

ISSUE 12

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Newsletter

GUERNSEY ALZHEIMER'S ASSOCIATION

Guernsey
Alzheimer's
Association

Finding Ways to Help and Support Carers of People with Dementia.



Dementia Friendly Guernsey

Guernsey Alzheimer's Association are proud to be a part of Dementia Friendly Guernsey, a new initiative that has been set up to transform the quality of life of people with dementia and their carers and reduce barriers so that people are fully included in society in Guernsey.

Dementia Friendly Guernsey is a member of the national Dementia Action Alliance and is a partnership of charities, professionals and organisations that are working towards improving the lives of people living with dementia and their carers. Members decide

what they can each do to help and deliver this as part of their commitment to the alliance. Their aim is to involve people with dementia in every aspect of their work so as to develop a strong voice for people affected by the condition and shape the community around their needs and aspirations.

It is estimated that about 1,200 people are living with some form of dementia in Guernsey and around two-thirds of these are living at home. Dementia Friendly Guernsey's aim is to listen to the needs of those with dementia and their carers and develop a strong

voice for them. They work on offering accessible community activities specific to the needs of people with dementia and providing practical support so that they can engage in community life. One of the ways they do this is by educating local businesses and their employees so that they can understand and be more aware of dementia, making it easier for people who have dementia to feel included in their community and have access to local facilities that they are used to and where they are known.

The DFG badge scheme aims to raise awareness and support of people living with dementia. There are 3 badges that represent the wearer's relationship with dementia. The blue badge means 'I support people living with dementia', the orange badge means 'I live with dementia' and the turquoise badge is to show that 'I am dementia aware'.

For further information contact info@dementiafriendly.org.gg.



"I support people living with dementia."



"I live with dementia."



"I am dementia aware."



Opening of Greenacres

The opening of Greenacres, a new specialist dementia care home in Guernsey was greatly welcomed by the wider community earlier this year. The old hotel has been completely renovated into a more accessible, welcoming and stimulating environment. The facility provides 47 dementia care bedrooms each with en-suite facilities. Their main aim is to provide residents with a caring and homely environment and to provide understanding and support, engaging them and their relatives in activities that are pleasurable and creative.

The building itself is an impressive sight that features a large light living room looking out onto the beautiful gardens, a second living room with T.V and billiards table which also houses the bar, a large kitchen used for the daily preparation of meals plus a second resident's kitchen where residents and their relatives can cook. All bedrooms have en-suite wetrooms, enabling residents to have seated showers. There are also hoist-assisted bath chairs and self-filling safety baths so that carers can help with bathing if needed.

Guests are encouraged to bring in personal photos and ornaments to make their room feel more homely and familiar. Greenacres features lifts to some of the floors and great care has been taken in ensuring the building and its surrounding gardens are accessible.

Residents of Greenacres are encouraged to participate in the development of their individualised Care Plans and a wide range of activities are offered including gardening in the sensory garden, baking, singing and other activities designed to encourage mental alertness, self-esteem and social interaction with other residents. A dedicated and committed dementia care team are on hand 24 hours a day offering expert person-centred care.

There is no doubt that Greenacres will prove to be a real asset going forward to Guernsey's older generation and their families particularly those affected with dementia.



Greenacres lounge bar for residents and families



Greenacres lounge bar for residents and families

Carers Support Group

Our weekly Carers Support Group meetings are ongoing with sessions being held every Wednesday from 2.00 - 4.00 in our Delancey Centre. We run these sessions in conjunction with the Older Adult Community Mental Health Team (OACMHT) to offer carers of people with dementia a place where they can meet others in a similar situation. Speakers are chosen on a variety of subjects which are relevant to the needs of

a carer. At the same time our volunteers will provide refreshments and a warm welcome to the dementia patients and will sit with them and provide a range of activities. All carers and their family and friends are invited to attend these free, friendly and inclusive sessions. For more information call us on Guernsey Alzheimer's Association on 01481 245121 or The Older Adult Mental Health Team on 01481 725241 Ext 3515.

Our Free Sitting Service

We are proud to announce the involvement of the John Ramplin Trust in the development of our Sitting Service. Last Autumn the Trustees enquired about our activities and we were able to assure them that all of our efforts and funds, with the exception of an annual donation to Alzheimers Research UK, are devoted to our work in the Bailiwick. We told them of our wish to expand our sitting service to relieve more carers of their responsibilities even for two or three hours in a day.

An extremely generous gift from the Trust has enabled us to do this way beyond our expectations. We now have a lead carer and two more ladies who weekly visit several private homes to sit with a family member with dementia while their regular carer does some shopping or just goes out with their friends for the afternoon.

We are told by the carers how valuable this is to them. We would like to extend this free service to more families looking after someone with dementia and we would welcome enquiries.

Royal Bank of Canada is back on board

We are delighted to announce that employees at RBC Wealth Management in Guernsey have voted Guernsey Alzheimer's Association charity of the year. We are so pleased to receive RBC's support again after staff voted for our charity just a few years ago.

Shannon Carr, RBC Charity of the Year Coordinator said: 'We are so pleased to be working alongside the Guernsey Alzheimer's Association this year. It's a charity that resonates with so many of our employees whose lives have been touched by Alzheimer's. We are incredibly proud to support such a worthwhile cause and we hope to raise as much money as possible towards all the great work the Alzheimer's Association does.'

Staff have already been involved with raffles, bake sales and dress down days to raise further funds.

Outside of the office fundraising, we are delighted to welcome a team of RBC walkers to our Tower to Tower Walk on Sunday 9th July and the team of staff volunteers who supported our Flag Day on May 20th.

Three RBC employees have recently completed their training as Dementia Friendly Champions and will be hosting internal training sessions for RBC staff during Dementia Awareness Week to continue this great work on building awareness in the local community.

RBC has already raised over £5000 this year by taking part in their organised fundraising activities and this will substantially benefit our carers and loved ones in the Bailiwick and we look forward to partnering with RBC over the coming months to continue this fantastic fundraising and awareness effort.

Flag Day

Our Annual Flag day was once again a great success, raising more than £5,200. It was held on the 20th May which was also the last day of Dementia Awareness week. We had over 80 collectors this year collecting from 14 different locations around the Bailiwick. Once again we are truly amazed by the generosity of the Guernsey public. In addition to these volunteers we had a team

from Royal Bank of Canada located at Alliance store. Without our fantastic Flag Day collectors we would not be able to raise such vital funds to help us to continue our work in caring for local Carers. We are also very grateful to the Constables of St. Peter Port for allowing us to collect in town and to the store managers all over the island for their kind permission.

Julie Payne and Raffle Royal Guernsey Yacht Club

We were approached by Julie Payne as she was organising a raffle at The Royal Guernsey Yacht Club and suggested that the Alzheimer's Association be the recipient of any funds raised. The raffle at the Royal Yacht Club took place at a Fitting Out Supper in March. Julie said it was a cause close to her heart as her father passed away with Alzheimer's in 2001 in a care home in the UK. Julie not only managed to get some very generous prizes donated but she also donated several prizes herself. Chairman of the Guernsey Alzheimer's Association Barbara Giles said that "not only were they delighted with the generous donation but were also very pleased that the raffle helped to raise awareness on the island about Alzheimer's".

We are still awaiting the final sum raised, as several of the prizes were very generous donations and Julie decided they would raise more funds if auctioned rather than placed in the raffle.



Tyler Bourgaize of the Friquet Garden Centre, Barbara Giles and Julie Payne holding one of the excellent prizes. (Picture Stephen King, Guernsey Press)



AGM

Our Annual General Meeting took place at our centre on 27th April and we were fortunate with a very well attended meeting again this year. Our Chairman spoke about the various fundraising activities and events that we held during the previous year. She also spoke of her invitation in April, to a seminar at The House of Lords which was organised by Alzheimers Research UK. The afternoon involved an interview with Prof. John Hardy talking about his work on the genetic causes of Dementia.

All of the Committee were happy to stand for a further year with our Chairman Barbara Giles being once again nominated and voted as Chairman whilst retaining her position as Honorary Secretary for 2017.

Donation from the Guernsey Probus Club

Keith Tydeman of The Guernsey Probus Club joined us at lunch in April and brought along a cheque for £500 on behalf of the Club.

The Probus Club have a monthly lunch club and they regularly donate to local good causes. Mr. Tydeman informed us that it was decided at their recent AGM meeting to donate £500 to the Guernsey Alzheimer's Association as "it meets our criteria of areas of age

related illnesses and we felt we could help in some way". We cannot thank them enough for their support of the Association.

It was just a few weeks later that we heard that Mr Tydeman had passed away, and Mrs Tydeman very kindly agreed that this article and photograph could still be placed in our newsletter. Our sincere condolences to Mrs Tydeman and the family at this very sad time.



Barbara Giles and Keith Tydeman



Collas Crill partners with Guernsey Alzheimer's Association

Collas Crill has partnered with local charity the Guernsey Alzheimer's Association (GAA) LBG as part of its corporate responsibility programme.

The partnership, that will last a year, will see staff from the offshore law firm support the charity through a variety of fundraising initiatives, from staff dress-down days and meat draws to providing volunteers for the GAA's monthly member lunches.

Collas Crill's Make A Difference (MAD) committees are based across the firm's global jurisdictions, aiming to make a positive impact on staff, the community and the environment. This is the second year that Collas Crill has partnered with the charity.

Jason Green, Group CSR Committee Chair, said: "Charitable work is hugely benefitting to those involved and it can really make

a difference and is very rewarding. Following a successful partnership last year, we're looking forward to continuing our relationship with the GAA which does such vital work in the local community, providing support and information."

Chairman of GAA, Barbara Giles, said: "To have been voted Charity of the year once was brilliant, but to be voted again for the second-

year running is unbelievable. We do appreciate that there are so many well deserving Charities on the Island, so being voted for again makes this a very special year and we cannot thank Collas Crill and the "MAD" committee enough"



Christmas Lunch

Our Christmas Lunch at the end of the year proved to be a great success and was enjoyed by nearly 50 guests. There was plenty of good cheer all round with a delicious turkey dinner accompanied by all the trimmings cooked by our excellent chef Mark Keeling. It was followed by plenty of games and quizzes for after dinner entertainment. Guests enjoyed the melodic singing from the Year 4 St. Mary and St. Michaels Choir who sang a selection of Christmas Carols. Chairman Barbara Giles commented on the festive atmosphere and said 'the meals provide somewhere for our members to meet and get a sense of friendship and companionship. Guests can feel free to be open about how Alzheimer's has affected them and they are encouraged to talk about it if they wish. We have been holding monthly lunches ourselves since 2009 for islanders who have been touched by Alzheimer's either through

a loved one with dementia or themselves'. Guests at the Annual Christmas party got a lovely surprise this year with some special hampers being presented to each of the attendees. This was all thanks to an initiative organised by Vauvert pupils, the TT Social Club and Guernsey Alzheimer's Association. The Year 5 pupils, helped by their teacher and TT chairwoman Jerry Thomas wrapped boxes and brought in edible goodies like jam, biscuits, chocolate and tea to fill them. The pupils put together a number of boxes and the TT club made up the final figure to 50 boxes ensuring that there was an individual hamper for every person that attends the centre at Christmas. Barbara Giles was very impressed with the efforts of the students and commented 'The involvement of the local schools with our Christmas lunch is an added bonus and shows what a good community programme it is'.



Committee members (left to right) Joan Machon, Christine Birkett, Rosemary Smale and Barbara Giles at the Christmas Party. (Picture Tom Tardiff, Guernsey Press)

Giving.gg

Last year saw the launch by the Association of Guernsey Charities of the new Giving.gg website. Up until now on-line donation has mostly been achieved through a UK website which deducted a percentage by way of charges. The following information gives you an idea of how the new Giving website will work, although more comprehensive details can be found at www.giving.gg.

giving.gg is a service provided to members of the Association of Guernsey Charities.

The website was built and run by volunteers so that as much as possible of what you donate gets to your chosen charity. In fact, the only charges we hope to have to make will be those of payment services providers (in our case PayPal and Barclays ePDQ). If you pledge your donation on www.giving.gg and then pay using your own e-banking service, there will probably be nothing at all deducted from your donation, it will go to your charity in full.

Charities participate by giving the AGC details of their bank accounts.

If your charity does not have a Donate button on its AGC webpage, it has chosen not to participate in giving.gg.

Events can be set up by anyone, be it a marathon run or anything else where you wish to raise money for specific (Bailiwick) charities.

Yukon River Adventure

In the words of George Smitheram. "After googling 'the 10 hardest endurance races in the world I found The Yukon River Quest, affectionately known as the Race to the Midnight Sun. I asked a few select friends with the desirable qualities needed for the adventure (physicality, mental toughness and a susceptibility to peer pressure) to join me on a 740km paddle through the wilderness of Northern Canada. Quite surprisingly I received a wave of enthusiasm and ended up with one person brave/stupid enough to come with me, Ed Allen. Having already spent many hours rowing together in Exeter I am hopeful that our friendship won't be tested to the point of me having to take on another mountain, but an even greater part of me is hoping that he doesn't miss the flight in the first place! I'm confident that it can't be as bad as it sounds (can it!?). So here I am 8 months later, with muscles I haven't ever seen before, just weeks away from taking on the world's longest kayak race... Wish us luck"

The Guernsey Alzheimer's Association wish George and Ed the very best of luck in this challenging Kayak race and we are very grateful to them for nominating us as their chosen charity

Tower to Tower Walk

9th July 2017

We have set the date for our next Tower to Tower walk.

On 9th July we will be gathering once again at Vazon Tower number 12 and walking the scenic route along the coastal path to Tower number 5 at L'Ancrese.

Last year a fantastic total of £5,800 was raised, with all of the funds staying locally to benefit our carers and their dependents.

If you are interested in taking part go on our website www.alzheimers.gg to download registration and sponsorship forms or call our office on 245121.

Guernsey
Alzheimer's
Association

DATES FOR YOUR DIARY JUL-DEC 2017

JULY

Monday 3rd	2:00 - 4:30	Carers Afternoon
Wednesday 5th	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 7th	2:00 - 4:00	Singing Down Memory Lane
Sunday 9th	9:30 - End	Annual Tower to Tower Walk
Monday 10th	2:00 - 4:30	Carers Afternoon
Wednesday 12th	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 17th	2:00 - 4:30	Carers Afternoon
Wednesday 19th	2:00 - 4:00	Carers Support Group & Social Afternoon
Thursday 20th	11:30 - 2:30	Monthly Lunch
Friday 21st	2:00 - 4:00	Singing down Memory Lane
Monday 24th	2:00 - 4:30	Carers Afternoon
Wednesday 26th	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 31st	2:00 - 4:30	Carers Afternoon

AUGUST

Wednesday 2nd	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 4th	2:00 - 4:00	Singing down Memory Lane
Monday 7th	2:00 - 4:30	Carers Afternoon
Wednesday 9th	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 14th	2:00 - 4:30	Carers Afternoon
Wednesday 16th	2:00 - 4:00	Carers Support Group & Social Afternoon
Thursday 17th	11:30 - 2:30	Monthly Lunch
Friday 18th	2:00 - 4:00	Singing down Memory Lane
Monday 21st	2:00 - 4:30	Carers Afternoon
Wednesday 23rd	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 28th		BANK HOLIDAY
Wednesday 30th	2:00 - 4:00	Carers Support Group & Social Afternoon

SEPTEMBER

Friday 1st	2:00 - 4:00	Singing down Memory Lane
Monday 4th	2:00 - 4:30	Carers Afternoon
Wednesday 6th	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 11th	2:00 - 4:30	Carers Afternoon
Wednesday 13th	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 15th	2:00 - 4:00	Singing down Memory Lane
Monday 18th	2:00 - 4:30	Carers Afternoon
Wednesday 20th	2:00 - 4:00	Carers Support Group & Social Afternoon
Thursday 21st	11:30 - 2:30	Monthly Lunch
Monday 25th	2:00 - 4:30	Carers Afternoon
Wednesday 27th	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 29th	2:00 - 4:00	Singing down Memory Lane

OCTOBER

Monday 2nd	2:00 - 4:30	Carers Afternoon
Wednesday 4th	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 9th	2:00 - 4:30	Carers Afternoon
Wednesday 11th	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 13th	2:00 - 4:00	Singing down Memory Lane
Monday 16th	2:00 - 4:30	Carers Afternoon
Wednesday 18th	2:00 - 4:00	Carers Support Group & Social Afternoon

Thursday 19th	11:30 - 2:30	Monthly Lunch
Monday 23rd	2:00 - 4:30	Carers Afternoon
Wednesday 25th	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 27th	2:00 - 4:00	Singing down Memory Lane
Monday 30th	2:00 - 4:30	Carers Afternoon

NOVEMBER

Wednesday 1st	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 6th	2:00 - 4:30	Carers Afternoon
Wednesday 8th	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 10th	2:00 - 4:00	Singing down Memory Lane
Monday 13th	2:00 - 4:30	Carers Afternoon
Wednesday 15th	2:00 - 4:00	Carers Support Group & Social Afternoon
Thursday 16th	11:30 - 2:30	Monthly Lunch
Monday 20th	2:00 - 4:30	Carers Afternoon
Wednesday 22nd	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 24th	2:00 - 4:00	Singing down Memory Lane
Monday 27th	2:00 - 4:30	Carers Afternoon
Wednesday 29th	2:00 - 4:00	Carers Support Group & Social Afternoon

DECEMBER

Monday 4th	2:00 - 4:30	Carers Afternoon
Wednesday 6th	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 8th	2:00 - 4:00	Singing down Memory Lane
Monday 11th	2:00 - 4:30	Carers Afternoon
Wednesday 13th	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 18th	2:00 - 4:30	Carers Afternoon
Thursday 21st	11:30 - 3:30	Christmas Party

BREAK FOR CHRISTMAS AND NEW YEAR

Founder:

Lady Cater

Patron:

Jurat Michael Tanguy MBE

Committee Members:

Chairman/Hon Secretary:
Barbara Giles

Vice Chairman:
Christine Birkett

Hon Treasurer

Bryan Mauger

Carers Co-Ordinator

Maura Stacey MBE

Committee members:

Rosemary Smale

Stella Newbould

Joan Machon

Hon Chaplain:

Rev George Lugton MA.BD

Newsletter:

Barbara Giles/Marie Cummins

Designed by BWI



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Helpline

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Health Information Guernsey
01481 707470

Respite Care
01481 725241 (ext. 3313) - Social Work Dpt.

Sitting Service
01481 725241 (ext. 3313) - Community Services

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or visit our facebook page

