

Tavistock Dementia Alliance: creating a dementia-friendly community



Newsletter: Autumn 2018

Welcome to all our supporters and readers!

First a brief summary update on national matters and then on to our local news. There is so much happening locally the concentration will be on our own activities and aspirations.

National News: There are now 356 local dementia alliances in the UK. These alliances have over 7,100 recorded members or supporters. Remember that under the national scheme Tavistock was the first local community to be registered six years ago.

The response to the commitment made in 2012, led by Tavistock, has been overwhelming around the country. The creation of many communities, some guided by us, has greatly surpassing the original target of 20 by March 2015.

We have advised and continue to advise, many other communities. Currently, we are in discussion with Derbyshire, Nottinghamshire and Buckinghamshire communities. (Is it a coincidence that they are all shire counties? Rhetorical question!)

National Dementia Friendly Rural Communities Guide:

Rural towns like ours in Tavistock have an important part to play in tackling the social and economic impact of dementia, by supporting people living with dementia to remain part of our local community.

People affected by dementia, including carers, often have to give

up the things they love due to low awareness, stigma and unsupportive environments. This new guide is available from our website or from www.alzheimersociety.org. It was launched nationally at the Devon County Show in May.



Local News:

A Local Dementia Alliance is an easy and proven structure for creating a dementia friendly community. It is a group of people who have come together in a voluntary and charitable capacity to create such a community.

As an Alliance in Tavistock we have now identified our key areas for action for the coming year. These are contained in our 'Action Plan'. Please look at or download from our web-site. www.tavistockdementia.org.

To date we have provided awareness training to over five hundred people in Tavistock representing a wide variety of groups and businesses. Thirty-eight organisations in town are now recognised as dementia

friendly within the national scheme - with a few more in the pipeline.

We still wish to encourage more local businesses to become involved.

Registered Charity no. 1177430

We are now formally registered with the Charity Commission as a Community Interest Organisation. Given everything that we are going to be doing in the next 12 months you may wish to note this number – to enable a 'gift-aided' donation to support our work! (You will shortly be able to do this via our website.)

Partnerships and collaboration



There are many pieces to the jigsaw of attempting to support those with a dementia and their carers in our town. They involve statutory, business, social and voluntary organisations. We have long held that the view that we can achieve much by working together without losing our identities and reasons for existence.

The following are just some examples of the areas we are working in. Many involve partnerships with others.

Launch of Church Memory Trails

With Arts Society collaboration we launched the first memory trail at St Eustachius.



A Memory Trail guides people around a church and encourages them through conversational questions to engage with the architecture and history of the building.

Providing a stimulus or a reminder to anyone what they did, or what they experienced, can bring to mind memories of the past which can be very valuable. Memories of their Church, the Altar, the Nave, the smells, the sounds, can evoke or conjure up years gone by.

We are actively pursuing doing similar trails in other churches.

Sensory Garden

The garden recently received high praise from RHS judges winning a second "Outstanding Award", and the garden is still developing. We are hoping to work even more closely with the Garden Trustees in arranging facilitated/guided short walks through this brilliant Tavistock community amenity.



Admiral Nurses

Admiral Nurses provide specialist dementia support to meet the need of families in the community.

Local research reveals that post diagnosis support for those with a dementia in Tavistock and the

surrounding area is an issue. We are in early discussions with Dementia UK to establish a community host and funding for Admiral Nurses in Tavistock.



Tovertafel ('Magic Table')

The Dementia Alliance will be leading an initiative to introduce technology-based care innovation which creates moments of happiness, relaxation and social interaction as well as stimulation, in a fun way. We are delighted by the promised initial support being given by Tavistock Library who may act as hosts for this exciting development. Promoting health and well-being is an integral part of local library provision in Devon through Librariesunlimited.



Christmas Day

Another illustration of the value of partnerships and collaboration is the free Christmas Day Lunch at the United Reform Church led by Tavistock Rotary. If you would like to join in some festive fun with a wonderful meal, please contact Christine - mrscellis@hotmail.com or call 01822 616507



Dementia-friendly swimming

With the support and partnership of Mount Kelly Swim Centre we also continue to organize dementia-friendly paddling or swimming for those with a dementia and their carers.



Sessions take place on the 3rd Saturday of every month starting at 1pm. Please join us!

Latest organisations recognised as dementia friendly

Our core work continues, with the latest organisations recognised as being dementia-friendly pictured below:

Kinship Connect, Brook Street.



Boots Opticians, West Street.



Congratulations to both - and we will soon be inviting all organisations who have been recognised so far to a special event.

Finally, welcome to the newest members of our Alliance Steering Group:

Sara Burgess, Book of You.

Kevin Cowie, Kinship Connect

Lynn Roddy, Home Instead.

www.tavistockdementia.org