

Minutes of Lady Bay Community Association Autumn Public Meeting and AGM Wednesday 13th November 2019 8pm All Hallows' Church Hall

Before the meeting Richard Arblaster's pupils played for us on the piano.

Present: 53; including County Cllr Liz Plant and Borough Cllrs Richard & Sue Mallender

Apologies: Peter Hammond LBCA Committee member; Verity Butler, Friends of Lady Bay Canal.

Welcome & Introduction: The Chair, Sian Trafford, welcomed everyone & explained that we are starting the meeting with the AGM.

AGM:

LBCA Elections: James Strawbridge & Sue Mallender are happy to continue as **Treasurer & Secretary** respectively.

Committee: Rosie Bird, Gemma de Brito, Celia Easteal, Peter Hammond, Richard Mallender, Maureen Mitchell, John Osborne, Chris & Sian Trafford & Sylvia Wilkins are happy to continue. There were no further volunteers.

All the above were elected unanimously.

Minutes of Previous AGM: The minutes of the 2018 AGM, copies of which were available in the room, were approved as a true record by all present.

Annual Accounts: James expressed thanks to Malcolm Todd who has audited the accounts. James brought the audience's attention to the printed accounts distributed in the room. The accounts were approved unanimously.

John Osborne – Making Lady Bay a Dementia Friendly Community: JO gave a PowerPoint presentation. JO has been a Lady Bay resident for a long time. He has been volunteering for the Alzheimer's Society for many years and has been running Dementia Friends sessions for 4-5 years. After this meeting he will have made about 1,000 people dementia friends.

People with dementia should be understood, respected & supported.

About 850,000 people have a diagnosis of dementia in the UK – 2 million by 2050, which will change the nature of society.

JO is 62, if he has dementia, he probably has it now but probably no symptoms for 10 to 20+ years.

JO's father had dementia over a 10-year period. Like most people with dementia he was brilliant at covering it up. He created his own reality. JO's mother wanted her husband back as he was, JO's sister supported their parents but eventually he moved to JO's house on Lady Bay Road.

JO works with older people in Health & Social Care but it is very different on a personal/family level.

JO gave out some “bingo” cards where people found the missing words in sentences.

- **Dementia is not a natural part of aging.** JO asked why this is important. Jane Browne suggested that it is important because we live in an aging society.
JO explained that dementia is not always related to age. Alzheimer’s disease is a slow process. In the past dementia was known as “senile dementia” or pre-senile dementia” where there is early-onset. Now we know many different types of dementia. There has been a recent diagnosis of a 4-year-old with dementia (due to a genetic family condition) & there has been a recent death from dementia of a 16-year-old.
- **Dementia is caused by diseases of the brain.** Every case is unique. The same disease has different progression in different people.
The most common form is Alzheimer’s disease which is slow & steady. Vascular dementia is connected to stroke & can happen quickly or in small doses.
Pick’s disease is rapid, it takes away the ability to communicate & can lead to early death. David Baddiel’s Dad had Pick’s disease & the comedian made a documentary on C4 “The Trouble with Dad” about it. The sufferer can only say a limited no. of phrases. It can emphasise the sufferer’s natural inclinations so they may be rude or grumpy.
Frontal lobe dementia affects problem solving so that it is difficult for the person with this form of dementia to answer questions, order their day or achieve anything.
People often have a combination of types of dementia, JO’s dad had Alzheimer’s and vascular dementias.
- **Dementia is progressive;** It is the largest killer in the UK, in the past it was not listed on death certificates. There has been a lack of investment in research into dementia because it didn’t appear on statistics.
The NHS spends more on dementia treatment than cancer and heart disease put together.
The University of Nottingham is carrying out research on genetics & dementia. They have found 20+ genes that affect dementia, most in the last few years. Genetic forms of dementia are very rare but a lot of drug companies are working on these.
Alzheimer’s disease starts by affecting short-term memory. Forgetting is not dementia, aging affects recall. Forgetting worries people & they tend to focus on this aspect; thinking that dementia is about memory loss.
- **Dementia can affect people’s perception;** e.g. behaviours can be very logical but seem crazy. The eyes give the brain the wrong messages; e.g. in large buildings there is often a big black door mat which looks to people with dementia like a hole, they won’t step on it & may try to prevent others from stepping on it. 2D objects may appear to be 3D e.g. a table cloth patterned with

pictures of fruit can look like real fruits to a person with dementia. A chequerboard pattern may look as if the differently coloured squares are at different levels.

Motor function can be affected – walking, climbing, digesting, eye lubrication etc.

Sometimes the person with dementia can't find a word in a sentence, or part way through a process e.g. making a cup of tea, doesn't know what to do next.

Drugs can "oil" the brain & allow connections. When asleep the brain is "washed" by enzymes & researchers may have discovered the nature of this process which could lead to treatment.

- **It is not just about memory.** People with dementia can still communicate. When you are with people with dementia you can look for clues, even if these are none verbal. We need to find better ways of communicating e.g. about pain – poor communication can lead to over-medication.
- **It is possible to live well with dementia.** When he was PM David Cameron challenged people to think about people with dementia. There are now 3 million Dementia Friends & the plan is to get to 5 million.

On TV there was a programme about a choir of people with dementia, in the choir was a man aged 24 with dementia, this changed the perception of dementia of people who saw the programme.

A diagnosis of dementia can lead to a person being treated differently & stigma. Companies can learn to be dementia friendly to support staff. The condition is covered by the Equalities Act in Employment Law.

It is not all doom & gloom. JO gave the analogy of a bookcase where the books are memories. On the top shelf are the latest memories, memories from previous decades are below with the bottom shelf having the memories from very early childhood. If the bookcase is shaken the books at the top fall, the more the bookcase is shaken the more books fall. When JO's father died, he was 83 – when asked his age he said he was 50. He would ask people to get rid of the old lady in the house, this was his wife. He thought his 50-year-old daughter was his wife. We need to locate where people are- it is no good telling them the date but also not good to lie to them.

Social isolation is a problem as people with dementia often don't go out. The drug Aricept, used to treat confusion due to Alzheimer's disease, slows people down & can cause double incontinence. People are too embarrassed to leave their homes.

There's more to a person than dementia – we need to see the person, not the disease. Friends don't visit because they are embarrassed but turn up at the funeral.

Action: Think about making a cup of tea. People with dementia may not perceive they are thirsty or where the kitchen is situated. A common problem is a person with dementia placing an electric kettle on a gas hob – give them a kettle that has to be heated externally! In a modern kitchen fridges etc are often "hidden" behind cupboards – provide free-standing appliances.

Lady Bay- Dementia Friendly? In some instances, people with dementia are supported, e.g. JO trained the staff at White & Co Barbers as people with dementia are customers. Hairdressers & pharmacies are places where training to be dementia friendly is very important. Jo provides a 40-minute training session.

Involve people with dementia in organisations & activities – listen to them!

Tell the World! There are Dementia Friendly Communities all over the UK but not many in Notts. A lot of organisations are Dementia Friendly e.g. the Broadway Cinema, the Nottingham Playhouse & the Theatre Royal. JO worked at the Curve in Leicester which held the 1st Dementia friendly show, this was inclusive to all, not just those with dementia, it makes good business sense.

Action should be local as it may be different in different places. What's important for people with dementia in Lady Bay? Monitor progress. Apply for recognition from the Alzheimer's Society. A dementia friendly community is a community friendly to all – improved access & signage help people with other disabilities, people with young children etc.

JO gave an update on the **Heron Music Café**: It has been running for a year, every 2 weeks. There are 50 regular attendees. It is inclusive; dementia friendly & mental health aware. A group of people with advanced learning & physical disabilities attend. An example is a woman who is non-verbal & is given something to stroke to calm her. There has been an improvement in people with dementia who have been attending. The youngest attendee is 8 months old, the oldest 100 years.

The café has exceeded expectations. There were 2 women with anxiety who stood outside separately, eventually they went in arm in arm when they realised they were both at the Poppy & Pint because they wanted to go to the music café.

The Trent Bridge Community Trust is funding the café for the next 2 years. There is also funding from Morrison's. Castle Rock now want music cafes in all their pubs.

At the moment musicians can go to perform in care homes without a DBS or any understanding of dementia or challenging behaviour – this wouldn't happen in a school! Dementia cafes are more to support carers.

JO gave out his contact details & gave out badges. People with dementia may be loud, disinhibited & confused – wearing the badge shows you will be patient with people.

Questions & comments:

Cllr Plant said that at the last Social Care meeting she attended Notts County Council announced that they are applying to be dementia friendly. There is a "Dementia Friendly" Café in Lutterall Hall but this is more for carers – it would be better to be more inclusive.

Everton FC have made their club more inclusive for older people who come in to talk about football. There is the Forget-Me-Not Café at Trent Bridge Cricket Ground which offers dementia friendly activities & other sports clubs are providing similar.

Lady Bay Website: ST brought people's attention to a request in the LBCA autumn newsletter for someone to manage the Lady Bay website. Someone has come forward –ST asked if anyone at the meeting was interested.

Jane Browne, Friends of the Hook (FrOTH): The Community Orchard - JB thanked the Lady Bay Community Fund for the money for the heritage fruit trees. Muntjac deer have been nibbling the bark of some of the trees. 6 new apple & plum trees are arriving in Dec.

The pond has been cleared and maintained. A contractor was hired to remove invasive weeds.

The Art exhibition "inspired by Trees" donated £250 to FrOTH for the purchase of trees. FrOTH are working with Notts Wildlife trust to plant native trees along the dyke & the riverside starting this year. The meadow areas will remain clear of trees.

The Co-op Community Fund has nominated FrOTH as its charity where 1% of the money spent on Co-op brands will be donated.

On Fri 6 Dec at the Poppy & Pint Morris Convertible will be playing to raise money for FrOTH. Tickets are £5 on the door only. Doors open at 7pm & the gig starts at 8pm.

Hugh McClintock, Pedals; Proposed Foot & Cycle Bridge Trent Basin to Lady Bay: Originally a bridge was proposed between Colwick park & the Water Sports Centre. Later there was the idea of a bridge between the Hook & the new development on the north bank of the river. The idea for a bridge ties into the city's plans for regeneration. There has been a change of site from the one suggested 5 years ago from the corner of the Hook to Trent Lane – this would have had an impact on the Hook & the riverside poplar trees as well as the Blueprint development on the north bank. It has been decided to move the site for the proposed bridge further west to run from Poulton Drive on the north bank to the land behind the Rugby Club.

HMcC gave a PowerPoint presentation.

A discussion is taking place with the Environment Agency as it owns some of the land. The proposed bridge gives access to various routes & destinations e.g. Colwick Woods/Park, the water sports centre, rugby, football & cricket grounds. The bridge would be for both leisure & commuting. There will be more developments south & north of the river in the long term. It would join with the new walking route Nottingham City are planning along the north side.

The bridge proposers have looked, with Sustrans, at bridges elsewhere for ideas, e.g. Diglis bridge over the Severn in Worcester – this has been a very successful project built in 2010; Reading Borough Council's bridge at Christchurch/Caversham.

There is a chance of funding from the Transforming Cities Fund. Nottingham City Council have already received some money & are applying for more.

There is still a long way to go. Everything has stopped due to the general election at the moment.

AOB:

The gate to the children's **play area on Adbolton Lane** is locked.

LBCA will ask Rushcliffe Borough Council (RBC) why this is the case.

The gate to the school field is also locked so it is not possible to reach the playground that way either.

The route for cyclists by the Forest ground is closed.

JB- there has been a spate of **graffiti**. RBC's Community Safety Project Officer is working with youth workers & the police to prevent it in future.

Celia Easteal made an announcement about the RBC planning committee meeting tomorrow. Under discussion is the demolition of **49-55, Trent Boulevard** to build 4 3-storey detached houses, with a gap of 1 metre between each & neighbouring properties. There have been 35 objections. The immediate neighbours would be very badly affected. It is proposed that there are 2 car parking spaces for each house. Neighbours feel the design is not in keeping with Lady Bay. The recommendation is for approval. The meeting is at 6.30pm on Thursday 14 Nov at Rushcliffe Arena, Rugby Rd. Support would be appreciated.

Cllr Plant – County & borough councillors have been invited to a VIP presentation evening tomorrow to look at the **proposed extension to the Forest ground**. The plans will be shown to those present. County Councillors have already seen them. There will be an increase of 5,000 seats. Originally the proposal was to build a hotel & luxury flats, the new proposal is for flats only.

Cllr Plant – the mobile classroom at **Lady Bay Primary School** is to be replaced with a permanent building. There is to be a **3rd secondary school** for W. Bridgford. Currently Rushcliffe Academy has 1,800 pupils & W. Bridgford Academy 1,400. The County Council is looking at potential sites for new schools.

JO asked whether those attending the meeting were in favour of making **Lady Bay a Dementia Friendly Community**. The answer was a unanimous & enthusiastic yes. Please see JO at the end of the meeting if you would like to help.

Caroline Todd asked about provision for **electric cars** as there is no off-street parking or charging points.

Cllr Richard Mallender – RBC have installed 4 charging points at the Arena. Castle Rock are installing them in all their car parks. There is a charging point provision project across Notts & Derbyshire.

Cllr Sue Mallender (SM) mentioned that W. Bridgford Councillors & officers had met with County Council Councillors & officers about **parking in W. Bridgford**. The councillors want to see residents' parking only during Forest football home games & a change to RBC's planning guidelines for applications in Lady Bay & other parts of

W. Bridgford where football parking is a problem to take this into account when allocating the no. of spaces needed for parking in developments.

Is there any news about the proposed flats at Kendal Court?

SM said the application was still pending.

Meeting closed 9.45pm