

Dementia Friendly Update from Upper Beeding Parish Council

I updated you last year on what we in Upper Beeding Parish Council were starting to do in making People Living with Dementia more visible in our villages and providing more information to help them and their Carers

So far, our work has been limited, as we are dependent on people contacting us for help and support in and around Upper Beeding, Small Dole, Edburton and Truleigh Hill.

We communicated with local businesses, schools, churches, care homes and community organisations. Unfortunately, some are very supportive, but others have not fully come on board yet, but we will continue to try and work with them. There is a great Community Coffee Shop at the HUB, Baptist Church UB which is open to all not just people living with Dementia. A representative from the Alzheimer's Society visits once every couple of months. A good place locally to visit, have a coffee and pick up information.

We have done some work with Steyning Health Centre (SHC) in making them more Dementia Friendly and had a morning session last year in the Surgery. We also work with the Patients Participation Group (PPG) to share information.

My contacts with the Alzheimer's Society Jess Hillicks and Dawn Fairbrother have just produced a new website for West Sussex which is now available and being updated with local information <https://www.westsussexdementia.org.uk/>

I have found that there are a lot of small local groups offering some help for people Living with Dementia, but they are not always visible and not necessarily communicating with each other / sharing information. If I can make this more visible and somehow available through Carers etc. it will be a great step forward.

One organisation I came across when trying to arrange a Christmas Lunch for Carers and people Living with Dementia in our local pub The Rising Sun was 'Love to Move', which is a fun, age and Dementia Friendly group with sessions in Shoreham and Steyning. These are delivered by British Gymnastics coaches one of whom is a fantastic lady called Cherry Tolcher, further info. can be obtained by emailing her at: worthing.shoreham@rightathome.co.uk or call 01273 286 172.

Our plan moving forward is to make more local information available on the West Sussex Dementia website <https://www.westsussexdementia.org.uk/>, more info at the SHC, the PPG and our own website <https://www.upperbeeding-pc.gov.uk/>.

In addition to this we are looking at setting up a WhatsApp group for local Carers and People Living with Dementia, seeing if the Parish Councils of Steyning, Bramber and Ashington want to join this initiative and seeking feedback from our Neighbourhood Wardens and Carers Support Organisation on how best to do this and not duplicate effort. We will update you as and when this may become available.

If anyone reading this would like to help or have more information, please contact me on sean.teatum@upperbeeding-pc.gov.uk.

Thanks

Sean Teatum

