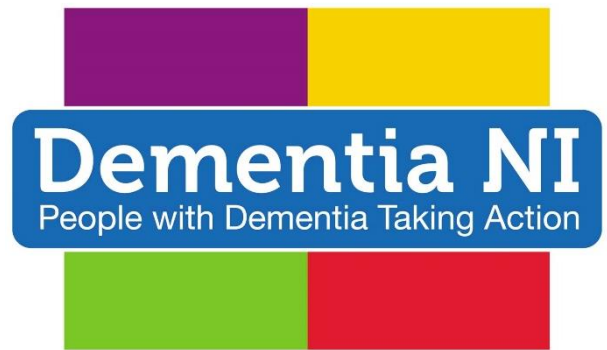


# Members' Newsletter

October 2020



## Autumn is a Time of Change - Message from Dementia NI Programme Manager, Tara Collins

As Autumn approaches, it brings with it the beautiful changing colours of the trees and heathers on the hills and mountains.

Dementia NI recently developed an exciting, forward-thinking strategy for the coming years. Now coming into Autumn, we are completing a review of the staffing structure in order to deliver the ambitious aims and goals of the strategy.

Due to the period of transition and change we find ourselves in, I have taken the difficult decision to resign from the position as Programme Manager and will be heading to pastures new in December. As I work part-time hours to achieve a better work-life balance, I am no longer able to devote the time and efforts to ensure that the charity continues to develop at the pace it needs and ensure that people living with dementia are at the heart of the organisation.

I would like to take this opportunity to thank all of our members and families for the trust you put in me to lead the organisation; the support you have shown me; the wonderful opportunities and the friendships that I have made along my journey with Dementia NI. I took up my role as the first member of staff on 1st September 2015 and I am so proud of what we have all achieved for people living with dementia in Northern Ireland over this time. I look forward to continuing to support the charity over the coming years!

Kindest regards,

Tara Collins



**“May your troubles be less and your blessings be more and nothing but happiness come through your door!”** *Irish blessing*



# MEET THE MEMBER

My name is Violet McConnell and I've been a member of the Fermanagh and Omagh group for about two or three years.

What I enjoy most is meeting up with other people that have the same diagnosis.



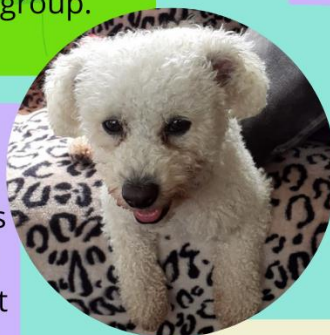
During lockdown I've been gardening and doing a lot of painting – my fences and shed. I also like crafts, including crocheting blankets for new-born babies.



My hair used to be dark but with lockdown I couldn't get it done, so I let it go grey and I love it! Without lockdown I wouldn't have done it, so some good things have come out of it.

The group have just got an allotment in Enniskillen. I will get very involved with that. It'll take five or six of us to get it sorted over winter because it's a bit overgrown. We'll make hanging baskets and grow vegetables to sell and get funds for the group.

I've been on some of the Zoom group meeting calls and at the storytelling a few times. They have been helpful to have chats with people from all over. We used to have outings to Belfast and other places but can't now, so it's still nice to chat. We still keep in touch with phone calls – it's good to check in on each other.



It's still caravan season and I've been going to my caravan just outside Rossnowlagh in Donegal. I'll go every week until the season is over at Halloween. I go for walks along the beach with Alfie, my wee white Bichon Frise. He loves running about on the beach and playing with his ball.



I've missed going dancing at country nights. I love jiving! They were held all over but they aren't on because of restrictions on people gathering.

## Activities

We hope that you have been able to join and enjoyed the classes we have been running over the last few months.

We are excited to announce that we are planning new activities for Autumn and Winter. They include: -

- Mental health workshops
- Love to move sessions with Armagh Robinson Library
- Exercise classes – these will be uploaded to Facebook so you can take part at your own leisure

Do you have any suggestions for future activities? Or do you have feedback from workshops you've attended? Please don't hesitate to get in touch with the Dementia NI team or your Empowerment Officer.

## Storytelling

Liz Weir is continuing her enchanting storytelling sessions into Autumn. These take place fortnightly, on Mondays at 2pm. Please contact a member of the Dementia NI staff team for dates, times and Zoom joining details.

## Sunflower Update

Have you been growing your Dementia NI sunflowers over lockdown? Here are three of our members Davie, Hugh and Jim with their sunflowers. Hugh's reached an impressive 202 cm tall! Can you beat that?



We would love to hear how tall your sunflowers grew and see more photos of our members with their sunflowers. You can submit your entry by emailing [hazel@dementiani.org](mailto:hazel@dementiani.org) or phoning our office on 028 96 931 555.

# Lemon Freezer Cake

## YOU'LL NEED

2 lemons (washed)  
1 lime (washed)  
1 pint double cream  
1 tin condensed milk  
2 oz butter  
3 oz ginger nut  
biscuits



## ALL YOU HAVE TO DO

From Dementia NI member  
Daveie McElhinney

1. Crush ginger nuts to resemble fine bread crumbs use a blender or put biscuits in a bag and crush well with a rolling pin.
2. Melt butter and combine with ginger nuts. Set aside.
3. Zest the 2 lemons and lime into a bowl then juice all 3 into the same bowl.
4. Whip cream in another bowl until just turning thick - do not over beat!
5. Whip condensed milk in another bowl beat gently and add the zest and juice into this mix. Beat gently for about five minutes - you're just looking to have the juice and zest combined.
6. Fold the cream into the condensed milk. Add the cream gently using a spatula. Mix until both combined and have no white cream showing in the mixture - do not over work!
7. Line a 2lb loaf tin with cling film. Allow it to go well over lap the tin to have no bare metal inside the tin.
8. Pour the mixture into the cling filmed loaf tin and bang the tin a few times to get the mixture to settle. Place flat on a freezer shelf and freeze for 5 hours.
9. Bring out of freezer and top with the ginger nut mix. Smooth out with a fork. Overlap the base with the clingfilm that is over the sides. Place back in the freezer and give the base about an hour to freeze.
10. Take out of freezer a few minutes before serving. Flip the tin over on a clean chopping board and the ginger nut top will now be the base. You should get 8 to 10 slices.
11. If you haven't used it all put back in the loaf tin and freeze again. It will need to be used within a week.

**ENJOY!**

## Wedding Bells!

We are delighted to announce the wedding of Fionnuala Savage, the Income Generation Manager, to her beloved Mark Henry, on Saturday 3<sup>rd</sup> October 2020 in Kircubbin.

Due to the Covid19 restrictions, Fionnuala and Mark had to postpone their honeymoon but will instead enjoy a visit to some beautiful parts of the Emerald Isle.

We wish Fionnuala and Mark a wonderful wedding day, a lifetime of happiness together and a love that grows stronger each passing day!



## Raising awareness of dementia

Would you like to help raise awareness of dementia? Or explain the condition to friends and family to increase understanding?



Some of our Dementia NI members worked in partnership with QUB School of Nursing and Midwifery at Queen's University Belfast to develop a game that aims to break the myths, challenge the stigma, and raise awareness of dementia.

Try it yourself for free at <http://dementiagame.com>

## Short Breaks Programme

Due to the success of the last programme, and despite the Covid-19 pandemic, Dementia NI has secured funding from the Health and Social Care Board to offer this programme again and we couldn't be more delighted!

The short breaks programme is for a person with a diagnosis of dementia and their carer, or the carer of a person with a diagnosis of dementia to have an overnight stay in a hotel paid for by the programme.



Have you used the short breaks programme recently? We would love to see your photos from your stay and share them in the newsletter for everyone to see. Your feedback is important to us, so please complete this survey - <https://www.surveymonkey.co.uk/r/P8B53XV> or contact Lauren for a paper copy.

If you would like more information about the short breaks programme please contact Lauren Rea at our Head Office on 028 96 931 555 or email [lauren@dementiani.org](mailto:lauren@dementiani.org).

**\*Please note, that anyone who has received a short break on the previous programme will not be eligible for another break at this time. \***

# Exciting Opportunity!

Dementia NI members will soon have the opportunity to take part in a very exciting project – all from the comfort of your own home.

Waterside Theatre in Derry have received funding to deliver a creative and rewarding project with the support of local artists. The project will be delivered via a range of methods to support as many members as possible to participate. It doesn't matter whether you can use a computer or not – you can join in via post or phone, on your own or with your family. What ever suits you.

At the end of the 12 week project each participating member will take home their very own individual blanket – an heirloom filled with memories and love to keep within your family. The project is suitable for all, no matter whether you are creative or not - why not give it a try? Full support will be provided.

- Part 1 – creative writer Anne will chat with you about your life. She will create a piece of writing or poetry to reflect your conversation
- Part 2 – artist Hillary will use the creative writing to design a simple piece of artwork to reflect your life and personality
- Part 3 – you will receive a pack containing all necessary materials in the post
- Part 4 – over several weeks you will be supported in a way that best suits you to learn different art techniques to create patches with the artwork. No artistic skill or experiences is necessary.
- Part 5 – Hilary will take your patches. She will enhance and embellish them, and they will be sewn together into your own personal blanket. You will receive your blanket in a presentation box, complete with the poetry or creative writing. This will be a special and unique keepsake that we hope will be treasured by your family for many years to come.

**If you would like to take part in this project please contact Lauren or your Empowerment Officer to have your name added to the participant list - 02896 931 555 or email [lauren@dementiani.org](mailto:lauren@dementiani.org)**

Our Head Office is closed at present, but we are still available on our telephone number **028 96 931 555** between 10am and 4pm Monday-Friday. Or email [info@dementiani.org](mailto:info@dementiani.org)

## Craftism – activism through crafts

The DEEP network are supporting a movement called 'Craftivism' and are offering Dementia NI members tags to tie onto anything that they create during lockdown.

Many groups in the DEEP network are already using crafts to stay positive through the current situation; to send out messages of hope; and to sustain relationships during social distancing. Apparently, it's called 'Craftivism'!

We would love to capture everything that everybody is doing. We would like to make sure that what you are doing is put out there to be seen and appreciated by everybody!

Examples include –knitting squares for a huge DEEP blanket; whittling whistles; making fairy houses and hippos... and so much more!

We will put up photos of all of these, and more. And we hope to hold a final event sometime in the future, with lots of media coverage.

You can request some tags for your own craft projects through your Empowerment Officer or by emailing [lauren@dementini.org](mailto:lauren@dementini.org). We would love to see photos of any of your crafty projects once you have attached a tag.



## Virtual Empowerment Meetings

Our Virtual Empowerment Meetings continue via Zoom. Members have enjoyed keeping in contact, peer support, and have hosted several guests at these meetings.

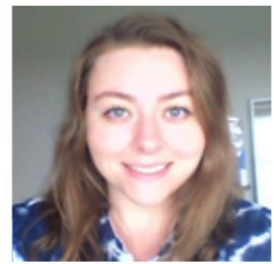
The meetings run on:

- Every Monday at 10.30 – Empowerment Meeting for Ashleigh's members
- Every Tuesday at 11am – gentle yoga for Dementia NI members
- Every Wednesday at 11am – Empowerment Meeting for Hazel and Paula's members
- Thursday 15<sup>th</sup> and 29<sup>th</sup> October – All Members Group Meetings

Anyone interested in joining these can contact Dementia NI for more information.

## GET TO KNOW...

# Empowerment Officer Paula



### WHAT PEOPLE LIKE ABOUT ME

I am really very easy to talk to and enjoy helping others and providing a listening ear

I always give 100% to all jobs and you can rely on me

I am hard working and passionate

I enjoy a good knee's up and love to spend time eating and drinking!

I am good at baking and used to do it as a job, so people love my baked goodies! (I recently put my apron back on to make my Mum's 50th birthday cake)

I am kind, caring and compassionate

I always try to do the right thing and I am very open and honest

I am a loyal friend



### WHAT'S IMPORTANT TO ME

Spending quality time with my husband and family

I love travelling and exploring the world

I love spending time relaxing and reading books, I could read a book a day given the chance

I love going to music concerts and festivals with my friends

Good food, good wine, and good company!

I love animals and have recently become a cat lover thanks to my brother asking me to cat sit their kitten Rudy. I am currently taking care of my palliative care doggy, Guinness.

I enjoy trying new things and spending time in nature, especially making my garden as bee and butterfly friendly as possible

Fairness is very important to me, treating everyone equally and being kind

I love my bed! I love curling up into it to watch TV in the evenings or to read a good book!



### HOW BEST TO SUPPORT ME

I spend a lot of time driving and may take longer to get back to you, please be patient with me

You can contact me on my mobile, if I do not answer please send me a text or a voicemail and I will call you back

If you need to cancel or change an appointment with me, please give me good notice

Please keep in touch with me, I really appreciate hearing from you all!

**I work Monday 8.30am - 5pm and Tuesday and Wednesday 8am - 5pm. Email me on [paula@dementiani.org](mailto:paula@dementiani.org) or call 079 6688 1422**



## Tablet Loan Service

There are still some tablets available for loan on the tablet loan service. This service is aimed at our Members who do not have access to a tablet, laptop or smartphone and would like to get involved in the virtual group meetings and join in with the conversation on the private Facebook page.

The 'In the Same Boat' Facebook page has been set up especially for our Members to keep in touch and share news and updates with each other.

If you would be interested in having a tablet, or would like more information please contact Lauren Rea at our Head Office on 028 96 931 555 or [lauren@dementiani.org](mailto:lauren@dementiani.org)



## Annual General Meeting – 25 November 2020

A note for your diary – the Dementia NI Annual General Meeting will be held on Wednesday 25 November 2020.

Due to restrictions, our AGM will be held via Zoom. Further details will be posted out to members in due course.

## Aileen and Hugh Jervis – Special Anniversary



Congratulations to Aileen and Hugh Jervis who celebrated their 50<sup>th</sup> Wedding Anniversary earlier this year!

They were treated to a lovely weekend away with family to celebrate their special anniversary.



If you have any comments or suggestions for what you would like to see in future member newsletters, we would love to hear from you.

Please contact the volunteer newsletter coordinator Michelle Newell.

You can email [newsletter@dementiani.org](mailto:newsletter@dementiani.org) or call 073 4040 0431



## Gardening Wordsearch



T	H	E	Z	D	Y	Z	X	C	V	Q	D	X	P	K
C	T	B	P	A	R	Y	N	S	F	G	V	W	B	K
Z	Q	A	Q	V	M	N	I	Y	F	N	O	K	V	R
B	V	A	W	L	V	E	R	B	E	N	A	M	L	O
X	B	U	T	T	E	R	F	L	Y	P	S	C	M	S
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BEGONIA

MARIGOLD

RAKE

BUTTERFLY

MOSS

RHODODENDRON

GERANIUM

MOWER

ROSE

GRASS

PANSY

TREE

LAVENDER

PLANTS

VERBENA

