

Dementia Action for Marlow

Winter Newsletter 2021



About Us

Dementia Action for Marlow (DAM) is an unincorporated volunteer group specifically set up for those people who are living with dementia and their carers.

We aim to provide support and facilitate social interaction by making regular contact and arranging small café gatherings.

We aim to enable friendships between those in similar situations. We aim to provide a voice to improve the information, pathways, help and support available.



What's going on with Dementia Action for Marlow?

We are delighted to update you once again with the news of our group and are thrilled to tell you that we are going from strength to strength.

In our previous Summer Newsletter we were telling you about our Winter preparations... we were sad to think about giving up our outside gatherings but meeting inside at the Pugin Rooms on a Tuesday, and at Age Concern on a Wednesday, has worked out well. We feel we are achieving our initial aims – to provide support, facilitate social interaction with our gathering, and supply Information through our guides.

We have been able to carry on with our mission, we have welcomed the Social Prescribers to come to our group and Maggi Dunn, Patient Services Officer of Marlow Medical Practice. We also invite speakers eg Pei Ling Harper from Trading Standards. We have had some great fun, being thoroughly entertained by the Ukulele Band, everyone thoroughly enjoyed themselves, tapping their feet, singing and dancing. Music is so therapeutic and enjoyable.



Getting out and about



An afternoon by the river

We took a trip and had an afternoon by the River Thames with thanks to Accessible Boating Bisham where we made several boat trips from Bisham to Marlow Bridge and back. AND IT GOES WITHOUT SAYING, THERE WAS ALSO TEA AND CAKE!

"Mum couldn't stop talking afterwards about the lovely time she'd had and all the laughter we had shared. She is really enjoying the sessions and we would like to thank you all for your time, effort and kindness. Many thanks to your team for all you are doing."



And a trip to "the most bonkers estate in Britain"

On a Tuesday afternoon in September, we had a fantastic trip to a Victorian Railway Museum at Fawley Hill. The guys that run this museum have a wealth of knowledge and we were entertained with a train ride through the expansive grounds and a guided tour of the museum. No-one expected to come across emus, deer, wallabies, peacocks.... And there was a lot of memorabilia to interest us – oh, and of course tea and more homemade cakes!!!

Afternoon tea at Flowerland Garden Centre

We also had a wonderful afternoon at Flowerland in Bourne End, kindly hosted by the team from Marlow Thames Rotary.

We even had an 89th birthday celebration.



Living with Dementia

We are doing all we can to improve life for our Friends and their Carers. Life does not get easier but we feel sure that there are many things we can do to alleviate some of the difficulties faced.

Knowing where to turn and finding advice on how to manage and get the benefits someone is entitled to is difficult. There is presently a 6 week waiting time to get a Social Services assessment for things like hand rails. We aim to be a VOICE for our Friends and fight for the services that they should receive. Admiral Nurses is a service that we want see in Bucks.

We keep our profile raised and do all we can to fundraise by being at the Marlow Carnival, Marlow Christmas late night shopping, Marlow Museum Anniversary History Day, Golden Years Information Day. We have applied for Charitable Status.



Bernie, Jen, Jenny, Jan & Cllr Richard Scott - Mayor during Dementia Awareness Week.

We hosted a Presentation Evening to Celebrate what we have achieved to date and to further raise our profile. Our Mayor, Richard Scott, local Councillors and representatives from Community Impact, South West Chilterns Community Board, BOPAG, Age Concern, local Business Leaders, Marlow Thames Rotary, as well as many of the friends that come to our meetings and wonderful volunteers. We were most encouraged with the turn out and the positive comments.

And to come ... Christmas Lunch followed by a trip to the Pantomime next year!

Some Dementia Facts & Figures

- ◆ 4794 people in the Chiltern Area live with dementia.
- ◆ More than half of all UK adults know someone with dementia.
- ◆ People with dementia over 65 have on average 4 comorbidities while those without dementia have 2.
- ◆ Carers are more than twice as likely to suffer from poor health as those without caring responsibilities.

A few words from our friends ...

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Having spent 18 months during lockdown without contact other than zooming in the last few months it's a treat to meet others at Dementia Action for Marlow group. It's so good to meet up and make friends with people who have similar problems.

What has so impressed us is your wonderful support team and also the exceptional support that you receive from all different groups within the community of Marlow.

Peter & Janet

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I would like to express how much love and friendship goes round our meetings every time we get together, you can see the happiness on the people – both of the Friends living with Dementia and just as importantly their Carers.

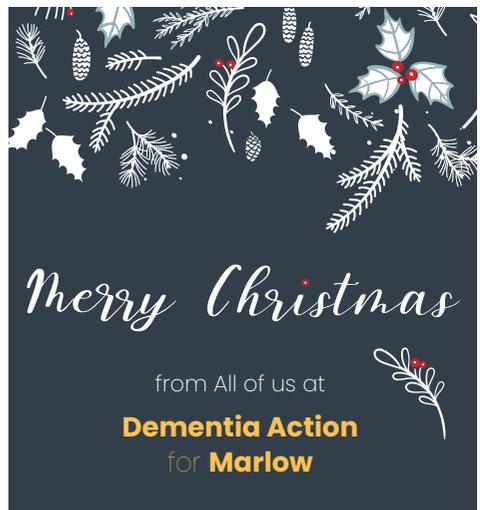
I would also like to pay tribute to all the Volunteers but Jan, Jenny and Jeannette in particular for setting this up in the first place and making it work. I am proud to be part of it.

Bernie

What's Next ?

Our ambition for next year is to try very hard to provide our own transport which will include wheel chair access. This will then enable us to take those of you who need it easily to venues we add to the calendar. As our group is growing we would like to hopefully have our own premises to hold our meetings as and when to accommodate more times. In order to gain these we need to fund raise so.....all ideas welcome.

Jan, Jenny, Jen, Bernie & Kathy (Trustees) x



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