

WINTER NEWSLETTER 2023/2024

Edition 3.



**Dementia
Action
Marlow**

UPDATE FROM

Dementia Action Marlow

It has been a busy year at DAM! We have introduced some new activities and welcomed some wonderful new volunteers. We have now been a registered charity for just over a year. This has brought with it extra responsibilities but benefits too (for example, we can now claim Gift Aid on all qualifying donations.)

Our group of friends has grown, and we continue to receive new enquires every week. We are also very sad to have lost some very dear friends.

We truly recognise how tough it can be for the carers and campaign for a better support and awareness of the struggles they face.

Sadly the number of people living with dementia continues to grow together with the families and friends impacted and therefore the greater the need for advice and support. Our campaign for Admiral Nurses in Bucks continues.

We now run three afternoons a week on a Tuesday, Wednesday and Thursday.

Tuesdays at the Pugin Rooms have organised activities on the first, second and third Tuesdays. But there is always space set aside for quiet chat.

Wednesday afternoons at Age Concern are very much social sessions with perhaps a game, or some knitting for those interested. We enjoy their garden in Summer. Thursdays are also at the Pugin Rooms and more active.



Review of 2023

We kick started 2023 with a Fish and Chip lunch. This was followed by an afternoon tea in March at Flowerland in Bourne End kindly hosted by Marlow Thames Rotary, many of whom were there in their bright yellow tee shirts.

In **May** we had a busy busy month with the introduction of our Let's Get Moving sessions which Lucinda from Horizon Rehabilitation has made great fun. This focuses on mainly seated exercise, getting both sides of the brain to work and co-ordination. We also started a monthly Tai-Chi session with Amanda.

Our Pop-up Shop ran during Dementia Awareness week in May, courtesy of Sorbon Estates. This attracted a lot of attention and provided information for many. Dementia Adventure ran a full afternoon information session at the Pugin Rooms during this week.

Amongst all these our twice weekly singing sessions ran with Jane on the first Tuesday and Geraldine on the third Tuesday. We really enjoy the music and often a bit of dancing too!

Our weekly Wednesday get-togethers are always social, chatty and friendly. Along with our regular socials we have had some great outings.

June saw our outing to Fawley Railway Museum. We were yet again lucky with a fine day and an 80th Birthday to celebrate.

In **July** we re-visited Lindengate Community Gardens in Wendover. We smiled and had fun in the rain! Again! We have an arrangement - whenever they want rain - invite us along! In **August and September** we ran boat trips with Accessible Boating in Bisham. Two lovely days on the river with Tea and Cake.

On **1st September** BOPAG hosted a Dementia Information Day which was well supported by many local organisations.

We were pleased to be there, and sing with our first Dementia Choir.

In **October** we supported the ARC Social Prescribers to run a 5-week information and support programme for carers. These ran alongside our Tuesday sessions. We are always aware of our responsibilities and are grateful to Age UK for running a Safeguarding session for all our volunteers in October too.

Christmas celebrations began in **December** with a group of children from St Peter's School coming to sing for us. This was followed by full-on Christmas Lunch very kindly prepared for us this year by Mark Robertson from Made By Mark. Marlow Thames Rotary also took a small group to the Pantomime at The Wycombe Swan.



Christmas Lunch at the Pugin Rooms



Thank you for all your support

It would not be possible to run our groups without the generous support of Age Concern and St. Peter's Church for the facilities they provide.

We also thank Marlow Thames Rotary, Fawley Railway Society, Lindengate Community Gardens, Accessible Boating, Sorbon Estates and Dementia Adventure. Wye Valley Volunteers help us with the use of their mini-bus. We would like to add that all those who welcome us look after us so beautifully and it is much appreciated.

We have been fortunate in the financial support we receive. Our immense thanks to Alex at the Meat Hook in Marlow who ran the Rob Burrows Marathon and to Pauric Surlis who did the Ride London cycle ride.

We have also been supported by some great local organisations. The Inner Wheel, the Staff at the Marlow Doctors' House, Marlow Arts and Crafts Society, the Pentanque Players, The Utley Foundation, the Marlow Art Society and the Marlow Crafters.

Sadly during the year we have lost some dear friends. We are very to the friends and families who have donated in memory of their loved ones.

Dementia Action Marlow has created a tailored support guide that consists of local and national organisations that can provide help and guidance for people living with dementia. The guide is divided into three sections:



Information

Useful organisations; health advice, transport, social activities.



Care Guide

Care at home, domiciliary care, care homes and day centres.



Benefits

Guidance on the benefits to which you are entitled.

www.dementiaactionmarlow.org/information

Our priorities for 2024

We are currently welcoming volunteers to join our board of trustees. If you are passionate about supporting the community of those people living with dementia, we would love to hear from you, particularly if you have experience of Charity Governance or trained in Dementia Care.

Following the success of the 5 week carers course run by the Bucks ARC PCN, we are planning to run a **Monthly Carers group**, on the 4th Tuesday of every month. The first session will be on Tuesday 25 February, at the Pugin Rooms, Marlow. Please get in touch if you would like to come along.

We, and some of our friends, contributed to the Rapid Review Assessment of Dementia Services run by the Health and Social Care Select Committee of Bucks CC, whose recommendations were all accepted. We look forward to them all being in place. The provision of Admiral Nurses to be provided in the community in Bucks is still a focus for us, dementia specialist nurses who provide life-changing care for families affected by all forms of dementia.

We are also invited to contribute to the Bucks Dementia Partnership run by the Memory Assessment Services, and the Bucks Dementia Strategy Group. The services provided over the borders in Oxon and Berks as well as elsewhere are more comprehensive than those in Bucks.



Some of our awesome Volunteers

Bucks is one of the few counties that do not have Admiral Nurses working in the community. Despite this, many of our members have found their helpline incredibly helpful.

We dream of having our own space. We are immensely grateful for our current accommodation. But we would relish somewhere with better storage, where we can have our own displays, and control over when we can offer activities and functions.

And if anyone would like to join our friendly group of volunteer drivers, we still need drivers once or twice a week, to transport our friends within the local area, please get in touch.

Useful Telephone Numbers



Admiral Nurses (Dementia UK Helpline) 0800 888 6678

Dementia Connect (Alzheimer's Society) 0333 150 3456

Carers Bucks 0300 777 2722

Age UK Bucks 0800 678 1602

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