

# memory moments

## newsletter

Havens' Dementia Action Group

Patron: Maria Caulfield MP

Winter 2017/18

## Golden Ticket Launch

The official launch of the Golden Ticket took place at the Meridian Centre on 22nd September 2017.



This award-winning programme began its roll-out services in October. In this area we have two participating surgeries – Rowe Avenue and Meridian.

Each of the other surgeries will follow in the next phase beginning next year.

People who have been diagnosed with dementia will receive a 'Golden Ticket' with its raft of advice and support from various agents in the community whose joint aim will be to enable those living with dementia to live a healthy, active and supported life within a caring dementia aware community.

Dementia Guides will make contact within two working days of the diagnosis and will arrange a further face-to-face meeting within ten days of diagnosis.

In the Meridian area information about the Memory Café and eligibility for transport will be discussed together with information about the Memory Moments Choir and Wave Leisure's Health & Wellbeing sessions (Fun, Fitness & Friendship) Lewes & Peacehaven.

The Golden Ticket has also recognised the importance of looking after unpaid carers – without them where would we be?

They receive an assessment where they can talk about themselves and the sort of life they lead. A Dementia Guide attends the Memory Café each week which gives a further opportunity to talk.

The Havens Dementia Action Group, with a generous donation from The House Project, have been able to arrange outings for the Memory Café attendees together with members of the Sunday Lunch Club.

The Memory Moments Café is run by the charity *Know Dementia* and meets every Friday from 10am in the Meridian Centre (Anzac Room) Peacehaven. Each week there is something different to do – maybe a quiz, drumming, a magician and always music to sing or dance to.

Those diagnosed with dementia and their carers come in the CTLA minibus.

It has proved to be a very popular Café with lots of talking and laughter. Volunteers provide a steady stream of biscuits, cake, tea and coffee. Altogether a great place to be.

## Know Dementia

*Know Dementia* is a local charity comprising of volunteers, family carers and qualified professionals who live and work with people with dementia.

Memory Moments Cafes are now being held in Peacehaven, Buxted, Crowborough, Ringmer, Newick and Ticehurst.

Musical Moments Choirs – Uckfield, Newhaven and Lewes.

Newhaven Choir is held every Tuesday at the Hillcrest Centre (10.00 -12.00). There is a small charge.

For those with the Golden Ticket, Wave Leisure holds weekly Fun, Fitness and Friendship Groups at Lewes Mondays weekly 2.15pm - 3.15pm and at Peacehaven Leisure Centre Thursdays weekly 11am – 12pm.

For more information, call *Know Dementia* on: 01273 494300 or Email [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)

Fun, Fitness & Friendship AT Lewes & Peacehaven

### Become a Dementia Friend!



*Would you or your staff like to be trained as a Dementia Friend?*

We can offer you free training during a lunch break or staff away-day or event.

Your staff will then be equipped to be more aware of customers who have memory problems and you will officially be a "Dementia Friend".

Contact Jo at 3VA

Tel: 07944 617792

Email: [jo.leinster@3va.org.uk](mailto:jo.leinster@3va.org.uk)

[megan.comber@sussexcommunity.org.uk](mailto:megan.comber@sussexcommunity.org.uk)



## Carers support Groups

**Care for the Carers** – Carers Advice & Support.

Every second Wednesday Seaford House, Crouch Lane, Seaford.

(10 - 12) All welcome.

Contact Margaret Hunt 01273 510998

**Carers Wellbeing** – every 3rd Tuesday at the House Project, Peacehaven.  
Contact Emilia 01273 581676

**AGEUK** offers Day Care in Newhaven, Peacehaven & Seaford.  
Contact Nicola 07850 987131

**The Alzheimer's Society** hold a Carers Support Group in Seaford at the St James Clubhouse every second Tuesday of the month.  
Contact 01273 579758

### **Other activities and groups to contact:**

**Downlands Court**, Roundhay Ave, Peacehaven have a rolling programme of chair based classes, arts & crafts, music and writing.  
Contact 01403 226193

**Newhaven & Peacehaven U3A** host a variety of small interest groups/hobbies. Outings to places of interest & theatre trips.  
Contact Maggie 01273 584994

**CTLA** – offers door-to-door transport and have a Travel Club. To book places call 01273 517332

**Dementia Lunch and Supper Clubs** – Contact Lynn Leeves on 07740 338120 or Wendy Morley 07759 370090 for Ringmer or Seaford

**We Care Day Centre** For those still young at heart – A new social group for all including those with memory problems starting on 10th January 2018.  
Hillcrest Centre (Room 4) every Wednesday 10am – 1pm  
Please call 07432 662264 or 07402 314642

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**All this and further information can be found in the *Care for the Carers* free quarterly magazine available in doctors surgeries or contact [info@cftc.org.uk](mailto:info@cftc.org.uk)**

## The Havens Dementia Action Group

The Havens Dementia Action Group holds monthly meetings at Downlands Court in Peacehaven from 10-12.00. always on a Monday with the date fixed at the end of each meeting.

In 2018 we are working hard to increase the numbers of Dementia Friends locally and to give the Meridian patch (Newhaven to East Saltdean) Dementia Friendly Status.

### **If you are interested in joining us**

we would love to hear from you especially if you have experience in caring, working or volunteering with people with dementia and their carers.

Email Kate: [katedaviesofpiddenhoe@gmail.com](mailto:katedaviesofpiddenhoe@gmail.com)

### **Committee members include:**

**Kate Davies** - Meridian Mature Citizens Forum

**Peter Calder** – Know Dementia

**Jo Leinster** – 3VA

**Margaret Hunt** - Care for the Carers

**Emilia Simmons** – Carers Support Group

**Nicola Mayne** - Alzheimers Society

**Sarah Gorton** – Locality Link Worker

**Bryan Goodenough** – Sussex Partnership NHS

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## Carers Week Information Event

Carers Week Information Event will take place on **Wednesday 13th June 2018** at the Meridian Centre, Peacehaven.

Information and invites will be sent out later.

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## Meridian Forum AGM

Tuesday 23rd January 2018

Meridian Centre, Peacehaven (Anzac Room)

10am - 12.30pm

Coffee from 9.45am.

Sandwich lunch at the end of the meeting.

Guest speaker Teresa Flowers  
from *Care for the Carers*

“Building a more Carer Friendly Society”.

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