

# DEMENTIA FRIENDLY HOLLYWOOD

Newsletter #DementiaFriendlyHollywood  
Issue 5 July 2017



# What has been happening in June...

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June has been a quieter month after a very eventful May. However, our work with Dementia Friendly Hollywood doesn't stop!

On the 15th June we had our Cupcake morning at Loughview Fold, Hollywood to support the Alzheimer's Society. We had a great crowd attend the event, and raised £70 for the Alzheimer's Society. In fact, the cupcakes were enjoyed by so many back at Radius Housing offices in Hollywood, that we have planned to hold another cupcake day for this worthy cause.

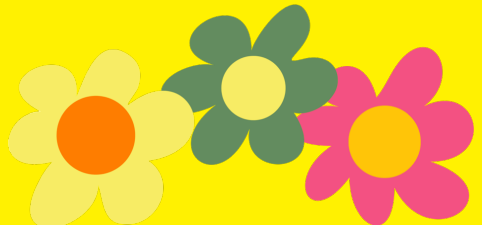


We had our Memory Cafés and Carer Support Cafés this month as we always do,

however the Memory Café and the Carer Support Group joined up on

Wednesday 28th June for a spot of relaxation. It was a brilliant morning and we will make plans to do this again soon.

*Thank You*



*for your Kindness*

Special thanks go to Lenny the Mobile Barber for providing the Hot shaves and haircuts to the men, and to Debbie, Jenny, and Yvonne for providing the hand massage and nail treatments to the ladies, and not forgetting Hollywood Library for always supporting our events.





# Dementia Friends Training



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We have spent a lot of time in June training local businesses in and around the Holywood area and Bangor, and we have secured more training dates with the North Down and Ards Borough Council.

The dementia friends training usually lasts for about 2 hours, depending on how much conversation the topics create. If we think about how little 2 hours of our life is, and how it passes by so quickly, just think how you could put these hours into becoming a dementia friend and being equipped to communicate with

people living with dementia and their carer's. It would be 2 hours that you have opened your life and knowledge towards supporting yourself and people in your community living with dementia.

If you would like more information on how to become a Dementia Friend please email [deirdre.carr@radiushousing.org](mailto:deirdre.carr@radiushousing.org)



# What is Dementia?

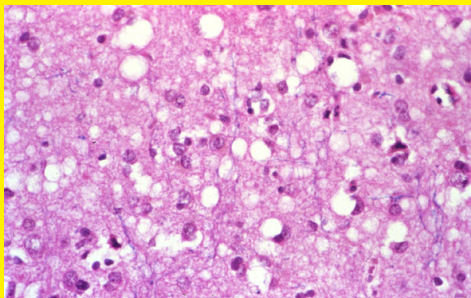
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We started in April providing our readers with some background knowledge of the various types of dementia.

In April we provided information on Alzheimer's Disease and Vascular Dementia.

In May we provided information on Dementia with Lewy Bodies and Korsakoff's Dementia. In this edition we will be focusing on CJD – Creutzfeldt – Jakob Disease.

CJD is a prion disease and occurs when prion protein found throughout the body develops in the brain and destroys brain cells. Resulting damage leads to rapid decline in thinking and reasoning as well as involuntary muscle movements, confusion, difficulty walking and mood changes. CJD is rare, occurring in about one in a million people annually worldwide.



## Signs & Symptoms of CJD:

1. Depression
2. Agitation, apathy and mood swings.
3. Rapidly worsening confusion, disorientation, and problems with memory, thinking, planning and judgement.
4. Difficulty walking.
5. Muscle stiffness, twitches and involuntary jerky movements.

There is no treatment that can slow or stop the underlying brain cell destruction caused by CJD. Current therapies focus on treating symptoms and on supporting individuals and their families coping with the symptoms and rapid progression of CJD.

For more information on Dementia and the different types please have a look at these websites:

- [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
- [www.nhs.uk/dementia](http://www.nhs.uk/dementia)

# July

Mon	Tue	Wed	Thu
3 <b>Dementia NI Empowerment Group</b> Holywood Library More info call: 028 9068 6768	4	5 <b>Alzheimer's Society Carer Support Meeting</b> Holywood Care Home (Open Meeting) 2.30pm-4pm	6
10	11 <b>Memory Café</b>  11am - 12 noon Holywood Library	12 <b>Bank Holiday NI</b>	13
17	18	19	20
24 <b>Dementia NI Empowerment Group</b> Holywood Library More info call: 028 9068 6768	25	26 <b>Memory Café</b> Holywood Library 11am -12noon <b>Carer Support Group*</b> Coffee Yard 11am -12noon	27
31			

# 2017

	Fri	Sat	Sun
		1 <b>Coffee Morning</b> 10am Holywood Non-subscribing Church	2
	7	8 <b>Coffee Morning</b> 10am Holywood Non-subscribing Church	9
	14	15 <b>Coffee Morning</b> 10am Holywood Non-subscribing Church	16
	21	22 <b>Coffee Morning</b> 10am Holywood Non-subscribing Church	23
	28	29 <b>Coffee Morning</b> 10am Holywood Non-subscribing Church	30



# Anyone know a Dementia Friendly Barber?

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Some of you may have met Lenny White at our Official Launch / Open Day in May.

Lenny has joined the Dementia Friendly Community Steering Group, and has been getting a lot of positive publicity in local newspapers, radio and social media. Therefore, we thought we would give him a mention in this month's newsletter.

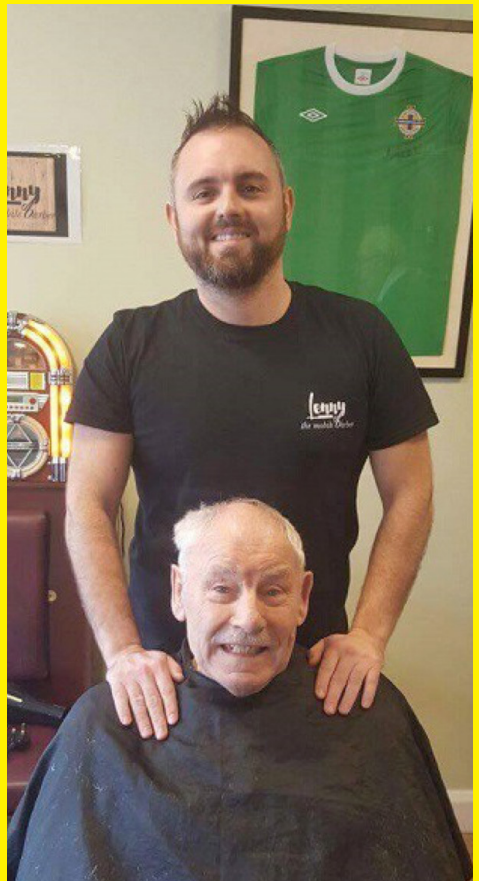
Lenny White's dementia-friendly barber business has been a big hit in Northern Ireland, and he's now setting his sights on the rest of the UK.

For people living with dementia, remaining independent and participating in local communities can be both daunting and frustrating.

Lenny White, 35, the mobile barber from Northern Ireland who has made it his mission to make a difference for the men living with dementia in his local area.

Having previously worked in a nursing home kitchen, Lenny noticed that the hairdressing

services were often more tailored towards women - from the lighting and decor to the general conversation.





'Men love getting together with other men and having a bit of banter,' says Lenny. 'Just because someone has dementia, it doesn't mean they have to lose out on things like this.'

Lenny's mobile barber shop provides one solution, bringing haircuts to the homes of those who aren't able to get to their local barber shop. Whether it's a care home, day centre, hospital or residential setting, Lenny recreates the traditional barber shop experience and helps restore some dignity to his customers.

As well as barber shop signs, old photographs and hot towels, Lenny also brings along an old jukebox so that his customers can sing along to the classics.

'When my clients come into the barber room they hear the music and smell the different scents and it seems to instantly relax them. I play Elvis Presley, Dean Martin, Frank Sinatra and have many a sing song with my clients - it's amazing to watch.'

While Lenny admits to knowing 'very little' about dementia beforehand, he's since become a Dementia Friend and enrolled in specialist dementia training with Dementia Friendly Hollywood, Radius Housing.



'I've learned to meet them where they're at. I'm usually quite a fast person, always go go go, and since starting my business and working with people with dementia I am learning to slow way down, be patient and talk them through it.'

'Dementia is just so common nowadays,' he says. 'Every business should be dementia friendly.'

# Would anyone like to take a Day trip?

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Now that the summer is finally here Dementia Friendly Hollywood has decided to organise a day trip to Castle Espie on Thursday 10th August.

If you would be interested in joining us, please contact Deirdre Carr 028 9039 7160, [deirdre.carr@radiushousing.org](mailto:deirdre.carr@radiushousing.org) to book your place on the bus.



# Map

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# Radius HOUSING

3-7 Redburn Square,  
Holywood BT18 9HZ

Deirdre Carr - 028 9039 7158



Dementia NI  
54 Elmwood Avenue  
Belfast BT9 6AZ

Ashleigh Davis - 028 9068 6768



Alzheimer's Society  
Unit 4  
Balmoral Business Park  
Belfast BT12 6HU

Lynda Williams - 028 9181 0083



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