

# DEMENTIA FRIENDLY HOLLYWOOD

Newsletter #DementiaFriendlyHollywood  
Issue 3 May 2017



# What has been happening in April...

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We cannot believe another month has come and gone, and this will be our third newsletter!! We have been very busy in April with the Dementia Friendly Hollywood Project, and we had Easter Celebrations in the middle.

We held our Easter Memory Café on 12th April. There was a positive turn out again, and we had the Historic Society attend the café with some items on Hollywood which provoked a lot of interesting conversations, memories and laughter.

Over the month of April we enjoyed attending the Empowerment Group with Dementia NI. The members as always were very welcoming and provided some very positive feedback in regards to the monthly newsletter, and what they would like to see coming to Hollywood to support them on their journey living with dementia. Thank you to everyone for your feedback.

We met with Lynda Williams and Pamela Frazer from the

Alzheimer's Society. We are hoping to join together to continue the Carer Support Meetings held in Hollywood. Further details of this will follow.

We have been working closely with our partners Dementia NI and the Alzheimer's Society in planning different events for Dementia Awareness week Sunday 14th – Friday 19th May. More details later in this edition.

We held our first Carer Support Coffee morning in the Coffee Yard, Hollywood in March and another in April. Once again we received positive feedback on the work Dementia Friendly Hollywood has achieved so far from our carer's. We had very informative and supportive coffee mornings, with everyone sharing their

experiences and advice on living with dementia and supporting the people they care for.

**“I am really glad I came this morning. It is so easy to bury your head in the sand, think you know everything there is to know about dementia, or even think you are managing without getting support and advice from others. This morning made me realise that I am not the only one caring for someone I love living with dementia in Hollywood, and I can learn from speaking to others about what concerns me and what else I could be doing to help me and ..... I look forward to next month. Great morning, great coffee, great experience. Thank you.”**

We held a befriender recruitment day in March @ Hollywood Library. Unfortunately there wasn't a great uptake within and around Hollywood. However, we remained undefeated and made further progress in meeting with other organisations regarding befriending services and recruitment for this valuable service. There will be more information over the next few months regarding this service as we have had several contacts requesting the support of a befriender and when this service will commence.

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



# What is dementia?

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Last month we provided a brief summary of:

- What is Dementia;
- Further information on Alzheimer's Disease & Vascular Dementia;
- ✓ Being confused about time and / or place
- ✓ Sight and visual difficulties

So.... This month we will be focusing on **Dementia with Lewy Bodies** and **Korsakoff's Dementia**.

First of all, some "umbrella" facts to refresh our memories with:

- Dementia is an umbrella term to describe the symptoms that occur when your brain is affected by specific diseases and conditions.
- Dementia can affect anyone regardless of their age, gender, creed, race, intellectual or social standing.
- Dementia is a feelings based illness.
- There are over 100 different types of dementia!!!

## Signs & Symptoms of Dementia

- ✓ Memory loss
- ✓ Difficulty thinking things through and planning
- ✓ Communication problems

- ✓ Mood changes or difficulties controlling emotions

## Dementia with Lewy Bodies:

This type of dementia gets its name from tiny spherical structures that develop inside nerve cells.

Dementia with Lewy bodies is a type of dementia that shares symptoms with both Alzheimer's disease and Parkinson's disease. It may account for 10-15% of all cases of dementia. This type of dementia can be diagnosed wrongly and can often be mistaken for Alzheimer's disease.

Lewy bodies are tiny deposits of protein that appear in nerve cells in the brain. The way someone is affected by dementia with Lewy bodies will depend partly on where the Lewy bodies are in the brain.

- Lewy bodies at the base of the brain are closely linked with problems in movement, which are also the main features of Parkinson's disease.
- Lewy bodies in the outer

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layers of the brain are closely linked to problems with mental abilities.

People with Lewy Body dementia can experience both problems with movement and mental abilities at the same time.

### Signs & Symptoms:

The first symptoms of dementia with Lewy bodies can affect someone only slightly, however over time they gradually get worse and cause problems with daily living. There are some symptoms unique to dementia with Lewy bodies. Below is a brief summary of each:

- **Problems with mental abilities**, such as problems with alertness and attention are very common. It is important to be mindful of the fact that these problems may switch between being bad and then getting better, or vice versa. They may happen over the course of a day and the person may have episodes of when their speech is disorganised.
- **Hallucinations and delusions**, such as visual hallucinations which may often be of animals or people, and they can be very detailed and believable for the person with dementia. The

person may also experience auditory hallucinations where they hear sounds that are not real. The person may also have visual misconceptions where they mistake a shadow for a person. All of these can be very distressing for the person living with dementia.

- **Movement problems**, such as slow and stiff movements with a blank facial expression. The person's posture may be stooped and their walk maybe shuffling, also lending itself to problems with balance.
- **Sleep disturbance**, such as falling asleep easily during the day, but have restless, disturbed nights.
- **Sense of smell may disappear, may become constipated or have urinary tract infections, the person may faint or have unexplained episodes when they lose consciousness for a few minutes.**

When caring for someone with Lewy body dementia, it is important to be as flexible as possible, bearing in mind that many of the symptoms will vary over time.

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## Korsakoff's Disease / Syndrome

Korsakoff's Syndrome is alcohol related brain damage. It is a brain disorder caused by regular drinking too much alcohol over several years. Korsakoff's is not actually a dementia, but it may share similar symptoms and contrasts to that of the common causes of Alzheimer's disease.

The majority of people with Korsakoff's who receive good support and remain alcohol free can make a full or partial recovery, and there is also a good chance that their condition will not worsen.

### Signs & Symptoms

The symptoms of alcoholic dementia largely reflect the areas in the person's brain that are damaged.

A person's symptoms with alcohol dementia are more varied than that of Korsakoff's. Signs and symptoms often include:

- Poor planning and organisation skills, problems with decision making, judgement and risk assessment;
- Problems with impulsivity and difficulty in controlling emotions;
- Problems with attention and slower reasoning;
- Lack of sensitivity to the feelings of other people;
- Behaviour which is socially inappropriate

Unlike Korsakoff's, not everyone with alcoholic dementia has loss of day-to-day memory.



# Map

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# May

Mon	Tue	Wed	Thu
1 <b>Early May Bank Holiday (May Day)</b>	2	3 <b>Alzheimer's Society Carer support meeting</b> Holywood Care Home (open meeting) 2.30- 4pm	4
8 <b>Dementia NI Empowerment Group.</b> Holywood Library More info call: 028 9068 6768	9	10	11
15 <b>Afternoon Tea</b> Holywood Non-Subscribing Church Hall 2pm - 4pm	16 <b>Memory Walk @ 11am</b> in Victoria Park	17 <b>Memory Café</b> 11am - 1pm Holywood Library	18 <b>Official launch day</b> at Holywood subscribing Church <b>Dementia Friends</b> Holywood Non-Subscribing Church 2pm - 3pm
22 <b>Dementia NI Empowerment Group.</b> Holywood Library More info call: 028 9068 6768	23	24	25
29 <b>Spring Bank Holiday</b>	30	31 <b>Carer Support Coffee Morning</b> 11am - Coffee Yard <b>Memory Café</b> Holywood Library 11am	



# 2017

	Fri	Sat	Sun
	5	6 <b>Coffee Morning</b>  10am Holywood Non-subscribing Church	7
	12	13 <b>Coffee Morning</b>  10am Holywood Non-subscribing Church	14 <b>Many Churches are holding Dementia Friendly Services</b>  <b>START OF DEMENTIA AWARENESS WEEK 14-19 MAY</b>
<b>For more information</b> Holywood Non-subscribing Church 1pm-6pm  <b>Family Service</b> Holywood Non-subscribing Church 3.15pm	19 <b>The Mighty Quiz @ 5pm</b> Stokers Holt, Holywood  Food & Refreshments Provided	20 <b>Coffee Morning</b>  10am Holywood Non-subscribing Church	21
	26	27 <b>Coffee Morning</b>  10am Holywood Non-subscribing Church	28

# Dementia NI News

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We are delighted to be working with Dementia NI and we would like to say a huge thank you for the support they have shown to us with the Dementia Friendly Hollywood.

We asked Ashleigh Davis to give our readers an update on what is happening with Dementia NI at the moment which would be of interest to our Hollywood area readers.

“Keep a watch out for Hollywood Dementia NI members presenting their BBC NI charity appeal this coming May. The appeal will be broadcast as part of the new Community Life programme on BBC Northern Ireland television. This programme will profile the work and support needs of the featured charity Dementia NI, and will also include news about developments within the community and voluntary sectors.

Dementia NI members from all throughout Northern Ireland

came together to take part in the filming. All members of Dementia NI have a diagnosis of dementia and are themselves actively involved in raising awareness, by informing others how to support everyone with dementia in Northern Ireland. Co-Chair and member of Dementia NI John McErlane presented the charity appeal. John stated, “It was hard work but I thoroughly enjoyed the experience.”

If you would like to become involved with Dementia NI by becoming a member or volunteer, please contact Tara Collins on 028 90686768 or email [info@dementiani.org](mailto:info@dementiani.org).”



# Alzheimer's Society

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## Carer Support in the Community

Earlier in this month's newsletter we mentioned that we had met with Lynda William's from the Alzheimer's society. Lynda is the Dementia Support Worker for ND&A. We discussed our plans for the Dementia Friendly Hollywood project and how we could work together for the carer's in the Hollywood area. Lynda and I hope to combine the carer support coffee mornings each month where our carers will have extra support from this project and the Alzheimer's society.

Lynda and ourselves will also be working together to plan events for our carer's in June for Carer's week, and we will update our readers and follower's with publications and updates over the next few weeks.



The Duchess of Cambridge was talking last week about mental illness. She made reference to the importance of people coming together to talk about their experiences... "It is our job to show people how to have those simple conversations and starting these conversations which is often the hardest part. Anna Friel has said that talking to someone is like medicine for her. No matter how uncomfortable or awkward it can be, it is just starting the conversations that can open doors to someone."

# Dementia Awareness Week

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**SUNDAY 14<sup>TH</sup> MAY – FRIDAY 19<sup>TH</sup> MAY 2017**

Ok, this month we have Dementia Awareness week. We at Dementia Friendly Hollywood have been working hard with the local community to bring together different events for people living with dementia and their carer's. We hope you will all support and attend as many events as possible to make this a really fantastic week.

**Sunday 14<sup>th</sup> May –**



Many Denominations within the Hollywood area will be hosting dementia friendly services

**Monday 15<sup>th</sup> May -**



Afternoon Tea will be served @ Hollywood Non-Subscribing Church Hall from 2pm-4pm. To book your seat, please contact Deirdre Carr, 07764677255. Everyone Welcome!!

**Tuesday 16<sup>th</sup> May -**



Dementia Friendly Hollywood and the Alzheimer's Society are holding a Memory Walk in Victoria Park, Belfast. (See map)

**Wednesday 17<sup>th</sup> May -**



Memory Café in Hollywood Library @ 11am – 12.30pm

# Alzheimer's Society

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Thursday 18<sup>th</sup> May -



Dementia Friendly Holywood will be hosting an information day in the Holywood Non-Subscribing Church Hall between 1pm-6pm for everyone in the Holywood area living with dementia. We have many different businesses, organisations and partner's holding stands. There will be entertainment and food provided. Everyone welcome to this very special event.

Friday 19<sup>th</sup> May -



We will be hosting the MIGHTY QUIZ, sponsored by Alzheimer's Research UK in the Stoker's Holt, Hibernia Street, Holywood from 5pm-8pm. Food & Light refreshments provided.



# Official Launch and Information Open Day

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Thursday 18th May 2017 @ 1pm-6pm  
in Holywood Non-Subscribing Church Hall

Dementia Awareness week paves the pathway towards the Official Launch of Dementia Friendly Holywood and the Information day that will be open to everyone in and around the Holywood area who is experiencing dementia in their lives.

We will have many stands at this event, ranging from the Alzheimer's Society, Dementia NI, 352, Hunts Solicitors, Fold Telecare, Beauty & Relaxation Therapist, Barbour's, health checks, opticians, to name but a few.

We are delighted to confirm that the Mayor of North Down and Ards will be attending this event, and different representatives from other organisations.

We will also have some speakers attending the event of whom are members of Dementia NI, and also living with a dementia diagnosis. Their experiences are overwhelming to listen to and their positivity to this change that is happening in their lives is powerful.

If you would be interested in learning more about dementia, what services there are within your community to support you, what organisations in your area can do for you, and the opportunity to speak to amazing people living with dementia, and how they are fighting against it, please come to the Official launch and information open day.

# Easter Memory Café



# 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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