

Ashford Place Dementia Newsletter

18 January 2021

no8

Welcome back to the Dementia Newsletter from Ashford Place. We have some old favourites and new items which hopefully will keep you informed and entertained. If there is anything you would like to see featured or you have something to share please let me know – after all this is YOUR newsletter.

Many activities have now gone online. But we hope to include things accessible to everyone. Did you know that you can join Zoom meetings by phone? So even if you don't have internet access or aren't very good at using it (yet) you can still take part. (Contact Kamlesh for IT help Kamlesh.Patel@ashfordplace.org.uk or 07958 460 846)

The Editor

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PS If any link doesn't work try copying and pasting

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Winter frosts time



Active walking

Walking is the main exercise that most of us do. Going for a walk gets us out of the house and into the fresh air but can be a bit boring if all we are doing is going from A to B and back again!

We can make it more interesting by noticing how our different senses are affected. Below are some ideas. We can try all of them every time we go out or just one sense a day. If you have a camera take a picture of what you come across and anything unusual or interesting.

Touch - find an example of each of these. Do you know what type it is? How does it feel? Smooth, rough, velvety?

Tree bark

Leaf

Petals

Smell - stop during your walk, take several deep breaths, can you smell anything? Rain,

traffic fumes, flowers?

Sight – notice, colours and shapes, look out for different types of things:

An interesting building/ part of a building

A plant

An animal/ bird/ insect

Street furniture (lamp post, post box, street sign etc) see what you can find.

Sound - stop during your walk, what can you hear? Traffic, people, wildlife, silence?

During your walk collect leaves, twigs, acorns, conkers - anything you can find to make some art - more next time.

Send us your pictures - we'll print them in a future newsletter

Email: gabby.horecka@ashfordplace.org.uk

Address: Ashford Place, 60 Ashford Road, London NW2 6TU





Government
Counter Fraud
Function

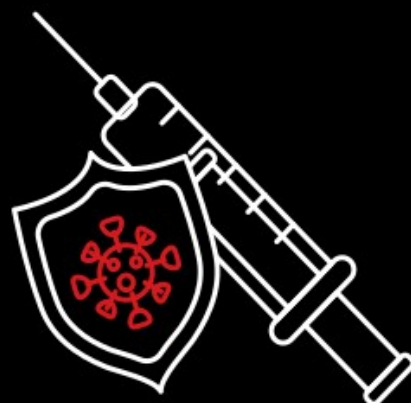
GOV.UK/coronavirus



Counter Fraud Authority

COVID-19: VACCINE FRAUD

Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy.



PEOPLE ARE WARNED TO BE ALERT TO THESE SCAMS:

The **NHS** will:

- ⊗ **NEVER** ask for payment - the vaccine is free
- ⊗ **NEVER** ask for your bank details
- ⊗ **NEVER** arrive unannounced at your home to administer the vaccine
- ⊗ **NEVER** ask you to prove your identity by sending copies of personal documents such as your passport

TOP 4 VACCINE SCAMS



TEXT MESSAGES

People are asked to press a number on their keypad or to send a text message to confirm they wish to receive the vaccine, doing so is likely to result in a charge being applied to their phone bill and fraudsters collecting personal information to use again.



PHONE CALLS

Victims receive a phone call from a fake caller offering the vaccine for a fee or asking for bank details



WEBSITES

Fake URL links to convincing-looking NHS vaccine booking forms, these look like official NHS forms and may contain some personal information already, at the end of the form it asks for their bank details.



IN PERSON

Fraudsters are calling unannounced at the homes of victims by pretending to be from the NHS to administer the vaccine there and then, in exchange for a cash payment.

MYTH: COVID vaccine causes irreversible side effects



TRUTH: No patient has so far suffered from irreversible side effects - in trials or in the population.

This myth was spread by misreading a presentation which actually said 3000 of those vaccinated suffered with **temporary** and **reversible** side effects.

All medicines have the potential to cause side effects, but this needs to be weighed up against the harm of the disease they are trying to prevent.



BRITISH ISLAMIC MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/34ZZ6vN>

MYTH: The vaccine may modify your DNA



TRUTH: There is no way that RNA can change the DNA of anyone.

The COVID vaccine uses mRNA technology. The mRNA vaccine teaches our cells to make a protein that triggers a protective immune response. The mRNA is broken down soon after it enters the body.

mRNA never enters the nucleus of the cell, where our DNA is kept.



BRITISH ISLAMIC MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/3p12hM>

MYTH: Wearing a mask is bad for your health



TRUTH: There is no evidence to show that wearing a mask is harmful, but there is evidence to show that it can protect.

We all have a role to play in reducing the spread of COVID. We must continue to practice social distancing, wearing masks and handwashing to help reduce the spread of COVID.



BRITISH ISLAMIC MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/34YX0Lv>

MYTH: The vaccine was approved too quickly to be safe



TRUTH: The speed of approval was mainly due to cutting red tape rather than cutting corners.

There has been unprecedented worldwide scientific collaboration and funding to create the COVID vaccine. This global effort has allowed scientists to work at record speed, and complete years of work in months.



BRITISH ISLAMIC MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/2KWp6gd>

MYTH: 99.97% recover from COVID, but 3% get major side effects from vaccine



TRUTH: These numbers are false. We should remember that over a million people have died from the virus and millions more are suffering long term complications.

The small risk of minimal and often short term side effects of the vaccine do not outweigh the risk of long term complications or death from COVID.



BRITISH ISLAMIC MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/38fGg>

MYTH: COVID is no more dangerous than the flu



TRUTH: COVID kills up to 10x more than flu.

Research at John Hopkins University indicates that COVID is more fatal, impacts more people for longer (up to 30 days) and spreads faster than the flu.

Claiming that COVID is no more dangerous than the flu trivialises the destruction this virus has brought to many lives.



BRITISH ISLAMIC MEDICAL ASSOCIATION

[E] covid@britishima.org [I] The final decision is always the responsibility of the individual [Ref] <https://bit.ly/3pCK3yw>

The COVID-19 vaccine

Source <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae>

The coronavirus (COVID-19) vaccine is safe and effective. It gives you the best protection against coronavirus.

Who can get the COVID-19 vaccine?

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus. In England, the vaccine is being offered in some hospitals and pharmacies, at hundreds of local vaccination centres run by GPs and at larger vaccination centres. More centres are opening all the time.

It's being given to:

- people aged 80 and over
- people who live or work in care homes
- health and social care workers at high risk

You also need to be registered with a GP surgery in England. You can [register with a GP](#) if you do not have one.

The vaccine will be offered more widely as soon as possible including to people living with dementia and family their carers.

The order in which people will be offered the vaccine is based on advice from the Joint Committee on Vaccination and Immunisation (JCVI).

[Read the latest JCVI advice on priority groups for the COVID-19 vaccination on GOV.UK](#)

Wait to be contacted

The NHS will let you know when it's your turn to have the vaccine. It's important not to contact the NHS for a vaccination before then.

Next time - Giving the Covid-19 vaccine to someone living with dementia

Check out Covid myths at:

<https://britishima.org/operation-vaccination/hub/covidmyths/>

(more myths next time)



Events

Covid, inequality and hope: what we can learn from one borough's story

Talk & panel discussion

**Thursday 21 Jan,
10.30 - 12pm**

Online via zoom, book a free place
www.talkjan.eventbrite.co.uk



Cllr Ketan Sheth
Chair, Community & Wellbeing Scrutiny Committee



Georgina Nutton
Headteacher at Preston Park Primary



Judith Davey
CEO, The Advocacy Project



Shyama Perera
Writer, Broadcaster & Chair of South Asian Diaspora Arts Archive



Dr MC Patel
Chair, Brent CCG at NHS Brent



Professor Mala Rao
Medical Adviser to NHS England's workforce Race Equality Strategy

The Advocacy Project Talk and Discussion - how is the virus repeating patterns of existing health inequalities? What factors are driving the disproportionate impact on the health of ethnic minorities communities? And what needs to happen next? Our panel will discuss issues that have come to the fore in Brent. Online via Zoom and phone.

To book: www.talkjan.eventbrite.co.uk

Phone: 020 8969 3000

Email: info@advocacyproject.org.uk

Website: www.advocacyproject.org.uk



Exercise Corner

Go4Life®

**15-minute Sample Workout for
Older Adults from Go4Life**

<https://youtu.be/Ev6yE55kYGw>

**60-minute Sample Workout for
Older Adults from Go4Life**

<https://youtu.be/rkDlpZ3Musw>

What's on - Dementia Calendar at Ashford Place

- **Dementia Friendly Tuesday Online Group** - meets weekly on **Tuesdays**, 11-12pm
For the link to join the group **email:** Sally Long dementiavoices@ashfordplace.org.uk
or **contact:** Kamlesh Patel Kamlesh.Patel@ashfordplace.org.uk or 07958 460 846

This week Tuesday 19th January 2021

Catch up

Dementia HUBs—Debbie

Advocacy Intervention Guidance - Clive


Talk about the vaccine, what are the barriers/concerns

Chair based exercise - Vivienne

- **Connection with Nature** - new group with Sally - meets weekly on **Wednesdays**, 11-12pm
For the link to join the group **Email:** Sally Long dementiavoices@ashfordplace.org.uk
or **contact:** Kamlesh Patel Kamlesh.Patel@ashfordplace.org.uk or 07958 460 846

Web of the Week

10 FREE and uplifting things that people can view, do or share over the next week
www.weboftheweek.com




Web of the Week


Uplifting links with tips for beginners

[WoW US](#)[Tips](#)[Help](#)


[NATURE](#)[ARTS & CULTURE](#)[COMMUNITY](#)[ENTERTAINMENT](#)[SPORT](#)[FUN](#)[WELL-BEING](#)[EDITIONS ▾](#)




Guy – Happy New Year!




Sketchbook Challenge
(15mn+)




Treading the Globe (3-30mn)




The Fun of the Fiddle
(4mn)




Ford – Safety First
(7mn)




Chelsea Pensioners
telling jokes (7mn)




Buckingham Palace
360 degree tour
(3mn)



Ed's bit on the side
(2mn)



Golden Retriever
Loves the Beach
(7mn)



Mary Berry makes an
omelette in 1973
(7mn)

Training and Courses



St Clare Hospice - Namaste Care is an internationally-recognised care programme which teaches you to use simple activities that include sensory stimulation of our five senses (touch, hearing, sight, smell and taste) to help people with dementia connect and engage with others.

This pilot project aims to train and empower unpaid carers and paid care staff to deliver high-quality, compassionate care to people living with advanced dementia. Afterwards, attendees will be invited to join a Namaste Network Group, where they will be able to share best practice, successes and learning points from putting Namaste care into practice.

Our colleagues at St Clare Hospice, Harlow have kindly agreed to make these online events available to people in Brent.

Thursday 21 January, 2 - 4pm - Introduction to Namaste Dementia Care: for professionals

This free event is for paid carers working with people living with advanced dementia.

For information: <https://stclarehospice.org.uk/event/introduction-to-namaste-dementia-care/>

To book: <https://www.eventbrite.co.uk/e/introduction-to-namaste-dementia-care-tickets-132608474517>

Wednesday 10 February at 10 – 12pm - Introduction to Namaste Dementia Care: for unpaid carers. This free event is for people who are caring for those living with advanced dementia, such as a family member or friend.

For information: <https://stclarehospice.org.uk/event/introduction-to-namaste-dementia-care-unpaid-carers/>

To book: <https://www.eventbrite.co.uk/e/introduction-to-namaste-dementia-care-for-carers-tickets-133686659397>

Organiser: Sally Muylders **Phone:** 01279 773 709

Email: sally.muylders@stclarehospice.org.uk

The Alzheimer's Show Digital Hub

26 & 27 January 2021 - Caring and dementia: Support, advice & education

In partnership with Alzheimer's Society, you can join 2 days of live practical online presentations which will provide you with a better understanding of dementia to help you support those you care for and make a positive difference

Book the 2 days now for just £17.99* for public/carer/family member and £32.99* for professionals - <https://alzheimersshow.co.uk/digital-hub/>

M2M Community Solicitors LLP -

Virtual Talks January 2021



These talks which include: Lasting Powers of Attorney, Court of Protection, Wills, and Probate are repeated on a rolling basis. If you miss a talk or need more information **contact:** Marie Quinn marie@m2mcommunitysolicitors.co.uk or 020 8938 4611

Monday 18 January 2021 at 11am – Employment Rights for Carers

To register: https://zoom.us/join/zoom/register/tJ0ldOirpjMiGda6kM_EaSe_Y0SHEztFFEio

This talk will cover some of the employment rights for carers.

Monday 25 January 2021 at 11am – Housing

To register: <https://zoom.us/join/zoom/register/tJUocOitrTooH9FXaOWiAuHuyd3X6fsMDAxq>

This talk will cover primarily housing allocations, banding issues and requests for reviews. If time permits we will talk about other housing issues.

Lockdown made simple

What's the main rule?

- Stay at home.

What are the exceptions to that rule?

- Work/volunteer – when it really can't be done at home.
- Essential shopping for yourself or someone who needs it.
- Education – schools are open for vulnerable children and the children of keyworkers.
- Care – for disabled/vulnerable people or to attend a support group.
- Exercise – once a day, not outside your local area.
- Health – get a Coronavirus test at one of the 9 testing sites in Brent (www.brent.gov.uk/covidtesting)
- Visits – you can visit someone who is giving birth, dying, in a care home, in hospital, or who needs accompanying to an appointment.
- Worship – some places of worship may choose to stay open.

Who can I see?

- Your household – the people who live in your home.
- Your support bubble – if you meet specific criteria, such as living alone or if you share custody of a child, but only with one other household.
- Your childcare bubble – used for looking after a child *not* for socialising.
- One other person – one to one, in a public outdoor space while exercising.

Can I go somewhere exciting?

- Yes – the park, the playground, for a walk.
- No – shops for non-essentials, group exercise classes.



Friendship Word Search



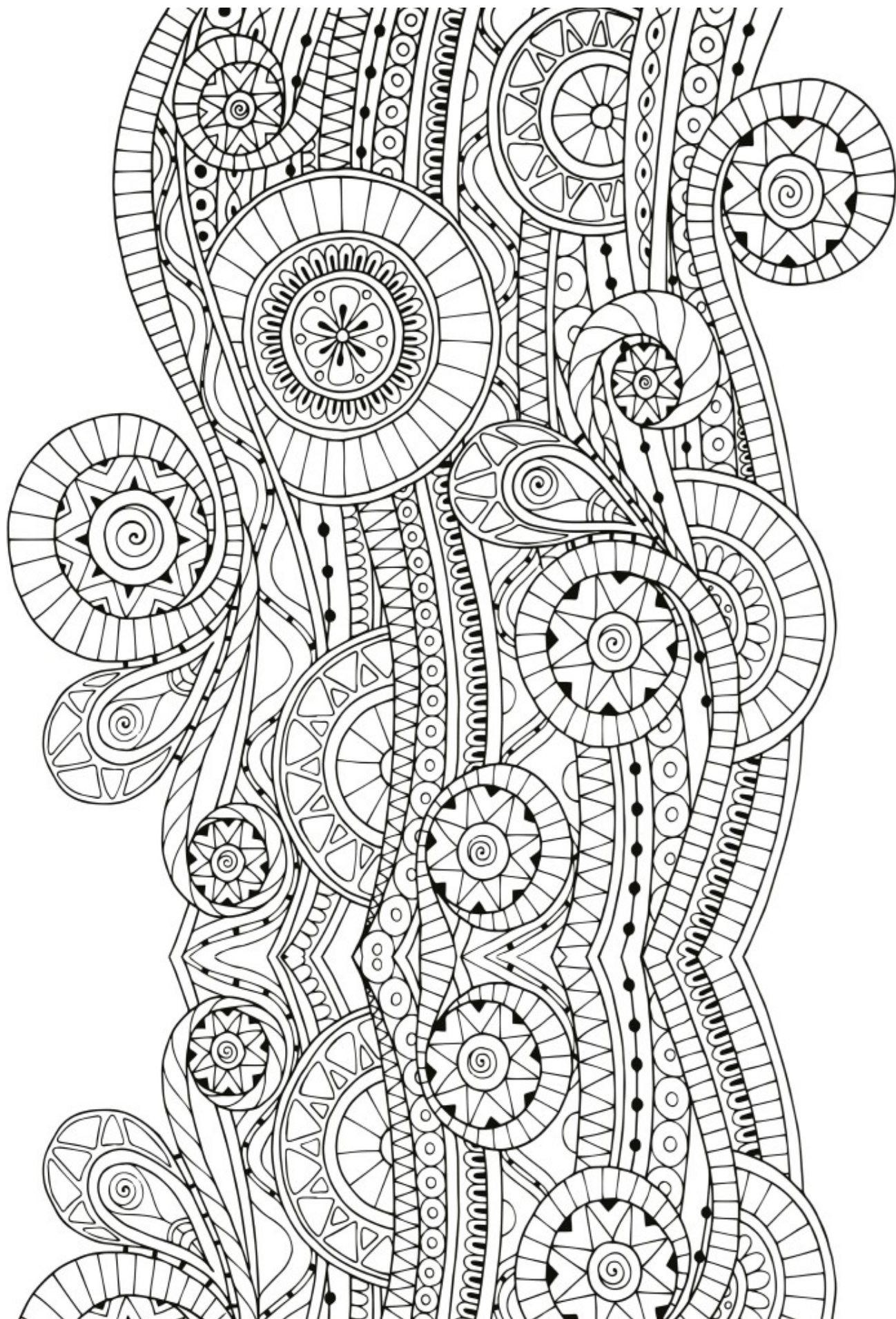
CARING
BEST FRIEND
LAUGHTER
TRUST
SHARE

CONFIDE
MEMORIES
RESPECT
LISTENS
LIKE

UNDERSTANDING
SPECIAL
CO OPERATES
KINDNESS
HELPS



Art for you



Sources of Help and Support

Admiral Nurse Dementia Helpline

phone: 0800 888 6678

email: helpline@dementiauk.org

website: <https://www.dementiauk.org/get-support/dementia-helpline-alzheimers-helpline/>

Alzheimer's Society

phone: 0333 150 3456

website: <https://www.alzheimers.org.uk/>

Dementia Talking Point (online community):

<https://forum.alzheimers.org.uk/?ga=2.30681023.1283091060.1610098374-1084577138.1597310517>

Dementia Together Magazine

online: <https://www.alzheimers.org.uk/get-support/publications-and-factsheets/dementia-together-magazine>

as an audio CD or by post **phone:** 0333 150 3456

Brent Gateway - help and support for carers

phone: 020 3948 0600

email: info@brentgateway.org

website: <http://brentgateway.org/>

Brent Carers Centre - help and support for carers including groups and newsletter

phone: 020 3802 7070

email: email@brentcarerscentre.org.uk

website: <https://brentcarerscentre.org.uk/>

Dementia Carers Count

website: <https://dementiacarers.org.uk/>

Brent Mutual Aid - groups of volunteers available to help people in their local communities

List of phone numbers and email addresses by ward:

<https://www.brentmutualaid.org.uk/contact-numbers-all-mutual-aid-ward>

email: brentmutualaid@gmail.com

website: <https://www.brentmutualaid.org.uk/>

Sudbury & Wembley Dementia Carers Support Groups ONLINE MTGS

https://drive.google.com/file/d/15vVhUSChTka_K2Zo4-GtppMk_mRs5Q4j/view

Sudbury & Wembley Dementia Carers Support Groups ONLINE LIBRARY

To join an online meeting or to get the group newsletter

contact Frank Arrojo

phone: 07867 903 917

email: frankj.arrojo@gmail.com

Dementia Help Adviser

Anyone concerned about dementia can now get information, support and signposting to further help. If you are a person living with dementia, a family member, carer volunteer or professional and would like to get information about dementia in Brent, including services, support, activities, talks groups, dementia cafés, etc.

You can also phone if you do not have internet access to contact other services.

contact: Gabby Horecka

phone: 07904 202 517

email: gabby.horecka@ashfordplace.org.uk

You can sign up to be on the dementia mailing list here: [MAILCHIMP http://eepurl.com/dCldDj](http://eepurl.com/dCldDj) and receive information via email