

Ashford Place Dementia Bulletin

22 March 2021

no4

As we come to a year since the start of the first lockdown, we reflect on a year that has been like no other. Many of us have battled with Covid 19 and all its consequences. Some of us sadly may have lost loved ones, so we have a number of items on dealing with grief.

If you think you might need support, PLEASE ASK. Contact me or any of the help agencies listed on p4, and p12.

The Editor

Mobile: 07904 202 517

Email: gabby.horecka@ashfordplace.org.uk

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



Picture: <https://culture.pl/pl/artykul/woskowe-bezcenne-odkrywamy-swiat-pisanek>

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Easter Time

Census 2021

21 March 2021 was Census day and everyone should have filled out a form, (or had someone include them on their form) either online or on paper. If you have any questions or need help with the form, please get in touch with the ONS Census helpline, the Brent Census Team, or Age UK Hillingdon, Harrow and Brent.

ONS Census helpline:

Email: census.customerservices@ons.gov.uk

Call: 0800 141 2021 (free)

Language helpline: 0800 587 2021 (free)

Brent Census Team:

Email: census@brent.gov.uk

Call: 0208 937 6844

Age Uk Hillingdon, Harrow and Brent can also offer both telephone & face to face appointments at Brent Community Hub, 6 Hillside NW10 8BN.

To book an appointment call: 020 8756 3043.

Source: <https://www.ageuk.org.uk/hillingdonharrowandbrent/about-us/news/articles/2021/census-2021/>

Key Lockdown Steps with Dates

> STEP ONE A (from MARCH 8)

- Schools re-open, childcare allowed
- One visitor to care home residents
- Two people can meet socially outdoors
- Stay at home

> STEP ONE B (from MARCH 29 at the earliest)

- Rule of six outdoors
- Stay local
- Outdoor sports open
- No overseas travel
- Work from home where possible

> STEP TWO (from APRIL 12 at the earliest)

- Non-essential retail, hairdressers, outdoors only
- Wider social distancing rules continue
- One household can stay at a holiday let
- Pubs and restaurants can re-open
- Pubs and restaurants can re-open

> STEP THREE (from MAY 17 at the earliest)

- Two households can meet indoors
- indoor sports venues. Outdoor venues
- Hotels, cinemas, soft play areas re-open
- 4,000 people or half full
- 1,000 people or half-full capacity at
- International travel is possible

> STEP FOUR (from JUNE 21 at the earliest)

- All legal limits on social contact dropped
- Restrictions on larger events lifted
- Remaining hospitality open




One year on we remember the loved ones lost during the pandemic

Source: www.brent.gov.uk/council-news/march-2021/one-year-on-brent-remembers-the-loved-ones-lost-during-the-pandemic/

A [National Day of Reflection](#) is being held on 23 March – the anniversary of the UK going into the first national lockdown – to remember all those who have sadly passed away during the pandemic and to show support for families who are grieving.

The council are encouraging residents to get involved with the campaign, which is being led by Marie Curie, to pay tribute to the Brent residents and thousands more across the UK who have lost their lives due to Covid-19. The day will include a minute's silence, daffodils (fresh, drawn or crafted) in windows as a symbol of hope, a series of [online talks](#) and more. Residents are also invited to sign the [online book of condolence](#) to share memories and stories of those loved ones lost.

For more information about the day: <https://goodgrieffest.com/national-day-of-reflection/>

**North West London**
Collaboration of
Clinical Commissioning Groups

Important message about the Astra Zeneca vaccine

More than 17 million doses of the Covid-19 Vaccine AstraZeneca have now been given across the EU.


Fewer than 40 cases of blood clots have been reported as of last week in vaccinated people.

This is much lower than the hundreds of cases that would be expected to have occurred naturally in the general population.

People should still go and get their Covid-19 vaccine when invited to do so.

Dr Genevieve Small – GP lead for the NW London vaccination programme (and a GP in Harrow)

Read the latest Medicines and Healthcare products Regulatory Agency (MHRA) [guidance](#)



Covid-19 Vaccination Now Available to Carers

Source: <https://us7.campaign-archive.com/?u=704a985d250ca958b246d014d&id=eaf5589d5c>

Carers are eligible for vaccination if you are:

- In receipt of carer's allowance, or
- A sole, or primary carer, of an elderly or disabled person who is at increased risk of COVID-19 mortality and therefore clinically vulnerable

The links and booking line below are just for you as a principle carer of a vulnerable person and should *only be used by you*. When attending your appointment, you will be asked to confirm who you care for. If you receive Carers Allowance please bring this proof with you.

The nearest location in Brent is:

Wembley Vaccination Hub, Network House, 8 Fulton Rd, Wembley, London, HA9 0NU

To book your vaccination appointment click here: <https://networkhouse.nhsbookings.com/v2/>

COVID-19 Translated Materials

If English is not your first language there are now lots of resources available in a range of different languages including; Arabic, Bengali, Chinese, Gujarati, Kurdish, Punjabi, Portuguese, Polish, Somali, and Urdu. Click here:

<https://raceequalityfoundation.org.uk/health-care/covid-19-translated-materials-resources/>

NHS Talk 2 Us

Source: <https://www.nhstalk2us.org/>



It has been a difficult year for everyone and for those affected by dementia it's likely to have been even more challenging.

If you feel that you need emotional or mental health help you can contact CNWL Talking Therapies Service by:

- Checking the information at: <https://www.nhstalk2us.org/>
- Watching the video: <https://youtu.be/3ycbKGE60Ew>
- Filling in the self referral form at:
<https://gateway.mayden.co.uk/referral-v2/5def2db8-b1ee-4acc-aa5e-3b473f011dd7>
- If you'd prefer to speak to someone calling: 020 8206 3924

Naturally Dyed Easter Eggs by Sara Kate Gillingham updated 3 April 2020

Source: www.thekitchn.com/how-to-make-vibrant-naturally-dyed-easter-eggs-holiday-projects-from-the-kitchn-112957

The effect of the dye varies depending on how concentrated it is, I used half a shredded red cabbage, to dye four eggs. The number of dips in the dye is more important than the time spent in the dye. The more stints in the dye, the deeper the color will be. ***For every dozen eggs, use at least four cups of dye liquid.***

What You'll Need

Hard-boiled eggs, room temperature (white or brown eggs, preferably not super-fresh)

Per cup of water use the following:

2 tablespoons ground turmeric = yellow eggs

1 cup red onion skins = lavender or red eggs

1 cup yellow onion skins = orange on white eggs, rusty red on brown eggs

1 cup shredded beetroot = pink on white eggs, maroon on brown eggs

1 cup chopped parsley = green eggs

1 cup chopped purple cabbage = blue on white eggs, green on brown eggs

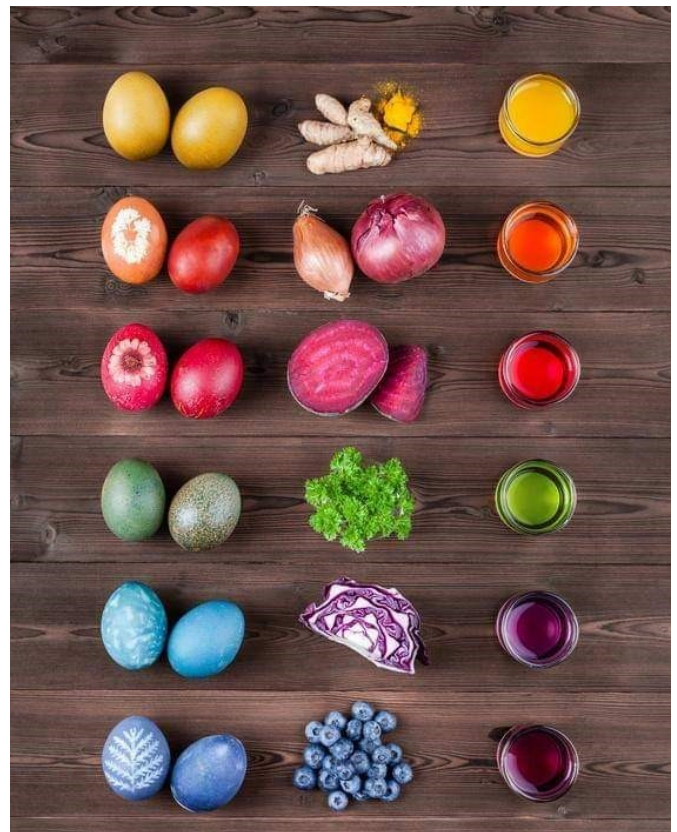
1 Cup blueberries (or 1 bag Red Zinger tea) = blue/lavender eggs

White distilled vinegar (1 tablespoon per cup of strained dye)

Liquid neutral oil, such as vegetable or grapeseed

Instructions

- Pour the water needed into a saucepan, add the dye matter (purple cabbage, onion skins, etc.), bring to the boil. Reduce heat, cover and simmer, for 15 - 30 minutes.
- The dye is ready when it reaches a hue a few shades darker than you want. Drip a little dye onto a white dish to check the color. Remove the pan from the heat and cool to room temperature.
- Pour the cooled dye through a fine-mesh strainer into another saucepan. Add the vinegar into the dye — use 1 tablespoon of vinegar per cup of strained liquid.
- Arrange the room-temperature eggs in a single layer in a shallow dish and pour the cooled dye over them. Make sure the eggs are completely submerged. Put the dish in the fridge and chill until the desired color is reached.
- Dry the eggs, rub with a little oil, and polish with a paper towel. Store the eggs in the fridge until it is time to eat (or hide) them.



If you want your eggs to be more vibrant and less pastel, give the eggs multiple soaks in the dye, being sure to dry them between stints in the dye.

PS. Ready made egg dyes are available in international shops eg Polski Sklep and at LIDL

5 Key Messages for Carers and People Living with Dementia

Source: <http://www.idealproject.org.uk/covid/>

Again we have some pages from two booklets (one for carers and one for people living with dementia) which describe 5 key messages and outline how to put them into practice.

Stay Safe & Well Stay Connected Keep a Sense of Purpose
Stay Active Stay Positive



KEEPING A SENSE OF PURPOSE

- + Make a plan for the next day every evening, so it's ready for when you wake up.
- + You could even pin your timetable on the fridge or on the wall, or use a whiteboard.
- + It could be a plan for just one day or a whole week. Include all the things you plan to do and how long for.
- + Make a list of things to do and tick each one off when you finish it. Include activities to look forward to as well as tasks you need to get done.

STAYING ACTIVE

- + Try to have a balance of stimulating and relaxing activities. If you can go online, there are lots of suggested activities on the Alzheimer's Society website.
- + Have different places in your home for different activities.
- + You can often find exercise sessions on TV or online, so make time to do a bit of research and find ones you like.
- + Adapt activities that you would normally do outdoors. For example, you could go for a 'chat and stroll' around a table with someone you live with, and choose a topic to talk about.



- + Make sure you get plenty of daylight and fresh air. Just sitting by your window or in your front doorway can give you a little boost of wellbeing.
- + Watch what's going on, and try to appreciate what you can see from your own window.
- + If you can, put some food out for the birds so that you can watch them from your window.

5 Key Messages for People Living with Dementia

5 Key Messages for Carers

STAYING POSITIVE (CONTINUED)

- + Try and build enjoyable activities into each day, and anticipate more difficult times of the day, such as when the person you care for tends to become agitated or upset, or when you feel low. Try to find a constructive diversion and create time for yourself.
- + Many people find relaxation and mindfulness exercises helpful in managing how they feel – you'll find lots of simple guides to get started online.



**If you
don't live
together**

- + You can help the person you care for stay positive by reassuring them that the current situation is temporary, and encouraging them to talk about how they are feeling. You can also download a copy of our other leaflet which outlines five key messages for people living with dementia during Covid-19: <http://www.idealproject.org.uk/covid/>

Getting information you can trust

Having reliable sources of information is essential. You can access regular updates from the BBC on the TV or radio, and if you want to speak to someone you can call:

- + Carers UK 0808 808 7777
- + Alzheimer's Society Dementia Connect support line 0333 150 3456
- + Dementia UK Admiral Nurse dementia helpline 0800 888 6678
- + For NHS health advice call 111 (or visit www.111.nhs.uk)

If you are online, you can also access lots more useful information from reliable websites:

- + Carers UK www.carersuk.org
- + Alzheimer's Society www.alzheimers.org.uk
- + Dementia UK www.dementiauk.org (email helpline@dementiauk.org)
- + Age UK www.ageuk.org.uk / Age Cymru www.ageuk.org.uk/cymru
- + The NHS www.nhs.uk
- + The Government www.gov.uk / www.gov.wales
- + Public Health England www.gov.uk/government/organisations/public-health-england
- + Your local council

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EXETER

NIHR | Policy Research Unit
Older People and Frailty

NIHR | Applied Research Collaboration
South West Peninsula

Apply Early to Vote by Post in the May Elections



Elections for the Mayor of London and London Assembly are being held on **6 May 2021**.

Voters will have a range of options for casting their ballot – in person, by post or by appointing someone they trust to vote in their place, known as a proxy vote.

Voting by post is the easiest and safest way to vote during the COVID-19 pandemic so if you want to vote this way, make sure you apply early. [>> Find out more and download an application form](#)

What's on - Dementia Calendar at Ashford Place











- **Dementia Friendly Tuesday Online Group** - meets weekly on **Tuesdays**, 11-12pm
- **Connection with Nature** - new group with Sally - meets weekly online on **Fridays**, 11-12pm

For the link to join either 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 - 14 March 2021

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

<https://www.weboftheweek.com/>

 <p>POOR EYESIGHT? GOOGLE CHROME CAN HELP!</p>				
Google Chrome Helping People with Poor Eyesight	Celebrities impersonate other celebrities	Free Watercolour Workshop	St Patrick's Day (17th March)	Cleaning up the World's Most Polluted Beach
				
The Songminute Man	Golden Retriever enjoys a Cat Massage	FREE MP3s & Music for Dementia	Bookshop Sketch	Can you identify different Bees?

Training and Courses

Good Grief Festival

Saturday 27 & Sunday 28 March 2021

A programme of over 100 free events, talks, interviews and webinars. Our aim is to provide a space where people can talk, think and learn about grief and perhaps find some support and healing in the process.

For more info: <https://goodgrieffest.com/about/>

To book: <https://goodgrieffest.com/>

(individual events are free, or £20 for a subscription to The Grief Channel for 1 year featuring recordings from ALL previous festivals and events, and upcoming events as they happen)

Brent's Emerging Communities team

Monday 29 March 2021, 7-8pm Easy Steps to Wellbeing

Learn some easy steps to Wellbeing to help reduce stress and improve focus. Please join promptly and wear comfortable clothes. You may also want to bring a blanket, glass of water and pen and paper.

Free online session via MS Teams (once registered you will receive a link to join).

To register: <https://www.eventbrite.co.uk/e/easy-steps-to-wellbeing-tickets-143992141371>

The Alzheimer's Show

Tuesday 30 & Wednesday 31 March 2021 Webinar series 2

Caring and dementia: Support, advice & education. 2 days of online events – join live or catch up later (30 day access to recordings of all webinars, 2 bonus recordings and speaker slides)

£17.99 (+ booking fee: £1.99) for public/carer/family member

£32.99 (+ booking fee: 3.16) for professionals

For more info: <https://alzheimersshow.co.uk/digital-hub/>

Brent Bereavement Services

Tuesday 30 March 2021, 4-6pm Bereavement & Loss

Or

Monday 19 April 2021, 5-7pm Bereavement & Loss

- understanding bereavement and the grieving process
- how to assist others after a bereavement or loss
- how to look after yourself
- questions & answers

FREE online webinar. **To book:** <https://www.bbsonline.org.uk/training>



Exercise Corner



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>

EASTER WORD SEARCH

S	R	Y	Q	I	I	S	Y	M	J	D	N	Y	S	U	C	Q	K	B	N
B	W	J	H	L	D	Y	I	H	F	O	U	O	P	N	B	K	P	J	C
N	L	Q	N	G	S	J	Y	H	I	T	B	X	R	U	Q	F	Y	O	F
X	F	A	D	V	U	Z	E	T	Z	M	I	B	I	F	A	T	C	J	P
N	L	A	M	L	V	O	A	L	A	I	C	W	N	K	Y	A	J	Z	U
S	O	A	P	B	N	R	F	D	L	Y	C	V	G	A	N	K	D	I	K
A	W	T	M	S	B	M	D	M	A	Y	P	L	F	D	G	X	Z	P	N
T	E	A	D	E	W	T	Z	I	U	M	B	U	Y	C	E	H	Q	C	P
C	R	G	L	M	E	Y	R	O	L	B	H	E	E	T	L	B	C	I	C
Z	S	E	Y	Y	W	O	F	I	L	D	N	H	A	Y	H	U	X	C	A
O	C	J	I	A	L	M	R	I	M	Q	X	R	T	N	N	G	C	R	H
P	Z	F	C	H	R	I	V	U	A	G	O	P	X	I	S	P	X	F	T
I	O	Z	F	Z	A	I	L	G	F	C	H	L	T	H	Q	Q	P	K	R
S	O	E	L	S	N	O	Z	N	E	L	H	W	E	C	I	H	M	C	Q
N	K	X	X	N	T	L	O	D	U	H	V	K	A	T	U	D	H	I	I
A	R	E	T	S	A	E	S	W	J	K	F	S	D	N	F	O	E	H	Q
H	O	T	E	G	G	S	K	G	R	I	W	U	T	N	C	H	B	C	R
Y	C	U	C	Y	A	N	O	S	C	U	X	N	T	O	F	T	S	T	U
F	B	N	N	L	V	P	Q	B	A	R	X	D	L	I	B	Y	X	R	Y
S	L	B	T	P	M	E	X	F	T	B	U	A	V	W	E	X	M	V	Y
O	V	H	W	X	P	B	R	T	L	X	T	Y	K	A	Q	U	O	M	C
H	P	A	R	A	D	E	K	R	D	E	B	L	B	K	X	V	W	R	Y
M	X	B	T	I	I	Z	W	J	Y	X	Y	M	I	Z	G	W	T	X	E
X	Q	G	B	L	C	P	J	A	L	B	U	N	N	Y	S	C	Q	A	F
X	M	T	E	N	N	O	B	W	K	Y	Y	N	Z	N	Y	Q	S	Y	B

Easter	Jellybeans	Spring	Bonnet
Basket	Celebration	Candy	Fun
Bunny	Decorate	Hunt	Sunday
Hide	Chocolate	Lily	Parade
Eggs	Flowers	Chick	Lamb



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>

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

Brent Bereavement Services

Individual counselling by trained volunteers.

phone: 020 8459 6818

SMS: 07747 401 448

Web: www.bbsonline.org.uk

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/>

Brent Patient Advice Line Mon – Fri

10am-3pm **phone:** 0203 114 7185

Dementia Carers Count

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

Brent Mutual Aid - groups of volunteers helping people in their local communities

phone numbers/ email 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

Support Groups [ONLINE LIBRARY](#)

To join an online meeting/ get the newsletter

contact Frank Arrojo

phone: 07867 903 917

email: frankj.arrojo@gmail.com

Dementia Help Adviser

If you are a person living with dementia, a family member, carer, volunteer or professional and would like information about dementia in Brent, including services, support, activities, talks groups, dementia cafés, etc.

contact: Gabby Horecka

phone: 07904 202 517

email: gabby.horecka@ashfordplace.org.uk

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

To get this bulletin electronically and other information about dementia in Brent you can sign up to the mailing list here:

MAILCHIMP <http://eepurl.com/dCldDi>

Past Bulletins can be found here:

https://drive.google.com/drive/folders/12Io2g04eS_HfUNvGjP9j4gzQrl2OHcPc?usp=sharing