



Corfe Mullen Dementia Friendly Community

Tel: 07856 579750 / www.corfemullendfc.uk

Growing a Compassionate Community

Dates for your Diary

- **Douch Family 50+ Information Day** – Tues 25th Oct, 10.30am-2.30pm. Broadstone RBL Club.
- **Premies UK Knit & Natter** – 1st Thurs in each month, 10am to 12noon – Corfe Coffee
- **RBL Eat & Meet** – Once a month at the Broadstone RBL Club.
- **Down Memory Lane** – 3rd Tuesday of every month from 2pm-4pm. St Nicholas Church.
- **A Drop-in at the village Hall** – 4th Fri from 10am-12noon.
- **Reminiscence Group** – 1st Fri of every month from 2pm-4pm. Corfe Mullen Library.
- **Carers Support Group** – 2nd Friday of each month. 10am-11am. Corfe Mullen Library.

Committee members

- Peter Jones (Chair)
- Andy Binnington (Treasurer & Church Representative)
- Wendy Percey (Lesley Shand Funeral Services)
- Emma Regan (FC Douch)
- Angela Sleet (POPP)
- Christine Foster (Hadleigh Practice)
- Sarah Burns (District Council)
- Angelique Attack (Forest Hill House)

Other Useful Information

- **POPP** (Partnership for Older People Programme) - www.dorsetforyou.com/popp
- **COMCA** (Corfe Mullen Community Aid) – www.corfemullenonline.org/node/37
- **Safe Haven** – Forest Hill House – 01202 631741
- **Good Neighbours** – 01202 834034
- **Lesley Shand Funeral Service** – www.lesleyshand.co.uk
- **Corfe Mullen Library** – 01202 659755 / corfemullenlibrary@dorsetcc.gov.uk
- **Dementia UK** - 0800 888 6678

Welcome from Peter Jones – Chair of CMDFC

Dear friends
Welcome to our 2nd quarterly newsletter. The focus of this edition is how we as a community are seeking to support carers and families who are supporting a family member with dementia.



Following a listening exercise with carers over dementia awareness week we have been able to identify some key themes and challenges experienced by carers. These seem to be

- **Isolation**
- **Loneliness**
- **Stress**
- **Poor transport links**

If we are to continue to grow a compassionate community the needs of carers need to be central to our journey. To support all carers in practical pragmatic ways where ever they are. In the light of these needs in terms of a response, we have a carers group that meet on the 2nd Friday of the month in the Corfe Mullen library 10am till 11am. The primary aim of this group is for carers to meet up and share their experience as well as helping with form filling.

A note for your diary - the Dorset Admiral nurse is coming to this group, on the 14th of October to meet carers and answer any question you may have.

We also have a drop in that meets at the village hall on the 4th Friday of the month 10am -12noon. If you need to chat or need advice then pop in during this time.

So let's seek to grow a compassionate community together where the voice of the carers is heard and understood.

Peter Jones RMN MA FRSA
Chair CMDFC

“Working in partnership with **POPP & the Parish/District Council**”

“Newsletter sponsored & printed by **Lesley Shand Funeral Service**”

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Jo Palmer – Admiral Nurse

Admiral Nurses work in communities helping people with dementia to stay at home. They work in partnership with their host organisation and with Dementia UK who provide expert clinical supervision and professional development for Admiral Nurses.

Jo works in supporting staff groups across the country with training, mentoring and offering good practice guidance. Locally, Jo has a small caseload of families she supports directly and whilst her face to face time is limited to those who receive an Agincare service (home care visits for example) she is able to provide guidance and support to others with telephone support, signposting and single visits. Jo is also happy to attend carers support groups and information sessions in local communities for information and advice. Jo can be contacted at jo.palmer@agincare.com or Tel: 01305 825500.

Dementia UK runs a national helpline and email service, called Admiral Nursing Direct, for family and professional carers, people with dementia and those worried about their memory Tel: 0800 888 6678 from 9:15am to 4.45pm Mon – Fri, 6 to 9pm Wednesdays & Fridays.

POPP Wayfinder

“If you are struggling to cope on your own or you would like to get out and about more often please contact us.

If you are worried about debt, want to make a Will, meet new people or want to find out where you can take part in Salsa dancing lessons, whatever your question, we can help you access these services.

Older people in Corfe Mullen can use a free and confidential local information service to help them find out about the support and facilities in their area. Topics such as keeping homes warm, safe and secure, help with the garden, support for carers, meeting new people, keeping active, finding out about the benefits they are entitled to and transport options to help with getting to and from appointments. Wayfinders are part of the ‘Dorset Partnership for Older People’s Programme (POPP)’. You can contact Colin Wareham on 07971 338662 or Nicola Sparks on 07971 338561.



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Lesley Shand Funeral Service



Lesley Shand are part of the Douch Family Funeral Directors. We have 8 branches across Dorset all serving our local communities.

Helping local community projects is very important to us which is why we are proud to be active committee members of the ‘CMDFC’. All staff at our 8 branches have completed their training and are Dementia Friends.

We are pleased to announce we have a **50+ Information Day being held at the Broadstone Royal British Legion on the 25th October, from 10.30am to 2.30pm.**

The FREE event will cover financial planning, sports & leisure, crime prevention, social care, befriending/knitting groups, sports demos & FREE refreshments throughout the day.

For information about other community groups we support such as local befriending lunches, knit & natter groups, please visit our FB or Twitter or visit our website www.lesleyshand.co.uk.

Good Neighbours – Andy Binnington

East Dorset Good Neighbours was set up 18 months ago to meet the needs of the local community. Covering Corfe Mullen, Wimborne, Ferndown & West Parley. Whether it's help changing a lightbulb or putting out a bin just call our 24hr **helpline on 01202 834034**. All jobs are carried out by volunteers who want to offer their help to people in their community.

Safe Haven – Forest Hill House

Initiated to help the local community, police & public with people with dementia who are lost in the community. Offering a reassuring temporary place of safety until their loved ones are contacted.

Number to call is 01202 631741.

For further information visit the CMDFC website or you can pick up a flyer from Lesley Shand, Chapel in the Valley, Library, doctors surgery & other local community places.

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