



Corfe Mullen Dementia Friendly Community

Tel: 07856 579750 / www.corfemullendfc.uk

Growing a Compassionate Community

Dates for your Diary

- **Preemies 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.
- **Douch Family 50+ Information Day** – Weds 17th May, 10am-2pm. Ferndown RBL Club.

Committee members

- Peter Jones (Chair)
- Andy Binnington (Treasurer & Church Representative)
- Wendy Percey (Lesley Shand Funeral Services)
- Emma Regan (FC Douch)
- Nichola Sparks/Angela Sleet/Anne Nippet (POPP)
- Christine Foster (Hadleigh Practice)
- Sarah Burns (District Council)
- Jo Palmer (Admiral Nurse)

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
- www.lesleyshand.co.uk (Funeral Service)
- **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 quarterly newsletter.
We have 2 significant dates coming up in Corfe Mullen.



The first of these is Dementia awareness week. This starts on the 15 of May.

We will plan engage fully with activities for all ages throughout the week to raise awareness of dementia. This will include information points in the local shops as well an advice surgery on Friday the 19th May, This will take place at the Corfe Mullen library.

We are also planning craft activities in Corfe Mullen library on Saturday the 13 and 20th May.

If you have concerns over a loved one you can always call into the drop in group we run at the village hall - 4th Friday of the month.

The next date is carer's week - 12-18 June 2017. Again this will profile the needs of carer's throughout the week. Please look out for details nearer the time.

The dementia work seems to be well established in Corfe Mullen, but we still need to get the word out there that you don't have to suffer in silence and you can live well with dementia.

The other thing to mention is that if you run a local business and you want it recognising as a dementia friendly business then do get in touch with us.

The tender roots of hope are growing in our community so look out for them. They are not far away

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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Susan Jeffries – Chair of Parish Council

Memory loss is now part of our local Community

Did you know that 2/3 of the people diagnosed as affected by dementia are living in the Community? In our Community? Including them in every aspect of Community life is very important. Small changes in our environment can make a profound difference.

Do you know that a dark mat at the entrance to a building can look like a deep hole that you can fall into to someone with dementia. A light coloured mat, or no mat at all is more welcoming. Floor to ceiling mirrors used to give the illusion of space, can be very confusing when the mind has lost the ability to understand that this is simply an illusion. A floor to ceiling mirror can look like a corridor, for instance, in a lift, this looks like the way out.

The sequencing of actions is often lost. To most of us making a pot of tea and enjoying a cuppa is almost a reflex action, however it involves over a dozen actions which all need to be done in sequence. Lose any small part of the sequence and you can easily see how you get cold water, no teabag, milk in the kettle and worse. Don't be horrified, just try to understand and help.

Reminiscences, unlocking past memories, are very helpful. To this end the Library has some wonderful books like, A Little, Aloud, an anthology beautifully put together to read aloud to someone you care for who is finding memories a problem.

Just try to understand, and help. Also understand that a friend or neighbour caring for someone with memory loss is doing something which is hard work. 24/7. and can be lonely work.

POPP Wayfinder



Dorset POPP & Early Help Wayfinders:

Tel: 01202 946111

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 another **50+ Information Day this time being held at the Ferndown Royal British Legion on the 17th May, from 10am to 2pm.**

The FREE event will cover financial planning, sports & leisure, crime prevention, social care, befriending/knitting groups, sports demos & FREE refreshments throughout the day. In addition to help the prevention of trips & falls FREE slippers are being distributed on the day. www.50plusdorset.co.uk

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 to help change 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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