

Brrr.....winters on its way Time to dig out those woolly jumpers that you got for Christmas last year...eat plenty of juicy oranges to keep those colds at bay and a time for hectic shopping sprees for those special Christmas presents all before the January sales! Remember family at this time of year and have a very.....

MERRY CHRISTMAS

From everyone at The Alzheimer's Society in
Leeds

Volunteers wanted

Our **Day Support Service** needs volunteers to help us provide specific activities for our clients who are people with dementia who are under 65. Do you have an interest you can share or a skill that you can pass on?

New cafes, singing groups and support groups

We are keen to set up additional cafes, singing groups and indeed any kind of support group especially in areas of Leeds where there are none at the moment. If any organisation or indeed individuals are interested in exploring the establishment of a café, singing or other type of support group, please contact peter.ruickbie@alzheimers.org.uk or gwen.oates@alzheimers.org.uk.



Raising awareness of dementia

Would the organisation or group that you work for, or are involved with like to know more about dementia. We provide awareness raising talks as a free service anywhere in Leeds. Evenings and Saturday mornings are possible if that suits you best. Please contact Peter Ruickbie on 0113 231 1727 or peter.ruickbie@alzheimers.org.uk to arrange a session.

Flagship Memory Walk for West Yorkshire 2013 (in conjunction with BUPA Care Homes)

Thanks to everyone who turned out. Weather was fine, lots of things happened and there was a great feel-good factor at a fine venue.

Together we raised just short of £35,000, which is a brilliant effort by any standard.



Flu

Influenza (often referred to as flu) is a respiratory disease, which can be more serious than a common cold. Symptoms include headache, fever, cough, sore throat and severely aching muscles and joints.

Flu can spread rapidly through the coughs and sneezes of people who are carrying the virus.

If you have dementia or care for someone who has, get a flu jab from your GP if you have not already done so.

The Health and Wellbeing Board are now Dementia Friends

Earlier this year the NHS, Social Care and Third Sector leaders on the Health and Wellbeing Board undertook our training at the end of which they all became Dementia Friends. This is a terrific commitment to the dementia agenda from the Board members and one of the steps on the path that leads to Leeds being a Dementia Friendly city. Councillor Lisa Mulherin who is the Chair of the Board said that she would highly recommend the training to any public-facing organisation. A recommendation from Lisa is about as good as it gets so if there is any organisation out there who would like to consider signing up to be Dementia Friends please contact Peter Ruickbie on peter.ruickbie@alzheimers.org.uk or go to the website at www.dementiafriends.org.uk

Hospital based Carers Support Worker

Carers Leeds and Leeds Teaching Hospitals Trust have recently welcomed Fiona Sweeney as a hospital-based Carer Support Worker. Fiona will be based at St James' Hospital, covering the older people's wards in the Gledhow wing. Fiona will offer practical and emotional support through one-to-one sessions or by telephone, for carers of those with dementia or memory problems. If the person you care for **has dementia and is an inpatient at St James'** and you would like support, or you know a carer who may benefit from this service, then please call Fiona on 0785 448 1024 or email Fiona.sweeney@carersleeds.org.uk.

Complementary Therapies are now available

Complementary therapies are beneficial to your physical and mental welfare – are you interested in booking a treatment? **We are offering free treatment for carers who care and look after people with dementia.**

Contact Diane Dobson on 0113 2311727 for an application form or email: leeds@alzheimers.org.uk.

Dementia Friends and Dementia Friendly Communities in Leeds

Are you a Dementia Friends Champion? If you are or know someone who is, we would like to hear from you. As part of the Leeds Dementia Action Alliance, we are working with the City Council and other partners to make the many communities that comprise the city of Leeds dementia friendly. We need volunteers on the ground to raise awareness of dementia and to encourage people with dementia and their carers to make use of the many local supports, services and activities that are available. Champions are ideally placed to spread the word so if you are interested in becoming involved, please contact Peter Ruickbie at peter.ruickbie@alzheimers.org.uk.



Dementia 2014 Report

The Alzheimer's Society annual survey of the experiences of people with dementia is now live. The results of this survey will be part of our Dementia 2014 report that will provide a snapshot of current experiences and attitudes towards dementia. Please go to www.alzheimers.org.uk/dementia2014 to download a copy of the survey or to complete online.

If you wish a paper copy of the survey to complete, please contact Diane Dobson on 0113 2311727.

