



## NORTHERN FELLS GROUP DEMENTIA ACTION ALLIANCE

### Your Dementia Friendly Community WINTER SPECIAL

With the clocks now turned back, and winter fast approaching, we have put a special winter bulletin together. We have include some hints and tips on things you could be doing now to help for the colder weather and shorter days, things to keep you occupied, and support available if you are caring for someone.

#### THINGS TO PREPARE/CONSIDER

**Have you had your Flu jab?** If you have had an invitation from your GP we strongly recommend you attend, if you have missed it or did not get a letter, get in touch with your GP to find out the best course of action.

**Fuel** – is your oil/LPG tank full and will it see you through the winter? Your local village agent can help with this if required.

**Keep warm** – move regularly if you can and it's safe to do so, eat at least one hot meal a day, and use a hot water bottle, or similar if you are cold. Dementia UK have some good advice on this too.

Link: [www.dementiauk.org/keeping-warm-in-cold-weather/](http://www.dementiauk.org/keeping-warm-in-cold-weather/)

**Check your environment** – would it be a good idea to install some hand rails? maybe get some anti-slip mats? There are guides available on the Alzheimer's society website to help you assess your environment, or get in touch with your GP who can point you to local services that can help.

Link: [www.alzheimers.org.uk/get-support/making-your-home-dementia-friendly](http://www.alzheimers.org.uk/get-support/making-your-home-dementia-friendly)

**Stock up on supplies.** Just in case there is a time when you are unable to get out as normal, it might be worth getting in a few extra food supplies in to ensure you don't run out. If you are really struggling, get in touch and we can also try and help you out with shopping etc. This also goes for any medication you may have. Keep your prescriptions up to date and make sure you are covered for times like Christmas when the pharmacies and doctor surgeries may not be open as normal.

**Check your slippers.** Having a good pair of slippers with an anti-slip sole that don't pose a trip hazard is a good idea to keep your feet warm and help you stay mobile.

**Alzheimer's Society Shop:** Living with dementia can make certain tasks more challenging, but there are solutions to help with some of them. From specially designed clocks and watches, help around the home, and even games and activities, there is a whole host of products that might be of assistance.

Link: <https://shop.alzheimers.org.uk>

**Clothing:** One specific area we would also like to highlight is their clothing range; designed specifically for people living with Dementia to help stay independent, the company is separate from the Alzheimer's society but they give them 20% of sales that link through from their website:

Link: <https://shop.alzheimers.org.uk/daily-living-aids/Clothing>

**For more information, Age UK have created a useful guide:** [www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig27\\_winter\\_wrapped\\_up\\_inf.pdf](http://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig27_winter_wrapped_up_inf.pdf)

## KEEPING OCCUPIED

As the days get shorter, and the weather gets colder, it is important to find things to keep you occupied. We have suggested a number of activities across our bulletins, but here are a couple more:

**Dementia Resource Bags:** The local libraries have Dementia resource bags which contains books and activities suitable for people living with Dementia with a number of topics to suit your specific interests. If this is of interest, but you are unable to source one, let us know and we can help.

Link: [https://www.cumbria.gov.uk/libraries/wellread/well\\_read.asp](https://www.cumbria.gov.uk/libraries/wellread/well_read.asp)

Cumbria libraries also support an initiative called Reading Well. *“Reading Well Books on Prescription is a national scheme delivered by The Reading Agency in partnership with the Society of Chief Librarians, endorsed by professional health bodies. Reading Well Books on Prescription helps people to understand and manage their health and wellbeing using self-help reading. Books can be recommended by GPs or other health professionals from the relevant Reading Well list, though people can also choose a book from their local library without a professional recommendation. The books can be borrowed and requested free of charge.”*

Link: <https://reading-well.org.uk/books/books-on-prescription/dementia>

## SUPPORT FOR CARERS

If you are caring for someone living with Dementia, and are worried about difficulties they are having, common medical issues to look out for, and situations that need managing, this link provides a number of useful guides on a whole range of topics that may be helpful

Link: <https://www.alzheimers.org.uk/get-support/daily-living>

**Respite Service:** We are still offering our respite service, so please do get in touch if we can help. If you need to go and do some shopping, maybe you want to get on top of your Christmas shopping, want to get out and go for a walk, or do some chores, we have volunteers who are able to come and sit with your loved ones, and give you the peace of mind that they will be safe. We facilitate the whole process to ensure everyone is happy and has the required tools, knowledge and information required. If this is something that could help you or your family, or you would like to know a little more about the process, please do get in touch with **Simon Braithwaite** (details below).

If you are in doubt about anything, need advice on things we have suggested, or simply need a listening ear, please do get in touch with your local Village Agent and we will help wherever possible. Don't struggle alone.

## GET IN TOUCH

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