

# The Embrace Project

## The Final Countdown!



## Embracing Parishes in the Keighley & Skipton Deanery

Over the past 2 years Embrace has brought both young and old people together under the banner of friendship building. It has reached over 100 people from church and community: enabling those with a disability or dementia to join in and run their own activities. Carers and helpers have very much supported the growth of all our new initiatives in Skipton, Silsden and Keighley. So a very big thank you goes out to them. It has been a great pleasure to have been Coordinator of this

very special project as there are plenty of successes to list: from our support of the dementia friendly Inter-schools football tournament in Skipton to our involvement in Sporting Memories. Then of course there is the dementia awareness raising for St Joseph's, Our Lady of Lourdes and Holy Family Schools that we achieved: not forgetting the inter-generational project that culminated in the Making Memories film documentary that was shown at Keighley

Picture House before Christmas. Silsden also produced a very successful Friendship Club which will continue throughout 2019 and beyond. The Lunch at The Lion will also continue on a monthly basis at the Springbank Care Home in Silsden where locals have been having lunch and chatting with residents over the past 9 months, to create a sense of community for them. This newsletter goes to illustrate how we can all Embrace our own communities!



## The Supporting Arm of The Diocese

Working with Helen, Michelle, Steve and Peter and their all age contributors was a real privilege and seeing their film take shape was so rewarding! In more than two decades of producing BBC TV, I've seldom worked with newcomers who were such quick learners when it came

to identifying great stories: possessing the maturity and good judgment to edit them into a cogent and concise message with real impact and relevance to people of all faiths and none. Yet the most important aspect for me, was the part that can't be taught or learned - and can

sometimes be missing in today's media: the genuine love, respect and care for the real stories of real people exemplified by 'Making Memories', which the work of Catholic Care 'embraces' in our local communities every day!

**Rowan Morton Gledhill**  
**Dir of Communications**  
**at The Diocese of Leeds**

Making Memories is supported by The Diocese of Leeds Communications



## Embrace Activities in Silsden: uniting Church and Community

Embrace has been busy in this small town since the project was started. Our Lady of Mount Carmel has run its own monthly club which has been nothing but creative, with Father Christmas popping by in December! It is a very inclusive group with regular visits from several residents at The Raikes Care Home.

Our Churches Together initiative The Lunch at The Lion Club has enabled those with disabilities and their carers to get out into the community thanks to the great support of Megan and Luke at the pub. The Rev David from St James also kindly helped with

co-hosting this activity.

Jane, The Activities Coordinator at Springbank Care Home will now continue to facilitate this group on a monthly basis as it's a worthwhile and valued time of food and fellowship for people.

And The Later Life Cobbydale group which is a local wellbeing networking group for over 50s in Silsden produced a leaflet of the towns activities and groups to encourage older people to be part of a healthy community. Embrace was pro-active in supporting the creation of this resource and joined in with all its monthly meet ups. So 'Bravo' to Silsden!!



## The Words Behind Embrace.... Team Talk

Being a part of the Making Memories team, I found it a great opportunity to see what can be achieved with a little grit and determination. It was heart warming to see the relationship between the young and old members of the cast grow over time. As the weeks flew by the need for projects like the Embrace become ever more apparent.

For me, the project made me



**Michelle Vink**  
Coordinator of the Making Memories Project

think more carefully about the needs of my older friends and neighbours. The experience has so much more heightened my awareness of the needs of those in a different age range to myself and also further work that could be done in this area too! In many ways it is really feels like only the beginning!

There is still work to be done, especially in Keighley.

## Peter Simmons says

A project like Embrace requires resilience and creativity from the outset, to facilitate and explore the development of community building within parishes.

If that happens it evidences itself by organic growth through things that matter to particular church communities, for example like the intergenerational and dementia friendly work in Keighley.



**Peter: Manager of Older Peoples Groups at a party**

Activities and projects can then begin to sustain themselves as parishioners become more involved and take ownership of what they themselves have set up like First Tuesdays Friendship Club in Silsden.

An important part of Embrace has been networking with other churches and community groups to ensure its sustainability.

## The Big Breakfast Club in Skipton

This group has been very active and has engaged with other local groups in the town that support dementia work. The guys particularly enjoyed an inspirational talk by ex England soccer player Gareth Seddons who spoke about his colourful career. This resonated with 2 of the breakfast clubbers, Mike Hellowell, as he is also an ex England player and Ronnie who is Mike's buddy and taxi driver.

The group also enjoyed an end of year meal at The Woolly Sheep where they connected

with the local Baptist church.

This group will continue to meet as it does every Friday at 11 am at Wetherspoons.

This has been made possible by the continued interest of Dementia Friendly Skipton who see the group as an inclusive and community based activity where people with dementia and their carers can talk about issues that affect them in a safe space.

Contact Vicky at Making Space on 01535.606086 if you want to join the group.



Ronnie and Mike with Gareth Seddons

## Dementia Awareness Raising in Keighley Schools



**Dementia Action Week  
May 20-26th 2019**

**'A Year to Remember'  
The Alzheimer's Society  
celebrate their 40th  
Anniversary**



Embrace has worked together with Dementia Friendly Keighley over the past 2 years to offer age specific dementia awareness sessions to Mini Vinnis and school council pupils at all 3 primary schools in the town: St Joseph's, Our Lady of Lourdes and St Anne's. The sessions have been enjoyable and interactive with the children understanding the concept of supporting older people in their families.

At Holy Family School pupils from Years 8 and 9 have learned about being dementia aware at PHSE sessions in 2017 and 2018. Whilst older pupils studying Health and Social Care in Years 10 and 11 have learned about the importance of good communications with older people through our info sessions. If they continue their studies at Keighley College and then qualify as Social Workers they will need to know

how to work with those living with dementia and their carers.

This kind of work has been very effective and it has been new work for both Embrace and DFK in giving sessions to the younger age groups. It is important to talk to the younger children if we are to create dementia friendly schools and towns in the near future.

# The Embrace Project: Meeting People Where They Are

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## Catholic Care Older Peoples Services



## The Embrace Legacy: Tool-kit

Catholic Care (Diocese of Leeds) has been delivering Embrace locally as part of a national initiative of Caritas Social Action Network. ([www.csan.org.uk](http://www.csan.org.uk)). What we have learnt in the parishes involved in Embrace is being summarised into a set of guidance notes for other parishes in England and Wales. The toolkit will contain tips and tricks to discern and organise activities with older people, prepared specially for the contexts of Catholic parishes. This will complement existing resources available to local churches. We expect the toolkit to be launched in late 2019.

**Clive Chapman**

**Senior Officer for Mission and Advocacy**

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## Participants have said some good things about us....

### **Sandra Kelly: Co-Founder of Dementia Friendly Keighley**

“Working with the Embrace Project has been most valuable to us as it has helped in our efforts to engage with the Catholic schools. If we are to try and bring up a ‘Dementia friendly’ generation, there is no greater way than spreading that awareness than through school children.”

### **Damian Moore: Deputy Head of Holy Family School, Keighley**

“Because of the wonderful Making Memories film, which was shown in Keighley, I think the educational and broadening aspect of the project can not be underestimated. The message has been spread far and wide and thousands of conversations about being dementia friendly have been unleashed.”

### **Helpers at First Tuesdays Friendship Group, Silsden:**

“Both my husband and I got made redundant at the same time, it was devastating, supporting this project has been our saviour.”

### **Big Breakfast Club Member, Skipton**

“This project has been a life-saver for me, it’s made me feel included and given me a voice, because I’ve got dementia that means such a lot to me, I feel supported as part of the local community again!”

### **Participants at Lunch at The Lion**

“We originally joined the lunch club as I wanted something for Keith to do, eventually on his own, with other men, where he felt comfortable, so I could leave him to his “man time”. We want to

continue going to Springbank, partly to socialise with the people there, Keith really enjoys that, and partly because it’s relaxing for me as someone else does the cooking and washing up which gives me a much needed break.”

### **Holy Family Pupil: Making Memories Participant**

“I think it would be good for more schools to get involved in Making Memories. Its helped me get on with older people a lot more than I did before.”

### **Chair of Dementia Friendly Skipton**

“The Making Memories film is brilliant, it shows what we could do in Skipton as well, it definitely has a future!”

**Thank you to everyone!!**