

Inside this issue:

Page 1:

Bradford Council Chief Executive applauds DFK

Page 2:

Introducing our new Trustee
– Diane Thundercliffe

DFK BME Project

Page 3:

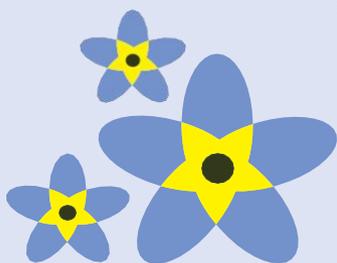
Introducing our Dementia
Friends Champion – Roy
Williams

Goodbye to Julia Gillatt

Page 4:

The Great Get Together
Picnic at East Riddlesden
Hall

Dementia Friendly East
Riddlesden Hall



BRADFORD COUNCIL CHIEF EXECUTIVE APPLAUDS DFK



A visit by Kersten England, Chief Executive of Bradford Council, along with the whole management team, saw the DFK office packed to the gills in July. Volunteers Roger, Barbara and Kathryn were on hand, along with some of our trustees, to make the Council team feel welcome and to give them an insight into the work that we do.

Maggie Marsden led the way with a brief talk on the origins of the charity and the extraordinary commitment of everyone who has been involved; from humble beginnings spending Saturdays in the shopping centre, to the extended support and range of services and activities we provide today, which were outlined by Helen, Barry concluded by presenting the DFK vision for the future and the plans already in place to make Keighley a truly Dementia Friendly Town.

The Bradford team found the talk thought provoking and informative. Kersten commented;

” Keighley is way ahead of the game when it comes to creating a dementia friendly environment. We came to learn from DFK about what inspired them to get involved, the challenges that they face and their ambitions for the future.

We were impressed by the commitment, enthusiasm and imagination and with so many people experiencing the impact of dementia on their lives, whether directly or as a carer, family member or friend, there are lots of lessons we can learn from Keighley's pioneering work that we can use to benefit communities right across the District.”

The visit formed part of a senior management trip to Keighley to visit local services and projects. Nigel Smith, Principal Executive Officer, said “Keighley is firmly on our radar and it is great to be able to showcase some of its outstanding work and people.”

Maggie Marsden told us “We were delighted to welcome Kersten and her team. They not only listened and asked incisive questions but also offered us practical advice and support, which was great. We'll certainly be keeping in touch and taking them up on their offers of help.”

Find out more by contacting Dementia Friendly Keighley on: 07452 773788

email: info@dementiafriendlykeighley.org.uk website: www.dementiafriendlykeighley.org.uk

Visit our office in: The Airedale Shopping Centre, Keighley

Registered Charity Number: 1171003



INTRODUCING OUR NEW TRUSTEES: DIANE THUNDERCLIFFE



We were pleased to welcome Diane to DFK as a trustee earlier this year. After a long career in both the NHS and latterly the voluntary sector, Diane brings with her a wealth of experience and countless skills that will bring so many benefits to DFK as we continue to grow and expand. Diane told us: -

“I have worked within the voluntary sector as long as I can remember. In my role working for a large national charity my professional career progressed from support worker, project leader to team coordinator and spanned over 10 years.

The service provided activities building based, home based and community for people with a disability, the main emphasis being personalised support, skill development and inclusion. I have previous experience of working for the NHS on an assessment unit for people 65years or older as part of the mental health team”.

Now semi-retired, Diane works from home, marking health and social care papers as well as working part time as a health care worker for Bradford District Community Trust. Diane told us;

“I am well aware of the importance of raising awareness of mental health in the community and I am proud to support DFK as a trustee. I really believe they can make a difference”.

DFK BME PROJECT: WELCOMING NEW DEMENTIA FRIENDS

Keighley is a multicultural town with a mixture of communities including Bangladeshi, Pakistani, Indian, Irish, Italian and Eastern European. With the aim of changing ways that communities think, talk and act about dementia, DFK wanted to ensure all of our training and support services, were equally accessible both to, and within, all of our local communities.

The Black Minority Ethnic, (BME), Project began in March 2018, following a successful National Lottery bid to appoint Roy Williams who has worked to ensure the support and activities provided by DFK are inclusive of all of our communities. Roy explains “some communities are marginalized and don’t access information either by choice, eligibility, or knowledge of services”. We asked Roy to give us a little background.....

“I have been lucky enough to work in various community settings; I started as a postman, then council bin wagon driver, youth worker, and racial equality officer amongst others. As a consequence of these roles, I became aware of the differing needs of our many different communities.

Using my contacts, I was able to reach many local BME organizations who have embraced the training and information we have been able to provide to raise awareness of how to LIVE WELL with dementia.”

Roy told us “My target was to deliver the Dementia Friendly Awareness session to 250 people from BME communities in a year. Our local communities were welcoming and enthusiastic and I was able to reach 349 new dementia friends. Every one of our Dementia Friends receives a forget me knot badge to prove it. We encouraged everyone to wear the badge and tell others about Dementia Friendly Keighley”

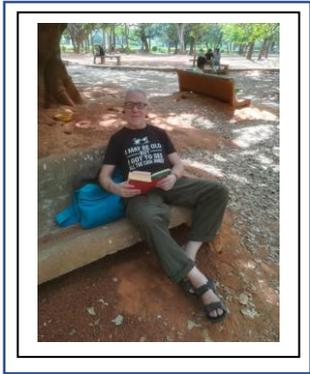
As a result of a further National Lottery funding, the work continues into 2019 delivering the Dementia Friendly Recognition Award. One brilliant outcome is that Azeem’s Restaurant has become the first Dementia Friendly Asian cuisine in Keighley. Well done Barkat Ali and team!

Keep an eye on future newsletters as we introduce some of the organisations Roy has worked with to become Dementia Friends.



INTRODUCING OUR DEMENTIA FRIENDS CHAMPIONS: ROY WILLIAMS

In each of our newsletters we introduce another of our DFK Dementia Champions. This issue is the turn of Roy Williams, who has already introduced you to his work as the BME Project Co-ordinator.



“Becoming a dementia Champion has been an amazing experience...It all started when I attended a dementia friends’ session at Keighley Healthy Living, delivered by Sandra Kelly. After it finished, I thought to myself, ‘I would like to deliver this!’

But firstly, let me go back a few years... Around five years ago my parents were in their nineties living in the South of England. They were starting to become frail and needed much more TLC than my wife and I could offer from three hundred miles away. Fast forward a few years and my parents moved to Keighley, ‘the frozen North’, as they would say, to live with us.

Sadly, my mum passed away as Dad began to show signs of the onset of dementia; the early signs were kicking in! We watched him deteriorate whilst trying to care for him at home. At times it was very difficult, especially as he was missing my mum and really wanted to be with her.

One day my wife went to check on him but he wasn’t there! We panicked, searching the house, including the stairlift, which was at the bottom of the stairs without him in it! There was one place left to search; the cellar. To our amazement he had managed to scale the stone steps with a rolator, (like a Zimmer), in his hands. We found him at the bottom of the steps, smiling and tearing up his newspaper, strip by strip. I was lost for words, I didn’t know what to say to him, fear of what could have happened, and relief that he was still alive and safe.

My wife and I realized we were no longer able to keep him safe at home and shortly after he moved in to a local nursing home and enjoyed just over a year before he passed away at the tender age of ninety seven.

As with so many of us, our reasons for becoming dementia champions are linked to our personal experience. Now you know where my passion for being a Dementia Champion comes from! The Dementia Friends session I deliver always keep memories of my dad alive for me as they are full of stories which link to the content, and bring a smile to the faces of my audiences when I recall stories about him. For me, being a Champion is a privilege, although often delivered mixed with emotions of life at home with my dad”. Roy Williams

A MEMBER OF OUR STAFF MOVES ON: WE SAY GOOD BYE AND GOOD LUCK!



We are very sad to announce that Julia Gillatt’s last day in post was on Saturday 24th August. Whilst she hasn’t been with us very long, she has certainly made her mark. Her warm, generous and supportive personality made her a popular member of the team and she is sadly missed.

Volunteer Vicky Dodgson said “...working with Julia has been a very great pleasure and all the Saturday volunteers are very sorry that she has left. We are determined to carry on her legacy though and will work hard with whoever takes her place to keep her friendly and welcoming spirit alive in the DFK office at the weekends.”

Maggie Marsden said “It has been a pleasure to have Julia working with us. She brought amazing skills and experience to the organisation. She has worked really hard to get our lovely newsletter up and running and her work with trustee Diane Thundercliffe on the volunteer protocols will be invaluable. I hope she stays in touch and we can work with her again in the future ”

Steve Seymour said “Julia has been a breath of fresh air and made massive inroads on important documents and the development of DFK in her time with us and hopefully she will stay involved in a key volunteer role.”

It’s always sad to lose such good people but we are left touched by their presence and better for their knowing. Good luck with whatever and wherever life takes you in the future Julia. From all of your friends at DFK

THE GREAT GET TOGETHER PICNIC AT EAST RIDDLESDEN HALL

Over 50 DFK friends, volunteers and supporters enjoyed a fantastic day out at East Riddlesden Hall on the 16th July this year. Emily Taylor, the Volunteer and Community Involvement Manager at the Hall, and also a Dementia Friendly Champion, offered us an invitation this year to hold our Annual Great Get Together in the gardens

The event started with afternoon tea in the Wedding Barn, followed by a talk and guided tour of the newly developed well-being garden. The sun shone on the happy picnickers as they enjoyed spending time at the historic Hall.

The picnic was possible following a £100 grant from the Great Get Together fund, (set up by Jo Cox MP, who campaigned against loneliness and isolation during her time in parliament), to bring together the local Dementia community to celebrate friendships and provide support.

Overall we enjoyed success on so many levels, enabling people living with dementia to get together to meet old friends and make new ones, promoting both East Riddlesden Hall and the work of DFK and our various activities as well as providing the opportunity for those living with dementia to give feedback on the garden and be part of its future development.

Emily Taylor of East Riddlesden Hall said "The Great Get Together afternoon was very successful. It would be lovely to make it an annual event"

Maralyn Dewar, who attended the event told us "It has been such a happy event. Everybody just got on so well, I felt a friendly warmth about the day that I think made it all such a great success!

We have received so many lovely comments, from attendees and volunteers alike, who thoroughly enjoyed the occasion and are looking forward to their next DFK outing!



Dementia Friendly East Riddlesden Hall

The event was also a celebration of Hall's recent success becoming the first Dementia Friendly National Trust property. Helen Charters worked with staff and volunteers at the Hall; delivering a series of awareness sessions to 70 staff and volunteers making sure they are able to best serve people with dementia and their carers; extending a warm welcome to every visitor.

The Hall have since developed "well-being garden", which opened in 2019, and features fully accessible paths with sensory flower beds designed to reflect moods or to give off heavenly scents. The garden provides a peaceful place for rest, relaxation and contemplation. A café is also on site if you fancy tea and cake during your visit.