



Dementia Friendly Abingdon Update

July 2019

Dear Dementia Friendly Abingdon Friends,

Now that Dementia Action Week 2019 is a fading memory we thought it time to update you, both on the week, other actions and future plans.

As you're aware it was a full and varied programme of events during **Dementia Action Week** all of which went well and from which we're already developing plans for next year. Early in the week Olga Senior, DFA Chairman, was interviewed on both Radio Oxford and Jack FM which provided valuable publicity and the Oxford Mail report was accompanied by a photograph from the Information Day. The public Dementia Friends Information Sessions resulted in 13 new Alzheimer Society 'Dementia Friends' and the dementia friendly showing of *The Wizard of Oz* at the Abbey Cinema was much enjoyed by all who attended. We'll be following up with the cinema staff and aiming to make these a regular event throughout the year. A highlight of the week was the performance of *Connie's Colander*, followed by a Q&A session, arranged by the Library. The finale, our Awareness Day in the Market Place, benefitted from wonderful sunshine and the two short Singing for the Brain sessions, as well as showcasing the uplifting effect of this Alzheimer's Society activity, were thoroughly enjoyed by everyone who stopped and joined in. A huge thank you to all of you who helped in promoting the week's activities and making it such a success and welcome to those new DFA Friends who, during the week, signed up to receive these updates.

The lively 35 Ock Street **café group** continues to meet on a Friday morning, 10.30-11.30am. Anyone with dementia or mild cognitive impairment, along with their carer if they have one, are welcome to pop in for a coffee and chat in a supportive environment. The group recently received a grant from Christ's Hospital of Abingdon which enabled them to hire a specially adapted boat for a trip on the Thames, followed by a pub lunch. A second trip from Henley is planned for the end of August.

We are now looking to formalise, and submit to the Alzheimer's Society (AS), our plan for working towards making Abingdon a Dementia Friendly Community. One ongoing action is running AS **Dementia Friend Information Sessions** to create many more Dementia Friends throughout the town. This year so far the Trustees of Christ's Hospital of Abingdon, staff at the Malthouse Surgery, Abbey Cinema and Library have all become Dementia Friends. In the coming month Abingdon Vesper Rotary Club members and the Red Watch crew at Abingdon Fire Station will participate in sessions. We have already created over **100 Dementia Friends** in Abingdon! If you belong to a group or club which would like to run a short session (1 hr max) for members, enabling them to learn and understand a little about dementia, do get in touch. One of our trained volunteer Dementia Friends Champions will be delighted to run one for you.

Finally, some special news! Abingdon Flower Club is holding a flower festival in the Guildhall's Roysse Room during Heritage Weekend, 21 & 22 September, and have chosen Dementia Friendly Abingdon as their supported charity. Needless to say, we are delighted and extremely grateful – so do please make a note of the date and spread the word.

As always, if you know anyone who would like to be added to the DFA Friends list I'd be delighted to hear from them, please just ask them to email me at this address dementiafriendlyabingdon@gmail.com And if you wish to be removed from the list, again, let me know by replying to this address.

Thank you for your support.

Dementia Friendly Abingdon is a Healthy Abingdon (Charity No. 1172245) initiative

Susan

Susan Williams

Secretary

Dementia Friendly Abingdon Steering Group

<http://www.healthyabingdon.org.uk/associates/dementia-friendly-abingdon.htm>

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