



Dementia Friendly Abingdon Update

September 2019

Dear Dementia Friendly Abingdon Friends,

With the days a little cooler, autumn around the corner and everyone back in the swing after the holiday period....it's time for an update from your Dementia Friendly Abingdon steering group.

Our workplan for working towards **making Abingdon a Dementia Friendly Community** is complete and being registered with Alzheimer's Society. This will allow us to publicly acknowledge those organisations and businesses whose staff and volunteers are informed and supportive of those living with dementia; and who have participated in a dementia information session to be recognized as a Dementia Friend. Since the last update Abingdon Vesper Rotary Club members, Bath Street Dental Practice staff, Kennington Memory Club Volunteers and Abingdon Red Watch Fire Crew have all become Dementia Friends and other groups, including Blue Watch Fire Crew, have their session scheduled. It would help us enormously if you could also spread the word about these free, 1 hour sessions. Contact dementiafriendlyabingdon@gmail.com for more information or book a session.

We're delighted to announce that the **Abbey Cinema** (in Abingdon Guildhall building) is starting a regular **relaxed screening**, specially for people, such as those with mild cognitive impairment or dementia, who would benefit from a more informal environment that isn't too dark or too loud.

The dates are: **Tuesday 8th October with Lion King, followed by Tuesday 12th November and Tuesday 10th December, films to be announced.** The cinema will be open at 10.00am, allowing time to get some refreshment and settle down, ready for the film at 10.30am Tickets can be booked at www.theabbey.ac, by telephone 07957384158 or in person at the box office. Carer tickets are free of charge. Disabled access is by lift from the carpark at the rear of the cinema. There are always plenty of friendly staff members to help and provide a warm welcome. We all hope this trial will be a success and continued long term. Please spread the word and encourage everyone to support this great initiative – although designated a Relaxed Screening, EVERYONE is welcome.

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. Their second trip, on a specially adapted boat run by the Rivertime Boat Trust, from Henley was blessed with glorious weather and thoroughly enjoyed by all. See our Facebook page <https://www.facebook.com/dementiafriendlyabingdon/> for the full report! More recently they were introduced to the possibility of some fun indoor activity sessions – watch this space. The updated poster advertising the group is attached. You'll see it around the town but if there is somewhere you could put one, please do so.

A reminder - 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. Please make a note of the date and spread the word. A member of the DFA steering group will be there to speak to people.

Another date for the diary is Sunday 15 September when an **Alzheimer's Society Memory Walk** is taking place in Oxford. <https://www.memorywalk.org.uk/find-a-walk/oxford-2019/> DFA Chairman, Olga Senior, is volunteering at the event and would be delighted to see any DFA Friends who are participating or volunteering.

Our volunteer Steering Group, Dave Butterworth of Healthy Abingdon Charity; Jeannie Pyle, Barry Reeves, Olga and myself, was joined by Ruth Graham earlier in the year and most recently by Monica Lovatt. On standing down this month Jeannie was thanked for all her contributions and ongoing efforts in implementing our work plan. The group also appreciates the support of our local Alzheimer's Society staff.

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.

Susan

Susan Williams

Secretary

Dementia Friendly Abingdon Steering Group

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

<https://www.facebook.com/dementiafriendlyabingdon/>