Introduction
Whilst this is our autumn edition, I feel we are saying a swift good-bye to the remnants of late summer and quickly feeling the early winter chill. No doubt many of you are already thinking ahead to Christmas and all the various plans and travel arrangements that need to be in place for this holiday period. Christmas inevitably brings with it mixed emotions remembering happy times and perhaps it brings sadness remembering those who have passed away. Then there’s that sense of feeling a child’s excitement as you recognise their sense of wonder and magic. If you have a loved one who has dementia, this can be a tough time as a person living with the disease may feel disorientated or confused even within a close family gathering. DFR has put together a leaflet that provides some things to consider if you are providing a Christmas gathering – see further details in this newsletter.

From a community goodwill point of view, I want to say a massive thank you to Kevin Swain (see his article) for his hard (and bruising) sponsored walk he did to raise funds for DFR. I do want to wish you and families, on behalf of everyone involved with DFR, a very Merry Christmas and Happy New Year. I would ask you to reflect during this time if there is something you’d like to do to raise dementia awareness in May’s awareness week. If there is – please get in touch and we can include it in the plans for Rossendale.

Brian Topping Chair of Dementia Friendly Rossendale

Christmas leaflet
This is our Christmas leaflet. It’s written mainly for carers and people supporting those living with dementia. It provides a few things to think about when you are planning your big family day and there are also some carers’ experiences which I think are very thought provoking and helpful.

These leaflets will also contain some practical contact information including pharmacy opening times in Rossendale over Christmastime. They will be available later in November in every Health Centre or you can download them from our website.

Dementia Friends Rossendale Flower Group
Dementia Friends Rossendale Flower Group are hoping to spread the Christmas joy round the Valley in December. We are aiming to help those living with dementia arrange over 100 festive flower arrangements. We are going to care homes and Day Centres from Haslingden to Bacup and lots in between. The preparation has started...............glitter every where!!

Working with carers
Carers can get overlooked sometimes when there is overwhelming concern for someone newly diagnosed with dementia. It’s understandable in many ways but we should have our minds open to the issues that growingly confront and challenge each carer when supporting someone living with dementia at home. About 66% of people living with dementia are supported at home and it usually falls to a spouse or close family to provide this care.

DFR recognises the carers and the support they need for themselves. Many organisations such as Carers Link; Alzheimer’s Society; Age UK and Crossroads provide this but we felt that there needs to be a more integrated picture across Rossendale of what is available; what needs to be available; and how we in the community can approach filling some of these gaps.

We recently held a workshop involving not only organisations but present and former carers having an active say in this discussion. It has identified many gaps including wider respite provision; transport; access to helpful and practical information; and more social groups. These are all things we do and can provide from within our community. DFR will continue to look at these but if you feel there is something you can contribute here or challenge us about, then please get in touch.
My name is Barbara Ashworth and I have been a member of the Dementia Friendly Rossendale (DFR) Steering Group since its inception and currently represent a couple of different organisations. My first involvement with DFR was as Chair of Seniors Together In Rossendale (STIR), which is a voluntary sector organisation with open membership for anyone over 50 years of age and living in the Borough. We meet on a monthly basis and we invite speakers or have discussions on issues that are important to the group, such as Dementia.

In addition I’m an elected Rossendale Borough Councillor (Greensclough Ward) with the added responsibility over the last few years of leading on Health issues, as one of my Cabinet portfolio areas – the other being Customer Services. I’m also the member champion for older people. As Health Portfolio holder, I took the lead in setting up the Rossendale Health and Wellbeing Partnership which I Chair. This Partnership brings together many Rossendale organizations, both big and small who all have the same objective of improving the health and wellbeing of those living and working in Rossendale. One of my public appearances earlier this year was to attend the official opening of the outdoor gym equipment on Lumb Millennium Green and the picture below does demonstrate my hands on approach to my role.

Fundraising—Kevin Swain
As a lifelong Rossendale resident at 77 years of age I thought I would go on Round the Hills Walk for the first time and raise some money for Dementia friendly Rossendale. Only 18 miles – piece of cake - if only!

I set off on my own and fell down twice trying to catch people up on the Cribden so I would know which way to go. It was generally okay after that – even managed a pint in the Commercial at Water. Well it was okay until the climb up Cowpe. Without doubt the worst part of the day and without the encouragement of others I would have quit on that climb.

I managed to get to the finish at Marl Pits be greeted by two of my granddaughters. I feel really proud to have done the walk and raised an amazing £1767.70 but I can guarantee I won’t be doing it again.

Volunteer drivers urgently needed
Comminicars is run by CVS and is a transport provision where people have difficulties using public transport. There is small charge for the journey and the service is available for journeys in Rossendale. The service relies on volunteer drivers but there is a shortage of these. If you feel you could help with this service, get in contact with CVS:

**Telephone:** 01282 433740
**Email:** info@bprcvs.co.uk

Dementia Friends
Dementia Friends is a dementia awareness session and is available for everyone to attend. The events are free of charge and the sessions last about one hour. The next available session is on the 29th November 2016 at Stubbylee Hall, Bacup. You can enrol through: [https://www.dementiafriends.org.uk/](https://www.dementiafriends.org.uk/) or East Lancs Recovery College: 07933812890 or Email: elrc@stubbyleecg.org.

Dementia Friend Champion Training
Training is available for anyone who wishes to become a Dementia Friend Champion. Upcoming venues in the North West include Liverpool, Manchester, Blackburn and Bolton [https://www.dementiafriends.org.uk/WEBTraining#.WBtgk9KLS00](https://www.dementiafriends.org.uk/WEBTraining#.WBtgk9KLS00)

Further dates for February onwards will be added in due course.

Dementia Marketplace
In 2017 we are planning a series of “Dementia Marketplaces” in Rossendale.

These will be free events in venues across the borough where people can attend and find a wide range of help and information regarding dementia.

This will range from specialist help regarding the disease; information on symptoms; what help there is for you as a carer; the practical issues that need to be progressed (such as Lasting Power of Attorney); some activities that will be helpful to someone living with the disease; and so on.

There will be much more information about these event in our winter newsletter in January and we will look to make these as widely known as possible.

Contact us by e-mail: dementia.rossendale@gmail.com
Tweet us at @DementiaRoss
DFR Website: dementiafriendlyrossendale.org

A reminder about the meeting of the Rossendale Memory Choir, Kay Street Baptist Church, Kay Street, Rawtenstall, BB4 7LS.

Contact us by e-mail: dementia.rossendale@gmail.com
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