



DIOCESE OF HEXHAM &
NEWCASTLE

CARITAS HEXHAM & NEWCASTLE FUND GRANT REPORT

Name of Group: Churches Together South Tyneside, Nurturing Dementia Project

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Date & Amount of Grant Awarded: £5000

What did you want the grant for?

- To work in partnership with our local Carers Support Group to establish a Dementia and Carer Support Group. Project Lead will advise and support the group on how to promote the well being of people with dementia and their carers. This will involve teaching stress reduction and relaxation techniques activities; introduce life story work; sensory activities and music therapy. 30 people will benefit from this work.
- To provide advice and support to a local dementia care home to introduce Dementia Care Mapping (DCM) into practice. DCM is an observational tool that records the quality of life and quality of care from the perspective of the person with dementia. It is used to make improvements to the wellbeing of people with dementia and enhance person centred care practice. 20 residents and a whole care team will benefit from this. We will publish the results with the intention of cascading this tool to other care homes in South Tyneside.
- To facilitate Dementia Friendly Christmas Services within South Tyneside during December (one Catholic church and one other church). Project lead will work with identified churches and associated schools facilitating dementia awareness and promoting dementia friendly environments prior to each service. Local school children will be involved in the services to establish multi generational working. 100 people with dementia and their carers will attend services.

What did you do with the grant awarded?

- a. Supported South Tyneside Adult Carers Services to establish a Dementia Café
- b. Supported the implementation of Dementia Care Mapping into Roseway Care Home, Jarrow
- c. Facilitated 3 Dementia Friendly Christmas Services within South Tyneside

What impact has your project made (*what difference has it made to the mission of the Church in your community? If you are able to include some data giving an idea of how many people were helped etc, that would be very welcome*).

- a. Project Lead supported South Tyneside Adult Carers STACs) to establish a new Dementia and Carer Support Group.



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This initially involved advice and dementia training with seven members of STACs staff and volunteers to increase their awareness, skills and confidence.

Project Lead introduced a range of life story resources to meet the needs of STACs this included 'My Favourite Things' document, which has been adopted by STACs befriending service. Befrienders and staff will now use the document for all new referrals to the service

Project Lead provided training for seven staff members on 'Playlist for Life', which involves creating a soundtrack of the persons lives connecting people with dementia through music. To meet the needs of STACs the Project Lead amalgamated some of the Playlist workbook with the My Favourite Things document. This is currently being utilised with all new referrals.

Project Lead introduced the importance of Life Story work to the people with dementia and their carers attending the support groups. 50 memory boxes were purchased and the Project Lead led the introduction to life story and memory boxes with 40 people attending the support group. Prior to the group people were requested to bring in memorabilia and photos that had a significant meaning to them. Both the people with dementia and their carers enjoyed sharing stories about their memorabilia and the memories attached to them. Every person was offered a memory box.

b. Project Lead supported a newly qualified Mapper to implement Dementia Care Mapping into practice at her place of work, Roseway Care Home in Jarrow.

This initially involved doing a 2-hour practice map with the mapper, which increased the mapper's confidence and skills in DCM

The Project Lead co facilitated staff briefings with the mapper at the Care Home to introduce them to the DCM tool and prepare them for the DCM Evaluation Day. Approximately eight staff attended the briefing session and engaged in asking questions about DCM. Staff suggested they felt more prepared for the DCM evaluation. DCM Briefing documents were devised and distributed by the care home to staff, relatives and residents.

The DCM Evaluation was undertaken by the Project Lead and Staff Mapper on the upstairs floor at Roseway Care Home on 2 August 2022.

Six residents were mapped over a six-hour time period with initial feedback offered to care staff following the map.

Individual Care Summaries were produced for each of the six residents that detailed how they spent their time and their levels of Mood and Engagement. Care summaries also included information on staff interactions that detracted or enhanced their level of well-being. 3-5 suggestions for staff consideration to improve care for each resident were also included. The report also included details for the group of residents as a whole with additional action points for staff consideration.

Information from the Individual Care Summaries is confidential to Roseway Care Home. Care plans for each of the six residents have been revised to reflect positive practice changes highlighted from the map.



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Staff Considerations for Improvements in person centred practice for all residents at Roseway Care Home included:

- Can staff consider the impact that a noisy environment has on people who live with dementia and suggest practice changes?
- Can staff consider how the corridor can be enhanced to provide more opportunities for sensory stimulating engagement?
- Can staff consider how to make mealtimes a more positive experience?
- Can staff consider the use of coloured and contrasting crockery to enhance mealtime experience for those residents with visual impairment?
- Can staff consider other times of the day where meaningful engagement and or activities can take place and what this could be?
- Can staff consider ways to improve opportunities for meaningful interaction, how do we identify the needs of non-verbal residents?

The Care Home staff mapper fed back the report to the staff at Roseway Care Home and facilitated the action plan following this feedback. Further to the staff feedback the following **Action Plan** has been implemented:

Dementia Care Mapping™ Care home/Unit Action Plan

<i>What we want to achieve?</i>	<i>How we are going to achieve this?</i>	<i>When we are going to achieve this by?</i>	<i>Date completed</i>
<i>Dining experience to be enhanced so that there is a differentiation In the day which will enable residents to orientate themselves more effectively</i>	<i>Dining experience to be monitored through the week</i>	August 2022	August 2022
	<i>Tablecloths to be laid and coloured crockery to be used to enable those effected visually to see crockery clearer Residents are to be encourages to sit at the dining tables for meals</i>	August 2022	September 2022
	<i>Word and pictorial menus to be on tables and menu chalk board to be completed every morning</i>	December 2022	On-going due to kitchen issues



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	<i>Dignity aprons to be available for those who want/need them. Residents to be asked before putting on.</i>	<i>August 2022</i>	<i>August 2022</i>
<i>Opportunities for activity and self occupation to be available throughout the day</i>	<i>Set out sensory Trolley and park in corridor. Resources will include materials, dolls, wool, magazines etc.</i>	<i>August 2022</i>	<i>August 2022</i>
	<i>Rummage reminiscence boxes to be provided along the corridors and in lounges.</i>	<i>September 2022</i>	<i>On-going due to budget</i>
	<i>Set out work station and put in Corridor</i>	<i>October 2022</i>	<i>October 2022</i>
	<i>Set out tables and chairs with things to do in the corridors. Washing and washing line to be set up. Rainbow twirls to be re instated on walls</i>	<i>October 2022</i>	<i>October 2022</i>
<i>Noise Levels in corridors to be reduced</i>	<i>Staff to be trained on the effects noise levels can have on the behaviour of someone living with dementia.</i>	<i>October 2022</i>	<i>October 2022 and on-going</i>
<i>Recognising the needs of residents who have limited verbal communication</i>	<i>Staff to be trained in sensory and motor changes in dementia and strategies to promote interaction</i>	<i>October 2022</i>	<i>October 2022 and on-going</i>

c. 3 Dementia Friendly Christmas Services were facilitated during December. Flyers for the event were printed and distributed widely throughout South Tyneside and a Dementia Friendly Order of Service was printed.

To promote intergenerational working the Project Lead successfully networked with local schools to request their involvement in each of the services. Four schools participated in the services including 3 primary schools and 1 secondary school. The secondary school students engaged in Dementia Friends Training prior to the services and the primary school children were offered advice on dementia and engagement prior to the service commencing.

The first service was held at Sacred Heart Church Boldon Tuesday 6 December. Children from West Boldon Primary School newly formed choir sang at the service. The numbers of people

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attending the service was disappointing despite widespread publicity and Sycamore Care Home was unable to attend the service.

The second service was held at Living Waters Church South Shields Friday 9 December. Children from Roman Road Primary School, Gateshead sang at the service (their teacher is a pastor at the church). The service was well attended, approximately 60 people including care home residents, people with dementia in the community and the church community. Relatives of the children singing also enjoyed the event. The Mayoress also attended this service.



St Peters Church, Jarrow, Monday 12 December. Children from Jarrow Cross Primary School sang at the service and pupils from Jarrow School acted as marshals and helpers at the event. The service was well attended, approximately 50 people including residents from Roseway Care Home, people with dementia, their carers and the church community.

Each service was approximately 40 minutes and was led by the Area Support Chaplain for Methodist Care Homes who is a committee member of the Nurturing Dementia Project. The churches' ministers were also invited to facilitate the welcome and the Blessing of the Knitted Angels (knitted by elderly people attending our Happy at Home hubs and the project group), which were offered to everyone attending the service.

During the services the congregation joined in the singing, and everyone appeared to enjoy the service, especially the singing with the children. One person with dementia danced throughout the



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service. Following the services, everyone was invited for refreshments in the church halls. Tables were set with Christmas themed plates and serviettes and festive mince pies were enjoyed. The older pupils helped serve refreshments and the Nurturing Dementia Committee members and the Church members sat with people with dementia and their carers and engaged in conversations. Feedback from everyone was very positive the services were a joyful and inclusive experience and enhanced everyone's well-being. The churches, teachers and pupils all want to continue to be involved in future services.

Over 100 people attended the services including people with dementia, their carers, the church communities and schoolchildren

Signed: Maria Scurfield-Walton

Date: 29.1.23