

**RESOURCES**  
**FOR PEOPLE LIVING WITH DEMENTIA**  
**AND THOSE WHO CARE FOR THEM**



**Church House, Westminster**  
**Wednesday 18<sup>th</sup> May**

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# **News from some DIOCESES (May 2016)**

## **BIRMINGHAM**

*Rose Akeroyd [akeroydrj@hotmail.com](mailto:akeroydrj@hotmail.com)*

The current position with regard to support for those living with dementia and their carers in Birmingham Diocese is diverse. Our quest is to be inclusive and supportive.

Last October a Diocesan Day Conference was held at the Queen Elizabeth Hospital Birmingham. Over 150 clergy and lay delegates attended, with the desire for a more co-ordinated approach across the diocese. Clergy are being asked to provide information to a central point over the next few weeks so that communication between providers can be facilitated.

Some deaneries and parishes have held Dementia Friends Sessions and some are discussing and formulating action plans to inform awareness raising and provision of support in the form of dementia friendly services and social activities for those living with Dementia and their carers. The Cathedral is trialling ways of making Orders of Service more dementia friendly. The possibility of the diocese joining the Birmingham DAA is being investigated. Some members of the clergy and a lay reader have been learning about provision in the Diocese of Lichfield looking for ways forward to have recognized dementia friendly churches. The Bishop's Advisor on Disability is actively involved in developing the response to dementia as part of his responsibilities. Members of churches are working with the Alzheimer's Society and similar organizations to understand what support is available within the community.

We are developing a co-ordinated, encouraged response. A great deal of energy has been generated by the Conference last October and the prospect of participating in the discussions in London on 18 May.

## **BLACKBURN**

*Ed Saville, Social Responsibility Blackburn Diocese*

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In December 2014 we began a series of information/training sessions around Dementia Friendly Churches with the assistance of Liveability. The four, half-day sessions were offered on an ecumenical basis in the centre of the Diocese and attracted representatives from around 25 different church groups.

We have now established a Dementia Friendly Church Support Group. There are 18 members of the group that meet bi-monthly and includes a mix of clergy, PCC and members of congregations including carers. They come together to discuss dementia and to share ideas and good practice. The aim is to provide information about dementia and care-giving to our church communities (and beyond). To-date there have been three meetings that have included a Dementia Friends Training Session (with the option of becoming a Dementia Friend) with the five key messages of the Alzheimer's Society. There has been an information briefing by N-Compass Carers Service that provides support and information to Adult Carers and specialist support to Carers of Adults with a Mental Health Conditions.

A regular emailing goes to all churches in the Diocese (and others on the mailing list). This has generated several practical responses. We have a number of people in the Diocese trained as Dementia Champions and training is in place for all Diocesan staff to be Dementia Friends. The Diocese is a member of the Dementia Action Alliances in its boundary, and encourages those churches which have shown an interest to register as well.

Awareness sessions have been held in a number of churches and there is a growing interest in this area of work. These have preceded and accompanied Dementia Friends Training sessions.

Consideration is being given to organising regular Dementia Friendly services in each of the 14 Deaneries.

## CHESTER

*Janice Mason Director of Social Responsibility/Urban Officer*  
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Several parishes in our diocese have built relationships and undertaken training through Alzhiemers Society/Dementia Action Alliance. A range of initiatives have been taken by parishes for example; Heswall Parish, as part of Churches Together in Heswall started a **Dementia Friendly Café** in 2015 after a development time of six months. It runs every Thursday afternoon, between 2 and 4pm and is called **Cafe Connect**. It provides a welcoming, friendly and informal environment for carers and those they are caring for, with dedicated listeners, refreshments and advice.

In Sale Trafford, a **Community Choir** on Friday afternoons welcomes all, especially those with age related memory problems such as dementia . It is singing for fun. They hold concerts twice a year and go carol singing at local retirement care homes and take part in the annual Arts Festival in June. The vicar is also a trained **Dementia Champion** and runs training sessions for her own and other local churches and groups. The Cheshire NFWI (**National Federation of Women's Institutes**) are supporting the motion for better care for Dementia patients and their families when they are admitted to hospital for acute illness, not dementia related. A member of the Committee for Social Responsibility who is also Rural Dean is speaking at their conference in Brighton in June 2016 on this matter.

We understand that Knutsford MU have made **'Fiddle Pinnies'** and knee blankets for EMI Homes supporting people living with dementia. The joint benefice of Norley, Crowton and Kingsley, in the Frodsham Deanery **have organised a conference at deanery level and integrated awareness and care into parish ministry:**

It is early days towards developing a coordinated response across our diocese. The examples above are shared across the diocese through the diocesan e bulletin and hopefully encourage other parishes as there is much good practice to share.

## **CUMBRIA**

David Richardson [dardesk@aol.com](mailto:dardesk@aol.com)

*Dementia Coordinator, Churches Together in Cumbria*

The Diocese of Carlisle is playing a major role as promoter of an initiative under the aegis of Churches Together in Cumbria to 'make every church in Cumbria dementia-friendly by 2020'. The initiative was launched earlier this year. Central to the initiative is the recruitment of 'Dementia Enablers' for the local church, or in the case of smaller communities, for a group of churches.

### **We think that a Dementia Enabler:**

- Should be, or become, a Dementia Friend and should encourage others to become Dementia Friends also;
- Should have a general awareness of the support services that are available in their local community for people affected by dementia.
- Should encourage the local church or group of churches to become dementia-friendly (in terms of welcome, worship and environment);

### **What support will there be?**

- We are arranging an initial two-day workshop that all Enablers are asked to attend. The dates are Saturday 16 April and Saturday 11 June, from 10.00 to 4.00. The workshop is being led for us by staff from Livability (the UK's leading Christian dementia charity). The programme will address the issues of the 'how', 'what' and 'where' of a dementia-friendly church, and will also provide information about the Dementia Friends programme and the availability of local support services for people with dementia in Cumbria.
- Staff of Livability will be available for further communication as necessary for six months after the workshop.
- We will have an online forum for Enablers (with appropriate alternative arrangements for any without access to the internet). This will enable us to share news about the work which we are undertaking and thus increase the knowledge, skill and capacity of each Enabler and facilitate dementia-friendly churches.
- We will have an annual meeting of Enablers so that we may report on developments, share experiences and plan together to drive the initiative forward.

## **DURHAM**

*Revd George Lackenby, Harlow Green and Lamesley*  
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The picture across the diocese is patchy. Some deaneries are really engaged with dementia, others less so. For example in Barnard Castle the church has joined with other organisations to present a special dementia information day. In South Tyneside the churches together group are doing a lot of good work. In Gateshead deanery churches are represented on the Dementia Action Alliance and so work alongside other bodies and are presently in the process of preparing a working action plan.

There is very little Diocesan initiative at the present, although this is changing, and last year a training day for diocesan Readers and Pastoral Assistants was arranged and dementia is now finding its way into the curate training programme. Some engagement across the diocese is done through the continued input from the 'Hospital of God@Greatham'.

One thing which may be of interest is the work being done around the film 'Jack and Jill and the Red Postbox ' This started life as a play based on research by Northumbria University and Edinburgh University. I was part of a group looking at ways this could be converted to film, which has now been completed and the next stage is to look at ways this can be used as a training tool for use with various workforces. My interest is developing the film for use with churches and I am due to meet with Northumbria University soon to further this.

The film itself is freely available:

<https://vimeo.com/151884453>

The film has already been circulated round some local churches who are showing a keen interest.

## **EXETER**

*Sally Farrant, Social Responsibility Officer,  
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### 'Together on the Journey' Dementia and the local church

Five interdenominational workshops have been completed 2014-16 in Plymouth, Okehampton, Barnstaple, Exeter and Honiton and Torquay attended by 140 people representing over 70 churches.

Workshops including:

- Dementia Friends session
- Discussions on how to apply understanding to church situations
- Intro to local Alzheimer's Society Support Workers
- Intro and session on local Dementia Friendly Communities/Action Alliance
- Local diagnosis process
- Display of resources
- Glorious Opportunity DVD Dr Jennifer Bute

## **GUILDFORD**

*Tony Oakden    [Tony.Oakden@cofequildford.org.uk](mailto:Tony.Oakden@cofequildford.org.uk)*

I am a member of the Communities Engagement Team of the diocese of Guildford and we provide resources to support parishes and others in the diocese to assist in their engagement with social and health needs in order to build healthier and more accepting communities in accordance with God's love.

I have been running Dementia friends information Sessions for parishes within the diocese and have reached over 800 people through these sessions. These sessions help give an understanding of dementia and ways in which people living with dementia can be supported. Having a group of people within the church congregation who have a better understanding leads to a better welcome , more dementia friendly services, and contributes to the local churches mission through Church activity to support those in their community living with dementia and carers.

Dementia Action Alliances, bringing individuals, businesses and organisations together to create dementia friendly communities have recently been launched in Surrey and we are encouraging churches to become members and support or even lead these local initiatives.

## **LEEDS**

*Dr Elizabeth Milwain, Dementia Adviser*

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### **What is a 'dementia-friendly church'?**

1. A church that is welcoming and inclusive towards people with dementia and their carers;
2. A church where the church leadership and other members of the congregation help people with dementia to feel safe and orientated within the church environment;
3. A church where it is OK to get confused and forget things,
4. A church where people with dementia and their carers feel that they are valued members of the congregation, stay involved in church activity, and do not 'fall off the radar'.

## LICHFIELD

*Sarah Thorpe Dementia Support Officer*

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**Dementia Friends Sunday services:** These services, within the national Dementia Friends programme, are being run in different churches across the Diocese. They are a wonderful way to raise awareness and to open up conversations across the whole church family. The Dementia Friends Information session material is used to three “slots” in the church service. We also make Gospel connections; and we use a “commissioning” prayer as people put on their Dementia Friends badges.

**Four-session Dementia-Friendly Churches course:** These courses are run deanery by deanery, attracting a core group of people who want to take things further, to become more dementia-friendly churches at the heart of dementia-friendly communities. The four sessions cover: Pastoral Care, Buildings, Services, Community Networks. We’re also trying out a half-day version of the course, covering headlines. Then parishes decide on appropriate next steps – holding events, hosting courses in church, involvement locally, setting up a group.

**Projects:** We’re encouraging people to make Memory Boxes, with 6-10 items included. Here is our leaflet how to [Make a Memory Box](#).

**Partnerships:** We’re building strong partnerships locally, particularly with the local Alzheimer’s Society and through the DAA.

**Sharing Stories:** It is helpful to continue to share stories of what is going on in our churches and in our local communities.

<http://www.salopdementiafriendlychurch.co.uk>.

We are also sharing news and views on Twitter [@dementiachurch](https://twitter.com/dementiachurch).

## LIVERPOOL

Mary Kessler [marykess42@gmail.com](mailto:marykess42@gmail.com)

We seek to be a fully inclusive community that is supportive to those with dementia and those who care for them and where their needs are understood and increasingly fully met. There will be an official launch of the work to celebrate the Diocese signing the DAA Action Plan. There will be a dedicated web page on the Diocesan web site devoted to providing a “one stop” portal for information and access to support. Each Deanery will select an individual (s) who will be Dementia Champions. Their role will be to promote the inclusion of those with dementia into their worshiping congregations and to support the setting up of groups for those with and those caring for individuals with Dementia. The diocese will continue to support and encourage work in parishes that support those with and those who care for individuals with dementia. The work of groups such as Keystone will be promoted as a model of good practice and support given to parishes who wish to develop similar groups. The Diocese will encourage and support those parishes who wish to become Dementia Friendly Churches. Mary Kessler, Adviser on Older People’s Issues provides training for groups eg Pastoral Teams, individuals and clergy and as the job title suggests, advises on dementia as it affects those diagnosed and their carers. A Dementia Awareness evening was held the speakers being a GP and Mary Kessler. It was well received and work with youth groups was a spin off. Three sessions with a youth group looking at engaging with older people, their life experience and spiritual journeys was devised by Mary and the Youth Worker culminating in an evening when the young people had the opportunity to explore their understanding and concerns about dementia. Recently a “Contented Dementia” Conference was held led by Penny Garner of the Contented Dementia Trust. “Keystone” which offers support for dementia carers in one area of the Diocese works to the Contented Dementia method. Their leader is about to undertake training so that she can become a specialist Contented Dementia trainer in the Liverpool Diocese. A number of “help” leaflets are produced relating to issues affecting older people.

## **OXFORD**

*Revd Canon Dr Joanna Collicutt, Advisor, Spiritual Care for Older People*  
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In Oxford Diocese we went some way down the road of initiating a dementia-friendly congregations award, but for a number of reasons (both practical and ideological) we changed the plan and are instead concentrating on 'beacon' projects which can be used to demonstrate good practice in this area. These involve lunches for people with dementia and their carers run by churches and special weekday services for people with dementia. One particular church is doing an in-depth project on becoming more dementia friendly, which has quite strong bottom-up research emphasis (one of the key players happens to be an academic gerontologist). They have had two consecutive Sunday services devoted to the theme - one formal parish Eucharist and one all age service of the word. I preached at the first and designed the second - which was hugely successful and which we hope to replicate elsewhere.

I also do a good deal of training in dementia awareness and on the spirituality and theology of dementia at deanery level (and to ministers in training). I am currently in the process of writing up my training in book form. The book entitled 'Thinking of you' is due to be published by BRF in the spring of 2017.

## **ROCHESTER**

*Julia Burton-Jones, Project Officer*

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**Developing Anna Chaplaincy in Dementia** Early in 2015 the Diocese of Rochester received funding from Henry Smith Surplus of the Poor Clergy Fund to develop Anna Chaplaincy as a response to the spiritual and pastoral needs of people living with dementia and their families. We are working with The Gift of Years at The Bible Reading Fellowship, which is the home of Anna Chaplaincy.

**Scoping exercise and inviting expressions of interest in new dementia support roles** An extensive scoping exercise gathered the views of more than 200 people across the diocese through meetings and questionnaires; 30 people spoke from their experience of living with dementia or caring for a friend or family member with the condition. Keynote events were held in February and April 2016. Thirty people expressed interest in becoming either an Anna Chaplain or an Anna Friend, and further events are planned to reach others who may want to explore a calling to ministry with people with dementia. The project is overseen by a steering group that meets regularly to guide the work, and people with dementia and carers have been involved in generating ideas at every stage.

**Supporting community and parish activities and partnership working** The project is supporting parishes in establishing activities aimed at people with dementia, such as dementia cafes, memory friendly worship and information events; this has been through practical help, networking events and workshops. Partnerships with organisations providing services to people with dementia are sought across the diocese and we are contributing actively to Dementia Action Alliances. We are also linking with other dioceses which have projects on dementia, so that we can learn together about approaches that are effective.

## **SHEFFIELD**

*Dr Gemma Graham ([gemma.graham5@hotmail.com](mailto:gemma.graham5@hotmail.com))*

*Therese Paskell [therese.paskell@gmail.com](mailto:therese.paskell@gmail.com) [www.sheffield.anglican.org/dfc](http://www.sheffield.anglican.org/dfc)*

In 2014 a diocesan dementia working group was formed, the aim of which was to raise the profile of dementia within local parishes and support churches in developing their ministry for people with dementia and those caring for them. This group has now grown in number and is known as the South Yorkshire Churches Dementia Working Group to reflect its growing ecumenical membership. The group meet bimonthly and has been involved in various initiatives to date which includes: Speaking at different deaneries to raise awareness of dementia and how churches can support this group. Developing web-based resources and information on the Sheffield Diocese website. We were blessed with a grant of £1000 with which we were about to purchase a range of sensory, reminiscence and information resources which churches can borrow free of charge to support their work with people with dementia. Running a special adapted service at Rotherham Minster for people with dementia and their carers. Delivery of the Dementia Friends sessions to congregations. We have been keen to develop accessible and low cost training and have recently developed a training day on dementia, faith and dementia friendly ministry. We hope to role this out over the next year as a step on from the Dementia Friends Sessions. Development of a 1-hour workshop for care home staff on dementia, spirituality and faith, enabling care staff to consider their role in supporting the spiritual needs of their residents. This has been trialled in a local care home with very positive feedback and will be rolled out more widely in collaboration with the local DAA. Developing links with the Sheffield Godly Play Network / Mutual Blessings who are leading an exciting national project to develop the practice of Godly Play in care homes. Hopefully some of the care homes that are connected with our churches will be involved in this research. It is encouraging to see the first fruits of this work as churches start to consider more seriously how they can become more dementia friendly. We are excited to see where God takes us next!

## **TRURO**

*Christine Todd [christine@mjcmtodd.plus.com](mailto:christine@mjcmtodd.plus.com) 01208 816043  
Coordinator Dementia Action Planning Group*

An ecumenical group came together in 2014 with a common concern that people in the churches should have access to information about dementia and what it means to live with the condition – both for the person themselves and for their carers and families. A countywide group was formed to promote wider awareness in the churches of dementia issues. Dementia Action was adopted as a project of Churches Together in Cornwall.

This led to a Dementia Action Day held in Truro in June 2015 which proved highly successful with almost 200 people attending. The Rt Reverend Tim Thornton, Bishop of Truro, chaired the day. The main speaker was Trevor Adams from Livability, who outlined, in two sessions, the nature of the condition and also the ways in which those living with the condition – the person and their family members – can be supported in the Dementia Friendly Church. These were accompanied by a very visual, interactive and moving demonstration, through a series of scenarios of the problems faced by people with dementia and their loved ones, performed by Penryn based theatre group AZ2B. The audience were asked to suggest their recommendations and solutions. For transcripts of scenarios see <http://www.trurodiocese.org.uk/mission/community/dementia-action>

The Dementia Action Planning group are seeking to build on that day. Three members of the group have become Dementia Champions, going out to church groups throughout the county to deliver Dementia Friends Awareness sessions. To supplement, the issues for carers and their support needs are highlighted and church groups are urged strongly to link in with secular community activities and resources. Memory Friendly Services are being encouraged. The group has more recently been working on a model for the pastoral care of those living with dementia to encourage each worshipping community to have a nominated lead person, committed to their support. Information sessions to give confidence in the role have been devised. This is being launched at a Churches Together in Cornwall Conference in June.

## **WINCHESTER**

*Debbie Thrower [debbie.thrower@brf.org.uk](mailto:debbie.thrower@brf.org.uk)*

### **Anna Chaplains to Older People**

Anna Chaplaincy has developed in Alton, Hampshire since 2010 and is spreading nationally. It is now the centrepiece of The Bible Reading Fellowship, BRF's, programme to improve the spiritual lives of older people in the UK, The Gift of Years – 'resourcing the spiritual journey of older people.' [www.thegiftofyears.org.uk](http://www.thegiftofyears.org.uk)

It is a pioneering, targeted, ministry among people in their later years in which Anna Chaplains seek to accompany older people and promote their spiritual welfare. It is named after the widow 'Anna' who appears in Luke 2, and is a positive role model of a faithful older person who has transcended loss to find meaning and purpose.

Anna Chaplaincy is an ecumenical, community-based, chaplaincy already working in parts of Hampshire and Lancashire, and inquiries are coming from other parts of the country such as Newcastle, Rugby, and Lincolnshire. In Rochester Diocese, Kent, Anna Chaplaincy is being established with a particular emphasis on supporting people living with a dementia and their carers.

Anna Chaplaincy is a person-centred, non-judgmental ministry, for people of strong, little or no faith at all. It is a proven way of supporting people in later life in residential homes and in their own homes, as well as through community groups. For further information email [thegiftofyears@brf.org.uk](mailto:thegiftofyears@brf.org.uk)

### **Joyful Jams**

Hampshire-based community project Joyful Jams won a £50,000 grant in 2016 in a TV vote from ITV's 'People's Project.' Joyful Jams works to improve the quality of life for those living with dementia using dance, music, movement, and play sessions in care homes and hospitals. Its

dementia and arts project- Creative Minds- is based at The Centre for the Arts as Wellbeing at the University of Winchester.

You may watch a short film of their work [Meridian West - Joyful Jams: Creative Minds](#)

Joyful Jams says the award means it will now offer more than 200 additional sessions in care homes and Wellness Centres, staff and artist training, Celebration Days, and regular Arts as Wellbeing sessions.

### **Dorset**

Wessex Faithworks, operating in Bournemouth, Poole and other parts of Dorset, has 18 staff, 220 volunteers and is engaged in a number of projects working with older people who want to be more connected to their community including some living with a dementia and their supporters.

# DEMENTIA RESOURCES

## ORGANISATIONS



### **ALZHEIMER'S SOCIETY**

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **BRIGHT SHADOW**

<http://brightshadow.org.uk/>

Celebrating the here and now through creative group activities, enabling people with dementia and those affected by it to thrive. Workshops, training, resources.

### **CHRISTIAN COUNCIL ON AGEING**

[www.ccoa.org.uk](http://www.ccoa.org.uk)

### **CHRISTIAN MEDICAL FELLOWSHIP**

[www.cmf.org.uk/publications/content/?context=article&id=2190](http://www.cmf.org.uk/publications/content/?context=article&id=2190)

*Triple Helix* <http://admin.cmf.org.uk/pdf/helix/THeaster09.pdf>

## **CHRISTIANS ON AGEING**

<http://www.christiansonageing.org.uk/resources-for-all/networks/dementia-network/>

*Chair: Rev. Dr Margaret Goodall [margaretgoodall24@gmail.com](mailto:margaretgoodall24@gmail.com)*

*Secretary: Rev. Dr Albert Jewell [ajj633@btinternet.com](mailto:ajj633@btinternet.com)*

Over the years Christians on Ageing has developed a particular concern for the pastoral and spiritual care of persons with dementia. Our current 'Dementia Network' began life as the 'Dementia Working Group', set up to administer a special project based in Newcastle with a paid worker (Lorraine Moffat) from which publications flowed, a national conference was held, and an award-winning video/DVD (Is Anyone There?) produced.

When this project ended the working group transformed into the 'Dementia Group'. On behalf of Christians on Ageing the Group made strong representations in regard both to the government's proposed Dementia Strategy for England and The Nuffield Council on Bio-ethics' enquiry into the ethical, legal and social issues surrounding dementia. The decision to cease to hold regular meetings and become a more widely available 'Network' was made in 2012. Networking continues via our twice-yearly Dementia Newsletter which has been published continuously since 1992. The newsletter, which is available free by email attachment to anyone interested, seeks to do the following:

- Keep readers up-to-date on media coverage of dementia and research advances.
- Review the most significant books.
- Encourage attendance at relevant conferences and seminars
- Facilitate connections amongst readers, recent examples being the use of 'Godly play' with people with dementia and the fostering of dementia-friendly churches which is leading to a growing number of conferences and seminars around the country.

The Network has built significant working links with other organisations majoring on dementia such as Methodist Homes (MHA), Faith in Older People (Edinburgh) and Faith in Elderly People (Leeds).

## **DEMENTIA ACTION ALLIANCE**

[http://www.dementiaaction.org.uk/assets/0000/9403/Guidance for faith organisations 170414.pdf](http://www.dementiaaction.org.uk/assets/0000/9403/Guidance_for_faith_organisations_170414.pdf)

DAA's guidance for faith organisations

## **DEMENTIA FRIENDS**

[www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

## **DEMENTIA UK**

[www.dementiauk.org](http://www.dementiauk.org)

Run the Admiral Nurse service (not available in all parts of the UK) and a national helpline

## **eLearning OPEN DEMENTIA PROGRAMME**

### **Social Care Institute of Excellence**

[www.scie.org.uk/publications/elearning/dementia](http://www.scie.org.uk/publications/elearning/dementia)

## **GLORIOUS OPPORTUNITY**

[www.gloriousopportunity.org](http://www.gloriousopportunity.org)

Website designed and managed by Dr Jennifer Bute, a Christian and former GP now living with dementia. Lots of resources letting us know what it is like to live with dementia and how we can help. There is more information on the Glorious Opportunity Facebook page.

## **GUIDEPOSTS TRUST: DEMENTIA WEB**

[www.dementiaweb.org.uk](http://www.dementiaweb.org.uk)

## **LIVABILITY**

[www.livability.org.uk/church/training-events/dementia-friendly-churches-2/](http://www.livability.org.uk/church/training-events/dementia-friendly-churches-2/)

### Dementia Friendly Churches

Having worked since 1844 on issues of injustice and poverty, Livability recognises the impact Dementia has but also how informed responses can bring real hope and support. Livability offers audits, training and mentorship services to Christians, Churches and other Christian organisations that will help them to provide dementia friendly practice. The objectives are to:

- Help provide accessible and inclusive provision to people with dementia and their informal carers;
- Encourage the awareness and ability of people with dementia and their carers to make their views known and make informed choices and their support;
- Support the social and neighbourhood structures, organisations and practices that enable the inclusion and participation of people with dementia within everyday activities.

Training materials include resources from the national 'Dementia Friends' and 'Dementia Champions' programmes developed by the Alzheimer's Society and applies this work to Christian organisations.

We have three different training options for Dementia Friendly Churches:

1. Dementia Friendly Audits [Why have an audit?](#)
2. What does it mean to be 'a dementia friendly Christian'? A workshop looking at the theology and practical help of supporting those with dementia and their carers. [Find out more](#)
3. Taking it beyond being dementia friendly individuals, how do we become a dementia friendly church? Here is information on our training in this area. [Developing a dementia friendly church](#)

## **MENTAL HEALTH MATTERS (Church of England)**

[www.mentalhealthmatters-cofe.org/default.html](http://www.mentalhealthmatters-cofe.org/default.html)

This website contains information and resources for parishes, dioceses, chaplaincies and church community groups - and anyone else who's interested - to help improve our work with people experiencing mental illness.

The Church is well placed to make a significant difference in the area of mental health. We can be a force to end stigma, and we can also be a place of inclusion, welcome and ministry. Mental Health Matters is working to make mental well-being a priority in our Churches today.

## **METHODIST HOMES (MHA)**

<http://www.mha.org.uk/about-mha/dementia-care/>

MHA is recognised as being at the forefront of dementia care, with a reputation for providing high quality, person-centred care and support.

We have produced a booklet called Keeping in Touch which helps people to find ways of continuing to communicate with their loved ones who have dementia. Donations are welcome but you can get a copy free of charge by sending us your details.

The Chaplaincy and Spirituality department have produced a series of booklets on dementia: Spiritual care, Visiting, Worship and Dementia Friendly churches. There are also two booklets in the 'occasional papers' series; 'Memories Tomb' and 'Wrestling with dementia'. The department has also been involved in the writing of a book in the 'Pictures to Share' series for those living with dementia, called 'Strength for the Journey'.

## **MIND AND SOUL**

[www.mindandsoul.info/](http://www.mindandsoul.info/)

### **10 tips for creating dementia friendly churches:**

- 1 Be positive about what people with dementia can do
- 2 Support people with dementia make choices
- 3 Listen to what people with dementia are saying
- 4 Watch what people with dementia say with their body
- 5 Avoid correcting what people with dementia say
- 6 Always assume people with dementia know what you are saying
- 7 Show people with dementia love
- 8 Help people with dementia look good
- 9 Encourage people with dementia to be creative
- 10 Support people with dementia to worship

### **Seventeen Ways to Develop a Dementia-Friendly Church**

1. welcome all people with dementia, and say 'Hello'
2. listen closely to what people with dementia are saying
3. allow people with dementia access to the same facilities as other church members, such as toilets, communion vessels and crockery
4. train church members in dementia awareness
5. visit people with dementia who cannot attend church activities
6. accept that people with dementia will break accepted social rules in church, and do not make them feel bad about it
7. never exclude anyone with dementia from any public church activity
8. look for the strengths and abilities in people with dementia which they can share with other's people in the church
9. use Christian songs that people with dementia can remember
10. use basic language in worship, avoiding Christian ideas that are too abstract
11. keep sermons short
12. use signs and symbolism, including vestments and candles - that help people with dementia be alert to what is happening
13. encourage people with dementia to go up for prayer
14. use touch for example, shaking hands as a sign of peace
15. develop a prayer ministry for people with dementia and their families
16. designate a special Sunday as 'Dementia Sunday'
17. have special services for people with dementia and their family carers

## **NHS CHOICES**

[www.nhs.uk/conditions/dementia](http://www.nhs.uk/conditions/dementia)

## **PASTORAL CARE PROJECT**

[www.pastoralcareproject.org.uk](http://www.pastoralcareproject.org.uk)

Our mission: “To raise awareness of the spiritual needs of the frail elderly - enabling carers to support them in their journey to the fullness of life.” We have a wonderful range of resources available on this website for parishes, schools, organisations and individuals to download. We are here to help you should you require something specific as we have many more resources in the office please contact us on 01675 434035.

## **PILGRIM FRIENDS SOCIETY**

[www.pilgrimsfriend.org.uk/about-us/news/httpwww-pilgrimsfriend-org-ukwp-content/uploads/2015/07/new-dementia-pack-original-jpg/](http://www.pilgrimsfriend.org.uk/about-us/news/httpwww-pilgrimsfriend-org-ukwp-content/uploads/2015/07/new-dementia-pack-original-jpg/)

Our Dementia Information Pack “Helping to Put the Pieces Together” is a comprehensive dementia resource set in a Christian context, designed to help churches, individuals and caregivers. 20 separate information sheets on issues ranging from diagnosis, care-giving, managing challenging behaviour to how churches can help. This pack has been carefully put together to help answer some of those questions that inevitably arise from people dealing with dementia. The information has been drawn from much research and from experts in different aspects of care, including trainers, care home managers, care givers, pastors, relatives and people with dementia.

Churches have found the loose-leaf format ideal for photocopying and using in one-to-one ministry and for training. The section ‘How Churches Can Help’ is particularly recommended for church leaders dealing with the issue of dementia among their flock. There are plenty of scriptural references too in the section ‘Scripture Verses that Help....’

# THE GIFT OF YEARS (The Bible Reading Fellowship, BRF)

[www.thegiftofyears.org.uk](http://www.thegiftofyears.org.uk)

The Gift of Years – ‘resourcing the spiritual journey of older people’ is dedicated to increasing provision of spiritual care services for older people, including those living with a dementia. The programme is building an online directory of resources and good ideas, including those for people interested in, or affected by, dementia.

Anna Chaplaincy is named after the widow ‘Anna’ who appears in Luke 2 and so is a positive role model of a faithful older person who has transcended loss to find meaning and purpose. It was developed in Alton, Hampshire, through collaboration between Methodists and Anglicans.

The model is spreading to other parts of Hampshire and to Lancashire, and is being used by Rochester Diocese, Kent, (through liaison with Julia Burton-Jones, the diocese’s Dementia Specialist Project Officer) placing particular emphasis on supporting those living with a dementia and their carers. An Anna Chaplaincy Information Pack is available by emailing: [thegiftofyears@brf.org.uk](mailto:thegiftofyears@brf.org.uk)

The Gift of Years is also building a ‘network’ of Anna Chaplains and others engaged in similar ministry among older people. Network members are invited to an annual gathering and are encouraged to offer one another support in what is, often, an isolated role.

An example of an innovative project supporting the spirituality of people living with a dementia, featured on The Gift of Years website, is [The Purple Bicycle Project](http://www.abdn.ac.uk/sdhp/purple-bicycle-project-538.php)- devised by a member of The Gift of Years Advisory group, Dr Harriet Mowat, working with Prof John Swinton at the University of Aberdeen. Developing the spiritual lives of people living with dementia- and finding good stories- it’s emphasised that: “This is a resource for everybody, not just for those who are religious.”

<http://www.abdn.ac.uk/sdhp/purple-bicycle-project-538.php>

Another is [Breaking Through Dementia- Conversations that Matter](http://www.360fwd.com/blog/film-on-helping-people-with-dementia) – a DVD presented by Debbie Thrower, team leader of The Gift of Years, and Julia Pitkin. The training resource is useful to both care workers and relatives. The 45-minute DVD includes scenes with actors playing out real life scenarios to demonstrate strategies to improve communication with those living with cognitive impairment.

<http://www.360fwd.com/blog/film-on-helping-people-with-dementia>

The Gift of Years produces a monthly newsletter raising awareness of older people’s spiritual needs, linking Anna Chaplains, and signposting resources.

## **WELCOME ME AS I AM**

[www.welcomemeasiam.org.uk/](http://www.welcomemeasiam.org.uk/)

“It has been a privilege to work with Parishes, Deaneries and Chaplaincies and as well as with Councils of Churches in the important task of raising awareness of mental health and dementia issues and how they can be communities of understanding and welcome for those with mental health needs” Ben Bano, Director of 'Welcome Me as I Am' - a not-for-profit Community Interest Company promoting mental health awareness in Faith Communities and in the wider community.

Our Churches need to welcome and include people with dementia as well as their carers. Our training workshops, run as part of the 'Welcome Me as I Am' project, provide an opportunity to understand the ways in which we can exercise our welcome and ministry in a sensitive and person-centred way alongside the national initiative on dementia friendly communities. Each participant becomes a 'dementia friend' if they wish. In the course of these workshops we cover topics such as:

- Understanding how we can adapt our buildings to be more dementia friendly
- 'See ME rather than my dementia' – a person centred approach to working with dementia
- 'My Spiritual Journey' – understanding and responding to the spiritual needs of people with dementia using life story techniques.
- Communication Skills in working with dementia
- Linking with the 'Dementia Friends' Initiative
- Signposting to local statutory and voluntary resources and contributing to a local network of services
- Understanding and listening to the needs of Families and Carers
- Liturgy and Worship for people with advancing dementia.

## BOOKS



### **Growing Dementia Friendly Churches**

Revd Gaynor Hammond (2014)

Christian Council on Ageing & Methodist Homes Association

### **Could it be Dementia? Losing your Mind doesn't mean Losing your Soul**

Louise Morse and Roger Hitchings (2008) Monarch Books

### **Words of Faith:**

#### **A Bible and Prayer Guide for People with Dementia**

Scripture Union (*includes a CD of hymns*) (2010)

### **Reflections of Hope: For People Living with Dementia**

Claire Craig and Rosemary Hurtley (2012) CWR

### **Worshipping with Dementia: Meditations, Scriptures and Prayers for Sufferers and Carers**

Edited by Louise Morse (2010) Monarch Books.

## **Dancing with Dementia: My Story of Living Positively with Dementia**

Christine Bryden (2005) *(Also by people with dementia: Robert Davis, Diana Friel McGowin, Jeanne Lee, Jennifer Bute)*

Jessica Kingsley

## **And We Fly Away: Living Beyond Alzheimer's**

Rev Ray Ashford (2003) *(Also by carers: John Bayley (Iris Murdoch), John Suchet (Bonnie), Sally Magnusson (her mother))*

Augsburg Books

## **Dementia: Living in the memories of God**

John Swinton (2012) *(Theology of dementia)*

## **Chocolate Rain: 100 Ideas for a Creative Approach to Activities in Dementia Care**

Sarah Zoutewelle-Morris (2011) Hawker Publications

## **The Challenge of Caring: Bible-related Reflections**

Alexine Crawford (2011) Bible Reading Fellowship.

## **The Selfish Pig's Guide to Caring: How to Cope with the Emotional and Practical Aspects of Caring for Someone**

Hugh Marriott (2003) Piatkus.

## **Contented Dementia**

Oliver James (2008) Vermillion

## **Caring Together: A Group Study Guide for Anyone Involved in Caring**

Chris Morley (2011) Kevin Mayhew

# FACEBOOK



Click on <http://bit.ly/1TuwMCL> to get there, then please 'like' and start posting.

Pass on to your friends as well.