

Dementia Canterbury



Autumn 2018

We are on the move



Our new home in Sir William Pickering Drive, Burnside.

0800 444 776 and 0800 259 226 (West Coast)
www.dementiacanterbury.org.nz

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Address: 314 Worcester Street,
Christchurch
Postal Address: PO Box 32074,
Christchurch 8147
Ph: 0800 444 776
West Coast 0800 259 226
Email: admin@dementiacanterbury.org.nz
Website: www.dementiacanterbury.org.nz

From The Manager

2018 is a year of change for Dementia Canterbury. As we mentioned in our last newsletter we are on the move. We continue to consider our longer term home with Canterbury Brain Collective, but feel very happy to let you know that we have secured a lease on a property in Burnside. We will share the space with MS & Parkinsons and anticipate being in this site for a year or two at least, as we plan a longer term home. You will find all details about the move later in this newsletter.

As charities, what has become very apparent in our search, is that being within the four avenues is not financially within our means, and would always mean significant compromise in terms of any free and accessible parking. Wherever we are located will always mean travel for some, but we have carefully considered main arterial access and traffic flow, public transport options and availability of parking in our search. We are going to be very busy over the next few weeks as we move but will ensure as seamless a transition as possible.

We are also very excited about our upcoming Dementia Walk (see details in this Newsletter). This is a national event being undertaken by all Dementia New Zealand affiliates. We need you all to get behind this fantastic opportunity to honour those living with dementia, to raise some essential funds for Dementia Canterbury, to support the stunning and recently opened Otakaro-Avon River Corridor (formerly the Red Zone). And just in case you need more reasons, it's also an opportunity to engage in some fitness, have some social interaction after the event at the very beautiful Avebury House.

See you there!

Darral Campbell
Manager



The Move



Te Rangapū Roro Ki Ōtautahi
**CANTERBURY
BRAIN
COLLECTIVE**



**NB: From 26th March 2018 our joint mailing address is –
PO Box 20567, Bishopdale, Christchurch 8543**

We are moving to 3/49 Sir William Pickering Drive, Burnside, Christchurch.

We anticipate moving in the week prior to Easter with services commencing at new premises in early April.

This is an intermediate step (several years) as the Canterbury Brain Collective continue to work towards a long-term home for our collective services.

Detailed information about parking/access will be available on our Facebook and Website pages, and at our current premises. If you have any concerns, please phone or email us.

Dementia Canterbury

Phone: 03 379 2590

admin@dementiacanterbury.org.nz

Multiple Sclerosis & Parkinsons Canterbury Inc.

Phone 03 366 2857

support@ms-pd.org.nz

Volunteer Survey

Our intern, Nicola, Sprung, has recently completed a survey of our 60 active volunteers. We were very pleased to receive 32 responses (53%) with the overall rate of satisfaction being very high (see graph below). We currently have volunteers in the following roles: companion, activity, driver, and fundraising, with many of our volunteers involved in more than one role. When asked why they volunteered with Dementia Canterbury, common responses included: to be able to help other people, to give back to Dementia Canterbury and the community, and to support people suffering from dementia and help/ relieve the permanent carers.

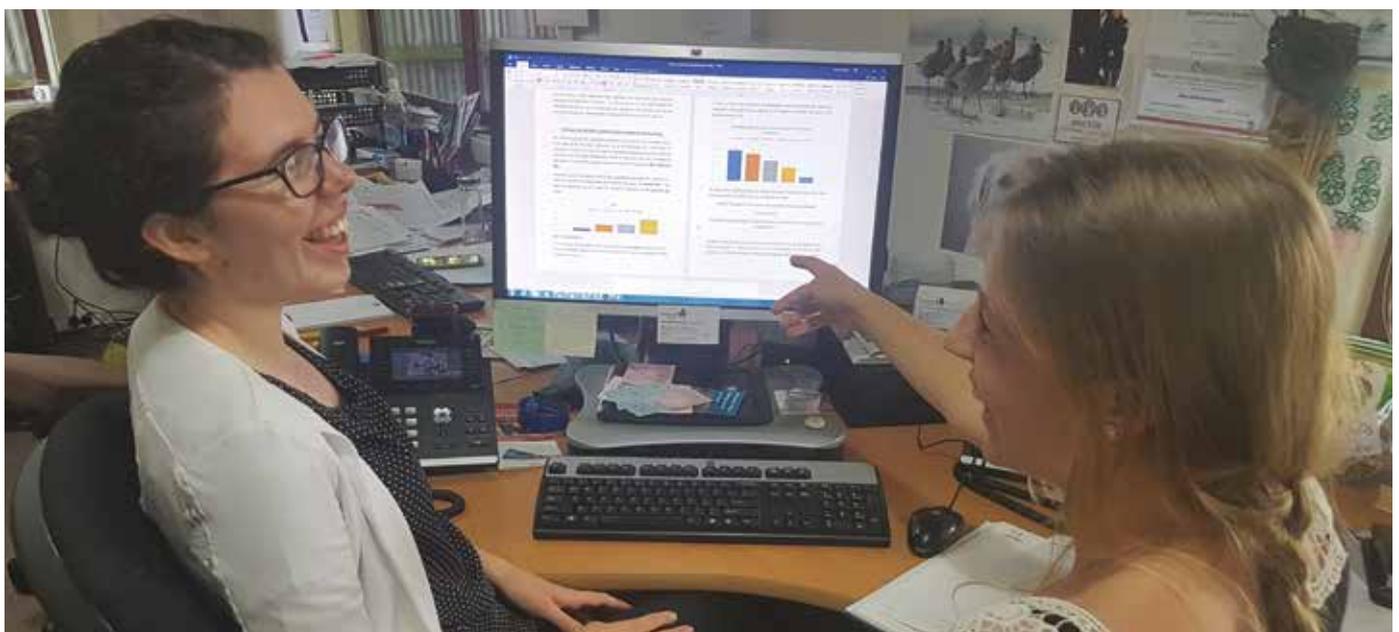
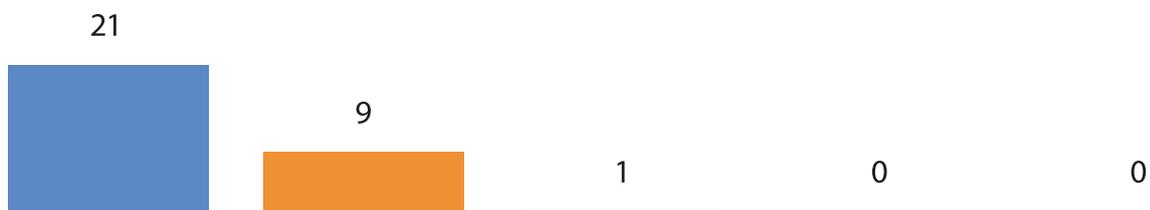
Whilst the majority of feedback was positive for all areas surveyed, we also received some suggestions for improvement. We will be following these up as appropriate, as we want to ensure that our volunteers have the best experience possible. Thank you to all those who completed the survey. We highly value your input and experience.



Volunteers Picnic.

Overall satisfaction with Dementia Canterbury

■ Very satisfied ■ Satisfied ■ Neither satisfied/unsatisfied ■ Unsatisfied ■ Very unsatisfied



Volunteers Survey with Jasmine and Nicola.

Volunteer Profile – James Simpson

“Originally from the UK, I came to NZ on a working holiday in 2014 and instantly became hooked on mountains, L&P, and pineapple lumps. I moved to Christchurch in 2015 after a short stint as a Hobbiton tour guide (yes you read that right) and began working as a respiratory sales representative in early 2016. Outside of work I play ice hockey, ski, play social basketball, and I’m involved with Canterbury Young Professionals organising our social events.

I started volunteering with Dementia Canterbury because I had been intending on volunteering for a long while and I guess I was waiting for the right opportunity. After years of toying with the idea I have decided to try and pursue a career in medicine so started volunteering as a form of work experience. It has become so much more than that though and the group that I go swimming with at Papanui have become more like friends. Every single one has such an interesting story to tell and I look forward every month to heading to the pool with them to have a yarn.”



West Coast News

Fantastic weather attracted a large crowd to the annual show. I was delighted to receive an invite to join the Westport LandSAR crew for this wonderful event. The tent was well equipped with props, information and gadgets set out creatively amongst a backdrop of native plantings. I was stationed alongside the eye catching WanderSearch display with a range of our promotional material. Dementia

Canterbury services extend to cover the West Coast region. For further information we welcome you to check out our website; www.dementiacanterbury.org.nz or phone 0800 444 776 or (West Coast 0800 259 226).

Ali Stevenson
WC Field Officer



West Coast Show and Field Officer Ali Stevenson (middle).

Activity Group Update

The activity group programmes continue to grow. The introduction of our new Art Making group at the Art Gallery adds another dimension to the therapeutic benefits already on offer. In short all of the activity groups have a therapeutic component; whether its exercise (for body and mind), rekindling past interests or learning something new, giving back/ being useful and helping others, tending and nurturing gardens, comradery and connection to others. These aspects are all tremendously valuable to experiencing a sense of wellbeing. The trick is to firstly find something which appeals to you, and then finding the courage and initiative to give it a go.



Art Making at the Art Gallery

The therapeutic art group is for anyone regardless of past skills or experience in art. It is our newest activity group and is run in partnership with Christchurch Art Gallery. It is an art making group based in the education room at the Art Gallery.

We know that creating can be therapeutic on many levels, including amongst other things:

- Distracting- if you are concentrating on colour, shape or drawing your mind can have a rest from worries or troublesome thoughts.
- Communication – if words are hard to find, or seem insufficient. It might be that image making can say something in another way, or spark a conversation which may lead to a new understanding.
- Cathartic – to recreate things from inside your head into something solid in front of you. It can give you more of a feeling of being in control.
- Expressive- Pent up energy can be dispelled through vigorous drawing, painting or creating.
- Soothing – immersing oneself in colours or modelling or drawing can allow a mind free reign to dream.
- Something new- being inspired to learn and try something new, aid a feeling of living well and personal growth.
- Productive- at the end of the session you have something tangible to show for your effort and time.

We start this group with an introduction to an item, for inspiration. This can be an artist or a technique or a material. Then we set about creating our own art work, with as much support as you need. After some may choose to talk about their work with others. Alternatively, others may prefer to keep their work private. At the end of the group, you are able to take your work home with you. In addition, you are given a summary of our session to help with remembering

and sharing with friends and family. We used the artwork of Matisse for this first session, in particular his paper cut out artworks, he called “painting with scissors”. This went so well, it was a fabulous start, Matisse was a wonderful Muse. There was an explosion of creative energy, sharing and laughter, it couldn’t have been a better start to this new initiative.

Bunnings

Fuelled with copious amounts of tea and biscuits the “Bunnings DIY guys” set to with coping saws, screws and sandpaper to create fabulous citronella candle holders. Shane (from Menz Shed Linwood) conjures up a selection of designs and graciously shares his time and expertise. Kennedy (Bunnings Community Co-Ordinator) organises the materials, tools and work space. As group facilitators it’s so great to see the fierce comradery and growth in confidence with every session. Who could have imagined when the group started a few months ago that we would reach a point where plans are being drawn for us to build folding wooden captain’s chairs. This group is truly amazing.

Botanical Guided Walk

Recently we ventured from the Botanical gardens and went to Mona Vale. After years of partial closure due to repair work this is now completely re-opened to the public. Fay led us on another fascinating tour. Leading us around items of interest in the garden, such as trees with “knees” and keeping us enthralled with tales of the history of the homestead and its owners. We all come away from these tours with a deeper appreciation and new-found knowledge; to impress the relatives with.

Avebury Garden

This garden is rapidly becoming an edible wonderland due to the hard work and dedication of an enthusiastic band of volunteers (including our Dementia Canterbury group) and Avebury staff. It is an absolute triumph, I urge you to visit if you get the chance; maybe after doing the Walk for Dementia on the 25th March. It is SO uplifting to see things growing and thriving at this beautiful riverside site which has suffered such trauma through the earthquakes.

Kaikoura Activity Program Launch

Dementia Canterbury has been working with the Kaikoura Community with support from Lotteries to offer people living with dementia, and other older adults, opportunities to engage in meaningful activities that promote social connection and social inclusion.

Many older adults find themselves with increased levels of anxiety post-earthquake. Often the stress means that people become isolated and stop engaging socially, or undertaking activities that they would otherwise as their confidence decreases. In the week prior to Xmas Dementia Canterbury in partnership with the Kaikoura community launched an activity program which will be based at the croquet club. A successful group is already up and running at the Museum/Library called The Next Chapter Club, and a gardening group is due to start at Fyfe house at the end of January.



Enjoying the launch are from left to right, Lee Andrews (Dementia Canterbury), Winston Grey (Kaikoura Mayor), Belinda Rickerby (Community Support, Kaikoura) and MaryAnne Beckingsale (Dementia Canterbury).

Activity Program Update

Following the Christmas launch of “Activate” at the Croquet Club on the 19th of December, the first session took place on the 23rd January and was well attended by keen group members, volunteers, and even a family member who was persuaded to stay and join in!

It is planned for each session of “Activate” to have three main components – a cognitive warm up (to activate the brain), some social time (chatting over the coffee cups at morning tea), and a physical activity (to get the body moving), to conclude with. Within each session it is therefore an aim that there will be at least something to suit everyone! For example, someone who is not so fond of word activities may be more inclined towards a ‘doing’ or physical activity.

The Croquet Club offers such a warm and inviting, well-lit and comfortable venue for the “Activate” programme. We are grateful to their committee for allowing us to hire it, and thrilled with the newly re-surfaced path, leading from the street up to the gate. This has made it much more accessible and safer for all who use it.

Additionally, a small gardening group called “Sewing the Seeds” started at Fyffe House on the 30th January. According to Belinda, the Community Support Worker who coordinates the activity programme in Kaikoura each Tuesday, this introductory session started well, with staff from Fyffe House talking about the history of the gardens and what they hope to achieve with this group’s help. It was also another great opportunity for group members to spend time together, and to socialise and reminisce – each of which are important goals of the activities that Dementia Canterbury is developing in partnership with the Kaikoura community.

It is probably important to also comment here that the “Next Chapter Club”, a themed group facilitated by Library and

Museum staff, continues to meet on the second Tuesday each month in the Council building. This group has been meeting since July 2017, with numbers and interest growing!

Lee Andrews (NZOTR)
Dementia Educator



Having fun at the Kaikoura Activate Group.

Education

What Would it take to get an Effective Alzheimer's Drug?

I was fortunate to attend the 17th Alzheimer's Australia Biennial National Conference "Be the Change", hosted in Melbourne in October 2017. A theme that resonated with me from this conference, was the importance of physical exercise and its positive impact on cognition and dementia.

One of the Keynote Speakers on day one, Professor Sam Gandy, a Professor of Neurology and Psychiatry at the Icahn School of Medicine at Mount Sinai in New York City, gave an inspiring presentation titled "What Would It Take to Get an Effective Alzheimer's Drug?" Professor Gandy is an international expert in the metabolism of the sticky substance called amyloid that clogs the brain in people living with Alzheimer's disease. He stated that "any new medication for AD that is worth the risk of ingestion for decades must be effective and must do no harm anywhere in the body" – essentially a huge challenge for researchers and drug companies specific to this disease!

Professor Gandy proposed that "Early Intervention is the key to building resilience to the pathology", or in other words "targeting amyloid build-up EARLY!" He made reference to the research findings of "The A4 Study: Stopping Alzheimer's Disease before Symptoms Begin", agreeing that mental stimulation is an important factor – "continuing to do activities that the person likes". He stated that "staying socially connected can also reduce the decline" of a person's functioning. Following the Mediterranean Diet, and controlling cardiac risks are also proven to be important factors in the treatment of Alzheimer's Disease, however, Professor Gandy's statement that resonated with me the most was when he said, "Physical exercise can neutralise the effects of APOE4."

So, what is APOE4? According to Powledge, T. M. (2014), "APOE4 is the riskiest known Alzheimer's gene variant. It is riskiest not because it always causes the disease, nor because

it wreaks damage relatively early in life; it doesn't do either. It's riskiest because it is so common. As many as 1 in 5 people possess APOE4."

Professor Gandy therefore strongly recommends for each of us, no matter what age, to do a minimum of "30 minutes of exercise, such as brisk walking, or any form of physical resistance activity, three times weekly" in order to neutralise the impact of this gene variant, and therefore build resilience to the pathology.

On day two of the conference I listened to Dr Piers Dawes from the University of Manchester explore the relationship between hearing impairment and cognition, including the implications for hearing loss as a biomarker for cognitive well-being.

Professor Dawes stated that "mid-life hearing loss is associated with 9% of people with dementia". He went on and referred to the findings of a large piece of research, the Berlin Study, which included people from 25 to 103 years of age, where it was found that "People at any age who have better sensory function have better cognitive function".

Interestingly, **aerobic exercise featured high on Professor Dawe's list on how to preserve hearing and cognition.** The list of lifestyle factors influencing hearing and cognition also included a healthy diet (low fat / high in fruit and vegetables), non-smoking, and moderate alcohol consumption.

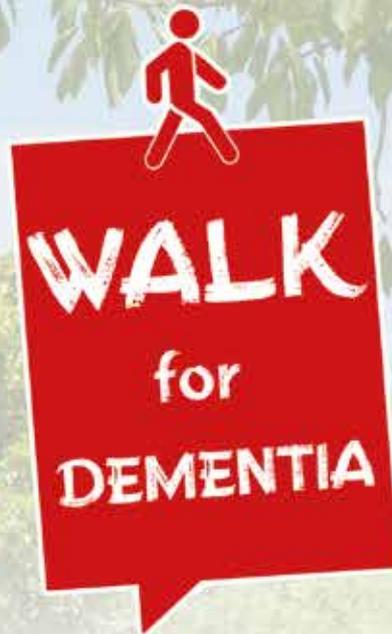
By the end of the conference, after listening to these two guest speakers in particular, (and because I most definitely value both my hearing and my cognition), I was ready to return home and dust off my bicycle that has been sitting in the garage over winter, then formulate a meaningful, sustainable (hopefully) New Year's resolution for 2018 around doing more regular exercise. And then again, as food for thought, perhaps we could ALL "be on the move"!

Lee Andrews (NZOTR)
Dementia Educator



Wonderful entertainment at our Christmas Carols Annual Event December 2017.

Join us for the 2018



Sunday 25th March 2018 1:30pm

Avebury House / Red Zone Walk

walk in support of people living
with dementia.

For more information/how to register
<https://www.dementiacanterbury.org.nz/events>

03 3792590

karon@dementiacanterbury.org.nz

Events

We're Walking for Dementia, Are You?

Come and join us, at 1.30pm on Sunday 25 March, 2018.

It's our first fundraiser of this kind and is shaping up to be a fun filled, action packed afternoon.

We have a guided loop around the recently opened Red Zone (Otakaro Avon River Corridor), specially created for us by the team from Avon Otakaro Network, who will take us through a little history, and a little of the exciting things planned for the area, proudly showing you around the regenerated space we can all use and experience.

The stunning Avebury House grounds are the starting point for our amble, and will be the place where we gather to celebrate. We have some wonderful activities for you to enjoy, Acappella and entertainment on the lawn, local businesses showcasing their wares, Devonshire Teas and refreshments on offer, and of course the good old Kiwi Sausage Sizzle.

The walks are in two parts, so if the first is enough, you can relax with a guided tour of the house, and take in the ambience of the grounds.

We are encouraging you to get behind this event and go all out, get a theme going with your family or colleagues, dress up in company colours, wear a hat or a feather boa, whatever takes your fancy!

All we ask is that you set to with some sponsorship in memory of, or in aid of someone living with dementia.

A Give A Little page is easy to create, and gets your message of support out to your networks or, if you're not technically minded, you can ask family and friends for pledges in support of your 'Red Zone Ramble' (the old school way!)

And get ready to partake in some of the great things we have featured. There may be a high-profile Cantabrian or too, and you may even be able to go for a jaunt around the block in a classic car with one or two, if the stroll seems too much like exercise!

The Mayor of Christchurch, Hon. Lianne Dalziel, has decided this is an afternoon she doesn't want to miss, and you should too. Your presence and support are needed to help make this event a success, and you can do that in several ways.

Register Now – and grab your walking shoes
www.dementiacanterbury.org.nz/events

Start some fundraising with your friends
<https://givealittle.co.nz/event/walkfordementia2018>

Be a Good Corporate Citizen and sponsor the event
karon@dementiacanterbury.org.nz

Show you care, even if you can't be there, and donate
<https://www.dementiacanterbury.org.nz/online-donation>

Give of your time and talents to create a magical day
Karon 03 379 2590

We're walking to make a difference, are you coming? ... make sure you register now.
25 March 2018 1.30 pm,
Avebury House, 9 Eveleyn Couzins Avenue, Richmond.



Fundraising

The Terrific Terra Viva Team

We feel very fortunate to have the support of the wonderful team at Terra Viva Café, who have produced no less than 417 High Teas over the last 6 months in honour of Dementia Canterbury. The sensational High Tea menu was offered to their café patrons with a portion being donated to our services.

A huge thanks to Juliette, Vicki and the Terra Viva crew for their generosity, and of course 'a great big thank you' to all of you who enjoyed the sumptuous fare, while making a difference to your community.

We'll keep you posted on upcoming 'Get Togethers for Dementia' on our 2018 calendar and/or please feel free to contact us if you would like to run or support an event.

Karon Storr
Fundraising and Relationships Coordinator



Donation slip



YES, I'd like to support people living with dementia

As a not-for-profit agency, Dementia Canterbury needs the support of the community to continue to deliver services that really make a difference to the quality of life for all affected by dementia.

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

I would like to receive regular email updates from Dementia Canterbury

Please accept my donation of : \$10 \$25 \$50 Other \$_____ or:

Internet Banking Details: ASB 123240:0097861:00 Dementia Canterbury

(Please use your Surname as a 'Reference') or: Cheque is enclosed

Credit Card Details: Please charge my credit card with \$_____ Visa Mastercard

Card number _____ Expiry Date _____

Name on Card _____ Cardholder's Signature: _____

Invest in your future – remember Dementia Canterbury in your Will.

Contact us for more information. Email admin@dementiacanterbury.org.nz or call 03 379 2590.

Proudly sponsored by

Canterbury

District Health Board

Te Poari Hauora o Waitaha



CHRISTCHURCH
CASINO



Address: 314 Worcester Street, Christchurch • **Postal Address:** PO Box 32074, Christchurch 8147

Ph: 0800 444 776 • **West Coast** 0800 259 226

Email: admin@dementiacanterbury.org.nz • **Website:** www.dementiacanterbury.org.nz
