

Dementia Canterbury



Annual Report

For the year ended 31 March 2018



Staff from MS & Parkinsons and Dementia Canterbury get together for a social gathering prior to moving in together at our new premises

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President's Report 2017/2018

First and foremost my thanks goes to Darral and her staff. Not only did they cope with an unscheduled move, but at the same time they continued to deliver outstanding service to our clients. Darral, with Karen's help has also supported the Executive Committee through some challenging times. The whole Committee are grateful for that.

We started the year with a relatively small Executive Committee of 5 – Paul, Katrina, Allan, Ella and myself. As it transpired, due to ill health Allan has resigned as has Ella. Fortunately we recruited Michael and Terry reasonably early in the year and have recently been joined by Carolyn and Ingrid. I'd like to thank all of the Committee for the time they have willingly given us. One of my goals for the year was to recruit a well-rounded Executive Committee – I think we now have that in place.

This year the Canterbury Brain Collective (CBC), the joint

venture between ourselves and MS&P had to get up and running a little quicker than anticipated. It's main purpose is to fundraise and provide premises for the two societies to call home. However with Aspire giving notice at Worcester Street, we had to make an interim move to Sir William Pickering Drive with CBC as our landlord. CBC are now truly focussed on putting a plan in place to find us a permanent home.

I'd like to acknowledge Michael and Paul for representing us nationally on the Dementia NZ Advisory Committee where all our affiliate partners (Auckland, Waikato, Lakes, Hawkes Bay, Wellington) work together on our common mission.

Jane Parfitt
President
Dementia Canterbury



CBC premises opened by (L to R) Jane Parfitt (President Dementia Canterbury), Malcolm Rickerby (President MS & Parkinsons) and Simon Challis (CBC).

Manager's Report 2017/2018

What a year of change here at Dementia Canterbury. We have been moving ahead in more ways than we imagined. Our Respite/Activity Program research was completed and we were honoured to be finalists for it in both the Champion Canterbury Business Awards and the National Arts Access Awards. An article about our program has also recently been published in the Australian Journal of Dementia Care. The program continues to expand with more creative collaborations with community partners. Feedback from clients and care partners is so affirming as to the benefits of activity and of respite, and absolutely affirms the importance for doing it.

Moving to our new site has also been a big change for us all, however the feedback about our new shared premises with MS & Parkinsons has been overwhelmingly positive.

Alongside our Dementia NZ colleagues, we ran Dementia Walks in March to honour people past and present who have been affected by dementia.

As always, it's a very competitive market in the charity sector with so many deserving charities competing for the same charity dollars. We really need our community to get behind us and support our dementia community. We are working harder than ever to secure the nearly two thirds of our operational budget to keep services running.



Champion Canterbury Banner.

We are very grateful to the many volunteers, supporters and community partners who do so much to help us. Special thanks also to the Dementia Canterbury staff and Board who together help us in moving forward and reaching high to 'pick those cherries'.

Darral Campbell
Manager
Dementia Canterbury



National Arts Access Awards.

Client Survey

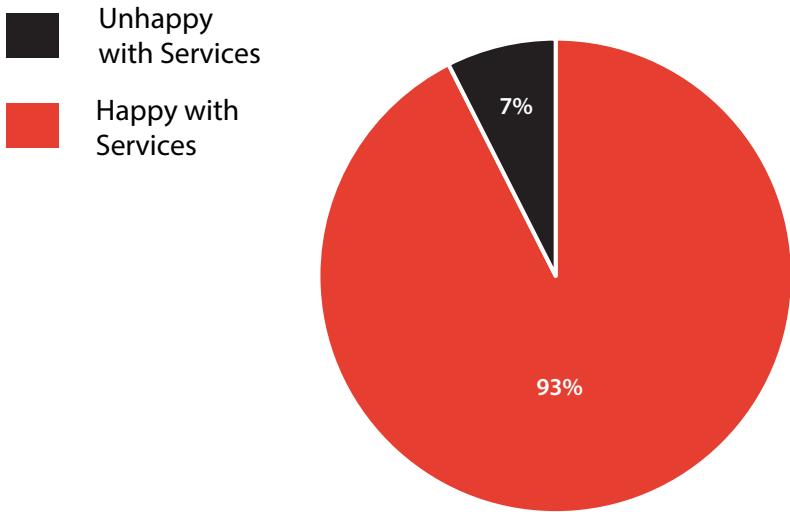
Earlier this year Dementia Canterbury undertook an extensive client satisfaction survey. We were very pleased to see a very even spread of respondents with 47.73% being people with dementia. Overall rates of satisfaction with our services were high with 93% of care partners and 96% of people with dementia expressing that they were happy with our services.

The survey gives us valuable feedback about our services and whilst by far the majority of the replies were positive, we also had feedback about how our services can be improved.

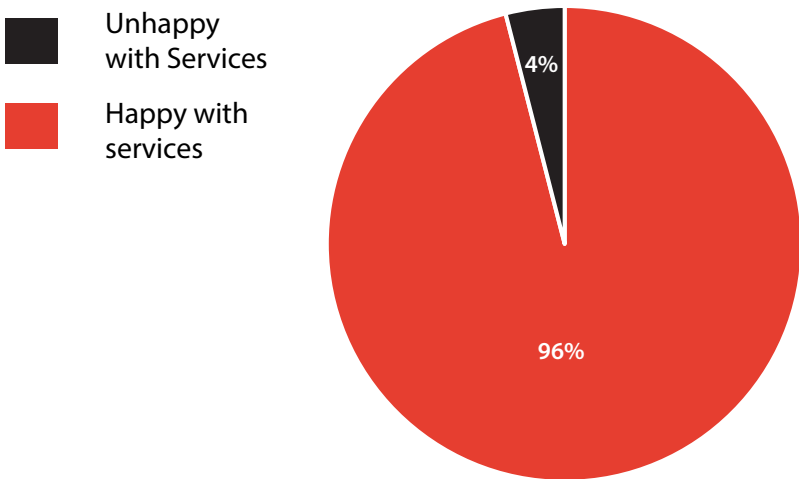
Some care partners wanted more frequent contact, lack of transport to activities and groups was an issue for some, and younger onset consumers expressed their need for differing services. Others asked for more prompts, regarding upcoming events and services.

We hear these concerns and will do our best to respond, be it with the resources that we have. Thanks to everyone who responded. We appreciate and value your experience and opinions.

How the Carer of a Person with Memory-Loss/Dementia Rates the Services Overall



How a Client with Memory-Loss/Dementia Rates the Services Overall



Living Well – a reality

Loraine and Steve Stringfellow are a close and happy couple but a few years back around the time that Steve retired, something seemed to change in their relationship. Loraine noticed that Steve had become very black and white in his thinking. This caused significant arguments between them. The resulting stress meant Loraine left the relationship for a period. With time to 'clear her head' she started to realise that their relationship had never been like this, Steve's reactions had changed. It was more than just adjusting to being retired. She went back to the marriage with a clear plan to get Steve to his Doctor for review. Neither Steve nor Loraine had any idea that Steve might have dementia. They found their GP very helpful and after tests, discussion and a number of assessments, a diagnosis of early Alzheimers was confirmed. Steve's GP gave him good information including pamphlets and books and a referral to Dementia Canterbury. Both Steve and Loraine say reading about dementia really helped. They told their family and friends of the diagnosis seeing no point in keeping it a secret. Steve says this has been part of the acceptance process for him. Though there have been times where he has thought 'why me?' knowledge and meeting others with dementia has helped him realise it can happen to anyone. Now, he chooses not to spend time dwelling on what may (or may not) happen in the future. Instead, he has learnt not to worry, to accept and learn to live with dementia, and to carry on with life.

Steve and Loraine have both embraced the service and support available from Dementia Canterbury. Steve attends a monthly memory group, two gardening groups and in

recent times a woodwork group at Bunnings. Steve says he would go everyday if the groups were available. Socialising, and talking with others is so helpful. Loraine and Steve both attend some of the Dementia Canterbury cafes and Loraine has attended education sessions. She says talking with others and knowing you are not on your own has been good, especially at the beginning. She acknowledges it's meant some changes in the way she responds to Steve, that though she is a 'shoot from the hip' kind of person, she has needed to think and respond more carefully – to reinvent who she is in some respects. Being flexible and taking one day at a time are important and have become the 'new norm'. "Sometimes I think it's brought us closer together" she says "we rely on each other more. We share things together and prop each other up."

Steve and Loraine continue to lead full and happy lives. They are heavily involved with their family including their grandchildren who they say have just accepted Steve's diagnosis. They know 'I am still me' says Steve, and 'that's it'. Steve and Loraine continue the family tradition of great card nights and love the fact that the grandkids want to spend time with them.

Their advice to others "If you think you might have dementia, get it checked out. Sit down with family and tell them. Be open, then they understand and take that journey with you." And one last comment from Steve "Read the book "What the Hell's Happening to my Brain" – it's bloody brilliant" he says.



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 started at Fyfe House at the end of January, as well as a regular Activities Group at the Croquet Club.



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

Knowledge Exchange Christchurch

Dementia Canterbury was pleased to welcome Dementia NZ and The Dementia Cooperative to Christchurch to host a Knowledge Exchange for professionals working in the area. Held at The Chateau, the day proved diverse and interesting with positive feedback from the many who attended.

Dementia NZ is hosting Knowledge Exchanges throughout New Zealand over the next 12 months. The events are free to attend thanks to sponsorship from Bupa.



Paul Sullivan (CEO Dementia NZ) introduces Maria Scott-Multani (Avida).

New Groups started

Within this year there have been several new activity groups started – Next Chapter Kaiapoi; Two art making groups at the Christchurch Art Gallery; Bunnings Group; Both a Walking

Group and a Gardening Group at Avebury House and Gardens; and a Guided Botanical Gardens Tour Group.



Matisse art making at the Christchurch Art Gallery.



Next Chapter Kaiapoi.



Planting seedlings at Avebury Gardens.



Tree hugging on the Guided Botanical Gardens Walk.

Research

Our 2 year Respite Activity Program Research was completed with some outstanding feedback from our clients/care partners.

From People with Dementia –

I feel alive –
can we do this
every week?

If I wasn't doing
this I'd be at
home climbing
walls

It's been very
good because of
the people ...
have a good laugh

The environment is
beautiful, I like gardening, I
like (to) tidy, you can't beat
it, I love the history of it.
It's refreshing, I love it.
(Botanical Gardens)

He describes the
gardening group as
reopening up his
world. (Community
Garden)

I enjoyed the trip
down memory
lane recalling
when we were
young (Next
Chapter)

It feels so good to get
back into the water
.... so many happy
memories it brings
back for me (Water
Memories)

I remember more
when I look at the
photos – the
memories flood
back (Life Stories)

I felt proud to see
them tell some of my
stories, and for one
of them to say: "wish
you were one of my
history teachers"
(Court Theatre Youth
Collaboration)

To people who might be
in my shoes I'd say
"Don't be frightened.
Open your mind to
other things that you
can do."

I feel like I've
got a job.

Research

From Care Partners –

It allows her to link up with others, in a community setting. Socialising with others is great for her

She does other things and meets other people. Other things to talk about

He appears contented when I return home from work and is able to talk to me about what he has done

It gave her (and I) a purpose to get up and do something. Kept us engaged

I always felt too far away to be able to support (him) fully. Keeping him involved in the activity group I think contributed to him remaining in his own home for longer

Seeing the enjoyment on his face, seeing the confidence ... it's a time where he can forget his disability. It's a place where he cannot fail

It helps with his general mood which helps with family life as he is more settled. He really enjoys the social aspect and talks about the group in a real positive way. It makes his mood much lighter and gives him a sense of purpose

He loves the outing and will talk about it when I get home. His sleep pattern is always better after attending the group

It helps him stay pain free, more relaxed so our time is better together. Kept him at home longer before needing care

Annual Appeal – 2017

2017 provided some challenges for our Appeal. Despite registering our dates early on the national fundraising calendar another charity registered the same dates. As they did this late, it did not appear on the calendar, so we were unaware of the conflict until well down the track with planning. In some instances this resulted in two charities collecting at the same site, or us missing out on some traditional sites on the day. To combat this we ended up having two smaller collections through October and November.

We would certainly hope this does not happen again. There

is generally goodwill in the charity sector and registering events should preclude any of us competing with each other for much needed dollars.

We thank hugely the many volunteers, service groups, sites, VIPs (Council and parliamentarians), students, staff and Board who gave up precious time to collect.

We value all your contributions which enable Dementia Canterbury to continue the delivery of services throughout Canterbury and the West Coast.

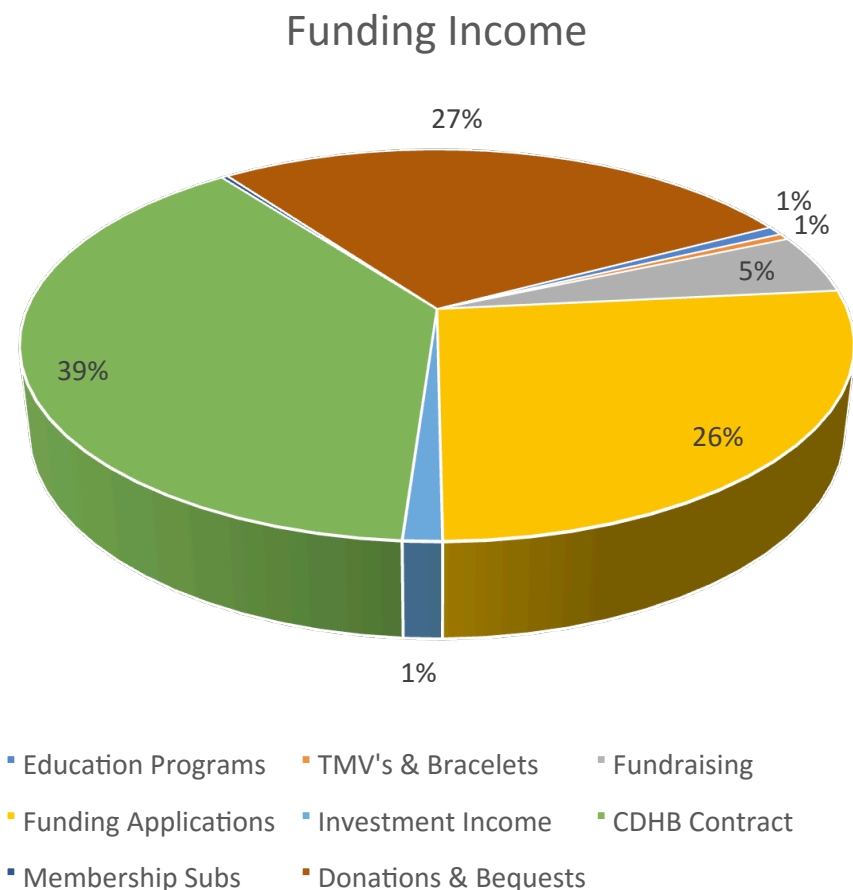


Volunteers from Rangiora High School with one of the very popular Storm Troopers.



Former Councillor Megan Woods (Greater Christchurch Regeneration Minister) with Karen Bell (Dementia Canterbury).

Funding Income



We couldn't do it without our Volunteers!



Volunteers Arnold Davidson, Shirley Starling and Michael Toothill at the 2017 Champion Canterbury Business Awards.

Walk for Dementia

Our first Walk for Dementia was held on a very warm and sunny Sunday on the 25th March 2018 based at Avebury House and gardens and incorporated two separate walking areas around the Otakaro Avon River Corridor (Red Zone).



Enjoying the entertainment at Avebury House on the day of Walk for Dementia.



Vests worn by Volunteers and Staff at the Walk.

Canterbury Brain Collective



Te Rangapū Roro Ki Ōtautahi
CANTERBURY
BRAIN
COLLECTIVE



*Enjoying the Canterbury Business Awards our team from The Canterbury Brain Collective (CBC).
L to R – Malcolm Rickerby (President MS & Parkinsons), Simon Challis (CBC), Darral Campbell (Manager Dementia Canterbury),
Robin Furley (Manager MS & Parkinsons), Hannah McKnight (The Word Lab), Jane Parfitt (President Dementia Canterbury).*

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— in the —
HOOD



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

