

Dementia Canterbury



Annual Report

For the year ended 31 March 2017



Collaboration Dementia Canterbury style – Life Stories project

(left to right) Patricia Wright (client), Kim Slack (Librarian), Wendy Fleming (Patron), Dawn Steel (Volunteer)

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President's Report 2016/2017

This year's Annual General Meeting will be my last in the role of President and it is with great pride that I look back on the preceding 7 years in the role. The organisation that I get to hand over is a very, very different one to that which I inherited in 2010. Perhaps fittingly the best was saved until the end, at last year's AGM I was able to confirm that Alzheimers Canterbury had resigned from the Alzheimers New Zealand Federation in combination with our cousins in Auckland and Waikato. During the 2016-2017 year we have thus been busy launching Dementia Canterbury and Dementia New Zealand. The result is a new local name and a new national body with a clear focus on putting the person with dementia at the centre of our care model and fully committed to working in an open and collaborative way with organisations in the dementia community that share our core vision and values. It is great to see the organisations in Napier and Hastings have merged to become Dementia Hawkes Bay and that Dementia Rotorua and Dementia Wellington are in the pipeline to join us soon.

It is with great pleasure that I am able to confirm that Jane Parfitt will be standing for election as President at this year's AGM. Jane brings a wealth of Canterbury knowledge and experience to the role and will be well set to effectively drive Dementia Canterbury forward.

A key organisational focus in the coming years will be centered on developing options for housing the growing needs of our ever expanding client base. Our accounts continue to show a healthy balance tagged as a building

fund and in 2017-2018 we will begin to use this, in partnership with Multiple Sclerosis & Parkinsons Canterbury, with the aim to create a vibrant central hub for our staff to work from and for our clients to visit safely and conveniently. Earlier this year we were in a position to launch the Canterbury Brain Collective as a vehicle for fundraising the significant sums required over and above the commitments already made by the founding partners.

This year has continued the ongoing struggle to gain core service funding increases from our major funder of clinical services, the CDHB. It is clear that they continue to operate under intense funding constraints from central government. Recognition is required at a national level that many community based, not for profit organisations, such as Dementia Canterbury, currently offer world class services and that their DHB's need the ability to support them more effectively.

I would like to take this opportunity to thank Darral Campbell for the dedication and passion that she continues to bring to her role as Manager. The wonderful team she leads is the best advertisement of her skills and abilities.

Thanks are also due to Wendy Fleming, our Patron; Matthew Croucher, our Medical Advisor; and Brendan McConnell, our Legal Advisor, for their assistance during the year.

Paul Tunley
President



Paul Tunley President; Wendy Fleming Patron; Lianne Dalziel Mayor; Darral Campbell Manager.

Manager's Report 2016/17

During the last year we have launched a number of significant new initiatives, as well as continuing to develop some existing ones. Our website went live in November to coincide with the launch of our new Dementia Canterbury brand. The name/brand has met with extremely positive feedback and has helped clarify in our community that we provide support for people with all dementias, not just alzheimers.

Our Respite/Activities Pilot has continued to mushroom in growth with the addition in the last 12 months of a community garden group, life stories (series), Court Theatre/ youth collaboration and community partnership walking groups. Our emphasis on partnership with the community to deliver normalised activities is going from strength to strength and we are seeing these environments embracing

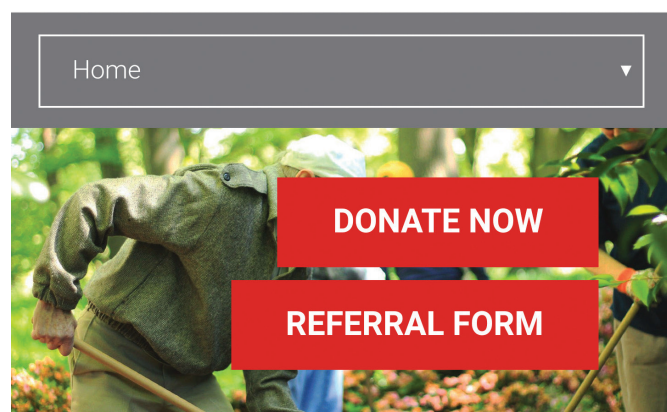
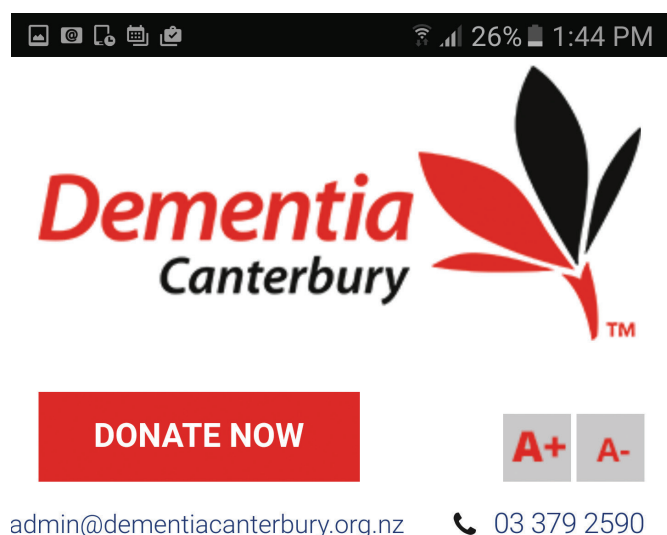
the concept of "Dementia Friendly". Our regional services also continue to develop. We are excited to be partnership with the Kaikoura community to provide increased support post-earthquake.

We have farewelled some long serving staff taking on new ventures and welcomed new staff on board with eclectic skills and a wide range of experiences. We have a number of new initiatives in the wings as we continue to grow and develop our services to meet our commitment of supporting people to "live well" with dementia.

My thanks to the Dementia Canterbury team for their considerable work and especially their effort to keep reaching higher.

Darral Campbell

New Branding



Dementia Canterbury Website.



Rose rebranding our collection buckets.

Patron's Report

"I was privileged to be elected as Patron of Dementia Canterbury and while I have had a long association with the organisation there were some aspects I was not familiar with i.e. community involvement. I decided that the only way I was going to gain knowledge on this involvement was to join some of the activity groups.

The first activity I joined was the Gardening group. I thought this would be a nice activity, not too strenuous perhaps deheading some flowers, raking leaves etc. etc. – how wrong was I.

My fellow colleagues and I were ushered to a very overgrown area in the Botanical Gardens, provided with spades, trowels, gloves and set to work. It was not easy work but I was so impressed how everyone "rolled up their sleeves" and worked tirelessly to complete the task we had been given. When we finished, we all agreed it was a job well done and surprisingly decided that we all had enjoyed doing it.

My next outing was Artzheimers group. This I thought would at least be not so physically challenging but I underestimated how mentally challenging it would prove to be. The enthusiastic and knowledgeable guide from the Christchurch Art Gallery presented a selection of 3-4 paintings and the group sat around and shared individual thoughts on what we individually "saw" in the painting. I was totally amazed how insightful members of our group were

and what they could see and I couldn't. I have since been back to the art gallery and revisited the paintings and have decided how right they were and now agree with many of their interpretations.

My final outing was "McBakers" at Ronald McDonald House. From the minute I sat down I could see that I was surrounded by a number of expert bakers. Of course this was balanced by some who were enthusiastic but not so expert but happy to play a supportive role, which they did so well. There was much laughter and sharing of personal experiences as we measured, melted and mixed and by the end of the morning the array of "goodies" we had made for those people staying in the House was impressive – we just had to sample and of course take a photo.

What did I learn from joining these three community groups.

I learnt how important the involvement and camaraderie is for those who attend.

I learnt how valuable this interaction with the community is for raising dementia awareness.

I personally learnt how to be a better gardener, art critic and baker – all in the company of such amazing people."

Wendy Fleming
Patron

Wendy Fleming has a long association with dementia, initially working as a Registered Nurse and trainer. She has been the Chair of Alzheimers NZ Charitable Trust, Vice Chair of Alzheimer Disease International, and is an Honorary Life Member and Past Chair of Alzheimers NZ. Wendy has been the Patron of Dementia Canterbury for several years. She lives in Christchurch.



Support from Pfizer

Through the experiences of one of our colleagues we recognised the relentless and often difficult role of the Carer for people with Alzheimers. So very often support is needed by the often unrecognised carer for whom one brain has to function for two.

The company we work for, Pfizer New Zealand Limited, developed the Pfizer Cares initiative which encourages and enables us to volunteer within our own communities.

Living through the eyes of some of the carers in our neighbourhoods, we spent a day working in the homes and gardens of four families.

We saw first-hand, the impact Alzheimer's can have and how much carers need help and support. We were also overwhelmed at how grateful the families were for a small amount of help. In so many ways this was an enlightening and emotional experience for all of us. Thank you to those carers who let us into their hearts and into their homes and for caring for your dearest with love.

Nick Uys



Volunteer gardening day by Nick's group.

Brain Health Workshops

During the last year we have had the privilege to partner with Professor Yoram Barak to deliver a series of public seminars on Brain Health throughout our regions.

A key component of our work is to provide opportunities to share with the public the increasing evidence for promoting brain health – both in relation to lowering the risk of developing dementia, and in terms of living well with dementia.

Our seminars in Christchurch, Rangiora, Ashburton, Greymouth and Kaikoura were very well received confirming that people do want to know more about keeping their brains active.

You can see Professor Barak's presentation on our website – www.dementiacanterbury.org.nz



Healthy Brain Seminar – Rangiora.

Activities Pilot



Walking Group outside Avebury House



Ladies busy with the McBakers Group at Ronald McDonald House.



Shirley enjoys the Court Theatre costumes.



Library staff taking the Next Chapter Group.



Court Theatre / Youth Verbatim Group.

Activities Pilot



Eric Rule working at his Life Stories.



Potting up plants at the Opawa Gardening Group.



Botanical Garden Group – Anne enjoying her work.



Graham at the Water Memories Group.



Artzheimers Group back in the Christchurch Art Gallery.



Enjoying the Life Story project – Vera, son James and Shelley from Dementia Canterbury.

Living Well

Our Very Own Hero – proving that despite your own challenges you can still make invaluable contributions to those around you.

Stan sits very unassuming, in his favourite chair. He has spent the best part of his life in roles where he has supported his community.

Recalling his days as a volunteer fire fighter in Fairlie, and on to the Fire Brigade in Palmerston North, he has had an ongoing involvement in voluntary and community services. Married to Janice for 54 years, they have made a dynamic team, working with the Salvation Army in Men's shelters in Wellington, Dunedin and Addington, over a lengthy career.

No stranger to supportive roles and volunteering, the Tricklebanks embarked on volunteering with 0800 HUNGRY, where they have given of their time, twice a week for the last 10 years. Having his own significant health challenges with dementia and skin cancer hasn't slowed Stan's efforts down, Janice brings his volunteer work to him at home, where he seals the bags of provisions distributed to those in times of need. He asks "Now what have you brought me home today?" with a grin, and gets stuck in to doing his bit.

He is proud, and a little embarrassed at the fuss bestowed upon him, in receiving his award as a Canterbury Local Hero - honoured for services to the community.

He says of his award "It wasn't just for us, it was for all of us who work at 0800 HUNGRY, no one is more deserving than anyone else!" and adds "The givers give, it's a volunteer thing! It's part of our life, we just do it because we can."

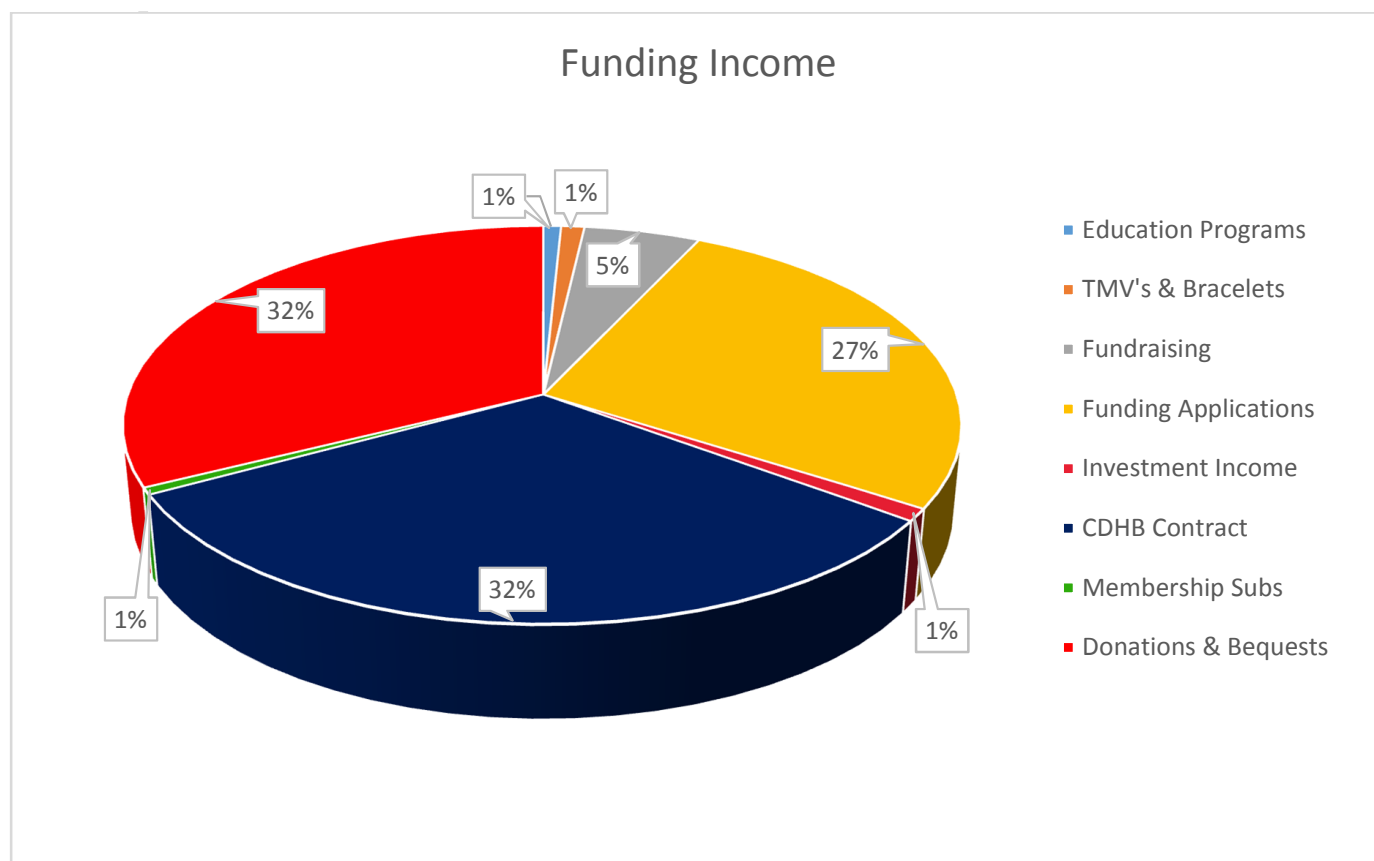
Stan has lead a busy life, with his 4 children, 9 grandchildren and 3 great-grandchildren but has always found the

time, and the energy to commit to being of value to his community. He is a true inspiration to all of us. He sums up life beautifully "I can't just sit and see people doing nothing. You have to get up and have a dance!"

<http://nzawards.org.nz/news/Canterbury-local-heroes-honoured>



Funding Income



Quotes from Carers and Clients

Carers:

"Home visits from Social Worker – it felt as though somebody understood what was happening with my mother and that what was happening with her was not unusual."

"Just knowing the services are there is very valuable."

"Understanding the journey and what to expect."

"I value sharing my thoughts and reviewing good advice or where to go."

"The carer support groups gave encouragement and new insights while reinforcing what I learned at Making a Difference."

Clients:

"Understanding the reasons behind memory loss."

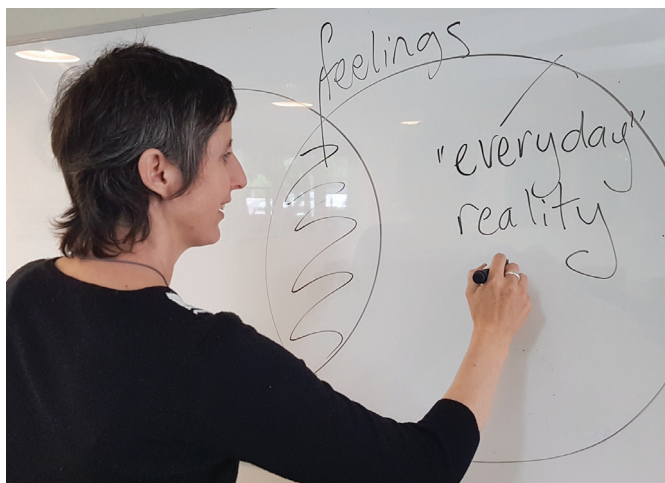
"Attending lectures and outings pertaining to living with dementia and how I can cope to help my carer, family and of course myself. I also enjoy the activities during the weeks. I find that all information I expose myself to is great and helpful at times. When I quietly read the information by myself and to myself, I find that there's help out there for us all if we expose ourselves to the help that's offered."

"Meeting others in the same situation as myself helped me understand my memory loss. Everyone is on the same level."

"The best thing was meeting the group and getting to know them – being treated with respect."

"Commaraderie. Feel great after this group. Nice people."

2016 in Pictures



Educator Philippa at Introduction to Living Well and Brain Ignition series.



Younger Onset Support Group.



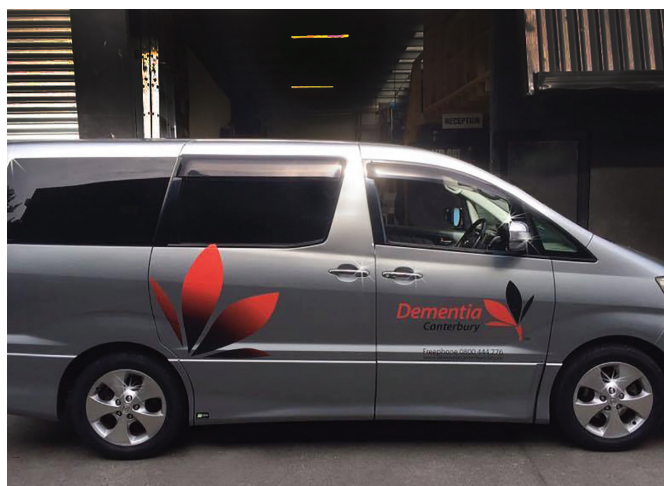
Syed and Fathima – Volunteer.



Megan Woods MP and Karen collecting on Appeal Day 2016.



Carols December 2016.



Dementia Canterbury van.

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Te Poari Hauora ō Waitaha



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