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# **New Look, New Name**

***Dementia***  
Canterbury



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# From The Manager

Wow, we have done it! Whilst still being able to trade as Alzheimers Canterbury we have rebranded and will now be known as Dementia Canterbury. It's been a very busy time changing all our materials and having our new website go live, and we are thrilled with the very positive feedback we have received from clients/carers, health professionals and the public. People tell us they really like the name which better reflects all those we represent, and they like the logo (Canterbury colours) as well as a magnolia flower (symbolising dignity, nobility, perseverance and a love of nature).

We are proud to be partnering with Dementia Auckland and Dementia Waikato to also launch Dementia New Zealand (go to [dementianewzealand.org.nz](http://dementianewzealand.org.nz)).

Below is our media release from 1 November 2016 which outlines some of the reasons for our decision. For all of those using our services its business as usual, nothing will be different in terms of the way we deliver our services to you. What has hopefully changed is any confusion that existed about donations and how they were used. If you donate to Dementia Canterbury every dollar you give goes directly to supporting people within our region (including Kaikoura, Ashburton and West Coast) to live well with dementia in the community. We share with you later in this newsletter, more of the innovative ways we are doing this.

We are particularly pleased to share our new website with you. We have worked hard to make it as Dementia Friendly as possible with clean lines, no changing images, and to the point information. Its still a work in progress with much more content to be added, but we welcome your feedback. All the images you see on our website are of real people who use our services. We thank them for sharing so willingly with us.

Darral Campbell  
Manager



## MEDIA RELEASE 1st NOVEMBER 2016 Dementia Canterbury Launch

Alzheimers Canterbury has rebranded to more appropriately reflect the many dementia conditions covered by its services. This is in keeping with its continued emphasis on development and delivery of innovative quality based community services intended to support people to live well with dementia.

A launch event will be hosted this evening by Hairy Lemon, the company who have been working with Dementia Canterbury to develop their new website.

Several months ago Alzheimers Canterbury left the Alzheimers New Zealand federation with a plan to set up Dementia Canterbury as a way of concentrating effort on delivery of front line services. "There was growing confusion in the public arena about the relationship between Alzheimers NZ and us" says Darral Campbell, Manager "people saw us as one. We want people to know that money they donate to us stays in our region and goes directly into frontline services in the region"

"Alongside Dementia Canterbury, Dementia Auckland and Dementia Waikato are also launching today. We are unique in our communities as the only agencies working with people from the point of diagnosis through to the time of entering residential care."

"We want to support and enhance the delivery of quality services, working together and in partnership with our colleagues in Auckland and Waikato. We will continue to work collegially with any organisation that wants to support people to live well with dementia."

"Watch this space for more information about the launch of a national organisation."

"We are excited about our new name and look and invite you to see our branding and services at [www.dementiacanterbury.org.nz](http://www.dementiacanterbury.org.nz)"

# Update Of Respite/Activity Program

Our activity groups at the Art gallery, Ronald McDonald House, Library, Botanic gardens, and Court Theatre continue at full capacity along with some new additions...

One of our Water Memories Group previously at Wharenui trialled its first session at the Graham Condon pool in October receiving the thumbs up from all of the participants and family who support and love to join in. The van ride provides an opportunity for lots of laughs and banter. One carer laughed saying "they are hard case, these guys, you wouldn't know any of the troubles they have when you see them in the van". When we get there, after a few laps in the pool it's time for a relaxing spa, then a hot cuppa and a slice to set us up for the journey home. It's often the carers who are able to tell us. "We used to enjoy swimming as a couple. Lately it got too hard for me to manage it. It's so good to be part of this group, to be with other people who understand and help. In the water my husband "comes back to me" a little, I can't tell you what this means to us".

Thanks to an introduction from our "long serving" volunteer Arnold, we are now running a group at the Opawa Community Garden. It's an idyllic spot with pet chooks and established vege/flower gardens serving the Opawa Community. It feels therapeutic just being there, I see people

getting colour in their cheeks, and a sparkle in their eyes after a morning spent with comrades digging and planting. At the end of the morning the huge established trees provide a spot to sit in the shade, or to hide from the rain with a cuppa and a biscuit to reward ourselves after a job well done.

Our collaboration with the Court Theatre continues with a new venture into "verbatim". Several of our clients met with the phenomenally talented youth actors group and were able to tell anecdotes, sage advice and stories from their lives. This proved to be a fabulous opportunity for inter- generational sharing. The young actors, ably assisted by Kim produced a polished professional performance, enjoyed by all. The stories were re-enacted using word for word transcripts with the aid of imagery and music overlays. Weeks later and we are still raving about the experience!

Finally, we are very excited by our latest project with Hornby primary school, a Christmas choir. Miss D and the children have embraced the opportunity for our group to link with the Christmas Choir. With these gorgeous children and Miss D at the helm, this is sure to be a success. We look forward to the upcoming performance at Hornby Working Men's Club and the school assembly. We'll keep you posted.



*Opawa Gardens Group.*



*Court Theatre Verbatim Group.*



# Sexuality, Intimacy, Dementia & Older People Seminar

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“What is the difference between younger people and older people? The amount of water we have in our bodies”. So began Dr. Yoram Barak in opening the professional development day on October 18th put on by Dementia Canterbury to explore the many and varied issues surrounding the topic of older people, sexuality and dementia. A range of professionals from a broad array of disciplines were brought together to explore and shed light on this too frequently overlooked area. Speakers included Psychiatrist Dr. Yoram Barak, Gerontologist Dr. Michelle Dhanak, Solicitor Catherine Deans, Helen Mounsey, a Sex Therapist and Julie Watson an Educator from Auckland’s Silver Rainbow Trust.

Key learnings from the day included the need for all health professionals to become more aware and cognizant of the importance of sexuality for many older people and unafraid to initiate conversations that acknowledge this. The danger when health professionals do not consider the needs of older people around sexuality and intimacy is that older people may not feel confident in initiating discussions around any issues and concerns they may be experiencing. And sexuality can be a key factor in the ongoing wellbeing of older people.

Specific consideration was given by some speakers to the vexed issue of consent concerning people with dementia

and possible approaches to this. Julie spoke about the fears people from the LGBTI community can experience on entering care settings; that they will experience discrimination in institutions which often unthinkingly assume people to be heterosexual or asexual.

Most of the presentations were invitations for further thinking and reflecting rather than attempts to provide concrete ‘answers’. The complexities and ambiguities surrounding the area of sexuality, older people and dementia are many, and often what is missing are policies and guidelines that can promote open and constructive conversations towards meeting the needs of people while not overlooking the potential for harm which can also occur.

In exploring this hugely important area it can only be hoped that the people who attended left feeling a little more emboldened to advocate for the rights of older people to enjoy mutually beneficial sexual expressions and to consider this normal and unexceptional. Acknowledging too, the complexities and abuses that can occur and the need to be responsive to these.

Philippa Cosgrove  
Educator



# Sleep and Health of Family Carers

*Do you support someone living with you who has **cognitive impairment or dementia**?*

*If yes, Then you are invited to complete a short postal survey being conducted by the **Sleep/Wake Research Centre at Massey University**. It includes questions about your sleep and health and that of the person you support.*

This is the first study of its kind in New Zealand. By participating, you will contribute to a better understanding of home-based caregiving, sleep and health. The findings will also be used to develop new ways to improve sleep. You can choose to receive a sleep information booklet as thanks for taking part.

**Interested?** Study packs are available through your local Alzheimers NZ office. The survey takes around 30 minutes to complete and can be returned using the pre-paid envelope provided. Alternatively, you can contact the research team directly and complete the survey by phone.

**Would you like more information about the study? Feel free to contact us:**

Free-phone: **0800 SNOOZE**  
(0800 766693)      Direct dial: **04 9793258**  
swrc@massey.ac.nz



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NEW ZEALAND CHARITABLE TRUST  
Promoting and supporting dementia research

# Volunteers

As Dementia Canterbury's service grows, the need for volunteer drivers is increasing. We now have numerous activity groups for our clients, but for those who are unable to drive and have no alternative method of transport, the only way for them to attend groups is through a volunteer driver. These drivers provide more than a transport service. They engage with the clients in a meaningful way and provide them with a positive experience. Drivers undergo a brief driving assessment and are police and reference checked. Drivers would usually volunteer for 2 to 4 hours per week.



We are also in need of Activity Volunteers. These volunteers support clients to remain involved in the community. Activities include swimming, gardening at Opawa gardens, art appreciation, baking and Life Stories groups. The time required per month would be between 2 to 6 hours. Staff

members run the groups and volunteers support clients as they undertake the various activities.

If you are interested in becoming a driver or activity volunteer, we would love to hear from you. Please contact Monique on 379 2590 ext 9 or [monique@dementiacanterbury.org.nz](mailto:monique@dementiacanterbury.org.nz)



## New Staff Member

Welcome to —

**Karon Storr,**  
Fundraising and Relationship Co-ordinator.

*My background has always had a strong element of service excellence, from my business ownership years, to my NZ Coordinator role, placing permanently disabled clients in to rewarding, stimulating employment opportunities.*

*I enjoy connecting and engaging with a diverse range of business people and members of the community. I love the opportunity to support an organisation in lifting the level of service*



*experience offered to its clients, and my roles over the years have enabled me to develop strong networks within the business community.*

*My skill set covers sales and new business development, management, client/stakeholder relationship building, functions and fundraising, communications, social media, blogging, networking and events.*

*I am thrilled to be part of the Dementia Canterbury community, and look forward to connecting with corporates and individuals, keen to support our endeavours in providing quality programs, education and activities for carers, families, and clients to "live well with dementia".*

## Gift Donations Please

New, quality items for gift baskets for Riccarton Market needed by Friday 2nd December.  
Three themed baskets – Men's, Women's and Fun in the Sun.



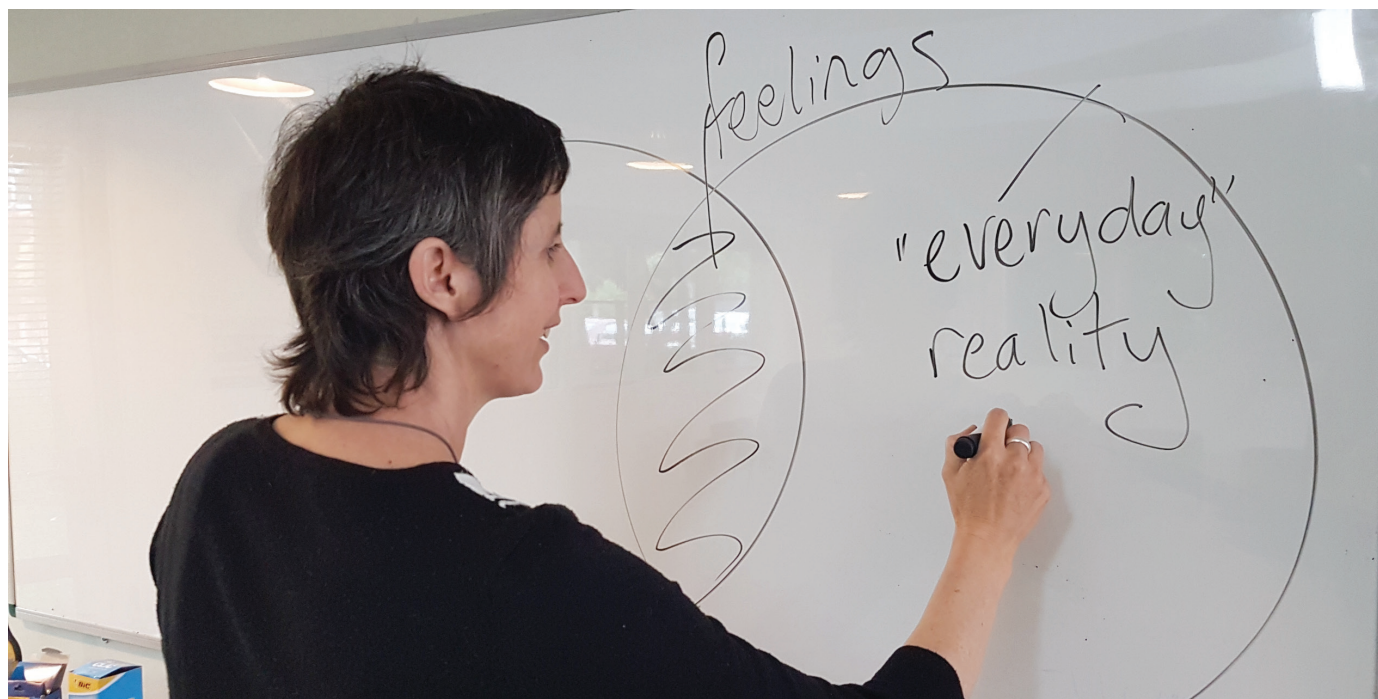
# Introduction to Living Well with Dementia – Education Series

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A change in the way Dementia Canterbury delivers its education services hopes to better meet the needs of people with dementia and their care partners/whanau. Previously courses for these groups were held separately, but the new structure has the groups running concurrently with a time for everyone to mingle together.

This new configuration is a response to many clients' preference for an inclusive approach right from the beginning. The Introduction to Living Well with Dementia

education series is an entry point to Dementia Canterbury so that people can receive timely education, become orientated to the services on offer and have the opportunity to meet other people. People are then better informed about the services they wish to engage in and also have the knowledge to feel more empowered about what may lie ahead. People need not have a partner or whanau at the parallel course to attend either one of the education series, both of which are facilitated by Dementia Canterbury educators.



## Pacific Disability Day

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Lee Andrews, Educator for Dementia Canterbury, spoke about dementia at the recent Pacific Disability Day held by

the Vaka Tautau Pacific Community Health Services in the Aranui Community Centre, Christchurch.





# Launch of New Name and New Branding

On 1st November 2016 **Dementia Canterbury** was launched – see article on page 1 From The Manager. Many thanks to Hairy Lemon for hosting this evening.



*Paul Tunley President; Wendy Fleming Patron; Lianne Dalzell Mayor; Darral Campbell Manager*





# Annual Appeal

Many thanks to everyone who helped with our Annual Appeal in September. Your support really does make a difference, and enables us to collect much needed funds to deliver frontline services.



*Jesse helps Mum with Appeal Collection.*



*Kelsey and Hillmorton HS collectors.*



*Mayor & the Lioness Collector at Rangiora.*



*Mike Davidson, Papanui Community Board and St Bedes College students*



*Megan Woods MP with Karen.*



# Fundraising Event

Many thanks to Ilam School who chose our organisation as one of two charities very worthy of sponsoring for an event called 'Run a Kilometre For Charity'. The Ilam School House Captains combined sport with citizenship and found a way to give something back to the community. The event involved all students at the school participating in a running

and obstacle course with the rest of their House members – each House ran a kilometre.

Well done House Captains – the funds raised were very much appreciated.



## 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 Alzheimers 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](mailto:admin@dementiacanterbury.org.nz) or call 03 379 2590.



# Proudly sponsored by

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## Canterbury

District Health Board

Te Poari Hauora o Waitaha



# ***Dementia*** ***Canterbury***



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