

Dementia Canterbury



TM

Noho ora pai ana I te korokeke – Living well with Dementia

Summer 2018

Kell's Ride – Living With Younger Onset Dementia



(Back left) Meredith Lowe (Pakeke Lions Ashburton); Arian (support crew); Kell (Greg Kelly) on his motorbike; Darral Campbell (Dementia Canterbury) and Elizabeth (support crew and documentary maker).

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From The Manager

We are well settled into our new premises since our move in late March. CBC (Canterbury Brain Collective) continue work on our long-term plan for a neurological hub. Meantime it’s been an exceptionally busy few months for the team at Dementia Canterbury.

We have introduced new groups to our activity programme and are very pleased to announce a new partnership with CSO (Christchurch Symphony Orchestra) called Flourish which will commence in the second half of 2019. The benefits of music for people living with dementia are well documented, and this new partnership brings opportunity for a new and innovative use of music.

We have farewelled some staff and introduce you to some new faces (later on in this newsletter). In our regions we continue to extend both our Community Education Programme and our Activities Programme. The Mens Shed DIY/ Bunnings partnership in Ashburton is proving very popular with our clients and we are doing background work for potential groups on the West Coast.

We are very pleased to be working with Phil Walsh who has written a book about his early years growing up on the West Coast. All proceeds are to Dementia Canterbury. We are launching the book alongside Phil in many libraries/venues across Canterbury and West Coast. The book is also available for purchase from our office.

We were delighted to host the amazing Greg Kelly (Kell) while in Christchurch on the southern leg of his New Zealand ride to raise awareness about Younger Onset Dementia. A huge thank you to Pakeke Lions Ashburton who put on a fundraising breakfast to highlight dementia. With over 200 tickets sold and an auction to follow, the event was a great success. Kell spoke at the breakfast and then travelled to Christchurch to share lunch with and inspire many of our clients/care partners living with the daily challenge of younger onset dementia.

Our Annual Appeal is rapidly approaching (7/8 December) and we are very keen to hear from more of you (groups most welcome) who may be able to help us with our collection. The Appeal is very important to us in terms of much needed funding. Equally we view it as a crucial opportunity to raise awareness about dementia by getting out into our community. So many lives have been touched by dementia and we are determined to raise the bar and continue to develop services and support for all those affected. If you want to support us in any way to do this, we would love to hear from you.

Darral Campbell
Manager



Darral Campbell and Dr Susan Gee presented “Community Partnership in a Respite/Activity Program to support people with Dementia to live well” .

Life Story Volunteer – A Fulfilling Role

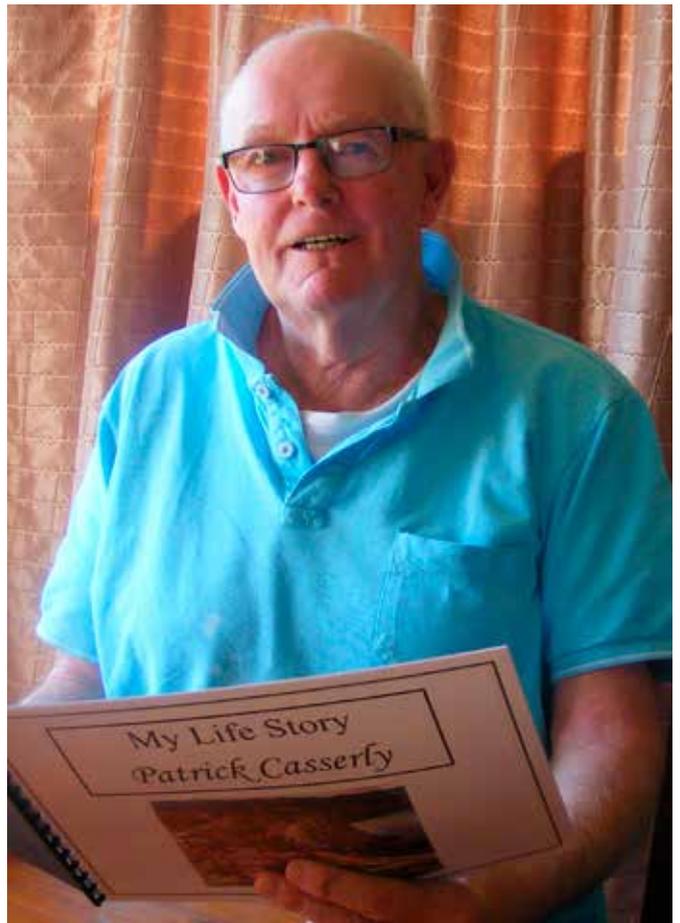
Old age and retirement can make people grumpy I hear. On the upside though some of us turn into regular Pollyannas. I'm one of those. Everyday I'm grateful for my marbles, my warm house, good coffee, superannuation, and having been born in NZ (and not Syria or Afghanistan).

So last year, when some dark skulking beast sneaked up and clipped the blackest of spectacles over my rose-tinted ones, I didn't take much coercing to become a voluntary day patient at the Mabel Howard clinic at Burwood Hospital. It's a shame one has to be a bit troubled to attend this haven because it dispenses what everyone needs – support, warmth, gentle activity and encouragement in spades. Friendship too. And real baking and cups of tea all day.

I was a bit fearful when they said I was fit to face the world again, but encouraged by a wonderful occupational therapist to become a volunteer and widen my interests even further, I was keen to meet my first Life Stories companion, via a partnership between the Christchurch City Libraries and Dementia Canterbury. As it happens (serendipitously I say) I'd known Patrick Casserly for more than 40 years. We'd lived in the same neighbourhood, our children grew up together and he and my bloke worked together for a number of years. So, on that day a couple of months ago, when in a room full of people with early stage dementia and other people keen to help them record their stories, Patrick and I were teamed together, it felt as though it was meant to be. As it turned out, it wouldn't really have mattered too much if we hadn't had that previous friendship, as the tried and true approach to writing a Life Story is designed to get the very best result - for both parties I felt.

In a well appointed room at South Christchurch library on a Friday morning a few weeks ago, we became 10 pairs of people focused on turning out an illustrated potted history fit for the eyes of generations to come, in six, two-hour bites. With ceaseless support from wonderful people from both organisations (Patrick referred to them as "true angels, every one of them") this was accomplished by all. And we still had time to reminisce over photos, natter and socialise. Many of the helpers (volunteers with Dementia Canterbury) were returnees, one having completed six previous sessions. Most were of retirement age, but how lovely it was to see young Cameron in his twenties. Most of our Life Story partners were of similar age too, all grand company.

Like Patrick, many of them easily forgot what they had for breakfast or where they put their book down, but their longer recall was remarkably detailed and made for interesting conversation. Patrick has a warm relationship with his large family, and he likes to talk about the "old days" but he was also keen to take advantage of this chance to record his early life and experiences for future generations, so we started with his earliest memories of family, friends, school and leisure activities, progressing on to sports successes, first cars and employment, social gatherings, getting married and starting a family. He talked and I typed. Those future generations might think they're reading fanciful



Pat Casserly – Life Stories.

fiction though, for who could believe Granddad made carbide bombs in Brylcreem bottles for illicit fishing, or rode the coalminer's "Disneyland" train, or swung hand-over-hand across the Pancake Rocks to reach a favourite fishing spot? Did he really swoop through the forest on bush lawyer vines? Can it be true that people had to drive out to the Tip Head at Greymouth to listen to pop music on the car radio all the way from Australia? And no TV?

There's no pressure, no-one was counting, but Patrick and I clocked up about 2600 words, inserted a dozen or more photos, and with a good bit of help from the "angels" ended up with a colourful, professional-looking, 16 - page spiral-bound book he and the family will treasure forever. And it did me a great deal of good too. I'll be going back to do it again.

Contact Dementia Canterbury on 379 2590 if you're interested in this programme. Volunteers need only some typing skills and basic computer literacy.

By June Peka

Activity Group Update

Life stories:

We have just begun a new 6-session block of the Life Stories group. A group of 9 story tellers with photos and stories to share are paired with a volunteer and a computer, at South Library, to capture and celebrate their Life Stories. For a peek into the experience from the perspective of a volunteer helper in this group I urge you to read June Peka's fantastic article in this Newsletter.

Court Theatre:

Continuing the theme of Life stories and autobiographical work, we continue our partnership with the Court Theatre for another Verbatim experience. Rachel from the Court Theatre identified a group of enthusiastic and talented young people to be involved with this project. The young actors visited the Dementia Canterbury offices, where they met with Lee Andrews (Dementia Canterbury Educator) to learn a little about Dementia.

Fuelled with lunch (and information about Dementia), the actors were paired with 5 of our Dementia Canterbury clients who had stories they were willing to share. Once the interviews were complete the actors returned to the Court, to toil away under the guidance and expertise of Riley and Jane and produced a remarkable Verbatim theatre



Interview for Verbatim Court Theatre Group.

production. The Verbatim performances focussed on poignant events from each of the stories. They captured the character of each of our story tellers using "word for word" dialogue (Verbatim), cleverly conveying the humour and tragedy of the rich, unique and varied lives they learnt about.

This was a heart-warming partnership for Diane and myself to be involved with. We witnessed the bridging of the generations. We saw the youth actors intrigued and in awe



Court Theatre Group.

Activity Group Update

of the stories they heard. We saw the “story tellers” delight in the enthusiastic, respectful attention of these remarkable, talented young actors. It was an experience that is sure to linger in the minds of all involved for a long time and is captured in part in these wonderful photos courtesy of Sophie (our volunteer student photographer for the project).

The week prior to the Verbatim project, we were at the Court with a group of People with Dementia and Careers for the performance of **MUMs** choir. This was truly entertaining. The singing, the humour, the engaging characters and fast paced action was enjoyed by all. Then, following on from this, we are thrilled to be able to take a group on a Backstage tour. We get to peek at the behind the scenes action at the theatre. Who knows, we may get to see the costume and props department, or even have a go at making “a grand entrance” on stage.

Museum:

Our newest venture starts at the end of October, with a tour of the birds and ornithology at the Museum. Watch this space for updates and photos as this fabulous new group experience comes to life!

Botanic Garden:

The Guided Garden Tour has restarted following a 3-month break over the coldest winter months. Fay led us on a fascinating tour of our wonderful Botanic Gardens. This month we focussed on the scented garden. I feel sure that we could visit this garden for years and still not see everything and not learn half of the knowledge that Fay has.

Community Gardens:

Our hardy gardeners have worked hard, clearing and cutting back this winter and are now reaping the rewards. Seeing the gardens coming to life again this spring reminds us of the cycle of life and the miracle of nature, and just being in the gardens seems to soothe and calm the nerves. Some in the group are life long gardeners, others are new to gardening and love the opportunity of being outdoors and learning something new. All enjoy the relaxed pace, and opportunity to connect with and work alongside others.

Christchurch Symphony Orchestra:

Starting October of next year, we are thrilled to be able to announce our new partnership with Christchurch Symphony Orchestra. We envisage that this will be an interactive therapeutic group. This will be an opportunity for those with a background in music, as well as for those wanting to try something new. Watch this space for updates on this new fabulous opportunity.

Phew! That brings us to the end of the updates section for the Activity Groups. Of course, all the other Activity Groups continue as usual and will be featured from time to time as notable events, or lovely photos appear. If you have an interest in any of the groups, just chat to one of the social workers for more details.

Warmest

Bev and Diane (Activity Co-coordinators)

Flourish

We are excited to launch our new programme of hands on music performance for people with dementia, in partnership with Dementia Canterbury.

This multi week project will be based in the Ron Ball Studio within CSO's new home and includes projects that are designed to instil enjoyment, creative expression and develop new skills, under the encouragement and support of CSO musicians.



Update on Kaikoura Activities

With the installation in August of an oven at the Croquet Club, the inaugural "Sure to Rise" monthly cooking group took place on September 3rd, with a small, but enthusiastic group of cooks, volunteers and staff. The outcome was a VERY delicious uncooked citrus slice.

Although the food produced each month by the "Sure to Rise" group was intended for the Monday night Community Meal, the first Monday in September unfortunately saw the Community Meal cancelled due to unforeseen circumstances. The citrus slice was not allowed to go to waste however, as it was a popular option for morning tea at other groups held during the week, AND each cook got to take a sample home to family members "for supper".

While Fyffe House has been closed over winter months, the "Sewing the Seeds" group has focussed on other gardening-related projects, such as assembling and painting bird houses, and potting up planters for sale. Several men and women in the group were seen to be wielding a hammer most adeptly, hammering in nails, (or helping others to do so), and then later handling a paint brush with great skill and dexterity!! This was all amidst much story-telling and of course great hilarity... I observed that many group members didn't want to stop at the end of the session!

The inaugural book launch of "Typical Coaster" written by Phil Walsh, took place on Saturday 13th October at the Kaikoura Library, and was a great success with an enthusiastic group of local people attending. Dementia Canterbury would like to take this opportunity to acknowledge all the Library staff who were involved in helping this successful event to happen.

Over recent months during our visits, we have been gaining a resounding sense of positivity from clients and families with whom we come into contact, about the Community Groups and Activity Programme. Clients that



our Social Worker, Mary Anne, has visited at home, (as well as those who came to the Book Launch) stated "how lucky" they felt to be included and given the opportunity of meeting up with other like-minded people. Additionally, there have been reports on how much clients enjoy the variety of activities, and they feel so fortunate to be transported to the various groups, otherwise it was unlikely they would be able to attend. There has also been a very clear message about how much people are appreciating the work carried out by the Community Support Worker (Belinda) to coordinate and support them to do all these things.

Lee Andrews
Dementia Educator



Book launch at Kaikoura.

Staff

Hello, I would like to introduce myself. My name is Deb Weaver, and I have been in the role of Key Worker on the West Coast for Dementia Canterbury for two months now. My background is one of nursing, which I have done for 41yrs, and in that role, I have had experience with caring for those with dementia, both in a secondary and primary care role, and have also been involved on a personal level.

I work 20hrs per week and some of that time is of course taken up with travel. This is a role I am very passionate about and I very much enjoy contact with my clients and their carers, and I am working hard at getting to meet them all. Some clients prefer contact by phone only, rather than a visit and that is fine if this works best for them.

I hold groups three Wednesdays a month in Greymouth, these are memory groups, café groups and carer support groups, and also hold a café group in Westport once a month.

I also ensure that other providers know that I am in the role, as timely referral to our service is essential in providing clients with the best care, one on one support, education, and networking with services required.

Dementia Canterbury is a dynamic organization who ensure the best is done for our clients with the funding and resources we have available, and I am proud to be part of this team ensuring best practice for our clients.



Deb Weaver.

I joined the Dementia Canterbury team at the beginning of September and am really enjoying the role. I will be covering the area south of Christchurch as far as Ashburton. I have over the last 15 years worked as a social worker and community worker with experience in areas of mental health, community development, care and protection and community health navigation. I studied sociology as an under graduate followed by a post graduate diploma in public health and then a masters applied in social work, so education has been a big part of my life! I grew up in Malawi a small country in South East Africa and moved to New Zealand as a teenager and completed my high school education in Timaru where my mother is from. I enjoy reading, art, fashion and crafts and more recently have started to enjoy gardening.



Rachel Limbe.



We are thrilled to be starting groups in our lovely Canterbury Museum

Farewell from Claire

(Claire Coveney left Dementia Canterbury after nearly 10 years with us as a Social Worker. Her passion for social work and for community will be missed.)

Tena Koutou, greetings to all

Dear members and clients, families and colleagues I want to honour you all in this brief writing.

It was my good fortune to commence work as a social worker in 2009. My first social work position. The attraction to this work was being in the community at grassroots level and facilitating groups. Having had previous personal and work experiences over many years with dementia and mental health also motivated me to feel this was the right place to be. Indeed, I turned to "Alzheimers Canterbury" for information and support. I still appreciated the reception as a concerned daughter.



The variety of work, the interesting, open and courageous people I have met who have welcomed me into their homes and share their stories, let me share their journey and accept my "services" or input has been very special. Thank you. I have worked mainly on the Eastside, Lincoln, Leeston and for a few years the awesome West Coast. Thanks to those communities for having me on board, developing groups and cafes, as many I found have very strong community support networks.

Having a passion for empowering people through facilitating peer support in groups, reducing stigma in mental health and advocating with or for service users have been some of the strengths of Dementia Canterbury. Adding to this has been taking a holistic approach to dementia and those

affected. By this, I think of considering body, mind, heart and spirit and how they all affect each other. Certainly, the activities that have developed over the years re-enforces the need for our community to be able to access meaningful activities as well as connect socially.

Sharing out knowledge and skills in these areas has added to the value of this "work". I have continued to learn from the people I walk alongside, the people with dementia and their whanau. Thank you for sharing and thanks to those who share with others in the same boat.

Social workers are concerned about distribution of resources so it is important for Dementia Canterbury to be able to continue enabling people to not be isolated, to have meaningful activities and to meet others who understand. So, my deepest respect to the volunteer and volunteer co-ordinators who have supported our community.

Another important aspect of social work is to work collaboratively with other agencies and health professionals, to get the best for our community and for us not to practice in silos. So, my thanks to the G.P and practice Nurses who refer and liaise with us. Thanks too to the day-clubs that have worked collaboratively to provide the best support in a timely manner. The care co-ordinators of Home support services also have to be included to ensure our clients' needs are met, so thanks to those who do. A challenging job with limited resources.

Last but not least the team at Older Persons Mental Health and Adult Community Referral Centre, Older persons health Ward BG, the memory Assessment Clinic. Thank you for working with us for respecting the role of community social workers.

My sincere best wishes Ngā manaakitanga to the team at Dementia Canterbury, and to my social work colleagues here, our supervisors and Aotearoa Association of Social workers elsewhere.

Thank you all maururu te takoto kaha, whakawhetai ki a koutou e hiahiatia ana i e

Book Launch – “Typical Coaster”

Book Launch dates:

Very successful book launches have already been held in both Kaikoura and Rangiora.

Join us at any of the following book launches:

Christchurch:

7.00pm Friday 9 November in the Sydenham Room of South Library, 66 Colombo Street.

6.30pm Wednesday 21 November, in the Spark Place Room of the new Turanga Library, 60 Cathedral Square.

Westport:

5.30pm Friday 16 November at the ‘Denniston Dog’ Hotel/Café, 18 Wakefield Street.

Greymouth:

10.30am Saturday 17 November in the Grey District Library, 18 Albert Street.

Hokitika:

2.00pm Saturday 17 November in the Westland Library, 20 Sewell Street.

We are thrilled to support the sale of this great yarn from Phil who has very generously offered all proceeds to Dementia Canterbury.

Signed copies will be available for purchase at the launches and copies are also available for purchase via the Dementia Canterbury office.

Book Launch: Typical Coaster

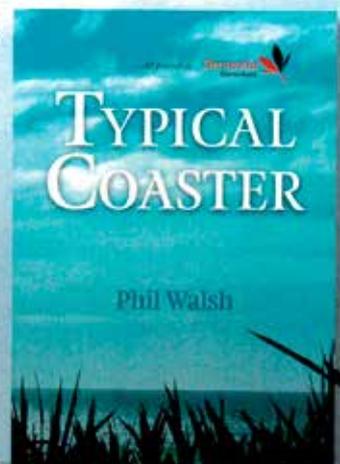
Light-hearted and entertaining, *Typical Coaster* is the story of one boy's aspirations, accomplishments, disasters, and emerging maturity. Uniquely West Coast in character, the narrative centres on sibling dynamics, dramas, the often comical side of family life and the author's developing awareness of changes within his world.

Signed copies of the new book will be available at the launch \$30 (cash only please).

All proceeds from sales of the book will be donated to Dementia Canterbury/West Coast. A representative of Dementia Canterbury will also speak at the launch.

Don't miss this ex coaster yarn his way through another net-full of entertaining but true tales.

Over a thirty year period, local author Phil Walsh has had numerous 'outdoor' stories published in New Zealand magazines, including *NZ Fishing News*, *Southern Angler* and *The Fishing & Hunting Paper*. A member of the N.Z. Society of Authors, Phil's first manuscript, titled *Fur, Fish and Phantom Reds* (2014) has been well received throughout the country.



Venue:

Date:

Time:



Book launch at Rangiora.

Kell's Ride

What a privilege to meet Greg Kelly and his support crew travelling the length of New Zealand to spotlight Younger Onset Dementia.

With amazing support from Pakeke Lions Ashburton, a fundraising breakfast on 19th October was held for Dementia Canterbury. In addition to MC Hamish Riach talking about concussion management with the Crusaders, Darral and Lee presented about Living Well with Dementia, and Kell presented his experience of living with younger onset dementia and need for funding and research. Over 200

people attended the breakfast, a fantastic turnout from the Ashburton Community.

A huge thank you to Pakeke Lions Ashburton and in particular Meredith Lowe.

Kell also spoke at a lunch event at Dementia Canterbury for people with younger onset dementia and their care partners. This was extremely well received with many feeling inspired by Kell's example.



Greg Kelly and Younger Onset Dementia Group.



Lions Breakfast fundraiser, Ashburton.

Events



Many thanks to the Christchurch Stadium Trust for hosting staff and volunteers at the Mitre 10 Cup Canterbury v Taranaki rugby match in October.



Jasmine our Volunteer Co-ordinator with volunteers Arnold and Eric at Dementia Canterbury's stand at the Positive Aging Expo in October.

Dementia Canterbury Annual Appeal

**Friday 7th and Saturday
8th December 2018**



**Help us make this the best year ever!
If you can collect, please contact
admin@dementiacanterbury.org.nz
or phone 03 379 2590**

Sponsorship and Fundraising

We are delighted to announce an agreement with our colleagues on site – Mitchell Corp, to become fundraising founding members.

Mitchell Corp

Your Accommodation Solution Providers



Ezibed Limited is a consumer website that sells accommodation to the travelling public in New Zealand – it is operated by Mitchell Corp NZ Ltd. We are working with Dementia Canterbury on a new way of raising funds for that organization and we are very excited to announce this through this newsletter.

We are very fortunate to share a building with the great team who work at Dementia Canterbury and wanted to contribute to the brilliant work they do. So when we were looking to re develop our website that sells rooms to travellers in New Zealand we decided we also wanted to donate to New Zealand charities – we knew that Dementia Canterbury would be a great foundation partner.

Our retail website, www.ezibed.com is currently undergoing

a substantial redesign with the goal to provide a more user-friendly experience for our trusted and valued customers and business partners. The new Ezibed.com provides a simpler booking process and gives better access to property, travel and accommodation information to the end consumer

The biggest change however is our change in culture and purpose. Ezibed are in the process of establishing the Ezibed Charitable Trust through which we want to give back to our local communities and charities. The purpose is to support the fabulous work of local community groups and charities in particularly those that advance health, education, sporting and sustainable environments.

How it works

For each booking made on Ezibed.com, Ezibed Limited will donate 5% of the total booking cost to select charities and local communities through the Ezibed Charitable Trust. During the booking process, the traveller (whether it's you or a friend) can choose to support Dementia Canterbury. Once you have indicated that's who you want to support, we will donate 5% of the total cost to them – at no extra cost to you.

Ezibed.com is aimed at independent and group travellers, as well as business travellers in New Zealand. Business travellers are likely to book accommodation on a regular basis for their business needs and as such are a strong source of income. If you know someone who travels a lot, or is in a company that travels a lot – please tell them about Ezibed and ask them to nominate Dementia Canterbury as their chosen charity so that we can all support the great work that they do!



Image 1: Mockup of the new Ezibed.com website.

MU Tramping Club donation

Many thanks to the Manchester Unity Tramping Club for their special one off donation which is greatly appreciated.



Stamps for Library

Trevor Hayes, our amazing Philatelist, has a target to make \$20,000 by the end of this year through the sale of stamps donated to Dementia Canterbury to fund our Library collection. Please help Trevor reach this wonderful target by donating any stamps/stamp albums for him to sell on our behalf. Thank you Trevor for your valued support.



Brain Awareness Week at Burwood

During Burwood Hospital's Brain Awareness Week, a "Bake Sale" was held on World Alzheimers Day. Co-ordinated by the wonderful Lara Hitchcock from the Memory Assessment Clinic the sale raised \$717.20 for Dementia Canterbury. Thanks for the great support from our Burwood colleagues.



Lara Hitchcock at Burwood Bake Sale.

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.

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