



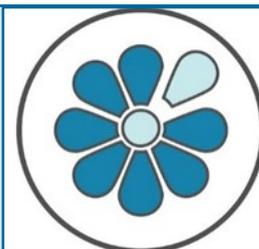
# TEAM TAMESIDE & GLOSSOP DEMENTIA NEWSLETTER

May 2022  
Vol. 1  
Issue 9

**Greater  
Manchester  
Health and  
Social Care  
Partnership**

## Dementia United update

Dementia United is the flagship programme for the Greater Manchester Health and Social Care Partnership which aims to make Greater Manchester the best place to live if you are living with Dementia or care for someone who does. The following are extracts from our April bulletin.



**Delirium** is a condition which causes a short-term confused state and develops over hours and days, as a result of underlying illness. People living with dementia are more likely to experience delirium and if undetected and treated, it can lead to much poorer outcomes. We developed a Greater Manchester approach to delirium with a person-centred pathway and key standards focused on early detection, assessment and treatment. You can [find out more about our delirium programme here](#).

### Free delirium Zine workshop, Tuesday 17 May, 1-3.30 pm

In partnership with Oldham libraries, we'd like to invite you to find your creative voice at our Zine workshop to share your lived experience of delirium. Participants will write, collage and draw their own personal Zine booklet, to capture real experiences of delirium. Attendees will be invited to share their outputs from the workshop in order to raise awareness and support others.

Eligible participants will:

- ◇ Have personal experience of delirium
- ◇ Or have supported a family member with delirium
- ◇ And live in Greater Manchester

This event is **free to attend** and there's **free transport available, upon request**

You can [find out more on the Dementia United website](#)

### Living well with dementia - Join us for a Greater Manchester event on June 6th 2022 and make sure your voice is heard

This event, led and organised by lived experience colleagues, Dementia United, Alzheimer's Society and the International Longevity Centre UK, plans to undertake a respectful reflection of the adverse impact of the pandemic on people affected by dementia as well as a refocus on recovery looking forward #LivingWellWithDementiaGM:

- ◇ **Entertainment from people with lived experience of dementia**
- ◇ **Hear from people affected by dementia**
- ◇ **Speakers include the Mayor of Greater Manchester**

To register your interest in attending the event and to receive further details please visit <https://bit.ly/3FveeRM>. Or contact Michelle Davies, Events and Engagement Manager on 07710 152805 [michelle.davies9@nhs.net](mailto:michelle.davies9@nhs.net)

Contact us at [gmhscp.dementiaunited@nhs.net](mailto:gmhscp.dementiaunited@nhs.net)

## Latest news from the Admiral Nurses



The Admiral Nursing Team are currently involved in the following projects around the Trust:

- ◇ The production of a Person Centred Care dietary booklet, which will assist staff in clinical areas to enhance the mealtime experience for patients in their care
- ◇ The roll out of the new 'This is me' document - see below.
- ◇ Audit into patient transfers between the hours of 2300 and 0600
- ◇ The introduction of playlist for life for surgical patients. See below.
- ◇ The roll out of our new [RITA devices](#) around the Trust, which will combat boredom in patients and assist staff to provide an interactive and meaningful enhanced care experience.
- ◇ Dementia Champions training
- ◇ Delirium Champions training
- ◇ Reviewing all dementia care plans
- ◇ The development of a more inclusive system of after care for patients who are diagnosed with dementia whilst in the Acute Trust

### Dementia Awareness dates for clinical staff via Microsoft Teams:

9<sup>th</sup> May 1-3pm

17<sup>th</sup> June 10am-12 noon

12<sup>th</sup> July 11am-1pm

### Dementia Awareness dates for Facilities staff:

23<sup>rd</sup> May 2-3pm

24<sup>th</sup> June 2-3pm

21<sup>st</sup> July 2-3pm

Please email [admiral.nurses@tgh.nhs.uk](mailto:admiral.nurses@tgh.nhs.uk) to book a place. This training will be recorded on your ESR after completion.

**Playlist for life** is a simple but effective way to incorporate music into everyday life as a tool for relaxation, aid sleep and prevent distress in people with dementia. Music is neurologically special in the way that it stimulates many parts of the brain at once.

By creating a playlist for life, every song that resonates with the individual can be downloaded onto an MP3 player or device, making it portable. During hospital admissions this can relieve boredom and promote rest and relaxation. The right music can have a positive impact on mood and ability to perform certain activities. We plan to roll this out in other areas of the Trust once the pilot is complete.

'This is me' is a national initiative, ideally completed by the person with dementia or their carer. The intention of the document is to provide professionals with information about the person with dementia as an individual. If completed fully, it should enhance the care and support provided while that person is in an unfamiliar environment. It is not a medical or legal document, and should remain in the possession of the person with dementia.

For some time staff in the Trust have been completing this document whilst the patient is in their care on the ward. This method doesn't always provide detailed enough information, and takes up time that could be otherwise utilised. We have developed and piloted a new, more detailed version of this locally.

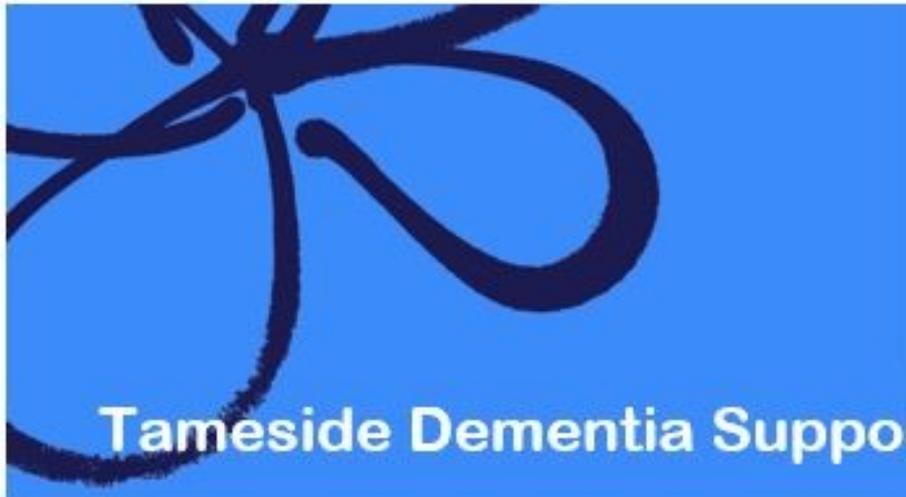
The hope is to encourage people to complete this in the community and provide us with a copy of the document on admission, which can be stored in the paper notes, to save repeatedly being asked the same questions and the resources required to complete this on every admission. You should start to see the new version being used very soon.

**Congratulations to Johanna Ryan, Admiral Nurse, who has recently given birth to a healthy baby boy "Harley Jaxon Aarron", weighing 8lb 1oz.**

### Our contact details

**Email:** [admiral.nurses@tgh.nhs.uk](mailto:admiral.nurses@tgh.nhs.uk) is our generic email address for all referrals and new queries; [kellie.smart@tgh.nhs.uk](mailto:kellie.smart@tgh.nhs.uk) for non-patient related queries and other business.

**Phone: 0161 922 5809.** The answering machine messages are checked daily, Monday - Friday. Please ensure you leave your name and number so I can return your call; **Mobile: 07795 666028; Bleep:- 2007.** Please note it only works if I'm on site. **Please note I do not work weekends.**



## Tameside Dementia Support Service

If you or a family member are affected by dementia and live in Tameside you are not alone.

Our specialist Dementia Support Service will help you:

- get tailored information and advice from our compassionate and experienced staff
- maintain your independence and improve your wellbeing
- feel confident and supported knowing that someone is here for you when you need help

The Dementia Support Service is unique to your personal circumstances. Our aim is to provide you with all the information, guidance and practical support to help you understand more about your diagnosis and enable you to 'live well with dementia'.

We offer one-to-one support to people with dementia, to carers and to family members. The service can be provided face to face, over the telephone and via email or written communication. We can arrange to visit you at home or if you prefer we can meet with you at a convenient location.

If you would like to know more about the service please contact us:

@ Email: [stockport@alzheimers.org.uk](mailto:stockport@alzheimers.org.uk)



Alzheimer's Society Dementia Connect Support Line: 0333 150 3456

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

# Tameside Dementia Support workers



Ashton (North Locality)

Stalybridge, Dukinfield and Mossley (East Locality)

**Nicola Lowe**

Phone: 07708 510 102

Email: [nicola.lowe@alzheimers.org.uk](mailto:nicola.lowe@alzheimers.org.uk)



Denton, Audenshaw and Droylsden (West Locality)

**Gill Lloyd**

Phone: 07718 962 215

Email: [gillian.lloyd@alzheimers.org.uk](mailto:gillian.lloyd@alzheimers.org.uk)



Hyde, Hattersley and Longdendale (South Locality)

**Sarah Hollingsworth**

Phone: 07708 510 101

Email: [s.hollingsworth@alzheimers.org.uk](mailto:s.hollingsworth@alzheimers.org.uk)



Hyde, Hattersley and Longdendale (South Locality)

Denton, Audenshaw and Droylsden (West Locality)

**Mags McGee**

Phone: 07708 510 176

Email: [margaret.magee@alzheimers.org.uk](mailto:margaret.magee@alzheimers.org.uk)

The Alzheimer's Society is the UK's leading care and research charity for people with dementia and those who care for them. Registered charity no. 298645

# Introducing Healthwatch Tameside



## What is Healthwatch?

Healthwatch is the independent consumer champion created to gather and represent the views of the public. We play a role at both national and local level to make sure that those views and the voices of people who use services are taken into account.

Healthwatch Tameside is part of this statutory service and the voice of Tameside residents and people who live in Glossop but use services in Tameside.

We have several areas of work:

- Listening to local people to get feedback about their experience of using NHS and Social Care services. We share this feedback with service providers and commissioners to influence those services and bring about change. All feedback is shared in an anonymised way.
- We also provide an information signposting service to help people make informed choices about their healthcare.
- If someone wishes to make a formal complaint about the services that they have used, we can offer support to understand how the NHS Complaints service works.

If anyone would like to take part in our short surveys or tell us about their recent experiences of healthcare, there are several ways to do it. You can:

- Go to our website where you will find our current surveys and 'Tell Your Story' forms to complete online. [www.healthwatchtameside.co.uk](http://www.healthwatchtameside.co.uk)
- Ring us on 0161 667 2526 or email us at [info@healthwatchtameside.co.uk](mailto:info@healthwatchtameside.co.uk) to request a paper copy and return it to us in a Freepost envelope
- Complete them over the phone with one of our team

If you would like to keep in touch with us, you can sign up to receive our E-bulletins [www.healthwatchtameside.co.uk](http://www.healthwatchtameside.co.uk) or join us on Facebook @HealthwatchTameside or Twitter @healthwatchtame

We look forward to hearing from you

**Kay Robinson**

**Engagement Officer for Healthwatch Tameside**

## Delays in non-urgent care survey

Has care you were expecting been delayed during the pandemic?

How did it affect you?

## Changes to the ways people access health and care services survey

What do you think about the way you access care?

Would you prefer to use technology, or not?

You can also tell us about your recent experiences of using (or trying to use) any other health and care services.

We would love to hear your feedback.

How to complete our anonymous surveys:

- Online at: [www.healthwatchtameside.co.uk/share-your-views](http://www.healthwatchtameside.co.uk/share-your-views)
- Ring us on **0161 667 2526** for a paper copy, or for us to call you back and complete them over the phone.



## Carers' Information Sessions 2022

Do you support or care for someone with a diagnosis of dementia?

You are invited to join any of the following sessions for information, advice and support.

**Thursday 1:30-3:00pm Whittaker Day Unit, Etherow Building,  
Tameside Hospital OL6 9RW**

**Please Telephone 0161 716 3445 to book your place**

<b>28<sup>th</sup> Apr</b> - Changes in Behaviour
<b>5<sup>th</sup> May</b> – Communication
<b>12<sup>th</sup> May</b> – Meaningful Activities
<b>19<sup>th</sup> May</b> – Legal & financial matters
<b>26<sup>th</sup> May</b> – Physical Health/ Delirium
<b>2<sup>nd</sup> Jun</b> – Carer Stress
<b>9<sup>th</sup> Jun</b> – Practical Matters
<b>16<sup>th</sup> Jun- Dementia awareness &amp; Research Information</b>

\*These sessions will then continue after on a seven week rolling programme

Support is available for you to bring the person with dementia if needed.





## Carers' Information Sessions 2022

### Continued dates..

<b>23<sup>rd</sup> Jun</b> - Changes in Behaviour
<b>30<sup>th</sup> Jun</b> – Communication
<b>7<sup>th</sup> Jul</b> – Meaningful Activities
<b>14<sup>th</sup> Jul</b> – Legal & financial matters
<b>21<sup>st</sup> Jul</b> – Physical Health/ Delirium
<b>28<sup>th</sup> Jul</b> – Carer Stress
<b>4<sup>th</sup> Aug</b> – Practical Matters
<b>11<sup>th</sup> Aug</b> - <b>Dementia awareness &amp; Research Information</b>

<b>18<sup>th</sup> Aug</b> - Changes in Behaviour
<b>25<sup>th</sup> Aug</b> – Communication
<b>1<sup>st</sup> Sept</b> – Meaningful Activities
<b>8<sup>th</sup> Sept</b> – Legal & financial matters
<b>15<sup>th</sup> Sept</b> – Physical Health/ Delirium
<b>22<sup>nd</sup> Sept</b> – Carer Stress
<b>29<sup>th</sup> Sept</b> – Practical Matters
<b>6<sup>th</sup> Oct</b> - <b>Dementia awareness &amp; Research Information</b>



## MUSICAL TEAS ARE BACK!

Hosting a Musical Tea is a fun way to bring people together for tea and cake to share music and memories and raise awareness of Playlist for Life. Listening to our favourite tunes can help bring back happy memories and bring us closer together. After the past couple of years, a Musical Tea is a great excuse to get together, have some fun, and connect through music.

The charity Play List For life is encouraging families & friends, community groups, care homes, hospitals, and businesses to host a fun and safe event and have produced a Musical Tea pack with top tips and resources for more information please see attached and watch our video [here](#)

If you want more information or help planning and hosting a Musical Tea event, please get in touch. I can run a musical session for your tea with carefully chosen music and songs or help you plan one yourself. I am also happy to come along and help you in any way I can and to get your Musical Tea off to a great start .

**Marion Coleman:** [marion.coleman@playlistforlife.org.uk](mailto:marion.coleman@playlistforlife.org.uk)



## Singing for the Brain<sup>®</sup> Greater Manchester

**Virtual sessions via Zoom: on the first and third Wednesday of the month, from 2pm until 3:30pm**

This virtual singing group is for people living with dementia and their family, friends and carers.

- Meet new people virtually on a friendly, supportive and social call
- Help improve brain activity, wellbeing and mood
- Fun vocal warm ups; sing a wide variety of familiar and new songs
- Hosted by Alzheimer's Society staff and led by a friendly and enthusiastic live musician

**To find out more and to register for the virtual sessions, please contact:**

Margaret Magee on 07708 510 176 or email [margaret.magee@alzheimers.org.uk](mailto:margaret.magee@alzheimers.org.uk)





**Living Well with Dementia in Greater Manchester: Join us, we need each other**

**Monday 6th June 2022 11.00am to 15.15pm**

This event is supported by Roche

Roche Products Ltd is a member of the International Longevity Centre UK partners programme and has funded the organisation of a series of events focused on dementia in an ageing UK.

Join us for a Greater Manchester event; which plans to undertake a respectful reflection of the adverse impact of the pandemic on people affected by dementia as well as a refocus on recovery looking forward

**Come along to make sure your voice is heard**

The event is led entirely by people with lived experience.

Entertainment from people with lived experience of dementia

Hear from people affected by dementia

Speakers include the Mayor of Greater Manchester

To register your interest in attending the event and to receive further details please visit <https://bit.ly/3FveeRM>

Alternatively, you can contact Michelle Davies, Events and Engagement Manager on 07710 152805 [michelle.davies9@nhs.net](mailto:michelle.davies9@nhs.net) who will be happy to do this for you

The event is for people affected by dementia, as well as health and social care staff and commissioners

The event is available to attend in person (priority will be given to people affected by dementia) and to access online

The event will be held at a central Manchester venue

**#LivingWellWithDementiaGM**

**Dementia United**



**GMCA** GREATER MANCHESTER COMBINED AUTHORITY



**ilc** International Longevity Centre UK



**NHS** in Greater Manchester

## Focus on...

### Meaningful Engagement

Extracts from an article by Dr Karen Harrison Dening, Head of Research and Publications at Dementia UK, on why meaningful activities are so important for someone with dementia. [Click here](#) to read the article in full.

Maintaining meaningful activities add value and quality to a person's life, whether they have a diagnosis of dementia or not. If a person is diagnosed with dementia their strengths and abilities will vary a great deal depending on what stage of dementia they are at. By thinking of activities which give the person with dementia meaning and engagement as much as possible, we can make sure these needs continue to be met.

Meaningful activities can include a range of things from the usual tasks of daily life, such as, cooking, cleaning, gardening, self-care, through to activities which engage like a call or a zoom session with a relative or friends.

Meaningful activities should be linked to hobbies or interests the person enjoyed before the diagnosis of dementia. Wherever possible the person with dementia should be encouraged to take an active role in choosing and defining activities that are meaningful to them. This will help to ensure that activity is meaningful and that relationships are developed and maintained.

Overall, meaningful activity provides the person living with dementia:

- ◇ A sense of purpose and routine.
- ◇ Acknowledges and uses the skills and life experiences of the person with dementia
- ◇ Emotionally nurturing experiences which increase self-esteem and help the person to feel valued.
- ◇ Opportunity for more social time with family
- ◇ Maintain skills and independence, and in some cases improve the person's ability to perform certain daily activities
- ◇ Opportunity to make decisions and have choice.

## Introducing RITA

RITA stands for Reminiscence Interactive Therapy Activities and is an all-in-one touch screen solution offering digital reminiscence therapy, a relatively new tool in the fields of nursing and healthcare.

It encompasses the use of user-friendly interactive screens and tablets to blend entertainment with therapy and to assist patients (particularly with memory impairments) in recalling and sharing events from their past through listening to music, watching news reports of significant historical events, listening to war-time speeches, playing games and karaoke, and watching films.

The Admiral Nurses have just bought some for the Trust.

[Click here](#) to find out more about RITA.

## Useful links

Music has huge benefits for people with dementia and those caring for them. It helps reduce agitation, depression and anxiety, alongside improving general health and wellbeing.

Live Music in Care have created a series of five short [singing tutorials and tips for care staff](#) to help them and others to lead music and singing sessions for older people.

The [Practical Musical Guide](#) from Music for Dementia offers ideas on how to keep the music going!

A review of [Amazon's Alexa](#) from the Dementia Network finds the device can be a useful addition. Alexa never tires of answering the same question and can be set to give useful reminders each day, play soothing music or audiobooks.

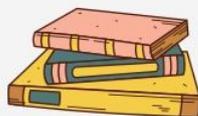
Here's the April issue of Personalised Health & Care, Tameside & Glossop. To view this and previous issues online, in our Tameside & Glossop Personalised Health and Care Collaborative on Microsoft Teams, please click [here](#). If you're unable to access, please email us at [pcca@tgh.nhs.uk](mailto:pcca@tgh.nhs.uk)

Laura Burling

## Personalised Health & Care

Tameside & Glossop

Issue 8 April 2022



Working together to achieve positive and agreed change in the design, delivery and experience of health and social care

This month's Personalised Health and Care Resource is all about what's been happening during our 'Spotlight On' Person Centred Care month.

The Person and Community Centred Approaches team happily took the opportunity to lead on the month's activities as it meant we got to do the things we enjoy most; connecting with people and having conversations! Throughout the month we have learnt that when people are given the opportunity to reflect, learn, connect and share their understanding and experiences of Person Centred Care it opens up the door to new and creative ways of working. It's been a privilege to be part of these conversations, see the creative ward boards and hear people's pledges, thank you for joining us!

Have a look at our infographic on the next page to see what we got up to. The story of Person Centred Care doesn't end here there's lots more to see, do and be involved in, but for now, enjoy this month's resource and let us know what you think!

### To Learn: Advance Care Planning and Communication Skills Course

Tuesday the 3rd of May, 1pm – 5pm, via Microsoft Teams.

Are you required to have conversations with patients and those important to them about their care?

Do you want to gain more skills and knowledge around Advance Care Planning?

Free places are available for health and social care staff to attend this half day course with additional pre-course learning.

To register your interest and to book a place, please contact [acptraining@tgh.nhs.uk](mailto:acptraining@tgh.nhs.uk)

### To Watch: Taster Courses

Watch our 30 minute Taster Courses which cover:

- [Introduction to Person Centred Care](#)
- [Introduction to Co-production](#)
- [Introduction to Social Prescribing](#)
- [Introduction to Coaching Conversations](#)
- [The Importance of Getting to Know Your Patient](#)

### To Listen & Watch: Bringing Personalised Care to Life

The new Personalised Care roles – Here, Dr Ollie Hart explains the narrative and common purpose for Personalised Care in the NHS. He considers the new Primary Care Network based additional roles and describes both why they are needed and how they can support a high performing health and care system.



If you've missed any of our previous issues, please do email us at [pcca@tgh.nhs.uk](mailto:pcca@tgh.nhs.uk) or you can find them [here](#) in our Tameside & Glossop Personalised Health and Care Collaborative on Microsoft Teams.

Please

JOIN US

Laura Burling

T: 07899 685 469

E: [Laura.Burling@tgh.nhs.uk](mailto:Laura.Burling@tgh.nhs.uk)

Page 2 shows in data what happened throughout Spotlight On Person Centred Care month. Please continue to share;

#### What Person Centred Care means to you?

Your Pledges on how you can be more Person Centred.

Contact us for support and information on training opportunities at

[pcca@tgh.nhs.uk](mailto:pcca@tgh.nhs.uk)

Follow us on Twitter [@PHandCCollab](#), share your thoughts using the #'s

[#StartWithPeopleTandG](#)

[#PersonCentredTandG](#)

[@PHandCCollab](#)

## SPOTLIGHT ON Person Centred Care

March 2022



### COURSES

- 5 The Importance of Getting to Know Your Patient
- 4 Introduction to Social Prescribing
- 3 Introduction to Co-production
- 2 Introduction to Person Centred Care
- 2 Introduction to Coaching Conversations



### PERSON CENTRED COACHING



said their Person Centred Coaching skills have improved



### Team to Team Meetings

Teams included; Adult Social Care, Acute Physiotherapy Team, General Practice and many more...

### Launch of @PHandCCollab Twitter



### What does Person Centred Care mean to you?

Watch this [video](#) to find out lots of different thoughts on Person Centred Care.

Share your thoughts [@PHandCCollab](#) [#StartWithPeopleTandG](#) [#PersonCentredTandG](#)



### What next?

Look out for a Personalised Health & Care Brochure which will be launching over the next few weeks, outlining the learn with us, work with us and join with us areas of the workforce offer for Tameside & Glossop.

Keep an eye out for information on all of the different Person Centred Care documentation and booklets that the hospital have available to support patients with their care and to support health professionals to get to know their patient more.

I pledge to always actively listen, engage and support all my patients/service users in anyway I can

“Listen, support, act and reflect with the patient ensuring their needs are met”

Care and support tailored to clients individual needs, not ours!

“Active listening, rapport building, advocacy and facilitation”

thank you

to everyone who got involved throughout the month!

[@PHandCCollab](#)