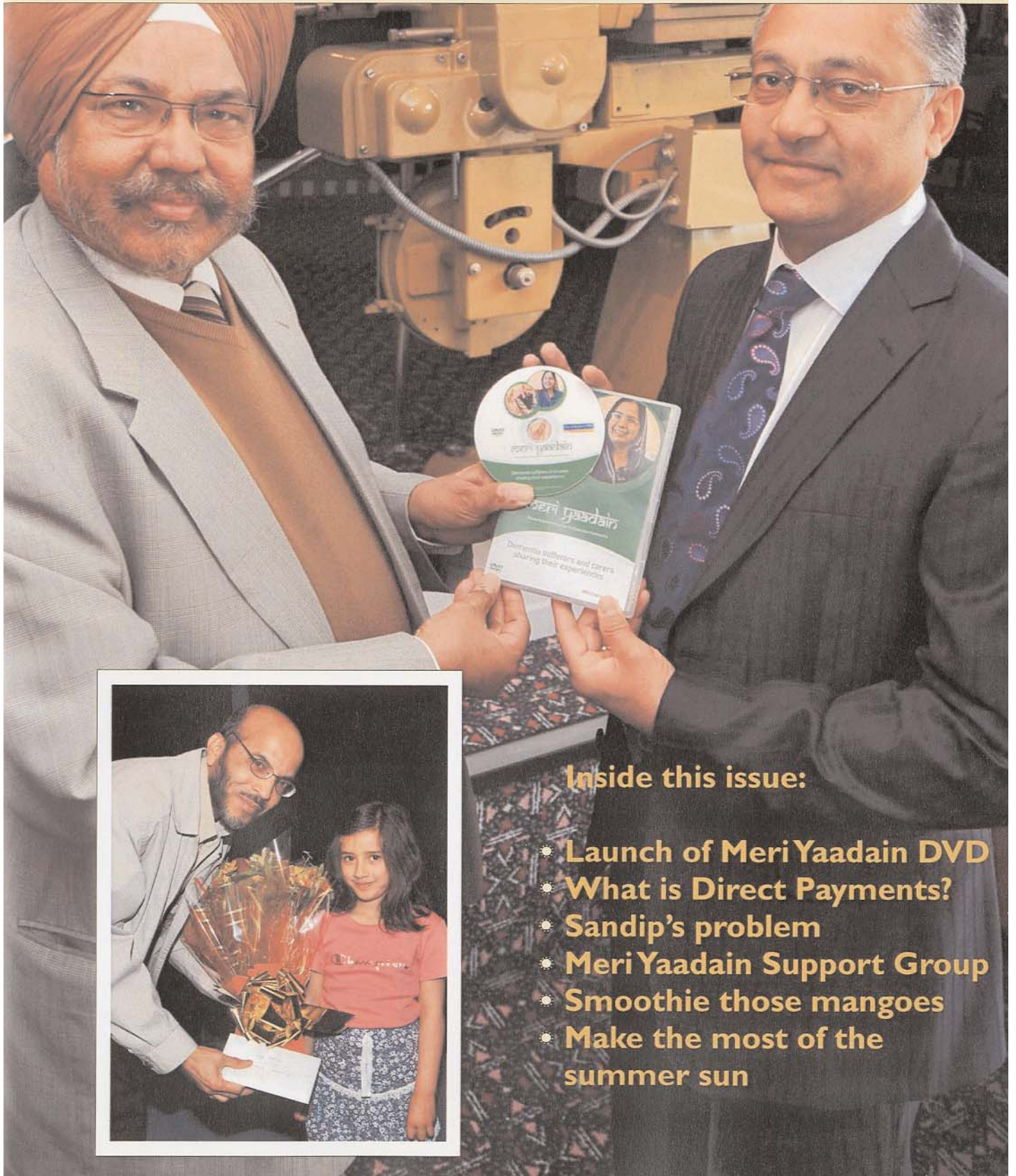


July 2009

Meri Yaadain

Newsletter

RECOGNISING DEMENTIA WITHIN SOUTH ASIAN COMMUNITIES



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Direct Payments

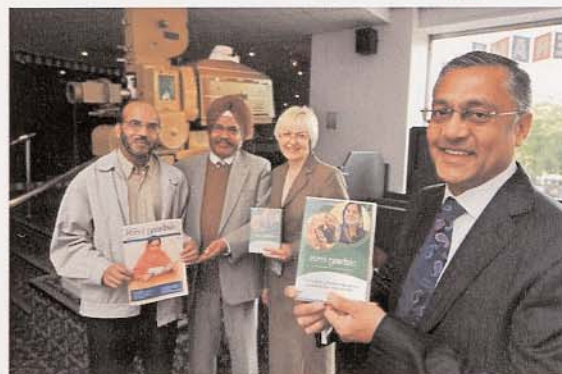
Direct payments are local council payments for people who have been assessed as needing help from social services, but would like to buy them from another organisation or even employ somebody to provide assistance instead of receiving this directly from the local council.

A person must be able to give their consent to receiving direct payments and be able to manage them even if they need help to do this on a day-to-day basis.

Direct payments can be applied by contacting adult social services on 01274 435200 and asking for an assessment. The allocated social worker will visit and discuss with you the kind of support needed.

Meri Yaadain hits the big screen

In the last issue we mentioned we were about to embark on an exciting venture to produce a short information



film, in which some of our carers and members with dementia share their experiences of living with the illness and the support offered by Meri Yaadain. Well, we are really pleased to announce that after a lot of hard work we have done it! We had many early mornings of shooting on location in people's homes and at our support group editing all the information and after a great amount of effort it all came together. We had the official launch at the National Media Museum on 27th May with 100 health professionals, councillors and South Asian community members attending

Lord Professor Kamlesh Patel OBE our keynote speaker gave a passionate speech about dementia and the important role that Meri Yaadain plays along with families and communities to help raise awareness of dementia. One of our carers who features on the film, Mehrban Khan, also shared his experience of caring for his elderly mother who has dementia. Mehrban said some lovely things about the support they have received through Meri Yaadain. We finished the morning off with the premiere of the DVD and our beautiful little assistant Ruqayyah did a wonderful job of presenting Mehrban and Kuldip Singh JP with colourful bouquets and gift vouchers for sharing their story with us.

We would like to extend our heartfelt and sincere thanks for all the dedication and commitment that everyone who took part in the film gave, especially all our carers and their loved ones. Without them this would not have been possible. Hopefully this DVD will help us in raising awareness of dementia. We would also like to thank Matt Dowson from Dowson Communications who helped make the DVD a reality.

To get a free copy of the DVD please call us on the number shown at the end of this newsletter. If you get the answer machine messages please leave your name, address and telephone number so we can post one out to you. Please pass this DVD on to your neighbours or anyone else you think that could benefit from it.

What should Sandip do?

Sandip first met his wife Parminder when they were first introduced by their families for marriage. He is now 75, she is 64.

About two years ago he noticed that she seemed a bit vague and more forgetful than usual, but on some days she was fine. Then one day she arrived unexpectedly at the luncheon club. "It was quite a long time before she recognised me," he remembers.

This prompted medical investigation which confirmed vascular dementia. "I now can't leave her alone at home," he said. This became apparent when a neighbour found her locked outside their home one day. She'd apparently become confused, thinking she needed to go to work.

"It's like living with a different person," says Sandip. "She has become quite aggressive and gets very angry, making quite unfounded accusations. It maddens me when people think that there is nothing wrong."

The strain of being a full-time carer is taking its toll. Who can he contact for advice and support?



10 reasons to get out there and enjoy that sunshine!

Sunny strolls have striking, long-lasting effects, helping to:

1. Strengthen bones
2. Lessen the chances of developing Alzheimer's disease
3. Reduce anxiety and depression
4. Possibly reduce the risk of having a stroke
5. Control your weight
6. Reduce heart disease by encouraging you to get fitter
7. Enhance mental well-being
8. Stimulate vitamin D production in our bodies
9. Increase confidence
10. Improve social interaction.

PLEASE REMEMBER TO BE SAFE IN THE SUN – protect yourself!

Recipe

Mango Lassi

Serves 4



Ingredients:

- 1 diced fresh mango
- ½ cup chilled orange juice
- 1 tbsp honey
- 2 cups low-fat milk chilled

Method:

1. Blend diced mango, orange juice and honey in food processor for 1½ minutes. Keep aside.
2. Pour the low-fat milk into processor and process till it has expanded and become frothy.
3. Add the mango puree to the milk and process for about 1 minute.
4. Pour into glasses with some ice cubes.
5. Serve immediately.

Fact!

Nearly 60% of your body weight is water. About 75% of your muscles are made of water. By consuming 8-10 glasses of water throughout the day you could be on your way to a healthier, leaner body.

Test your mental ability

1. Mary's father has five daughters: 1. Nana, 2. Nene, 3. Nini, 4. Nono. What is the name of the fifth daughter?
2. If a red house is made from red bricks, a blue house is made from blue bricks, a pink house is made from pink bricks and a black house is made from black bricks, what is a green house made from?
3. Rearrange the following words – what are the words?
CLUHN TNTSEID GOANM SHEIRZEALM

Answers: 1. Mary, 2. Glass, 3. LUNCH, DENTIST, MANGO, ALZHEIMERS

MeriYaadain Support Group

The MeriYaadain Support Group has been meeting on a monthly basis. It helps older South Asian people suffering from mental health problems, in particular dementia, and their carers to meet up regularly.

The meetings have helped our service users to access information and advice on matters relating to dementia, disability equipment, community mental health, seated exercise, fruit bingo, healthy eating, carers' issues, health

promotion and above all a listening ear.

Being able to meet other like-minded people, many of our attendees benefit from speaking to someone who understands and shares their frustrations and worries.

The group meets every third Wednesday of each month. The venue does change sometimes, so it is always best to check first.

For more information please contact MeriYaadain staff on: 01274 435194 (Monday to Wednesday) or 01274 435190 (Monday & Wednesday only).



For further information about anything you have read in this newsletter, or for information on dementia amongst South Asian older people, please contact the Meri Yaadain Team on:

01274 435194
01274 435190
or 01274 431308

