

Meri Yaadain

Newsletter

November 2009

RECOGNISING DEMENTIA WITHIN SOUTH ASIAN COMMUNITIES



Inside this issue:

- Who should pay for elderly care?
- Meet Meri Yaadain new staff
- Capturing your life story
- Meri Yaadain Support Group
- Latest on the Meri Yaadain DVD
- Researching the link between dementia and physical activity

Big Debate on Care

The government says that everyone in England will have access to a National Care Service that is fair, simple and affordable under plans set out by Health Secretary Andy Burnham in the Green Paper Shaping the Future of Care Together.

Huge pressures are being put on existing services. More people need care because they are living longer – in 1948 life expectancy was 66 while today it is 78. For the first time there are more people over the age of 65 than there are under the age of 18.

The current system is also unfair. Some people have to pay tens of thousands of pounds or sell their house to pay for care. Someone with Alzheimer's, for example, could have to pay up to £200,000.

The National Care Service will create a level playing field and end the postcode lottery of care services. Everyone in England will be guaranteed:

- prevention services - the right support to stay independent and well for as long as possible and to delay care needs getting worse
- national assessment - care needs will be assessed and paid for in the same way across the country
- joined-up services - all the services will work together smoothly
- information and advice – the care system will be easy to understand and navigate
- personalised care and support - services will be based on personal circumstances and need
- fair funding - money will be spent wisely and everyone will get some help meeting the high cost of care needs.

Meri Yaadain team goes in to Keighley



Gurpaul Sandhu and Abida Khatoon planning work for Keighley

We would like to extend a warm welcome to two new recruits. Meri Yaadain have successfully secured funding for another two part-time staff so that more people can be supported with dementia-related issues.

Abida Khatoon and Gurpaul Sandhu joined the team in September. They will undertake outreach and development work with the South Asian communities in Keighley.

We would like to introduce you briefly to our two new staff, but don't worry-you will get to meet them at our next support group!

Abida has a wealth of experience in working with the Bangladeshi community in Leeds. We hope that she will be able to build on that experience by reaching out to the Bangladeshi community in Bradford and Keighley.

Gurpaul is a well-known personality across the district. She has experience of managing equality projects and working with hard-to-reach communities. Her experiences include managing the Heartsmart Project and No to Nasha. We hope you will make them welcome and encourage them to take Meri Yaadain from strength to strength.

Thank you and goodbye

Most of you will know Margaret Wilkinson in her capacity as the lady that has done quite a few seated exercise sessions for the wellbeing café (Meri Yaadain support group) and also at some of the community roadshows and conferences that we have organised.



After many years of work for Bradford Council, Margaret has finally decided to call it a day. But she isn't someone who can easily sit down and put her feet up, so we hope that she will still be able to come back and say hello from time to time.

So a big thank you to Margaret and best wishes from the service users and staff of Meri Yaadain.

Meri Yaadain DVD

As mentioned in our last issue, we have produced a short 10-minute DVD about dementia. Some of our carers and people with dementia feature on the film and they share their stories of how they are coping with the illness on a daily basis. We hope that the DVD will reach out to other families who either do not know about dementia or are simply too scared to face the reality and ask for help.

The DVD is informative and available free; for a copy simply ring 01274 435190 or 435194. If you are connected to the answer machine (if we are unable to take the call), then please speak clearly leaving your name and address and we will be happy to forward a copy to you. You do not have to return it to us but we would appreciate it if you could pass it on to your friends and family so they can become aware of dementia.



Is there a link between dementia, physical activity and well-being?

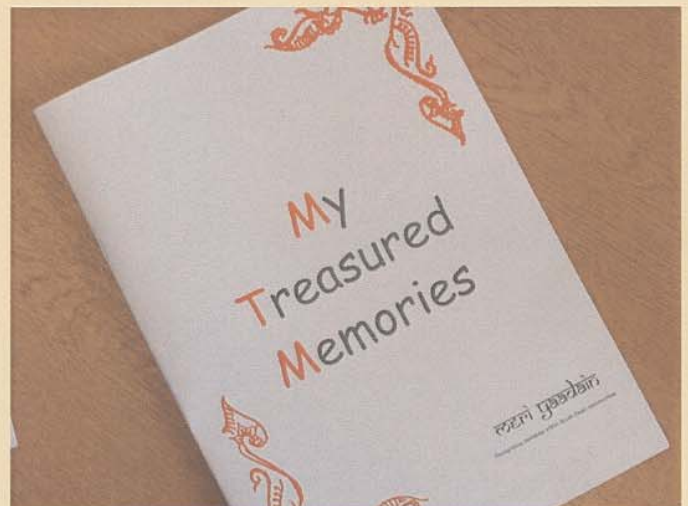
The quick answer is: we don't know. So bring in Alan Wright.

Alan is undertaking doctoral research at the University of Huddersfield. He is interested in exploring the experiences of people who have dementia in the Bradford area. His work will focus on how being physically active affects people's mood and sense of wellbeing.

Alan is particularly keen to learn about the experiences of people from local South Asian communities. In order to do this he plans to participate in the activities that take place at the Meri Yaadain support group for several months next year. Alan is looking forward to meeting everybody and hearing their views.



Treasuring memories



Following the success of the Meri Yaadain DVD, the team have come up with another fantastic way of engaging with our service users.

'My Treasured Memories' is a life story booklet which will capture the life of an individual. This will include things like place of birth, childhood memories, best friends, siblings, marriage, work, likes and dislikes and photos which carry special memories.

Fact!

Your heart pumps about 2,000 gallons of blood each day!

Wow! this just goes to show why it is so important to look after your heart.

Test your mental ability

1. Can you think of 5 food items that begin with the letter 'C'?
2. In 10 minutes mum can make 5 chapattis. How many chapattis can she make in half an hour?
3. Can you count in multiples of 5 all the way to 50?
4. Adil has collected £10.50 as his Eid money. He wants to buy his favourite toy magazine which costs £2.25p. How much money will he still have left over?
5. Can you work out these mixed up words?

IED DMNI THELAH IREC

Answers:
1. Chappati, chicken, carrots, cauliflower, chutney
2. 15 chapattis
3. 5, 10, 15, 20, 25, 30, 35, 40, 45, 50
4. £8.25
5. EID

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

