

A warm welcome to our October 2020 Newsletter

Dear Friends of Know Dementia

I would like to take this opportunity to say that we are missing everyone and we hope that in the next few weeks we are able to slowly reopen our Memory Moments Cafes.

Due to the restrictions in the number of people allowed to meet, we will only be able to invite six people at a time to a cafe. We will be in contact with everyone to arrange the invites, so please bear with us as we work towards the re-openings.

All our staff will be issued with the necessary protective equipment to make sure they keep you, as well as themselves, safe. We hope you will join with us in moving forward in the best way that we can. Meanwhile, I would like to thank all our staff and volunteers for staying in touch with everyone through telephone calls, Facebook and emails. A huge thank you to all our entertainers who have provided songs, smiles, animals and exercise. I know both Jennie and I have thoroughly enjoyed listening and joining in every week.

We hope to see you all soon and want you to know that you are always in our thoughts.

Alex Morrison-Cowan (Chair of Trustees)

The Big Neighbourhood Pumpkin Trail!

Join in with the Big Neighbourhood Pumpkin Trail leading up to Halloween! Display a pumpkin in your window, either real, paper, decorated, painted - whatever you prefer. The idea is it give children something to enjoy instead of Trick or Treating by seeing how many pumpkins they can spot. It should become one massive Pumpkin Trail!

We would love you to send us a photo of your pumpkin to info@knowdementia.co.uk.



For more info, ideas and to download pictures to colour for your window see this website.

www.artventurers.co.uk/the-big-neighbourhood-pumpkin-trail

October Cafe Highlight

This month we are highlighting our Ringmer Memory Moment Cafe. There is never a dull moment with this wonderful bunch. A very creative & musical group who are always up for a challenge.



I am looking forward to seeing everyone soon, take care.

Sam Senior Cafe Coordinator.

Caring for my father with Vascular & Alzheimer's

I just wanted to share a little of my journey in caring for my Dad.

My parents lived with us for the last fifteen years of their life. Dad had mini strokes and then developed vascular and Alzheimer's dementia. Mum really struggled learning how to communicate with him and this would frustrate and upset her. We all learned together that Dad would respond, not to what we said, but how we communicated with him through our big grins, hugs, touch and our tone of voice. We

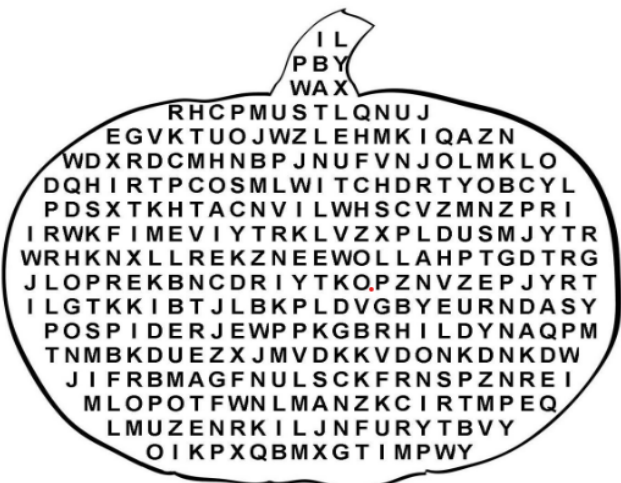
discovered that by communicating our thoughts and feelings in a positive way helped all of us. Most of us feel stressed nearly every day when caring for someone with a dementia so we also found that by leaving the room rather than arguing with Dad when he didn't say things properly, taking a deep breath and returning with a smile eased the stress for all of us.

Perhaps you have a small tip that would help others in this time of staying at home together.

My thoughts are with you all.

Jennie Morrison-Cowan, CEO, Know Dementia

Halloween Word Search



- | | |
|------------------|-----------------|
| BLACK | CAT |
| PUMPKIN | GHOST |
| SPIDER | BAT |
| HALLOWEEN | SKELETON |
| MONSTER | TRICK |
| TREAT | WITCH |

Autumnal Pumpkin Soup



Simple winter warmer, add a slice of farmers' loaf to chase away those chilly days after working in the garden

1 x large onion, chopped
1 x medium size pumpkin chopped

4 x crushed garlic cloves (optional)
1 pint of chicken or Vegetable stock
Cheeky pinch of salt and pepper

120ml Double cream & a splash more to garnish

Instructions

Place onions into your pot or casserole dish, add your onions, garlic & gently cook until golden.

While cooking peel & cut your pumpkin into chunks – saving the seeds for next year's crop.

Add the pumpkin & stock into the pot with the onions.

Bring to the boil, uncovered, then reduce heat & simmer until the pumpkin is fork tender – approx 30/40 minutes.

Remove pot from the heat & using a hand blender, blend it all together gently adding your cream. Season to personal taste.

Serve in bowls with a swirl of cream & pepper to garnish.

HORRORS OF HALLOWEEN

*Tis Halloween, when ghosts are seen
and spirits all abound.
Walking streets, seeking trick or treats
while making eerie sounds.*



*Skeletons and Werewolves,
Vampires with fangs,
Bats flying round the lamp post
where a body hangs.*



*Tis foolish to be out tonight,
you should be home in bed.
For stepping out you're sure to meet
with the walking dead.*

*The night is filled with eerie screams
as the full moon shines above,
but come the dawn and all is gone
restored to peace and love.*



Written by Doreen Homer

Christmas Competition

Are you up for the challenge?? An opportunity to win a £50.00 or a £30.00 Marks and Spencer voucher as first and second prize in our Christmas Competition.

What do you need to do?
Design and create a Christmas decoration. This could be a room decoration, a tree decoration, a floral decoration as long as it is Christmassy. Take a photo and write a little paragraph to tell us who was involved in making the decoration.

Send this info to Know Dementia in one of the following ways:

1. To the office at Know Dementia, 6/7 Unit, Henfield Business Park, Shoreham Road, Henfield BN5 9SL
2. To our Know Dementia Facebook page
3. Email info@knowdementia.co.uk
4. By phone at 01273 494300

The close date will be 10th December and Jennie and Alex will judge the entries and inform the winners by 17th December.

We are very pleased to announce that we have received support from the Coronavirus Community Support Fund, distributed by the National Lottery Community Fund. We would like to thank the government for making this possible. We would also like to thank Tesco Bags of Help for their support with a Covid-19 grant.



In partnership with
**THE NATIONAL LOTTERY
COMMUNITY FUND**

If you would like to make a donation to help us continue our support visit www.justgiving.com/knowdementia