

## Introduction

**WE WELCOME** those living with dementia and their carers and are taking steps to make our premises and Church services more dementia friendly. We are also working with other Cambridgeshire based organisations to improve the care we offer.

This leaflet summarises some of the steps we have taken and are planning. It also provides contacts and information that may be helpful.

### **Please contact**

Alan Rickard alanrickard53@gmail.com  
or Yvonne Norgett yvonne@norgett.com  
with additional suggestions and for further information.

The Revd Nigel Uden minister@urc.candf.org  
would welcome ideas for additional elements in worship that would be helpful to us as we live with dementia.



## Changes to St Columba's Church services and premises

- More well known hymns
- Chairs provided in the Sanctuary as an alternative to pews
- More tables and chairs in the hall during coffee time
- Books for browsing during coffee time
- Some members have attended a Dementia Friends information session and some have registered as Dementia Friends

## Plans for the future

- Following on from an audit of the Church and Halls ensuring that signage, lighting, floor coverings, seating etc take account of the needs of those living with dementia
- Short talk during a Church service in July 2017 by a person living with dementia
- Dementia café once a month for those living with dementia and their partners
- Hosting of Dementia Friends information sessions run by the Alzheimer's Society

## Help provided by other Cambridge organisations

Dementia Compass – D'Music's community choirs in Fulbourn and Reach; Portals to the world courses at the Fitzwilliam and Polar museums – [www.dementiacompass.com](http://www.dementiacompass.com)  
Monthly screenings at the Arts Picture House

Dance Moves, movement and dance classes for people with dementia, run by Filipa Pereira-Stubbs, [pereirastubbs@yahoo.co.uk](mailto:pereirastubbs@yahoo.co.uk)

## Alzheimer's Society

Alzheimer's Society is the UK's leading dementia charity. They provide information and support, improve care, fund research, and create lasting change for people affected by dementia. Their compassionate and experienced staff will help you to get tailored information and advice, and to access other services in the community.

Local office: 113A King Street, Rampton, CB24 8QD; 01954 250322

Email: [Cambridgeshire@alzheimers.org.uk](mailto:Cambridgeshire@alzheimers.org.uk);  
Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## Dementia Action Alliance

There is a local Dementia Action Alliance, which brings together a number of organisations to connect, share best practice and take action on dementia.

Local members include:

**Arts Picture House**

**John Lewis Partnership**

**Cambridgeshire Libraries**

**Cambridgeshire Fire and Rescue Service**

**Cambridgeshire Constabulary**

**Hewitsons Solicitors**

**Addenbrooke's Memory Clinic**

**South Cambridgeshire District Council**

**Cambridge City Council**

## Useful Resources

### VIDEO

This video shows how small changes make a dementia-friendly community  
<https://www.youtube.com/watch?v=Fz8ACEu7Lho>

And this video suggests five ways you can help a family with dementia  
<https://www.youtube.com/watch?v=sz7GM-ziBxg>

### WEBSITES

You may find some of these website articles helpful:

<http://www.livability.org.uk/wp-content/uploads/2016/01/Top-ten-tips-for-Dementia-Friendly-Communities.pdf>

[http://www.mha.org.uk/files/3814/0931/8295/Growing\\_Dementia\\_Friendly\\_Churches.pdf](http://www.mha.org.uk/files/3814/0931/8295/Growing_Dementia_Friendly_Churches.pdf)

<http://www.livability.org.uk/wp-content/uploads/2016/05/Dementia-Friendly-Church-Guide.pdf>

### BOOKS

The following books have been suggested:

#### DEMENTIA

the one stop guide

June Andrews (2015)

#### IN A STRANGE LAND

people with dementia and the local church

Malcolm Goldsmith (2004)

#### DYING

John Hinton (1967)

#### CONTENTED DEMENTIA

24 hour wraparound care for lifelong wellbeing

Oliver James (2008)

#### OUR LAST AWAKENING

poems in the face of death

Janet Morley (2016)

#### AGING WITH GRACE

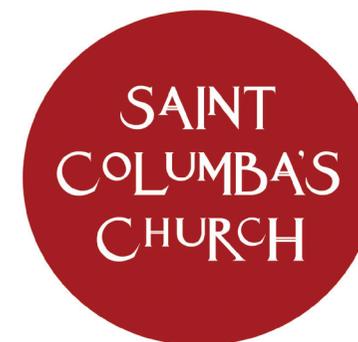
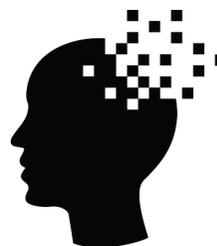
David Snowdon (2001)

#### AT THE END OF THE DAY

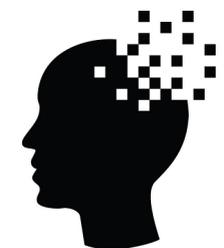
enjoying life in the departure lounge

David Winter (2013)

Local libraries have leaflets on various aspects of dementia and recommended reading lists.



# Helping those living with dementia



## DEFINITION OF DEMENTIA

We have found this brief definition helpful:

“Dementia is a loss of brain function that occurs with certain diseases. Alzheimer’s disease (AD) is one form of dementia that gradually gets worse over time. It affects memory, thinking and behaviour. Memory impairment, as well as problems with language, decision-making ability, judgment, and personality are necessary features for the diagnosis.”

**ST COLUMBA'S  
UNITED REFORMED CHURCH**  
DOWNING STREET • CAMBRIDGE • CB2 3EL  
[www.stcolumbaschurch.org](http://www.stcolumbaschurch.org)