

## Dementia Action Week 2022

**Asking the same question  
over and over again. over and over again.  
over and over again. over and over again.  
over and over again. over and over again.  
over and over again. over and over again.**

**It's not called getting old,  
it's called getting ill.**



Welcome to this very special Dementia Action Week edition of the Knowsley Carers Centre newsletter. The theme of the week that runs from 16th - 22nd May this year, is diagnosis. Since the Coronavirus pandemic diagnosis rates nationally have dropped to a five-year low. As well as the misconception around memory loss just being part of getting old, research has found that being in denial, and referral times to specialists, are big barriers for those experiencing symptoms to seek a diagnosis.

In Knowsley lots of work is being done to ensure that getting a diagnosis and receiving care and support beyond that, is the best it can be. Many organisations have been involved in refreshing the Dementia Strategy, making the borough more dementia friendly, and the Dementia Voice group gives people the chance to tell their story and be listened to. This will help us all to shape our support around what you need the most.

*continued on page 2...*

To access services from Knowsley Carers Centre please Tel 0151 549 1412  
leaving clear contact details or email to [enquiries@knowsleycarers.co.uk](mailto:enquiries@knowsleycarers.co.uk)

# Carers Strategy Refresh

Partners across Knowsley haven been progressing actions from the Knowsley Carers All Age Strategy 2020-2025 for the past 18 months and some good progress has been made in this time. The original consultation to ask carers what is important to them, took place April – September 2020. As you are aware, during this time we were in the beginning stages of the Covid 19 outbreak, therefore engagement was limited to online activities.

Now that restrictions have lifted, we will begin a series of activities to engage with carers again on what their priorities are. We hope to set out what has been achieved so far, what we were told last time and ask carers if this still feels relevant and if there are any new priorities emerging with life after Covid.

If you would like to be involved, you can get in touch with the Carers Centre or Jen Casey from Healthwatch Knowsley on 0151 449 3954 or email [jen.casey@healthwatchknowsley.co.uk](mailto:jen.casey@healthwatchknowsley.co.uk)

## Dementia Action Week 2022

*...continued from page 1*

We know that there are many carers across Knowsley who are supporting someone living with dementia (diagnosed or undiagnosed), and we want you to know that you matter too. So, whilst the theme of this years Dementia Action Week is diagnosis, it is also a time to recognize and celebrate the contributions of carers across the borough in improving the lives of people affected by dementia. If you do need information about getting a diagnosis or after receiving a diagnosis, we can provide practical advice, ongoing support and signpost you to the other fantastic local services available to support you.

There are also two events during Dementia Action Week where anyone can come along and find out what support is on offer locally and learn more about dementia. Please do come and join us!

## JOIN US ON FACEBOOK



**Knowsley Carers Centre has another way that you can stay in touch with us. Using Facebook you can keep up to date with all our news and events.**

### **We'd love you to join us!**

**Get involved and help us promote the work of Knowsley Carers Centre**

# Dementia Awareness Viewing and Reading List

**Still Alice (2014)** - Dr. Alice Howland (Julianne Moore) is a renowned linguistics professor at Columbia University. When words begin to escape her and she starts becoming lost on her daily jogs, Alice must come face-to-face with a devastating diagnosis: early-onset Alzheimer's disease.



**The Father (2020)** - A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality.

**Help (2021)** - Drama set in a fictional Liverpool care home in spring 2020. A carer (Jodie Comer) who bonds with a patient (Stephen Graham) is put to the test in horrific circumstances as the Covid-19 pandemic hits. (Currently Available at Channel4.com)

**Here today (2021)** - When veteran comedy writer Charlie Burnz meets New York street singer Emma Payge, they form an unlikely yet hilarious and touching friendship that kicks the generation gap aside and redefines the meaning of love and trust.

**Dementia Positive (John Killick – 2013)** This book is not about the past, which has gone. Or the future, which is uncertain. But it is for those who want to improve the lives of people with dementia and themselves in the Here and Now. In recognition that we are all in this together, Killick gives equal prominence to quotations from, and conversations with, people with dementia and their carers.

**The Wilderness (Samantha Harvey – 2008)** It's Jake's birthday. He has lost his wife, his son is in prison and he is about to lose his past. Jake has Alzheimer's. As the disease takes hold of him, the key events of his life shift, and what until recently seemed solid fact melts into surreal imaginings.

**Elizabeth is Missing (Emma Healey – 2015)** A woman with Alzheimer's grows suspicious when her best friend fails to turn up to meet her. Soon, the flashes of her sister, who disappeared 70 years ago, reel her into an unofficial investigation.

**What I wish people knew about dementia (Wendy Mitchell – 2022)** "What can a diseased brain tell us about being human, living our own lives better and helping those with dementia get the best from theirs? ...



# What happens if I am concerned about my memory?



**Mersey Care**

NHS Foundation Trust

Community and Mental Health Services

Knowsley Later Life and Memory (LLAMs) service is an assessment and treatment team within MerseyCare NHS Trust. We are based at Willow House and are a team of friendly and expert doctors, nurses, support workers and occupational therapists. Our aim is to help you get the right diagnosis, treatment and support for you on your dementia journey. The first step is to approach your GP if you have any concerns about your memory. Your GP will refer to us once they have completed a simple memory test with you. Once we have received a referral from your GP, a nurse from LLAMS will arrange to see you in your own home, within 2 weeks of us receiving the referral.

Following this assessment should you need a consultant appointment we will arrange this for you, alongside some physical investigations.

At this point you may or may not be diagnosed with dementia. You may be

offered some medication or further assessments to confirm a diagnosis or perhaps we will consider other reasons which could be contributing to your memory loss. Of course throughout the process you will be made aware of the next steps in your care and give you information to help your understanding.

You will be allocated a named nurse while you are under our care and that way any concerns or questions you have can be directed to your nurse. We also work closely with many other services, such as the Alzheimer's society, the Admiral nurses, district nurses and so on, ensuring we work together to give you holistic and person centred care.

Should you have any questions or queries please feel free to ring the team via Knowsley Mental Health hub on 0151 290 4999 where we will be happy to help.

**Melanie Davies – Team Manager**

## ***TO CONTACT KNOWSLEY CARERS CENTRE***

**Knowsley Carers Centre continues to provide services during the Covid 19 outbreak.**

**You can contact us in the following ways:**

**By Tel: 0151 549 1412 (please leave a clear message and contact details)**

**or by email to [enquiries@knowsleycarers.co.uk](mailto:enquiries@knowsleycarers.co.uk)**

# Activity Group

## Knowsley



### **\*New dates for 2022\***

Our activity group is a structured group based around a variety of engaging activities. We also include a regular Love to Move light exercise session (see overleaf). Activity groups are also a chance to relax and socialise.

Our activity group is for people living with dementia, and a carer or companion is welcome to attend. Refreshments are provided.

**Knowsley Activity Group** is run **fortnightly** from **1pm - 2.30pm**



**Whiston Town Hall**

**Old Colliery Road**

**Whiston**

**L35 3QX**



(Next to the Primary Care Resource Centre off Dragon Lane)

**Wednesday 11th & 25th May 2022**

**Wednesday 8th & 22nd June 2022**

**Wednesday 6th & 20th July 2022**

For more information please contact us on **0151 420 8010** or  
**[knowsley@alzheimers.org.uk](mailto:knowsley@alzheimers.org.uk)**

# LOVE TO MOVE

**A fun, age & dementia friendly seated movement programme to music.**

**Physical, emotional & cognitive benefits designed to get you moving more and having fun.**

Love to Move is the first cognitive enhancement exercise programme of its kind in the UK, based on scientific research.

Demonstrable benefits in the physical, emotional and cognitive aspects of older people especially those living with Dementia.

**When?** • Fortnightly in Whiston Town Hall during our activity group

**Where?** • Weekly in Kirkby Leisure Centre as part of the Just Connect service

**For more info:**





# **Dementia Voice Group**

## **Have your say!**

**Are you living with a diagnosis of dementia or supporting someone who is?**

We want to hear from people with lived experience of dementia and their friends and families. Join our group to meet new people, find out what's happening in Knowsley and have your say.

You're invited to give feedback and share your experiences, about all aspects of living with dementia in Knowsley. This will help us to make Knowsley a more dementia friendly community and improve existing services.

Meetings will take place every 2 months and will last around 1.5 hours.  
Refreshments will be provided.

**Use your voice, meet new people and get involved**

Monday 30th May , 27th June, 25th July,  
26th September, 31st October, 28th November  
1pm-2.30pm

**Willow House, 168 Dragon Lane, Whiston L35 3QY**

**Contact us to book a place or find out more on:**

**0151 426 4433 or [knowsley@alzheimers.org.uk](mailto:knowsley@alzheimers.org.uk)**

**\*If you are unable to attend please feel free to send feedback using the details above\***



**Mersey Care**  
NHS Foundation Trust



# ID cards pass 2000 barrier!!

As we go to press 2088 cards have been made, that's over 37% of all carers registered with us. Some quotes from carers who use the card.

"Thanks to having the card, I am able to go into appointments with my daughter at the hospital as she cannot face them alone, therefore she would not get the treatment she needs."

"I use mine when my dad attends hospital appointments, I was asked to wait in the foyer, I remembered my card and showed it to them and I was allowed to be at his side throughout his appointments."



"I've used mine to get reduced or free admission to the cinema, bowling, Chester Zoo and Knowsley Safari Park."

"I went to the doctors to collect a letter for my wife who is disabled. They weren't going to let me take the letter but when I showed the card they let me take it."

If you haven't got your card yet just email a photo to Judy – don't forget to give your name and address so she knows who you are

[judy@knowsleycarers.co.uk](mailto:judy@knowsleycarers.co.uk) If you want more information you can call Judy on **07525 638 093**

Some cards are coming up for

renewal. If you have been in touch with us recently your new card will be sent automatically as we know you are still caring. If it has been over 12 months we will contact you in plenty of time just to see how you are doing and check you are still at the same address.



# Knowsley Dementia Action Week 2022



Are you living with or caring for someone affected by dementia?

As part of Dementia Action Week 2022 you are invited to join us to find out what is available to support you in Knowsley. Each drop-in session will have:

- stalls showcasing the services on offer
- information on a range of topics
- an opportunity to feedback your experiences
- Dementia Friends session for those wanting to learn more
- The sessions are open to anyone affected by dementia, members of the community and local businesses/organisations.

## Whiston

Wednesday 18<sup>th</sup> May 2022

1pm – 3pm

Whiston Town Hall, Old Colliery  
Road, Whiston L35 3QX



## Halewood

Friday 20<sup>th</sup> May 2022

1pm – 3pm

Fairview Park Community Centre,  
Sherborne Ave, Halewood L25 9RL



**Register your interest using the QR codes, contact us on 0151 426 4433 or just turn up!**

For Dementia Action Week, Alzheimer's Society has also produced a **new online resource which people can print off and take to their GP** to help explain their symptoms and get the support they need.

This latest resource, along with support and more information about a diagnosis is just a phone call or a click away, by visiting [alzheimers.org.uk/memoryloss](https://alzheimers.org.uk/memoryloss) or by calling your **Knowsley Dementia Support Service on 0151 426 4433**.

# THE CARER'S EMERGENCY CARD



*Peace of mind for carers in Knowsley*

## **What is the carer's emergency card?**

If you look after your partner, disabled child, relative or friend who relies on your support you could receive a carer's emergency card. If you were involved in an incident, accident or emergency, then you, another person or the emergency services would use this card to contact the 24 hour telephone response service to make sure the person you care for is safe and well. By carrying one, ideally in your purse or wallet, you can be confident that the person you care for won't be left without the support they need.

## **How much does it cost?**

Nothing – the card and any emergency care that may be needed in the first 48 hours is free to all carers resident in Knowsley.

## **How to register with the Carer's Emergency Card scheme**

You can download a registration form from :

[http://www.knowsleycarers.co.uk/forms/6084.18\\_carers\\_registration\\_form.pdf](http://www.knowsleycarers.co.uk/forms/6084.18_carers_registration_form.pdf)

Once completed it should be posted to :  
Home Care Link (CC)  
Freepost LV5348  
Ormskirk, Lancashire, L39 2HT

**Dementia  
Support  
Knowsley**



Living with dementia at any time brings challenges. If you need support we are here for you in 2021.

[knowsley@alzheimers.org.uk](mailto:knowsley@alzheimers.org.uk)

## **How to get personalised one-to-one support**

Contact our Knowsley dementia support worker between 9:00am - 5:00pm Monday to Friday

## **Melanie Campbell**

[melanie.campbell@alzheimers.org.uk](mailto:melanie.campbell@alzheimers.org.uk)

**07525 403 832 or 0151 426 4433**

## **We can help with issues such as:**

- Understanding a diagnosis of dementia
- Legal matters including Lasting Power of Attorney
- Managing your money and benefit entitlements
- Living well with dementia and keeping active
- Support with everyday tasks and getting further help

## Your views and comments are important to us

Healthwatch Knowsley makes sure your views on local health and social care services are heard. If you have received a service from Knowsley Carers Centre—whether that be information support, advice or any other service, please feedback your comments to the Knowsley Healthwatch website [www.healthwatchknowsley.co.uk](http://www.healthwatchknowsley.co.uk)

If you are using the Healthwatch Knowsley website to leave feedback about Knowsley Carers Centre, why don't you leave feedback about your GP surgery at the same time? It is really important for us to hear how people are accessing services.



## Young Carers Service

Our Young Carers Service is accepting referrals and we can now conduct home visits to complete Young Carers Assessments. Alternatively, this can be done over the telephone if you are not comfortable with us visiting. We can provide advice or support over the phone and we're available to chat. The Me Time programme provided by Vibe is up and running, they are providing our Young Carers with activities that they can do together in a safe environment like in the park. Please feel free to contact Chris Wong on 07717 301 325 or Tracy Mythen 07919111273 if you would like further information or know any child/young person who is looking after someone and would like



## WELFARE BENEFITS ADVICE



Our Benefits Advisor, Paul Murphy continues to provide telephone advice, information, benefits calculations, and support to help complete forms.

Please call on 0151 549 1412 leaving clear contact details or email [enquiries@knowsleycarers.co.uk](mailto:enquiries@knowsleycarers.co.uk)

# IT Drop-In

Come along and brush up your IT skills and learn something new.

Knowsley Carers Centre IT group meets every Tuesday at 10.00 am at our office in Bewley Drive, Kirkby L32 9PE



**If you're affected by dementia or worried about your memory, Alzheimer's Society Knowsley are here to support you. Call 0151 426 4433 to find out about groups, courses and one to one support.**

## Coffee Groups to Resume Soon

Knowsley Carers Centre Coffee Groups will be resuming shortly. Our coffee groups are held at Knowsley Carers

Centre in Bewley Drive, the Old Schoolhouse, St John's Road, Huyton and New Hutt in Halewood.

It's always good to get together for a chat and a laugh over a cuppa. More information will be posted on our website as soon as dates are available.





**Mersey Care**  
NHS Foundation Trust

Community and Mental Health Services

# Ignite Your Life Event

In celebration of involvement at  
Mersey Care NHS Foundation Trust

**Wednesday 13th July 2022**

10:00am - 3:30pm

Walton Hall Gardens  
Walton Lea Road  
Warrington  
WA4 6SN

**Free Entry**

**Lunch and refreshments provided**

*Entertainment, Art, Crafts, and much more will be on offer along with exhibition stands from local support services.*

Travel expenses will be paid on the day to service users,  
carers and volunteers

If you have any questions or would like any further information

please email:

[Engagementandexperience@merseycare.nhs.uk](mailto:Engagementandexperience@merseycare.nhs.uk)



## Are you a carer or do you rely on the support of a carer?

Hospital Trusts across the Merseyside and Cheshire Region have worked together with Carers and Carer organisations to develop a Carer Passport for use when a person is admitted to hospital for an inpatient stay

### The passport;

- Raises awareness of the Carer role
- Provides support to Carers
- Recognises the importance of Carers in patients' lives.
- Provides information to managers and key Healthcare professionals.
- Details a partnership agreement in supporting the care of the patient during their stay in hospital.

Speak to the Ward Manager where you or your loved one are being cared for and ask about the Carer Passport and what can be done to support you at this time.





# JUST Connect

0800 073 1202

Phone today...

...make tomorrow better

## What can Just Connect do for you?

**CORE**

The CORE project at Better Lives provides one-to-one weekly companionship for older people in their own home



Join our Love to Move sessions. An innovative age and dementia friendly seated exercise session, designed to provide cognitive and physical benefits to help you keep well. Carers can use other onsite facilities during this time if they wish, to enable you to keep well too.

**CARERS  
TRUST**

Knowsley Carers  
Centre

Knowsley Carers Centre provides a befriending service for carers, activities and trips out to bring carers together and make connections.



**Mersey Care**  
NHS Foundation Trust

Community and Mental Health Services

The Healthy Knowsley team can put you in touch with lots of other activities taking place across the borough to help you;  
Connect • Be Active • Take Notice • Keep Learning • Give

**Phone Just Connect on 0800 073 1202 today and make tomorrow better.**



Knowsley Council

**Supported by the National Better Mental Health Fund**

# ***HAVE YOUR SAY ABOUT YOUR LOCAL HOSPITAL AND COMMUNITY SERVICES***



**Have you recently attended or visited your local hospital? Or accessed health care services within the community, such as podiatry, phlebotomy or physiotherapy?**

**Have you had any problems accessing these services or have you experienced any delays or cancellations, including operations and appointments?**

**We are also keen to hear any positive experiences about accessing these services to understand what services are doing well.**

Healthwatch Knowsley are keen to hear from carers about their experiences of both hospital and community services, particularly during the pandemic. If you have recently accessed or tried to access your local trust you can provide your comments via our Feedback Centre:

[www.healthwatchknowsley.co.uk](http://www.healthwatchknowsley.co.uk)

If you would prefer to speak to someone directly, please feel free to contact Healthwatch Knowsley staff on: 0151 449 3954

Also, if you have feedback regarding any other health or social care service, please go to: [www.healthwatchknowsley.co.uk](http://www.healthwatchknowsley.co.uk)

We look forward to hearing from you!

## **Healthwatch Knowsley Positive Mental Health Coffee Morning**

Come along and 'Have YOUR Say!' about Mental Health Services

Our Positive Mental Health Coffee Mornings are a great opportunity for people to come and chat about their experiences of Mental Health services in Knowsley in an informal environment.

The Coffee Morning is open to anyone, including service users, family members and carers, so please come along and feel free to bring a friend.

Please note that the venue for the coffee mornings will be alternated between Huyton and Kirkby and transport is available on request. The meetings are also available to access via Zoom.

For more information about the coffee mornings and upcoming dates, please contact Healthwatch Knowsley on:

Tel: 0151 449 3954

Email:

[enquiries@healthwatchknowsley.co.uk](mailto:enquiries@healthwatchknowsley.co.uk)

“

*Side by  
side through  
the maze*

”



**Sight&Mind**  
CIC

Bespoke support for people living with  
dementia and/or sensory impairment.

**Sight and Mind** CIC provide bespoke support for people living with dementia and/or a sensory impairment. In addition, **Sight and Mind** also provide assistance and training for families, carers, professionals and the local community. Our aim is to ensure that our clients are offered a safe and welcoming environment where they can access:

- **Bespoke guidance, advocacy and co-ordinated support for individual requirements.**
- **Specialist training for professionals, the community and families such as VIAT (Visual Impairment Awareness Training) of the potential issues and solutions to living with dementia and/or a sensory impairment.**
- **Consultancy, both centre based and externally, to individuals and organisations who seek further understanding of dementia and/or sensory impairment.**

Proudly embedded within the local community of Knowsley, **Sight and Mind** has developed excellent network connections, both statutory, non-statutory and voluntary, alongside support from the Local Authority. With dementia increasingly prevalent in families across the community, **Sight and Mind** provide continuous support, side by side, through the maze to ensure our clients and their families never feel a sense of isolation. We seek to help our clients regain a sense of control in their journey of living with dementia and/or a sensory impairment.



Telephone 07516 529093  
Email [info@sightandmind.co.uk](mailto:info@sightandmind.co.uk)  
Twitter [SightandMindCIC](https://twitter.com/SightandMindCIC)  
[www.sightandmind.co.uk](http://www.sightandmind.co.uk)