

## Prestwick and Villages Locality Planning Group

### Action Note of Meeting: Monday 21<sup>st</sup> May 2018 (Mental Wellbeing/Dementia)

#### Present:

Margaret Milligan (Chair) - Prestwick Resident, Ellen Mitchell - Community Representative  
Eudora Tabor - Heathfield Representative, Margaret Toner - Elected Member, Hugh Hunter -  
Elected Member, Lesley Reid - Health Improvement Lead, Ian Davis - Elected Member,  
Elaine Anderson - Acting Physiotherapy Service Manager, Julie Twaddell - Carers  
Representative

#### In attendance:

Seonaid Lewis - Community Engagement Officer, Ola Mazurek - Ayr Action for Mental  
Health, Jim Baird - Dementia Friendly Prestwick/Alzheimer Scotland, Liz Campbell - South  
Ayrshire Dementia Association, Mary Mann - South Ayrshire Dementia Association, Lorna  
Walker - Dementia Friendly Prestwick, Chic Martindale - Community Engagement Officer

#### Apologies:


Willie Stewart - Community Representative, Janette Nixon - Team Leader Housing, Clare  
Graham – VASA Capacity Building Development Officer, Liz Kelly - Symington Representative


#### Dementia Awareness Training Participants

New Life Diamonds - Maureen Boyle, Mary Kerr, Michelle Swart, Wendell Alexander  
Prestwick North Community Council - Jim Ronney, Patricia Young, Al Priestnall, Shirley Harris  
Prestwick South Community Council - Alison Quinn, John Park, Lynne Bowman  
Newton & Heathfield Community Council - Sheila Wylie, Jane Robertson

Item	Discussion	Action
Welcome	Margaret welcomed everyone to the meeting and extended a warm welcome to those attending for the Dementia Awareness Training Session, provided by Dementia Friendly Prestwick.	
Ayr Action for Mental Health (AAMH) - Ola Mazurek	<p>Ola introduced herself (Senior Development and Outreach Practitioner) and provided an overview/update on AAMH. Key points:</p> <ul style="list-style-type: none"> <li>• Supporting people with lived experience of poor mental health</li> <li>• New Development and Outreach Team <ul style="list-style-type: none"> <li>○ 'Living Life to the Full', Stress Management courses, Mental Wellbeing workshops and peer support facilitation training</li> </ul> </li> <li>• Strathyre Activity Hub - 42 Prestwick Road, Ayr <ul style="list-style-type: none"> <li>○ Creative writing, mindfulness, guitar group, arts &amp; crafts, yoga, café, social activities</li> </ul> </li> <li>• Remove stigma</li> </ul> <p>Margaret thanked Ola for her input.</p>	

<p>Dementia Friendly Prestwick</p> <p>Dementia Awareness Training - Jim Baird</p>	<p>Jim provided an informative and interesting session, which combined very practical guidance about communication do's and don'ts, with an overview of the many different types of dementia and how each progresses.</p> <p>Also included:</p> <ul style="list-style-type: none"> <li>• Risk factors, causes and symptoms</li> <li>• Ayrshire statistics</li> <li>• Dementia friendly design principles - how your business or organisation can make some simple changes to become a more accessible space for people with dementia</li> <li>• Purple Alert - a free app which notifies members of the community that a person with dementia has lost their way nearby</li> <li>• What else we can do...</li> </ul> <p>Questions and group discussion followed - key points raised:</p> <ul style="list-style-type: none"> <li>• Colour contrasting within local environments</li> <li>• Stimulating activities are encouraged - e.g. quizzes and games - Jim highlighted that a Dementia Friendly Board game is just about to be launched for Prestwick</li> <li>• Providing support on an individual basis - ensuring people living with dementia feel safe, comfortable and loved</li> <li>• Playlist for Life - great example provided by Julie Twaddell where the power of music enabled a person living with dementia, who does not openly communicate, to burst into song</li> <li>• How to test for dementia? There is no single test for dementia - diagnosis is based on a combination of assessments and tests. These may be done by a GP or a specialist at a memory clinic or hospital.</li> <li>• SAGE test - light touch cognitive test to detect early signs</li> <li>• One year post diagnostic support</li> </ul> <p>Margaret thanked Jim and Dementia Friendly Prestwick on behalf of the group and certificates were circulated to participants.</p>	
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<p>South Ayrshire Dementia Support Association (SADSA) - Liz Campbell, Day Centres Manager</p>	<p>Liz provided a brief update, key points -</p> <p>South Ayrshire Dementia Support Association (SADSA) is a charitable organisation providing specialised day care for those diagnosed with dementia, seven days a week. They also now offer 'flexible care' for between 2 and 6 hours. SADSA also provides support for carers and families.</p> <p>Locations are 2 Eglinton Terrace Ayr and 2-4 Benmore Prestwick. Liz let the group know that SADSA would be holding an Open Day on the 8<sup>th</sup> June at 2 Eglinton Terrace (2-5pm) and invited everyone along.</p> <p><a href="http://www.sadsa.org.uk/">http://www.sadsa.org.uk/</a></p> <p>Margaret thanked Liz for her input.</p>	
<p>Dementia Friendly Prestwick update</p>	<p>Julie provided an update on behalf of dementia Friendly Prestwick, key points -</p> <ul style="list-style-type: none"> <li>• Community Cinema at Prestwick Community Centre - Free relaxed screenings of classic films, 4<sup>th</sup> Friday each month, 1.30pm for a 2pm start.</li> <li>• Monthly drop-in sessions at Prestwick Library. Every 3rd Friday of the month, members of DFP will be available to signpost information and services available for people living with dementia and their carers. Also a "Help Point" for the Playlist For Life charity.</li> <li>• Dementia Awareness Training sessions - Free Dementia Awareness training for community groups, businesses and individuals</li> <li>• Organised health walks along Prestwick Promenade, every Thursday from 11am.</li> <li>• Relaxed shopping lane at Sainsbury's Prestwick</li> <li>• New Dementia Friendly Prestwick board game coming soon</li> </ul> <p style="text-align: center;">         DFP Flash Report        May 2018.pdf     </p> <p>Flash report attached</p>	

<p>Dementia Awareness week 4<sup>th</sup> - 10<sup>th</sup> June</p>	<p>Lots happening locally for Dementia Awareness Week, including -</p> <ul style="list-style-type: none"> <li>• Biggart Activity Group will be hosting their first event - Garden Party and Pop-up cinema at the Biggart (Calamity Jane)! Wednesday 6<sup>th</sup> June 1-4pm. (The draft Dementia Strategy will be officially launched at the event).</li> <li>• Launch of the Dementia Friendly Prestwick Health Walk along Prestwick Promenade - followed by complimentary tea/coffee at the Parkstone Hotel</li> <li>• Drop-in at Prestwick Library</li> <li>• 'Tea in the Park' (Boydfield Gardens) 1-3pm</li> </ul> <p>Programme attached</p>  <p>DFP DAW2018.pdf</p>	
<p>AOCB</p>	<p>No other business</p>	
<p>Date and Time of next meeting</p>	<p>Monday 25<sup>th</sup> June, 7pm Biggart Conference Room</p>	
<p>Future meeting dates</p>	<p>27<sup>th</sup> August, 1<sup>st</sup> October, 29<sup>th</sup> October, 26<sup>th</sup> November</p>	