

CITIZENSHIP

Dementia Friendly East Lothian CIC (DFEL) exists to transform the lives of people living with dementia, their families and friends. We help people stay connected and involved in daily life in their community; with people to see, things to do and places to go. We make dementia about everyone, every day.

RIGHTS

What we do: We bring people living with dementia and carers together for friendship, fun and mutual support. We work with communities to make them more inclusive so people living with dementia, families and friends are fully involved, respected and connected. We work with services and policy makers to develop innovative approaches that empower people with dementia and carers to do the things that matter to them.

COMMUNITY

How we do it: Our Living Not Existing Programme works directly with people with dementia and carers, helping them adapt to life with dementia; to live and not just exist.

PEOPLE

Made Here By Us helps communities to be more supportive and inclusive of people affected by dementia. Our work is underpinned by the lived experience of people with dementia and carers, research and theory and best practice in dementia and community psychology.



WHO WE ARE



OUR FUNDING

There are **3 Directors:**

Dr Sue Northrop, Elaine Gale, and Eliot Stark

We also work with talented people to deliver our work; Margaret McCole from Two Dog Design who helps with our communications. Designs for Life is our programme, run by Alison Connell, that provides dementia inclusive design solutions.

KEEP IN TOUCH

DFEL has a monthly newsletter that goes to people living with dementia, carers and others. We have an active Facebook page with over 1,000 followers. We also do regular talks at schools, churches and in communities.

We are very grateful for funding from the East Lothian Health and Social Care Partnership. Our work is also supported by a kind donation from the local Health Centres.

East Lothian's Area Partnerships are central to our work. They provide a way for people with dementia and carers to influence local decision making, get support for local groups and have provided direct help to local dementia friendly projects and innovative projects. We have also had great support and gifts from a range of local people and bodies including Guilds, Rotary, Clubs and arts and crafts groups. These kind donations have helped us develop innovative projects in those communities.

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LIVING NOT EXISTING

Our *Living Not Existing* programme focusses on working with people living with dementia, their families and friends. We provide help and support for people to help them adapt to life with dementia; create opportunities to meet with people in the same boat and make new friends and to have greater control and influence over the things that matter to them.

Memory Course

Being diagnosed with dementia is a critical time. We work with the Adult Mental Health Team to run Memory Rehabilitation Courses in community settings round East Lothian. Courses aim to help people adapt to and manage life with dementia, build friendships with people with similar experiences and stay connected to their community. We provide direct input and fund the venues and refreshments and an end of course lunch. This year we supported 8 4- week courses.

Friendship Groups

People on the Memory Rehabilitation Course told us they wanted to stay in touch. Support from the Dementia Engagement and Empowerment Project (DEEP) enabled us to set up monthly Friendship Groups in 5 community venues. Over the last year we have run 53 sessions with almost 300 attendees in total. Groups have connected with a range of local organisations and are planning new projects.

Having Our Say

DFEL has supported people with dementia and carers to have their say on policies and services. With the help of DEEP we held an event in Haddington for people with dementia to tell us what matters most to them. People from the session also attended and spoke at the International conference.

What's On

People with dementia and carers tell us they want more information on activities and events in their community. We provide 'What's On in...' for people who attend the memory course and publicise them on our Facebook page and website.

Communication

Communicating is key to our work. We have a monthly newsletter that goes to people with dementia and carers and a quarterly version for wider audiences. Over 1,000 people like our Facebook page which we use for sharing news and inspiring ideas that we hope communities will try.

Research and Policy

DFEL provides an accessible channel for people affected by dementia to influence and be informed about policy and decision making. We participate in policy and strategy forums at both local and national level and respond to consultations.



Gatherings and Events

Our learning events and gatherings bring people together and are very popular. We recently held an international conference on dementia in Haddington: Thinking about Dementia: Shifting Paradigms: The Role of Community Empowerment. It was one of 4 events we ran with Stirling and Strathclyde Universities, supported by the Scottish Universities Insight Institute.

We had a very successful creativity event at Cockenzie House and Gardens for people with dementia and carers and ran events in Dementia Awareness Week, Carers Week and the Luminare Festival. We also supported the Life Changes Trust to arrange an event by and for Carers in East Lothian

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MADE HERE BY US

Made Here By Us helps communities be more dementia friendly and inclusive. Across East Lothian people want to know more about dementia and find ways to support people who live in their community. We help them realise their hopes and aspirations in anyway we can. By making communities more dementia friendly, we make communities better for everyone.

Dementia Friendly Communities

We have worked with 11 communities, helping them develop Dementia Friendly business schemes; dementia inclusive groups and activities, make premises more accessible to people with dementia and connect people to local decision making. For example we worked with Longniddry Community Centre to help them set up a walking group and drop in weekly cafe. Through Designs for Life we supported Longniddry Parish Church and North Berwick Day Centre to make their premises more dementia friendly.

Collaborations and Innovations

DFEL has supported over 40 local staff, volunteers and community members to undertake free training in Dementia Awareness, Inter-generational Working, Assets Based Community Development and Playlist for Life.

Collaborations and Innovations

We are working in partnership with local organisations to develop innovative projects that transform how we think about dementia and bring people with dementia, carers and community groups of all ages together. Bringing different ages together is key to this work. We focus on projects that research suggests have great potential for transforming the lives of people with dementia and carers. By adding the community to the mix, we're creating something very special and different.

DFEL is also working in partnership with Cockenzie House and Gardens to bring people together to create a Sensory Garden for the whole community.

We are working with Dunbar Fashion School on their exciting inter-generational project that brings people with dementia, carers and school pupils together round clothing and fashion - culminating in a fashion show.



Designs for Life

DFEL has worked with Alison Connell to find ways of using design thinking and skills to help people adapt their environment to become dementia friendly whilst still feeling like home. Over the next year, Alison will continue to develop the project to include workshops and consultancy on dementia friendly living and aging.



Our Community Kitchen

Elaine Gale started Our Community Kitchen in Haddington with support from the Big Lottery and Haddington and Lammermuir Area Partnership. When Haddington Bowling Club kindly gave us a home, the kitchen started up. Over the next year, the "Kitchen" plans to become independent



ReVitalise Yoga

Sue set up Revitalise Yoga to provide yoga for everyone of all ages and stages. Classes run in care homes, day centres and community venues including libraries. In the coming year we will be doing more inter-generational yoga and developing training for activity co-ordinators and people working in care.



**CONTACT
DETAILS**

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