

*Dunbar Dementia Network SCIO  
Minutes of the meeting of the trustees  
held on the 17<sup>th</sup> September 2018 at 4.00 pm at 81 Countess Road,  
Dunbar*

*Present: Diana Greene, Jo McNamara, Alasdair Swan*

*Apology for absence: Lorna Bunney*

*Minutes of the previous meeting: These were approved  
and will now be posted on the website. AS*

***Matters arising:***

*The Amos Trust grant has been received.*

*The Social Fund is shown separately in the monthly accounts.*

*The first meeting with volunteers has taken place.*

*The meeting with link workers may be outstanding. LB*

*The Be Green application is in the system. No response yet.*

*The Awards for All application is outstanding. AS*

*The Scotrail grant application may lapse.*

*Jo's proposed logo was adopted*

*The DDN website training between Lorna and Philip Immirzi  
has taken place.*

*The Gift Aid and Standing Order forms have been drafted.*

*The Total Giving site alert appears to have been an  
advertisement and not a scam.*

*The First Aid Training will be carried forward. LB*

*The Disciplinary Policy has been published.*

*The Grievance Policy has been published.*

*The contract of employment can now be issued. AS*

***Carers Group review:***

*The forthcoming programme for October was noted.*

*Lorna has briefed the volunteers and Jo will check that they do  
not need further support during Lorna's absence. JM*

***Co-ordinator's report***

*There has been a wonderful late summer with the group, again,  
being involved in several interesting and varied activities. Tea  
parties, barge trips.....you name it! The art workshops with*

*North Light Arts Group have been really good, with lots of laughter, song and creativity. (Suzie Goodwin has been thanked for including us in this recent North Light's programme, and also thanks have gone to the Seagull Trust for accommodating us on the barge trip).*

*Mr Billy Legget of Dunbar Golf Club once again handed over the proceeds of his President's Day Raffle (£320.00) which has been banked. He has been thanked for his continuing support.*

*It was with regret that I had to inform all these lovely folks that I would have to take a bit of a back seat for a wee while. I had several activities in mind in the run up to Christmas, but have postponed these until the New Year, preferring to keep things as low-key (but still companionable and interesting) for the group. You will have received our volunteers schedule - Chris, Helen, Beth (and Jane, when she is in Dunbar) have been very willing to commit to attending on Thursdays, as there will certainly be a few Thursdays I will be unable to go along due to scheduled dates for surgery and treatment. Diana has also indicated a date when she will attend. I will meet with the girls again mid-October or so, to plan volunteers' schedule for Nov - 13 December, starting up our weekly meetings again on 10 January 2019.*

*Rod and I plan to do a Christmas wreath-making session on the morning of Friday, 7 Dec, and I have booked Winterfield Golf Club for our Christmas Lunch - 1 30 pm on 13/12/18. Beth, one of our volunteers, plans to do a series of simple Christmas crafts at the weekly meetings towards the end of Nov/beg December, so that will be nice! (We did have a visit to the Panto last year, but I think we'll do a theatre visit March/Apr as I've also arranged a special dementia-friendly visit to NMS (Edin) for Jan/Feb.)*

*I'm currently working on the Scotrail funding application (piece of artwork to be made for station or other public area). To this end, I have met with local writer Lorna Hill, who will run some creative writing sessions, and am currently looking for the appropriate local artist to work alongside us - important to get the right person! (I will probably need some Trustee input on this, so will be in touch as and when).*

*I also met recently with a member of Changes, based in Musselburgh to see about the possibility of some buddy-led walks in Dunbar for some of our group members. Hopefully something will come of this.*

*Further to our discussion at our last meeting, I am still worried about some of our Carers (especially the male carers), and the need for them to have a bit of an outlet to discuss their problems with other carers, or just to offload to a 'listener'. Rod and I had discussed this prior to my recent diagnosis, and had thought about trying a monthly 'Pie and a Pint' evening, which we would volunteer to do - again, we'll look at this a bit further down the line.*

*I had another good website tutorial with Philip earlier this month, and also met-up with one of the dementia link advisors for our area - we will again meet up with link workers from Carers of East Lothian too in the near future.*

*After discussion, the group have indicated that they would be more than happy to pay a £10, non-refundable deposit towards the cost of transport hire. (I would be happier with a £5 one, as £20 seems an awful lot for a couple to lose??)*

*Regarding group size, we have 'lost' two couples who joined before the summer - one lady has sadly been ill in hospital, but I have maintained contact with her carer; the carer of the other couple had indicated that although she enjoyed the meetings/activities very much, she felt that her partner, who is very deaf, didn't appear to get anything out of the meetings, but she had managed to get him support at the Day Centre in East Linton. Another lady, a carer who has attended meetings for a long time and whose husband passed away a year ago but has continued to come along, has decided that the group is now too big and "is not the same", so is going to give it a miss. (Numbers currently attending Thursday sessions, are still more than enough for one session.)*

***Co-ordinator's sick leave:***

*Sick leave payments will be made in line with the contract of employment*

**AS**

*The meeting wished Lorna well following her operation this month.*

***Financial review:***

*The latest accounts have been circulated.*

*My Donate was recommended as a possible channel for donations and the options will be reviewed at the next meeting.*

***AS***

*The requirement for more funding to enable the SCIO to develop its strategic plans for 2019 was emphasized by Jo.*

*A pension declaration of compliance has been submitted but it now needs to be re-entered on-line.*

***AS***

*An approach will be made to the Bank of Scotland to have Diana added to the list of authorised signatories.*

***AS***

***DFEL:***

*DFEL is promoting the Meeting Centres Support programme promoted by the University of Worcester. The Association for Dementia Studies was awarded a European Union research grant in order to carry out potentially vital work in helping people and families living with dementia. The aim of the project, known as [MEETINGDEM](#), supported through the EU Joint Programme - Neurodegenerative Disease Research (JPND), was to implement and evaluate the Meeting Centres Support Programme which has achieved great success in the Netherlands. The Meeting Centres Support Programme (MSCP) provides an innovative way of supporting people with mild to moderate dementia and their families through an evidence-based, person-centred approach. The meetings on 10/11 October will explore the potential for this initiative to benefit East Lothian. It was agreed that Diana would attend and report back as to whether there was any clarity as to which organization would provide the resources for a Meeting Centres Support programme.*

***DG***

*The existing DFEL website is wrong and misleading when it comes to promoting dementia support activities in Dunbar. It*

*was proposed that it would be better if DFEL simply referred to the SCIO's website and left it upto us to keep Dunbar information complete and relevant.*

**DG**

***Dementia briefing:***

*Diana referred to the 1993 work of Professor Kit Wood.*

*The development of the person-centered care approach is widely attributed to Professor Thomas Kitwood in the late 1980s at the University of Bradford in the United Kingdom. Person-centered care is a way of providing care to people in which the unique person and their preferences are emphasized, instead of the disease, its expected symptoms and challenges, and the lost abilities of the person. Person-centered care recognizes that dementia is only a diagnosis of the person, and that there is much more to the person than her diagnosis.*

*A person-centered approach changes how we understand and respond to challenging behaviours in dementia. Person-centered care looks at behaviors as a way for the person with dementia to communicate his needs, and it understands that figuring out what unmet need is causing the behaviors is the key.*

*Person-centered care also encourages and empowers the caregiver to understand the person with dementia as having personal beliefs, remaining abilities, life experiences and relationships that are important to them and contribute to who they are as a person.*

*On a moment-by-moment basis, person-centered care strives to see the world through the eyes of the particular person with dementia. It takes a holistic approach.*

***Dementia Awareness Training:***

*Explore the subject with Michael Huddleston with a view to considering it at a future meeting,*

**DG**

***Next meeting:***

***25<sup>th</sup> October 2018 16:30 at Bleachingfield***