



## Get involved in Plymouth's Dementia Action Week (17 – 23 May 2021).

This events programme has been coordinated by Claire Puckey (Dementia Friendly City Coordinator, Plymouth City Council) and Ian Sherriff B.E.M. (Academic Partnership Lead for Dementia, University of Plymouth and Chair, Plymouth Dementia Action Alliance).

All events are open to the Public and are FREE. Events taking place throughout the week include:

DATE	EVENT	TIME	ORGANISERS
Monday 17 <sup>th</sup> May	Live virtual Cognitive Stimulation Therapy Taster Session on Zoom for anyone interested to find out more and to experience a session e.g. people living with dementia, family members or carers, healthcare professionals and others.	10:15 am to 11:15am	Memory Matters SW. Please book via Eventbrite <a href="#">here</a> . If the scheduled session shows as 'sold out', please register and add yourself to the 'Waiting List', as they will then add a further session at a different time on the same morning and will contact you.
	Livewell Southwest Session on Microsoft Teams: The Dementia Advisor Service and it's Role In The Community.	11am to 12pm	To attend, please email: <a href="mailto:Nicole.quinn1@nhs.net">Nicole.quinn1@nhs.net</a> and a link will be sent to you.
	Livestream Scams Awareness Session on Microsoft Teams	2pm to 2:45pm	Tina Powell, Trading Standards Team. To attend please email: <a href="mailto:claire.puckey@plymouth.gov.uk">claire.puckey@plymouth.gov.uk</a> or Tel: 01752 398922

	<p>hosted by Plymouth Trading Standards. Current scams will be highlighted and how to prevent yourself from becoming a victim. Will focus on people with dementia and the challenges they face when they receive a letter or phone call from a scammer.</p>		
<p><b>Tuesday 18<sup>th</sup> May</b></p>	<p><b><u>Legal drop in session on Zoom</u></b>, with local solicitor Hilary Cragg, answering questions that you may have about e.g. Lasting Power of Attorney, Costs of care, Care issues, Discharge or change of care issues, How to navigate family disputes / dynamics when dementia is involved.</p>	<p><b>11:30am to 12:30am</b></p>	<p>Hilary Cragg, Solicitor and Partner at Nash and Co Solicitors. To attend, please email: <a href="mailto:hcragg@nash.co.uk">hcragg@nash.co.uk</a> who will then send you the Zoom link.</p>
	<p><b>Livestream Public Dementia Friends Awareness Session on Microsoft Teams:</b> All Welcome!</p>	<p><b>2pm to 3pm</b></p>	<p>Dementia Friendly City Coordinator, Plymouth City Council. To book, please email: <a href="mailto:Claire.puckey@plymouth.gov.uk">Claire.puckey@plymouth.gov.uk</a> or Tel: 01752 398922.</p>
<p><b>Wednesday 19<sup>th</sup> May</b></p>	<p><b>Park Pharmacy Trust Session on Zoom: <i>No matter how bitter the pill, the memories of it are sweet.</i></b> The Trust delivers fun reminiscence sessions for people with and without dementia. During this session, Dr Jan Knight will share items previously sold in pharmacies and explain how the</p>	<p><b>11am to 12pm</b></p>	<p>To attend please email: <a href="mailto:jan.knight@parkpharmacytrust.org.uk">jan.knight@parkpharmacytrust.org.uk</a> or Tel: <b>01752 565 676</b> and you will receive joining instructions for the session.</p>

	Trust uses them to encourage people to try hands on activities like pill rolling and to stimulate memories. Sessions can be run at their Pharmaceutical museum at Thorn Park Lodge or via visits to residential homes, day centres, hospitals and hospices. They can also train carers to use items to run sessions themselves which can be made available to borrow.		
	<b>Plymouth Argyle Community Trust Extra Time Hub Session on Zoom.</b> Open to anyone over 60. Activities, quizzes and chat etc	12pm to 1pm	To join the group, follow the link below: <a href="https://us02web.zoom.us/j/81365849896">https://us02web.zoom.us/j/81365849896</a> Meeting ID: 813 6584 9896
	<b>Rural Dementia Friendly Communities Session on Zoom.</b> Maxine Kennedy, (Project Coordinator) will talk about the work on the edge of Plymouth of the Dementia Friendly Parishes Around the Yealm Project	2pm to 2:30pm	To attend, please email: <a href="mailto:Maxine@dementiayealm.org">Maxine@dementiayealm.org</a> and a link will be sent to you.
	<b>Diagnosing Dementia and Q &amp; A Session on Microsoft Teams with Dr Rupert Noad (Consultant Neuropsychologist, Derriford Hospital).</b> Get your questions	3 to 3:30pm	To book onto this session and if you have any questions you would like to submit in advance, please email: <a href="mailto:Claire.puckey@plymouth.gov.uk">Claire.puckey@plymouth.gov.uk</a> or Tel: 01752 398922

	about dementia answered!		
<b>Thursday 20th</b>	<p><b>Livestream Scams Awareness Session on Microsoft Teams</b> hosted by Plymouth Trading Standards. Current scams will be highlighted and how to prevent yourself from becoming a victim. Will focus on people with dementia and the challenges they face when they receive a letter or phone call from a scammer.</p>	<b>10:30am to 11:15am</b>	<p>Tina Powell, Trading Standards Team. To book a place, please email: <a href="mailto:claire.puckey@plymouth.gov.uk">claire.puckey@plymouth.gov.uk</a> or Tel: 01752 398922</p>
	<p><b>Caring For Carers 'Ask Us Anything' Session on Zoom:</b> Join in to find out more about support available to dementia carers, why registering with your local carers service may help you and the training and advice that can be offered to dementia carers. Caring for Carers will also be joined by Ian Sherriff BEM (Chair, Plymouth Dementia Action Alliance) and Claire Puckey (Dementia Friendly City Coordinator, Plymouth City Council) to hear</p>	<b>11am to 12:30pm</b>	<p>To register for the session, please email: <a href="mailto:caringforcarers@improvinglivesplymouth.org.uk">caringforcarers@improvinglivesplymouth.org.uk</a> or Tel: 01752 201890 and a Zoom link will be sent to you.</p>

	about dementia friendly work happening in Plymouth.		
	<b>Plymouth Argyle Community Trust: Argyle Memories Group on Zoom:</b> An opportunity for Argyle fans to share stories of their time supporting Argyle and experiences following football. There is a quiz and special guests for a Q and A	<b>11am to 12pm</b>	To join the session, please follow the link below: <a href="https://us02web.zoom.us/j/89200074403">https://us02web.zoom.us/j/89200074403</a> Meeting ID: 892 0007 4403
	<b>Livewell Southwest Dementia Advisor Service Session on Microsoft Teams:</b> Dementia and Communication	<b>2pm to 3pm</b>	To attend, please email: <a href="mailto:Nicole.quinn1@nhs.net">Nicole.quinn1@nhs.net</a> and a link will be sent to you.
<b>Friday 21<sup>st</sup> May</b>	<b>Livestream Public Dementia Friends Awareness Session on Microsoft Teams:</b> All Welcome!	<b>10am to 11am</b>	Dementia Friendly City Coordinator, Plymouth City Council. To book, please email: <a href="mailto:Claire.puckey@plymouth.gov.uk">Claire.puckey@plymouth.gov.uk</a> or Tel: 01752 398922.
	<b>The Advocacy People Drop-in Advocacy Session for Carers on Microsoft Teams.</b>	<b>11:30am to 12pm</b>	To attend, please email: <a href="mailto:Nemone.egan@theadvocacypeople.org.uk">Nemone.egan@theadvocacypeople.org.uk</a> and a link will be sent to you.

	Ask any questions you have about advocacy.		
	<b>Lighthearted Quiz for those living with dementia and/or family carers hosted on Microsoft Teams by The Advocacy People</b>	<b>2:30-3/3:15pm</b>	To take part, please email: <a href="mailto:Robert.houghton@theadvocacypeople.org.uk">Robert.houghton@theadvocacypeople.org.uk</a> Acad