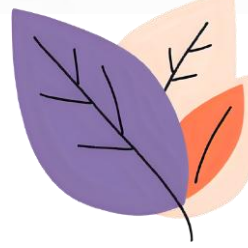


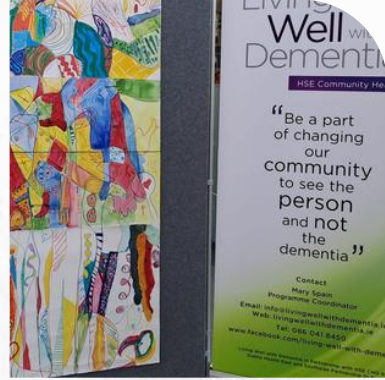
# Living Well with Dementia



HSE Community Health East

## ARE YOU OR SOMEONE YOU CARE ABOUT LIVING WITH DEMENTIA?

*The LWwD programme is a community-based programme that focuses on the strengths and personhood of the individual and welcomes people living with dementia, their families, and carers.*



## *Our Vision*

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Our vision is that people living with dementia live in a community that respects, supports, values and empowers them, and a community where they can participate in a safe environment as a valued citizen.

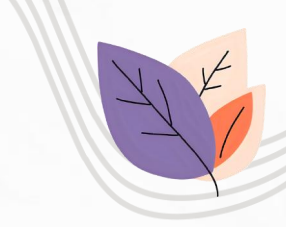
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The Living Well with Dementia programme (LWwD) is an award-winning initiative which develops and delivers innovative services and supports to people living with dementia and their families in their communities.

Fundamental and central to the success of the programme is respect for the dignity, welfare and wellbeing, will and preferences, beliefs and values of each person living with dementia, promoting at all times their safety, social and cultural values and their potential.

*Our key message is to See the Person not their Dementia.*





## *Creating awareness*

The National Dementia Strategy identifies key principles to underpin and inform the full range of health and social care services provided to people with dementia, their families, and carers. It emphasises the need for a "whole community response" to dementia, as most people with dementia live in their own communities and wish to avail of services in their local area.

Since its inception in 2013 Living Well with Dementia has put the person living with dementia at the centre of its activities. They are the people that inform our work, and we recognise that people with the lived experience are the voice of dementia. Fundamental to our work is the principle that people with dementia have an equal right to participate and remain actively involved in their communities and in society.

LWwD encourages all people to help maintain good brain health by increasing their levels of socialisation and engagement with others. One hour of social interaction a week or ten minutes per day can decrease the risk of cognitive decline. Socialisation also creates a feeling of inclusion and reduces loneliness and isolation. Research has found that satisfaction with social networks and engaging in social activities helped older adults maintain their cognitive abilities.

*'Creating partnerships and making connections with  
our local community'*



“Music replays past memories,  
awakens our forgotten worlds  
and make our minds travel”

## *Sweet Memories Choir*

The Living Well with Dementia Sweet Memories choir came about in response to a voiced need by people with dementia and their carers to have social options based in the community and was the first dementia specific choir in Ireland.





“When we dance, our purpose is not to get to a certain place on the floor. It’s to enjoy each step along the way

## *Sunshine Dancers*

The therapeutic effects of music and dance have been shown to increase self-awareness, encourage social interaction, help with depression, provide fun and healthy self-expression, maintain and, at times, improve memory and cognitive function. Music and singing helps lift mood, provides cognitive stimulation, and supports social interaction.



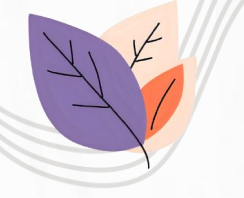


'It's not whether you win or lose, it's the fun around the table.'

## *Bridge*

Playing Bridge can help to keep the mind sharp and improve cognitive function by challenging players to think critically and make quick decisions. Bridge is a competitive game that can be enjoyed by players of all skill levels, making it a fun and engaging activity.



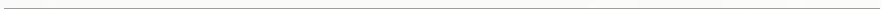


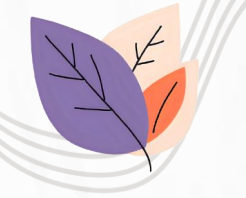
'Art has the power to transform,  
to illuminate, to educate, to  
inspire and to motivate.'



## *Thursdays Together & Friday Friends Art groups*

Art provides an opportunity for participants to engage in meaningful self-expression, pleasure, and enjoyment as well as in enhanced communication with others in the group. It can put people in touch with their life's memories and experiences. Art is often a powerful method to express the physical changes as well as the emotional difficulties in relation to dementia





“We do not stop exercising because we grow old – we grow old because we stop exercising.”

## *Keep Moving, Keep Well Exercise*

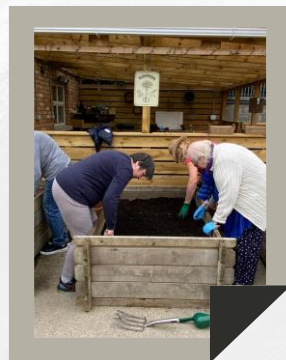
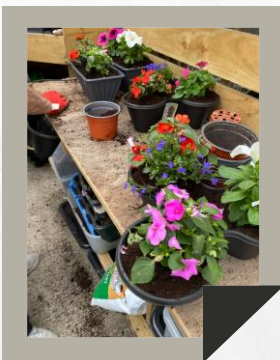
Exercise can improve your physical fitness and help maintain strong muscles and flexible joints and may also reduce the risk of falls by improving strength and balance. This is a programme of enjoyable physical activities to promote health and autonomy. The programme is tailored to individual needs and abilities and is delivered by a trained physical therapist.





# *More of what we offer* \_\_\_\_\_

## Gardening



Gardening offers people an opportunity to connect with others, promoting socialisation and a sense of belonging. Community gardening provides interaction, engaging people in conversations about plants, exchanging ideas, and working together on gardening.

*“We might think we are nurturing our garden, but of course it’s our garden that is really nurturing us.”*

## Befriending

Befriending or maintaining social connections, is crucial for both mental and physical well-being. It helps reduce feelings of loneliness and isolation and contributes to a sense of belonging and purpose.





# *More of what we offer continued—*

"A journey of a thousand miles begins with a single step"

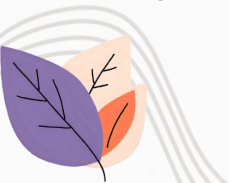
## Walking Groups



Walking offers numerous benefits for older adults, including improved cardiovascular health, strengthened bones and muscles, enhanced balance and coordination, and better mental well-being. Walking as part of a group is a great social activity and provides opportunities to connect with others and reduce feelings of isolation.

## Carer support & education

In collaboration with our partners in St Vincents University Hospital, Primary Care and the Memory Harbour, Living Well with Dementia run regular Carers information events where various topics that are relevant to dementia are discussed. These events provide much needed support and guidance to family carers.





'Creating partnerships and making connections with our local community'

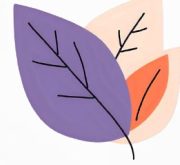
# Community Engagement

LWwD recognises the importance in promoting our work across the community by engaging with and supporting other initiative that improve the lives of people living with dementia. Working in partnership with other groups and organisations creates a sense of community as we work together to achieve common goals for people living with dementia.

## Our Community Partners

- DLR Arts Office
- DLR Festival of Inclusion
- St Vincents University Hospital
- Age Alliance
- SPORTS partnership
- Aventine Gardens
- St Benildus & Mount Anville Schools
- The Memory Harbour





## *What people are saying.....*

*"I wasn't coping at all after my husband Edward was diagnosed with Alzheimers until my district nurse put me in touch with LWwD. The help I am getting is wonderful. Everyone is so welcoming, and we really enjoy everything we have attended."*

**Family Carer**

*"I cannot overstate the difference the choir made to our journey with Dementia. We got so much joy and laughter out of it, and the whole Living Well with Dementia programme helped me to have a much more positive attitude to living with Dementia. I shudder to think what my experience would have been like had I not been able to join."*

**Family Carer**

*"A warm and friendly welcome, lovely bright atmosphere, great exercises for Dad and a delicious cuppa after; it really doesn't get much better than this."*

**Family Carer**

*"I really love going, it's so enjoyable and I really feel great for going. Everyone is so welcoming and inclusive, it is a really nice friendly atmosphere - you feel like you belong immediately. For anyone that is thinking of joining the facilitators are really great, you can go at a pace that just suits you – you won't be asked to do anything too fast. The cup of tea afterwards is a really nice friendship social aspect. You can help each other out."*

**Participant**

*"I'm so glad that I became a volunteer as I know from first-hand experience the difference the LWWD programme can make to your loved one living with dementia. Having the opportunity to give something back and help make a difference in a person's life who is living with dementia is immeasurable and I'm so glad I did it."*

**Volunteer**



# Awards

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Over the years LWwD has been recognised both nationally and internationally for its work in the community.

These awards acknowledge and celebrate the outstanding performance, hard work, commitment and dedication of our wonderful team of volunteers and facilitators. All of our awards contribute to the sense of community and shared accomplishment within our fantastic team.

*"Awards that are a testament to the incredible people working with LWwD."*





# Our team

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## Volunteers

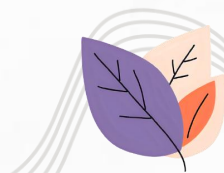
Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, or the smallest act of caring, all of which have the potential to turn a life around .

Volunteers are the backbone of LWwD, and the success of our activity groups relies completely on our team of committed and generous volunteers who are instrumental in building trust, creating joy and building friendships among our members.



## Facilitators

The LWwD activity group facilitators create a safe space for all participants to come along and enjoy some group activities ensuring that everyone feels heard and valued. They actively encourage participation from those who might otherwise be hesitant and create spaces of great fun, friendship, and socialisation.



# ARE YOU OR SOMEONE YOU CARE ABOUT LIVING WITH DEMENTIA?

Living Well with Dementia run several weekly activity groups that are particularly welcoming to people living with dementia, their families, and carers. These activities increase physical, mental, and emotional wellbeing and are a great way to meet new friends and stay socially engaged in your community.

**WHY NOT COME ALONG TO ONE OF OUR GROUPS FOR SOME FUN AND RELAXATION. WE WOULD BE DELIGHTED TO SEE YOU.**

## BRIDGE

**Tuesday afternoons, 2:00pm - 3:30pm**  
St Thomas Community Centre Fosters Avenue, Stillorgan  
Cost: Suggested donation of €3-€5 Towards room hire & tea/coffee

## MOVEMENT TO MUSIC

**Wednesday afternoons, 1:45pm - 3:15pm**  
Community Centre, Church of the Holy Family, Bakers Corner, Kill O'the Grange  
Cost: €5 donation per class

## EXERCISE GROUP

**Tuesday afternoons, 2:00pm - 3:30pm**  
St Thomas Community Centre Fosters Avenue, Stillorgan  
Cost: Suggested donation of €3-€5 Towards room hire & tea/coffee

## THE PLEASURE OF ART

**Friday mornings, 11:00am - 12:30pm**  
Patrician Community Centre, Stillorgan  
Cost: €5 donation per class

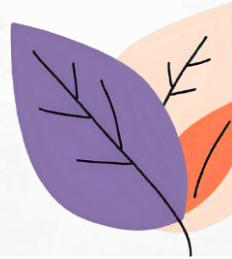


## SWEET MEMORIES CHOIR

**Saturday mornings 11:00am - 12:30pm**  
Saint Raphaela's Convent, Stillorgan

Cost: Suggested donation of €3-€5  
Towards room hire & tea/coffee

**Prior to attending, please contact Angie Lennon in Southside Partnership on 087-1090106 or Mary Spain on 086-0418450**



# Living **Well** with Dementia

HSE Community Health East

For more information :

-  Mary Spain or Angie Lennon
-  086-0418450 or 087-1090106
-  [mspain@livingwellwithdementia.ie](mailto:mspain@livingwellwithdementia.ie)
-  Southside Partnership DLR CLG

