Welcome to the latest edition of our newsletter! I do hope you enjoy reading it and are sharing it with family and friends.

Our newsletter is going from strength to strength with lots of people wanting to be added to the distribution list. This is strengthening our reach into local communities and is one way you can find out about events you can get involved in and how the voice of older people in Lancashire can be captured.

To make sure you never miss a copy get in touch we will add you to the list, send your e-mail to 50+Assembly@lancashire.gov.uk and don’t worry we promise won’t share your data.

As the summer approaches, I’d like to tell you about two superb opportunities to help and support older people who live in one of the 430 Care Homes across Lancashire.

Firstly and due to the success of last year’s Postcards for Kindness campaign we are doing it all again this year! The idea is that by simply saying hello and sharing a little information about a trip, an activity or the place they visit, people can help to brighten someone’s day.

I’d like to encourage all readers of our newsletter to send postcards to residents in care homes across Lancashire when they go on holiday or take a day out this summer. We hope that the postcard will bring back happy memories for residents and encourage them to talk to others. Research shows this has many health benefits, especially for people living with dementia. On my recent trip to visit some of Lancashire’s care homes, myself and Cllr Burrows got to see some of the postcards that were received last year. You can read more about our Postcards for Kindness Campaign in this edition of the newsletter.

Secondly, I’m asking for your help with our first summer fundraising campaign. We wanted to do something different and based on our research we believe we have found just the thing! We want to do something innovative to support quality of life for people in care homes, their families and their care givers. We are asking for your help to raise funds to buy dementia companions which are robotic cats and dogs!

Robotic pets have been shown to reduce stress and anxiety, promote social interaction, facilitate emotional expression, and improve both mood and speech fluency.

Our aim is to raise enough money to buy 101 of these lovely companion pets so that care homes can adopt them and give them a loving “furever” home. Find out more about the companion pets and how you can help us fund raise on the next page....
CALLING ALL LOCAL FORUMS AND GROUPS, WE NEED YOU!

After visiting some of the care homes in Lancashire last year, as an executive, we decided we wanted to do some fund raising to support residents in care homes all across Lancashire, their families and their care givers.

Did you know there are 430 care homes in Lancashire! They care for some of the most vulnerable people in our communities with some specialist homes solely caring for people with Dementia. We want to do something innovative to support quality of life for people in care homes and based on our research, believe we have found just the thing!

We want your help to raise funds to buy dementia companions which are robotic cats and dogs. Evidence suggests that robotic pets really do have the capacity to help people living with dementia, they have recently been trialled at two separate universities in the UK and the results are very encouraging. Robotic pets have been shown to reduce stress and anxiety, promote social interaction, facilitate emotional expression, and improve both mood and speech fluency.

You can view this link to see them in action: https://www.youtube.com/watch?v=B0fhyljlnuk

Meet Forget Me Not the 'robo' cat. She is soft and cuddly, has VibraPurr technology for purrs that sound and feel like real purring, Movements that mimic a real cat, Authentic cat sounds and she comes with a Companion Pet and Care Guide.

Introducing Snuggles the 'robo' dog. In between naps and being adorable, real puppies require a lot of special attention. Snuggles has all the love in the world to give but won't chew up your slipper! Thanks to built-in sensors and speakers the pup can recreate some of the more delightful moments of owning a dog including being a best friend for aging loved ones. Snuggles has Built-in sensors respond to motion and touch, you can feel his heartbeat with your calming touch, he has a Lifelike coat and is able to respond to your voice with special BARKBACK technology. There are many ways you can raise money, here are as few ideas:

Hold a coffee morning with friends
Have a table top sale
Have a bake sale
Host a knit and natter crafter-noon
Do a sponsored walk – your mile your way – or maybe make that a sponsored dog walk!

You could also arrange your fundraising at a local care home summer fete or open day in your area. There is a National Care Home Open Day event on 28th June 2019, and details of the care homes holding an open day can be found here.

The Sewing Rooms Social Enterprise, an executive member on The 50 Plus Assembly, has offered to host and manage the collection of funds. It is able to audit the receipt of funds and hold these in a separate project account to ensure transparency and accounting good practice.

All funds raised need to be sent to: The Sewing Rooms, by Monday 2nd September. Once you have had your event, send an e-mail to: 50+Assembly@lancashire.gov.uk for banking details of how to send in your funds.

The Sewing Rooms Social Enterprise, an executive member of The 50 Plus Assembly Summer Fund Raising Campaign, is interested in raising enough money to buy 101 of these lovely companion pets so that care homes can adopt them and give them a loving "furever" home.

If you can help us reach our goal of 101 companions then we would love to hear from you. Tell us how you have raised the funds and send in a picture and we will include you in our next newsletter. Contact us now at 50+Assembly@lancashire.gov.uk
UCLan created a website with lots of useful blogs (articles). Articles included Do I have the right (to decide when I die)?, Getting things in order, Talking it over (do not resuscitate), Could I live on the moon (about living alone) and Thinking differently – exploring inequalities for LGBT people at the end of life (negative attitudes & lack of understanding of health & social care staff). Thought provoking articles that help you consider an issue that is usually not discussed. Website https://www.uclan.ac.uk/news/dying-matters.php or ‘Google’ dyingmatters/event/University of Central Lancashire

In the week we had a session on the legal aspects of making a will under the heading ‘Can I really leave my house to my cat?’ - no you can’t.

It was stressed if you don’t leave a valid will the Government decides who is entitled to your estate under the rules of intestacy. We also had a session entitled ‘The Hidden Shark’ where we explored the ethical and legal aspects of dying. Advance directives are rare in this country and are not always specific enough. Not allowable for a doctor to prescribe medication to a patient to end life in this country but it is legal in Canada, Belgium and Netherlands.

I made notes on these two sessions if anyone would like to see them. There was a further session on ‘Digital Legacy’ how we manage it in life and in death. We showed a thought provoking film ‘Me. Earl and the Dying Girl’ showing young people being kind and considerate when faced with a young person dying.

For Dying Matters Awareness Week (May 13th -May 17th 2019) UCLan had a programme of events under the heading ‘Dying Matters at UCLan are we ready?’

All week we had an information and awareness stall that allowed people to complete post it notes in answer to the following questions:

Do you believe in something after death? (most people did or were not sure)

What song should be played at your funeral? (replies varied from classical music & pipe bands to Highway to Hell)

Where would you like to be when you die? (most people opted for at home with my family but one person said ‘Not in Blackpool’ – he is a Blackpool resident).

What does it mean to leave a legacy? (most saw it as leaving the family well provided for)

How would you like to be remembered? (most popular answer – ‘that I cared’)

How would you be of support to a dying friend? (be there and don’t make offers not willing to undertake).

What is the number one item on your bucket list? (tended to be places must see before they die).

“A very worthwhile series of events that provoked open honest discussion.”

Peter Sullivan
What Pendle Seniors Have Been Getting Involved With.

In December 2019, I received a message along with other members of the 50+ Assembly inviting us to get involved in some research with Lancaster University. A Researcher was doing lots of work on the subject of lying and deception and wished to speak to older people to get a sense of whether this is a real issue. As the message was asking if any representatives on the 50+ Assembly would be interested in their groups getting involved, to respond and they would be put in touch with colleagues at Lancaster University,

I did respond in the New Year and later received communication from a Dr. Laura Warmlink, Department of Psychology at the University who was only too pleased to visit our forum. This was arranged for Monday the 13th of May.

Dr. Warmlink advised us that following her PhD in Lies, she was embarking on further research on different age groups ability to recognise scams and other fraudulent behaviour. This very quickly provided much interaction during the next half hour from the members of the forum who made it clear that they had an aversion to risk, particularly towards financial risk and the use of the Internet. Other age groups do fall victim to such behaviour but over different subjects. Dr. Warmlink was finally thanked for her presentation.

At the end of May I received correspondence from her stating that a Dr. Emmanuel Tsekleves, who also works at Lancaster University, is looking to get in touch with groups of older adults in order to organise focus groups to discuss consumption of sea food and could she ask him to get in touch with me to arrange for him to organise a meeting with the Pendle Seniors Group which I did and he responded the following day.

He explained that he is a Senior Lecturer in design for Health and Ageing well. His project is funded by the European Union and is called Sea Food Age, and it explores the production of ready-to-eat seafood for healthy ageing by developing new eco-packaging and smart labels for better quality, safety, and minimum food waste.

He said that he is keen to investigate the barriers to sea food adoption/consumption in the UK (along with other European countries in the project, Portugal, Spain, France, Ireland) and to work together with groups of senior citizens to co-design ready-to-eat seafood products and their packaging to promote sea food consumption.

He is aiming to run 2-3 workshops with senior citizens later this year and he will come out to see us then, between September–November. The members of the Pendle Seniors Group are looking forward to meeting him.

Audrey Westwell,
Pendle Seniors Group, Chair.
How old do you feel?

'The Perennials', a study carried out in partnership with the Centre for Ageing Better

The Perennials report aims to give a flavour of what it means to be old, and what life is like for those in later life. It looks at our ageing societies and their challenges and opportunities, and the fact that ageing – which will affect every generation – is having even larger effects.

Rising life expectancy and falling birth rates mean populations around the world are getting older. The shift has been gradual, and because humanity is better at spotting immediate change or danger, rather than noticing steady transformation, our shared understanding about what later life is like is woefully out of date. It is portrayed as a 'narrative of decline' – not a time of opportunity and change.

The advance made in life expectancy is, surely, one of our greatest achievements – but one for which we need to correctly understand the implications. Without this insight, the risk is that the vast potential of all of us in our later lives goes untapped.

People in their later years are increasingly packing their life to the full. For many, their reality doesn't necessarily align with the labels they've been given. They’re not slowing down, but taking on new challenges, roles and responsibilities. They’re not digital natives, but they’re more connected than we give them credit for. They’re not withdrawing from life, but demanding more from it and us.

See the full report: The Perennials
Escherichia coli, also known as E. coli, is a bug (bacteria) that lives in the gut. There are a number of different types of E. coli. The majority are harmless and are part of the normal flora, but some can cause serious infection. It becomes problematic when it is found in areas where it shouldn’t be e.g. urine, lungs, wounds, and especially the blood. Some types of E. coli bacteria can cause gastrointestinal infections whilst others are a common cause of bladder infections when there is a spread of the bacteria from the gut to the urinary system. Women are more susceptible to this type of infection.

Anyone can get an infection caused by E coli, but you are more at risk if you are:

- Elderly
- Dehydrated
- Have stones in your gall bladder or other problems with your liver and biliary system
  - Diabetic
  - Have a urinary catheter
  - Have an intravenous device

To reduce the risk of getting an infection you should:

- Keep hydrated – follow the advice in the Hy5 leaflet (written for carers, but applicable for everyone)
- Maintain good oral hygiene to prevent pneumonia
- Maintain good personal hygiene to prevent bugs getting from the bowel to the bladder – women should wipe front to back after using the toilet
- Wash your hands with soap and water:
  - After using the toilet

- Before preparing and eating food
- Before touching any medical device (catheter etc.)

It is important that suspected E. coli infections are treated appropriately to prevent blood stream infections. If you think you have an infection you should see your doctor. They will review your symptoms and maybe take a sample before deciding to prescribe a course of antibiotics.

If you are prescribed antibiotics it is important to complete the course to ensure that the infection is completely cleared. If it is not cleared it may return and the bacteria could be resistant to the antibiotics prescribed.
Preventing dehydration

How dehydrated are they?
A quick way to test how well a person is hydrated is to check the colour of their urine. Use this colour chart as a guide:

- Dark amber: Dehydrated
- Very dark amber: Very dehydrated
- Yellow or light amber: Well hydrated
- Clear: Over-hydrated

Dehydration leaves people at a higher risk of:
- Infection
- Dizziness
- Skin problems and poor wound healing
- Kidney problems

This leaflet has been developed to help domiciliary and social care professionals to identify and prevent dehydration.

Sight
- Are they droopy/not themselves?
- Do they have low urine output which is more yellow/amber than normal? (refer to the colour chart on the reverse of this leaflet)

Smell
- Do they have bad breath?
- Saliva flushes food particles from the teeth and washes away. Dehydration can prevent the body from making enough saliva.

Hearing
- Listen to what they are saying.
- Do they sound confused?
- Are they complaining of:
  - Headache
  - Feeling dizzy
  - Feeling sick

Taste
- Do they have a dry mouth, cracked lips, rough and dry tongue, and sore around the mouth?
- Is eating and swallowing difficult?
- Lack of saliva can make the tongue painful
- Saliva helps to taste and digest food
- A dry throat makes choking more common
- Are there food cravings for chocolate, salty snacks, or sweets?

Touch
- Dry skin is often not more than its scorn.
- Do the skin test – Using 2 fingers gently pinch the skin on the back of the hand and then let it go. The skin should spring back to its normal position in less than a couple of seconds. If it takes longer they may be dehydrated.
- Do their legs, hands, forearms and eyes look dry? (flakes of skin can look grey)
- Have they fever or no tears?
- Some medications, including diuretics, and antibiotics, may dry out the skin.

Food
- Swap dry snacks with prepared fresh/frozen fruit – melon, watermelon, strawberries, tomatoes.
- Provide snacks of cut vegetables with a high water content – cucumber, celery, lettuce and leafy greens, cucumber and peppers.
- Eat yoghurt or drink smoothies.
- Aim to make half their plate fruit and vegetables.
- Encourage the person to sip drinks during meals.

Drink
- Remind them to have a drink at least every half hour.
- Increase cup size – using a sports bottle may be easier to hold for some people
- Avoid alcohol, including beer and wine.
- Consider flavoured ice lollies and popsicles.
- Have a drink handy – if the cup is nearby it is easier to sip without even reaching.
- Adding fruit juice to water can make it more enjoyable to drink.
- Try different flavoured teas.
- Drink room temperature or cooler water.

Clothing in hot weather
- Wearing one layer of lightweight, light-coloured clothing reduces the risk of dehydration.
- Change into dry clothing as soon as possible if clothes get wet.

Activity
- Being physically active may take attention away from drinking. Active people may dehydrate quickly so make sure that they rehydrate.
- Discourage activity if the person is feeling dizzy, lightheaded, or very tired.

For more information or if you require this leaflet in large format text contact:

Anita Watson
infectionprevention@lancashire.gov.uk
Twitter @LancsIPC

Lancashire County Council
Blackburn
NHS

Preventing dehydration for Carers

Hy5 – Identifying and preventing dehydration using the 5 senses

A Leaflet for Carers
Help to promote our Senior Road User Workshop event 4th July at Burnley Football Club, in any of your newsletters, publications (Burnley "What's on) Parish Councillors, 50+ assemblies, twitter, Facebook, etc.

If you have any family and friends that you think could benefit in attending, then please pass on this information.
What is it?
Lancashire Fire and Rescue Service (LFRS) offer a Home Fire Safety Check Service (HFSC) which provides vulnerable members of the community with a holistic assessment of fire safety in the home with health and wellbeing elements.

What is the aim?
The intention is to improve outcomes at the point of contact whilst developing a seamless onwards referral mechanism for those requiring additional support across local communities.

What can be expected from a visit?
Further to any fire safety advice and interventions given, LFRS staff offer brief advice/interventions in relation to the following wellbeing issues:

1. Falls prevention
2. Social isolation
3. Living with dementia
4. Diabetes
5. Health homes/winter pressures
6. Home security/arson vulnerability
7. Mental health

How can we refer people for the service?
Referrals can be made by individuals or by our partner organisations.

For more information about our Home Fire Safety Check Service, including our Safe and Well elements please see our website at: www.lancsfirerescue.org.uk or call: 0800 169 1125.
Ageing and Communities

Lancaster University Centre for Ageing Research
Town and Gown Event – Thursday 19th Sept 2019
Banqueting Room, Lancaster Town Hall,
Dalton Square, Lancaster, LA1 1PJ

Many of us expect to stay in our current home as we age, while others envisage moving to somewhere that may suit us better, perhaps to be near family, to live in a beautiful rural area we’ve always loved, or to a home more suited to our lifestyle or needs. We may move because we want to downsize (or “rightsize”), need to give up driving, or potentially need some support. We may also care for people living with impairments such as dementia, mobility or sensory difficulties and recognise that our local communities, neighbourhoods and towns could develop in ways that would make them more “age friendly” and in which the different generations could mix better.

This one day event will showcase work from Lancaster University’s Centre for Ageing researchers and partners, touching on themes such as digital innovation in new and into existing housing, alternative housing choices, neighbourhoods that are supportive for people with dementia, out of home mobility, active ageing and staying connected, and intergenerational projects.

Timed to coincide with the development of the Health Innovation Campus (HIC) in Bailrigg, and Healthy New Towns like Whyndyke Garden Village, the event will feature talks from researchers and linked non-academic organisations who are using new community models and technologies to support healthy ageing.

There will also be a showcase with further information and some examples for you to explore. Come and discover what the future holds, and explore ways to get involved yourself.

Halton Community Hub

Thursday 20th June 2019
1.30 – 3.30pm
The Centre @ Halton, Low Road, Halton,
Lancaster LA2 6NB

Drop in and learn about local services, how to access them and gain advice on health and wellbeing. Everyone is welcome!

Organisations in attendance:
Age UK Lancashire | Citizens Advice | Trading Standards | Advocacy Focus | Lancashire Fire & Rescue | Community Police | Just Company | Progress Lifeline | Home Improvement Agency | Admiral Nurses | 2 Plan | Promedica 24 | Safer Travel Team | Muscular Society | Wellbeing Service | Versus Arthritis and more

For more information contact Anne Oliver (Age UK Lancashire):
T: 07807 338783   E: aoliver@ageuklancs.org.uk
Tempo works to enable more people to volunteer, because giving your time and feeling valued improves health, happiness and future prospects. We do this through Time Credits – a time-based currency that incentivises people to volunteer.

How does it work? People earn Time Credits when they give their time and spend them on a range of activities donated by Tempo partners, like going swimming, adult education courses, attending a sporting event, or a community/volunteer-led activity like an art class or coffee morning.

The benefits of Time Credits include:
- More people volunteering
- Improved health and wellbeing
- A stronger voluntary sector

Tempo enables organisations to use Time Credits to engage new people and thank volunteers. We work with partners to offer ‘spending’ activities to people who earn Time Credits. Time Credits are tailored to address priorities such as mental health, substance misuse or loneliness in communities.

We have been working in Lancashire since 2012, beginning in Chorley and now our network of partners extends across the County. Within the last couple of years Tempo has been working with socially isolated and lonely older people across England and Wales through targeted projects in Wales, Cheshire, Westminster and Kent.

We are now applying for funding to deliver a similar programme in Lancashire and would like to partner with the Lancashire 50+ Assembly, to train and support interested community groups within the assembly to use Time Credits, as well as to deliver events and activities to engage with people aged 50+ and encourage them to give their time, often for the first time.

For more information on us and our work please visit [www.wearetempo.org](http://www.wearetempo.org) or where to spend your Time Credits visit [www.timecredits.com](http://www.timecredits.com)
CARING IN YOUR COMMUNITY

Lancashire care homes

Care Home Open day is on Friday 28th June 2019.

Care Home Open Day is now in its 7th year. This year’s theme is celebrating the role of Arts in Care. It encourages homes to open their doors to celebrate a different theme each year, with a few key values at its heart: friendship, making connections and celebrating older and vulnerable people.

Please can you enquire in your local areas if there is a Care Home Open Day your groups and members to could promote and participate in.

To find out more click on the Care Home Open Day icon and enter your postcode here to find out if a care home is partaking in your area.

At Bushell House we have the children from the school coming in to read with the residents. They also sing and show their latest theatrical productions. The residents are invited to the school to see their little shows and sometimes have lunch there. We are next door to the church and the residents who wish to do so go over on a Sunday. The church also brings communion into the home and the residents enjoy the services.

The village has a summer fair and the residents enter the themed competition by creating a work of art. This year was peace and harmony and the resident made a display of paper doves in our foyer. They also sit just outside the gate in the throng of villagers enjoying the parade and the may pole dancing. We have coffee mornings in the home and quiz evenings where we welcome the local community to come in. Residents have their own family and friends to lunch if they wish and one resident has a bridge club meeting with her friends each month.

We hold events with the church such as a brass band concert which the residents and the public enjoy (this also raises funds for the little extras for the residents).

We organised a Christmas carol sing a long after tea on 13th December, a new event last year, where the local people and the residents can enjoy a bit of festive music with mince pies and mulled wine.

In the summer we celebrate our Founders Day with a church service, a sherry reception and a lovely buffet for the residents and the church community where the residents give a present to the May Queen.

Our activities co-ordinator organises regular slide shows and craft activities which are often assisted by local people whose skills and experiences are volunteered. She also takes residents out and at this time of year the local garden centre with all its decorations is a popular venue. Other activities are also available and attention paid to the residents own interests and preferences.

Sue Barr - Manager

KEEPING MEMORIES ALIVE  Welcoming Your Community In

Here we ask care homes about occasions when they have welcomed, or plan to welcome - their community in.
SEND A POSTCARD THIS SUMMER

Ten minutes of your time could brighten up the day of local care home residents.

Share a recent holiday experience - what you did and where you went, a funny story or memories of previous holidays.

It's easy to get involved, pick a care home here: healthierlsc.co.uk/CardsForKindness
Lancashire County Council, like many councils across the country, is going through financially challenging times. This is as a result of funding not keeping pace with the increasing demand and cost of services being delivered. We need to continue to look at ways of reducing costs to help balance the books for future years. This means that we have to consider changes to some of the services we currently provide, as we do not have the resources to continue to deliver what we have done in the past. These changes were considered by our county councillors and we are now looking to consult on what impact the proposals may have.

We really welcome your views.

Consultations
Get involved in shaping Lancashire and our communities. We want to know what you think so our decisions about the places you live, work and visit reflect your views.

View the list of current projects to give your views now

Sign up for council updates
If you would like to keep up to date with the latest council news and information you can subscribe for our free email updates. You can even choose just to receive information on the districts you are most interested in.

“We can all do our bit to respond to consultations and to ensure that the voice of older people in Lancashire is loud and clear”
Patricia Hesketh Sullivan  Chair of the Lancashire 50+ Assembly
Healthier Lancashire and South Cumbria is the name we have given to a partnership of NHS, local councils, voluntary sector and community organisations working together to support the 1.7 million people who live in this part of North West England.

We are working together as an integrated care system or ICS. The map below shows all the areas within the ICS.

The aims of the partnership are to join up health and care services, to listen to the priorities of our communities, citizens and patients and to tackle some of the biggest challenges we are all facing.

Our partnership vision for Lancashire and South Cumbria is that communities will be healthy and local people will have the best start in life, so they can live longer, healthier lives.

Visit our website www.healthierlsc.co.uk

Join in the conversation on Twitter @HealthierLSC

Like us on Facebook. Search: HealthierLSC
Ensuring that people eat and drink enough is essential when looking after somebody living with dementia. Dianne Smith, Matron for Dementia at University Hospitals of Morecambe Bay NHS Foundation Trust, has put together a list of tips to help manage nutrition and hydration in dementia.

Give choices or use prompts and pictures to support choices

Consider tiredness and regular attempts for meals, little and often

Finger foods and snacks available in different rooms, not always sat at the table

Ensure the food doesn’t go cold if it’s warm

Always have a drink on hand in different rooms to prompt, and use a clear glass so the content can be seen, perhaps with a coloured straw to catch attention, put it in their line of sight and initiate having a drink

If there are difficulties chewing or swallowing, try naturally soft/easy chew food such as scrambled egg or stewed apple before considering pureed food

Encourage involvement in the preparation, peeling potatoes, laying the table

Encourage and gentle reminders to eat, talk about what the food is and reminisce about foods/preferences from their life

A relaxed atmosphere whilst eating perhaps with music and with others/family to make a positive social experience

Make food look and smell appealing with different tastes, colours, and smells.

Ensure any opportunities for them to eat – don’t stick to ridged meal times, allowing night-time snacks

Give them what they like small portions, little and often

Try different foods/drinks – smoothies and milkshakes

Try stronger flavours – sweet and savoury

If they just eat pudding and not a main meal, don’t stop them – all calories are vital

Add cream to milk puddings

Use a spoon instead of knife and fork, offer finger foods, consider adapted cutlery, high-sided plates for scooping, two-handed non-spill cups, coloured plates for easier visibility of food.
FOCUS ON DEMENTIA

Tips to consider:

Try not to rush them, and maintain as much independence as possible. Look for nonverbal cues such as body language and eye contact as a means of communication.

Wait until the person is calm before offering food/drink, you can leave it and try later. Remember the person isn’t being “difficult” there is always a reason for behaviours that seem a challenge.

Consider things like are they in pain, especially if they are agitated, constipation causes nausea and bloating, are they on any new medication, do they need the loo?

For sweet preference try fruit or naturally sweet vegetables e.g. sweet potato, carrot, parsnip or add honey or sugar to foods.

Use herbs and spices to enhance taste, try sweet sauces or chutneys with savoury dinners. Try foods the person has never eaten before explore other tastes.

Don’t worry if the person eats unusual food combinations such as dinner and pudding on the same plate, it won’t do any harm!

Check the temperature of the food/drink that it’s not too hot, sometimes the ability to judge temperature is lost.

Remove items from view that the person may put in their mouths thinking it’s food.

If the person is overeating ensure they are distracted by other things, divide the portions into two and offer the second one only if they ask.

Fill the plate with colourful salad or vegetables and offer snacks of bitesize fruit pieces.

Good oral hygiene, teeth cleaning, soft, moist food is easier to chew, let the person eat where it’s comfortable for them, make sure they are sitting upright.

Foods high in fluid can help with hydration, such as soup, gravy, jelly, ice cream.

Offer a drink rather than more food – it might be that’s what they want.

Eating/drinking with the person is not just a social activity, but it reminds them what to do by copying you.

Make the environment appealing to all the senses, familiar sounds of cooking, smells and sights, such as a pretty tablecloth or flowers on the table.

Keep the table clutter free.

Background noise is distracting or intimidating, soothing music is therapeutic.

Be led by the person on what they want to eat and where to sit.

Well-lit eating area and colourful food is helpful and appetising.

A verbal description of the food/drink is helpful to reinforce what it is.

Plain colours of crockery (not white) – primary colours are best, avoid patterns.

Try not to worry about the mess and don’t rush the person.

Post it notes on the fridge and microwave are a helpful reminder when someone lives alone.

If the person lives alone, consider ready meals that can freeze and microwave.

Meal delivery such as farm foods ensures the person always has a hot meal supplied.

Online shopping is an option for housebound people or a carer to prepare meals and give drinks ensuring they are eaten.

Written or pictorial instructions on where food is kept and how to warm up ready meals is useful.

Provide a diary of the day on the wall with written instruction as to where/what the meal is and the time.
Think Dementia – Think Age Concern has been the hot topic of 2019 as Age Concern in Lancashire host several awareness raising events including a dementia VIP night at Charnley Fold Day Support Centre and dementia themed conference in March.

The conference, which ‘sold’ out in just four days, highlighted a variety of speakers and presenters ranging from Age Concern’s new CEO Suzanne Carr and Lancashire Care Foundation Trust’s Memory Assessment Service through to personal accounts of carers whose lives are touched by dementia.

After hearing an emotional real-life perspective from carer Anne Heywood, the conference broke out into several interactive and immersive activities which gave delegates the opportunity to become dementia friends and to have an exclusive preview of the Dementia Tour bus experience!

It is estimated that one in three people will be diagnosed with dementia during their lifetime. In Lancashire there are 15,000 people living with dementia, and this number will rise to 22,000 by 2025.

As the recognised local expert provider of dementia support, Age Concern in Lancashire has invested its charitable resources to fund the Virtual Dementia Tour over the next two years. The charity is taking the Virtual Dementia Tour across Lancashire and is providing this for FREE to local businesses, the public sector and members of the wider community.

The Tour is the only medically and scientifically proven method to show someone with a healthy brain what dementia might be like. The project aims to improve awareness across all sectors, to strengthen policy and to ultimately improve the standards of care and the lives of those impacted by dementia.

Thanks to the success of the VIP night and conference, Age Concern has already secured dates to collaborate with partners such as Waitrose, Lancashire Fire and Rescue Services and Conlon’s construction, and has filled all of the available dates in 2019. Undoubtedly the project is adding real value and will continue to gain momentum as more and more key organisations take part over the coming two years.

Along with the Virtual Dementia Tour experience, Age Concern

To find out more about the work of Age Concern in Lancashire or to book the Virtual Dementia Tour Call 01772 552850
Got an event planned?

Want to submit an article?

Topics that you want to hear about?

Comments and feedback about the newsletter?

Then we want to hear from you.

Please get in touch via our 50+ mailbox

50+Assembly@lancashire.gov.uk

Contact details for Dementia Action Alliances/Dementia Friendly Groups/Hubs

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<th>Name</th>
<th>Email/Website</th>
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<td>01772 625546/07814 851823</td>
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<td>Dementia Friendly West Lancs</td>
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Old age is frequently defined as 60 or 65 years of age or older, well in most western countries 65 or thereabouts is the age eligibility for retirement. Is 65 the new 55, now that is a question? Old age has a dual definition, "the last stage in the life processes of an individual", and, "an age group or generation comprising a segment of the oldest members of a population". Neither describe the amazing older people I have met whilst out and about in Lancashire.

Older people have different expectations these days. What might have been good enough for previous generations will not sit well for most of us in the future. I don't want to go into a care home, and like most of my friends, I will be expecting to stay in my own home.

Thankfully Lancashire County Council recognises this, people having a choice, and is working hard to ensure that services are in place for its ageing residents so they can live in the way they want, and be supported, when necessary later in life. Too often the debate around ageing creates negative attitudes but there is such brilliant diversity in older age now. How can you generalise about a group that may range from 60 to 100+ years?

I have visited a number of care homes recently providing homely accommodation, companionship and a welcoming atmosphere and see my role in this forthcoming year, 2019/2020, as Lancashire's Champion for Older People, having a greater focus in this area, helping to ensure care at its very best. This past year, my second year in the role, my aim was to promote a positive image of ageing. Fortunately in our county there are numerous groups providing activities and I managed to visit thirty one, and included the:

- A59 club supporting widows and widowers across central Lancashire,
- TOFFS (The Over Fifty Fives) Bowling Club in Walton le Dale,
- Seasons Luncheon Club/s in Longton and Preston,
- The Rainbow Centre in Morecambe,
- Seniors Together in Rossendale,
- The St Anne's Monday Club in Ormskirk
- and Lancashire wide groups such as:
  - Singing for the Brain
  - Men in Sheds.

I also managed to fit in attending twenty two events and attendance at regular forums, networks and assembly meetings.

I take this role seriously and see it as vital that I get out and about and report back to the senior decision makers in our Authority and hope that my findings contribute to the shaping of our services in the future. I look forward to meeting many of you readers over the months ahead, meanwhile I am sharing a few photographs taken, whilst I have been out and about, over the last few months.

Best wishes

County Councillor Joan Burrows
Champion for Older People
Awareness day at Cleveleys Library with CC Andrea Kay, Officer and Cadets from Lancashire Fire and Rescue Service.

Woodland Oasis in Hutton
Official opening by Lord and Lady Shuttleworth, 9th May

Singing for the Brain at their meeting in Rossendale

Hearing about the plans for the new neurological care centre being built in Fulwood. With the project manager, the Mayor of Preston, Deputy Mayor of South Ribble, LCC Cabinet Member for Adult Services.

Attending the 10th Anniversary lunch at Seasons Luncheon Club in Longton