



Community and Dementia

Dementia Friendly Communities in Scotland

Report 3
April 2016 - March 2017

“This group totally saved me...I was engrossed in my own little world and I lived in a shell. Then through art you helped me to open a big space of hope.”

“This gives me and my dad some time to bond again.”

“It's like an oasis in the desert.”



The Life Changes Trust was established by the Big Lottery Fund with a National Lottery grant of £50 million to drive transformational improvements in the quality of life, well-being, empowerment and inclusion of people affected by dementia and young people with experience of being in care.

Introduction

Since April 2015, the Life Changes Trust has funded twelve dementia friendly communities (DFCs) across Scotland. Some are geographical communities, that is, they relate to a specific location like West Dunbartonshire or Dumfries and Galloway. Others are communities of interest that bring people together because they are interested in similar activities, for example, sport, art or walking outdoors. A further eighty-two communities have been developed by the original twelve. By March 2017 these communities had directly benefited 3,422 people living with dementia and 2,192 carers, primarily on an ongoing basis. These figures do not include those who have benefited indirectly, for example, carers who benefit from the respite that dementia friendly communities provide. Some of the communities, such as Aberdeen FC Community Trust, run activities all week; others meet once or twice a week.

The Life Changes Trust feels it is important to look at ‘community’ from the perspective of people living with dementia and carers. People may describe the area in which they live as their community, but more often they talk about the closer communities to which they belong – the places where they go to do things that matter to them, such as the church, the bowling club, the theatre or the allotment. Therefore, the Trust has taken a broad definition of ‘community’ when funding dementia friendly communities because we believe this better reflects the views of people with dementia and unpaid carers.

This third report has been written using evidence gathered from the communities’ monitoring and evaluation reports from April 2016 to March 2017. The findings were discussed by the communities at a two-day retreat in May 2017. During that time we were able to draw together nine key principles that are common to the communities funded by the Life Changes Trust. These are presented later in this report.

A key element of the dementia friendly communities funded by the Life Changes Trust is that people with dementia and carers have a significant say in how they are run, to the extent that they are able. There is agreement that a community is not dementia friendly unless people with dementia say it is. This lends some flexibility to the concept of ‘dementia friendly’ and moves towards a principled approach rather than a set of standards and tick-boxes. There are few absolutes with dementia because everyone who is affected by dementia experiences it differently, therefore it is more useful to work to principles than rules. By doing this we put ownership of ‘dementia friendly’ back into the hands of people with dementia and their carers, which is where it should be.

It is important to distinguish between ‘dementia friendly’ and ‘dementia enabled’. These two concepts overlap in the communities funded by the Life Changes Trust but ‘dementia enabled’ tends to be more about the environment and its accessibility; ‘dementia friendly’ is about relationships and the extent to which people with dementia and carers can participate in their chosen community. Both are valuable, but the evaluation findings from these dementia friendly communities (and other initiatives funded by the Trust) show that people with dementia and carers place more emphasis on the quality of their relationships than the accessibility of the environment, although it is also essential that places are accessible.

Many of the communities funded by the Trust were chosen to be exemplars to others of how normal places and activities can be adjusted so that people with dementia and carers are not excluded, but included. A number of them were selected because of their potential to mentor and grow other communities. Since the funding began, the communities have met every three months to share learning and network with each other and with other projects funded by the Life Changes Trust. These projects have given and received an enormous amount of help and support to and from each other, and many new partnerships have been formed between the communities and with other organisations.



In May 2017 the Life Changes Trust approved funding for a further 14 dementia friendly communities in Scotland:

- British Deaf Association (BDA) Scotland
- Dementia Friends and Neighbours, East Ayrshire
- Dementia Friendly Banchory (development funding)
- Dementia Friendly Highlands
- Dementia Friendly Pentlands (development funding)
- Dementia Friendly Southern Isles (Berneray, North Uist, Benbecula, South Uist and Eriskay)
- Dementia Orkney
- Edinburgh Leisure – dementia friendly leisure centres
- Glasgow Film Theatre
- Queen's House Kelso, Kelso Dementia Resource Centre
- Regional Screen Scotland mobile cinema (development funding)
- Scottish Ballet
- Stirling and Forth Valley Participatory Neighbourhoods
- Table Tennis Scotland (development funding)

More information about these communities is available on the Life Changes Trust website: www.lifechangestrust.org.uk.

We look forward to learning more in the next three years and growing in our understanding of what works well to keep people with dementia and carers included and involved in their local communities and communities of interest. We hope that you will enjoy reading this report and will find it helpful and inspirational.

Anna Buchanan

**Director, People
Affected by Dementia
Programme**

Life Changes Trust



Overview of progress from April 2016 to March 2017
3,422 people living with dementia actively involved in DFCs
2,192 unpaid carers of people with dementia actively involved in DFCs
Youngest member with dementia regularly participating: 39
Oldest member with dementia regularly participating: 104
1,017 volunteers
554 public awareness-raising events held by the communities
7,386 members of the public attended awareness-raising events
369 new organisations pledged to become dementia friendly
32 facilities adapted to become dementia enabled
234 new partnerships developed
319,859 media communications
82 new DFCs established

PRINCIPLES EMERGING FROM DEMENTIA FRIENDLY COMMUNITIES

Dementia Friendly Communities work best when:



Emerging principles

Dementia Friendly Communities:

Adopt a social model of disability rather than a medical model

“Just getting people to listen to me, seeing me rather than what’s wrong, would be so good.”

Dementia is often described and dealt with in a way that is highly ‘medicalised’. People who receive a diagnosis may be told that ‘nothing can be done’ and they should go home and prepare a Power of Attorney and their will. They are told that they have a disease associated with irreversible decline and deficits. There is, of course, some truth in this; however, it is far from the whole story. The Scottish policy context has emphasised the rights of people with dementia and their carers, with their voice and involvement being paramount. This approach is reflected in many areas of practice, but not in all.

Dementia is recognised as a disability under the Equality Act 2010 and the United Nations Convention on the Rights of Person with Disabilities, as well as other legislation and policies. The social model of disability recognises that disability is caused by the way society is organised, rather than by a person’s impairment or difference. The model looks at ways of removing barriers that restrict life choices for disabled people, for example, people living with dementia. The social model developed because the traditional medical model does not properly explain personal experience of disability or consider more inclusive ways of living.

Consideration of this model leads very naturally to discussion about the rights of people with dementia and the ways in which they can remain included in their communities and be empowered to do the things that matter to them. Dementia Friendly Communities in Scotland do not talk about ‘patients’ or even ‘service users’, they talk about people and relationships.

Instead of seeing the individual as a ‘problem’ with a medical deficit, the focus is on removing social, attitudinal and environmental barriers that prevent the person from being involved with their community. Instead of making a decision about how the community will operate, people with dementia are central to shaping how the community develops. Those who participate in the communities feel that it is *their* community and they feel at home there.

All of the dementia friendly communities are working to reduce barriers to participation. Dementia Friendly Dumfries and Galloway, a regional partnership led by Alzheimer Scotland, has been working with a large number of organisations to demonstrate the social barriers that people with dementia and carers can face and which exclude them from normal day to day activities. For example, they have conducted dementia awareness sessions (Dementia Friends) with supermarkets and transport providers who are now acting on what they have learned. They have found that smaller, family-run businesses are the most keen to become dementia friendly, although a number of nationally recognised businesses have also engaged. One of the challenges is that businesses with head offices elsewhere are limited in the decisions they can make.

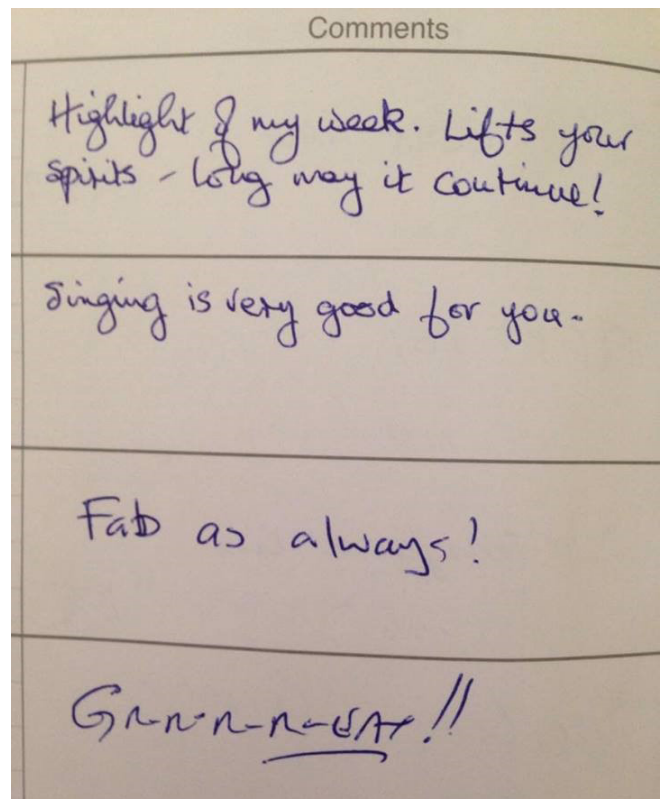


The Dumfries and Galloway Community is currently trying to address a particular barrier for people with dementia. The Dumfries and Galloway Council taxi card scheme¹ allows people with severe mobility impairment, and who cannot use public transport, to use taxis at a reduced cost. The Council also provides £100 credit towards the cost of taxis each financial year. People with dementia are not eligible for the scheme and yet it is felt that they could really benefit from it. The dementia friendly community is working to address this.

People with dementia who belong to Kirrie Connections worked with Angus Council to identify areas in Kirriemuir that cause problems and which could be improved. In collaboration with Angus Council and Historic Scotland's Community Area Regeneration Scheme (CARS) a variety of town centre improvements were identified and work has been carried out, including clearing narrow streets of excess street furniture to make them easier to navigate, installing dropped kerbs and traffic calming measures at crossing points.

Gie it Laldy (Centrestage Musical Theatre, Kilmarnock) works to a '*what's the best that can happen?*' ethos. They say, **"How many incredible and wonderful experiences would we all have missed out on if we had focused on medical problems rather than human potential?"** In the early days, Gie it Laldy faced some criticism and found that it was difficult to get professionals or 'dementia experts' to appreciate the value of the project. These people could not understand how musical theatre and active participation can really benefit people living with dementia. Gie it Laldy staff patiently explained again and again the extent to which people with dementia themselves were pushing the boundaries, and building strong relationships with each other in the process. It seems their message is now getting through: **"This reporting period has seen seismic changes in the attitudes of other agencies towards our work. We are gaining recognition that what we are doing is working. We by no means have a magic remedy but we are willing to share our learning and learn from others".**

¹ <http://www.dumgal.gov.uk/article/15230/Taxicards>



Take an assets-based approach that identifies and mobilises individual and community ‘assets’, rather than focusing only on problems and needs

An assets-based approach is key to community development because it facilitates people and communities in coming together to achieve positive change using their own knowledge, skills and lived experience. Such an approach mobilises individual and community assets/abilities and encourages meaningful partnership working.

The approach is based on deep respect for the knowledge and assets that already exist in communities and which can be further developed. This is somewhat contrary to a ‘top-down’ national policy implementation approach where a ‘model’ is tested and then ‘rolled out’ across all areas. Such models are usually accompanied by a series of targets and deadlines determined centrally, not locally. An assets-based approach develops from the grassroots upwards and provides more opportunity to reflect community values, priorities and distinctives; it has its own timelines, which are often faster-flowing than those set centrally. This is a sustainable approach and benefits not just people living with dementia and carers but also the wider community. Some dementia friendly communities are acting as a catalyst for real community empowerment that is sustainable in the long term.

An Lanntair, an arts centre based in Stornoway, leads dementia friendly work in the Western Isles. On a Tuesday they hold a ceilidh at the Western Isles Hospital in partnership with the NHS and Alzheimer Scotland. Local musicians volunteer their time to play, and staff and patients come together to sing well-known local Gaelic and English songs as well as catch up with local gossip. This allows long-stay patients, many of whom have dementia, to reconnect with each other and their wider community.

“Islander to Islander, that’s it.
That’s exactly it.”

Another fascinating piece of work undertaken by An Lanntair has been the intergenerational Woven Communities Project. This was a collaboration with Hebridean Baskets and St Andrews University. The project was designed to gain first-hand knowledge from older people in the Western Isles about traditional practices and materials. It also explored 'hand memory'² and how this can reach individuals with dementia.

The project enabled them to tell stories and anecdotes by bringing objects into a care home environment and, through touch, stimulating the brain to regain memories. This was meaningful activity for the participants but it also allowed for the gathering of knowledge shared by individual residents, leaving a legacy both for the local community and for museums, curators and researchers. The project demonstrated the value of older people who, even with dementia, can continue to contribute to their communities if given the right support.

In another of the communities a younger woman, diagnosed with dementia in her thirties, is able to remain part of her community of interest by contributing her skills as a volunteer. Her parents wrote a letter to that community expressing their thanks for the way in which she has been included. They have seen a marked increase in her confidence since she has been involved and her outlook has become more positive.



² <https://dfclanntair.wordpress.com/>

Gie it Laldy in Kilmarnock recognises that they provide a platform (literally, on occasion), but community is formed through the contributions of people with dementia and carers who attend:

“ What we do is secondary to the way in which our friends include others. They go around the tables mingling and welcoming new individuals. Dave³ has his radio mic on leading the session. Margaret plays the piano and we sing along to whatever she wishes to sing. Tom will then play piano. Barbara will take the microphone and sing...Ian will take the floor and tell rude jokes. They are the community and they lead the way for the full session. ”

The wife of one gentleman who attends a Sporting Memories⁴ group made the comment:

“ He is a helper at the group – he doesn’t see himself as a patient as some groups make you feel. ”



³ Names have been changed

⁴ <http://www.sportingmemoriesnetwork.com/>

Ensure that people with dementia and carers have a significant say that places them at the heart of the community so they can shape it

Evaluation of the dementia friendly communities has been based on what people with dementia and carers have reported about the community to which they belong. The communities work to five key outcomes for people with dementia and unpaid carers:

- I have a significant say in how my dementia friendly community is run
- I know I have a community of support around me
- I am included
- I feel safe, listened to, valued and respected
- I am empowered to do the things that matter to me

Communities have reported against these outcomes since their projects began. This was a fairly daunting task, particularly when the projects were just getting up and running. However this early evaluation enabled them to re-shape or develop projects in light of feedback received. It also helped them refine their feedback and data-gathering processes.

The dementia friendly community in Dumbarton, that started with an allotment project run by Alzheimer Scotland, has flourished over the past two years. The DAWDLE Group (Dementia Awareness West Dunbartonshire Learning and Engagement) enables people with dementia and carers to shape the work of the community.

One of the members of the group had requested they consider starting a music group. They trialled a music leader and the overall opinion was that he was the right person to lead the group. Members actively promote this group and encourage other people with dementia to attend. The attendance on week 1 was 28 and by week 4 was 41. They have found the music group to be a good way to introduce people newly diagnosed with dementia to other activities. Those who attend the choir came up with a name for it: Every Voice Community Choir.⁵

“Makes you feel good inside, like singing hymns.”

“Don’t tell too many folk or I’ll not get a seat next time!”

⁵ <https://www.youtube.com/watch?v=hm53nA6a05M>

“...the enjoyment felt by all is tremendous and is getting stronger week by week and long may it continue in the future. It was also gratifying to note that there is a regular attendance of DAWDLE members turning up...I feel we have to encourage more to come along, including our Police colleagues...so we can go from strength to strength.”

Two of the Communities report that some of the partner organisations they work with do not fully grasp the need to place people with dementia and carers at the heart of the Community and its activities, taking a person-centred approach.

“ We make sure we are placing people at the centre of planning, but this is an ongoing challenge with partners. Often, the desire to deliver a project the ‘easy way’ isn’t the person-centred approach (that we) take, yet this is the way participants enjoy the Community and why the project has been a success.”

All the members of one Sporting Memories group collectively wrote a poem based on the members’ individual likes within the group. The poem now hangs proudly in the community centre where the group meets. There is a real sense of belonging and being a part of something - the opposite of loneliness and isolation.

Are multi-generational

All of the Communities involve multiple generations through the involvement of volunteers and staff (e.g. at arts or sports venues), and links with local schools, youth organisations, faith groups and other community groups. There is no sense of communities being only for people with dementia, or ‘dementia ghettos’ as one carer called some groups she attended when her husband was first diagnosed with dementia.

“Ken this, you young un’s, that’s what makes this.”

Kirrie Connections (Kirriemuir) was established on an intergenerational basis. A local schoolboy won the competition to design the dementia friendly community’s logo. Young people support production of the community’s newsletter and keep social media and the website updated. A number of school pupils volunteer to help in the dementia friendly Community Garden. A public art project is being developed for a mural outside the dementia resource hub, working with local artist Maureen Crosbie, people with dementia and the local Cub Scouts.

After a Sporting Memories intergenerational session with a local school, a group member suggested the group buy gifts for the pupils as, in his words, **“those kids are great to us, they’re always giving us things, we should give them something”**. Consequently, presents were arranged and gladly received.

Working with Museum nan Eilean, An Lanntair has been carrying out intergenerational activities to educate children about dementia while chatting in Gaelic with older people with dementia. This dispels a great deal of mystery and concern about dementia and the children bring a lot of joy to the sessions. One lady who has dementia was a teacher. **“I enjoyed teaching again,” she said, “I didn’t think I’d teach again but I enjoyed that”**.

Senior school pupils are helping out at Heart for Art groups and this is providing a good foundation in life skills for the pupils, as well as bringing real enjoyment to members of the groups. Art college students have been similarly impacted, forming meaningful connections with group members and exchanging skills and stories.



Enable people with dementia and carers to do what really matters to them

“**Thank you for taking the time to ask my dad about what he would like to see, it makes a difference being listened to.**”

One very clear evaluation finding is the extent to which people with dementia appreciate being able to do things that are important to them; things they thought may now be a closed door to them.

At the first meeting of a new Sporting Memories group, one man stated that he did not think he should attend because he has Alzheimer's Disease. He felt that he would not know or remember anything. After some encouragement and support this gentleman continued to attend, and he was extremely surprised and delighted with himself that he knew so much. This boosted his confidence.

In the same group another member had a history, when in group settings, of sitting quietly with his eyes closed because he felt embarrassed at the time he takes to process what he is hearing. He also has difficulty with finding words. However, with the support he is given at the Sporting Memories group he sits up straight, eyes wide open and with a great big smile on his face. A staff member sits beside him and speaks into his ear to tell him what topic is being discussed and any questions being asked. This gives him time to process the information. He has, on several occasions, given names of past football players that surprise fellow group members. This sometimes starts a whole new topic of discussion. This gentleman's confidence has increased and he looks forward to the weekly meetings, telling people how many days it is to the next meeting. He always attends smartly dressed and brings along old photos and newspaper clippings of his brother who played for a Scottish football team before moving to the U.S.A to play.

“We teamed up with (a nearby) racecourse to put on a bespoke backstage tour and sociable lunch for some of our groups. One of our groups based in a local hospital was able to bring a gentleman who had been a jockey in his youth and who had raced at (the racecourse). He brought...photos of himself as a young chap, dressed in his silks, standing beside the horse he had just ridden. Although he wasn’t able to verbally communicate at great length, the trip and talk gave him the opportunity to relive and share his career.”

A number of the activities run by the communities have a knock-on effect in that they enable other things to happen:

“(Walking football) gives the men exercise and fun. We get out for a coffee and a chat with other carers.”

“My husband is more mobile now after being at the football and this helps when going walks with the dogs.”

“My husband’s balance has improved and he is managing the stairs better since attending the football.”

Heart for Art, run by Crossreach, is always keen to know how it can assist people to learn new things. Some participants had been talking about textiles so the project explored how it could cater to this area of interest. After some research, they found that galleries were exhibiting artists specialising in felt, using it in a pictorial way, focusing on colour and composition. Therefore, Heart for Art have now begun to offer this as an alternative to painting and participants are engaged and excited about this medium.



The evaluation feedback the dementia friendly communities have gathered shows that the communities really matter to those who attend:

“It’s just been amazing. Today there was a participant who has just been coming for four or five sessions, his wife had been trying to encourage him to come along for many weeks. His wife provides the refreshments for the group which are loved by all. She finally got him to come along and he has been coming along ever since. Today he had an appointment at the GP and he said, ‘No, I still want to go to Heart for Art, we can go out in the middle and then we can come back’. That, to me, speaks volumes. The participants love coming here.”

“I never used to like art. I haven’t done it for years. I remember being told off at school, ‘That’s not the way to do it.’ But I think this is very good, I enjoy it and I’m chuffed I’ve done it...People don’t believe I’ve done them. I’ve got them on the wall in the hall, but nobody believes I did them. I have to get my husband to tell them I really did.”

“ I love Heart for Art and I cannot believe what I’ve done. I’ve learned a few things about myself. If anyone asked me to draw anything before, it would have been a stickman!”

Of course, when staff and volunteers get to know what matters to people with dementia and carers they get to know that person better as an individual. It can be difficult when someone passes away because the whole community feels it. Most of the communities have had the experience of grieving for someone they have lost, and the community also provides a safe place for family members to grieve.

“In the second part of the year we lost some of our participants. In the last 6 months, quite a high number of people who have dementia have moved on into full time care, or have sadly passed away.

“We witnessed the impact of a carer passing away and how that affected his wife who lives with dementia; we also have a carer who received a dementia diagnosis too and this has been difficult for the family to accept...”

As people move on, communities find that they need to integrate new people, finding out what matters to them. This requires a good deal of flexibility, openness from the community as a whole and a willingness to grow and change.

Provide appropriate training to staff and volunteers that goes beyond awareness raising

Raising awareness about dementia is an effective way of starting to address myths and negative perceptions about dementia. In the first two years, the dementia friendly communities held or participated in 554 public awareness-raising events, ranging from dog shows to art exhibitions to golf tournaments. Many people who are involved with the communities have become Dementia Friends through the scheme run by Alzheimer Scotland.⁶

Early on, most of the communities funded by the Trust recognised their need for deeper and subject-specific training. For some, the training did not exist and they have had to develop their own, for example, Paths for All developed its own Dementia Friendly Walking training and accreditation.⁷ Others have taken Scotland's 'Promoting Excellence' framework⁸ and adapted it to their specific setting because they felt it leaned more towards a medical, rather than social, model of dementia. Some work needs to be done to make Promoting Excellence more accessible to a broader range of learners. Over the next two years we hope to see a number of new training resources developed that can assist other communities who are seeking to be dementia friendly.

Dementia Friendly West Dunbartonshire has been using the Promoting Excellence tools but has supplemented these with scenario videos from a range of settings, e.g. shops, public transport services, emergency incidents, to allow them to facilitate very focused discussions and allow people to ask specific questions. They have done some considerable work in the last year to build a library of additional information/resources which can be shared with those who need them.

Through Promoting Excellence, West Dunbartonshire has trained a number of dementia ambassadors, 18 of whom currently assist with communication and information distribution. They also assist with awareness session delivery. In addition to the awareness sessions, West Dunbartonshire has designed and delivered a series of specialist sessions around dementia and sensory impairment. This activity was led in partnership with the Royal National Institute for the Blind (RNIB).

⁶ <http://www.dementiafriendsscotland.org/>

⁷ <https://www.pathsforall.org.uk/pfa/health-walks/dementia-friendly-walking.html>

⁸ <http://www.sssc.uk.com/workforce-development/supporting-your-development/promoting-excellence-in-dementia-care>

With funding from the William Grant Foundation,⁹ Sporting Memories is developing ways to support the growth of groups in remote rural and coastal communities. This will lead to new online and digital tools to support training and development for staff and volunteers.

Of course, training needs are broader than those related to dementia. Communities also ensure that staff and volunteers receive, for example, the necessary health and safety and adult protection training.

Meet with other communities so they can learn from each other

A condition of any Life Changes Trust funding is that funded projects attend the quarterly Community of Learning and Practice, which is held in Perth. At this event, projects have the opportunity to hear about each other's work and learn about wider work not funded by the Trust. They have an opportunity to network and the Trust has been astounded at the number of new partnerships that have arisen from this networking, which has led to joint working on a number of initiatives. It has also led to a national network of like-minded peers who share values, who challenge each other and who are deepening their knowledge about dementia.

⁹ <http://www.williamgrantfoundation.org.uk/>



It is important to note that many of the organisations funded by the Life Changes Trust had never been previously involved with dementia. By funding organisations with expertise in other areas - for example, older people, learning disabilities, the arts or sport – a good deal of broader knowledge has been transferred and new insights into how to involve people with dementia in new contexts or in new ways have been developed.

In order to share learning and experiences of developing their walking projects, Paths for All hosted a get together for the various dementia friendly walking projects it assists across Scotland. There were presentations on the latest research and evidence around physical activity and dementia, the sensory challenges that dementia can bring, and case studies from two of the Dementia Friendly Walking projects in Fife and East Dunbartonshire.

The walking projects who attended were able to discuss what further resources they would like Paths for All to provide, such as dementia friendly posters/flier templates that could promote walks, further training and how to make the most of social media. Projects were asked ‘What is good?’, ‘What could be better?’ and ‘What is working best?’ This helped them explore a number of issues in a constructive manner.

Sporting Memories Network, which has established more than 50 dementia friendly sports-related communities across Scotland to date, hosts regular ‘action learning gatherings’ which bring together staff and volunteers from across all areas. They would say that they have benefited from some very practical feedback, ideas and suggestions. They now have a closed Facebook page for trained volunteers and organisational staff where ideas for activities and good practice can be shared, as well as information about specific sporting interests.

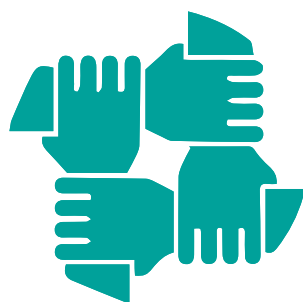


Collaborate with others and work in partnership to maximise use of resources and skills

As mentioned above, partnership working has been a key theme in all of the dementia friendly communities, both in terms of working within their specific community context and in terms of working with other communities. This kind of working requires openness, transparency and trust. The Community of Learning and Practice began in 2015 with just 15 funded projects. It now attracts around 150 people each quarter, representing more than 70 organisations, several of which are not funded by the Life Changes Trust. As new people have come along, existing projects have been quick to welcome them and explore how they can work together.

All of the dementia friendly communities have formed partnerships with a wide range of organisations from the voluntary, statutory and private sectors. By the end of the second year of Life Changes Trust funding, more than 234 new partnerships were formed that are now delivering more for people living with dementia and carers. Some of these new partnerships have led to successful funding bids to other funders so that value is added to the dementia friendly community. One example is the collaboration between the University of Stirling's School of Social Sciences, Paths for All, Urban Pioneers, Friends of Kings Park and Stirling Council. This resulted in a successful application to the William Grant Foundation for £15k to develop King's Park to become dementia friendly.

Dementia Friendly Communities CIC in Helmsdale is now working in partnership with NHS Highland and Age Scotland to create Dementia Friendly Highlands. They will provide small grants and mentoring to other areas in the Highlands that are on a journey to create better lives for people with dementia and carers. They will also explore the links between dementia friendly and age friendly¹⁰ communities in rural areas.



¹⁰ <http://www.who.int/ageing/projects/age-friendly-cities-communities/en/>

Mentor new communities...who mentor new communities...

One of the most encouraging findings from the communities' evaluation reports has been the development of new communities across Scotland. None of this happened by accident, but very much by design. Sporting Memories, Paths for All and Heart for Art planned from the outset to establish new dementia friendly communities of interest across Scotland.

Other communities were funded to be exemplars of good practice that could inspire and inform others. These communities have been sharing their learning and ideas far and wide so that others can adopt their methods and build on them. In 2016 the Trust opened up further funding for more dementia friendly communities in Scotland. It was clear that many applicants – particularly those who were successful – had been watching and learning from the existing communities and could submit funding applications that show depth of knowledge and understanding. In September 2017 it was very exciting to bring together the second cohort of dementia friendly communities with the first, and we look forward to seeing what relationships are established between them.

By the end of its second year of funding, the Festival Theatre had begun to visit and mentor other venues so that they could also become arts communities that are dementia friendly, including: The Cameo Cinema (Edinburgh); Music Hall (Aberdeen); Eden Court (Inverness); The Tron (Glasgow); The Byre (St Andrews); Theatre Royal/ Royal Concert Hall (Nottingham) and Dancebase (Edinburgh). A municipality in Odense (Denmark) is also interested in the work. The Theatre has been able to share its successes, and can advise on pitfalls to avoid, for example:

“Programming too many events in a short space of time has given people too much choice and conflicts with other events. People have been disappointed not to be able to come to everything – we are now spacing out our events and performances in a much more focused way, so as not to overload everyone with choice. We needed to reach ‘saturation point’ to be able to know how much is too much!”

“(Dementia friendly) Chitty Chitty Bang Bang was a huge success, but really highlighted the limitations of the Festival Theatre’s building. Incredible to have 795 people attend, but on reflection a smaller audience of around 400 people would enable staff to support the audience much better and create a much more intimate experience for the audience.”

Looking forward

The Life Changes Trust actively promotes a broad and principled approach to dementia friendly communities. The nine emerging principles highlighted in this report could be applied to almost any community in order to make it dementia friendly. They are simple but depend on two things to make them effective: first, allowing people with dementia and carers to shape the community; secondly, understanding the importance of relationships. If either of these two elements are omitted then what will result is a theoretical approach that lacks depth and will not reach people with dementia and unpaid carers in a meaningful way.

As the Trust funds more communities and learns more from them, these principles might need to be adjusted or added to. Over the next few years we will deepen our learning about dementia friendly communities, and their reach and impact. The Trust made the decision to share early learning as the communities grow and develop rather than waiting for several years to share an evaluation report. We are seeing the benefits of this as more and more places and activities are following the example of this first cohort of Trust-funded dementia friendly communities across Scotland.

Over the coming months the Trust will be working with the communities to produce a documentary and some short films that will illustrate the impact they are having in Scotland. On 1 May 2018, the Trust will hold its second national dementia conference: “Human Rights, Citizenship and Dementia”. The conference will also provide an opportunity for people to meet every project funded by the Life Changes Trust.

If you would like to follow the work of the Trust more closely you can sign up to our newsletter online: <http://www.lifechangestrust.org.uk/newsletter/signup>. You can request the newsletter in hard copy by calling 0141 212 9600. We are also on Twitter, @lifechangestrst.

Appendix 1

Trust Funded Dementia Friendly Communities

2015-18

For further information on each of the Dementia Friendly Communities funded by the Trust, see <http://www.lifechangetrust.org.uk/projects/dementia-friendly-communities>.

Aberdeen FC Community Trust

 @AFCCT

This is a dementia friendly health and well-being community initiative in Aberdeen. Funding is being used to develop activities such as walking football, gym activities, health walks and park based activities in Aberdeen public spaces, to make them dementia friendly. The project promotes good health, inclusion and learning and raises awareness of dementia within the wider community and provides respite opportunities for carers.

<http://www.afccommunitytrust.org/home.php>



An Lanntair

Bilingual dementia friendly community initiative

 @dfclanntair

A Gaelic and English languages project, which is run by the an Lanntair Arts Centre and is based on two previous pilot projects which used combined local knowledge, local language, and memory tools to support people affected by dementia in a culturally specific way. This initiative looks at the role that bilingualism plays in the delayed onset of dementia and the benefits that an oral tradition can have in retaining good memory skills, providing a generational bridge and a sense of belonging.

<https://dfclanntair.wordpress.com/>



Centrestage Communities and Music Theatre



 @CentrestageMT

Centrestage Communities and Music Theatre is an arts organisation founded on the ethos that anyone – regardless of age, ability, background or experience – can gain life changing social benefits through active participation in the arts. The project, called ‘Gie it Laldy!’ aims to facilitate conversations and connections through musical themed memory activities, and people living with dementia, carers, family members and other participants come together for companionship, entertainment and community in a positive and supportive setting.

<http://www.centrestagecommunities.org.uk/gie-it-laldy>

‘Creating Dementia Friendly Communities’ Dumfries and Galloway



The project supports, empowers and involves people affected by dementia across Dumfries and Galloway so that, regardless of where they live, they feel valued and understood and are part of a supportive and enabling community. The initiative is a result of a partnership involving NHS Dumfries and Galloway, Dumfries and Galloway Council, Alzheimer Scotland Action on Dementia, and User and Carer Involvement.

Dementia friendly allotment group in Dumbarton



This is a dementia friendly allotment project which is run by people with dementia and carers and allows them to make use of the allotment and be outdoors. This project was set up by Alzheimer Scotland in partnership with local people with dementia and families. The plot is available for people with dementia and their carers either to work in the garden or just to spend time there.

Dementia Friendly Communities Helmsdale CIC

 @DFC_rural

Dementia Friendly Communities Helmsdale is a social enterprise Community Interest Company (CIC) which was established four years ago. The CIC is committed to leading work which puts awareness and dementia friendly activity at the heart of remote rural communities. It works in partnership with businesses, service providers, voluntary groups, community organisations or individuals who share their ambition to create a dementia friendly community. Funding is being used to increase local opportunities for people with dementia so that they can continue to enjoy their interests and hobbies, things that are meaningful to their lives, for as long as they wish to. It is also used to raise awareness and challenge the myths and stigma associated with dementia.



<http://www.adementiafriendlycommunity.com/>

Dementia Friendly Community, West Dunbartonshire

 @WDCVS

This is a dementia friendly community project encompassing 22 separate neighbourhoods across West Dunbartonshire. With the funding, they are showing local businesses, GP's, health care professionals and service providers across the region how to become more dementia friendly. They are also addressing the social needs of people with dementia and their carers to make sure their quality of life and activities are not reduced and they can continue to do the things that matter most to them.



<http://www.wdcvs.com/>

‘Heart for Art’ project, CrossReach

 @CR_HFA

The ‘Heart for Art’ project, run by CrossReach, the Church of Scotland Social Care Council, is a creative arts community operating across Scotland. It offers opportunities for people living with dementia and their carers to learn new, or reawaken existing, artistic skills, build confidence, and develop social relationships through creative arts, as well as providing access to support and advice. The project challenges the stigma and discrimination associated with a diagnosis of dementia, by promoting positive images of people living with the condition. It also helps improve personal relationships, promote mental and creative stimulation and create a community where members can participate in something that is meaningful to them.



King's and Festival Theatres, Edinburgh

 @edtheatres

Two of Edinburgh’s most famous theatres - the Festival and the King’s – are becoming dementia friendly venues. The theatres will ensure that people with dementia and those who care for them can continue to be part of the theatre-going community, enjoy participating in the arts and mix with their peers. They are also acting as exemplars for other, similar, venues.



Kirrie Connections (Kirriemuir & Dean Area Partnership)

 @kirrieconnect

This is a small rural, intergenerational dementia friendly initiative in Angus which aims to raise awareness, change attitudes and promote inclusion throughout the community. They are using the funding to develop a dementia friendly garden close to the town centre, an information hub for support, information and advice, improved signage around the town centre and providing awareness raising sessions for schools, businesses and community groups. Kirrie Connections will increase awareness and understanding about dementia within local communities.



Paths for All

 @PathsforAll

Paths for All, the nationwide champion of walking for all in Scotland, is developing a Scottish dementia friendly walking community. Paths for All aims to create a happier, healthier Scotland where increased physical activity improves individual quality of life, health and well-being. The funding is helping ensure that everyone affected by dementia also has the opportunity to take part, enjoy the benefits of walking, improve their health and well-being and be part of a larger community.

<http://www.pathsforall.org.uk/pfa/health-walks/dementia-friendly-walking.html>



Sporting Memories Network

 @SportsMemNet

This dementia-friendly sports network promotes physical and mental wellbeing through activities at 55 groups across Scotland. They help people with dementia reminisce and tell their own stories of watching or participating in sports, and provide opportunities to try out playing new sports.

<http://www.sportingmemoriesnetwork.com/d1079/scotland>



Getting in touch

If you have any queries or wish to share your views and ideas, you can contact us in a number of ways:

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