



Highland Compassionate Communities

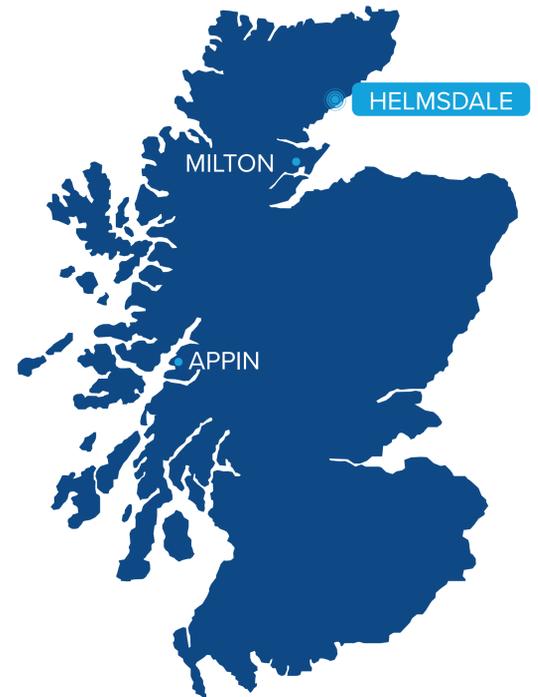
A partnership between
Dementia Friendly Communities Ltd,
NHS Highland Public Health and **Age Scotland**

How a compassionate community supports its most vulnerable residents

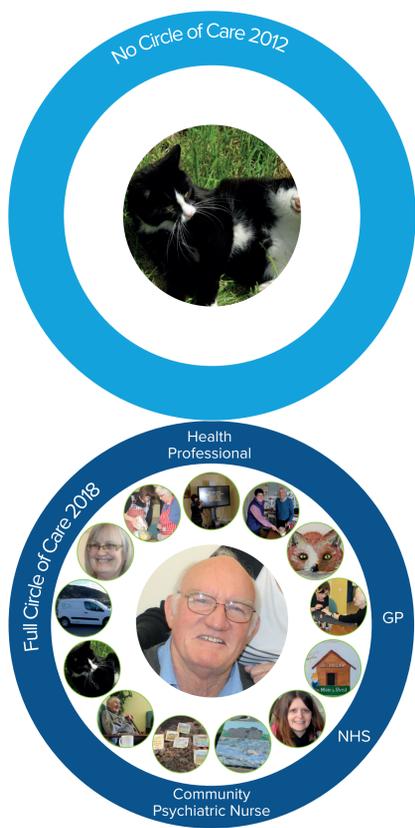
It is estimated that 1 in 3 people will be affected by dementia, with around 4,000 dementia diagnoses across Highland and a further estimated 4,000 undiagnosed people with dementia. In addition, it is clear that a number of other groups of people living in rural areas - including those with life limiting illness, long term conditions, individuals who are lonely and carers - would benefit from a network of compassionate support in their local community that could help them live life to the full and stay in their own homes for as long as it is appropriate to do so.

Highland Compassionate Communities

recognises that while many rural communities across the Highlands face similar challenges, no two communities are the same. With 3 year funding from the Life Changes Trust and BIG Lottery, Dementia Friendly Communities Ltd, in partnership with NHS Highland Public Health and Age Scotland, are rolling out their model to 8 other rural communities across Highland with the aim of developing community led activity and services that will see a network of local rural support designed to ensure sustainability while meeting local need.



What is the Helmsdale Circle of Support?



Art 'n Blether

targets unidentified carers, giving them not only a place to relax and learn a new skill, but also an opportunity to share issues with peers over a cuppa and home baking.



Art 'n Blether

Rural Interactive Screens

began in 2013 in partnership with NHS Highland and allows older folk to get used to interactive work in a community setting so that should the day come when they are housebound or if they live too remotely, they are only a step away from connecting into communities directly from their homes to enjoy not only community interaction (music, art, dance), but eventually also rural doctor/patient monitoring/consultations. There are presently 5 linked screens in East Sutherland and a key element of the roll-out programme is to extend this programme across Highlands.



Rural Interactive Screens

Helmsdale Well-being Hub

stands at the heart of our work. It operates three days/week for those aged 55+ who could be frail, lonely or are experiencing mild cognitive impairment or perhaps simply want a blether. Activities are centred around creativity, get up and go (including walking excursions, exercises) and cognitive work.



Helmsdale Village Hub

Dinner To Your Door

is a modern meals on wheels providing three-course freshly cooked nutritious hot meals to the homes of over 100 clients every week in Helmsdale, Brora, Golspie and outlying areas. We have two chefs and our delivery driver is a support worker who offers a listening ear to those who have little social interaction.



Dinner To Your Door

Bridge Over Troubled Waters

offers tailored short-term support to families at times of illness, injury, moving home or change in circumstance by filling immediate gaps when statutory services are unavailable e.g. a carer broke her hand and because we stepped in within 24 hours, her husband who had dementia did not need to go into respite while the hand healed.



Bridge Over Troubled Waters

Men's Shed

offers a facility for local men in particular to socialise away from the pub and use or share their skills alongside old and new companions. It is open every day and refurbishes furniture plus produces a range of products for sale including cold frames, walking sticks and bird tables. A person with dementia is supported to be the project lead, not only giving him a sense of worth, but also providing respite for his carer wife.



Men's Shed

For further information, please contact:

Programme Manager
Dementia Friendly Communities Ltd
Helmsdale
KW8 6JA
Telephone: 01431 821655
Email: hello@dementia-friendly.com

