

[View this email in your browser](#)



Welcome to the Summer edition of our newsletter which we hope you find informative and interesting, any comments are welcome.

Chief Executive, Steve Robinson: SPIDER!

There are many different forms of complacency. One of the interesting things about moving house is what you unwittingly inherit. This includes the items that the previous owners either couldn't fit in their removal van or simply couldn't be bothered to pack. Having moved house earlier in the year we had an opportunity to experience this first hand. Our new house came, not only with all the fixtures and fittings that we expected, but also had a number of "extras", toboggans, a dishwasher, boxes and boxes of screws, nails and general garage items.

One thing we noticed we had inherited on our arrival was Eric. Eric was a very small spider located on a web just outside the front door. Being generally favourably disposed towards all of God's creatures, even spiders (as long as they are outside), we left Eric to his own devices and watched, with a certain fondness, his exploits in catching the variety of small bugs that came his way. Of course, what we now have, some six months later is a huge, hulking monster spider occupying the top right hand of the front door, forcing us to duck as we come home in fear that he should lunge. The sort of spider that would give Stephen King nightmares!

The odd thing however is that we leave him there. Even though he is now a seriously scary beast, we choose to let him occupy space in our house simply because "it has always been that way".

It strikes me that Eric is a good example of how we treat ourselves. As a society and as individuals we don't think about tomorrow, only today. As a consequence therefore, as we age, we don't put into place the factors that we need to enjoy a happy and healthy older age. Things that improve and plan for our physical health, reducing or delaying the risks of illness and frailty. Things that keep us mentally active. Things that keep us socially engaged.

I would encourage us all to look at those areas in our mid-lives where we can become complacent. Where we have accepted things that we know we should

not and, even though we have the power to make changes, have chosen not to. Active and positive ageing is a conscious decision that we can each make today.

Exercise and activity delays the progress of dementia

More and more we are hearing about the benefits of healthy eating and exercise and the possible link with the onset of dementia. Recently one of our dementia advocates, Janice Lovatt interviewed Pat Litherland, a Senior Experienced Worker at a Dementia Care Specialist Home.

Pat has worked in dementia for 17 years and has a wide variety of training experiences including Dementia Mapping, Train the Trainer Dementia Mapping, The Person Inside, Reminiscence, Reality Orientation and Yesterday, Today and Tomorrow. Pat is also the moving and handling trainer for the home and has undergone training in medication management.

When Pat was asked about what benefits she had observed of the active in age exercise group which is run at the home Pat said:

“I honestly believe that exercise and activity delays the progress of dementia”

“If people don’t use their bodies then they forget how to”

To read the full interview read [here](#)

Funding Success for Focus Group - Film Release

As members of [DEEP](#) (Dementia Engagement and Empower Project) we applied for a small pot of money (£2,490) and we were successful. DEEP, an organisation developed to work with people with dementia, were awarded £30,000 to fund projects (maximum of £5,000) working with people with dementia, to explore innovative methods to facilitate people with dementia having a voice.

Our [Dementia Advocacy Project](#) set up a focus group made up of people who all have a diagnosis of dementia. The rationale of developing the focus group was to gain opinions from people living with dementia around if they felt their lives could be improved and what would have to be done to facilitate that change. (One example of the need for improvement is a person with dementia unable to travel on public transport due to the timetables not being in a format they can understand. The possible result is the person becomes isolated and lonely).

The focus group have identified a number of areas they think might help to improve their lives. The money from DEEP was used to make a film of the focus group who shared their thoughts on areas to improve their lives and highlighting what they think might help toward resolving the issues they perceive are in these areas. The film was shown to professionals last week and the feedback from them will be used in the future to evaluate how we take this forward and hopefully will be part of the larger picture to improve the lives of older people with dementia.

The film is available to view [here](#) . If you have any comments please contact:

betty.machin@bjf.org.uk

Staffordshire Cancer Advocacy Project

The [Staffordshire Cancer Advocacy Project](#) is delighted to welcome Amanda Carter to the team as Volunteer Co-ordinator (Staffs Central). This signifies the beginning of the expansion of the pilot project and the advocacy service will be available for older people affected by cancer in the Stone Stafford and Uttoxeter areas of the County. Amanda will be based in Stafford and looking to recruit and train volunteer advocates to support older people in the local area. If you are affected by cancer, live in the area and would like support or would like to become a volunteer advocate please contact Amanda Carter or Kath Curley on 01782 844036

New Projects for in 2014 As a national organisation based in Stoke-on-Trent the Foundation has always been proud of its' local work and is pleased to continue to develop that work in 2014 having successfully secured funding for the following projects:-

Ageing well in rural Staffordshire Moorlands

We are continuing our partnership work with Staffordshire Moorlands District Council and are initiating an asset based community development project supporting older people in some of the more rural parts of the Moorlands.

Older women's experiences of ageing

With a grant from Awards for All we are collecting stories from women about their experiences and perceptions of 'getting older'. We have heard some fascinating stories and are identifying similarities and differences which will be captured in an end of project report and a celebration event.

How's Your Business Feeling?

In our life course approach we have identified work places as key settings for interventions which promote 'positive ageing' and this online self-assessment for employers contributes to that.

It is of particular relevance to the current debate around Extending Working Lives since working longer requires us to maintain a certain level of physical and mental fitness.

Stoke as an Age Friendly City

In recognition of our experience and expertise around age friendly cities and communities, Stoke-on-Trent City Council has awarded the Foundation a contract to empower older people to initiate, develop and implement the Age Friendly Commitments programme.

Hot off the press.....

The Foundation is one of only 6 local charities to have become the first to receive new style grants from Stoke CCG (Clinical Commissioning Group) that will see more NHS money going directly to support vulnerable people. Our Positive Living project will support older people to stay active and live healthy and independent lives and replaces our Health Improvement project which

closed at the end of March.

If you would like any information about any of these projects please email lynne.wealleans@bjf.org.uk

Intergenerational Age-Friendly Exchange

The Beth Johnson Linking Generations NI team joined forces with Age Action Ireland to deliver an intergenerational exchange project in collaboration with Belfast and Dublin City Council's. Funding support was obtained through the Department of the Taoiseach for initiatives during 2013 European Year of the Citizen. The exchange focused on something that both cities have in common which is the progression of the Age-Friendly movement and took an intergenerational approach to this. The project involved younger and older people from an intergenerational project in Tallaght and members of the Belfast City Council Youth Forum and Greater Belfast Seniors Forum. Both groups had previously been engaged in projects in their areas which involved discussions on the creation of Age-Friendly Cities. The participants spent a day in each City where they undertook a walkabout, engaged with the general public and generated ideas for making each City more all age friendly. A DVD and report of this project are available on the [LGNI website](#).



**European Map of
Intergenerational Learning**

European Projects

The latest news from our European Project, [EMIL](#) is available to download now from Newsletter 16. Read about our collaboration with Generations United in the report: **The Evaluation Research Repository on Intergenerational Programs** and find out about the progress of our second European project [ECIL](#). Read newsletter here



Busy Weeks!

The last few weeks have been very busy out and about for the various projects, what with Dementia Awareness Week, Volunteers Week and Carers week. Our Cancer advocacy team have been out and about spreading the word about the new [project](#) and recruiting volunteers at events, some in partnership with Stoke-on-Trent City Council and North Staffs Carers. They also thanked their volunteers during Volunteers Week for their fantastic support and commitment. We have recently celebrated with our volunteers from all projects past and current by inviting them to the Foundation to spend an afternoon with us. As it was the anniversary of 30 years of Volunteering week, we made it Volunteering month. We invited an inspirational guest speaker, [Angela Glendenning](#) who volunteers, fundraises and then some!

Job Opportunities

Volunteer Co-ordinator - Older People and Cancer: Peer Advocacy and Support Project

25 hours per week, actual salary £17,853

For more details go to our website <http://bit.ly/1p7Dwd7>

Finance and Business Services Manager iro. 32k

A member of the Senior Management Team and reporting to the Chief Executive

For more details go to our website <http://bit.ly/1qcZiji>

Programmes Support Officer

30 hour per week post to 31/3/2015 at a full time equivalent salary of £20,000 per annum

For more details go to our website <http://bit.ly/SPJ1Bp>

Volunteering Opportunities

- Our Staffordshire Cancer Advocacy Project is looking to recruit volunteers from the Staffordshire area. Full training and support is given to equip all to help and support people affected by cancer, whether it be a patient or a carer. For more information and to get in touch please go to our website <http://bit.ly/1e7v6uq>
- Are you experienced in the use of a database? In our busy business support office we are hoping to recruit a volunteer for a few hours each week to maintain our Access Database. If you would like to volunteer please email angela.tunncliffe@bjf.org.uk or call 01782 844036.

Useful Links

Preventing age-related vision loss

Sight is the sense most people fear losing the most – and many older people will have their sight severely impaired by Age Related Macular Degeneration (AMD). Indeed, it is the principal cause of impaired vision in people aged over 65. With AMD resulting in loss of fine detail and colour at the centre of the eye, watching television, recognising people, writing and driving a car will no longer be possible.

Fortunately, there are lifestyle and dietary measures which can be taken to help protect and reverse age-related vision loss caused by AMD. Find out what can be done, by going to a complete article on the Care Directions website:

<http://www.caredirections.co.uk>

Read [other carers' stories](#) at Healthtalkonline

Watch [videos of people who care for someone with dementia](#) on NHS Choices Read about [looking after your own wellbeing](#) on NHS Choices

Get some [wellbeing and healthy living advice](#) from NHS Choices

Someone dies from bowel cancer in the UK every thirty minutes. But here is hope: if treated early there is a very good chance of recovery. The only problem is that only 9% of patients are diagnosed at the early stage.

<http://www.bowelcanceruk.org/>

Healthwatch Stoke-on-Trent's new signposting directory is now available. Jane Snape, one of our dementia advocates represents the Foundation at the Healthwatch meetings and said it was very useful to have this directory to signpost people to doctors, chemists, care home, solicitors,

opticians etc. E-version is available <http://bit.ly/1uxw7U4>

[Donate](#)



[Facebook](#)



[Twitter](#)



[Website](#)



[LinkedIn](#)

Our mailing address is:

Parkfield House
64 Princes Road
Hartshill
Stoke-on-Trent
Staffordshire
ST4 7JL

T: 01782 844036

E: admin@bjf.org.uk

W: www.bjf.org.uk

A Company limited by guarantee
Registered in England & Wales number 6454378
Registered Charity No.1122401

Copyright © 2014 Beth Johnson Foundation. All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)