

## London Chinese Dementia Awareness & Support Project (LCDASP)

Since January 2014 when it was first set up, funded by the City Bridge Trust, the London Chinese Dementia Awareness & Support Project has established itself as one of the frontline service providers within the Chinese National Healthy Living Centre, to raise awareness of dementia, the importance of early diagnosis and help families living with dementia in accessing mainstream services across the 33 boroughs of London.

Firstly, the project has translated into Chinese the ‘**Defeating Dementia**’ booklet published by Alzheimer’s Research UK. The booklet was launched on 28 May 2014 at the Association of Chinese Women in Woolwich Common Community Centre, attended by over 100 people, in the presence of officers from Alzheimer’s Society UK and Chinese Channel TV. Copies of this has been distributed free of charge to local community centres in various London boroughs.

Individual who would like to have a copy of this can get it in person at the Living Centre at 29 – 30 Soho Square, London W1D 3QS. Alternatively the Living Centre can arrange it to be posted (to either individuals or organizations) for postal cost of £1.50 per copy.

In addition, with the help of organizations such as Alzheimer’s Society UK, One Westminster and various frontline service providers on health promotion, training sessions have been organized for project staff and volunteers over the past 4 years.

These were followed by workshops on Alzheimer’s & dementia presented (by professionals from Alzheimer’s Society UK, Dementia UK, Kingston University and other agencies) at our Centre and a number of Chinese community organizations across London, including the Chinese Women’s Group at Woolwich, China Town Oasis Chinese Group, East London Chinese Community Centre, Lambeth Chinese Community Association, Islington Chinese Association, Newham Chinese Association, Haringey Chinese Centre, Camden Chinese Community Centre, China Town Chinese Community Centre, Camden’s Jubilee House Shelter Home and Haringey’s Spanswick Lodge Sheltered Home; the Gallery at the Woolwich Centre and the Stables in Greenwich .

More workshops and activities, including Reminiscence Tea House gatherings, are being planned in the coming period across London, these will include the workshops and training funded by the Royal Borough of Greenwich this year:

No	Topic	Date/ Time	Venue	Speakers
1	Dementia Friends, Dementia & Services for families/ carers in Hackney	21/03/2018, Wed 1.30pm -3.30pm	克尼華人社會服務中心 Hackney Chinese Community Services 28-32 Ellingfort Road, London, E8 3PA Tel: 020 8986 6171 020 8533 5066	Gill Tan, Project Co-ordinator, CNHLC  Dementia Advisor & City & Hackney Alzheimer’s Society
2	Mental Capacity & Lasting Power of Attorney	18/04/18, Wed 1.30pm -3.30pm		
3	Introduction of LCDASP and CNHLC services Dementia:	29/04/18, Sun 3pm -5.30pm	IBPS UK (London Fo Guang Shan Temple), 84 Margaret Street, London,	Gill Tan, Project Co-ordinator, CNHLC Dr Ruth A Mizoguchi,

	Diagnosis & Management		W1W 8TD Tel: 020 7636 8394	Consultant Geriatrician & Dementia Lead, Chelsea & Westminster NHS Foundation Trust
4	Prevention of Falls Future Plan / Mental Capacity & Lasting Power of Attorney	Summer Date to be confirmed - Sunday 3pm -5.30pm		Dr Wallace Tan, Consultant Geriatrician, Croydon NHS Foundation Trust Westminster Dementia Service
5	Brief Introduction of Dementia and CNHLC services	14/02/18, Wed 12pm - 3pm Chinese New Year Celebration	Newham Chinese Women's Group, Bryant Church & Community Centre, Bryant Street, Stratford, E15 4IU	Gill Tan, Project Co-ordinator, CNHLC
6	Dementia Friends Session/ Understanding dementia & support services in Newham & Barking	09/05/18, Wed 1pm -3.30pm		Daniel Fredriksson & Joyce Tomlinson, Dementia Support Workers, Newham Alzheimer's Society
7	Mental Capacity & Lasting Power of Attorney	Date to be confirmed		
8	Power of Attorney Future Plan/ End of Life Care Funeral Services:- Prayer services by FGS Temple Arrangement & fees for people to leave their ashes, after cremation, at Manchester Fo Guang Shan Buddhist Temple,	Wed., 1pm -3.30pm, or,  Sunday, 3pm -5pm.  Dates to be confirmed with FGS	Chinese National Healthy Living Centre, 29-30 Soho Square, London W1D 3QS Tel: 0203 802 0350  Or,  IBPS UK (London Fo Guang Shan Temple), 84 Margaret Street, London, W1W 8TD Tel: 020 7636 8394	Venerable, IBPS UK. London Fo Guang Shan Temple (FGS)  IBPS Manchester, 540 Stretford Road Old, Trafford, Manchester, M16 9AF. Tel: 0161 872 3338. Fax: 0161 872 3334. E-mail: ibps_man_uk@hotmail.com (www.londonfgs.org.uk)
9	Health Promotion Day Dementia & Diabetes Future Plan/ Mental Capacity & Lasting Power of Attorney	Thursday, August '18 Date to be confirmed	Newham Chinese Association, 14 East Ham Manor Way, Beckton, E6 5NG Tel: 0207 474 7715	Daniel Fredriksson & Joyce Tomlinson, Dementia Support Workers, Newham Alzheimer's Society  Speaker to be confirmed: Dr Frank Lie, Consultant Cardiologist
10	Understanding dementia & support services in Hammersmith	June 2018 Date to be confirmed	Hammersmith	Hammersmith Alzheimer's Society Carers Network Tom Lam, Project Co-ordinator, CNHLC
11	Understanding dementia & support services in Lambeth & Southwark	Spring/ Summer Dates to be confirmed	Lambeth Chinese Association for the Elders	Lambeth Alzheimer's Society Tom Lam, Project Co-ordinator, CNHLC
12	Mental Capacity & Lasting Power of Attorney	Summer/ Autumn Dates to be confirmed		

	<b>Funding from Greenwich Dementia Action Grant to deliver the following 5 sessions in Greenwich:</b>			
1	Understanding dementia & support services in Greenwich Memory Services Memory Café Advocacy Services Telecare	02/05/18 Wed 10.30am -12.30pm  Dementia Workshop & Birthday Party	Association of Chinese Women, Woolwich Community Centre, Nightingale Vale 16 Leslie Smith Square, London, SE18 4DW	Angelika Welzel-Connolly Dementia Action Coordinator, Health and Adult Services  Speakers to be confirmed : Jasmine, Psychologist, Memory Clinic Greenwich Alzheimer's Society Greenwich Advocacy Services Telecare Greenwich Social Services Greenwich Carers Centre Medicquip
2	Social Care, Respite care, Residential care, End of Life Care, Community Care & Carers Assessment Financial Assessment Aids & Adaptation at home	13/06/18 Wed 10.30am -12.30pm  Dementia Workshop & Dragon Boat Festival Celebration		
3	Training day/ Workshop for Community Workers/ volunteers - to be dementia friendly - help them to identify the early sign of dementia - train them to signpost and refer families to relevant mainstream services	Monday, 1pm -4pm 30/04/18	Association of Chinese Women, Woolwich Community Centre, Nightingale Vale 16 Leslie Smith Square, London, SE18 4DW	Angelika Welzel-Connolly Dementia Action Coordinator, Health and Adult Services. Rikki Garcia, CEO, Greenwich HealthWatch Greenwich, Bexley & Bromley Alzheimer's Society Speakers to be confirmed : Jasmine, Psychologist, Memory Clinic Greenwich Social Services
4	1st Training day/ workshop for Community Workers / volunteers to become befrienders/ Dementia Buddy	Monday, 1pm -4pm 04/06/18	Association of Chinese Women, Woolwich Community Centre, Nightingale Vale 16 Leslie Smith Square, London, SE18 4DW	Rikki Garcia, CEO, Greenwich HealthWatch  Speakers to be confirmed : Greenwich Advocacy Services Greenwich Carers Centre Telecare/ Medicquip Greenwich Association of Voluntary Service
5	2nd Training day/ workshop for Community Workers/ volunteers to become befrienders/ Dementia Buddy	Monday, 1pm -4pm 18/06/18		

**Monthly Carers Support Group for Chinese families living with dementia is held on last Tuesday of each month at our Centre, with some variations to suit the needs of the families.**

Monthly Carers Support Group	Date/Time	Venue	Facilitator/ Speaker
We usually do some chair based exercises; follow by some reminiscences work/ socialising over Sandwiches and tea/ coffee.  And, time for carers to share experiences and tips, for peer support. While our volunteers accompany their loved ones living with dementia to have a walk in the Soho Garden across the Centre.	Tue, 1pm – 3.30pm  05/03/18 10/04/18, 22/05/18, 26/06/18, 31/07/18, 21/08/18, 25/09/18, 30/10/18 27/11/18	Chinese National Healthy Living Centre (CNHLC) 29-30 Soho Square, London W1D 3QS Tel: 0203 802 0350	<i>Gill Tan, Project Co-ordinator, CNHLC.</i> & With occasional / various Speakers.  On 10/04/18: Learn to use mobile & tablets (By West End Community Trust)

For copies of the booklet or further information regarding the above events, London Chinese Dementia Awareness & Support Project, please visit us at the Centre, or please contact:

Gill Tan or Tom Lam, Project Co-ordinators,

The London Chinese Dementia & Alzheimer's Awareness & Support Project,

Chinese National Healthy Living Centre (CNHLC),

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