

Agenda Item 5

Joint Consultative Committee with Ethnic Minorities (JCC) 10th September 2019

Merton Dementia Action Alliance (MDAA)

What is the alliance?

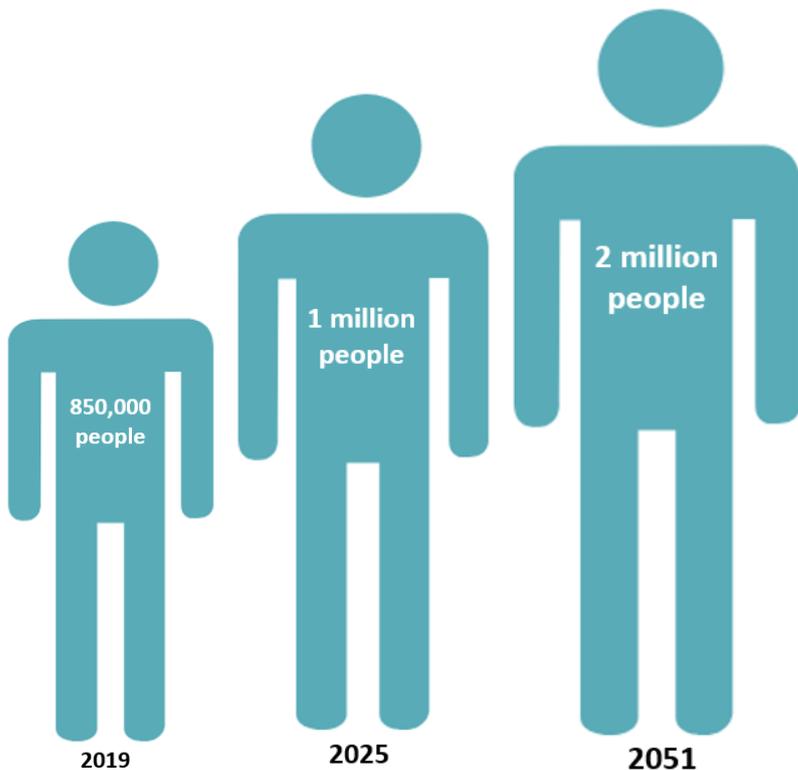
Merton's Dementia Action Alliance (DAA) is a collection of local organisations all committing to taking action on dementia.

Aim

We aim to make Merton a Dementia-Friendly Community (DFC). We want people with dementia and their carers to be able to live as independently as possible, for as long as possible. It is vitally important that we all take action. We are 1 of 354 Local Dementia Action Alliances (LDAAs) across the country.

A Dementia-Friendly Community is a city, town or village where people with dementia are understood, respected and supported. In a DFC, people will be aware of and understand dementia, so that people with dementia can continue to live in the way they want to and in the community they choose.

Why is it important?



What is dementia?

The umbrella term describes a set of symptoms that may include memory loss and difficulties with thinking, problem-solving or language. These changes are often small to start with, but for someone with dementia they can become severe enough to affect daily life. A person with dementia may also experience changes in their mood or behaviour. Although dementia is more common amongst people over the age of 65, younger people can get dementia too. Alzheimer's Society

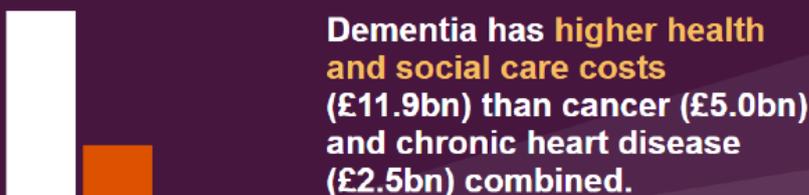
In the UK, one person develops dementia every three minutes. In 2020, there will be an estimated 1,872 people with dementia in Merton. This will increase to 2,050 in 2025.

The 2015 Dementia Health Needs Assessment estimated there were 332 Black, Asian and Minority Ethnic (BAME) residents with dementia in Merton.

People from BAME communities have greater prevalence of dementia. Key health issues include higher rates of diabetes, hypertension and cardiovascular disease which are risk factors for dementia.

People from a BAME background are also less likely to receive a diagnosis of dementia. This may be due to poorer access to services, lack of awareness on dementia and stigma around dementia.

Two thirds of people with dementia live in the community, of which nearly a third live on their own.



Dementia has **higher health and social care costs (£11.9bn)** than cancer (£5.0bn) and chronic heart disease (£2.5bn) combined.



Dementia is our biggest fear say Britain's over-55s

The fear of developing dementia in their old age is the biggest concern of millions of Britons aged 55 and over, according to a new report.

They are supposed to be the golden years of life, but for many Britons the prospect of ageing is being overshadowed by growing fears regarding what their old age may actually look like.

The latest research from consumer analysts Mintel reveals that the fear of developing dementia is the number one age-related concern for the over 55s. More than half - 56% - of UK consumers aged 55+ say that one of their key concerns for growing older is developing dementia, peaking at 59% of those aged 65-74.

Daily Express, Wed, Aug 16, 2017

What's next for the MDAA in 2019/20?

- Start conversations and continue to engage Merton's BAME Communities in dementia discussions
- A focus on carers - ensuring the voice of carers of people with dementia are heard in developing a joint carers strategy.
- A focus on intergenerational projects across the borough

How can you access community dementia services?

Merton Dementia Hub is a community-based service for people with dementia, their families and carers. It provides a calming environment specifically designed around people with dementia. People using the Dementia Hub can access different health and social care professionals as well as support, advice and information all under one roof.

Merton Dementia Hub
67 Whitford Gardens, Mitcham CR4 4AA
Monday to Friday, 9.00am - 6.00pm
Telephone: 020 8687 0922
Email: merton@alzheimers.org.uk

Merton Dementia Hub provides the following services:

Services available at the Dementia Hub

- Memory clinic
- Carers' information and support programme (CrISP)
- Support groups for individuals post diagnosis
- Support groups for people with dementia
- Support groups for carers - daytime and evenings
- Therapeutic services (e.g. massage, podiatry and dentistry)
- Weekly Hub Cafés on Tuesday mornings and afternoons
- South Asian Community Café – venues to be confirmed

Services elsewhere organised by the Hub

- Dementia adviser service
- Dementia support workers
Information services
- Blue Sky Café in Raynes Park – first Saturday of every month
- Rainbow Café in Colliers Wood – fourth Friday of every month
- Sunshine Café in Pollards Hill – second Friday of every month
- Singing for the Brain (Raynes Park)
- Newsletter - email and print



What can you do?

- Join the Dementia Action Alliance by emailing merton@alzheimers.org.uk
- Sign up to a Dementia Friends Information Session near you: <https://www.dementiafriends.org.uk/WEBSession#.XWeO9uhKh1s>
- Join our Intergenerational Task and Finish Group
- Come along to our next DAA meeting at 9.30am on Wednesday 27th November.
- Promote the Alliance to your colleagues and networks

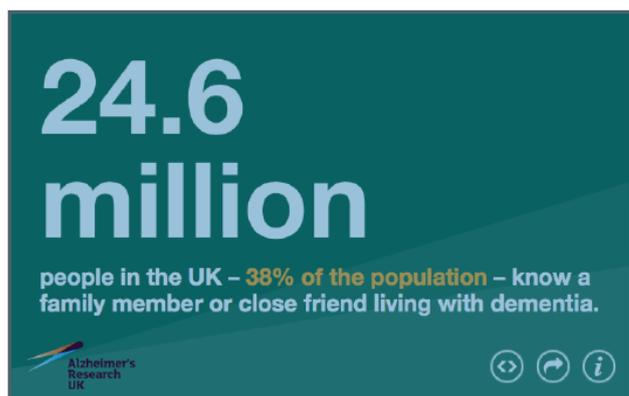
Dementia Friends

Dementia Friends (DFs) is the biggest ever initiative to change people's perceptions of dementia. It aims to give people a better understanding of dementia and the small things we can all do to make a difference to the lives of people affected by dementia. Dementia Friends is led by Alzheimer's Society and is one strand of its work to create Dementia Friendly Communities.

What is an Information Session?

A Dementia Friends Information Session is a fun, interactive way to learn a little about dementia and how it can affect people's lives. Led by a volunteer Dementia Friends Champion, the Session lasts 45-60 minutes and covers five key messages that everyone should know about dementia, through activities and discussion.

To find out more about becoming a DF, click [here](#).



Mental Health Training

Mental Health (MH)

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. It is important at every stage of life, from childhood and adolescence through adulthood” Mental Health Foundation.

Why is it important?

Different ethnic groups have different rates and experiences of mental health problems, reflecting their different cultural and socio-economic contexts and access to services.

In many ways, mental health is just like physical health: everybody has it and we need to take care of it” Mind.

In general, people from black and minority ethnic groups living in the UK are:

- more likely to be diagnosed with mental health problems
- more likely to be diagnosed and admitted to hospital
- more likely to experience a poor outcome from treatment
- more likely to disengage from mainstream mental health services, leading to social exclusion and a deterioration in their mental health.

These differences may be explained by a number of factors, including poverty and racism. They may also be because mainstream mental health services often fail to understand or provide services that are acceptable and accessible to non-white British communities and meet their particular cultural and other needs.

Among the general population, 20.6% of people have had suicidal thoughts at some time, 6.7% have attempted suicide and 7.3% have engaged in self-harm. In 2017, there were 5,487 suicides in Great Britain (GB). This means more than 15 people *a day* took their life. It is estimated that 10-25 times that number *attempted* suicide. For comparison, in the same year in GB, 1,770 people died in road traffic accidents.

More females attempt suicide than males but more men die by suicide (75% male and 25% female) and suicide is the most common cause of death for those aged 10-34.

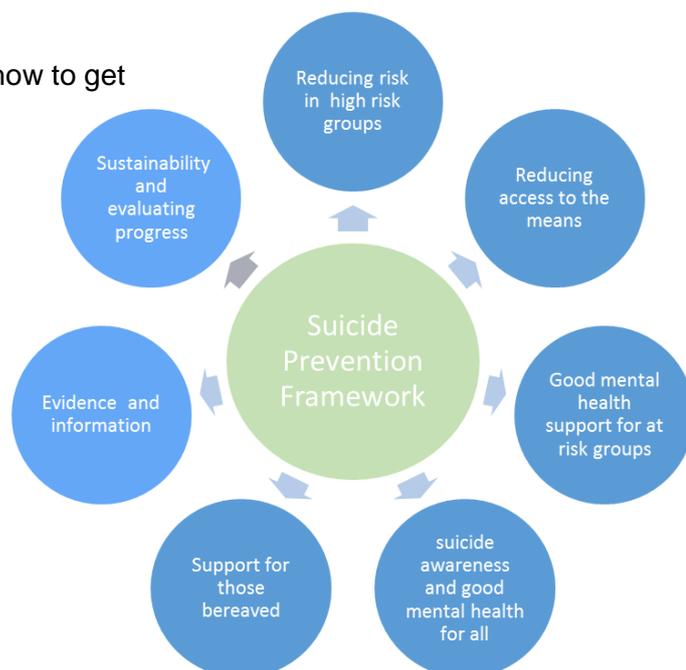
Breaking down the stigma by talking about mental health has never been more important.

Our vision

- A borough where residents know where and how to get help when they need it
- Those supporting people at greater risk of suicide are well trained
- Where our communities encourage people to talk about good mental health
- A zero suicide city where no suicide is inevitable

What is Public Health doing?

- Workplace health
- Suicide Prevention Framework
- MH training





Who should attend?

Frontline staff who substantially work with ‘at risk’ and vulnerable groups (these are groups who experience poor mental health and/or are at great risk of suicide) and include:

- young people aged 15-25,
- vulnerable young people including care leavers, young people known to mental health services, youth offending or are looked after children.
- people with mental health issues
- people with substance misuse issues, rough sleepers and people with chaotic lives
- middle aged men on low incomes
- those with money/debt issues

Programme information

Course information can be found in the attached document.

Cost

Training is free to attend and has been commissioned by Merton’s Public Health Team.

Register now!

Limited spaces are available for these training sessions and are granted on a first come, first serve basis. Manager’s approval will be required prior to booking the course as time away from usual duties is required.

If you or your colleagues wish to book on to a course, please contact Rosa on Public.Health@merton.gov.uk with **names, email addresses, manager’s email and course date** as soon as possible.

Dates

Date	Course	Venue
18 th September	SE (am)	Collier’s Wood Library
1 st October	SE (pm)	Wimbledon Library
14 th October	SE (pm)	Wimbledon Library
15 th October	1 Day Champion	Mitcham Library
30 th & 31 st October	2 Day MHFA	Mitcham Library
4 th & 5 th November	2 Day MHFA	The Wilson Hospital
6 th November	SE (am)	The Wilson Hospital
21 st November	SE (pm)	Merton Civic Centre
22 nd November	1 Day Champion	Merton Civic Centre
3 rd & 4 th December	2 Day MHFA	The Wilson Hospital
5 th December	SE (am)	The Wilson Hospital
13 th January	1 Day Champion	TBC
14 th & 15 th January	Youth MHFA	TBC



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