



The UK Meeting Centres Support Programme Newsletter

Welcome to the November 2020 UK MCSP newsletter!

Since our last newsletter in June, Droitwich Spa and Leominster Meeting Centre have re-opened their doors. Other Meeting Centres have continued to support members and family carers remotely and with garden visits and walks.

There is no doubt that running face to face sessions is very challenging in the present climate but the impact on members and family carers is enormous in terms of health and well-being. Our Community of Learning and Practice continues to share resources, knowledge and expertise and helping each other to find their way through this very challenging time.

It is encouraging and inspiring to see the work that is going on currently to keep Meeting Centres going and to set them up. With the additional impact of the pandemic on health and social care services Meeting Centres have never been more vital.

Thank you for your continued support and interest in Meeting Centres.

**Director of the Association for Dementia
Studies**



UK Dementia Congress sessions

We are delighted to see Meeting Centres represented at the UK Dementia Congress. There are three specific sessions on the programme.

Admiral Nurse Rachel Murray is speaking about how Purbeck Meeting Centre grew organically from an established fortnightly Alzheimer's Society Memory Café, who is involved and how it is truly community focused. Covid-19 has thrown them a curve ball but they are providing regular welfare phone calls, weekly newsletters and have explored virtual options.

Shirley Evans is presenting on how Meeting Centres have adapted to COVID-19 and talking about strategies adopted and impact. She will be explaining about the approach to data collection during lockdown and what the results tell us about how Meeting Centres have been able to continue to provide support.

Meeting Centres were able to adapt rapidly to continue to support people to adjust to change. Moving forwards, combining approaches (usual face-to-face activities and remote) means person-centred support could be optimised, reaching those who cannot get to a Centre. Technology plays a key role with support but there are barriers, as well as opportunities, not least those of ownership of technology and digital skills.

Thomas Morton and Teresa Atkinson are presenting on our SCI-Dem project and this is described further overleaf.

November 2020

Sustainable Community Interventions (SCI-Dem)

Our SCI-Dem project started with a realist review of community-based interventions for people affected by dementia. The aim of such a review is to find out what works for whom, in what circumstances, in what respects and how.

Information was gathered over the course of a year on interventions which were community-based (serving people who live at home or in housing with care), place-based (bringing people together physically on a regular basis) and sustainable (able to keep running for years). Meeting Centres of course being one such example.

The bottom line for the review is to be able to make evidence-informed suggestions for practice policy-making and commissioning that might be helpful when facing the challenge of keeping a group or activity for people affected by dementia going long-term.

We have produced three booklets for different audiences:-

- Keeping community groups and activities Going (for practitioners)
- Helping your community group to keep going strong (for members)
- Sustaining community groups and activities for people affected by dementia (for commissioners and policy makers)

These will be available soon to download or as hard copy.

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



Other dates to look out for

National Reference Group meeting re-scheduled from May 4th 2020 to November 26th 2020.

Online Adjusting to Change Training to be launched February 2021

Monthly Webinars

Our monthly webinars have been successful over the last few months. These are informal presentations/talks - a chance to share practice and to ask questions.

The webinars are listed on our website (see link below) with links to the webinars and information about how to access them.

Use the link below to sign up to our mailing list and to find out the topic and how to access the session. They take place on the last Friday of every month at 12.30 pm.

For further information and/or to contact us for support, please visit:

Web: <https://www.worcester.ac.uk/discover/uk-meeting-centres-support-programme.html>
and <https://www.worc.ac.uk/discover/meetingdem-jpnd.html>

Email: meetingcentres@worc.ac.uk

Twitter: [@MeetingCentres](https://twitter.com/MeetingCentres)

Mailing list: https://ext-webapp-01.worc.ac.uk/meeting_centres_mailing_list/subscribe

Blog: <https://meetingcentres.wordpress.com/> and useful resources
<https://meetingcentres.wordpress.com/useful-resources/>

