



The UK Meeting Centre Support Programme: supporting people affected by dementia

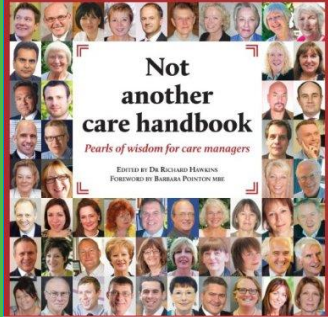
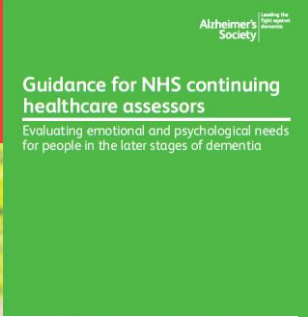
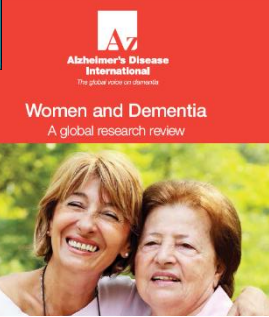
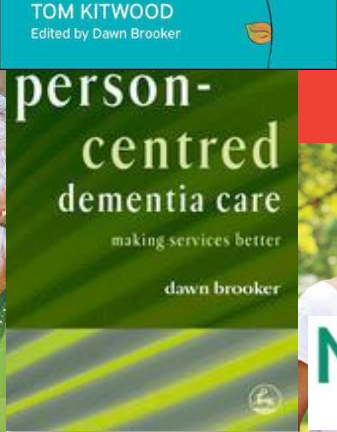
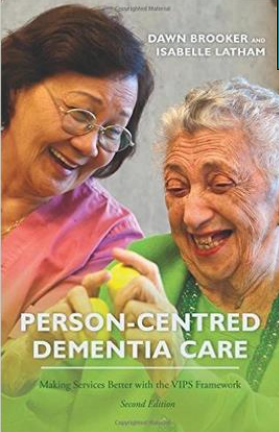
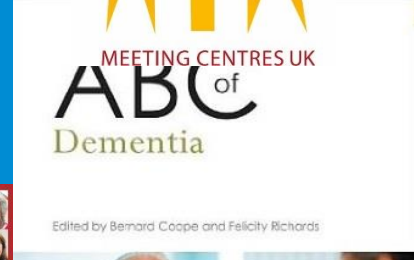
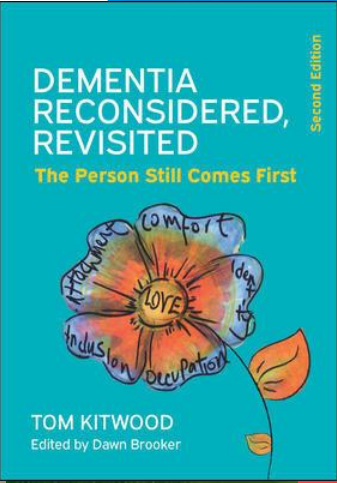
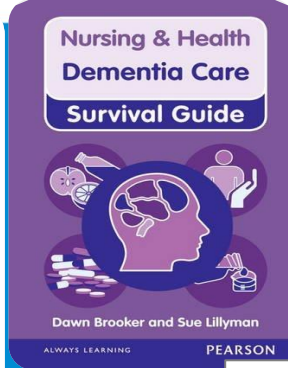
Dr Shirley Evans
Graham Galloway

Association for Dementia Studies (est. 2009)

Developing evidence-based practical ways to help people live well with dementia



- Multi-professional innovative research centre
- Education and practice development
- PhD students
- Inclusive of people directly affected by dementia
- Partnership working
- Practical publications and on-line resources



Leominster Meeting Centre



Leominster Meeting Centre

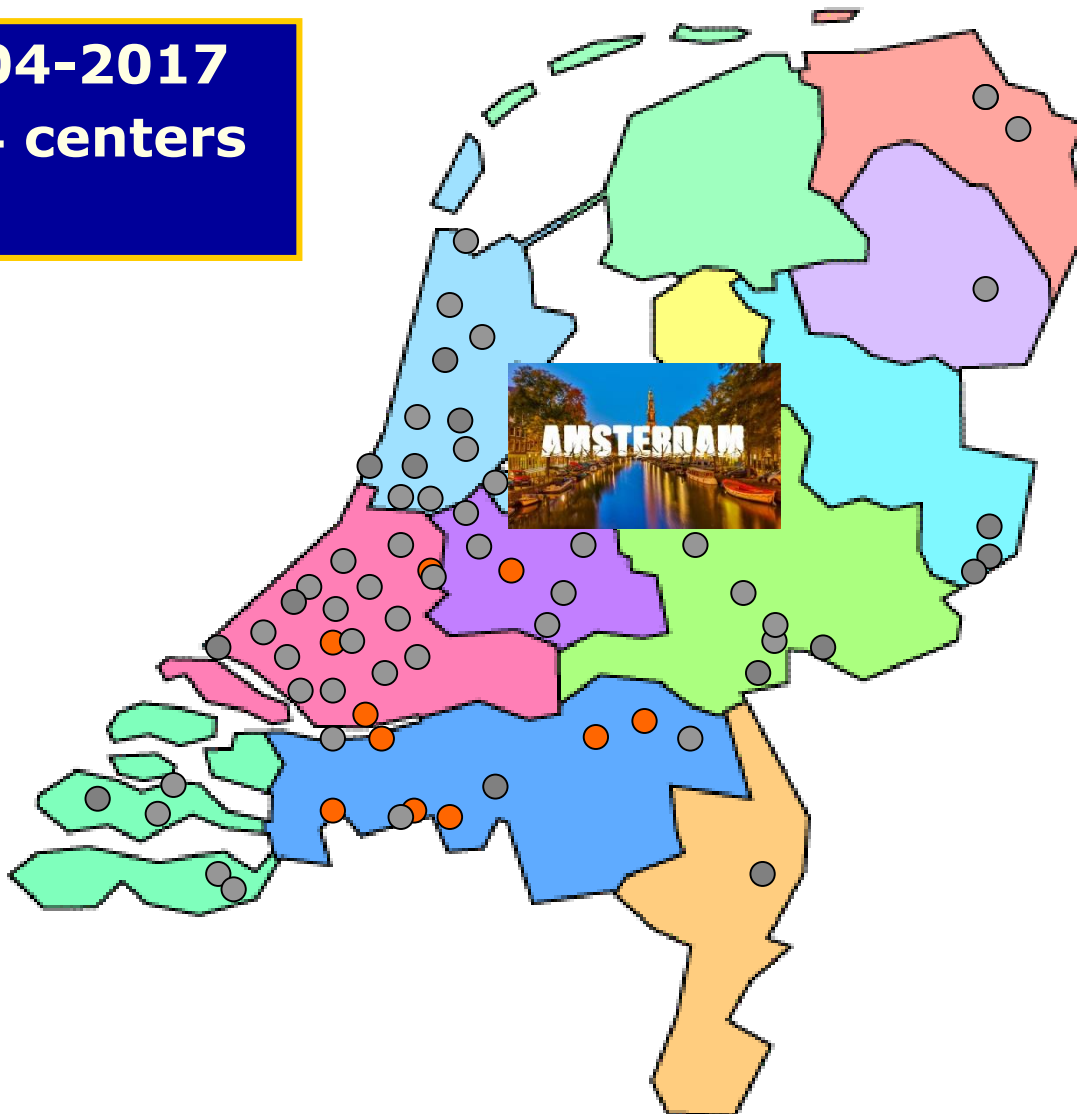


Our timeline with Meeting Centres

- 2012/13 Invited to be part of bid to undertake implementation research of Dutch MCSP across Europe
- 2014-17 Partner in MeetingDem JPND funded research to take the learning from Netherlands and implement and evaluate MCSP in UK, Italy and Poland
- 2017-2018 Sustained two pilot MCSP following the termination of research funding
- 2018-20 funding from National Lottery to support new MCSP's to develop across the UK. Aiming for 15-20 over the next 3 years

Meeting Centres in The Netherlands

From 2004-2017
11 → 144 centers



Typical Meeting Centre

- For people living at home
- Inclusive & friendly focus on BOTH person with dementia and family carer
- Helping both adapt and adjust well to living with dementia underpinned by the Adaptation and Coping Model
- Social Club (3 days per week 10am -3pm) regular and on-going
- Very local, accessible, no us and them, ordinary life setting

Typical Meeting Centre

- Supports 16-20 people per day plus family (60 supported over the year)
- On-going collaboration between local stakeholders (Initiative Group) both in the planning and implementation stages
- Activity is determined by the needs and aspirations of the members. All contribute in some way
- Staffed by Centre Manager, Group Co-ordinator, Support Worker & Volunteers
- Outreach into the local community.
- Research evidence base dating back 15 years

Evidence Base



- There is good evidence both from Dutch research and recent UK research that people attending Meeting Centres experience better self-esteem, greater feelings of happiness and sense of belonging than those who don't attend.
- Those who attended most regularly showed fewer of the more distressing symptoms of dementia and a greater feeling of support.
- Family carers also experience less sense of burden and feel better able to cope.

What is different/the same as other initiatives?

- Many other initiatives will be doing some/many of the things that happen at a Meeting Centre.
- It is more a combination of aspects and the overall ethos i.e.
 - For people with mild to moderate dementia and carers
 - Driven by interests of members and carers
 - Community based – location and set up process
 - Underpinned by the Adaptation Coping Model – helps people adjust to change
 - Socialisation, eating together and co-ordination and movement play a key role.

The Magic

<https://youtu.be/inX5HdIp6X8?t=3>

Underpinning Theory: Adjusting to Change (Adaptation & Coping Model)

Both person living with dementia and the family carer have to adjust to changes

Practical Adjustment

- Living with the disabilities dementia brings
- Developing relationship with care professionals and staff

Emotional Adjustment

- Getting onto an even keel emotionally
- Maintaining a positive self-image
- Preparing for an uncertain future

Social Adjustment

- Building strong (and new) social networks and friends
- Relating to care and treatment environments including the Meeting Centre

Dröes et al, 2010; Finnema et al, 2000, Brooker et al 2017

Getting started

- Interested parties
- Community Engagement Event
- Forming a Planning Group
- Working Groups
- Launching the Meeting Centre
- Signing a protocol

Community Engagement Event

- Information Meeting Cascade invitations to everyone who might be interested in dementia in your local community.
- Provide information about MC's, share ideas
- Decide whether a MC is needed – map local care pathway
- Gauge interest in Initiative Group (planning team)

The Initiative (Planning) Group

- Agree broad aims and timeline and identify provider implementation partner
- Work through key decisions for developing and maintaining a MCSP in our community.
- Organise Working Groups to address specific decisions
- Sign protocol agreement and open the MCSP
- Initiative group members can form the charity that runs the MC longer term.

The Initiative Group in Leominster

- 2gether NHS Foundation Trust
- Alzheimer's Society
- Architectronicus
- Association for Dementia Studies
- Beat it Percussion
- Brecon and Hay Dementia Supportive County
- Courtyard Theatre
- Crossroads Care
- F.H. Dale
- Herefordshire Voluntary Organisations Support Service
- Halo Leisure
- Harrison Clark Rickerbys Ltd
- Herefordshire Carers
- Herefordshire Carers Support
- Herefordshire Council
- Herefordshire Housing Group
- Services for Independent Living (SIL)
- St Michael's Hospice
- Taurus Healthcare
- The Music Pool
- West Mercia Police

Big Planning Group and smaller working groups

- Who is the service aimed at? Inclusion and exclusion criteria (p24-25)
- What does the programme consist of for people with dementia and their carers? (25-27, 37-46)
- What's the best venue? (27-29, 56-57)
- Personnel: who is employed/how do we manage volunteers/training? (29-31, 59-61)
- How do we fund it? (31-32, 62-63)
- How do we get cooperation between different stakeholders? (32-33, 64)
- How do we get people to use the service? (34-35, 65-66)

The UK Meeting Centre Support Programme (UK MCSP)

This funding will enable us to build real capacity across the UK so that Meeting Centres can form a backbone of community-based active support to people and families across the country.

By working together with early adopters in their communities and with national influencers, the programme will attain the national visibility, momentum and traction to bring future generations of Meeting Centres on board.

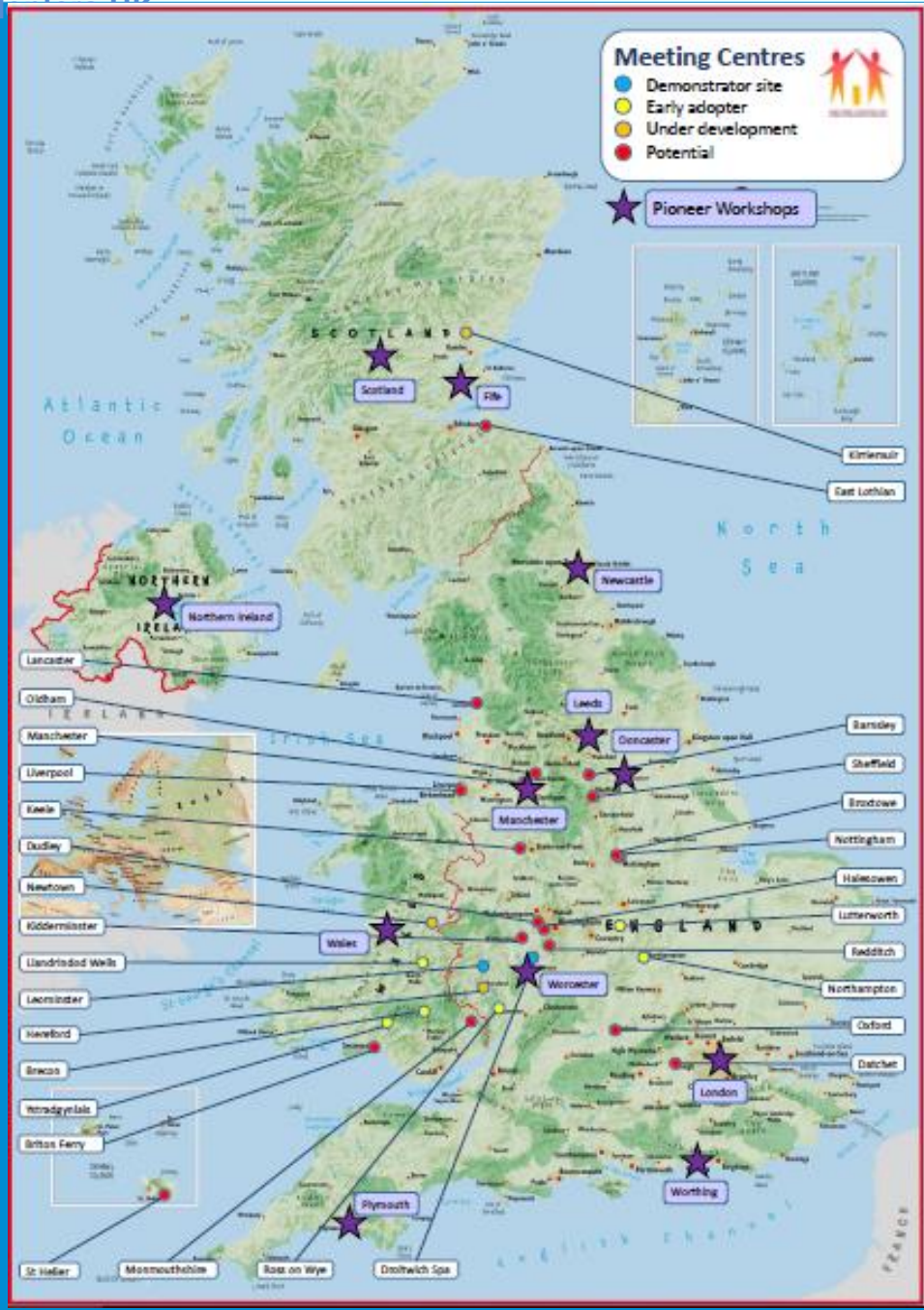




Support we can offer



- One-to-one consultation to look at the opportunities in your area
- Support to organise a Community Engagement Event for your community to find out what interest and opportunities there are
- Linking you with similar initiatives and arranging visits to existing Meeting Centres
- Access to a Community of Learning and Practice where ideas and advice can be shared
- Training in the Adjusting to Change Model which underpins the Meeting Centre ethos
- Access to a range of resources such as a guidebook and self-assessment tools
- Access to a help-desk and on-ongoing support





Any questions?

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Acknowledgements and thanks

MEETINGDEM (2014-17) is led by the VU Medical Center University Amsterdam & focuses on establishing Meeting Centres in the UK, Italy and Poland and evaluating the impact of these Centres after 12-18 months of operation: FUNDERS MEETING DEM is an EU Joint Programme - Neurodegenerative Disease Research JPND <http://www.jpnd.eu> project number JPND_HC-559-018. The project is supported through the following funding organisations under the aegis of JPND; Italy, Ministry of Education and Ministry of Health; The Netherlands, ZonMw; Poland, NCBR; UK, ESRC Grant reference: ES/L00920X/1. PRINCIPAL & CO-INVESTIGATORS Rose-Marie Dröes, Franka Meiland, Dawn Brooker, Simon Evans, Shirley Evans, Martin Orrell, Rabih Chattat, Elisabetta Farina , Joanna Rymaszewska & Dorota Szcześniak IN THE UK University of Worcester: Dawn Brooker, Simon Evans ,Shirley Evans, Mike Watts , Teresa Atkinson , Nicola Jacobson, Nicola Bradbury & Jen Bray: LSE Cate Henderson, Amritpal Rehill, Martin Knapp; UCL Martin Orrell; Alzheimer's Society: Colin Capper, Ruth de Sainte-Croix, Gill Read, Sam Arnold, Ginnie Jacques, Debbie Powney; Kumbi Mandinyenya, Dave Ash; All the members and supporters at the Droitwich Spa and Leominster Meeting Centres CIO's. *UK-MSCP (2018-21) is funded by the Big Lottery UK Portfolio grant 31061526.*

With very special thanks.....



Professor Rose-Marie Dröes

- Founder of the Meeting Centres Support Programme & Principal Investigator on the MeetingDem Project
- Vision, inspiration and tireless commitment to making the world a better place for people and families affected by dementia world-wide.



Thank you for listening



Interested in knowing more?

University of Worcester

Association for Dementia Studies

meetingcentres@worc.ac.uk

<https://www.worcester.ac.uk/discover/uk-meeting-centres-support-programme.html>



www.worcester.ac.uk



Kirrie Connections Meeting Centre

Project Manager Graham Galloway



Dementia Friendly Kirriemuir

Founded 2015. Initially funded through the
Life Changes Trust

- ❖ Developing a community hub
- ❖ Creating a therapy garden
- ❖ Raising awareness in the town





Kirrie Connections Meeting Centre
First Initiative Group Meeting
Thursday 26 July 2018

Kirrie Connections Meeting Centre Opened Tuesday 14th May 2019





"Thank god for this place. I don't know what I'd do without it" Robin, Carer.



"I live in a bubble these days. It's hard when you're on your own. That's why the club means so much to me. I can be myself again". Jim, Hub Member

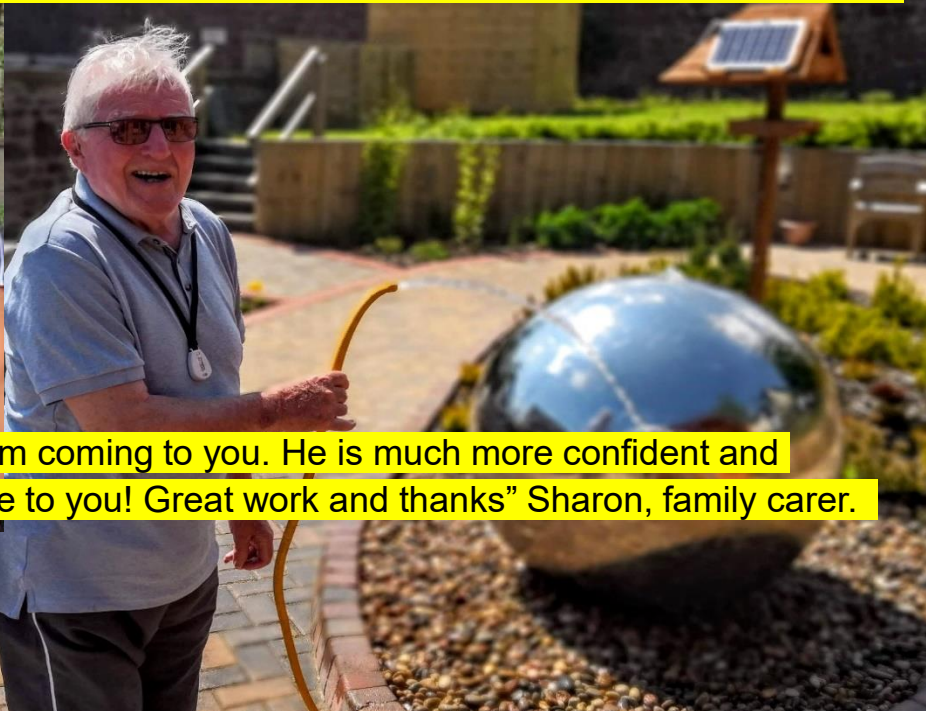




"This place has been a life saver for me, it really has. Thank you" Chris, Hub Member



"I can't tell you what a difference it has made to him coming to you. He is much more confident and outgoing. He now has a great social life. Well done to you! Great work and thanks" Sharon, family carer.





New Crossing Point and Public Works

Partnerships & Collaborations



- Angus Council
- Angus Carers Centre
- Alzheimer Scotland
- Post Diagnostic Support Team
- Community Mental Health Team
- Voluntary Action Angus
- University of Worcester
- University of Glasgow
- Robert Gordon University
- Local Care Homes
- Local Schools
- Local Churches
- Health and Social Care Partnership
- Angus Independent Advocacy
- Kirriemuir CARS
- Penumbra Mental Health
- Kirriemuir Heritage Trust
- Scottish Fire Service
- Police Scotland
- Trading Standards
- Angus Alive
- Sporting Memories Network





Get in touch

Kirrie Connections

5 Bank Street

Kirriemuir

Phone: 01575 573805

graham@kirrieconnections.com

www.kirrieconnections.com

www.twitter.com/kirrieconnect

www.facebook.com/kirrieconnections



Communities in Control

