

Grants Application

Application Details			
Fund	Holehird Trust 18/19 (Groups)	Application no	21279
Project cost	£2,900.00	Amount requested	£1,800.00
Amount recommended	£1,800.00	Grants Officer	Ellen Clements

Applicant Details			
Organisation	Dignity in Dementia		
Post Town	ARNSIDE	District	South Lakeland
Grant Priority	3	Index of Multiple Deprivation	156
Aims of the group	<p>Dignity in Dementia seeks to ensure the dignity of people with dementia and their family carers is maintained by providing innovative support which help make their lives as normal and as positive as possible. We also work to reduce the stigma associated with dementia and support people with dementia to live at home for as long as possible.</p> <p>We do this by working with family carers and offering:</p> <ul style="list-style-type: none"> - Dignity in Dementia Care Programmes that combine practical and effective dementia care guidance with stress reduction strategies. - Emotional Trigger Assessments which aim to find the triggers for challenging behaviours and identifies strategies that reduce/remove them. We currently use these processes to reduce repeat call-outs by Cumbria Police to incidents involving people with dementia. - Setting up and managing three dementia embracing community singing groups which offer an opportunity for people with dementia to stay connected to their local communities. Also the setting up of Community Come Dancing sessions in Milnthorpe. <p>We also offer innovative and practical dementia care training to care organisations and carry out specific project work designed to improve the quality of life of individuals receiving health and social care services.</p>		

Previous Funding Details					
No. of grant applications	15	No. of approved grants	10	Total Amount Awarded	£62470.00

Project Details	
Project title	Intergenerational Community Come Dancing Sessions
Project detail	<p>We would like funding to support intergenerational Community Come Dancing sessions that run in Milnthorpe every other week during school term time. The sessions bring older people from the local community, including some with dementia, together with Year 5 children from Milnthorpe Primary School. The sessions enable attendees to dance to the sounds of the 1950s and 60s - the music that they are likely to have listened to during their teenage years and during their 20s . Those that are unable to dance because they may be too frail still enjoy tapping their toes and getting involved from their seats. As well as making new friends amongst their own age group, the older people have formed positive relationships with the children, who dance and chat with them. Approximately 30 members of the local community attend, including a small number of residents from 3 local care homes. 25 pupils also attend along with a teacher and classroom assistant. Additionally 3 Dignity in Dementia volunteers support two Dignity in Dementia staff during sessions.</p> <p>The project has been showcased by the BBC Radio Cumbria and BBC North West Tonight.</p>
Need	<p>Much research has been carried out on the benefits of bringing young and old together and our project evaluation produced for The Heritage Lottery who provided funding to set up sessions over a year ago, supports this. The</p>

	<p>evaluation highlighted how beneficial the sessions are for everyone who attends. Our older participants have told us that they want the sessions to continue as they bring such joy and provide an opportunity to mix with the youngsters and form positive relationships with them. They also told us that they benefit from meeting new people and forming new friendships, reducing loneliness and isolation, reminiscing and sharing personal memories of going dancing in the 1950s and 60s and feeling valued about sharing their stories. Also from increased physical activity.</p> <p>The Head Teacher at Milnthorpe Primary School (Andrew Hyde) has told us that the school would like them to continue as the children benefit greatly from them.</p>		
Disadvantage	<p>People living with dementia and their close family members, frequently tell us that when a dementia diagnosis is given, they can feel engulfed by the enormity of their situation and experience overwhelming feelings of hopelessness and fear about the future. The person with dementia can quickly lose confidence and stop trying to participate in ways they have previously. Their family members too can lose confidence in their abilities and may prevent them from engaging in longstanding hobbies and interests and participating in community activities, Additionally they may take over many of the tasks they have always done, thereby inadvertently helping to de-skill them sooner than might otherwise have been the case. Therefore it is quite common for the person with dementia, along with their carer to feel isolated and lonely and go on to experience low self-esteem and depression.</p> <p>This project provides an opportunity for them to attend an enjoyable and social session where they feel safe without any embarrassment. Additionally individuals living within care homes can feel disconnected from the community and can also experience feelings of hopelessness, loneliness and boredom. Residents from 3 local care homes attend the project which we believe is likely to help alleviate some of these feelings. Finally older community members without dementia who can experience isolation and loneliness are also encouraged to attend.</p>		
Benefits	<p>As well as having a really good time, the sessions help the older people to continue to feel a part of the area and maintain community links. They also help improve the wellbeing of all participants, reduce feelings of isolation and loneliness in the older people and increase their physical activity. They also enable older participants to reminisce with the children and share their personal memories of going dancing in the 1950s and 60s, as well as more general memories and they feel valued about sharing their stories.</p> <p>The children have benefited from developing new skills relating to dance and music, acquiring new life skills such as improved communication skills and empathy and forging positive relationship with older people. This helps to break down barriers and enhance community cohesion. As Dignity in Dementia goes into the classroom to deliver an age appropriate dementia awareness session, the children's understanding of dementia increases and their fear about it reduces. They are then much more confident and relaxed about communicating with project attendees with dementia.</p>		
Measure	<p>By observation - we can see first hand how happy people are to participate in the project as they generally have a huge smile on their face.</p> <p>By one-to-one conversations with a number of attendees - both the older people, the school children and their teacher.</p> <p>By numbers attending.</p> <p>In February 2020 we will carry out an evaluation and produce a project report.</p>		
After funding ends	<p>Towards the end of 2019 we will search out funding to ensure sessions continue into the future.</p>		
No of beneficiaries	58	No of volunteers	10

Expenditure	
<p>Staff costs: £1,400.00 Dance Lead 20 weeks x £35 per session = £400 2 Dignity in Dementia staff x £17.50 per hour x 2 hours (including setting up and tidying away) = £1,400</p>	<p>Office, Overhead, Premises Costs: £200.00 Venue hire x £20 per session x 20 weeks</p> <p>Other costs: £200.00 Refreshments £15 per session x 20 sessions =</p>

£300
 Dementia Awareness Sessions for new class intake
 in September 2019 = £200
 Travel to venue costs = £100

Income

Amount of funding raised so far	£500.00	£500 from South Lakeland District Council via The Gateway Group.
Applying Elsewhere	No	£600 to cover refreshments costs, Dignity in Dementia travel costs and marketing will be raised via small session fee paid by older attendees

Assessment

Assessor's comments	<p>Community Interest company which was founded in 2014. The project is a good project and supports older people and provides an inter-generational project benefiting young children. The project area fits this fund as it will be ran in Milnthorpe. This kind of project where they bring young children and older people together has been documented on TV and has shown to benefit both young and old. The power of music, especially singing, to unlock memories and stimulate the brain is an increasingly key feature of dementia care. It seems to reach parts of the damaged brain in ways other forms of communication cannot. Even if people with dementia can't talk, they may be able to sing, whistle, clap or tap their feet. In some areas nursery schools and care homes are now being set up together in the same building.</p> <p>The organisation work with other groups such as South Lakes Carers and Age UK.</p> <p>Recommend support</p> <p>Priority -Older people, children and young people Charitable objectives - To relieve beneficiaries who are in conditions of need, hardship or distress</p>
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