



## **Media Release**

**Tuesday 22<sup>nd</sup> August 2017**

### **Dementia friendly funding for Kelso care home**

A care home in Kelso is to benefit from £225,000 funding from the Life Changes Trust to develop a dementia hub for residents and the wider community.

Queen's House is an established care home in the heart of Kelso and has recently been granted planning to build a specialist facility for people living with dementia.

As part of the new development, they will create a dementia friendly community resource centre within Queen's House which will also be accessible to people living with dementia in the Cheviot Locality and across the Scottish Borders.

By extending the project to include the local community, both people who live with dementia and their carers will benefit from meeting other people in similar positions and be able to share experiences and support each other.

The dementia hub will also host a dementia friendly café, as well as provide social activities and a safe, inclusive meeting space.

Activities will include:

- Art, music, gardening and other recreational therapies
- Support for carers, including respite time
- Learning new skills and hobbies, such as using technology
- Volunteering opportunities

The centre will be co-run by people with dementia and the learning gained from the project will offer a better understanding of how people living with dementia in a care home can engage with the wider community.

**Jane Douglas from Queen's House, Kelso said,** "We are delighted to be working with the Life Changes Trust on this new venture to create a 'Place and Space' to support people living with dementia, their carers and families. This project aims to improve motivation and well-being using models of support that will engage people affected by dementia, such as activities that improve confidence and build relationships. This is an exciting project and is much needed in our area."

The funding award is part of a second phase of Dementia Friendly Communities investment from Scottish charity, the Life Changes Trust. The Trust invested £3 million in 14 dementia friendly communities in 2015, the success of which has led to a further investment of £2 million.

Dementia Friendly Communities are places where people affected by dementia, including carers and family members, are included and supported to do the things that matter to them. They also help empower those whose lives are affected by dementia so that they remain integrated in society, live as independently as possible and participate actively in decisions that affect their lives.

Some dementia friendly communities are geographical communities, relating to a specific location like those already established in West Dunbartonshire or Kirriemuir. Others are communities of interest that bring people together because they are interested in similar activities, for example, sport, art, or walking outdoors.

**Anna Buchanan, Director of the Life Changes Trust dementia programme said,** "When a person with dementia lives in a care home, it is important that they maintain links with their friends, family and local community. It's also important that they are able to participate in activities that are meaningful to them. This project will explore new and different ways in which care homes can better support people with dementia and also help them remain included in their communities, rather than excluded."

The Life Changes Trust was established by the Big Lottery Fund in April 2013 with a ten year endowment of £50 million to support transformational improvements in the quality of life, well-being, empowerment and inclusion of two groups: people affected by dementia and young people with experience of being in care.

## **ENDS**

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## **NOTES TO EDITORS**

For more information on Life Change Trust funding for Dementia Friendly Communities, see the Trust website:

<http://www.lifechangestrust.org.uk/projects/dementia-friendly-communities>

\*Dementia Words - Our work with people with dementia has shown that the phrase "Dementia sufferers", or using the word suffering to describe dementia has a strongly negative view from people with the condition. We would request that you avoid using the phrase in headlines or in any article you publish to combat the negative way that people with dementia feel the condition is described.