



**Better support for Black, Asian, and Minority
Ethnic people living with Dementia**

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Introduction

Background

Dementia is the most common pre-existing condition for people who are dying from Covid-19, and for the 25,000 people from black, Asian and minority ethnic (BAME) backgrounds living with the condition across the UK, the social restrictions imposed during lockdown have made an already challenging time even more difficult.

The pandemic has seen demands on black, Asian, and minority ethnic-led organisations that support these individuals grow severely. These organisations, whilst best placed to provide essential local support services, have faced their own challenges, including immense financial strain, loss of volunteers, and staffing crises due to employees shielding.

Race Equality Foundation was awarded a grant by the Department of Health and Social Care to lead a programme with Black South West Network, Caribbean African Health Network and Friends Families and Travellers, to provide support to black, Asian, and minority ethnic people living with dementia and their carers.

The programme

The [programme](#) consisted of 21 projects across England led by black and minority ethnic voluntary and community organisations. The projects provided a range of befriending support, telephone and online services advice and emotional support, culturally appropriate volunteer schemes to offer practical support with everyday tasks, and advocacy in appropriate languages to help black and minority ethnic people living with dementia better engage professionals and agencies.

The 21 organisations delivering projects were:

-  African Caribbean Care Group - Manchester
-  Ambacare Solutions – Shustoke, North Warwickshire
-  Asian People's Disability Alliance - London
-  Bedford Caribbean Senior Citizens - Bedfordshire
-  Black Health Initiative - Manchester
-  BME Health Forum - London
-  Brent Youth Radio - Luton
-  Bristol & Avon Chinese Women's Group -Bristol
-  Bristol Black Carers - Bristol
-  Bristol Somali Resource Centre - Bristol
-  Centre of Wellbeing, Training and Culture - Rochdale
-  Council for Asian People - London

- ✚ Culture Dementia UK - Stanmore
- ✚ Europia - Manchester
- ✚ Irish in Britain - London
- ✚ Malcom x Centre - Bristol
- ✚ Nubian Life Resource Centre - London
- ✚ Nyabingi Charity - Luton
- ✚ SubCo Trust - London
- ✚ Together Dementia Support - Manchester
- ✚ Wai Yin Society - Manchester

Race Equality Foundation delivered a project to produce a [national resource](#) of written and spoken translations of the latest guidance and communication as well as advice for black and minority ethnic and their carers.

This document provides a summary of the 21 projects working directly with people living with dementia and their families from these communities.

African Caribbean Care Group

The African Caribbean Care Group (ACCG) provide health and social care services to the African Caribbean community in the Manchester area. They were funded to provide information, community support and a befriending service to members of this community living with dementia.

One form of support ACCG offered was an information and advice service for black, Asian and minority ethnic people who often don't trust mainstream services because they lack cultural awareness. The organisation provided experienced advocates from black and Asian communities who could be called at any point to offer information related to coronavirus for those concerned about the impact of the pandemic. BAME people with dementia faced more isolation throughout the lockdown period so a telephone befriending service was organised to give people someone to talk to and share their concerns with.

The group also provided personalised community support such as a delivery service for meals, shopping and other essentials which responded to each person's specific needs. This service proved very beneficial to those being supported, one lady described it as a lifeline as she had lost her bank card and her mobile was broken so she couldn't contact the bank, she was quite overwhelmed upon receiving the essentials. Carers can find themselves struggling financially and experiencing stress when caring for a loved one. ACCG also provided a sitting service to allow carers to have a much-needed break. The project worked with people from Pakistani, Caribbean, African, and Indian communities.

The project ran from 1 July until 31 October 2020

Website: <https://www.accg.org.uk/>

AmbaCare Solutions

AmbaCare Solutions are based in the West Midlands and they deliver projects which support individuals to take responsibility for their own health and wellbeing. They were funded to ensure their website addressed the needs of black and minority ethnic people living with dementia; provide relevant information and advice for carers from these communities.

The organisation created a website to serve as a hub for information sharing to address the specific needs of BAME people with dementia during the pandemic. This website was enhanced through collaboration with other organisations and the recruitment and training of volunteers from local BAME communities to take an active role in the project. These volunteers know and

understand the community and helped overcome cultural differences and language barriers which made it harder for those with dementia to follow the new rules and regulations. AmbaCare also used social media to increase their reach so the website can function as a national resource for BAME communities affected by dementia. They also set up peer assisted living communities which allow carers to communicate and share experiences. Online social activities gave carers something to enjoy with others during the increased stress and isolation of lockdown.

AmbaCare held Zoom sessions for community groups which included a section on 'Living with Covid-19' and the importance of healthy living to reduce the risk of dementia as well as other conditions associated with a greater risk of poorer Covid-19 outcomes. One person was quoted as saying *"Thank you very much for the full programme you arranged. We all enjoyed it very much, it was really great. The details which were given were very useful and easy to understand. All the members are very happy."*

The project highlighted a few issues such as the stigma surrounding dementia which delayed plans for support groups as people did not want those outside of their family to know. This issue was compounded by the poor understanding of dementia and its effects, so the organisation developed a simple 'Dementia Awareness Presentation' which was delivered to a number of community groups. Delivering the project online created another problem as many older people could not access the internet, to address this, AmbaCare relied on younger family members and peers confident in technology to help those unable to access the online support themselves.

The project ran from 1 July until 31 October 2020 and worked with those from Indian, African Caribbean, South Asian, white and white Irish carers.

Website: <https://amba-uk.org/news>

Dementia Diversity Website: <https://dementiadiversity.org.uk/>

Asian People's Disability Alliance

The Asian People's Disability Alliance is a charity which aims to provide culturally sensitive support to disabled communities in London. They used the funding to start a project which improved their ability to support both staff and people with dementia as well as minimising the risk of any health crises.

The Alliance reached out to identify and gain the trust of service users and find appropriate staff who were then trained in dementia befriending and advocacy support. The organisation then developed specific, culturally tailored programmes for each individual service user to be delivered through

dementia-friendly apps and devices. The impact of each intervention was then evaluated, and case studies were shared to allow for the development of more suitable care for Asian people with dementia.



The project ran from 1 July until 31 October 2020 and worked with people African Caribbean, South Asian, and Romanian backgrounds.

Website: <https://apda.org.uk/>

Project page: <https://apda.org.uk/dementia-project>

Bedford Caribbean Senior Citizens Association

Bedford Caribbean Senior Citizens Association mainly aims to provide activities and facilities to improve the quality of life of people from the African Caribbean community over the age of 55. They were funded to set up workshops, talking groups and peer support to help people living with dementia.

The Association put on storytelling, creative writing, and music workshops to help people with memory retention issues through recollection of songs and stories from their childhood. Gentle exercise activities as well as the provision of food and refreshments maintained the physical wellbeing of elders and carers and kept them active.

In attempt to raise awareness on the impact of dementia as well as reducing the stigma surrounding it in the Caribbean community, the charity put on Community Awareness Workshops and Dementia Voices and Peer Support. Carers who needed a confidential space to talk to others about caring for those with dementia were being given this opportunity through the provision of a talking group.

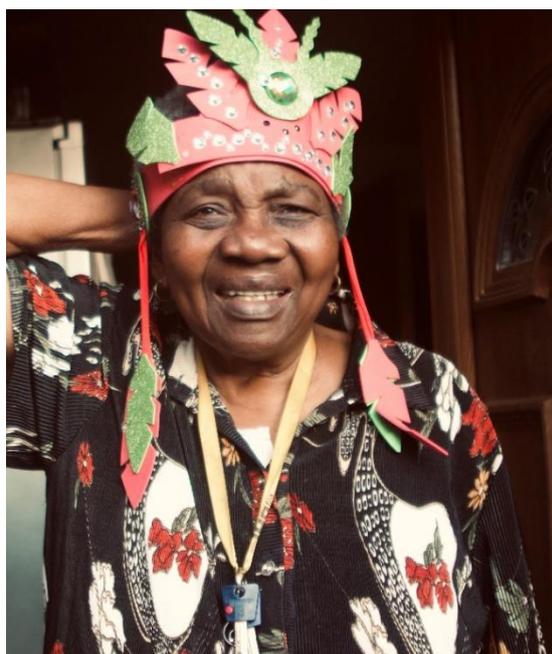
The project ran from 1 August until 31 October 2020 working with African and Caribbean communities.

Black Health Initiative

Black Health Initiative is a registered charity working towards equal access to health and social care for all in Leeds. They were funded to provide hot balanced meals, arts and crafts activities, befrienders and counsellors for people with dementia.

The organisation offered arts and crafts activities like making carnival headgear (pictured) as focusing on these can alleviate loneliness and help with motor skills and cognitive recognition. One client stated

“My Mum’s eyes lit up when she saw the pack and we reminisced about the last carnival troupe she was in” showing the positive impact of these activities.



Black Health Initiative supported those unable to cook for themselves through the provision of hot nutritional meals delivered to their door. They also hired befrienders to serve as exercise buddies and trusted voices who reduced the anxiety faced by those with dementia, especially during the pandemic. Counsellors were made available to provide qualified support to people who could not otherwise afford the service, which is vital during points of crisis.

The project ran from 1 August until 31 October 2020 working with people from African and Caribbean communities.

Website: <https://www.blackhealthinitiative.org/>

BME Health Forum



The BME Health Forum aims to improve the quality of health and social care services for patients from deprived backgrounds, primarily in the London boroughs of Westminster, Kensington & Chelsea and Hammersmith & Fulham. They were funded to create, promote and disseminate a webinar and video about dementia for black, Asian and minority ethnic (BAME) communities.

The Forum created a webinar about dementia awareness and risk factors for BAME communities to ensure community volunteers were well informed. This taught them to use the video the forum produced as a learning tool to help reduce stigma, encourage people to seek diagnosis earlier and aid carers seeking support. The organisation has a key role in promoting and

disseminating health, policy and service information to BAME communities across the areas it provides for, and it has done the same with these resources.

The project ran from 1 July until 31 October 2020 working with people from a range of communities including South Asian, Middle Eastern, Black African, Eritrean, Kashmir, Sudanese, Moroccan, Black Caribbean, Slovak, and Iranian amongst others.

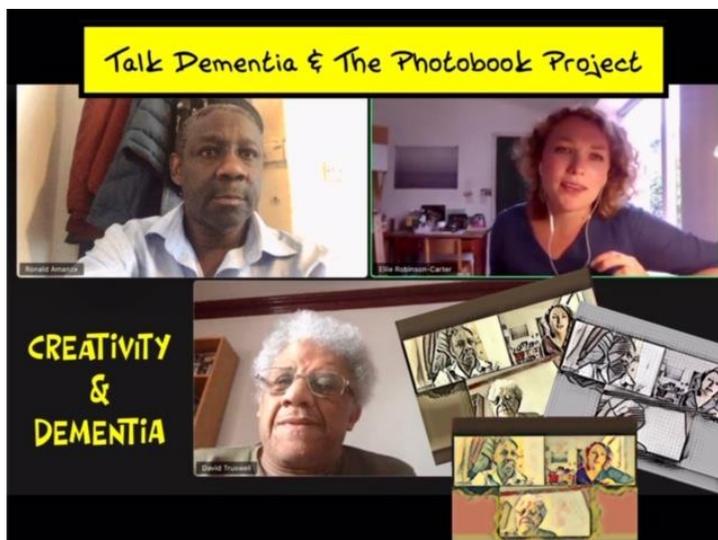
Website: <https://www.bmehf.org.uk/>

Project page: <https://www.bmehf.org.uk/index.php/news-events/news/new-project-dementia-awareness-bme-communities/>

Brent Youth Radio

Brent Youth Radio is a community interest company set up by Brent Council in London who have been funded to organise a project for black, Asian and minority ethnic people with dementia.

The project involved people with dementia to create a photobook which allowed them to creatively express and empower themselves, so they were more active and less isolated during lockdown. At the end of the project, participants were invited to an interview on the radio and an exhibition where they celebrated their creative work. Following these



activities, people were given their photobook which they can use as a support tool when sharing their life stories. The radio station disseminated the project on social media, providing other people inspiring examples of BAME people with dementia producing creative work which challenges stereotypes.

The project ran from 1 August until 31 October 2020.

Website: <http://brentyouthradio.com/>

Bristol and Avon Chinese Women's Group

Bristol and Avon Chinese Women's Group (BACWG) supports the health and social care needs of Chinese women and their families in Bristol and the surrounding area. They were funded to provide support groups, assistance with language barriers and essential foods to people living with dementia and their carers.

During COVID-19 the group organised weekly support groups available over telephone or on Zoom to ensure that service users had regular contact with someone familiar to them. This enabled people to discuss the problems they were facing with others who may have experienced something similar whilst also providing useful experience for volunteers. The organisation also increased the capacity of their free helpline to offer people culturally sensitive and language appropriate services during isolation when face-to-face contact was unavailable.

To help Chinese carers facing increased stress during lockdown, the group offered targeted support to those who were struggling to cope by themselves. This service included language support for things such as medical bookings and ensuring service users are not unsafely discharged from hospital. BACWG also arranged food deliveries for isolated members who could not shop online to make sure everyone could eat during a difficult period. This support better equipped carers to look after themselves and the person with dementia.



Monthly arts and crafts workshops (pictured) delivered via Zoom stimulated the brain and enabled people with impaired language abilities to have some form of self-expression. One participant said *“The art class really inspired me. It was nice to try something new and as a result I feel more confident.”*

BACWG worked alongside other organisations such as Bristol Dementia Wellbeing Service to deliver training sessions to staff to enable them to better support people living with dementia and their families. One staff member stated that *“This will help me with answering helpline calls and clients as I have more information to tell them than just sign-posting.”*

The project ran from 1 August until 31 October 2020 working directly with Chinese people.

Website: <https://bacwg.org.uk/>

Bristol Black Carers

Bristol Black Carers aims to provide culturally appropriate support for carers and their families from the black and Asian communities within Bristol. The funding was used to deliver cooked meals, assist with debt management, and help manage stress over the phone.

The organisation helped carers by delivering hot and nutritious cooked meals for people with dementia to enjoy, which offered carers a break from cooking. The charity also helped people manage their debt by providing funds with the submission of an invoice. Having spoken to individuals to adapt the service to their needs, one-to-one counselling, stress management and relaxation therapy were made available over the phone or face to face with social distancing for those who would benefit from these services.

Bristol Black Carers learnt from this project the huge impact Covid-19 was having on people already suffering from mental health issues. Practical support was the most useful service being provided to people, for example one woman was given a haircut (pictured) which otherwise would've been impossible, and she said she was “*on cloud nine*”.



The project ran from 1 August until 31 October 2020 and reaching people from African Caribbean communities.

Website: <https://www.bristolblackcarers.org.uk/>

Bristol Somali Resource Centre

The Bristol Somali Resource Centre supports mostly supports people of Somali origin living in Bristol to ensure their voices are heard. They were funded to facilitate emotional connections, offer advice, and elevate the voices of people with dementia and their carers.

The Centre had volunteer befrienders call people with dementia daily to offer advice and support as well as alleviate the loneliness of lockdown. The provision of tablets and smart phones to people previously without one facilitated communication with friends and family during lockdown which also alleviated isolation.

The organisation also represented the voices of people with dementia in meetings with service providers to ensure they receive the correct support. Advice was given to carers and family members to make sure people received dignified and culturally appropriate support to help them feel understood. Motivating people to perform physical activities improved their wellbeing and

sharing songs and folk stories allowed them to reminisce on their times in Somalia.

The project ran from 1 August until 31 October 2020 with Somali people.

Website: <https://www.somalicentre.co.uk/>

The Centre of Wellbeing, Training and Culture

The Centre of Wellbeing, Training and Culture (CWTC) is a registered charity focused on raising awareness and providing information related to dementia and mental health in Rochdale. They received project funding to create informative TV programmes and podcasts as well as setting up a helpline available in multiple languages.

CWTC set up an online survey in English and Urdu which allowed beneficiaries and their carers to give feedback regarding the support provided by the organisation, this offered participants control over the services they received to fit their needs. A helpline was created in English, Urdu and Bengali to support local communities during the pandemic by offering advice on accessing health and social services as well as other useful information.

A weekly CWTC Podcast gave organisations and service users a chance to share information and their experiences with dementia and health in different languages. TV programmes on the CWTV channel reduced the burden on health services by providing a bilingual resource to reduce the suffering resulting from the pandemic. Information was also disseminated via social media.



Councillor Rana Faisal participate in a podcast (pictured) and praised the unique resource for meeting the needs of the community and supporting local services in different languages using creative methods. Mr Sarwar (CEO) said the new premises would allow CWTC to provide better support to people

living with dementia and other related social services.

The project ran from 1 July until 31 October 2020.

Website: <https://cw-tc.co.uk/>

Podcast: <https://cw-tc.co.uk/podcast/>

Council for Asian People

The Council for Asian People is a charity providing a range of services for all members of the community, particularly providing essential support to Asian people in the North London area. They were funded to set up a conference to raise awareness of dementia and increase South Asian people with dementia's access to services and provided culturally appropriate catering.

The Council set up a networking conference to promote better access to services for people with dementia and to disseminate information on dementia in relevant languages. In the South Asian population dementia is rising but there still exists a stigma and an inability to meet cultural needs which prevents people getting the help they need. Due to changes in guidance on social meetings, the Council were unable to hold the conference as planned face to face but ran an online event and smaller focus group discussions to raise awareness on how to spot signs of dementia so people can seek support as soon as possible. The conference was well received with one participant stating "*Very informative & interactive conference.*" The project also focused on organising local support for dementia patients to reduce social isolation.

The project ran from 1 July until 31 October 2020 and reached the South Asian community.

Website: <https://reachvolunteering.org.uk/org/council-asian-people>

Culture Dementia UK

Culture Dementia UK was set up to support carers and people living with dementia in the African and Caribbean communities, which this funding enhanced their ability to do.

Due to COVID-19 people with dementia were more isolated than ever and carers faced more stress due to a lack of respite services. The charity was able to continue offering respite services during the pandemic because they could fully equip their staff with PPE. Initially, some people were scared of catching the virus from visits, but after a while the staff were able to start going to people's homes and spend some quality time with them as well as offering other support such as assisting with paperwork. This ensured that any physical or mental health issues being faced by those with dementia could be better monitored and provided relief for primary caregivers.

The charity learnt from this experience that there are a lot of lonely people who need company, and they were very grateful to be visited by staff members. One service user was glad to be able to go for a walk and feel fresh air on her face she was too frightened to leave the house on her own. There

were also success stories such as a staff member preventing a washing machine blowing up by reading the manual and realising it was dangerous for the elder to still be using the machine.

The project ran from 1 July until 31 October 2020 and reached mainly African and Caribbean communities but also supported a few who were Irish, Indian and English.

Website: <https://www.culturedementiauk.org/>

Europaia

Europaia is a charity committed to supporting and empowering European nationals living and working in the Greater Manchester area. They were funded to run a project with Polish and Lithuanian community leaders to raise awareness about dementia as currently these communities are receiving less support due to a lack of understanding regarding the subject.

They networked with dementia groups to develop high quality resources which were translated and disseminated through the community by Polish and Lithuanian groups involved in the project. These resources included posters (pictured), videos and webinars to reach people on different platforms, a communications and marketing plan monitored the extent of this reach. The project also ensured people with dementia were well looked after through welfare and legal advice. Polish and Lithuanian speaking volunteers were recruited so that people from these communities no longer missed out on the social care available to them.

At first the organisation focused on the research element of their project to ensure all of the information they produced was culturally appropriate. Posters, for example, were created to direct people to Europaia and provide information about dementia; these were put in places people from the communities use such as Polish shops. Another early step was the establishment of connections with Polish and Lithuanian doctors and the



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Call **0161 541 2686**
Email: health@europaia.org.uk

Europaia is a Registered Charity (No. 1161453) and is working in partnership with the Department for Health and Social Care and the Race Equality Foundation.

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Europaia.org.uk

Department of Health & Social Care

Race Equality Foundation

creation of webinars to spread information which helped people diagnose and support those with dementia.

Many of the issues faced by Europa stemmed from differences between Eastern European countries and England. People get more government assistance with the ageing process here, whereas in Poland and Lithuania they are used to having to look after their parents themselves meaning they may not seek the extra support available to them. Similarly, the health system in Poland involves people only going to the GP when they have tried everything themselves. This reluctance to consider outside support as an option created difficulties when trying to garner interest in Europa's project. There were also issues connecting with people as they do not typically socialise using the same methods as in England, in libraries for instance, so it was difficult to get people involved. Dementia, mental health and ageing problems are more of a taboo in Poland and a lesson Europa have learnt from this project is how greatly the problem affects Eastern European communities as it was very difficult to break this taboo.

The project ran from 1 July until 31 October 2020 and produced three short, animated information videos about dementia. Video titles are: What is Dementia?: Signs and Symptoms: Reduce the Risk. They were posted on Facebook, Twitter and YouTube. They are available in English, Polish and Lithuanian.

Link to all the Dementia Information Videos: <http://bit.ly/DementiaInfoVideos>

Website: <https://europa.org.uk/>

Project page: <https://europa.org.uk/starting-a-conversation-about-dementia/>

Irish in Britain

Irish in Britain is a charity representing the voices of the Irish community in Britain who were funded to support dementia carers through online information, training sessions and forums.

The organisation Cuimhne project provided information online about dementia and the experiences of those who have been diagnosed with it to help carers understand its effects on people from their perspective. They also provided online reminiscence and calming activities such as music to bring enjoyment to those with dementia as well as involving the carers who could bond and de-stress.

Webinars and online training sessions equipped carers with practical and first aid skills to develop their abilities and confidence which allowed them to better meet the needs of those with dementia. They were also trained to have

difficult conversations so they can involve the people they are caring for in plans for the future while they are still capable of making these choices.

Other online resources include a website with information on external services available to carers, and forums allowing them to share their feelings and advice with each other without judgement as well as reducing isolation. The charity provided information on managing stress and reducing illness which allowed carers to support each other's wellbeing as well as their own.

The project ran from 1 July until 31 October 2020.

Website: <https://www.irishinbritain.org/>

Project page: <https://www.irishinbritain.org/what-we-do/our-campaigns/cuimhne-irish-memory-loss-alliance/cuimhne-carers-project>

Malcolm X Centre

The Malcolm X Centre provides a voice for the black, Asian and minority ethnic community in Bristol and promotes cross-cultural integration. With the funding they planned to create a contact list of people with dementia to target care and provide activities, cooked meals, and support such as shopping and prescription collection, to these people.

The centre created a contact list of individuals living with dementia to provide targeted personalised care. This step allowed food and care packages to be distributed to specific individuals with an understanding of the cultural preparation required. The centre also offered a telephone check in service so they could connect more to individuals with dementia and their families. Cultural activities via CD or online. Weekly evaluations were conducted to ensure that targets were being reached and health and safety procedures, particularly with regards to COVID-19, were being met.

The project ran from 1 August until 31 October 2020.

Website: <https://mxcc.wordpress.com/about/>

Nubian Life Resource Centre Ltd

Nubian Life Resource Centre Ltd provides day care services for older African and African Caribbean residents across the London borough of Hammersmith and Fulham. They were funded to improve aid to black, Asian and minority ethnic (BAME) people suffering from memory loss through a variety of activities and the creation of a library of activities.

Nubian Life involved service users in the creation of a [Reminiscence in Action](#) platform working with SERIOUS, Offstage Theatre and the Bush Theatre. The platform delivered culturally relevant activities widely across different communities. For example, actors representative of India, Somalia and the Caribbean were commissioned to tell short stories from these places which gave older BAME people the chance to recall their own stories. Service users were involved in the decision-making process for these activities such as telling the Asian folklore stories in Hindi as everyone could understand this language. Meetings were held with partners involved in theatre where the social media launch was planned to promote these activities.

The Centre also secured a recording space and equipment from partners allowing them to record sing-along concerts with songs selected by clients. The songs chosen by African and Caribbean elders led to 12 mini concerts. This reminiscence project enabled people to recall their memories in an artistic fashion and provided them with stimulation. The Songs for Life were previewed at the London Jazz Festival
<https://efglondonjazzfestival.org.uk/news/2020/songs-from-life>

The organisation held weekly health activities to promote mental and physical wellbeing in elders. They also created a library for BAME activities which serves as a useful resource for carers as well as functioning as a public library.

COVID-19 caused disruptions in the project such as preventing the filming of clients reading stories as initially planned, but other options were being explored such as having poems they wrote performed and filmed. The timeline of the project provided a challenge as there was no room for delays, this problem was worsened by the filming taking longer than anticipated. The Centre also held a meeting with relatives to introduce the platform which they were happy with as the people they are caring for are often especially vulnerable to COVID-19.

The project ran from 1 July until 31 October 2020

Website: <https://www.nubianlife.org.uk/>

Nyabingi Charity

Nyabingi Charity is run by and for people with mental health problems from African and Caribbean backgrounds based in Luton. The funding was used to set up workshops, talking groups and peer support to help people living with dementia.

The charity supported people with dementia through storytelling, creative writing, and music workshops to participate in. These activities allowed participants to recall songs and stories from their childhood which helped with their memory retention. To keep elders and carers active and maintain their physical wellbeing, the charity also organised some gentle physical exercise activities.

The organisation also put on Community Awareness Workshops to reduce stigma surrounding dementia in the Caribbean community; as well as Dementia Voices and Peer Support to raise awareness on the impact of the syndrome. Finally, a talking group provided carers with a confidential space to share their experiences caring for someone living with dementia.

The project ran from 1 August until 31 October 2020

Website: https://www.luton.gov.uk/Community_and_living/community-centres/Pages/Bury-Park-Community-Centre.aspx

SubCo Trust

SubCo Trust provide activities and support for Asian elders living with dementia in the London borough of Newham. The funding increased the capacity and resources available to the organisation to further their reach and enable them to offer more services such as support groups and calls from befrienders.

SubCo Trust trained new staff members to ensure the services provided to the additional Asian elders were high quality. They circulated information widely so that more elders with dementia were referred to the organisation, which also benefited carers by offering them respite. The Trust offered advice and support related to finances and welfare to both elders and carers, which was a service in increasingly high demand.

The Trust also supported elders by providing befriending calls in their preferred language to relieve isolation and offer social stimulation. One service user said *“I look forward to your calls, I like talking about my past life with my family, but they think having dementia means I make things up. Thank you for taking an interest in me.”* Support groups gave elders with dementia an

opportunity to participate in stimulating activities and discuss the impact of coronavirus on their lives. Meanwhile, support groups for carers taught them to better care for themselves as well as the elder they are responsible for.

Subco Trust supported a South Asian female carer (ZN) responsible for both of her parents with many health conditions, including her father who has dementia. She faced problems with overcrowded housing, low self-esteem and managing her teenage son's behaviour. The Trust liaised with the housing association and adult social care, finding and challenging many inconsistencies in their assessments of ZN's situation which aimed to get her on the priority housing list. Unfortunately Covid-19 prevented her parents from getting a new medical assessment which would've enabled this to happen sooner. The project also provided tailored befriending support which led to a shift in ZN's attitude and thinking as she stated she felt less stressed and more able to effectively manage her time thanks to strategies she was taught by the project.

The project ran from 1 August until 31 October 2020 working primarily with people of Indian, Pakistani and Bangladeshi backgrounds.

Website: <https://www.subcotrust.uk/>

Together Dementia Support

Together Dementia Support is a registered charity in Manchester offering people with dementia support and activities to maintain their wellbeing, hobbies, and skills. The funding enabled them to better support black, Asian and minority ethnic people living with dementia through virtual support during Covid-19, spending more time doing activities with them and taking them on trips to picturesque locations (according to Covid-19 guidelines).

The funding has enabled Together Dementia Support to produce professionally printed, culturally appropriate activity packs and magazines to prevent boredom and cognitive decline. The organisation was also able to increase staff numbers, which meant members enjoyed more face to face contact, alleviating feelings of isolation. Urdu and Bengali translation services were provided to better support South Asian members and their carers.

The organisation produced a DVD of gospel songs and distributed this across the country to stimulate older African Caribbean people. They also offered minibus trips to local safe places like parks and outside cafes which enabled safe access to the outside world. These opportunities improved the mental wellbeing of many African Caribbean people with dementia.



Together Dementia Support supported Mr K who had been very active and went on regular walks prior to Covid-19, but lockdown restrictions increased the stress being faced by both him and his carers. The trips to scenic places (pictured) where he could admire nature, go for walks and communicate with other people brought Mr K and his wife lots of joy and alleviated

some of the strain they were both experiencing. Mr K's daughter said *"Over the months, the trips have been great in getting my father out the house. This really has helped his mood and given him a routine as this is weekly. It has also helped me as his carer. I feel very comfortable and at ease knowing my father is picked up and dropped off at his door and there are people looking after him and I trust they are having a good day out."*

The project ran from 1 July until 31 October 2020 and with a range of black and minority people including those of African Caribbean, Pakistani, African, white Irish, Indian, Bangladeshi, Eastern European and Middle Eastern backgrounds.

Website: <http://www.togetherdementiasupport.org/>

Gospel song DVD: https://www.youtube.com/watch?v=9xi_r6jnM4Y

Wai Yin Society

The Wai Yin Society aims to challenge discrimination and social exclusion faced by Chinese individuals in Manchester. They were funded to develop a dementia awareness programme through Sheung Lok Radio; provide wellbeing mobile services and to deliver hot cultural ethnic food to people living with dementia

Wai Yin Society gave a dementia awareness programme over the radio where a carer broadcast their story so that family members and the wider community could understand and connect with people with dementia more. To promote the project, they produced a bilingual poster available online which led to 57 people joining the programme. They also provided wellbeing mobile services such as jigsaw puzzles and gave out plants to people with dementia and their families to allow users and carers to bond.

The society helped participants in the programme suffering from a language barrier by helping them understand letters from the council or health authorities, for instance. All participants stated that they were really grateful for the services being provided.

However, Covid-19 caused some issues in the implementation of the project such as when one kitchen staff member had to self-isolate meaning that cultural food parcels instead of hot meals were delivered to participants throughout August (pictured).



The society has learnt from this project the importance of contact with people which participants have really appreciated. When this became impossible for several weeks because coronavirus cases were detected in China Town in Manchester, it was a real setback. The organisation has also learnt to appreciate the value of culturally specific service, as one carer said she had been unable to buy Chinese cultural food since lockdown started and she was delighted to receive some in a parcel.

The project ran from 1 August until 31 October 2020

Website: <https://www.waiyin.org.uk/>

Radio programme: https://www.mixcloud.com/radio_sheunglok/28-august-2020-radio-sheung-lok/