

Better support for black, Asian and minority ethnic people living with Dementia during the Covid-19 pandemic

October 2020

We are coming to the end of the [projects](#) funded under the DHSC Covid-19 dementia programme to deliver a range of support, information, activities and advice to black, Asian and minority ethnic people living with dementia, their families, and friends.

Overview of the projects

The projects based in London, Manchester, Bristol, Leeds and Bedfordshire have provide a range of activities, support and information including: physical exercise; befriending support; art activities; telephone helpline; memory services; culturally specific hot meals/food parcels; carers support and interpreting support. They have also raised awareness of dementia and the impact on the individual and families to communities through workshops, information resources, radio podcasts and using social media. One example being the event by the Council for Asian People pictured.

The projects worked directly with carers and people living with dementia, as well as disseminating information to the wider communities. Working with both male and female people from Pakistani, African Caribbean, African, Irish, Indian, Bangladeshi, Somalian, Chinese, Polish and Lithuanian ethnic groups. The impact of the projects activities are illustrated in the following quotes:

One service user commented that they *'hadn't had Chinese food for a long time'* when they received the food parcel.



Join us on Zoom on
Wednesday 28th October at 10am - 12.30pm

Someone in the world develops dementia every 3 seconds!

Are you from India / Pakistan / Bangladesh / South Asia? Then this conference is for you!

What is Dementia?
Dementia is a syndrome (a group of related symptoms) associated with an ongoing decline of brain functioning. There are many different causes of dementia, and many different types. People often get confused about the difference between Alzheimer's disease and dementia.

Lack of knowledge and stigma attached to any form of mental health or emotional issues, including dementia, is leading to poor access to services in particular social care support services and has been even worse during Covid-19. We are here to provide additional support for South Asian people and their carers during covid-19.
If you are interested in joining us then please email office@thecommunityhub.org.uk.

پہلے جاننا اور سمجھنا سب سے اہم ہے۔
سب سے اہم ہے کہ دماغ کی کارکردگی میں مسلسل کمی
ہوتی ہے۔

یہ سب سے اہم ہے کہ دماغ کی کارکردگی میں
مسلسل کمی ہوتی ہے۔

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Race Equality Foundation
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'I never thought about thinking about myself' said one carer who attended a counselling session.

'such a lovely day', 'I can't hear any traffic' were comments from two older people who visited a National Trust park.

Local lockdown has impacted on some organisation's delivery, and the fear about coronavirus has meant people living with dementia and their carers have been cautious to engage with outside organisations and activities. Despite this, the projects have been overwhelmingly successful in providing practical and wellbeing support.

See the [website](#) for further information on the dementia programme.

Social media activity #Communitiescan



Irish in Britain @irishinbritain · 21h

Great to see our new Cuimhne Carers Project featured in @raceequality's Newsletter. Their funding with @DHSCgovuk made this project possible, supporting #carers of people living with #dementia...resources, webinars, a forum & culturally sensitive material raceequalityfoundation.org.uk/wp-content/upl...



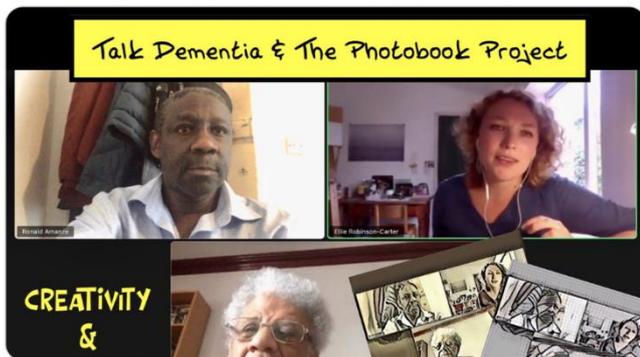
Nubian Life @NubianMatters · 3h

Excited to be working with our partners SERIOUS, Offstage Theatre & Bush Theatre on our therapeutic activity platform Reminiscence in Action © for our elders. #CommunitiesCan @DCMS @raceequality @bushtheatre @Offstage_UK @IndependentAge



David Truswell @davidondementia · 4h

Another of the projects I'm currently working with along with Ronald Amanze and Ellie Robison-Carter. Funding for this project is part of Government's £750m support package for charities in response to COVID. #CommunitiesCan @raceequality @DCMS @arts_dementia



Wai Yin Society @waiyincws · 5h

Dementia Support Project :Food of Love - Connected, not Abandoned. Giving users and carers support and community spirit. Project funding is part of the "Government 's £750m support package for charities" #CommunitiesCan @DCMS @DCMSgovUK @raceequality



Update on the coronavirus guidance

Much of the guidance for areas in the UK is now dependent on the Local COVID alert level for the area you live in. There are [three alert levels](#): medium, high and very high and guidance for what people should do is based on the relevant alert level framework.

This change will be worrying time for those living with dementia and those who provide care to them. New guidance will be sent to the clinically extremely vulnerable people in England to help them reduce their risk from coronavirus, tailored to where they live. Although the list does not include dementia, evidence shows that people with dementia are at high risk of getting the virus. Therefore, someone with dementia and a carer could find following the new [guidelines](#) helpful.

It is expected that those who were previously shielding should follow the general advice to everyone and where necessary the government will only reintroduce formal shielding advice in the very worst affected local areas and for a limited time only. Advice for clinically extremely vulnerable groups has been [updated](#) and is available on the government website.

In all areas people must continue to:

- [wear a face covering in those areas where this is required \(unless you are exempt\), including entering, leaving and moving around in](#) restaurants, cafes and pubs
- follow social distancing rules
- work from home where you can
- when travelling, plan ahead or avoid busy times and routes.

Further information on the new local covid alert levels can be found on the government [website](#)

[Dementia UK](#) and [the Alzheimer's Society](#) also provide useful advice

Translated information

Race Equality Foundation have translated guidance and resources about coronavirus to help carers and those living with dementia. The resources are available in written and audio form in languages:

[Arabic](#), [Bengali](#), [Chinese](#), [Gujarati](#), [Kurdish](#), [Punjabi](#), [Portuguese](#), [Polish](#), [Somali](#), and [Urdu](#) languages.

The translated resources produced are:

- Covid explanation of terms
- Shielding guidelines
- Staying safe outside your home
- Getting a Covid test

- Coronavirus guidance for people who provide unpaid care to family and friends
- Meeting up with others updated
- What is a support bubble?
- Looking after friends or family when they leave hospital
- How to Stay Well during the coronavirus outbreak
- Helping someone with dementia to Stay Well during the coronavirus outbreak
- Safeguarding Factsheet: Community volunteers during the coronavirus (COVID-19) outbreak
- A vaccine for Coronavirus
- Local COVID alert levels for England
- Updated advice for extremely vulnerable people on local COVID alert levels

The resources are uploaded to our [website](#) once finalised.

Other information

Funding

Voice4Change England has opened a grants programme for black, Asian and minority ethnic (BAME) community groups and organisations, working to deliver COVID-19 services in England. The grants programme is designed to help tackle the disproportionate impact of COVID-19 on BAME communities. All grant awards will be in the region of £5,000 to £10,000. The deadline is **Tuesday, 3rd November 2020** at 5.00PM. Go to Voice4Change [website](#) for further information.

Gypsy, Roma and Traveller communities

The Government has produced guidance for nomadic communities: <https://www.gov.uk/government/publications/covid-19-guidance-for-those-leading-a-nomadic-way-of-life>

The National Activities Providers Association (NAPA - a charity that works closely with care homes) is holding a free, online event on Tuesday 27 October at 2.30pm on the theme of ***Providing inclusive activities; meeting the engagement needs of black care home residents***. You can register [here](#).

The Three Nations Dementia Working Group, made up of people with dementia and supported by the Alzheimer's Society recently held a webinar on '***Dementia activism in BAME communities***'. You can listen to the webinar [here](#)

A research study called ***Taking a Break***, based at Kings College London, is looking at residential respite for people living with dementia and their carers. They would like to find out more about the experience of Black, Asian and minority people with dementia and their family carers of respite (using a care home to have a break from caring or being cared for). If people are interested in participating in the study please see the flyers below for more information. Contact Laura Cole Laura.cole@kcl.ac.uk or Katharine Orellana 020 7848 1861 Katharine.orellana@kcl.ac.uk