

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

November 2020

The Dementia Programme has come to an end with the 21 [projects](#) providing 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 21 local and regional organisations provided help to both men and women from 45 different ethnic backgrounds including Pakistani, African Caribbean, African, Irish, Indian, Bangladeshi, Somalian, Chinese, Bengali, Iranian, Romanian, Sudanese, Polish and Lithuanian, amongst others. Projects were based in London, Manchester, Bristol, Leeds, and Bedfordshire with a reach of 21,203 people. This included working in remote areas in Devon and Cornwall where [Bristol and Avon Chinese Women's Group](#) (BACWG) reached out to people who hadn't spoken to anyone for weeks throughout lockdown, so were very happy to be able to speak to BACWG in Chinese. Communicating with older men who were no longer able to meet 'traditionally' was welcomed. The [Bristol Somali Resource Centre](#) got other Somali men to contact older Somali men and used reminiscence conversations and stories to engage with them. There was also awareness raising of dementia amongst a wider range of minority ethnic groups. For example, [Europaia](#) spoke with Polish and Lithuanian people who find it hard to talk about the condition, especially in public. One man privately admitted '*My mum is struggling with this*'.

A range of support has been delivered to people living with dementia including physical exercise; befriending support; art activities; telephone helpline; memory services; culturally specific hot meals/food parcels; and interpreting support. Creative art activities with a cultural focus were welcomed for people living with dementia; one example was the carnival headgear workshop run by [Black Health Initiative](#). A carer commented that "*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.

Whilst carers have had help aimed at addressing their wellbeing; respite; and information needs.

A wealth of information and resources have been produced such as short videos on 'What is Dementia?'; 'Signs and Symptoms'; and 'Reduce the Risk', by Europaia,

and the [Nubian Life Resource Centre](#) developed a 'Reminiscence in Action' online therapeutic arts activity platform, featuring music, poems and folktales, reconnecting people's emotions and feelings from past memories and places. Links to some project resources will be available on the dementia programme [webpage](#). Awareness raising includes targeting community organisations through presentations delivered by [BME Health Forum](#) for example, use of social media and participation in community radio programmes, such as the [Wai Yin Society](#) on FM Radio Sheung Lok.

The list is endless!

A challenge for the projects has been the impact of local lockdowns, national social restrictions being reimposed later in the summer and the later tiered alert levels affecting implementation of some planned activities. 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.

A summary of the dementia programme is being produced.


Forthcoming activities

The Council for Asian People continues to raise awareness of dementia. They are delivering a Zoom music class as pictured.

Raising awareness of dementia – BME Health Forum's project

The BME Health Forum is a unique and well-established partnership between voluntary and community organisations, healthcare providers, commissioners, and local authorities. It seeks to improve the quality of health and social care services for patients from deprived backgrounds living primarily in Westminster, Kensington & Chelsea and Hammersmith & Fulham.

Come join our
Zoom Music Masti
 Singers + Antakshari
 7.30 to 9.00pm, Fridays 13th Nov - 18 Dec 2020
 [Zoom meeting ID: 954 272 8927 ; Passcode: 220345]



Singers Mahamaya and Krishna
 M: 07957 716892

No registration required, everyone's welcome
 This is a non-religious, dementia friendly event

PRESENTED BY  FUNDED BY  

UNDERSTANDING DEMENTIA FOR BLACK, ASIAN AND MINORITY ETHNIC COMMUNITY GROUPS

The Forum developed an online learning process to enable community groups to learn more about dementia and deliver their own dementia awareness presentations following community group staff's participation in a training webinar on delivering the presentation.

This PowerPoint presentation is in English and is designed to be delivered by community group workers with no previous knowledge of dementia. The webinar with a question and answer session lasts around one and a half hours. The webinar is now available on the Forum's [website](#) video as a training tool to support the community workers to present the presentation slides confidently. It can be used as direct education video with community groups who are comfortable with English language presentations.

In the period from July 2020 to October 2020 the webinars and follow-up presentations reached 275 participants across 17 BAME community groups covering people from 30 different self-identified ethnicities with very positive feedback from community partners. Community groups have themselves translated the presentation slides into Arabic and Farsi. Community groups have delivered their presentations in online forms that have included community seminars online, Zoom presentations uploaded onto YouTube and individually phoned presentations.

Guidance on the current lockdown

Another lockdown started on the 5 November. It covers the whole of England and is due to last until the 2 December. The lockdown is because the number of people with Covid-19 has been increasing.

There is new government guidance for people who have health conditions which make them very vulnerable to Covid-19. This is to help protect them (called 'shielding'). You can find this guidance [here](#). Although the guidance doesn't mention dementia, people with dementia have been at much greater risk of getting Covid-19. People with dementia should consider following the guidance.

The guidance says that people should continue to wash their hands, avoid touching your face, staying 2 metres (6 feet) away from people if you go out (social distancing). People are still required to wear a face mask in shops and on public transport (unless you are exempt).

The guidance recommends that people with serious health conditions should stay at home as much as possible. You can still have contact with your 'support bubble' (one other household). People are advised not to go to the shops unless absolutely necessary. The guidance advises that people should do their shopping online or to get someone to do their shopping for them if possible. People should still contact their doctor or the NHS if they need help about their health and the guidance explains how you can get a test if you have Coronavirus symptoms.

The guidance explains how you can get help if you need to travel or get medicine. You may also be able to get additional help from your local council, but you need to register for this. You can do that [here](#).

The Race Equality Foundation has information about Covid-19 and how to stay safe for people affected by dementia translated into a number of different languages [here](#).

The Alzheimer's Society has useful information about Covid-19 [here](#).

Dementia UK has useful information about Covid-19 [here](#).

Social media activity #Communitiescan

Several projects took part in another social media event on Friday 13 November 2020 to celebrate the work of the programme.

Dementia Diversity @DD2020_Dementia · 4h
 We are reaching out to more BAME people affected by dementia thanks to funding from the DHSC Covid-19 dementia programme (through the Race Equality Foundation) providing advice and support on how to keep safe during the Covid-19 pandemic.

#CommunitiesCan



You

CWTC Rochdale
 @cwtc_uk

youtu.be/zyiHkDC02PY

#CommunitiesCan @raceequality
 @NHSEnglandNorth @GM_HSC @dementiaunited
 @hmrcgcjduffy @NHSMR @RochdaleCouncil
 @HWRochdale @gmcvo #bame @DHSCgovuk



Impact of Covid-19 | Centre of Wellbeing, Training & Cultur...
 CONTACT US: <http://cw-tc.co.uk/> <http://cwtvonline.com/>
<https://www.facebook.com/cwtcuk> ...
[youtube.com](https://www.youtube.com)

11:59 AM · Nov 13, 2020 · Twitter for Android



Irish in Britain @irishinbritain · 1h

Our Cuimhne team is delighted to welcome @ColetteODris #Namaste Care Manager @StJoHospice to talk on end of life care Wed 18 Nov 2pm. To register or watch recordings of the Cuimhne Carers webinars with support from @raceequality bit.ly/CuimhneWebinars #communitiescan



1



Wai Yin Society @waiyincws · 28m

"What the mind can't remember, the heart never forgets." Activities to support our elderly with dementia provided by our Sheung Lok Older People's Centre #CommunitiesCan #elderly #Chinese #community #dementia #Wellbeing



You and Welcome Centre



2

3



Translated information

Race Equality Foundation has 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 two resources '*How to Stay Well during the coronavirus outbreak*' and '*Helping someone with dementia to Stay Well during the coronavirus outbreak*' are two short accessible leaflets with images which is useful throughout the pandemic regardless of whether there is a lockdown or not

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

Other information

We are interested to hear more about work to support black and minority ethnic people living with dementia and their families. Please do contact Tracey Bignall via email tracey@racefound.org.uk