

Dementia Care - Life story work



Life story work (LSW) is promoted as an important tool for enhancing person-centred dementia care, therefore providing dignity, respect and ensuring the person is central to the care and support process and not just seen in light of their diagnosis.

LSW is working with an individual, their family and friends to record moments of their past and present lives. Storytelling is a powerful means of communication, stories allow us to build up a picture and a set of values and beliefs about an individual. LSW enables the carer to get to know the person better, therefore

supporting them in a way that is personal to them, it can help carers to appreciate the person with dementia in the context of their whole life. Carers will work with the person to create a memory book, this could be in the form of a scrapbook or photo album or memory box. It's an interactive activity and can be a lot of fun for both the individual and carer.

Putting together a memory book based on the person's life story can be very positive, It can help the individual to feel proud of their life, feel listened to and valued, enable them to feel that they are contributing, it can trigger positive memories and can give the person a 'voice'.

alice chilton carers are happy to work with clients to create memory books, if this is a tool you feel would be beneficial please contact Michele Bushell, our Registered Care Manager, who is trained in this specialist area. She will be able to look at incorporating LSW into the current support or add a couple of hours each week to work specifically on the memory book.

**Contact Michele directly on 01625 526850,
michele@alicechilton.com**



Meet the Team

Amanda joined our team in October last year. Prior to coming on board she had an interesting and extensive career as a scientist with Astra Zeneca, stretching 28 years. After being made redundant Amanda was ready for a change but as she said, "after 28 years working in such a specialist field, how do you decide what to do next?" It was a friend who suggested Amanda take a completely different role and told her there was a vacancy at the coffee shop at Wilmslow Garden Centre, and it turned out to be the change she was looking for. Not long after taking the part-time position she asked to work full-time and then her 'award-winning' talents as Barista landed her the Supervisor role.

Amanda's introduction to alice chilton was a personal connection, members of the alice chilton care team were supporting her husband's family. It was Amanda's husband who suggested that she would be perfect for a caring role, having met some of our team and hearing feedback from his own family. He was so convinced that he called into the office to pick up an application form – the rest is history. And thank goodness, he did, what an asset she's proved to be!

Married for 22 years, Amanda has two sons one aged 20 and one 18, both living at the family home in Handforth. The family have a passion for animals, particularly dogs and currently have three rescue dogs. Besides dog walking Amanda loves to entertain and hosts regular dinner parties for friends and family. Cooking is a big part of her life and she thoroughly enjoys it, and from the feedback we've had from clients they also enjoy her culinary talents too. She's also found time to complete two half marathons and two 10k runs, with a training schedule of just 3 weeks for the Great North run. It's fair to say that whatever Amanda takes on she gives it 110% and always excels, we're delighted she decided to join our team.



Note from our Founder

Welcome to our first newsletter of 2018. As of the date of this edition it's 20 days until we welcome Springtime. For many it's the most popular season of the year and often referred to as the season of renewal and rejuvenation. There's a general sense of optimism as we look forward to the plants starting to grow and flower and, perhaps, the promise of some warmer weather!

Speaking of optimism, we hope that when this reaches you the impact of the road closures in Handforth and Wilmslow are subsiding. These have proved to be challenging to work around together with the ongoing roadworks relating to the bypass. Delays and disruption have certainly been inevitable so thank you for your patience and understanding during this time.

We continue with our regular feature, Meet the Team which has not only proved popular with our clients but also with our team who don't often get to meet their colleagues. For me it's particularly interesting to sit down and find out more about the team, their background and family life. And it only goes to prove what I have been saying for a long time, we have a wonderful, and eclectic group of people working for us.

Best Wishes
Karen Perry, Founder
karen@alicechilton.com



Next edition 1st June 2018

Local Events in March, April & May



Alderley Edge Orchestra

3rd March 2018

MacCunn – Land of the Mountain & Flood
Weber – Clarinet Concerto No.1
Soloist: Oliver James
Holst – Suite: The Planets
Conductor: Juan Ortuño

Venue: Alderley Edge Festival Hall
at 7.30pm

19th May 2018

BARTOK - Romanian Folk Dances
DE FALLA - Spanish Dance
'La Vida Breve'
SAINT-SAENS
Introduction and Rondo Capriccioso
Violin: Lily Whitehurst
TCHAIKOVSKY - Symphony No 5
Conductor: Orr Guy

Venue: Alderley Edge, Methodist
Church at 7.30 pm

**Tickets £10, call the Ticket
Hotline 01625 756390**

Stockport Plaza

Sunday 25th March at 4.00pm

The Green Room: Everything Stops for Mad March Hare Tea

Everything Stops For Tea event in the company of the famous waitress team the 'Plazarettes' who celebrate the glorious month of March with a fundraising tea party, entertainment and signalong.



Friday 6th April at 7.30pm

The Searchers in Concert

The Searchers emerged during the Merseybeat era and have maintained their position at the top for well over 50 years. With such classic hits as, Sweets For My Sweet; Needles and Pins; Don't Throw Your Love Away; Sugar and Spice and When You Walk In The Room, they have contributed enormously to the British music scene.

**Further information & ticket prices -
Call the Box Office on 0161 477 7779**

Mark's Big Birthday



Mark, Karen & Michele

January 11th, 2018 saw Mark (our Resource Manager) reach his 50th birthday.

Mark was presented with a Manchester City themed birthday cake, he's a lifelong 'blue' and been through the club's highs and lows. He's certainly enjoying the recent successes under Manager Pep Guardiola (let's hope that's still the case when this goes to print!).

Many of the team called into the office on the big day for a slice of birthday cake and to wish him a Happy 50th Birthday. Mark took the next day off for a long weekend celebrating with family and friends, in fact the celebrations carried on for quite some time!



Mark, Tracey & Julie

Foot Problems and the Podiatrist

We are often asked for recommendations to help treat conditions of the feet and lower limbs.

A Podiatrist is a health care professional who has been trained to prevent, diagnose, treat and rehabilitate these conditions. They can give you advice on how to look after your feet and what type of shoes to wear. They can also treat and alleviate day to-day foot problems. Deborah Pace runs a locally based Podiatry business, specialising in the mechanics of the foot and treats pain due to injury or malalignment. She has a clinic within the Physiofit practice in Alderley Edge and for those patients who are less mobile Deborah also has a home visiting service.



**For more information or to book an appointment
contact Deborah on 01625 521442 or 07949 089394.**

BOOK CLUB UPDATE

Featured Author Lee Child

Our book club has several titles from bestselling novelist Lee Child, famous for his Jack Reacher crime fiction series. Please contact Laura at the office if you would like to hire one of these titles or any others from our book club. We can arrange for them to be dropped off by one of the team, it's a free service for our clients.



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