

Dementia Empowerment and Engagement Project. WAVE (We are valued Equally) Club.

Personal Reflections

1.DEEP THOUGHTS

Why DEEP Thoughts. Well DEEP stands for Dementia Empowerment and Engagement Project. It a nationwide organization of which South Shields is now part of. We have a smallish (but hoping to grow) group, and we call ourselves the DEEP WAVE Club.

South Shields being a seaside town we all know about waves. They can be little gentle ripples running up the beach that are a delight to the little ones on a hot sunny day. They can be very powerful even causing rock falls and moving heavy boulders. A wave of the hand and a smile are friendly gestures and of course Shields folk are a friendly bunch.

Our aim is to be a helpful friend to our whole community.

We also really value the friendship of others and look to there being 'dementia friendly' places and people in our community.

Waves have power, and maybe together the DEEP WAVE Club may have the power to make good things happen.

The word WAVE also stands for 'We are All Valued Equally'.

Everyone is different, we look and speak differently.

Some folks are dreamers and others are practical.

Engineers, cooks, ship builders, retired colliers, housewives, sportsmen and women, nurses, lollypop

men, teacher, shop worker, we all have our part to play, all equally needed.

Folk with different skills and abilities, with or without dementia can be involved in social action.

Yes, even people with dementia can be empowered to engage with others for the benefit of all.

Wait for our next DEEP THOUGHT.

DEEP THOUGHTS 2

We all get them, don't we?

'Senior moments', when we go upstairs, and at the top we stop, and say 'now what did I come up here for'.

Looking around the bedroom and bathroom offers no clue, so downstairs we go, only to find it was some

tea bags from the cupboard in order to make a much-needed cuppa.

Frustrating what? It is annoying and irritating.

At my kitchen cupboard I have 'senior moments'. 'What did I want', 'What was I going to do', 'Where am I going'

We used to laugh about such things till one in the family was diagnosed with dementia.

Imagine that your 'senior moments' got longer and closer together. Its not just annoying, it becomes very frustrating and worrying.
Names have wings. They fly away just as you're going to use them.
People you have known for years, people you dearly love, and you cannot remember their names.
Then you realise something is really wrong.

On the inside you know that you are the same as you always have been, but you worry that people will think 'she's loosing her marbles 'poor dear, or that he's not the fellow he used to be.
If grandma or grandpa cannot remember their grandchild's name, they still love the child as much as ever.
Kindness and love last a long time, even if words have taken flight.
To finish today's thought there's a story I heard some years ago.
A Bishop went to visit a care home. He was wearing his Bishops finery.
Talking to an elderly gentleman, he had some vague replies to his efforts at conversation.
Eventually he said, "Do you know who I am'
The elderly resident said 'No, I don't but if you ask at the front desk, they will tell you'
The resident may have been confused over a lot of things, but he was helpful to a stranger.

DEEP THOUGHTS 3

Have you noticed how, as you get towards your senior years, you find that Public Conveniences are not always convenient?
For a start there are not enough of them in the right places.
We all want an attractive and lively high street and are grateful that Morrisons have a toilet suite available at ground level which is designed that it is available even for people who do not need to shop at that time.
The public loos near the station are not always open and are not very obvious for strangers.
We pride ourselves on having a lovely seafront and beach. We have lovely parks that are enjoyed by locals and visitors alike, but the seafront could do with more 'convenience's'
Apart from that our coastal areas are lovely, and we appreciate the well paved areas and the work done by the Parks Department of the Council giving us some beautiful flower displays.
The DEEP WAVE Club are quietly thinking about how the 'inconvenient problem' might be solved.
It may take some time, but we are hoping you will see more 'convenient comfort stops' available to us all soon.