

FEEDBACK

WINTER
2011

ISSUE 18

Providing information on Mental Health Services & News
plus a voice for Service Users & Carers across Lancashire

Hello and welcome to the Winter FEEDBACK

The theme for this edition is Dementia and there is a lot of information inside which you may find interesting and useful. This theme was chosen specifically to coincide with the work of the five Lancashire PCTs around dementia which is taking place now and over the coming months. Find out more in the briefing below.

We have been receiving some very positive feedback to FEEDBACK and I thank everyone who has taken the time to get in touch. Someone has asked if we could provide more information on services right across the county and we will try our best to do this, but we need your help in identifying suitable services for inclusion. So, if you use or run a service that you would like to tell others about please let us know so that we can share this with everyone. Bear in mind that the next edition will focus on 'Young People's Mental Health' so anything on this will be particularly useful.

Thank you for all the responses to our caption competition. They made entertaining reading! See the winning entry and another competition on the back page.

Finally, I'd like to wish everyone all the best for the forthcoming festive season and the new year - 2012!

Katharine [FEEDBACK editor]

Specialist dementia care consultation update

As highlighted in previous editions of Feedback, work is currently taking place around proposals to improve dementia services across Lancashire. The five Lancashire primary care trusts (PCTs) are planning a public consultation in 2012 and pre-consultation work has been ongoing for several months.

As part of this, a survey was carried out in March 2011, which received more than 400 responses. There was strong support for the need for services to be delivered as locally as possible and for people with dementia to receive care from a highly trained workforce.

In addition a clinical congress in September 2011, chaired by national clinical director for dementia Professor Alistair Burns, supported the direction of travel proposed. Nearly 100 people attended the full-day event, including clinicians; representatives from the local LINks and organisations such as the Alzheimer's Society, Age Concern, Age UK; and representatives from local authorities. Around 20 people took part in a workshop in the afternoon to consider the consultation process. This insight has

informed the proposed consultation approach, and a wide range of engagement activities are planned leading up to formal public consultation early in 2012.

Debbie Nixon, Strategic Director for Mental Health for the five Lancashire primary care trusts, said:

"Over the last three years significant progress has been made to improve community services for people with dementia across Lancashire. Examples include tailored support for carers; hospital liaison services; community mental health teams; memory assessment services; and intermediate support teams.

There is a huge amount of evidence to suggest that care for people with dementia is most effective and recovery rates are improved when services are delivered in this way.

Thanks to the investment in community services, the number of highly specialist dementia beds used across Lancashire has reduced from 122 in 2007 to 41 today, and this number continues to decrease. The number of beds being

used is not the only change. When people with dementia are admitted to a specialist hospital, they are staying for less time – from an average of 99 days in April 2008 to 45 days in July 2011.

There will, of course, always be a very small number of people who require extremely specialist hospital-based support. In general, these will be people whose dementia symptoms are so severe that they have been detained under the Mental Health Act. Only around 220 people across Lancashire will need this kind of support every year.

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Produced by the Lancashire Third Sector Consortium [LTSC] for Mental Health

www.LTSCmentalhealth.org.uk



In partnership with Service Users and Carers and the Lancashire Mental Health Commissioning Network Team

Lets focus on.....



Dementia

An Overview from Alzheimer's Society

There are 18,000 people with dementia in Lancashire, with these numbers set to rise each year.

It can often be a worrying time for people – so here Alzheimer's Society provides some information about the dementia and explains what help and support is available.

What is dementia?

Dementia is a term used to describe a group of symptoms caused by damage to the brain.

Dementia is caused by a number of different diseases of the brain, including Alzheimer's disease. Vascular dementia is the second most common cause after Alzheimer's disease.

What are the symptoms?

Symptoms of dementia may include the following:

- Loss of memory – this particularly affects short-term memory, for example forgetting what happened earlier in the day, not being able to recall conversations, being repetitive or forgetting the way home from the shops. Long-term memory is usually still quite good.
- Mood changes – people with dementia may be withdrawn, sad, frightened or angry about what is happening to them.
- Communication problems – including problems finding the right words for things, such as describing the function of an item instead of naming it.

While there are some common symptoms of dementia, it is important to remember that everyone is unique, so no two people are likely to share the same experience.

Getting a diagnosis

If you are concerned about your health, or the health of someone close to you, it is important to visit your GP. An early diagnosis will:

- help you plan for the future
- help you identify sources of advice & support
- in some cases, the person with dementia may benefit from treatments that are now available

How Alzheimer's Society can help

Alzheimer's Society is the UK's leading care and research charity for people with dementia and those who care for them, and works throughout England, Wales and Ireland to improve the quality of life of people affected by dementia.

Across Lancashire, Alzheimer's Society provides a range of services to support people with dementia and their carers.

Services include:

- * Dementia Advisers. Dementia advisers offer support and advice to people recently diagnosed with dementia, providing a named contact throughout their journey with dementia. They often work closely with NHS Memory Services.
- * Dementia Support Workers primarily support carers by offering information, advice and emotional support, on a one to one basis tailored to individual need.
- * Carers Support groups - carers can meet in a relaxed and comfortable environment, chat with others and access a wide range of information, support and advice. Alzheimer's Society runs carers groups throughout Lancashire.
- * Dementia Cafes - social drop-ins for both people living with dementia and their carers supported by staff and volunteers from a number of organisations. There are currently 8 cafes in Lancashire.
- * Information and advice about all types of dementia, available from all local offices.
- * Assistance finding local help and support
- * Practical and emotional support
- * Other services include: peer support groups for people living with dementia in Central Lancashire, home support service in Lancaster and Morecambe, a resource library in Central Lancashire; art group for people with dementia and carers in Central Lancashire, specialist services for younger people in Lancaster and Morecambe and Living Well with Dementia, a series of talks.

Coming soon.....we are currently piloting a national Carers Information and Support Programme in Burnley and courses will be available in Central and North Lancashire early next year. Please contact your local office for further details:

If you would like to get in touch with the Alzheimer's Society, please contact one of the local offices:

Blackpool, Fylde & Wyre. Tel. 01253 312893. blackpool@alzheimers.org.uk

Central Lancashire. Tel: 01772 788700. centrallancashire@alzheimers.org.uk

East Lancashire. Tel. 01282 421 233. eastlancashire@alzheimers.org.uk

Lancaster and Morecambe. Tel: 01524 402610. Lancaster@alzheimers.org.uk

Some statistics:

- There are currently 750,000 people with dementia in the UK.
- There are over 16,000 younger people with dementia in the UK.
- Two thirds of people with dementia are women.
- The proportion of people with dementia doubles for every 5 year age group.
- One third of people over 95 have dementia.
- 60,000 deaths a year are directly attributable to dementia.
- Family carers of people with dementia save the UK over £6 billion a year.
- 64% of people living in care homes have a form of dementia.
- Two thirds of people with dementia live in the community while one third live in a care home.
- Only 40% of people with dementia receive a diagnosis

Some useful websites:

- www.alzheimers.org.uk
- www.dementiauk.org
- www.dementia.co.uk/
- [Royal College of Psychiatrists](http://www.rcpsych.ac.uk)

Dementia Service Development across Lancashire Care Foundation Trust



Lancashire Care Foundation Trust [LCFT] are providers and co-ordinators of mental health services for individuals with dementia and their carers. The following outlines some of the work that they are involved in.

LCFT's Older Adult Network strives to deliver services for individuals with dementia which support independence and the ability to live safely in their own homes and communities, alongside support for carers. Care at home is proven to deliver better outcomes for patients, make effective use of available resources and reduce the risk of admissions due to crisis. However to be effective our services have had to adopt a whole system approach and embrace effective care co-ordination.

LCFT's Older Adult Network has worked closely with local authority partners to develop a federation model for health and social care integration, working across traditional health and social care boundaries. Integrated Community Mental Health Teams (CMHT's) have the capacity to facilitate prompt and flexible access to a range of health and social care services. A fully multi-disciplinary approach to assessing and meeting the needs of people with complex mental, physical and social needs provides a basis for truly holistic, seamless, wrap-around care. Integration is improving the capacity to assess and manage risk positively, to ensure safeguarding issues are recognised and addressed and to reduce the need for hospital admission.

Partnership working also features in many of our service developments, for instance the development of 'Dementia Cafes' in East Lancashire, which provide low key support, signposting, information and advice. The cafes are hosted by the Memory Assessment Services, working in close association with agencies such as Help Direct and Alzheimer's Society.

Similar models of Dementia Cafes are also emerging in Central Lancashire based at Charnley Fold in Preston, a multi agency resource centre for people with mental health needs including dementia. The centre offers a positive outlook programme

which seeks to support health and wellbeing for individuals living with dementia and their carers.

In order to support people in their own homes and reduce the negative impact of a hospital admission, we have developed across the Network a number of Intermediate Support Teams (IST). These teams can offer a real alternative to hospital admission by providing intensive treatment and relapse prevention within an individual's normal place of residence.

When it is necessary to offer individuals admission into hospital, we aim to assess and treat people and support them to return home as soon as it is safe to do so. This reduces the risks of losing independence and premature admission into care homes. The process is supported by the IST who can facilitate early discharge by improved communication between in-patient and community services providing intensive support on a daily basis in collaboration with other services and agencies.

When people are admitted into an acute hospital bed, the Older Adult Mental Health Liaison Teams in Lancaster, Blackpool and Central Lancashire can provide access to mental health services. The liaison service has an important clinical role, providing assessment and advice on interventions and management, risk, medication issues, discharge planning and also acts as a valuable educational resource to the acute trust.

CMHT's, IST teams and dedicated nursing home liaison services work with individuals in the independent sector, to monitor the use of antipsychotic medication, provide regular medication reviews, advise and education for staff as well as providing direct therapeutic interventions for residents.

For further advice on any aspects of the services described please contact:

Debbie Foord
Service Improvement Manager
Older Adult Network
Lancashire Care NHS Foundation Trust

T: 01524 581771
M: 07507 847632
E: debbie.foord@lancashirecare.nhs.uk

A Carers tale

My father was a big personality. He had been a rugby player in his youth & had retained that energetic, outgoing demeanour. He was a successful business man, a talented DIY-er, & enjoyed a huge circle of friends. Deciding to abandon the stress of long days & a tedious commute he took early retirement in his 50's & concentrated on his main passion in life, gardening. Always the high achiever he built a Japanese garden with its own bridge & pergola and later he planted a 70 tree arboretum.

Five years ago, now in his early 70's he began having little "episodes", waking from sleep he would be confused & disoriented often not recognising my mother or I for 10 minutes or so. It was very upsetting to watch but Dad remembered nothing after the event. Mum took him to his GP but nothing abnormal could be found & we were told not to worry.

Next his memory started to worsen, he could recall places & people from years ago but something that he had done the day before was lost to him. His precious power tools became problematic for him to use, he could no longer plan his gardening jobs. His driving became erratic & he had a poor sense of risk. He began to withdraw socially, conversation was superficial & his faltering confidence was obvious.

Again my mother took him back to the G.P, describing his problems as best she could. Not easy as he sat beside her & denied it all! This time the G.P. gave him a simple memory test which he passed with flying colours. Dad was jubilant, we were all worrying needlessly.

In the last twelve months he has deteriorated further. He needs Mum to work alongside him in the garden, his coordination is poor & he falls frequently, and the "episodes" are much more frequent. Several times the confusion has been accompanied by loss of speech.

This time my mother & I went to his G.P. together armed with a list of anecdotes detailing our concerns. After a few minutes the G.P. stopped us & said "You are describing dementia of course". It was hard to know whether to feel horrified or relieved.

Dad has now been referred to the Memory Clinic & we are waiting for the results of their assessment. I so hope we have not left it too late for him to receive the treatment which slows down this dreadful disease. In hindsight perhaps we should have been more assertive but the medics really don't make it easy. Carers are left to feel foolish & even guilty about their fears. I can only say to others "Don't hesitate, insist on getting help as soon as you start to have concerns".

An anonymous daughter

Age UK Lancashire - Flexible Outreach

The purpose of this service is to enable individuals who are experiencing the early stages of dementia type illness to have support in continuing to pursue interests, maintain their independence and retain and/or develop social contacts.

The aim is to enhance the quality of life and well-being of individuals which can so quickly become compromised when a person is living with concerns about their memory.

An independent review identified gaps in service provision for those with early stage dementia/memory problems. To support this group and their families/carers the Flexible Outreach Service was commissioned by the Central Lancashire Primary Care Trust. This is delivered in the West Lancashire and Chorley areas by Age UK Lancashire.

Individually tailored, flexible programmes of support enable service users to engage in meaningful activities of their choosing. Some examples include:

- continue participation in running and cycling for a keen sportswoman recently diagnosed with Alzheimer's
- continue with gardening and vegetable growing
- learn how to text message a granddaughter
- continue an interest in golf through a weekly visit to the local golf driving range
- resuming [and winning!] games of chess and cribbage.

The Service aims to:

- retain community links
- maintain independence
- reduce dependence on formal support services
- prevent early admission to residential care
- reduce primary/secondary care dependency
- reduce carer stress
- support service users/families/carers through process of diagnosis.

The Service works directly alongside statutory and other third sector partners including Memory Assessment Service, CMHT, local authority social workers and Dementia Advisers.

The Service is delivered by teams of support workers and a small number of volunteers. In addition student social workers on placement from both UCLAN and Edge Hill University have contributed greatly to the Service's development.

For further information please contact John Coppin, Services Co-ordinator, Promoting Independence Team One – Central, Age UK Lancashire. Tel: 01695 586511 or 01257 479024



A Poem - Crabby Old Man

What do you see nurses?.....What do you see?
What are you thinking.....when you're looking at me?
A crabby old man.....not very wise,
Uncertain of habit.....with faraway eyes?

Who dribbles his food.....and makes no reply.
When you say in a loud voice.....'I do wish you'd try!
Who seems not to notice.....the things that you do.
And forever is losing.....A sock or shoe?

Who, resisting or not.....lets you do as you will,
With bathing and feeding.....The long day to fill?
Is that what you're thinking?.....Is that what you see?
Then open your eyes, nurse.....you're not looking at me.

I'll tell you who I am.....As I sit here so still,
As I do at your bidding.....as I eat at your will.
I'm a small child of Ten.....with a father and mother,
Brothers and sisters.....who love one another.

A young boy of Sixteen.....with wings on his feet.
Dreaming that soon now.....a lover he'll meet.
A groom soon at Twenty.....my heart gives a leap.
Remembering, the vows.....that I promised to keep.

At Twenty-Five, now.....I have young of my own.
Who need me to guide.....And a secure happy home.
A man of Thirty.....My young now grown fast,
Bound to each other.....With ties that should last.

At Forty, my young sons.....have grown and are gone,
But my woman's beside me.....to see I don't mourn.
At Fifty, once more, babies play 'round my knee,
Again, we know children.....My loved one and me.

Dark days are upon me.....my wife is now dead.
I look at the future.....shudder with dread.
For my young are all rearing.....young of their own.
And I think of the years.....and the love that I've known.

I'm now an old man.....and nature is cruel.
Tis jest to make old age.....look like a fool.
The body, it crumbles.....grace and vigour, depart.
There is now a stone.....where I once had a heart.

But inside this old carcass.....a young guy still dwells,
And now and again.....my battered heart swells.
I remember the joys.....I remember the pain.
And I'm loving and living.....life over again.

I think of the years, all too few.....gone too fast.
And accept the stark fact.....that nothing can last.
So open your eyes, people.....open and see.
Not a crabby old man.....Look closer.....see ME!!

Anon

Age Concern Blackpool - Activity Boxes

The Activity Boxes Project is a partnership between Age Concern Blackpool and Blackpool & the Fylde College and encourages older people and their carers to spend quality time together exploring the contents of specially designed boxes that can facilitate a positive and engaging experience for individuals with moderate to advanced memory problems and those who are involved in caring for them. The boxes have, in some cases, stimulated memory in the dementia sufferer and have shown a definite reduction in the agitation and repetitive behaviour that can be experienced by people who have the condition.

The Activity Boxes contain various items that encourage the active participation of the person with dementia. The items are intended to prompt engagement, positive reactions and encourage conversation thus reducing the anxiety caused by the symptoms of dementia. Subsequently, some carers have experienced an improved relationship between themselves and the person they care for after spending time exploring the contents of boxes together.

While the project is aimed at engaging both the carer and the cared for person, the boxes are useful in situations where the carer needs to take a break from their caring role as they can be used by an experienced person, who may be a trained volunteer, but who steps in to offer a short respite break of two or three hours. The boxes can act as a "diversion" to prevent the cared for person fretting while their main carer is away from view while the carer is reassured that they can spend short periods of time away from their caring role.

The range of items enclosed in the box provides the opportunity to use different senses such as touch, smell and hearing that will enhance the engagement experience. Contents of the Activity Boxes can be rotated so that service users benefit from variety or they may prefer to use a restricted number of items over a period of time. Boxes can be left with the service users so that they can use them independently of the supported sessions or help is available for those who prefer to develop their own Activity Box.

Clients receive supported sessions to learn how to benefit from the Activity Boxes and carers may then feel confident that they are able to use the Activity Boxes without continued support. If it is felt that ongoing support is needed, then regular visits from trained volunteers can be arranged. Carers of people with dementia can learn more about the benefits of using appropriate activities to engage dementia sufferers and this will ultimately give carers improved understanding of the condition and skills to be able to support the person they care for and understand the relationship changes.

While the service is free to clients in their own home there is a charge for delivery of the project in residential care homes. The service has been extremely successful and is in great demand. NHS Blackpool have become a new partner in the project to support patients where dementia is the secondary condition.

Please contact Age Concern Blackpool & District on 01253 622812 and ask for Anita Scibberas, Activity Boxes Manager for more information.

Some Other Services:

Burnley

'Getting Together' Singing Group offers people with dementia, and their carers, a chance to socialise and sing with other people in the same situation. It is something fun to do together, when previous activities have perhaps become difficult or impossible. It also provides a hub for peer support and for signposting to other kinds of services which might be helpful to the newly diagnosed. Afternoon sessions will be run weekly from 7th Nov - 13th Dec 2011 at Burnley Business Centre, Liverpool Rd, Burnley and are open to any person [plus carer] with a diagnosis of dementia.

Please book direct on 01282 832548 or email Crossroads Care at: enquiries@crossroadscaresouthlancs.org.uk

There are places for 15 cared for and 15 carers, allocated on a first come first served basis.

Blackpool

Carer Breaks Service which offers short weekly respite breaks to carers of older people with mild to moderate functional and organic mental health conditions (therefore including dementia). Referral into this service must be made through the Community Mental Health Team as it is necessary for carers to undergo a Carer Assessment. However, carers of those with dementia can request an assessment and subsequently can request a referral into the Carer Breaks Service. For more information contact Julie Bird, Carers Breaks Service Manager at Age Concern Blackpool & District on 01253 622812 .

Preston & Chorley

Integrate (Preston and Chorley) Ltd Elders Service is a flexible, individualised support to clients in their own homes. By carefully matching staff with the client we are able to provide a consistent, meaningful service that compliments existing lifestyles and routines. We work closely with family members and carers to understand their needs. The person centred support plans are developed inclusively to take into account what is important to the individual and those close to them. For an informal discussion about how we can best help you please phone Anita Molloy on 730316.

What's in my area?

We have only been able to list a few of the available services & support groups here. The Alzheimers Society website have a very comprehensive database of what's available across Lancashire:

[Click here for link!](#)

n-compass Carers Point!

This service supports carers across Lancaster, Fylde and Wyre to access information and support around their caring role. You can drop in to -

Bay View Garden Centre Carnforth LA5 8ET:

Monday 19th December & Monday 16th January, 10am-12pm

Ashton Hall Garden Centre Lancaster LA2 OAJ

Tuesday 13th December, Tuesday 10th January, 1pm-3pm

Burnside Garden Centre, Thornton FY5 5NH

Wednesday 14th December, Wed. 11th January, 10am-12pm

Dobbies Garden Centre, Clifton PR4 0XL

Thursday 1st December, Thursday 5th January, 1pm-3pm

for a coffee and chat with other Carers in your area and to speak to a member of the Carers team about the services we offer which include:

★1-2-1 support from a Carers Support Worker with the skills and knowledge to assess and support the needs of an individual carer, for example, when caring for someone with dementia.

★Activity based group support where Carers can increase knowledge about their caring role, speak with others in a similar situation and have a break from their caring role.

★The Peace of Mind Service - a contingency plan drawn up by the Carer and the person they care for to provide free replacement care for up to 72 hours in the event of an emergency that leaves the Carer unable to carry out their caring role.

For more information call Stephen on 0345 688 7113 or email carersadmin@wfcarsers.co.uk



AGE UK - Blackburn with Darwen

Whilst all our services are open to all people 50 plus, including those with dementia, we have specific contracted services with dementia as a focus. In Spring Bank Court, Mill Hill, Blackburn our day care service offers personal care, social interaction and carer respite. Access is via Social Services referral only and we can support people with both dementia and physical disabilities. We have designed an 'outcomes' tool which helps individuals to be more involved in their care planning.

At Apna Ghar we offer a similar service, with Social Service referral, aimed specifically at older Asian people, the majority being Muslim. As the community's understanding of dementia and its effects is limited, we have a major 'educational and support' role to provide to extended families.

Our Caring Neighbourhood Scheme (befriending) supports isolated older people including those living alone with dementia. Our volunteers either visit weekly or telephone more frequently. The Advice and Information service is able to provide advice to both the sufferer and their carer's and in particular, with developing and navigating the health and care services. The Money Advice Service is available to newly diagnosed people to assist with their financial planning for their future, whilst Ageing Well is developing a 'buddy system' to enable dementia sufferers to participate in activities, with volunteer support.

For further information please contact:
Susan Hetherington on 01254 266 620 or
email: enquiries@ageukbwd.org.uk

[...continued from front page]

The proposals we will be consulting on outline how we plan to continue to build upon the range of community services across Lancashire to create a network of specialist mental health service provision for people with dementia. As part of this network there will be a dedicated, fit-for-purpose and highly specialised hospital-based service for those with the most complex needs. Because the numbers of people who will require this service are so small, we propose that the service will run from one site at 'The Harbour' at Whyndyke Farm in Blackpool.

I know there are concerns, particularly in East Lancashire, about our proposals. I would like to reassure everyone that people with dementia who need to go to hospital for other health reasons will continue to do so in their locality, just as they do now. In addition, the range of community-based residential support for people with dementia, such as care homes, will remain.

Lancashire County Council's Health Scrutiny Committee has now set up a task and finish group to examine the proposed changes. This group will work with councillor representatives from Lancashire County, Blackburn with Darwen, and Blackpool councils, and draw upon expert groups such as the Local Involvement Networks (LINKs). We are also working closely with the Lancashire Third Sector Consortium for Mental Health to ensure that we engage as broadly as possible with stakeholders, including service users and carers, and 'hard-to-reach' groups."

The consultation documents and plans are being developed with the help of key stakeholder representatives, and will need to be formally approved by several public sector governing boards, and the three health scrutiny committees (for Lancashire, Blackpool, and Blackburn with Darwen Councils) before formal public consultation can begin in 2012.

For more information:

Everyone is welcome to feed in views, comments and suggestions as part of the ongoing engagement and consultation process. If you would like any further information please contact Debbie Nixon at the Lancashire Mental Health Commissioning Network Team on 01254 282229, or email lancashirementalhealth@bwd.nhs.uk

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The Mental Health Foundation have produced a booklet - 'How To Look After Your Mental Health In Later Life' that is free to download or can be purchased from their website:

<http://www.mentalhealth.org.uk/publications/how-to-in-later-life/>

CONTRIBUTE TO FEEDBACK

If you would like to contribute towards future issues of FEEDBACK or make suggestions for what you would like to see, please contact us, details in the pink box.

Future issue dates and copy deadlines:
Spring 2012, Issue 19:

Theme: Young People's Mental Health
Copy deadline: 9 February 2012
Issued: 30 March 2012

Summer 2012, Issue 20:
Copy deadline: 9 May 2012
Issued: 1 July 2012



Contact us:



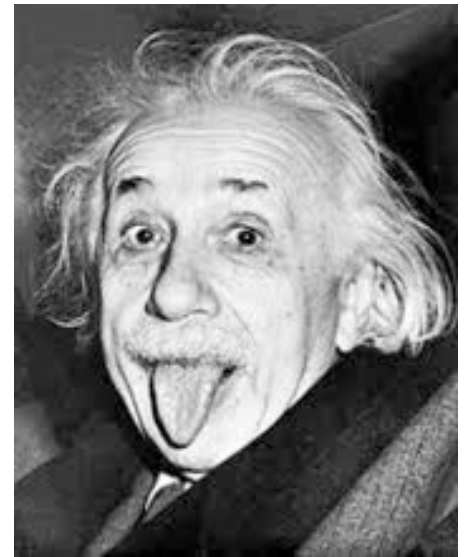
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CAPTION COMPETITION

CAN YOU THINK OF A WITTY OR AMUSING CAPTION FOR THIS WELL KNOWN PHOTO? SOMETHING RELATED TO MENTAL HEALTH AND PERHAPS CONCERNED WITH DEMENTIA? THERE'S A PRIZE FOR THE BEST ENTRY, WHICH WE WILL PUBLISH IN THE NEXT ISSUE OF FEEDBACK. EMAIL OR POST YOUR SUGGESTION TO THE ADDRESS IN THE PINK BOX TO ARRIVE BY 1 FEBRUARY.

GOOD LUCK!

THE WINNER LAST MONTH WAS ELIZABETH FROM DARWEN WHO RECEIVES A £20 VOUCHER FOR MARKS & SPENCER. HER SUGGESTION WAS:



I HOPE AT LAST THEY WILL CONCENTRATE ON MY HEAD AND HOW I FEEL'



Important contact numbers:

Lancashire Care NHS
Mental Health Helpline:
0500 639 000

Samaritans:
01772 822 022

HOPELineUK:
0800 068 41 41