

BME

DEMENTIA SERVICE



CELEBRATING 10 YEARS

OF BME DEMENTIA SERVICES IN LEEDS

2012 - 2022



www.touchstonesupport.org.uk



Providing support and advice to members of the BME Communities in Leeds and surrounding areas who are predominantly South Asian and living with Dementia and to those who provide care.

Contact Ripaljeet on: 0113 2192727
Email: bmedementia@touchstonesupport.org.uk
Website: www.touchstonesupport.org.uk
Twitter: @TBmedementia



Introduction to BME Dementia Service



BME Dementia Service was founded in June 2012. Our aim is to raise awareness of dementia within BME communities by breaking down the barriers that exist around dementia and bring out into the open the difficulties individuals and their families or carers can face.

We have successfully supported individuals and their families to access the support they need while meeting their language, cultural and religious needs. BME Dementia Services provide culturally appropriate Dementia Awareness talks within community settings such as day centres, local community groups or religious centres.

The talks are tailored to the needs of the group and can be delivered in English, Punjabi, Hindi or Urdu languages. We also run a weekly South Asian Dementia Café, Hamari Yaadain

(Our Memories) every Thursday from 1pm to 3pm. The café is for South Asian people with memory issues and their carers and run in a mother tongue. It's a safe space where you can get out and about to meet others, make friends and enjoy hot drinks, snacks, and activities. Transport can be requested for a minimal charge, if you have limited mobility.

We provide person centred care by carrying out a needs-based assessment on one-to-one basis. We can also provide support if you are having memory problems and are struggling to get a diagnosis. In addition, we founded the BME Dementia Forum, we have led a group of BME dementia workers in Leeds to improve services for people with dementia and their carer's, specifically for people from BME communities.

Leeds at the forefront of BME Dementia Services



Ripaljeet Kaur - BME Dementia Coordinator (Touchstone).

Ripaljeet has worked with BME (Black, Asian & Minority Ethnic) communities for over 10 years, specialising in older people and dementia. Through her work, she has witnessed the many barriers that exist, making it even harder to access support for people from BME communities to access mainstream services.

Ripaljeet's specialist role has enabled her to report to local authority and commissioning teams the barriers people face and provide solutions to overcome these barriers, enabling people to access mainstream services.

The role of BME Dementia Service has been fundamental to individuals with dementia, their families and their carers. BME Dementia Service provides a safe network for people to access support and we continue to move forward to improve access to mainstream services and support during what can be a very anxious, confusing and lonely journey.

Below are key facts around Ripaljeet's role and the BME Dementia Service:

BME Dementia Services – Key Facts:

- Founded 2012
- Dementia Awareness Sessions with Local Communities
- 1:1 Support to people with dementia & carers / family members
- Monthly South Asian Dementia Café – Hamari Yaadein (Our Memories)
- Weekly Carers' Walking Group
- Leeds BME Dementia Forum - Setting up Leeds Dementia Workers Forum to share good practices and experiences in making Leeds Dementia Friendly City.
- Leeds Dementia Partnership
- Dementia Friendly Leeds Steering Group - Member of Yorkshire & Humber BME Dementia Network and Leeds Dementia Friendly Steering Group
- International presentation in Zurich, Switzerland in November 2013 around the work carried out with people with dementia and their carers in Leeds.
- 10 Downing Street Visit 2018
- Winner – National Dementia Friendly Award Championing Diversity 2018
- Regional and National presentation and representation of BME Dementia work at various Events and Conferences
- Passionate about making communities dementia friendly and increasing dementia friends within BME communities
- 2022 BME Dementia Roadshow

Dementia Café Banner Unveiled

Visitors of the Hamari Yaadain café attended the unveiling of a wonderful banner that now hangs with pride at the Leeds hub.

Members of our café group put forward their ideas which helped to inspire the design of the banner.

The fantastic hand-painted design features a lovely caricature representation of some of the café's participants along with a thought provoking message, that simply reads . . .

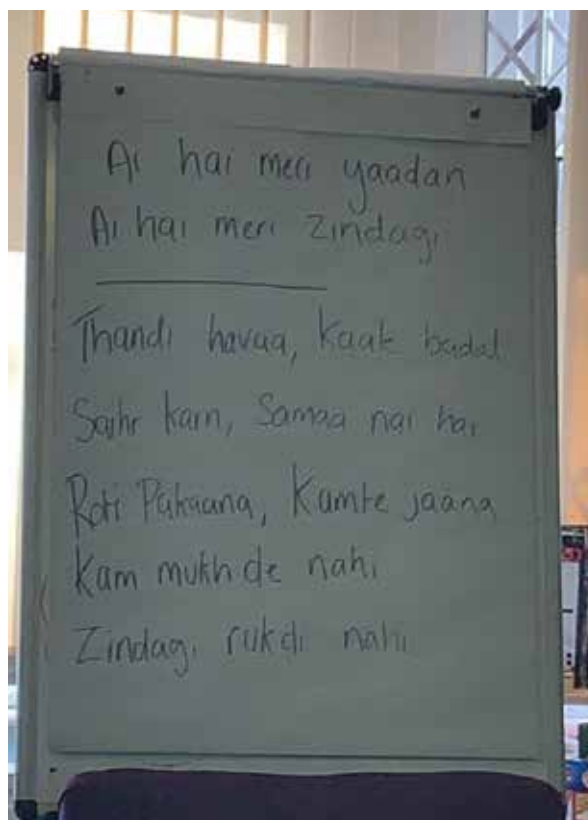
WHEN WE TALK • WILL YOU LISTEN?





It has been a real pleasure working with both Ian Beesley and Tony Husband. You have shown how to be truly inclusive of all communities. We wish you all the best with your future projects and hope to work together soon.

Our Memories Song

Café visitors have written the following song which is centred around “Our Memories”.




 Aí hai merí yaadan
 Aí hai merí zindagi
 Thandi havaa, kaale badal
 Saihr karn, samaa nai hai
 Roti pakaana, kamte jaana
 Kam mukh de nahi
 Zindagi rukdi nahi


A Heart-warming Message

This email is everything. It was so heart-warming to read how someone could relate to our work but it also confirms how stigmatised dementia is.

On a positive note we have started to support this family and look forward to welcoming them to our Hamari Yaadein events.

Dear Ripaljeet,

I woke up this morning and saw the article in the Guardian Newspaper about dementia, music and BAME communities and nearly burst into tears. I live with - - - - in - - - -. We are Punjabi and I was born here.

Just before lockdown this year, - - - - was diagnosed with early stage Alzheimer's, but refused to be told the diagnosis when the consultant asked - - - - about the stigma of anything to do with the brain . . . “madness” etc.

Edited in respect to privacy.

What our Members Have to Say

The communication has been efficient and prompt and is understanding of the current circumstances.

It is more than 10 years since when I and my husband joined Touchstone, we enjoy every session it is very good, and helpful as well we like it very much in every way, thank you.

I was supported as a carer for my mum who had dementia, it is always friendly and accommodating over the phone and in person. Unfortunately, my mum's dementia became too severe, and we were not able to put a support package in place in time before her passing.

I do feel mum would have benefitted from your support, and I would like to express my thanks for your attempts to set this up and your kindness.

I joined the BME Dementia service in 2017 I love to go to the face-to-face group at the centre and enjoy going to meet different people and making new friends these groups, zoom meetings and telephone calls have changed my life and time passes nicely thank you touchstone now we do exercises on zoom, joke and laugh with each other.

The Group has helped me so much, I appreciate all the support they give.

I enjoy the Haamari Yaadin a lot, thank you Touchstone.

“Over 2200 people have attended our BME Dementia Services over the years”

Hi Ripaljeet, I hope you are well on this miserable Wednesday afternoon I've just watched the recording of the Annual Lecture, you were fantastic and brought such a clear and real voice to the issues people are actually facing, and what we can do on the ground to support people and communities and raise awareness, thank you so much for agreeing to speak!! Genuinely, you were amazing, thank you.

BME Dementia Service wins Championing Diversity Award at the Alzheimer's Society awards

Touchstone BME Dementia Service in Leeds won the Championing Diversity category at the Alzheimer's Society awards.

The award recognises action taken to increase the connection with diverse communities, making sure everyone affected by dementia gets the support they need. Touchstone delivers Dementia Friends and awareness sessions to increase understanding of dementia within BME communities. Its Dementia Champions group includes staff from various services working with BME communities, supporting people with the condition and their carers. Touchstone also runs Hamari Yaadain, a South Asian dementia café.

Alzheimer's Society's 2018 Dementia Friendly Awards recognise and celebrate the inspirational achievements of those making a real difference to people living with dementia. Judith King, Head of Region for Alzheimer's Society in Yorkshire, said: "This year's awards celebrate individuals, organisations and communities leading and inspiring a change that will transform the lives of people with dementia forever, challenging misunderstandings, changing attitudes and taking action."

"It is amazing that Touchstone BME Dementia Service has won the Championing Diversity award and it is a testament to their tremendous dementia-friendly work."

"It feels fantastic to have won because we want to break down barriers and be inclusive."

Ripaljeet Kaur - BME Dementia Coordinator



Alzheimer's Society ambassador Angela Rippon pictured with group members at the award ceremony.

Edited excerpt from source article by Emma Clayton - Leisure and Lifestyle Editor at the Telegraph & Argus.

It's good for the brain

How music can help BAME people living with dementia

A café playing Bollywood tunes benefits members of the south Asian community who find it hard to access mainstream services.

Prior to the pandemic, the café based in Leeds saw older people from south Asian communities attend a weekly music session, to sing songs and listen to instruments that brought back memories. They all shared not only the same culture and language, but also a diagnosis of dementia.

"Music can be so powerful - It's a big part of most South Asian communities; they have prayers, they listen to Bollywood. They have done that all their life," says Ripaljeet Kaur, who runs the Hamari Yaadain dementia café.

Ripaljeet Kaur, a senior dementia worker with Black, Asian and Minority Ethnic (BAME) people for the Yorkshire health and wellbeing charity Touchstone, says the café is a lifeline for some of its users.

"If you don't speak the language, if your background is not the same, it is hard for people to be engaged," she explains. "And it doesn't really help people with dementia by attending when they can't participate in the activities or can't understand the other people."

For some who attend, the impact of a music session is just in the moment, says Ripaljeet, but the mood of others is lifted for longer.

She recalls a son who texted her to say his mother was a different person afterwards - saying "her mood has changed".

"Music can be so powerful - It's a big part of most South Asian Communities"

Ripaljeet Kaur - BME Dementia Coordinator

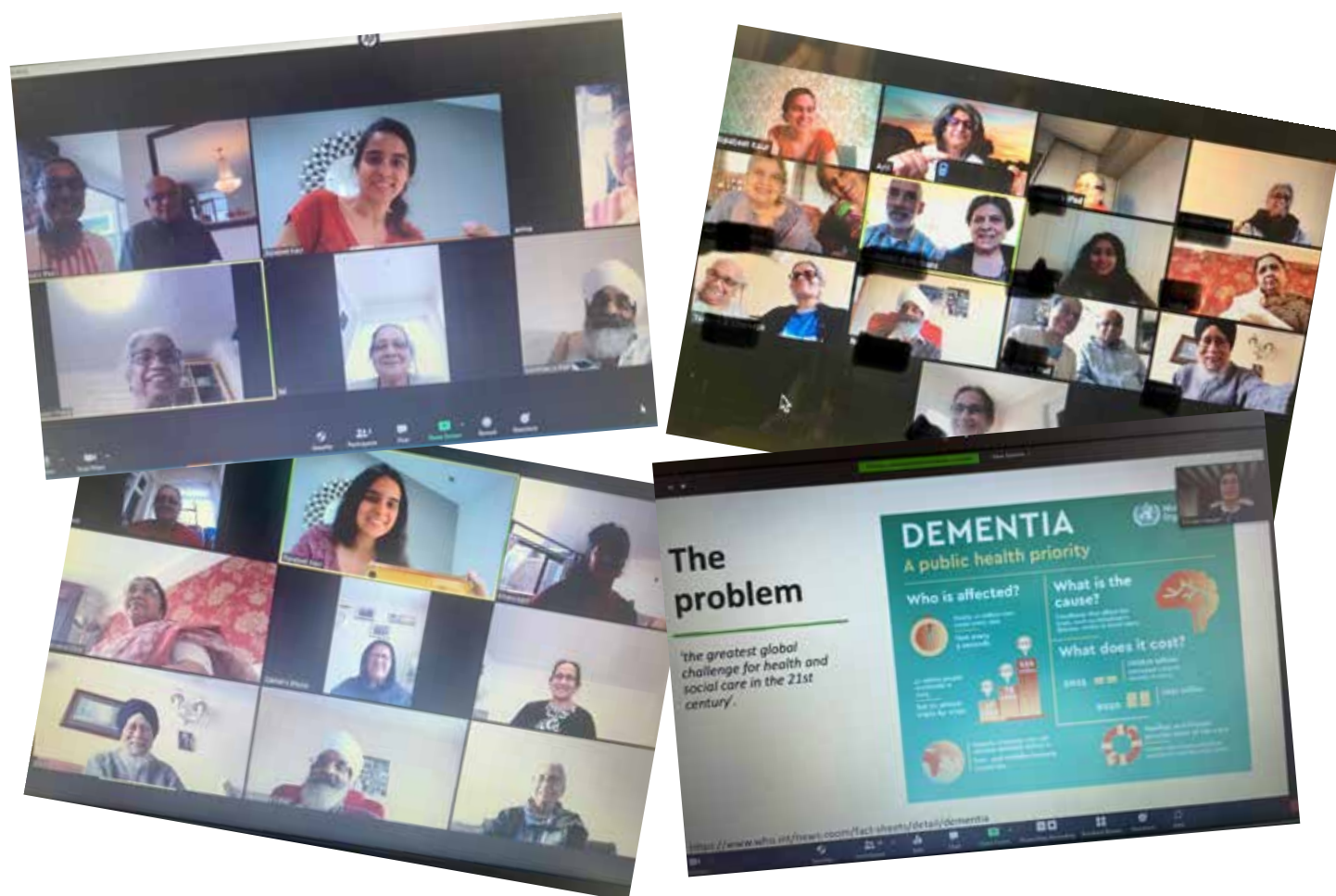


Visitors to the BME Dementia Service café enjoying a get together with food and music.

Edited excerpt from source article by Clare Horton at the Guardian.

Maintaining community links throughout the pandemic

BME Dementia Services continued to support members throughout the Covid Pandemic and lockdowns despite the additional barrier of accessing and using technology. All members were fully supported and encouraged to join sessions online.



A huge thank you to the mental health organisation Sikh Your Mind for delivering 6 carers therapy sessions online during Covid. The sessions were so beneficial and discussed the impact of Covid19. We look forward to working more closely with you in the future.



A beautiful song written and sang by these lovely people along with other participants. Thank you Just Manuka & Machteld De Ruyck @maggie_deru Always great working with you.

The song can be listened on Soundcloud at The Leeds Playhouse, **Let the Light in / Sabar Aaya.**

**Let the Light in
Let the light shine through
Let it light the sky
In these times its okay
Not to know why . . .**



Thank you to Sara Humphreys for taking time out to attend our Hamari Yaadain online session. Very informative discussions around future wishes and all things dementia. Some members found it very emotional but understand the importance of starting these conversations.



Many thanks to both Dr Shireen Kassam and Dr Rohini Bajeka for your informative online session regarding plant based nutrition and dementia.

Digital inclusion via online Zoom meetings

A fantastic outcome getting all our Hamari Yaadain family online. Our family is still growing and we have no words to express our gratitude towards all of these lovely people for sharing their stories with us.

You may not be able to tell that Ripaljeet had spent just under an hour to encourage one of her lovely members to join one of the online sessions.

We are so proud of our achievements, continuing our sessions online during the pandemic and a reminder to acknowledge the additional barriers people from ethnic backgrounds face when using technology.

Being able to communicate with others when it's easy to feel alone in unprecedented times has been an incredible benefit to all of our wonderful group.

"Seeing the smiles from everyone has been so worth it"

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Plant based nutrition & Dementia workshop

Wednesday 4th May 2022 at 2-3pm Via Zoom

The session will be run by
Dr Shireen Kassam—Visiting Professor of plant based nutrition &
Dr Rohini Bajekal—Nutritionist

To join the workshop to learn about plant based diet and nutrition please contact
bmedementia@touchstonesupport.org.uk or ring Gurvinder on 07435776379



Thank you to all the many people who are constantly working hard advocating for the rights of people with dementia. This group of people from back in 2016 raising awareness.



Raising awareness of Dementia within BME communities in 2016 with the help of our youngest volunteer. Intergenerational involvement can be good for wellbeing.



Forget Me Not Display

Hamari Yaadain Members attend the launch of Forget Me Not at Leeds Museum.

A truly inclusive space for our members display their wonderful creations.



Thank you to Nuzat for organising the BME round table in London. It was lovely to meet you.



Dementia awareness talk at Woodsley Centre and delivering awareness talks to over 40 people including two mosques in Calderdale.



The women at Ramgarhia Gurdwara enjoyed Abdullah and Leila, a very moving film on a dementia journey of dad & his daughter.



It's great to share our work within the Dementia Communities. Lovely to meet Dee, Peter and Claire in 2017.



Amazing first session at the Women's Activity Centre in Calderdale.



Touchstone colleagues understanding more about dementia after becoming Dementia Friends.



Even though we were the only South Asian group in the house, our members had a fab time and enjoyed the Strictly Musical **#breakingbarriers**



Thank you to everyone who came out and supported our BAME Dementia Awareness Event 2017.



Dementia Friends

A great Dementia Friends sessions with a lovely group of Sikh Elders for Dementia Awareness 2017.

A great start to our campaign of raising awareness.

Thank you to our colleagues at Sikh Elders Service.



© Asian Express

Tearing down taboos at Touchstone Support Centre, Harehills (2016)

Ripaljeet Kaur has worked as a BME dementia worker for Touchstone for the past four years. She attends community groups and talks about dementia symptoms and the pathway to get the diagnosis and the services afterwards.

Ripaljeet does one-to-one work and supports individuals and their carers to access mainstream service and helps people who are struggling to get a diagnosis.

"The Alzheimer's Society estimates that there are currently 800,000 people with dementia in the UK with over 11,500 of those from BME (Black and minority ethnic) backgrounds."

(Excerpt) For the full article, please follow this link

www.asianexpress.co.uk/

2016/02/tearing-down-taboos-at-touchstone-support-centre-in-harehills/



Hamari Yaadain at the Playhouse

Fantastic afternoon spent at Leeds Playhouse with Ming Ho, Nicky Taylor and lovely actors listening to the first draft of our play.

So touched listening to personal stories of our Hamri Yaadain café members in a play that was co-created with Touchstone Hamari Yaadain members & written by fab Ming Ho.

What a great bunch of people.

#HamariYaadainPlay #EveryThirdMinute #Arts festivalbrochure



The moment our Project and Dementia Café was mentioned in our local magazine, North Leeds Life, Feb 2018



Hamari Yaadain members had a lovely experience watching dementia friendly performance of Still Alice Leeds Playhouse.

Thank you to Nicky Taylor for showing how to make events truly inclusive of people with dementia from different cultures. We were the only South Asian group in the house.



Hamari Yaadain Members visited Leeds Museum to see the Peace In Leeds display and to contribute their own hand made banner as part of this amazing project.



Sun, Sea and Sand – Our Hamari Yaadain Members enjoying a day trip to the seaside, making memories. The group are pictured here enjoying refreshments in the sunshine.



Over the past decade Music Therapy has been a intrinsic feature of the BME Dementia Service because of its recognised benefits to people living with memory issues.

A song or piece of music from the past can often resonate with individuals.

Here a member attends one of our popular Music Workshop at our Dementia Café.



A game of Jenga where concentration is key, is just one of the many activities that our members enjoy to keep the mind active.



Creativity workshop – Thank you Ian Beesley for your amazing workshop and Tony Husband for wonderful drawings of everyone, we all loved it.



Reminiscence and Creativity for Hamari Yaadein Members. It was great working with Claire Ford Art on the life stories books. Thank you for making the books so meaningful.



Thank you to Dr Wendy Mitchell, for sharing her journey and advocating for people with dementia.



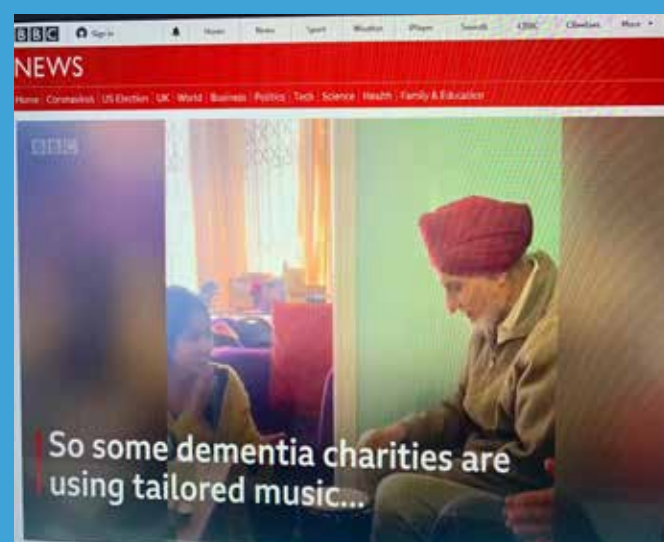
Getting Crafty – Members of our Café group display their talents with these wonderful embossed lettering designs.

Building dementia awareness through the national media



BME dementia services had a great response to a BBC News piece that was aired about working closely with families living with dementia, listening and supporting them with their daily struggles and worries.

Thank you to all the lovely people involved for helping us break the stigma around dementia.



BME Dementia Worker – Touchstone BME Dementia Service, Leeds

In an area with a high South Asian population, the Touchstone BME Dementia Service in Leeds, commissioned by the local CCG, has provided specialist support to people from ethnic minorities living with dementia or memory problems and their carers since 2012.

A BME Dementia Worker role was commissioned to support the engagement of ethnically diverse communities around dementia. It achieves this by signposting to professional health services and raising awareness of dementia amongst different communities, such as working with faith leaders. The role also supports the development of local services through involvement in local dementia boards and steering groups.

The service recognises the importance of awareness-raising in communities where knowledge of dementia may be low. It achieves this by providing culturally appropriate dementia awareness talks within community settings such as day centres, local community groups and religious centres. The talks are tailored to the needs of the group and can be delivered in English, Punjabi, Hindi or Urdu. The service also runs weekly dementia café and music sessions for people with dementia and their carers from a South Asian background.

The role supports people to engage with statutory services, enabling them to access a pathway to diagnosis. When engaging with communities, the service recognises the importance of merging conversations about dementia with risk factors associated with the condition, such as diabetes and high blood pressure. This is an opportunity to start conversations about a condition that may be stigmatised or where there is little awareness.



BME Dementia Service have been featured as a good practice in the Alzheimer's Ethnic Minority Communities Report.

Windows Across Leeds

It has been fantastic working with @skippko on the Windows Across Leeds project. Some of our members visited the exhibition to view the collection wonderful artworks. We are so proud of our carers for creating beautiful pieces like these.



Guided meditation session – so peaceful and relaxing. We also discussed the importance of culture, faith and language to people with dementia.



Helping to build Dementia Friendly Communities. A special shoutout to this lovely person at Art Health WY for her continue support over the years. Thank you Geraldine.



Hamari Yaadain (Our Memories) South Asian Dementia Café

EVERY THURSDAY FROM 1.00pm TO 3.00pm

Hamari Yaadain is a vibrant Dementia Café catering for people with memory issues and their carers. Whilst our community is from a South Asian background, the café is open to all.

The Café allows people to meet others facing similar situations, share experiences, receive advice in a mother tongue, peer support and live streaming.

With the onset of the covid pandemic, the Dementia Café was amongst the first services to adapt to social changes by setting up virtual Zoom meetings.

**For information and support, please sign up to our
Virtual and Face-to-Face Dementia Café**

Sessions will be delivered via Zoom or in person.

Technical support can be provided to help you set-up.

Advice New Faces Chatting Community Memory Food Fun

To make a referral, please contact
bmedementia@touchstonesupport.org.uk



Fresh Air, Friends and Fun Carers Walking Group

EVERY MONDAY FROM 2.00pm TO 3.30pm



If you are looking after someone living with memory problems or a dementia diagnosis from the BME community, why not join our Walking Group for physical and mental wellbeing and lots of laughs.

**Our Walking Group meets at the beautifully scenic
Roundhay Park outside the Lakeside Café**

To make a referral, please contact
bmedementia@touchstonesupport.org.uk

BME Dementia Roadshow 2022

We had an amazing turn out at our BME Dementia Roadshow at the Civic Hall. The room was buzzing. Thank you to our amazing colleagues including volunteers for their support.

The BME Dementia Roadshow is such a valuable event to mark Dementia Action Week 2022 and to learn more about BME Dementia in Leeds and the importance of sharing personal experience, pathways to diagnosis and most importantly the keeping of identities and culture.



Recognition for 10 Years of BME Dementia Services in Leeds



Thank you to Kalvinder Kaur for sharing a very moving story about her father, living with dementia and the importance of being surrounded by what he knows and loves. She described their family's commitment to provide care at home and the extra support that is required to be able to do this.



Thank you Lord Mayor and the Lady Mayoress of Leeds for recognising our dementia work with BME communities. A great opportunity to discuss the gap in services and ways to improve the lives of people with dementia and their carers in the city.



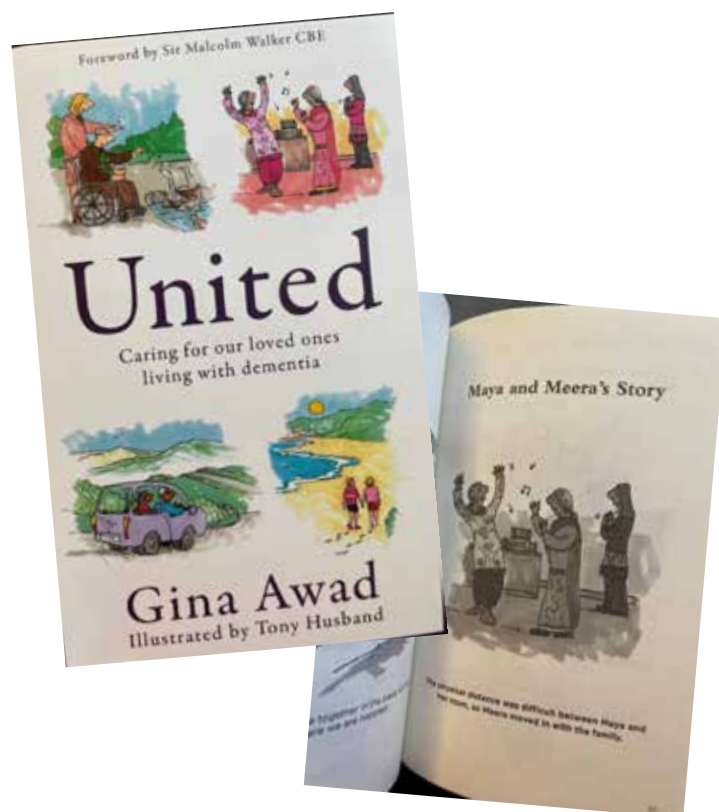
Dance workshop raises a lot of smiles

Another fun dance workshop delivered by Minoti Parikh. It was also great to have Nicky Taylor and Rachel at our Hamari Yaadain Dementia Café session.



Carers Week 2022

We are so pleased that one of our BME Dementia Service Carer's journey is featured in this heart-warming book written by Gina Awad and illustrated by the super talented Tony Husband. We are so proud of our carer. Don't forget to order your copy!



2014 BME Conference, Leeds



TOSCARS 2018

Outstanding Contribution to Equality & Diversity Award



Volunteer Opportunities with BME Dementia Service

Volunteers are an integral part of life at BME Dementia Services, bringing happiness to our service users. It is clear to see that interaction with our volunteers provides a huge benefit to wellbeing.

The contribution volunteers make to our BME Dementia Service is truly inspiring! "We thank you for giving your time, dedication, skills and talents".

Give a little a bit of your time and energy, share your talents and build a caring community with people who will really appreciate it. Volunteering is fun, fulfilling and gives you the opportunity to make new friends, share your passion and really make a difference. Your support can provide a positive impact on service users social and emotional wellbeing.



By becoming a volunteer you can...

- Make a difference and be part of a vibrant community
- Meet interesting people and have lots of fun
- Share your skills or talents
- Join in group activities such as Reading, Singing, Knitting, Board Games and Walking

If you are interested in becoming a Volunteer please contact

Telephone: 0113 219 2727 • Email: bmedementia@touchstonesupport.org.uk



During Lockdown we had a great session with Satnam Vocalist.

Please take some time to read her observations from the session.

I once had a conversation with someone who did a concert in a care home in Southall where most of the residents were of a South Asian background. She said that although they listening to any type of music provides many health benefits and I believe that music crosses all boundaries but in many cases languages do not.

For this reason, it is important to provide culturally appropriate for some groups. I feel that this was the case with the Hamari Yaadain Dementia Café group. For people from a South Asian background who are elderly and suffering from dementia it is important to provide them with music that they are familiar with.

For that reason, when I was offered the opportunity to sing for the Hamari Yaadain group by Music in Hospitals and Care, I immediately said yes. The participants were familiar with the Punjabi melodies and seeing the way that they responded by clapping, moving to the music, joining in with the singing was a moving and heart-warming experience.

I felt that my music was relevant to the group, through my singing and cultural background I was able to connect with them in perhaps a way that a musician from a different musical background would not have been able to.

My thoughts on the session with the Hamari Yaadain Dementia Café group on 20/05/2021 By Satnam Galsian



CELEBRATING 10 YEARS OF BME DEMENTIA SERVICES

What an amazing decade it's been at BME Dementia Service, with so much being achieved over the past ten years.

BME Dementia Service, Touchstone, is currently one of the few dementia services that have a provision for BME Communities, especially South Asian Communities and through our work we have witnessed an increase in people from minority communities who struggle to access the correct advice, support and care.

Through our many events that take place every year, from our awareness talks, awareness events, specialised events, workshops, café, music therapy, arts and crafts sessions, walking groups and many more that have already been mentioned in this publication our priority will always be to work towards enabling easier access and provision of the correct advice, support and care.

BME Dementia Service continues to be passionate about providing bespoke tailored advice, support, and care to individuals, families and carers who access dementia services.

We firmly believe in the ethos of building connections, communities and friendships which lies at the very heart of everything we do for our members.

A massive thank you to every single person we have worked with, those who have supported us and those who have been involved with our service in all the ways that make it successful. It wouldn't have been possible without your support. We have every hope that with the right support and funding, we can take BME Dementia Services to the next level over the coming years.

Ripaljeet

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BME

DEMENTIA SERVICE



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**FOR FURTHER ADVICE YOU CAN CALL US,
EMAIL US OR FOLLOW US ON TWITTER**



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