

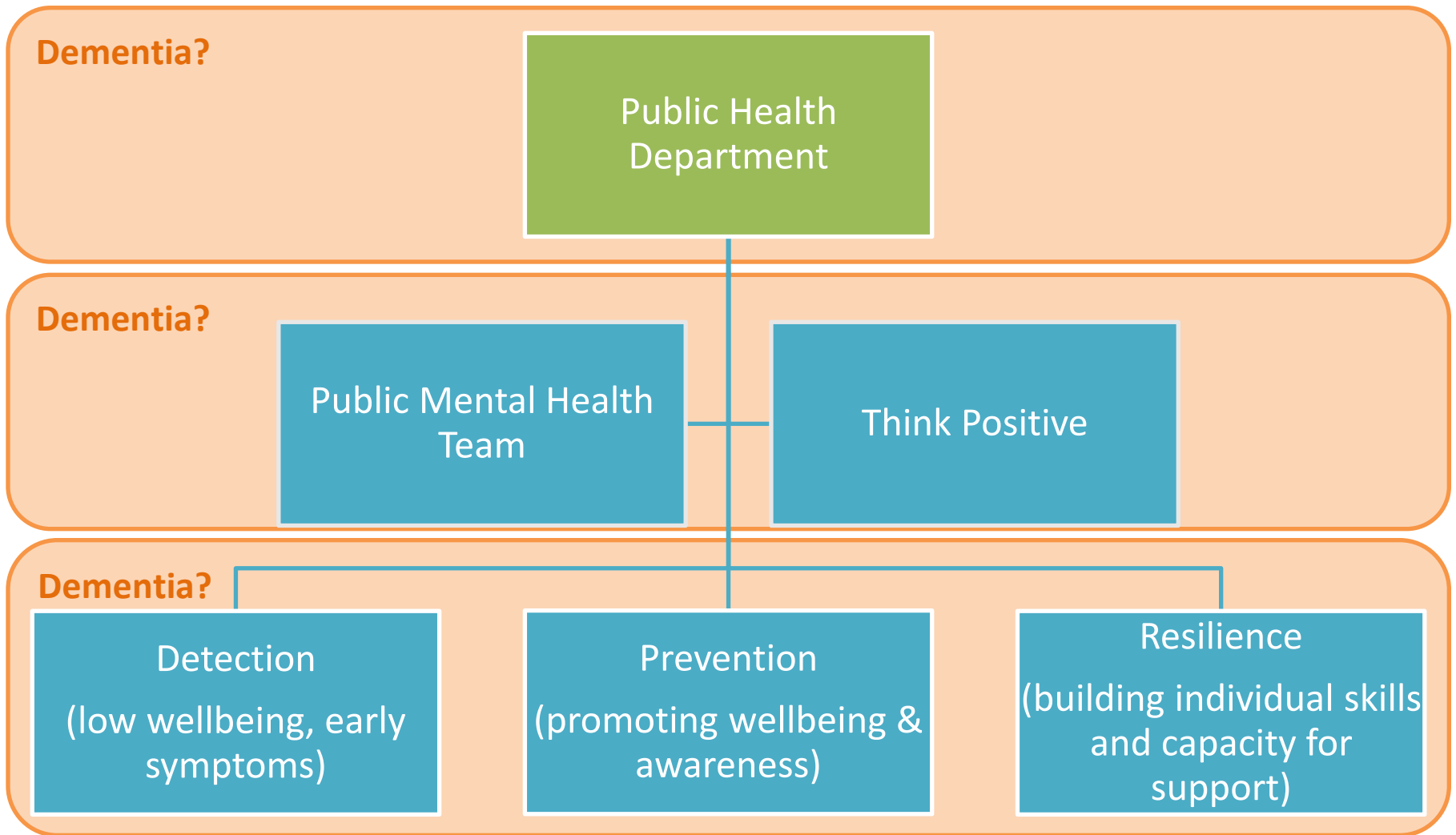


DEMENTIA AND PUBLIC MENTAL HEALTH IN BOLTON

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The Public Mental Health Team & Think Positive





We, the PMHT, will..

1. Raise awareness in the community
2. Develop unique training
3. Support the development of resources
4. Deliver training
5. Take a strategic approach
6. Ensure that front line staff are trained
7. Ensure that front line staff have resources
8. Contribute our work to regional initiatives
9. Work in partnership with local & regional experts
10. Develop care and referral pathways



Impact

- 40 unique actions spread across all teams within the PHD
- Major responsibility for commissioning and strategic planning in Bolton
- Represented on the HWBB and CCG
- Upwards of 50 Public Health Consultants, Specialists and Practitioners
- Upwards of 50 front line practitioners in public health services
- Approximately 200 unique patient contacts (TP alone) and 100 practitioner and public contacts (PMHT alone) per month

Dementia Prevention: Ageing Well

Five ways to wellbeing

Connect...

Connect with the people around you. With family, friends, colleagues and neighbours. At home, at work, school, or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.




Dementia Prevention: Key Messages

- Genetic and environmental factors
- Diet, Lifestyle, Smoking, Physical Exercise, Alcohol (Be Active)
- Emergent Evidence about life long educational attainment and cognitive activity (Keep Learning)
- Depression increasingly linked to development of dementia (Connect/Take Notice)



Dementia Prevention: Who to work with?

- Public facing ageing well courses: UCANS, Age UK, pre-retirement courses (workplaces)
- Staff courses within wellness services/sheltered housing/housing providers/support services, pre-diagnosis for staff to encourage lifestyle changes/brief advice/importance of activity
- Carers
- Introducing the 5 ways to wellbeing into Care homes, Nursing Homes and older adult services for those with diagnosis of dementia to promote wellness/wellbeing (living well with diagnosis)



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