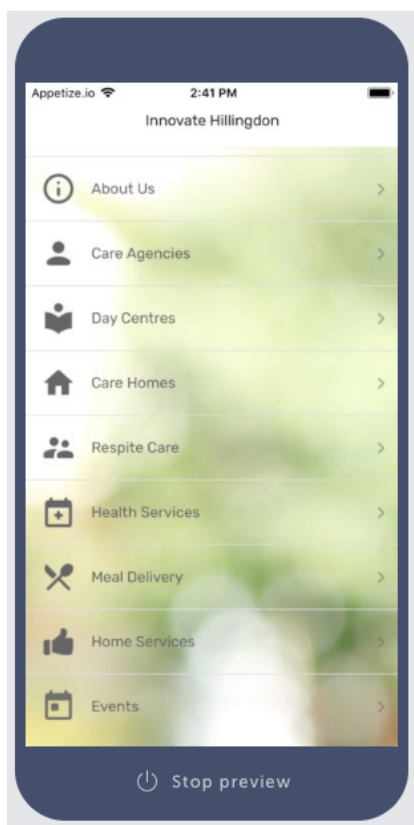


INNOVATE NEWS

Your monthly newsletter from The Innovate Day Centre

Launch of the Innovate Hillingdon App...

We are very excited to announce that we will be launching our app on 1st July 2019! Innovate Hillingdon will be available on Android and iOS and will be free to download. You will be able to find local trusted services for the elderly community across the Hillingdon Borough such as; Care Agencies, Day Centres, Care Homes, Respite Care, Health Services, Meal Delivery, Home Services (plumbers, electricians, cleaners etc.) and even upcoming events. The app will be extremely user friendly to suit all ages (even technophobes!).



We will be offering advertising space for £20.00 per month and the app itself will be free for users to download. Each service will receive a listing on the app which appears like a mini-website. There will be space for companies to write a few paragraphs about their service as well as the usual opening times, directions, contact number, website and email address. The app is designed to be an affordable advertising option for both small and large businesses and as it is free to download we are hoping to attract a lot



of users from across the borough.

The app will be specific to the Hillingdon Borough and we are excited to be able to use this opportunity to make information more accessible to families of the elderly and those who may be suffering with dementia.

Would you like to advertise your service on the Innovate Hillingdon App?

We are interested in hearing from anyone in the borough who can provide a valuable service to the elderly. Rates are **£20.00 per month** for your own advertising page and the app is free to download for users. Please email us at info@theinnovatecentre.co.uk to register your interest. The app will launch on 1st July 2019.

Good Friday Tea Party!

The centre is now open on Bank Holidays to provide a consistent service throughout the year. On Good Friday saw us host a delicious Tea Party for our clients with our staff wearing 1950s attire for the day. Keri slaved away in the kitchen to make scones, hot cross buns, iced buns and cake for dessert which was preceded by an amazing roast lamb lunch. Once again, a big thank you goes to the Catering & Care Teams for all of their efforts in running another successful themed day!



Reminiscence Therapy for Dementia...

What is Reminiscence Therapy?

Reminiscence Therapy encourages those with dementia to share memories from the past. Typically with Alzheimer's and dementia, people lose their short term memory first but are able to recall older memories.

What are the benefits of reminiscing?

Reminiscence Therapy can give people with dementia a feeling of success and confidence as it gives them the opportunity to share and talk about something meaningful. Talking about happy memories of the past can help with stress and be very calming.

It is important to remember...

Reminiscing is not the same as remembering. Remembering something specific, even from long ago, can be stressful for someone with dementia because they are likely to feel pressured. Everyone is different and some may not respond to recalling happy memories, but it is always worth trying!

Some ideas for reminiscing activities...

- 1. Listen to their favourite music** - music can help people reminisce and relate to emotions and experiences. Music can even reach people with very advanced dementia.
- 2. Look through photos** - pictures can bring back memories; photos of friends, family and life events are good.
- 3. Smells and foods** - smells to remind them of their favourite foods or locations.
- 4. Tactile activities** - touch can also remind someone of the past. Tactile activities such as drawing, painting, pottery, knitting and other crafts can spark old memories. Even playing with fabrics can be a good way to reminisce.

