



Newsletter

Jun/Jul/Aug
2010

www.motivationandco.com

Motivation & Co support

Alzheimer's Society

Leading the fight against dementia



Welcome

Welcome to all our NEW readers, summer is officially here. Motivation & Co is an international award winning company that specialises in Physical & Mental stimulation. Fully researched by Leeds University, the Motivation & Co classes are delivered to over **20,000 residents** per month throughout the UK, making Motivation & Co the Market Leaders with in the Care Sector.



Head Office News

Tel: 01937 557166

Elaine Everett Director of Motivation & Co (UK) Ltd was invited to attend the Choice Support Living Conference at Leicester University on the 24th March 2010 and gave a demonstration of the Motivation & Co Class. Service users and support workers were very impressed with the response and interaction of the Motivation techniques delivered.

Elaine Everett was invited to speak at the Bournemouth Care show March 30th & 31st March 2010. Her seminar was on Dementia Tools. There were some service users in the Bournemouth area namely 'Hannah Levy Care Home' who are service users of the Motivation & Co Class on a weekly basis, who announced at the end of the seminar that they highly recommend Motivation & Co to everyone. We wish to thank them for their support. **Thank you.**



Motivate Dad this Father's Day with unique gift...

A great gift idea for Father's Day (20th)

The Motivation & Co gift voucher provides a one hour structured and themed exercise, quiz and music session delivered by a trained Motivational Therapist for your Dad and up to 20 of his friends without leaving the comfort of their care home lounge.

Founded to improve the lives of people in residential homes, Motivation & Co delivers fun, interactive classes comprising gentle exercise, physiotherapy, mental agility and music throughout the UK and now offers gift vouchers for its popular sessions.

For more information and to order a voucher for your Dad this Father's Day, please call 01937 557136 or visit www.motivationandco.com/motivationandcovoucher.aspx



IMPORTANT FOR YOUR INFORMATION

R U Ready for the ISA (Independent Safeguarding Authority)?

By the 11th November 2010 all Care Sector Staff need to be ISA registered or in the process of being registered.

We are the leading our first information application on this month to bring us up to date with the changes so that we can register all 51 our Motivational Therapists.

Here are some useful contact details if you are in the process of registering staff:

direct.gov.uk/vetting

www.businesslink.gov.uk

0300 123 1111 or info@ubs-info.org

www.isa-gov.org



NOW ABOLISHED BY THE GOVERNMENT

**NEW
Feature**

Activities Co-ordinators' Corner

Dementia Communication Tools:

Not that we advertise in our Newsletter but this section is for Activity Organisers and we feel it our duty to help you source fantastic products that will help you. I came across this company 'Pictures to Share' a community Interest Company who produce excellent illustrated books for people with dementia and Alzheimer's Disease. I have personally seen these books and highly recommend these to you as a great way to encourage communication.



www.picturestoshare.co.uk

We highly recommend that you visit their website.

Another fantastic communication tool is the VCA (visual communication aid) care sector book. This is illustrated with beautiful images of day to day living within the care home. The book is split into 4 Sections: getting dressed, day to day life, food & drink and medical section. What is great about this book is that you can just simply use the images to communicate or you can personalise the books with 8 different languages which are peel off stickers at the back of the book, and you simply place the word under the Number of the image. If you have a client who only speaks German or Polish, staff can use this as a two way tool to communicate in their language which alleviates isolation and frustration for that person.



VCA have a range of communication products.

The website is well worth a visit:

www.visualcommunicationaid.com

Another fantastic Idea! Play Boards that's what I call them.

Sharing your ideas:

On a visit to a home delivering a Motivation & Co Class, I came across some amazing 'boards' in a dementia unit that a member of staff had got her husband to put together for her. They were rectangle boards (light weight wood) lap size with different items glued or screwed onto them. One had all different locks, gate bolt, security door chain locks, a Yale lock with an attached key, etc... residents would sit and actively try all the different locks and handles. On another board were different fasteners, on material glued to the board, Zip - large chunky one, button/button hole (in wool easier to fasten), Poppers, Duffel-coat Toggle, Hook & eye, a card foot with lace fasters. These boards looked fantastic and the response from the residents was amazing, I of course could not resist trying everything out myself.

Motivation & Co Service Users: Contact Head Office 01937 557166 and ask to register for your FREE monthly Motivation & Co Activities Task sheet.

To all activities organisers if you have a story to tell please contact us: 01937 557166 or e-mail: info@motivationandco.com we would love to hear from you.



To register for napa contact
0207 078 9375

Membership number BM060582

Memory Lane

Favourite travel memory by

Pat Jennings

'The Coombe House'
Streatley Reading.



"After many years of family holidays and the limitations of air force life, one day we were free and as a surprise my husband chose Kayrenia, a little harbour on the north of Cyprus. After that we had many wonderful and exciting holidays, but Cyprus will always be a treasured memory - the blue sky, the gentle warmth (it was May), the scent of cedars and oranges, will never leave me. We stayed in a small Greek hotel, not the big cosmopolitan one favoured by most Europeans. We ate in tavernas strange food, and revelled in the company of the noisy friendly Greeks. Behind the exquisite tiny harbour was a dusty hill walk back to the village whose name I forget, where the famous Durrell family lived and began their writing careers. Above that is the ruin of a very ancient abbey, and if you stand in front of it and look down, you are aware of tall Cyprus trees, blue cedars and the gentle breeze full of scent. The high spot was when a world famous choir in town came and sang Faure's 'Requiem' in the ruined Abbey in the dusk. That was the moment I will never forget as we sat on the grass and that exquisite sound floated all around us."



Motivation & Co Local Services

HEAD OFFICE: ELAINE EVERETT **01937 557166**

TEESSIDE & DARLINGTON: HAZEL ROBINSON **01642 654355**

LEEDS: HEAD OFFICE **01937 557166**

YORK: JANET GODFREY **01430 861947**

WAKEFIELD & BRADFORD: ZOE COLLINS **0787 2651581**

DONCASTER: EMMA CAIN **01472 311324**

NOTTINGHAM: MARK & ISOBEL WARREN **01159 312695**

SOUTH BIRMINGHAM: DAVID KNOWLES & JOY FRIEND **0121 742 5221**

SOUTH MIDLANDS (NN, MK, LU & SG): ALISON HADLEY **01933 413222**

COVENTRY: HEAD OFFICE **01937 557166**

KENT & SUSSEX: PETER & CATHY STAFFORD **01892 862802**

MID KENT: CLAIRE MITCHELL **01892 838813**

BOURNEMOUTH: HEAD OFFICE **01937 557166**

SOUTHAMPTON & PORTSMOUTH: MICHELE WILSON **02380 679950**

READING: SUE BARLOW **0118 983 2401**