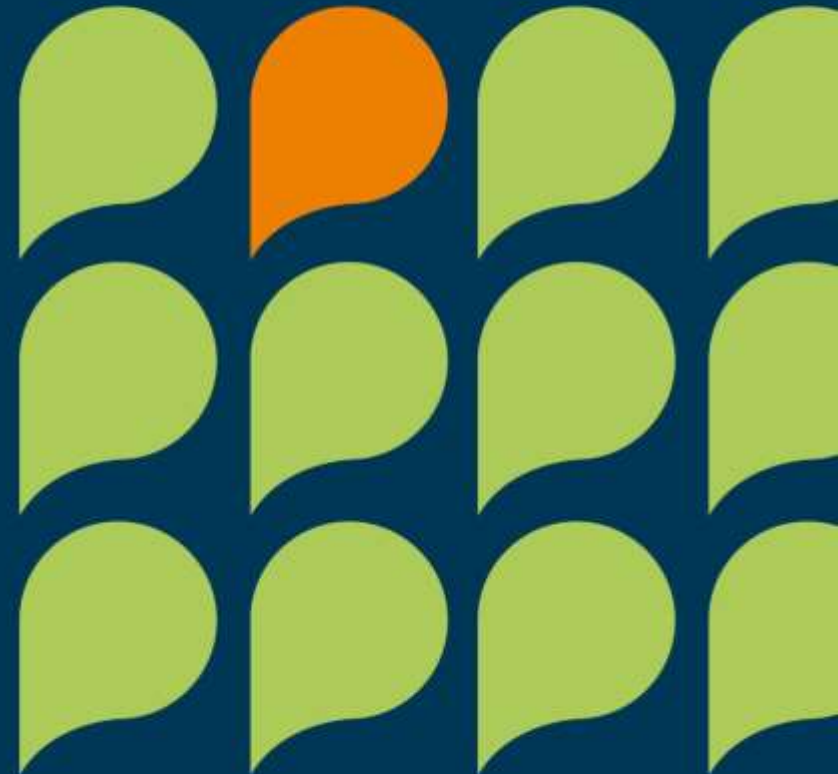


The Reminiscence Tea House Story



The Chinese National Healthy Living Centre

David Truswell



Developing Dementia Awareness and Peer Support and Information for the UK Chinese Community



In 1686 a young Jesuit convert from Nanking called Shen Fu Tsong arrived at the court of James II and became the first recorded instance of a Chinese person in UK.



Demography of Chinese in UK

- 50% live in Greater London (33 boroughs) whilst the other half are scattered all over UK.
- 1/3: from Hong Kong & New Territories: speak Cantonese or Hakka, possibly both
- 1/3: from South East Asia (Malaysia, Singapore and Vietnam, etc.); with mixed dialects
- 1/3: from Mainland China: speak Mandarin & Hokkien & other dialects..



The Chinese Community In London

From the 2011 census there are 124,250 Chinese people in London; 7,713 are over 65 years old

The Chinese community in the UK is one of the most dispersed of the minority ethnic communities in the UK, with support networks strongly focused on family ties

Apart from the obstacles created by language difficulties and cultural differences, there is a lot stigma about dementia in the Chinese community

This stigma can be a barrier to people receiving diagnosis and treatment for dementia.



Aims of the 3 year project



To reduce stigma attached to early signs & symptoms & promote positive attitudes towards dementia within Chinese community

Raise awareness of early signs & symptoms of dementia & benefits of early diagnosis

Provide good quality info for Chinese people with dementia & their carers & develop structured peer support & learning network

Support London Chinese with dementia & improve the quality of their lives

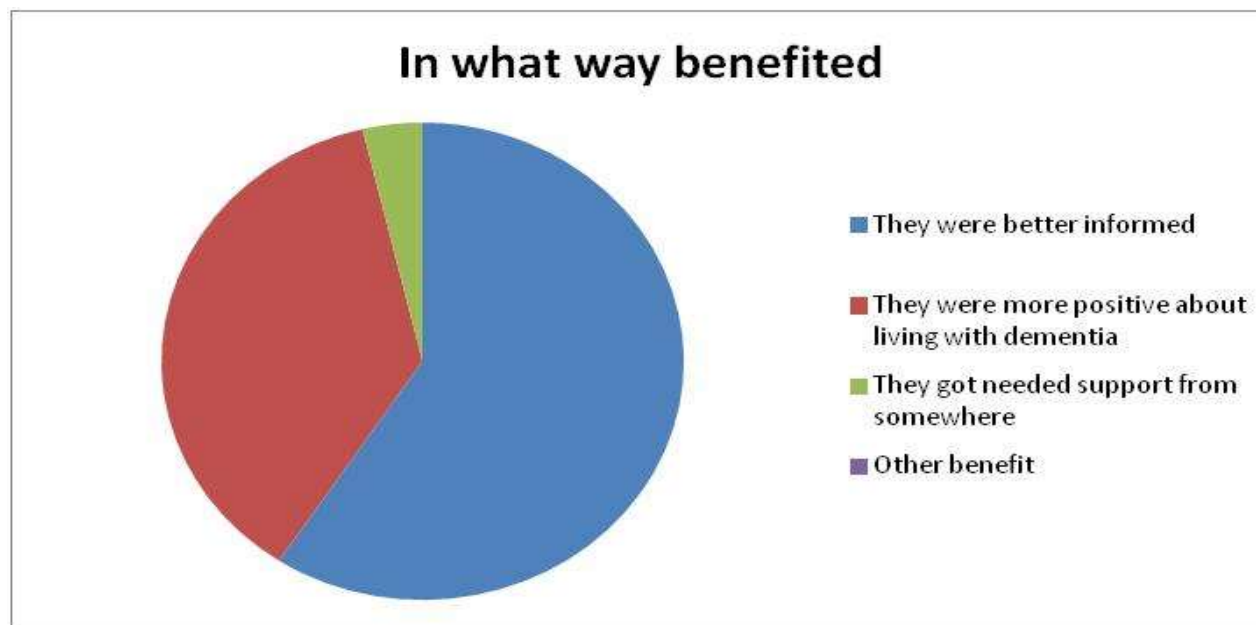


The project has.....

- developed of a dignified Chinese term for dementia
- developed a simple, high quality information leaflet in Chinese explaining dementia. The leaflet is 'Defeating Dementia' by Alzheimer's Research UK, It is now available on the Chinese National Health Living Centre's website
- used the leaflet and new term as the backbone of a programme of information and support sessions in a number of London boroughs



Participants views



100% of participant said they would recommend the service programme to others



What people said:

I felt a real sense of empathy from the project workers and a commitment towards working with people with dementia. I have recommended the project to other health and social care professionals.

The project has been fantastic help and support for my family. We are from outside London and we needed support and advice for my parents.

YouTube videos with dementia information would help the Chinese community who not so lucky to have support groups near them.



Tea
 House
 Talk Topics
 in 2015

Title	Content	Content translated into Chinese
Memory functions 記憶的過程	The process of remembering How memory works How to improve your memory Interactive exercises	記憶的程序 記憶是怎樣工作的 如何提高你的記憶力 互動練習
Understanding mood state 如何解讀所處心情	The development of anxiety and depression How your body is being affected by mood state Questionnaire	焦慮和抑鬱是怎樣形成的 身體是如何受情緒影響的 問卷練習
How to manage stress 任何應對壓力	What causes stress Understanding how we can accumulate stress How to reduce stress Coping strategies Questionnaires	什麼是導致壓力的原因 壓力是如何積累起來的 如何減輕壓力 應對壓力的對策 問卷調查
Importance of sleep 睡眠的重要性	Why do we need sleep Stages of sleep How to manage our sleep better Questionnaire	為何需要睡眠 各階段睡眠的分解 怎樣可以睡得更好 問卷調查

The Dementia Friends pilot sessions

Use materials developed by Dementia Friends and adapted by the project

Delivered in English by Dementia Champion with Cantonese interpreter

A way of introducing new term for dementia

A cup of tea and a dementia quiz

Over 100 Chinese dementia friends in 2015



Chinese Community Centres where tea houses/workshops held:

Islington Chinese Association, East London Chinese Community Centre, Lambeth Chinese Community Association, Jubilee House (Camden sheltered home), Lambeth Elders from Vietnam (ELVN), Chinatown Oasis, Association of Chinese Women in Woolwich, Newham Chinese Women's Group, Chinese National Healthy Living Centre

Reaching over 1000 Chinese people in London 2015



FIND OUT MORE AT

www.cnhlc.org.uk/english/projects/dementia-andalzheimer-awareness

&

The Reminiscence Tea House Truswell D., Leung M., Lam T. and Tan G.
Journal of Dementia Care, 23(3), 2015, pp.12-14.

[Contact Details](#)

David Truswell

Senior Project Manager, CNWL

davidtruswell@icloud.com

