

# Trainer Profiles

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Su has worked with people living with dementia for approximately 27 years. Her first experience was working in residential care homes, wearing various hats along the way including care worker, activities co-ordinator, and cook. She then worked in the community for different home-care agencies, and worked on the bank for the local mental health trust.

For the last 18 years Su has worked for Alzheimer's Society, running and developing local services in the Brighton & Hove area and for the last four years has worked as a Dementia Trainer. In 2010 Su became an Alzheimer's Society Gold Standard Dementia Trainer, going on to join the Society's Education and Development team on a full time basis. Su co-developed and delivers the popular Champions in Dementia programme course, alongside the wider training portfolio.



'One of the most poignant moments for me was when a lady at a late stage of her dementia, told me 'I wish you were my daughter.' It is such a great feeling when you make those connections and to be able to inspire others to do the same.'

## Things I've done this month

October started off for me with a trip to Wales to deliver days 5 and 6 of the Champions in dementia programme with participants from HC One in Cardiff. Along with two colleagues, we were treated to three innovative and thought provoking presentations. This for me is a time of mixed emotions where the 3 months of Champions in dementia programme has come to an end and the group go off on their journeys without me, but I see the changes happening and developing!

From Cardiff I travelled on to Carmarthen, where I delivered the cascade facilitation course, equipping participants with the skills and knowledge to cascade dementia awareness training. I also spent two days in Chatham delivering the Person-centred dementia care course, working with Crossroads who have just started up a new project as a crisis team.

It has been a rollercoaster of a month for me having lost one of my dogs at the end of last month and another last week (my two lovely rotties!), but I have had the pleasure of meeting some wonderful, inspiring and dedicated people.

## Contact us

For information about the range of dementia training courses Su and the other Alzheimer's Society Dementia Trainers can deliver for your organisation contact us on 01904 633581 or email [dementiatraining@alzheimers.org.uk](mailto:dementiatraining@alzheimers.org.uk).

## Alyson Spence

Alyson qualified as a Registered Nurse in 1999 and holds a BSc Hons in Nursing and a Post Graduate Certificate in Education. She is an Alzheimer's Society Gold Standard Dementia Trainer and has experience working in community hospitals and acute medicine, as well as the private Health & Social Care sector.

As nurse and lecturer Alyson has worked extensively with people with dementia and is experienced with all age groups from apprentices to health professionals in acute and residential settings, and the wider community. Alyson is an Alzheimer's Society Gold Standard Dementia Trainer and joined the Education and Development team as a full time Dementia Trainer.



'Through my knowledge and experience I believe the way forward for people living with dementia is through education that helps us to understand how we can all make a difference and change lives. I love learning and use my skills to encourage the feeling in others. I am lucky to have a loving family who expect me to share interests from horse riding to house music! I rather enjoy crafts, the seaside and technology, and I love a good gadget.'

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For information on the range of dementia training courses Alyson and the other Alzheimer's Society Dementia Trainers can deliver for your organisation contact us on 01904 633581 or email [dementiatraining@alzheimers.org.uk](mailto:dementiatraining@alzheimers.org.uk).

## Fran Stokes

Fran qualified as an occupational therapist in 1988 and a year later began working within the NHS with people with dementia. Her passion for dementia care continued to grow, and when she went into lecturing she retained a special interest in dementia care, undertaking initiatives such as developing distance learning courses in dementia care for qualified health professionals. Fran has a degree in English Language and Literature, an MA in Health Promotion and a Post-Graduate Certificate in Higher Education. During the past three years she has worked for Alzheimer's Society as a home support worker, peer support group facilitator and trainer, before taking on a full-time training role with the Education and Development team.



'I have always enjoyed working with and learning from people with dementia and those who care for them. I get great satisfaction from sharing what I have learned with others, to help them understand the experiences of people living with dementia.'

### Things I've done this month

I've had a pretty varied month this month, delivering training to:

- Nurses, managers and allied health professionals at Liverpool Heart and Chest NHS Trust
- Health professionals and support workers based in the community in Louth, Lincolnshire
- BWD Carers, an organisation supporting carers in the Blackburn area and
- Carers working with people with dementia in East Radnor Day Centre in Powys.

I attended a locality Dementia Forum in Barrow in Furness, and heard about their plans for family carer training and improving people's opportunities for planning for end of life. I also visited hospitals in Nottingham and Burton on Trent with our Regional Account Manager to discuss training needs and how Alzheimer's Society might be able to meet these.

On 15 October I was fortunate in being able to attend a meeting at the Royal College of Physicians where the implementation of the National Dementia CQUIN was discussed. This was a great

opportunity to find out about health care providers' progress in relation to improving hospital services for people with dementia.

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## John Canham

John began his training career while working for ICI, when he was responsible for writing and delivering training during the commissioning of chemical plants. He joined Alzheimer's Society in 2002 as Information and Education Officer, following the death of his mother from Alzheimer's disease. After a spell working with a local Mental Health Trust as Information and publications officer, John rejoined Alzheimer's Society in 2005 in an educational role developing training for both family and professional carers. During his time away, John had continued to work with people with dementia in a voluntary capacity with Alzheimer's Society. In 2009 John became an Alzheimer's Society Gold Standard Dementia Trainer, joining the Education and Development team as a Dementia Trainer in 2010.



'The most rewarding part of my job is seeing the penny drop for participants as they learn more about person-centred dementia care, and knowing what a huge impact this will have for those living with dementia in their care.'

### Things I've done this month

During October I worked on and handed over a dementia awareness presentation for inclusion in FirstGroup's staff training programme. This work forms part of our Dementia Friendly Communities programme, equipping staff with the knowledge and skills to recognise and communicate with people with dementia. FirstGroup are part of David Cameron's Dementia Challenge initiative and are helping to make DFC's a reality by training their drivers and other staff.

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For information on the range of dementia training courses John and the other Alzheimer's Society Dementia Trainers can deliver for your organisation contact us on 01904 633581 or email [dementiatraining@alzheimers.org.uk](mailto:dementiatraining@alzheimers.org.uk).

## Sue Brewin

Sue began working alongside people living with dementia in 1996, as a care worker in a residential home. In 2000 she joined Alzheimer's Society to undertake a project to set up services for people with dementia and their carers in North Nottinghamshire. Around the same time Sue became an Alzheimer's Society trainer, and has been involved with course development and delivery ever since. In October 2012 Sue joined the Education and Development team as a Gold Standard Dementia Trainer.



'I feel very passionate about improving the lived experience of people with dementia, and also about enabling care staff to realise their own skills and strengths.'

### Things I've done this month

During October I spoke at the UNISON retired members conference in Cardiff and gave an hour and a half presentation on dementia awareness and the Prime Ministers challenge. The audience were extremely receptive with many questions following the presentation. Some of the people attending had personal experience and some stated that they wish they had been given the information whilst they had been caring for and supporting their family member. A very interesting and rewarding afternoon spent in Cardiff with a very warm welcome!

### Contact us

For information on the range of dementia training courses Sue and the other Alzheimer's Society Dementia Trainers can deliver for your organisation contact us on 01904 633581 or email [dementiatraining@alzheimers.org.uk](mailto:dementiatraining@alzheimers.org.uk).

Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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