



Donnybrook/Balingup January 2018

SOCIAL SUPPORT GROUPS

For bookings please contact the Social Support Office
on **9731 1823** Monday to Friday

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 PUBLIC HOLIDAY	2 	3 Wednesday Club Preston Hall 10am-2pm	4	5 Balingup Welcome Club CWA Hall 10-12	6	7
8 Scrabble Group 1.30-4pm Shopping Group 9am to 3pm	9	10 Wednesday Club Preston Hall 10am-2pm	11	12	13	14
15 Scrabble Group 1.30-4pm	16	17 Wednesday Club, 10am-2pm Sausage Sizzle \$10 	18	19 Balingup Welcome Club CWA Hall 10-12	20	21
22 Scrabble Group 1.30-4pm	23	24 Wednesday Club Preston Hall 10am-2pm	25	26 PUBLIC HOLIDAY	27	28
29 Scrabble Group 1.30-4pm 	30	31 Wednesday Club, 10am-2pm. Lunch at Village Harvest				

Social Support and Group Activities

Monday 8th January Shoppers Bus to Bunbury

Enjoy being driven into Bunbury for a day of shopping. Usual shopping stops include Bunbury Forum, Centrepont and can also stop at other places such as Bunning's, Spotlight, Dan Murphy's and anywhere else you may need to call in. The bus usually leaves Donnybrook about 9.30 and gets back about 4.30pm. There are volunteers on board so if you need some assistance they will be more than happy to help.

CHC will be closed on the following public holidays;
Monday 1st January and
Friday 26th January.



CHC News

Guest speakers and Entertainers—We just love having guest speakers and entertainers at our weekly Wednesday Club. In the past we have had people come and talk to us about holidays they have been on, told us about the changing dairy industry, spoken about volunteer work they have done and also people come and give talks on health and wellbeing. Our entertainers have varied, from us being delighted with country and western singing to group choirs delighting us with their ballads.

We are always looking for more people to come and talk or entertain our groups, so if you know of someone who may be interested in coming along please contact Miranda at CHC Donnybrook.



What is Dementia—Dementia describes a collection of symptoms that are caused by disorders affecting the brain—It is not one specific disease. Dementia affects thinking, behavior and the ability to perform everyday tasks. Brain function is affected enough to interfere with the persons normal social or working life. Most people with dementia are older, but it is important to remember that not all older people get dementia—it is NOT a normal part of aging.

There are many different forms of dementia and each has it's own causes. The most common types of dementia are Alzheimer's Disease, Vascular Dementia, Parkinson's Disease, Dementia with Lewy Bodies, Fronto Temporal Lobar Degeneration, Huntington's Disease, Alcohol related dementia and Creutzfeldt-Jacob disease. There are a number of conditions that produce symptoms similar to dementia, these include some vitamin and hormone deficiencies, depression, medication clashes or over medication, infections and brain tumors.

It is essential that a medical diagnosis is obtained at an early stage when symptoms first appear to ensure that a person who has a treatable condition is diagnosed and treated correctly. If the symptoms are caused by dementia, an early diagnosis will mean early access to support, information and medication should it be appropriate and available.

This will depend on the cause of the dementia, so it is important to have a firm medical diagnosis, if you are concerned about the risk of inheriting dementia, consult your doctor or contact Alzheimer's Australia on 1300 656 77 88. Most cases of dementia are not inherited! What are the early signs of dementia?

They may be very subtle and vague and may not be immediately obvious, some common symptoms include:

- Progressive and frequent memory loss
- Confusion
- Personality change
- Apathy and withdrawal
- Loss of ability to perform everyday tasks.

At present there is no prevention or cure for most forms of dementia, however, some medications have been found to reduce some symptoms. Support is vital for people living with dementia and their carers.

