

# Interreg EUROPEAN UNION

## 2 Seas Mers Zeeën

### MONUMENT

European Regional Development Fund

## City of Mechelen. BE. Lead Partner 1.

Inloophuis dementie 't mONument, Lijsterstraat 2, 2800 Mechelen

### Outputs

We built a voluntary network based on the Odense principles. Our volunteers are a mixed group of informal carers, former informal carers and former healthcare professionals. They are the heart of our organisation. They organise and lead our free walk-in moments and in and out of house activities. We also encourage our cohort to propose ideas and activities which our volunteers work out in detail. We created a cosy place based on a living room concept. This was developed in co-creation with our people living with dementia & informal carers based on the wishes. We enriched our house with assistive technology based on the needs of our informal carer and transformed it into a demonstration house where our visitors can discover technology in a casual way.



Open

Coherent

The City of Mechelen have developed a walk-in centre 't moNument based in Mechelen. It is a place where people with dementia, their informal carers and professional carers can go.

The 't moNument is a central place for information, activities, peer support and a meeting place. It is an anchor point for people living with dementia and their informal carers. In addition to orientation sessions, we also organize training courses for informal carers to give them insight into dementia.

Contact with peers is an important form of support for our informal carers. They can tell their stories in a safe environment. That is why we regularly organize family groups, where experiences and tips can be shared between peers.

Unique to our project is that we also have a family group for people with young dementia. They enjoy being together in a casual atmosphere.

As mentioned in our name; moNument, the NU stands for NOW. We value living in the moment, NOW moments for informal carers and people living with dementia to cherish together. This pilot works to offer something special and different to the typical care relationship.

Spontaneousness



**Top Tip 1.** Build a strong regional network with other organisations who share your goals so you can share expertise and knowledge. Together you can bring a complementary support programme for informal carers and PLWD.

**Top Tip 2.** Involve both informal carers and PLWD when you set up an Odense house. They may have differing priorities, but you can find the commonalities that help make strong foundations.



### Growth

The Odense House will remain the anchor point for our informal carers and PLWD locally. It will continue to provide support as we do now, with the focus on low threshold access. We will expand our voluntary network to guarantee support, activities, and free walk-in moments continue. We are an example in Flanders for informal carers support. In the future we hope to inspire other cities to open an Odense house as well. Going forward there will be a network of Odense Houses in the whole region.



[www.mechelen.be/tmonument](http://www.mechelen.be/tmonument)

LinkedIn: 't monument inloophuis dementia mechelen



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Outdoors

Wellness

Futureproofing

## Norfolk County Council. GB. Project Partner 4.

Gressenhall Farm & Workhouse & other outdoor Norfolk venues

Norfolk County Council identified that improving greenspace access for informal carers of PLWD enhances their health and well-being. Norfolk developed carer focused experiences at many fantastic venues. The strategic focus became Gressenhall Farm & Workhouse, a museum in an expansive rural setting. The site is a key focus of many environmental enhancements, and having recently launched as an Environmental Hub, PP4 seized the opportunity to input MONUMENT's ethos and implement the Odense model learnings there. This museum of rural life boasts many attributes that appeal to carers and people living with dementia including gardens, animals, a café, toilets, ample parking, seasonal events, and a strong staff network. However, this extensive 50 acre site is not without its accessibility challenges. Our MONUMENT pilot has shaped planned landscape enhancements to ensure that the accessibility needs of people living with dementia are met in the future. Specific dementia training was offered to relevant staff involved at this venue, site audits and piloted leisure days were also held. The MONUMENT team were keen that bottom-up learning from stakeholder and carer engagement events in WP1 and WP2 helped identify and advise how future infrastructure enhancements could be installed for the benefit of our county's carer cohort.

### Outputs

Thanks to the MONUMENT project a more proactive and meaningful dialogue and cohesion has been forged between Norfolk's Environment Services, Adult Social Care and Public Health departments. This combined expertise cooperating together strengthens the ability of all involved to provide holistic and person-centred support for aging communities in Norfolk, with a greater appreciation of pan-disability delivery approaches.

The Outreach Officers for PP4 have set up and supported the reopening of several dementia-friendly peer-support sessions post-Covid. Our commissioning of specialist UK charity Dementia Adventure has enabled over 70 delegates to attend training, as well as the production of bitesize videos which disseminate the training to a wider audience and provide an additional post-project training legacy.

A network of passionate local stakeholders has been created who remain advocates for carer and dementia-friendly facilities across the county. The MONUMENT project has enabled a variety of new technological support to be trialled to help promote independence and outdoor activity.

**Top Tip 1.** Find out what the local population wants. Do the research to make sure you address the local barriers which affect whether your carers will want to visit your Odense house.

**Top Tip 2.** Make sure you have the backing and regular communication with your local policy makers and stakeholders. Engage their specialist knowledge and share your successes. These people's attention and advocacy can help you access future funding.



### Growth

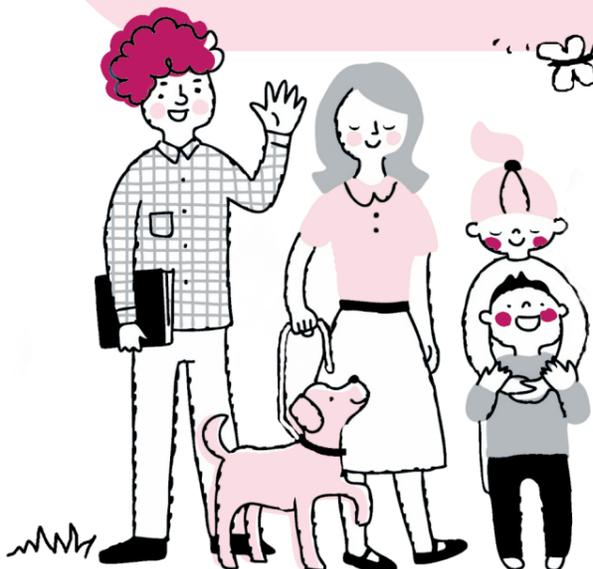
Norfolk County Council has learnt a great deal from working on the MONUMENT project. The project has evidenced that there is great appetite amongst local stakeholders to upskill and improve accessibility and inclusivity outdoors to bolster carer wellbeing. We hope hybrid events such as our Family Fun Day can continue in the future, promoting resilience, de-stigmatisation and the promotion of local services. We also look forward to continuing the strong collaboration at Gressenhall Museum between Environmental, Public Health and Norfolk Museum Services.



[www.everymove.uk](http://www.everymove.uk)

[www.norfolk.gov.uk](http://www.norfolk.gov.uk)

Twitter: @NorfolkCC



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#### Outputs

The Maison Odense d'Hautmont has developed a strong network of volunteers offering various talents, who support and improve the venue and its activities. A solid and fruitful partnership has been forged with the Municipality of Hautmont and a local network within the territory has also been established.

Learning has been facilitated in formal training and presentations of Opulse training. Activities at Maison Odense d'Hautmont promote informal care support: relaxation and well-being activities including new explorations into therapeutical hypnosis by University of Lille.

A number of local events have taken place at the Odense House in Hautmont. These include the associations' forum, intra-partnership meetings, open days and conferences.

Effective communication has been an invaluable part of increasing awareness. The Maison Odense d'Hautmont has also been featured in local magazines, newspapers and on local radio.



**Top Tip 1.** Involve your target group when developing your Odense House. This assures it will satisfy them and match with their needs.

**Top Tip 2.** Learn from the experiences of others (stakeholders, facilities, public). Collaboration is a great way to share information, training and best practices.

Welcoming

Community



Innovative

## AFEJI Hauts-de-France . FR. Project Partner 5.

Maison Odense d'Hautmont , Avenue Gambetta, 59330 Hautmont, France

The Odense House from AFEJI Hauts-de-France offers a safe place for informal carers and people living with dementia. People are encouraged to come with their families, and friends and the local community is involved too. The place is directly managed by Sophie Bouthemy, the coordinator of the Odense House alongside a network of 7 volunteers. The Odense House is supported by the nursing home AFEJI Hauts-de-France Les Tilleuls located in Maubeuge, and the home forms part of the project team.

The structure is open to the public three half-days a week. Attendees can participate in: caregiver cafés, interventions by professionals, creative and homemaking activities, informal support and friendly meetings. Other activities such as board games, tests of technological tools and relaxation sessions are facilitated at the Odense House.

The place is defined as an innovative and complementary support facility for informal carers and their relatives. The venue also offers an open space where people can simply meet or interact informally, receiving relevant information and support. Moreover, the venue promotes local human connections and genuine intergenerational contacts.



#### Growth

In order to promote and sustain the Odense House after the MONUMENT project, the team at AFEJI are keen to capitalise on utilising their financial, material and social resources to good effect. AFEJI Hauts-de-France is active in regional and national proposals for social innovation linked to elderly people and plans to participate in future Interreg projects. The Odense House will remain open to everyone, as a "tiers-lieu". It is an additional facility to a family of existing premises within the AFEJI Hauts-de-France. The values of the Odense House will be integrated into the operations of other AFEJI Hauts-de-France establishments.



[www.afeji.org](http://www.afeji.org)

LinkedIn: AFEJI



Facebook: @Maison Odense Hautmont

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#### Outputs

So far the main success of the National Trust Odense House has been the considerable membership growth witnessed. With new enquiries every week the need for the facility in the local area is proven. Word of mouth and advertising has been vital to increase the awareness and positive reputation of the Damsons as a safe and welcoming place for carers and people living with dementia within Wisbech. The service has received positive feedback from service users who have commented on the relaxed and friendly atmosphere and fabulous staff team. The National Trust pilot has had a high retention rate at their Odense House with a core group of regular carers attending the same day every week. Some feedback gathered by the team included carers and people living with dementia saying that within the venue they 'feel safe' and have 'made new friends'.



Relaxed

Social

Fun



**Top Tip 1.** It is invaluable to put the time in and do your research first. Get to know your location, find your network and local advocates as early as possible. It is so much harder to start without this human capital in place.

**Top Tip 2.** Always allow your people living with dementia and informal carers to guide you and help make decisions that impact the venue. As a coordinator you can always make suggestions but it is their space, and as such they should feel ownership to lead as they wish.



## The National Trust. GB. Project Partner 11.

Damsons at the Reed Barn, Peckover House, Wisbech, Cambridgeshire

The Damsons at the Reed Barn Odense House is a community space for people living with dementia and their carers designed to fit within a National Trust visitor offer. The traditional Odense House model of volunteer run and community driven activities is enhanced by the National Trust's priorities of giving access to heritage and nature to everyone. The barn is well situated within the grounds of Peckover House and provides fabulous access to the renowned walled garden which visitors to the Odense House have access to enjoy. The team of staff and volunteers who run the service are on hand with refreshments and activities that empower people living with dementia and their carers to promote positive care experience. There has been a particular focus on empowering informal carers by providing a safe space for them to relax and converse free from their caring responsibilities. This provision has also been enhanced by the availability of technology designed to help around the home. A Magic Table 360 from Social Ability has also provided another activity in the Odense House with access for everyone to enjoy and interact with.

#### Growth

The Odense House at Peckover House is looking to become fully self sustaining from March 2024. Funding has been agreed for March 2023 until March 2024. In the mid-term the National Trust team are looking to increase the level of volunteering at the Odense House so that more carers and PLWD can join. In the coming months the team will look for opportunities to welcome outside activity providers and specialist facilitators who can provide expertise and talents not currently at the Odense House.



National Trust

[www.nationaltrust.org.uk/peckover](http://www.nationaltrust.org.uk/peckover)

Facebook: @peckoverNT



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#### Outputs

Odensehuis Walcheren are proud of what they have been able to achieve since their opening. The experience and longevity of this venue has allowed it to offer many examples of best practice for the other project partners of MONUMENT.

Thanks to the MONUMENT project, cooperation with regional partners has been strengthened in the locality of Walcheren. There has been the opportunity to run several courses and training sessions for the cohort of informal carers, and this has been beneficial for the carers and for the people living with dementia too. There have been many opportunities within the training and networking to share expertise and resources. The MONUMENT project has helped Odensehuis Walcheren to increase the use of technology on site to support informal carers in caring for a person living with dementia. At the same time, piloting a variety of technologies has taught the team that many informal carers of an older age demographic can be reluctant or intimidated by new assistive technology.

Self-esteem



Community

Conviviality



## WVO Zorg (pp13). NL. Project Partner 13.

Odensehuis Walcheren, Walcheren, Zeeland, the Netherlands

Odensehuis Walcheren has been welcoming everyone since 2011. All inhabitants of Veere, Middelburg and Vlissingen with memory problems, their carers and friends are welcome for a chat, a good conversation, a creative activity, a cup of coffee, a game, music-making, cooking together or whatever they feel like doing. Together with the coordinator and volunteers, a warm and friendly atmosphere is created. Here everyone can be themselves. At Odensehuis Walcheren, all visitors can develop their talents and everyone is valued for who they are. In Odensehuis Walcheren, everyone is equal and everyone's talent is recognised and nurtured: for people living with dementia, informal carers, volunteers and citizens. We work according to the Odensehuis principles and the social approach to dementia. The disease is not the main focus, but the person with their talents and interests.

The Odensehuis itself is spacious and light. The large wooden table is at the heart of the space. But there are also seating areas where people can relax quietly or sit at a smaller table for a game or an intimate conversation. There are various technological innovations inhouse, which are available to use or borrow.

#### Growth

Odensehuis Walcheren is of great social importance within its community; its presence is rooted in Walcheren's society. Visitors say that the Odensehuis is welcoming and helps them to cope with dementia. The building has increased its weekly opening hours and future plans are to expand that further, from two half-days and one full day, to two full days and a morning. The team will work to maintain the cooperative relationships they have built with their regional and project partners. In the future, it is expected that more projects involving technological enhancements will be undertaken. The municipal subsidies may change in the future, but it is the intention of all parties to keep the Odensehuis accessible for the inhabitants of Walcheren.

**wvo zorg**   
Samen voelt beter

**Top Tip 1.** Make use of local partnerships; exchange expertise and experiences to build a strong network. Seek connection with civil society organisations such as museums, environmental and cultural associations.

**Top Tip 2.** Assume the Odensehuis values; the participants are in the lead. Everyone is of value and has talents that can be used for the benefit of the group and to promote self-esteem.

