



Dear Friends of Lewes and District Dementia Action Alliance

Welcome to your autumn update! While the days may be getting shorter and cooler, there's plenty happening in our community to keep us connected and engaged. If you'd like to learn more about community events for those with dementia and/or family members & carers, please get in touch and we can send some information over.



This month brings Remembrance Sunday - which takes place on 10th November. You'll see red poppies appearing around town and there will be a two-minute silence at 11 o'clock that morning as well as the King's D-Day commemoration speech. Many people find this a meaningful time to remember and reflect.

Inside this newsletter, you may find some practical information to help you through the autumn months. Take your time reading and please get back to us with any questions! With best wishes,

The Team at LDDAA

A yummy autumn recipe...

Maple-Roasted Chicken Thighs with Sweet Potato Wedges & Brussel Sprouts! Directions:

- Preheat oven to 220°C. In a small bowl combine maple syrup, 1 tsp. of the oil, the thyme, 1/4 tsp. of the salt and 1/4 tsp. of the pepper. In a large bowl combine sweet potatoes and Brussels sprouts. Drizzle with the remaining 1 tbsp. oil and sprinkle with the remaining 1/4 tsp. salt and 1/4 tsp. pepper; toss to coat.
- Line a 15x10-inch baking pan with foil. Heat the prepared pan in oven 5 minutes. Remove pan from oven and coat with cooking spray. Arrange chicken, meaty sides down, in centre of pan. Arrange vegetables around chicken. Roast 15 minutes.
- Turn chicken and vegetables; brush with maple syrup mixture. Roast 15 minutes more or until chicken is done (at least 80°C) and potatoes are tender. Serve topped with pecans and cranberries.

Ingredients:

- 2 tablespoons pure maple syrup
- 4 teaspoons olive oil
- 1 tablespoon snipped fresh thyme
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 pound sweet potatoes, peeled and cut into 1-inch wedges
- 1 pound Brussels sprouts, trimmed + halved
- Nonstick cooking spray
- 4 bone-in chicken thighs, skinned
- 3 tablespoons snipped dried cranberries
- 3 tablespoons chopped pecans, toasted



Stay Well This Autumn: Tips for Older Adults

As the days grow shorter and temperatures drop, here are some simple ways to keep healthy and comfortable:

- Layer your clothing rather than wearing one heavy coat – it's easier to adjust your temperature as you move between indoor and outdoor spaces
- Keep moving! A 10-15 minute walk on dry days helps maintain strength and mood, even when it's chilly
- Stay social by joining indoor activities at your local community centre – puzzles, crafts and coffee mornings are great ways to beat the autumn blues
- Boost your immune system with seasonal vegetables like squash, carrots and sweet potatoes in warming soups and stews.
- Prevent falls by checking your outdoor footwear has good grip and removing wet leaves from paths and steps
- Get your flu jab and COVID booster when offered – they're your best defence against winter illnesses

If you're feeling under the weather, don't wait for symptoms to worsen. Contact your GP surgery early for advice.



Alison Scutt - Owner of Home Instead Lewes District & Uckfield

As Owner/Managing Director of Home Instead Lewes District and Uckfield, Alison brings personal understanding to home care services. Established in 2016 and inspired by caring for her own parents, she's passionate about helping people stay independent at home and prioritises reliable, trustworthy care for every client. Alison is Chairperson at the LDDAA and looks to create an inclusive and understanding community in Lewes for those living with dementia.

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Debra Skeen - Performer, Voice Coach, Choir Facilitator

Debra, a singer, voice coach, teacher and performer, brings Music for the Brain sessions to care homes, creating uplifting experiences for residents. She leads 'Sing to Beat Parkinson's' choirs in Hailsham and Lewes, plus wellbeing choir and ukulele groups at Lewes House of Friendship. Through LDDAA, Debra delivers free, one hour dementia information sessions to both carers and those living with dementia. These sessions are available to all the community. Debra also acts as Treasurer for the charity.

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