The Reminiscence Tea House Story

The Chinese National Healthy Living Centre & David Truswell
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 Britain. The King was so taken with him he had his portrait painted and hung in his bed chamber.
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
In the first 12 months the project has..........

- developed 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.

- in Woolwich developed a regular themed event ‘The Reminiscence Tea House’ which includes supporting practical activities shared by people living with dementia and their carers.
FIND OUT MORE AT

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

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