

**Results** As part of Hampshire's Dementia Friendly Communities initiative and Sway parish council's objectives; business in Sway are becoming officially Dementia Friendly through attendance at Dementia Friends sessions and always having a dementia friendly helper on duty. There is partnership working between the parish council, other local charities, volunteer groups and the dementia action group.

**Conclusion** Dementia is a progressive terminal disease which benefits from a palliative care approach at all stages. Palliative care does not only have to be provided by health services or by adults. It can also be delivered by neighbours and community partners of all ages. Harnessing the experiences and passion of a community including teenagers (with school or vocational curriculums to meet) has the potential to support Dementia Friendly Communities where people live and die well with dementia.

#### P-141 HOSPICE PHILOSOPHY IN DEMENTIA CARE: TAILORING INDIVIDUALISED TRAINING

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10.1136/bmjspcare-2016-001245.164

In June 2015 a partnership was formed in a health economy in the West Midlands between a hospice, CCG, council and a housing, health and social care organisation with the aim being to improve dementia and end-of-life care in care homes for a 12-month pilot. The hospice and housing provider each provided a dementia support worker (DSW) with the focus of their roles being to help support, educate and signpost care homes within the borough to improve quality of life for people living with dementia.

The uniqueness of this pilot project has been the joint leadership and management between the two providers commissioned. Both have combined their knowledge and expertise to provide a seamless service to people living with dementia in care homes.

Within the initial 12 month pilot the DSWs have managed to make vast improvements. Within the first 12 months they have supported 33 out of 56 care homes providing individualised, bespoke support, training and advice to each home. They have also enabled 11 care homes to be part of the Activity Coordinator Forum, created by the DSW service; 8 care homes are now implementing elements of the Namaste Care Programme; three care homes have implemented Advance Care Plans as a result of the service and seven care homes have implemented the use of Pain Scales as a result of the service.

In addition to this there have been awards presented by the mayoress to celebrate four homes' engagement with the dementia support workers and also they have arranged for a dementia steering group to be formed that covers all professions and settings in the borough to ensure dementia patients get the same level of care, regardless of setting. It has been so successful it has been commissioned for a further 12 months with the focus being on improving dementia and end of life in the community.

#### P-142 BREATHE BETTER – FEEL GOOD, DO MORE

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10.1136/bmjspcare-2016-001245.165

Breathe Better, a palliative chronic lung disease program run over five sessions within the hospice support and therapy centre, was devised as a collaborative initiative between the hospice team, the acute trust, community services and CCG, providing information and practical support signposting patients to hospice services and reducing avoidable hospital admissions. Allowing patients to access hospice services and improve symptom management in end stage disease, changes patients' perceptions and helps to improve quality of life and self-management.

Patients are referred to the course via healthcare professionals, have a Medical Research Council Dyspnoea Score of 4 or 5, and are invited to attend with carers.

Over the five sessions goal setting is a common theme and continually revisited reinforcing positive achievements and support when required. Sessions include; Medication management, Relaxation and anxiety, Care planning and Fatigue management. Exercises are also completed during each session in a controlled and safe environment.

From feedback, patients feel more confident in self-management and ability to perform their daily activities. There has been a significant increase in patients accessing hospice services and recorded future care planning. Patients are achieving their goals and carers report seeing positive differences. Timely input and support is also being given to patients as their condition deteriorates. Importantly, hospital admissions for the six months post Breathe Better are less than half than the six months pre- Breathe Better, at a time when arguably more admissions would be expected.

The programme demonstrates that hospices are perfectly placed to address unmet palliative needs for patients with end stage lung disease. We have the skills, expertise and environment to begin to address end-of-life issues with patients and carers and this project demonstrate the huge benefits hospice care can offer this patient group.

#### P-143 CLAN CLUB... CANCER, LEADING A NORMAL LIFE

Myfanwy Howells. St Lukes' Hospice, Corringham, UK

10.1136/bmjspcare-2016-001245.166

The St Lukes' Hospice Information Service provides information and support for individuals affected by cancer/life limiting illness at any stage of their journey. The Clan Club is a support group for children/young people aged 16–19 years with a cancer diagnosis ranging from diagnosis into survivorship and beyond. It also offers support to siblings and parents of children aged under six. There is no support group identified in Essex for this group of people.

The group provides the youngsters with the opportunity to meet peers, get support from trained facilitators and more importantly have fun. There are indoor and outdoor activities available and the youngsters are encouraged to partake as they are able. In the summer months there is greater emphasis on being more physically active with the winter months being more suitable to board/electronic games and creative activities. From a Macmillan grant other activities are funded e.g. bowling.

The adults have access to support for themselves. The sharing of information, hints and tips as well as managing the mire of tertiary care whilst ultimately getting the 'best' for their child are key themes of discussion.

All the individuals that attend the group have the opportunity to be referred to hospice services. This can include counselling