

Royal Free Hospital Dementia Ward

Your project description	Is this an infrastructure project, as described above?	How will it improve the lives of residents and offset the impact of development? Does it benefit the wider community?	Are other sources of funding available?	Are there any ongoing costs to Camden?	Is it good value for money?	Who would project manage? Would you be the project champion?	How much CIL is required?	Issues?
The Royal Free London NHS Foundation Trust aims to transform Ward North 10, a 32 bed ward for acute elderly patients, into a dementia-friendly ward at the Royal Free Hospital. The ward will be extensively redesigned and redecorated to provide a peaceful, accessible and intuitive space that is fully conducive to the wellbeing of dementia patients as they recover from their medical problems.	Yes	<p>Expected positive outcomes for an estimated 540 dementia patients (31% from NW3 postcode) per year include:</p> <ul style="list-style-type: none"> • Decrease in the number of falls experienced. • Reductions in the length of patient stays. • Improved patient and carer experiences and satisfaction levels. • Corresponding decrease in numbers of formal and informal complaints. • Decreased instances of challenging behaviours. • Corresponding reduction in use of anti-psychotic drugs. • Improved morale amongst patients, carers and staff. 	No	No	Yes – improved patient outcomes will provide cost-savings for the Trust and the local community that are substantially over and above the cost of the proposed project, as a result of reductions in readmission rates and lengths of stay on the ward.	Danielle Wilde – Dementia Lead, Royal Free Hospital.	£65,973.60	No known issues.

Transformation of Ward North 10 into a Dementia-Friendly Ward

A Funding Proposal from the Royal Free Charity

About the Royal Free Hospital Foundation Trust

The Royal Free London NHS Foundation Trust serves over 1.6 million patients a year from all over North London at the Barnet, Chase Farm and the Royal Free Hospitals, combining world class expertise with leading healthcare that is local, patient-focused and friendly. The Royal Free Charity has supported the Royal Free Hospital, a world-class teaching hospital, for over 60 years to continually improve the quality of care and services provided to patients.

About the Royal Free Charity

The Royal Free Charity exists to help the patients, staff and visitors of the Royal Free London NHS Foundation Trust. The Royal Free Charity helps to improve patient support by:

- Developing and delivering patient welfare and information services such as the Support and Information Service and Discharge Service.
- Providing extensive volunteer support for patients and their carers at all three hospital sites.
- Supporting initiatives that improve patient and carer experiences.
- Developing and fundraising for major projects such as the Centre for Reconstructive Surgery and Institute of Immunity and Transplantation.

Project Summary

The Royal Free London NHS Foundation Trust aims to significantly enhance the experience of elderly dementia in-patients at the Royal Free Hospital by transforming Ward North 10, a 32 bed ward for acute elderly patients, into a unique dementia friendly ward. Following consultation with patients, staff and carers, the ward will be extensively redesigned and redecorated to provide a peaceful, accessible and intuitive space that is fully conducive to the wellbeing of dementia patients as they recover from their medical problems.

The transformation will include a 1950's vintage living room and hair salon, for specific use by dementia patients, their visitors and dementia-trained volunteers. The remainder of the ward including corridors and communal spaces will also be extensively re-decorated using life-sized decals and images to evoke natural and familiar past and environments for older patients.

An extensive programme of stimulating activities delivered by staff and dementia-trained volunteers will maximise the beneficial impacts of the refurbished ward for dementia patients and carers alike. Expected impacts include a reduction in length of patient stays, a decrease in levels of patient anxiety and challenging behaviours, and improvements in patient and carer experiences. Your support of this project will play an important role in

realising this exciting vision, and will make a substantial contribution to improving the quality of environment and care experienced by dementia and elderly in-patients at the Royal Free Hospital.

Project Rationale

The Alzheimer's Society estimates that there are approximately 850,000 people in the UK living with dementia and that this number is growing as the population ages. Initial symptoms include memory loss and difficulties with thinking, problem-solving or language. Onset of dementia impairs a person's ability to make sense of their environment, to communicate their needs, to accurately perceive light and objects, and to orient themselves in their care surroundings.

Dementia invariably impacts adversely on a person's capability to live independently, and also creates additional challenges for treatment of other patient conditions as well as for specialist hospital staff involved in their care. The Counting the Cost report (Alzheimer's Society, 2009) resulted in widespread recognition that people with dementia are more likely to stay in hospital longer, to die in hospital and to require 24 hour institutional care as a result of their admission.

The National Dementia Strategy and the Kings Fund (Enhancing the Healing Environment 2013) also linked acute hospital environments to poorer outcomes for dementia patients including increased falls, increased agitation and distress and loss of pre-morbid functional skill. The Fix Dementia Care in Hospital Report 2016 (Alzheimer's Society) states that 92% of people surveyed said hospital environments are frightening for the person with dementia they know, and that 90% said that people with dementia become more confused while in hospital'. Common problems encountered by dementia patients in hospital environments include:

- Poor signage and a lack of way finding cues.
- Poor use of colour and contrast.
- Shiny floors and lighting causing glare and pools of light and shadow.
- Clutter and distractions.
- Stark, unwelcoming and depersonalised spaces off long, featureless corridors.

The Royal Free Dementia Ward Project

Around 50% of the elderly patients Ward 10 North at the Royal Free have dementia. This means that an estimated 540 people with dementia stay there each year alongside a similar number of elderly patients without dementia. Of these, 31% of all patients will be residents from NW3 postcodes. The transformation of the ward will enable dementia patients in particular to regularly identify with familiar environments, objects, furniture and images linked to their past, will help diminish the cognitive difficulties that they experienced in more traditional hospital settings, and will help to offset the distress and confusion that they often experience in such unfamiliar settings.

The Royal Free Hospital will refurbish and extensively re-decorate the ward to create a stimulating interactive space that engages all patients in managing their wellbeing and recovery. The aim is to provide patients with a peaceful, accessible and intuitive space geared towards their needs and priorities in overcoming the personal challenges of dementia, and that reflects patient needs to have a more visually stimulating and evocative environment. The transformation of the ward will consist of the following components:

A 1950's vintage living room style day room.

- Vintage living room and dining room furniture, including a fireplace.
- Vintage facade television with collection of period music and programmes.
- Three dining room and activity tables.
- Vintage wallpaper and décor, oak book case and period books.
- Kitchen appliances, tea set and breakfast items from the era.
- Period games, magazines, newspapers and craft materials.
- Replicas including bakelite telephone, formica table, sunburst clock.

Day Room Entrance

- Printed brickwork wallpaper.
- Front door to look like a vintage room with two further doors wrapped with Doorcals.

Corridor adjacent to Day Room

- A memory lane graphic of Hampstead High Street in the 1940s and 1950s running the length of corridor that leads to the dayroom.

Remaining Corridors and Side rooms

- Remaining corridors and four side rooms will be installed with frame images and a total of 8 LCD screens each creating a window effect.
- Screens can be used in a variety of different ways such as having a fish tank scene to playing images and films of the patient's choice.

Vintage Hair Salon

- Hairdresser workstation on wheels with draws for storage and hairdresser chair.
- Painting of toilet into pastel tones and installation of retro LED Mirror.
- Shelves installed with reminiscence items and framed images along both walls.

Ward Entrance

- Printed wallpaper of a large nature scene, doorways wrapped with Doorcals, LED ceiling sky window playing daytime and night time skyline videos.

Nurses Station

- Graphics along the back wall of the nurse station and the front of the nurse desk with the nurses station shortened to place a small table and chairs for patients to sit at.

Bay Entrances

- The entrances to the seven ward bays will be individually customised with decals of nature themes, chosen in direct response to research and feedback from patients and carers.

The dayroom will be staffed by 9am to 5pm on weekdays by volunteers who will have received specialist training in dementia care, and who will facilitate a daily schedule of activities for in-patients alongside healthcare and dementia therapy assistants, designed to improve orientation, lucidity and engagement. Guided by a philosophy of “active days, calm nights,” the proposed schedule for the dayroom will include a breakfast group, an orientation group, exercise classes, art and music groups, a lunch club and social afternoons.

Benefits

Targeted activities will help maximise the impact of the refurbished environment by providing important social stimulation opportunities for a patient group that is highly vulnerable to isolation, significantly improving the quality and impact of care provided for dementia and elderly patients.

Expected positive outcomes include:

- Decrease in the number of falls experienced.
- Reductions in the length of patient stays.
- Improved patient and carer experiences and satisfaction levels.
- Corresponding decrease in numbers of formal and informal complaints.
- Decreased instances of challenging behaviours.
- Corresponding reduction in use of anti-psychotic drugs.
- Improved morale amongst patients, carers and staff.

The Royal Free aims to use this unique project to establish and promote the ward as a flagship ward for dementia care, using its profile to raise awareness about dementia and to identify and promote best practice in dementia care throughout the Trust and throughout the NHS.

Monitoring and Evaluation

The Royal Free’s elderly care ward has a range of existing mechanisms in place to monitor and review performance levels and to identify improvements across a range of key indicators and outcomes. These encompass the performance and outcome indicators listed above and have been central to realising a range of positive improvements effected by the ward over recent years.

Baseline data specific to dementia patients will be collated ahead of the ward refurbishment and for a period of 6 months after the refurbishment to identify the extent of expected project impacts.

An in-depth evaluation report containing project learning and best practice recommendations will be made available to the funder and disseminated to relevant services with the Royal Free London NHS Foundation Trust as well as being promoted to dementia services across the NHS. The project funder will be invited for a tour of the ward once the refurbishment has taken place.

Budget

The Royal Free NHS Foundation Trust has undertaken a competitive tendering process with three different companies with relevant experience of fulfilling the brief. The successful tender was received from RemPods, a company with a standout record of working with NHS services who submitted a quote for the refurbishment of £65,973.60. The Royal Free Charity is requesting the full amount from the Community Infrastructure Levy Fund.

Appendix – Sample pictures of the Proposed Refurbishment of Ward North 10 at the Royal Free Hospital.

Retro Dayroom



Retro Dayroom



Retro Hairdressing Salon



Doorway Decals



Hampstead Community Centre – new commercial kitchen and upgraded public toilets

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<p>The project will improve the facilities and access for all of Hampstead Community Centre's groups and the general public: Complete renovation of ground floor hall kitchen area and installation of a commercial grade kitchen to meet the needs of the activity groups users/general public and to comply with current regulation standards. Renovation of the ground floor toilets including the upgrading of the accessible toilet</p>	<p>Yes, the project will upgrade and improve the community facilities based at the Hampstead Community Centre for the centre's users and wider general public. It will also improve access for disabled users and those with personal needs. The toilets are open and used throughout the year by the centre's users and by the general public 365 days a year (access only restricted when playcentre is in</p>	<p>The project aims in accordance with the organisations objectives to make the following overall and specific differences to the lives of residents and the wider community (98% of users are from the NW3 area):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Reduce isolation and promote stimulating activity for older people <input type="checkbox"/> Improve people's access to safe, stimulating care for children aged 4-12 <input type="checkbox"/> Improve people's access to advice, information, support, office facilities (including low cost 	<p>The centre will fund the renovation of the communal areas connected to the project areas: community hall and lobby area outside toilets).</p>	<p>No</p>	<p>Very good value for money. The project will enable the centre to offer improved facilities to a huge number of people (most of the centre's groups are oversubscribed) from diverse backgrounds 7 days a week and 52 weeks a year. The centre will continue to maintain the building as it has done for the past 40 years, but this project will enable the centre to offer much needed upgraded essential facilities. The centre pays rent to Camden of</p>	<p>The project champion will be the secretary of the Board of Trustees who has substantial experience of infrastructure projects. The project manager will be the Director to the Trustees who has responsibility for the day to day running of the centre and who will report back to the project champion and the board of trustees.</p>	<p>Total cost of project: £50,000 (Renovation and installation of commercial grade kitchen: £30,000 Renovation of ground floor toilets including upgrading accessible toilet: £20,000)</p>	<p>Works would have to be carried out during August (Fitzjohn's school is hired for the playscheme during this time due to size) as the centre is open 365 days a year. No permission is needed to carry out the works.</p>

<p>and baby changing to meet the latest requirements . Hampstead Community Centre is a self -funding , not - for -profit social enterprise charity. Founded in 1976; it started life as a coach house and then a garage after which it was renovated by a group of local people after it fell into disrepair. The centre provides a wide range of services to the community including:</p> <ul style="list-style-type: none"> • Over 60s club, events & free Christmas Day Lunch (inc. transport) for older people on their own • Under 5s: - 4 morning session parent/carer with toddler groups • After School Club Playcentre (4-12's) - Term-Time Monday – Friday 	<p>operation) . The kitchen is used every day of the year by the under 5s, playcentre 4 - 12s (after school and holidays), over 60s and to provide a free lunch for older people on their own on Christmas day for 90 people . It is also used to provide a community café at weekends for the general public.</p>	<p>photocopying), counselling and advocacy</p> <ul style="list-style-type: none"> □ Improve people' s access to meeting space for voluntary and community groups □ Promote and support healthy living for the elderly and other groups, including the provision of an outdoor produce market for the locality □ Increase creative play opportunities for children under 5 and support to their parents/carers 			<p>over £30,000 per year and rates of £15,000 per year (after mandatory charity relief). We are also responsible for all internal and external maintenance.</p>			
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(with pick-up from 4 local schools)

- Playscheme (4-12's): Summer, Easter & half-terms in May, October & February
- Outdoor Community Provisions market • Counselling Sessions
- 10 Community support groups (NA, AA etc), local leisure groups, language classes, art classes, and special events such as recycling events, crime prevention displays/stalls, public meetings and community consultation meetings. The Centre has a small, stable and committed board of trustees who have experience in dealing with and managing public funds.

Baptist Church, Heath Street: improved access

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<p>Comprehensive works to deliver full accessibility for Heath Street Undercroft.</p> <p>The project responds to a recent accessibility audit carried out by Access Design.</p> <p>We are seeking additional funding for one aspect of these works:</p> <ul style="list-style-type: none"> The installation of a lift from upper ground floor (level with Heath Street) to Undercroft <p>Heath Street Baptist Church itself has</p>	<p>Yes, the project will improve access to the undercroft and attached kitchen and toilets, both recently installed.</p>	<p>In many ways!</p> <p>E.g. each Sunday for the past 40 years Heath Street Undercroft has hosted the Contact Club, a drop-in for the homeless in the community. On many occasions over the years both guests and helpers have been forced to stop attending due to the access issues this project is designed to address!</p> <p>Next to the undercroft is a recently renovated kitchen which is an excellent community resource (currently in regular use by asylum seekers, social enterprises, fundraising events, and at significant rites of passage like weddings and, for example, the wake of a local Congolese woman murdered in 2016, whose funeral was naturally a significant occasion for the Congolese community in NW3).</p> <p>The additional £50k will come directly out of</p>	<p>Heath Street Baptist Church can contribute one third of costs i.e. £50,000</p>	<p>No</p>	<p>Excellent value for money.</p> <p>The hosting church has a track record of no-strings-attached social community outreach projects, particular for the disadvantaged in the community, and is in a position to make a substantial financial commitment to these works.</p> <p>This project offers improved access</p>	<p>The project champions will be the minister of Heath Street Baptist Church, Rev. Ewan King and Paul Dawson.</p> <p>Since Ewan King's arrival at Heath Street the church has addressed a large number of outstanding fabric issues, Ewan and a small but dedicated and skilled group at the church working together.</p> <p>Paul Dawson, of surveyors and</p>	<p>The total project cost is £150,000, the amount asked for is £60,000</p>	.

<p>committed to funding the remaining works, viz.</p> <ul style="list-style-type: none"> • Raising pavement on Heath Street to allow step-free access to lift and church upper ground floor • Sundry raising and lowering throughout building to enhance wheelchair users' and others' experience. • Creating a place of relative safety on lower ground floor • Other minor alterations <p>Heath Street Baptist Church is a charming and unusually unreconstructed neo-Gothic Victorian chapel. After some decades of decline, 2010 saw the church open its doors to the community in a new way, and the space has been becoming noticeably busier month by month ever since.</p> <p>It is now accessed by the public, for free, 7 days a week and on a regular basis hosts activities at little or no charge for:</p>		<p>the church's account - where it's been designated for this purpose.</p> <p>The lower hall is used by a number of different groups, but we anticipate that their number could be added to if we are able to offer a better level of access to the space. At present it is used by the Contact Club each Sunday - this is a drop-in for the homeless and marginalised. I know of several clients, and also helpers, in whose case a weekly attendance carried on over decades has had to be abandoned due to the difficulty of accessing the space.</p> <p>The space is also used by London Sacred Harp singers - a community singing group up to 80 of whom meet in the space.</p> <p>The space is used each Monday by Swing Patrol for swing dancing - this is a newish activity, building in numbers, but currently attended by around 40 people.</p> <p>I have enclosed letters from representatives of these three groups, written in support of our application.</p> <p>The space is also used by 12-step groups, by local schools, by local musicians for rehearsals and performance, by our community choir, and of course by the church itself. It is worth bearing in mind that 'church use' can extend well beyond the boundaries of the faith community. At a funeral that followed a violent crime in Maitland Park Villas around 400 members of the London Congolese community gathered to mourn. The arrangements for the wake, which was of course an important event for the community, would have been considerably less complicated had we had the option of step-free access.</p>		<p>not only for those with... but also for parents and carers with buggies. The church currently hosts the most popular so-called 'rhymetime' in the area, but has been unable to make use of the undercroft in this context due to the impractical access issues.</p>	<p>property consultants Matthews and Son (http://www.matthewsandson.co.uk) will project manage the work.</p> <p>Matthews and Son oversaw a major underpinning works at the church in 2011; this was a highly demanding project delivered to budget and to a high quality.</p> <p>The project can commence as soon as funds are available. Architects and structural engineers have been appointed, designs are to hand, and permission has been obtained from the relevant authority (the BUGB LBAC).</p>	
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<p>toddlers and children; 12-step and other self-help groups; political and community events; practice space for local ensembles and individual musicians; swing dance and yoga; local schools both public and private sector; exhibitions. We collaborate on a regular basis with <i>inter alia</i> Hampstead School of Art, New End, Henderson Court, Mitzvah Day.</p>		<p>We have had hosted RESTART, an activity of Transition Belsize Park, in the basement which uses the repair of broken domestic devices (free of charge!) with a view to helping consumers become more self-reliant, thereby minimising waste.</p> <p>Toddler groups (Oldtime Nursery, Creative Motions); art exhibitions (Sophie Lascelles; Kate Keara Pelen;); craft fairs; and as mentioned, concerts (details available if helpful).</p> <p>We have had interest from the Refugee Council in using the space on a weekly basis for a Refugee Dropin, but discussions fell through at quite a late stage due to inadequate facilities on our part.</p>						
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Boades Mews: garden restoration

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<p><u>Redevelopment of Boades Mews and school garden for benefit of the local community</u></p> <p>Renovation of garden with landscaping, lighting and planting of potted trees to make the area more attractive.</p>	Urban Realm Open Spaces	<p>In stark contrast to the neighbouring streets (Flask Walk and New End) this backwater is shabby and depressing and reflects badly on the surrounding area.</p> <p>(a) The mews is a thoroughfare for both the school and the wider community. But it currently has the aspect of a derelict industrial landscape rather than typical Hampstead Village.</p> <p>(b) The walled garden is currently accessible only to New End pupils and staff; it has become overgrown and neglected, and its existence is unknown to the general public. If the garden was restored it could be opened to the public two days a week as a community facility: it already has tables and chairs and it could become an attractive place to sit and enjoy a coffee.</p> <p>The addition of good lighting (already approved in principle by Camden) and trees in tubs would enhance the environment in the area generally. Once the restoration work was completed, we would aim to recruit local volunteers to supervise public access and maintain the garden in co-operation with the school. This would provide a valuable educational facility as well as developing links between the school and the community.</p>	No	Maintenance of paving and seasonal planting. The school could help maintain the plants.		Project Manager would need to be added to the costings if Camden were unable to project manage the project.	Approximate costing would be £10,000 for renovating the garden and £15,000 for plants and planters in Boades Mews and school garden.	

Keats House access project

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<p>The project will improve access - especially for users who are disabled - to Keats House and gardens through:</p> <ul style="list-style-type: none"> • draining and landscaping the accessible path to the house and toilets • improving level access to the site • upgrading the accessible toilet to latest access standards • introducing path lighting <p>Keats House is a Georgian historic</p>	<p>Yes, the project will improve access to the garden, the historic house, toilets and library through improved pathways and facilities. It will make facilities more enjoyable, accessible and user friendly for all and in particular for disabled users and pushchair users.</p> <p>The current step free access is flooded in winter. This project will improve the path to prevent flooding and ensure there is</p>	<p>For local residents the project will enable Keats House garden to be more beautiful, user friendly, and a fully accessible space for disabled users, elderly users and families with young children.</p> <p>It is a free, popular outdoor space, and a place of heritage and learning, that will become more inviting and safer. The perception of the area will also be enriched for national and international</p>	<p>Keats House can contribute 10% of costs £6,500</p>	<p>No</p>	<p>Excellent value for money.</p> <p>There are around 100,000 users of the site per year between the library, house and garden, which share the toilet facilities. This number is increasing each year. The cost of the project per user is extremely good value – only £0.65 per user.</p> <p>This project offers these users increased safety, improved access for wheelchairs and buggies, and a</p>	<p>The project champion will be the Principal Curator of Keats House who will project manage the work.</p> <p>This person has significant experience of delivering major capital works, on time, to budget and to a high quality.</p> <p>The project can commence as soon as funds are available.</p>	<p>The total project cost is £65,000, the amount asked for is £58,500</p>	<p>The lighting will not be disruptive to neighbours in adjacent properties, but neighbours may raise concerns over additional evening lighting.</p> <p>Subtle and tasteful path and toilet lighting will improve safety and enjoyment of the site</p>

<p>house, museum and literary centre. Its surrounding gardens are beautifully landscaped and accessible to the public, for free, 6 days a week. The Keats Community Library is also housed within the grounds and shares the toilet facilities.</p>	<p>level access through the garden to the house and toilets. The funding will also bring the disabled toilet facilities up to disabled access standards.</p> <p>Currently the absence of path lighting restricts opportunities for events during winter. Subtle and tasteful path lighting will improve the access and enjoyment of the garden during winter hours and afternoon/evening events and aid user safety.</p> <p>This will also benefit Keats Community Library users and their access to the site and toilet facilities.</p>	<p>visitors to the site who generate income for the area.</p>			<p>more enjoyable experience of the outdoor space.</p>			<p>during winter opening hours and evening events. Neighbours in the adjacent properties could be involved in consultation if necessary.</p>
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Royal Free flowerbeds

At the front of the Royal Free Hospital there are a number of flower beds. Until recently the beds have been largely barren, littered with rubbish, untended and unloved. That is until a band of volunteer gardeners took the area in hand and thanks to their dedication and long hours of work, dead plants have been cleared, the soil replenished and new plants have been planted to grow to maturity, making the spaces alive again and happier. The group of gardeners have been supported by the Royal Free Hospital and local councillors and public donations were made. We would like to donate £5,000 to a fund to allow this good work to continue and buy materials and tools. The money will be held and administered by the Royal Free charity.