

catalyst

INTERIORS

THE OFFICIAL CATALYST INTERIORS NEWSLETTER

December 2020

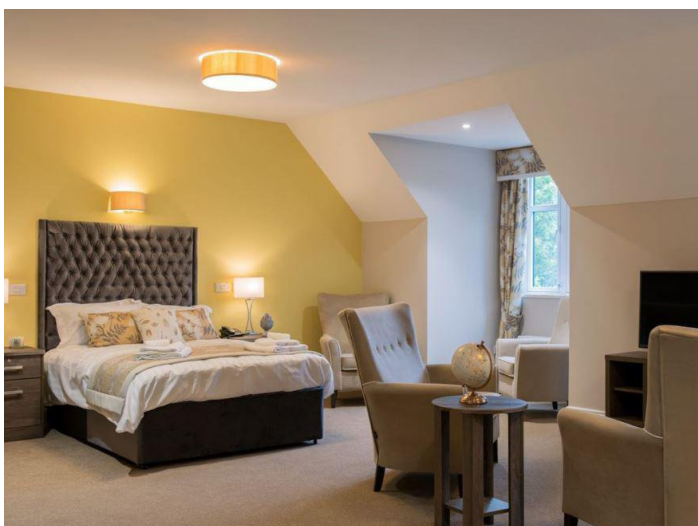
Vol. 2



Welcome to our December Newsletter!
We hope you enjoyed last month's newsletter and we're really glad you have stuck around. However, if this is the first newsletter you're reading you do of course have the option to unsubscribe, we won't hold it against you we promise.

If you do decide to keep reading, we're sure you won't be disappointed. This month's newsletter is jam packed with more Catalyst content, industry news, FAQs and a round up of our favourite blogs this month.

Firstly, as it's December we feel it is important to reflect on this year, it has of course been a year like no other. We truly hope that everyone reading this is safe and well and we look forward to a brighter new year.



Meet The Team



We wanted to continue this month with our meet the team section as we feel it allows our readers to get to know us on a more personal level. This month we want to introduce you to two different but equally important members of our team. First, we have Les, a valued project manager here at Catalyst and he has been part of the team for over 8 years. Les has an incredible work ethic and his role allows him to oversee all aspects of our project management delivery. Outside of work Les has raised 6 wonderful children and when he gets a minute to himself, he enjoys reading and gardening. Next up is one of our lovely interior designers Jade, who has worked at Catalyst for 5 years. Jade is passionate about design for dementia and she uses her training and experience in the field to create stimulating and beautiful environments that make the space both aesthetically pleasing and enhance the lives of the residents. Outside of work Jade has the most impressive shoe collection of anyone we know, currently she has over 300 pairs! Both Les and Jade are vital members of the Catalyst team and we want to take this opportunity to thank them along with all our other members for the hard work they have put in this year!

Industry Updates

After the excitement of the SBID Awards earlier in the year we wanted to share with you all our excitement for the upcoming Pinders Awards. The Pinders Awards recognise excellence in the long-term care and independent living sectors and we are hopeful to be nominated for some of our projects this year.

Round up of our favourite blogs

Over the past few months our website has had a major revamp and we have introduced weekly blogs, we want to use the blogs as an opportunity to educate and inform our audience on topics that mean a lot to us. We thought we would share with you our top 3 blogs and we would love it if you headed over to our website to give them a quick read. In first place has to be our recent design for dementia blog, this blog gives an overview of the different aspects that need to be considered to make a care environment dementia friendly, why it is so important and how we do it at Catalyst.

Next up is our blog about the mental health of residents during the pandemic, we would love it if you could give this one a read as it sheds some light on Covid-19 in care homes and offers some advice on how you can help your residents.

Finally, another favourite is our Wayfinding blog. We personally think this blog gives an insight into what Wayfinding is, why it is so important in dementia care homes and the best ways to implement a Wayfinding strategy.

Catalyst Education

Here at Catalyst as we're sure you know we specialise in interior design for dementia care homes, all our staff are dementia trained and we are always finding new ways to educate ourselves and others about dementia. This section is a follow on from last month and will cover some more commonly asked questions regarding the condition.

Q. Which type of dementia is the most common?

A. So Dementia is not actually a disease in itself. The term Dementia used to describe a group of symptoms that occur when brain cells stop working together properly. Alzheimer's is the most common cause of dementia, but there are different types of dementia and you can have more than one type of dementia at one time, this is referred to as mixed dementia. The common types of dementia are as follows: Vascular dementia, Dementia with Lewy bodies and Frontotemporal dementia.

Q. How does dementia affect the brain?

A. In the early stages, Alzheimer's disease can typically destroy neurons and their connections in parts of the brain that are involved in memory, including the entorhinal cortex and hippocampus. As it progresses it can affect areas in the cerebral cortex, this is the part of the brain that is responsible for language, reasoning, and social behaviour.

Our Next Issue...

On behalf of all of the Catalyst team, we want to wish our readers a safe and happy festive period and here's to a more positive new year! Although you won't hear from us again until 2021 we thought we should let you know that we're already working on some exciting content for our January edition and we can't wait for you to see what we have in store.