

Please pass this Newsletter on to anyone interested in joining us, as carer and guest or as volunteer. Contact: Diana Ellard, telephone 07779 413889.



Our sixth AGM, June 2015 with, from left, Charles Lawrence, Chairman; Speaker on 'Perceptions of Dementia' Dr Dan Pickering of the Uppingham Practice; and John Holloway, Carers' Representative.

Honorary Helpers:

Legal Adviser: Philip Robson, Dalton's, Stamford
Accountants: Lamin & White, Dean Street, Oakham
Trainer in Dementia: Jill Perry
Photographer: Richard Adams

Our 2015 donors:

J. Collins; S. Jones; A. Lowe; M. McKay; J. Mickelthwait; T. Pryke; A. Thompson; All Saints, Oakham P.C.C.; Barrowden W.I.; Clipsham P.C.C.; the Karen Ball Fund; Langham W.I.; the Rutland Dispensary; the Rutland Trust.

Rutland Reminders sessions: at "Brambles", Rutland Care Village, Oakham, LE15 6RP from March to July and September to December, on first and third Tuesdays, at 3.30 p.m. All are welcome.

Outreach sessions: held on the second Tuesday of every month at 2.00 p.m. at Aberdeen House, Uppingham, LE15 9UD. Outside guests from the villages will be most welcome: please phone Diana Ellard on 07779 413889.

To make a donation:

Rutland Reminders, 12 St Albans Close, Oakham, Rutland LE15 6EW.

Thank you!



Rutland Reminders

Therapy through singing for people with dementia

Registered Charity No. XT 36890 www.rutlandreminders.org.uk



Newsletter No. 10

Autumn 2015



**Open Day at Uppingham Town Hall with 58 present.
May 2015**

email: rutlandreminders@yahoo.co.uk
www.rutlandreminders.org.uk

What's the Problem?

- Society has only recently begun to come to terms with the fact that dementia is the world's fastest growing healthcare problem. Although it is not a disease exclusive to older people, the fact that life expectancy has increased significantly over that last forty years – for each of those tens of years our average life span has increased by about one year – means that a growing number of us will ultimately suffer from it. The medical, social and economic implications are only now becoming obvious.

What can be done?

- A frequent reason for inaction is that many feel that, since there is no cure and not enough support, why bother with diagnosis? Midst the lethargy there is also fear of the illness and a reluctance to accept that there is a problem. But surely it is better to know than not know! As Terry Pratchett said “If we are to kill the demon, first we must say its name!” Happily, dementia is more talked about now and fear is diminishing. There is much greater public awareness, and more celebrities like former US president Ronald Reagan and broadcaster John Suchet openly talk about their own problems or problems in their families. In 2011 there was estimated to be around 1000 people in Rutland suffering with various kinds of dementia, including Alzheimer's disease, and there is support from Rutland Social Care in association with Leicestershire Partnership Trust; the Alzheimer's Society; Dementia Friends; and Healthwatch Rutland (working to coordinate and map Dementia Care in Rutland).
- Early referral by a General Practitioner can yield medical help, a possible diagnosis, then attendance at Memory Clinics, and drug treatments.

What does Rutland Reminders Do?

- Since 2010 Rutland Reminders has been at the forefront of raising awareness for Rutlanders with dementia. The basis of our activity is that people with dementia forget many things but can almost always remember, and gain much pleasure from singing, all the songs they used to sing years ago. Encouragingly, one of the first experiments on the impact of music on people with dementia has recently been published (see The Times, Tuesday 12th May 2015). This showed that music can help them respond, communicate and even improve their memories. The Managing Director of the research enterprise commented that “music has the power to reach down into people's memory and let them reconnect with the person they were before they became unwell”.
- At our bi-monthly sessions, guests and their carers, supported by volunteers, sing the old popular songs from the music hall and the two World Wars; action songs learned at school, Scout and Guide groups; and hymns and carols from Sunday School. We put together programmes linked to the seasons, or special occasions such as Valentine's Day, Harvest Festivals, and Christmas. The volunteers who support the guests and carers are given a professionally led training programme which is regularly

updated. At all the sessions a small library of books related to dementia is available for participants. A ‘Box of Memories’ containing all kinds of small items from the past, and books of photographs of members at sessions going back to 2010 are on hand for new and established guests to peruse. Additionally, each year Emma Warren from Rutland County Museum brings along domestic memorabilia from the collection which help guests recall past experiences.

- Rutland Reminders has now met for five years. We meet at 3.30 p.m. at ‘Brambles’, the social centre in Rutland Care Village, Oakham, from September to December and from March to July on the first and third Tuesdays of each month.

Notable Events Since the Spring

- Brian McAvoy of the Karen Ball Fund presented a cheque for £1500 from the Fund which has enabled us to create a Transport Contingency Fund. This allows us to offer guests and carers free transport to our sessions. Administration of the fund has been taken on by Joan Palframan as Transport Officer (Tel 01572 787663).
- Following the publication of the Government's Dementia Awareness Strategy and the introduction of a National Awareness Week in 2012, Rutland Reminders took part once again: Friday, the 15th May saw us in Uppingham Market Place and on Saturday, the 23rd May we were in Oakham Market Place. In Dementia Week, 2016 arrangements have been made to have a stall in the Oakham Tesco Foyer on 21st May and in Uppingham Market Place the day before.
- An Open Session of Rutland Reminders was held in Uppingham Town Hall on Wednesday the 27th May. This attracted 58 people including 29 guests with dementia, 27 from the care homes around Uppingham, including Aberdeen House, Belton House, Manton Hall and Wisteria House. Feedback from both guests and the supporting carers was positive. See the cover photo.
- Our speaker after Rutland Reminders' AGM on the 23rd June was Dr Daniel Pickering of the Uppingham Surgery, who spoke to us on the topic ‘Perceptions of Dementia’. His fascinating and highly informative presentation began with an overview of how dementia was viewed from the 7th Century until now. After covering the evolving conceptions of the illness and treatments, he outlined the support available in the Rutland area and new developments, including efforts to coordinate services more effectively. See the photo on the back page.
- From September 2015 sessions on the first and third Tuesday will continue as usual at Rutland Care Village. On the second Tuesday each month we will visit Aberdeen House, Uppingham, LE15 9UD. Individual guests from their own homes will be most welcome to join us at 2.00 p.m. at Aberdeen House; simply phone 07779 413889.
- Our website: www.rutlandreminders.org.uk is regularly updated, giving information on activities, past and future, and our past Newsletters.