

Please pass this on to anyone interested in joining us as a carer or guest or as a volunteer. Please contact Diana Ellard on 07779 413889.

Our Honorary Helpers:

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



Rutland Reminders

Therapy through singing for people with dementia

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



Newsletter No. 11

Spring 2016



Panorama of our Christmas Party in December 2015

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Our 2015 Donors:

Clipsham PCC; All Saints, Oakham PCC; Barrowden W.I; The Rutland Trust; The Karen Ball Fund; J. Mickelthwait; T. Pryke; Gwen Vernal; Margaret McKay (in memory of Donald Mead); Alan Breeze; Uppingham Theatre Company with 'Wyrd Sisters'; St. Peter and St. Paul's Church, Preston PCC; Lands' End Giving and Sharing Scheme; Langham W. I. (several kind donations, as our Sponsor for 2015).

To make a donation:

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

Email: rutlandreminders@yahoo.co.uk

Rutland Reminders Sessions:

At 'Brambles', Rutland Care Village, Oakham, LE15 6RP from March on first and third Tuesdays at 3.30 pm.

Rutland Reminders Outreach Sessions: held on the second Tuesday of every month at 2.00 pm at Aberdeen House, 20, Stockerston Road, Uppingham, LE15 9UD. Outside guests from the villages will be most welcome. For all sessions please phone Diana Ellard on 07779 413889.

What's the Problem?

Only recently have we begun to realise that dementia is the world's fastest growing healthcare problem: the medical, social and economic implications are only now emerging. It is not a disease exclusive to older people, but greater life expectancy means that an increasing number of us will inevitably suffer from it.

What can be done?

Happily, dementia is more talked about now than ever before. As the late Sir Terry Pratchett said, "If we are to kill the demon, first we must say its name!" This enhanced public awareness has been increased by the willingness of celebrities such as Terry Pratchett, former President Ronald Reagan and broadcaster John Suchet to talk about their own problems or problems in their families. Nevertheless, there is still fear of the illness or a reluctance to accept that there is a problem and, consequently, early diagnosis is often deferred.

It has been estimated that there are around 1000 people in Rutland with various kinds of dementia, including Alzheimer's disease. Early referral by a General Practitioner can yield medical help in the form of diagnosis, subsequent attendance at Memory Clinics which can play a key role in supporting people with dementia and their carers, and drug treatments. Rutland County Council can provide support for carers and connections to local help groups. National organisations such as the Alzheimer's Society, Dementia Friends and Age Concern are helpful as well as local groups such as Rutland Reminders which aim to provide a more personal approach.

What does Rutland Reminders Do?

Rutland Reminders, which celebrated its 5th Anniversary in 2015, provides therapy through singing for people with dementia. Monthly sessions are held in both Oakham and Uppingham. At each session guests with dementia and their carers are welcomed by volunteers for singing, poetry and afternoon tea. 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, research published last year confirmed that music has the power to reach down into people's memory and can reconnect with the person they were before they became unwell. We sing the old popular songs from the music halls, and the two World Wars; action songs learned at school, Scout and Guide groups; and hymns and carols from Sunday School. The

supporting volunteers 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 loan. A 'Box of Reminders' containing small items from the past, and books of photographs of members at sessions going back to 2010 are on hand for perusal. Additionally, each year Emma Warren from The Rutland County Museum brings along domestic memorabilia from the collection which encourages reminiscences.

Notable Events since the Autumn Newsletter 2015.

- Committee has been delighted to welcome Lisa Batty as our Publicity Officer. Lisa will be responsible for sharing our news and information across Rutland. This began with publicity about our celebrations for our 5th Anniversary in September.
- You can now find Rutland Reminders on both Facebook and Twitter: www.facebook.com/rutlandreminders & www.twitter.com/rutlandreminder.
- The Donation of £1500 from the Karen Ball Fund in March 2015 enabled us to create a **Transport Contingency Fund**. This means that we can pay for door-to-door transport for guests with dementia and their carers who have difficulty with transport. The Fund is administered by Joan Palframan (Tel 01572 787663).
- We were delighted and very grateful to be the charity supported by Uppingham Theatre Company's production of 'Wyrd Sisters' by Sir Terry Pratchett and adapted for the stage by Stephen Briggs which ran from 29th-31st October 2015. This resulted in our being presented with a cheque for £602 which will enable us to continue our activities free of charge in both Uppingham and Oakham.
- We were pleased to be involved in Memory Matters Day held at the Uppingham Surgery on Wednesday, 26th August. Our substantial stall attracted five potential new volunteers and several new guests with dementia.
- Our 6th Christmas Party went well in mid-December with 46 jolly folk present (see the panorama overleaf).
- Dementia Awareness Week 2016 is on 18th-24th May. We will be in Uppingham Market Place on the Friday, and in Tesco's foyer in Oakham on the Saturday.
- **Our website: www.rutlandreminders.org.uk is regularly updated, giving information on the activities over the past five years together with copies of our past Newsletters.**