

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. 12

Autumn 2016



Queen's 90th Birthday Party in June 2016

Queen's 90th Birthday Party in June 2016

Our 2015-16 Donors:

Jean Adderley; Alan Breeze; Edna Gordon; Adam Lowe; Moira and Kenneth Matthews; Margaret McKay; Auriol M Thompson; Gwen Vernal; Jim Weir; All Saints PCC, Oakham; Lands End Giving and Sharing Scheme (nominated by Kirsty Steere); Oakham Cooperative Society; Pryke Hygiene; RCC through Margaret Hallam's Dementia Awareness Week Event; St John's PCC Ryhall; St Peter & St Pauls PCC, Preston; Tesco Oakham; The Rutland Trust; Rutland Lions, Oakham; The Rutland Dispensary; Langham and District WI; Uppingham Theatre (Wyrd Sisters).

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, 1 Huntsman's Drive, Oakham, LE15 6RP from September to December and from March to July on the third Tuesday each month at 3.30 p.m.

Rutland reminders Outreach Sessions: Held on the second Tuesday each month at 2.00 p.m. 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.

*Our website: www.rutlandreminders.org.uk is regularly updated, giving information on the activities over the past six years together with copies of all our past Newsletters.

Is there Hope for a New Approach?

Happily, drug companies are racing to find a treatment which impacts on the underlying causes of dementia. Most research has been focused on a brain-clogging protein called beta-amyloid. Recently, a drug, aducanumab, which bonds to the beta-amyloid plaques has been found. This attracts immune cells which clear the plaques away: see 'The Times' 01.09.16. In July a new approach was reported based on the observation that there are chemicals that dissolve tangles of a protein called 'tau' which gather in the brain. Professor Wischik of Aberdeen University outlined a trial in which a twice-daily pill of a drug called LMTX slowed mental decline in 82 patients by an average of 85%. A small company, TauRx, which is marketing LMTX, may just be ahead of the major pharmaceutical companies if the results are confirmed by more research. A negative aspect is that, when the drug is given to patients who are already taking other dementia drugs, these interfered with LMTX. However, Professor Wischik believes that, with additional positive data in December, the drug could be available in the UK in 3 or 4 years.

In the Meantime, What can be Done?

There is still fear of the illness or sometimes a reluctance to accept that there is a problem and, consequently, early diagnosis is often deferred. We know 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, attendance at Memory Clinics, 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. All of these interventions can sometimes slow down the advance of the disease.

What does Rutland Reminders Do?

Rutland Reminders, which celebrated its 6th Anniversary this year, 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 this activity is that people with dementia forget many things but can almost always remember, and gain much pleasure from singing songs they used to sing years ago. Encouragingly, research published in 2015 confirmed that music has the power to reach down into people's memory and can reconnect them with the person they were before they became unwell. We sing popular songs from the old music halls and the two World Wars, and action songs learned at school, Scout and Guide groups. The supporting volunteers are given professionally-led

training which is regularly updated. At all the sessions a small library of books related to dementia is available for loan and a 'Box of Reminders' containing small items from the past, and Photo Albums from 2010 to 2015 are on hand for perusal. Additionally, each year Emma Warren from Rutland County Museum brings along domestic memorabilia from the collection which encourages reminiscences.

Items of Note since the Spring Newsletter 2015.

* Lisa Batty, our Publicity Officer, maintains our website www.rutlandreminders.org.uk and continues to share our news beyond Rutland with both Facebook: www.facebook.com/rutlandreminders and Twitter: www.twitter.com/rutlandreminders. Do visit us!

*Help from Rutland Lions and our Transport Contingency Fund enables us to bring guests with dementia and their carers who are without transport to and from our sessions. If you need door-to-door transport in order to attend please, contact Joan Palframan our Transport Officer (Tel 01572 787663).

*Rutland Reminders Management Committee is considering introducing a network of 'RR Village Ambassadors' who might publicise our activities within their village communities. An initial step has been to prepare a briefing pack and guidance to ensure that coherent and accurate information would be distributed. Any comments on the idea would be welcomed by the Chairman.

*At our AGM on the 28th June 2016 our Honorary Trainer in Dementia, Jill Perry, drew attention to a notable website, a book and two BBC programmes about dementia during the last year. The website, www.gloriousopportunities.org, by Dr Jennifer Bute, a GP who developed dementia in her fifties, gives insight into her own and others' dementia. The book, 'Learning to Speak Alzheimers' by Joanne Koenig Coste who works as a family therapist with people with dementia and their carers, has sections on communication, the need to focus on remaining skills, ways to enrich the person's life and adapting the environment to create opportunities for minimising stress and feeling successful.

*In Dementia Awareness Week 2016 we were well supported by the public in both Uppingham Market Place and in Tesco's foyer in Oakham.

*We are revising our song book! This, the third edition, will have some of the lesser-known songs taken out and some more recent popular songs included.

*Our 7th Christmas Party will take place in 'Brambles' at 3.30 pm on Tuesday 6th December 2016.