



**Xmas Party, 2016 with Santa and Guest receiving her gift bag.**

**Our Honorary Helpers:**

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

**Our 2016-17 Donors:**

Jean Adderley; Moira and Kenneth Walker; All Saints PCC, Oakham; Rutland County Council through Margaret Hallam's Dementia Awareness Week Event; St John's PCC, Ryhall; St Peter & St Pauls PCC, Preston; Gill Bretten; Tesco, Oakham; Lands End Giving and Sharing Scheme (nominated by Wendy Sanders); St Mary's PCC, Clipsham.

**To make a Donation:**

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

Thank You!



**Newsletter 13**

**Spring 2017**



**Emma Warren showing the 'Zoetrope', an early toy which created a moving image.**

Email: [rutlandreminders@yahoo.co.uk](mailto: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:** On the second Tuesday each month at 2.00 p.m. at Aberdeen House, 20 Stockerston Road, Uppingham, LE15 9UD. Guests from the villages will be most welcome.

For all sessions please phone Diana Ellard on 07779 413889

\*Our website: [www.rutlandreminders.org.uk](http://www.rutlandreminders.org.uk) is regularly updated, giving information on the activities over the past six years together with copies of past Newsletters.

## What's the Situation?

An estimated 850,000 people in the UK have dementia and there is increasing need to identify risk factors and to find treatments that can cure or slow the progression of the illness. A major development in the UK is a £250m joint initiative of the Medical Research Council, Alzheimers Research UK and the Alzheimers Society, for the Dementia Research Institute (UK DRI) which will be led by Prof. Bart De Strooper. This should provide new impetus to research in the UK.

## What's New?

Headlines in the last few weeks from Canadian research published in The Lancet (04.01.17), suggesting that people living near major roads have a higher risk of dementia, supports previous evidence from the USA and Germany that pollutants from traffic could be linked to neurodegenerative disease. Scottish monitoring of almost 1000 people born in 1936 from age 11 who have eaten a more 'Mediterranean diet' have less brain shrinkage with age than those who ate other types of food (see Neurology 04.01.17). German research (see Science and Translational Medicine 14.12.16) has shed light on the sequence of biological changes in the body that precede the symptoms of Alzheimer's Disease by 5 years. Sadly, the work of Professor Claude Wischik of Aberdeen University on a trial of a drug called LMTX, which seemed to halt or even reverse the progression of Alzheimer's disease, was overstated (see [www.alzforum.org](http://www.alzforum.org)). The good news is that the scrutiny of scientific and medical research colleagues is a powerful safeguard when any advance is claimed.

## 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 7<sup>th</sup> Anniversary this year, provides therapy through singing for people with dementia. Monthly sessions are held in 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 past, and action songs guests learned when they were young. 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 books of photographs of members at sessions going back to 2010 are on hand for perusal. Additionally, each year Emma Warren from Rutland County Museum brings along domestic memorabilia from the collection which encourages reminiscences: see the photo on page 1.

## Items of Note since the Autumn Newsletter 2016.

- \* Our website [www.rutlandreminders.org.uk](http://www.rutlandreminders.org.uk) shares our news beyond Rutland with both Facebook: [www.facebook.com/rutlandreminders](http://www.facebook.com/rutlandreminders) and Twitter: [www.twitter.com/rutlandreminders](http://www.twitter.com/rutlandreminders). Lisa Batty, our Publicity Officer, is still keeping us all up-to-date. Do visit us!
- \* The Donation from the Karen Ball Fund in March 2015 is still providing a Transport Contingency Fund that enables us to pay for guests with dementia and their carers without transport to come to and from to our sessions in Oakham or Uppingham. If you need door-to-door transport in order to attend our sessions please contact Joan Palframan our Transport Officer (Tel 01572 787663).
- \* We were delighted to be invited by Langham Church's Gala Evening and two-day Festival of Christmas Trees on the 2<sup>nd</sup> - 4<sup>th</sup> December. Our tree was decorated with green and gold and featured our pin badges and CDs that our singing groups had recorded.
- \* Our Christmas Party, with our Langham Christmas tree and Brambles Decorations in place, was a very happy affair with festive songs and carols. We had a fine Christmas tea with home-made mince pies and Christmas Cake and the 'real' Santa Claus with gift bags of fruit, kindly donated by Tesco, and the annual, popular chocolate Santas. See the photo on page 4.
- \* Clare Hitchcox and a small team have completed the revision of our 2010 Songbook which will now give us lyrics for 140 therapeutic songs.