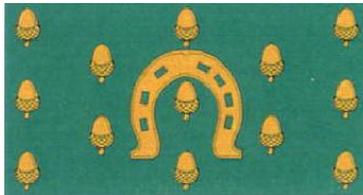


# Rutland Reminders

Therapy through singing for people with dementia

## Newsletter No.1

January 2011



Email: [info@rutlandreminders.org.uk](mailto:info@rutlandreminders.org.uk)  
[www.rutlandreminders.org.uk](http://www.rutlandreminders.org.uk)

# **Rutland Reminders: the Why and the How**

## **WHY**

If Rutland's population conforms to the national pattern, there are about 500 people in our county who have various types of dementia. Sadly, an early effect of dementia is loss of short term memory, and the ability to communicate, but with encouragement, older memories, often associated with music and poetry learnt when young, can be recalled.

In the autumn of 2009 a TV documentary was screened which focussed on a group of people with dementia and their carers who meet to sing songs which they remember from their early days. The tipping point for establishing a group with a similar aim in Rutland happened on February 4<sup>th</sup> 2010, at a poetry group meeting in Rutland Care Village, led by Charles Lawrence. As he was reading a poem which was also a well known song, a member of the group started singing the tune and everyone joined in, including some who did not usually actively participate. Inspired by this reaction, Charles began his campaign to set up the group now called Rutland Reminders.

## **HOW**

After much research and incorporating suggestions from the Alzheimer's Society and other organisations working in the same field, Rutland Reminders held its first session in Oakham on 7<sup>th</sup> September 2010.

The speed with which this happened was largely due to the enthusiasm of the volunteers who responded to fliers sent out to churches, libraries, shops, choirs and voluntary organisations and the financial support of sponsors who fund the setting up costs and on-going resourcing. Prime Life, the company responsible for the Rutland Care Village, is most generous in providing administrative support and hospitality in the village's social centre, 'Brambles'.

## **PERSONNEL**

Three members of the Committee are also nominated trustees. Honorary advisers and sponsors are listed overleaf.

All those involved with the monthly sessions have an induction meeting with the group Organiser and are checked by the Criminal Records Bureau; they attend a training session “A Person-Centred Approach to Dementia” and are invited to attend further training opportunities, including those led by Leicestershire Social Services. Peer support is vital, so at the “Singsongs”, with Diana de Wet at the piano, volunteers have the chance to get to know each other informally as they sing through the contents of the song-books.

## **THE SESSIONS**

Twelve clients and their carers from across the county meet in Brambles social centre on the first Tuesday of the month, from 3.45 to 5.45pm, nine times a year: we do not meet in January, February and August. Guests are greeted by volunteers; we have a brief warm-up exercise, then our welcome song leads into the first group of songs. After an interval for drinks and a few short, amusing, poems, the second group of songs winds down the afternoon, and we end with refreshments and chat. At the December meeting we sang carols, volunteers hosted a festive tea party and pots of hyacinth bulbs were given to guests.

## **FUTURE PLANS**

A second training session, “A Person-Centred Approach to Dementia”, was held at 12 St Albans Close on Friday, 21<sup>st</sup> January.

A second group, (‘Session B’) to be held on the third Tuesday in the month, is planned to start on 15<sup>th</sup> March 2011.

In July the sessions will end with strawberry teas.

For further information, go to our website, created for us by Alacrify

[www.rutlandreminders.org.uk](http://www.rutlandreminders.org.uk)

or contact the Organiser: Diana Ellard on 07779 413889

**Newsletters will be issued twice a year, keeping us all in touch.**



**Honorary Helpers:**

Legal Adviser: Philip Robson, Daltons, Market Place, Oakham

Accountants: Lamin & White, Dean Street, Oakham

Trainer in Dementia: Jill Perry

Pianist: Diana de Wet

**Our sponsors:**

Sir David Davenport-Handley; The Rutland Trust; Linecross plc; Melton Mowbray Building Society; Rutland Lions; Lands'End, Oakham; Reed Plastic Containers, Oakham;; Jean Adderley; Hambleton Hall and the Rutland Singers.