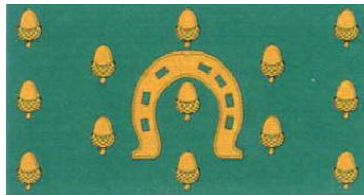


# Rutland Reminders

Therapy through singing for people with dementia  
Registered charity no. XT36890

## Newsletter No. 5

January 2013



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

## **What motivates Rutland Reminders?**

When Rutland Reminders held its first session, in September 2010, issues relating to the impact on society of the increasing number of people suffering from dementia were only just beginning to be addressed. Since then a National Dementia Strategy has been created, but even so half the estimated sufferers in the UK still do not have a diagnosis, and appropriate treatment or support.

Singing together has a positive effect on people in all walks of life, including those with neurological disorders such as Alzheimer's disease and other forms of dementia, and Parkinson's disease. At the Rutland Reminders sessions, held at 'Brambles', the social centre in Rutland Care Village, guests and their carers recall memories of earlier days through songs and rhymes learnt when young and enjoy the company of others chatting over tea. We respond to the reactions of our guests, carers and volunteers, by adapting the style and content of sessions: recent themes have included seasons of the year, holidays, etc.

A carer who brings her husband to Brambles wrote the following:

*Rutland Reminders is good for all.  
"What is it?" I hear you call.  
You don't know about it? then you should:  
You're missing out on something good.  
We meet together nine times a year  
With hearty singing: it gives such cheer.  
And what's more there's poetry read  
During half-time drinks. Need more be said?  
Yes, plenty more: there's tea and chat.  
Well now, what can improve on that?*

## **Rutland Reminders Outreach Sessions**

In 2011 a small group of our volunteers made pilot visits to the three Care Homes in Rutland with residents with dementia. The sessions were very well received, so the 'RR Outreach Group' now makes regular visits to each Home in turn, on the second Tuesday of every month.

Each home differs slightly, but the idea is always the same: residents gather together to sing, dance, participate, and participate they do! Some actively join in, singing and dancing, some are in wheelchairs, others in bed; carers and visitors also join in. On one occasion there was a visiting dog, which led us into 'How Much is that Doggy in the Window?' and 'Daddy Wouldn't Buy Me a Bow Wow'.

We always start with the same songs - 'Here we are again'; 'The more we are together'; 'When you're Smiling'. Then it's down to our hosts - the residents and their carers - to make suggestions. We have to be very flexible as the residents can request absolutely anything! Our requests range from Ballads, Music Hall songs, Movement songs, to Sunday School hymns. Two South African ladies really made us rack our brains but we managed 'Zulu Warrior' and 'Kumbaya'. An ex-WWII pilot often asks for the songs he remembers from this era and relates his very interesting memories. He asks for wartime songs: some of them make him sad, but, he says, he knows 'all the naughty words' too, so he was laughing as well. Anything goes, as the song says, and it is very pleasing when a resident who might be quite agitated at the start of the session settles down and joins in.

We will also add a theme if appropriate - our February visit fell on the 14<sup>th</sup>, so red roses were distributed for Valentine's day; a later visit saw Easter bonnets. Christmas is, of course, very special and enjoyed by all. 2012 showed no limits to our Jubilee-Lympic Patriotism, with 'Land of Hope and Glory' and flag waving and volunteers in red, white and blue!

On occasion we have been asked to go to a resident's room, to sing to someone who is in bed, or to include songs that were especially meaningful to someone. This can be particularly moving when someone remembers a very old favourite. Visiting family members have been extremely grateful and very touched seeing the spark return, albeit briefly, to their loved one. It is difficult to say who enjoys the session more - us or our hosts. We certainly find it very rewarding.

### **New for 2013**

- Richard Adams, one of our supporters, is creating an album of photos which we hope will prompt recollections of people, places and events for our guests.
- Rutland Lions have made Rutland Reminders one of their charities for the current year. Through their generosity we have been able to purchase a set of chairs suitable for our guests.

**Please pass this on to anyone interested in joining us, Carers and Guests, or as a Volunteer. Contact: Diana Ellard, ☎ 07779 413889**

**Newsletters are issued twice a year, keeping all in touch.  
Contact our Organiser, Diana Ellard, on 07779 413889**



### **Honorary Helpers:**

Legal Adviser: Philip Robson of Daltons, Stamford  
Accountants: Lamin & White, Dean Street, Oakham  
Trainer in Dementia: Jill Perry  
Pianists: Diana de Wet; Barry Collett  
Photographer: Richard Adams

### **Our sponsors:**

Jean Adderley; Sir David Davenport-Handley;  
Hambleton Hall; The Rutland Singers; The Rutland Trust;  
Rutland Lions; Lands' End, Oakham; Linecross plc;  
Walking for Health; Mars Group; St Mary's Church, Greetham;  
Malcolm E.V. Brown: Uppingham Mothers Union  
Melton Mowbray Building Society; Pryke Hygeine;  
Reed Plastic Containers, Oakham; Rutland Dispensary;  
Adam Lowe; All Saints', Oakham.

### **Rutland Reminders sessions:**

At "Brambles", Rutland Care Village, Oakham, from March to July and September to December, on the first and third Tuesdays, at 3.45pm.

### **To make a donation:**

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