

Rutland Reminders

Therapy through singing for people with dementia

Newsletter No. 6

August 2013



The Mayor's Tea Dance for Rutland Reminders

Honorary Helpers:

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

Our current sponsors:

Jean Adderley; Adam Lowe; A.M. Thompson; Jim Weir;
All Saints PCC, Oakham; Uppingham Mothers Union; The Rutland Trust;
Rutland Lions, Oakham; The Rutland Dispensary; Mrs Jean Beasley.

Rutland Reminders sessions:

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

Our new Pin Badge, kindly donated by Adam Lowe.

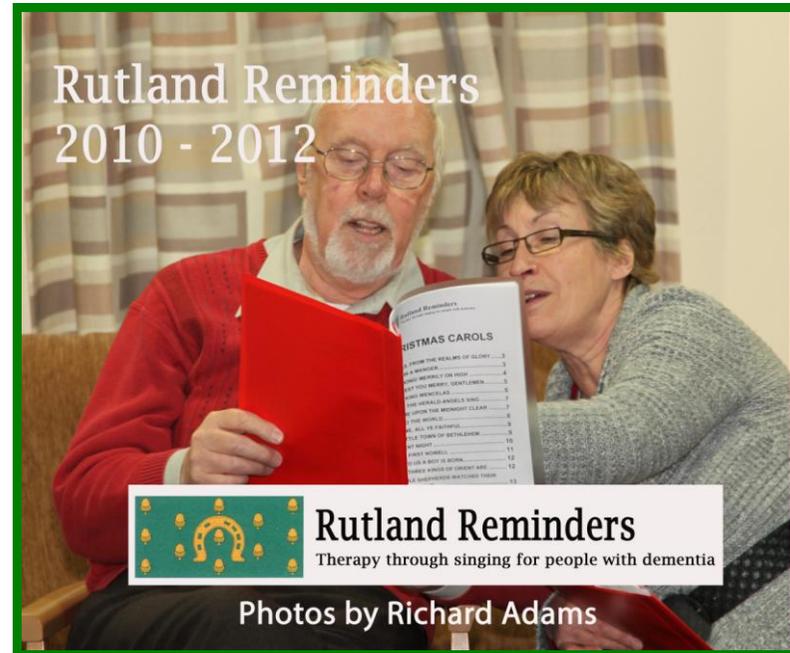
Available from Oakham Town Council, Victoria Hall,
High Street, Oakham Ph 01572 723627
Suggested donation £2 each.



To make a donation:

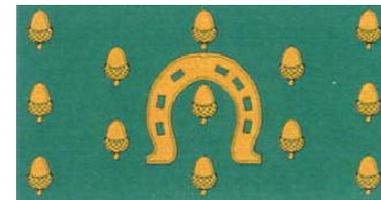
Rutland Reminders, 12 St Albans Close, Oakham, Rutland, LE15 6EW

Rutland Reminders
2010 - 2012



Photos by Richard Adams

Our new Photo Album



email: rutlandreminders@yahoo.co.uk

www.rutlandreminders.org.uk

Registered charity No. XT 36890

Reviewing our first three years

Now Rutland Reminders has completed its third year, it seems a good time to consider what has been achieved since Charles Lawrence started it in February 2010. Research has shown that singing songs from their younger days can help people with dementia to revive memories of past times. This was the incentive for setting up a group to offer guests with dementia and their carers an opportunity to meet together, in a pleasant social environment, to sing old songs and chat over tea. Over the next six months a Management Committee was set up; a Constitution agreed; a Song Book assembled with guidance from the session Leaders; and Volunteers were recruited and trained. Prime Life kindly offered “Brambles”, the social centre of Rutland Care Village, as our venue. Reaching potential clients and their carers from across the county proved to be a challenge; nevertheless, the first session of Rutland Reminders was held in September 2010.

Year two saw an expansion in our activities. A website was set up and is regularly up-dated. Sessions on the third Tuesday of the month took off. Five of our volunteers suggested that they might visit each of the three Residential Homes in Rutland caring for clients with dementia. These “Outreach” visits immediately became another regular monthly event on second Tuesdays.

In our third year we gained charitable status: Regd. No. XT 36890. The number of guests with dementia has risen. Our resources are increasing: a Library of books and pamphlets; a “Memory Box” containing “old” money, a ration book, etc; an Album of photos taken during sessions at “Brambles” by Richard Adams. A photo-montage from the album will be on permanent display in “Brambles”.

The role of the Organisers

The success of the sessions is due to the support of the volunteers and the leaders of the singing, but the Organisers have a more complex role. Diana Ellard, one of four Trustees of Rutland Reminders, manages the registers of guests and carers and the induction programme for volunteers. She liaises with carers and volunteers before each session and is the “meeter and greeter” at the session on the first Tuesday sessions. Julia Naylor has a similar role for the sessions on the third Tuesday. They are supported by assistant organisers, Joan Palframan and Pam Houlden. Joan gave a light-hearted outline of the session-based activity at our fourth AGM in June 2013:

The Organiser’s Report

An organiser there has to be
Yet it seems the team’s more important to me.
The organiser takes the names
But the team sits and talk and so they gain
The trust of guests and carers, who come
To sing and chat and have some fun.

An organiser there has to be
Yet it seems the team’s more important to me.
The organiser makes the drinks
Volunteers give them out, so get to know
What each guest likes, what songs should flow.

An organiser there has to be
Yet it seems the team’s more important to me.
The organiser prepares the tea
The team clears away, and so you see
Our session is over, we finish on time
Thanks to you all. That’s the end of my rhyme!

Activities for 2013 - 2014

- We meet in Oakham from March to July and September to December, on the first and third Tuesdays, at 3.45 pm.
- The Outreach group visits three Residential Homes in rotation, on the second Tuesday of every month at 2.30 pm.
- Rutland Museum staff are preparing a selection of vintage domestic items for a “show and tell” session.
- Plans are in train for cutting a CD of the songs we sing.
- The Mayor of Oakham, Adam Lowe, has nominated Rutland Reminders as his charity for the year. He is raising the RR profile through a range of events including: a stall in the Castle grounds at the Oakham Festival; selling the distinctive RR pin badge; a Tea Dance in the Victoria Hall; the Mayor’s reception in Oakham Castle and the Civic Carol Service in All Saints Church on December 19th.
- Banners have been printed for publicising RR
- Potential volunteers are invited to join us at a session and take part in the on-going training programme.

Please pass this to anyone interested in joining us, as Carer and Guest, or as a Volunteer. Contact: Diana Ellard, ☎ 07779 413889.