



## The Rutland Reminders CD

### 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.

### 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 Pin Badge, kindly donated by Adam Lowe.

Available from Oakham Town Council, Victoria Hall,  
 39 High Street, Oakham LE15 6AH. Ph. 01572 723627.  
 Suggested donation: £2 each.



### To make a donation:

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

# Rutland Reminders

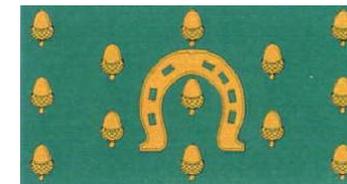
Therapy through singing for people with dementia

## Newsletter No. 7

January 2014



Singing together, December 2013



email: [rutlandreminders@yahoo.co.uk](mailto:rutlandreminders@yahoo.co.uk)

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

Registered charity No. XT 36890

## 2013 – a year of development

In December 2013 a G8 summit was held in London on the subject of Dementia. The outcome for the world was the announcement that 1 in 3 people over the age of 65 would develop some form of dementia; this was the worst threat to humanity since AIDS/HIV. For the United Kingdom an immediate outcome was the Prime Minister's announcement that funding for research into dementia is being doubled. But it is still the case that the majority of people with dementia do not have a proper diagnosis, so that treatment with drugs which can delay or slow down progress is not given. We do know that a healthy diet and exercise are important, but social activities, especially occasions where people with dementia and their carers can come together, can help. At Rutland Reminders in our sessions of songs and poems from years gone by, guests often surprise their carers - and themselves - by recalling events from their past that had long been forgotten. Memories can be re-visited over tea and carers have time to share experiences and exchange information and advice.

Rutland Reminders, a registered charity, has now been in existence for four years. 2013 has provided us with new opportunities but there is still a major challenge:

### The opportunities:

- Raising our profile: (1) Councillor Adam Lowe adopted Rutland Reminders as his charity during his year of office as Mayor of Oakham 2013-2014. Our banners and pin badges in the shape of our logo, sponsored by Councillor Lowe, have been displayed at a Band Concert in Cutts Close; in the Castle Grounds during the Oakham Festival; at two Tea Dances in the Victoria Hall; and at the Civic Carol Service in All Saints Church.
- Raising our profile: (2) a CD of some of the songs we regularly sing in our sessions at Brambles has been generously sponsored by Rutland Lions. Copies will be given to the care homes visited by the Outreach group and to potential guests and are available, for a small donation, to anyone interested in supporting us. Our guests at Brambles received copies at the annual Christmas Party in December. On a very jolly occasion the carols and Christmas songs we sang were recorded, preparing for the possible cutting of a second disc.
- In September, Emma Warren, from Rutland County Museum, brought a variety of domestic memorabilia from the 1950s, for a brief "show and tell" interlude. "My mum had one of those", "We used to play that in the playground" were some of the many comments from guests, carers and volunteers. A return visit is planned for 2014.. Our "Memory Box",

containing items which can act as reminders – "old money", programmes, postcards, even a ration book etc. - is also available for guests to look through, along with our photo albums, at every session.

- In November our chairman, Charles Lawrence, received an 'Inspired in Rutland' award from the Red Cross, on behalf of Rutland Reminders, for service to the community.
- Our website has been expanded: it is not just a fund of information about Rutland Reminders as it shows many interesting and attractive features of Rutland. The Latest News page is regularly updated and return visits will always show something new: do visit [www.rutlandreminders.org.uk](http://www.rutlandreminders.org.uk).

### The challenge:

The population of Rutland is currently about 38,000.

We currently have some 50 guests with dementia coming to our sessions and we also visit the three care homes in the county who have provision for residents with dementia. However, National guidelines estimate that there are probably over 500 residents of Rutland who have dementia: their condition may have been recognized, but a minority have been given a clinical diagnosis. Our aim is to offer support to them and to their carers.

### 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. Recent sessions have been well attended but we always welcome new guests with dementia in Rutland.
- The Outreach group visits three Residential Homes, in rotation, on the second Tuesday of every month at 2.30 pm.
- We welcome anyone considering becoming a volunteer. Potential volunteers are invited to observe a session and take part in the on-going training programme described in the Volunteers page of our website.
- We look forward to a stall in the Market Square in Spring 2014 when our CD and pin badges will be available.
- We were pleased to receive an invitation for two of our senior Volunteers to attend a Garden Party at Buckingham Palace this summer.
- Full details of all our activities can be found on the Calendar page of our website: [www.rutlandreminders.org.uk](http://www.rutlandreminders.org.uk).

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