



**Our fifth AGM in June with the Chairman, Charles Lawrence; Speaker on 'Neurosurgery and Dementia', Farhad Afshar; Sponsor for 2013-4 Councillor Adam Lowe; and Rutland Reminders Treasurer John Allman. Photo by Rutland Times/Alan Walters.**

**Honorary Helpers**

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

**Our current sponsors:**

Jean Adderley; Adam Lowe; A.M. Thompson; Jim Weir;  
 All Saints PCC, Oakham; The Rutland Trust;  
 Rutland Lions, Oakham; The Rutland Dispensary;  
 Langham WI.

**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.

**Outreach sessions:** held on the second Tuesday of every month.

**To make a donation:** Rutland Reminders, 12 St Albans Close, Oakham, LE15 6EW.



**Rutland Reminders**

Therapy through singing for people with dementia

Registered Charity No. XT 36890 [www.rutlandreminders.org.uk](http://www.rutlandreminders.org.uk)

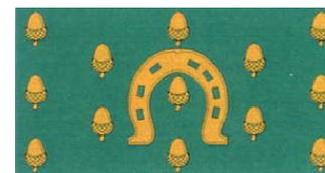


**Newsletter No. 8**

August 2014



**Our annual strawberry tea in July**



**'Multum in Parvo'**

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

### What's the Problem?

In 2010, when Rutland Reminders began offering support to people suffering with dementia and their carers, the 'D' word, dementia, had replaced the 'C' word, cancer, as something not mentioned. Now, in 2014, dementia is recognised as the world's biggest healthcare problem, with some forty to fifty million estimated sufferers in the west alone, 820,000 of whom are in the UK, including about five hundred living in Rutland. In the next 15 years the number of sufferers is expected to double. Dementia was the subject of a G8 summit in London last December; UK **National Dementia Week** was held in June this year, to raise awareness of issues arising from the increasing number of people suffering from many forms of dementia. Although dementia is not a disease exclusive to older people, longer life expectancy is the major factor in the increase in numbers and the economic and social implications only too obvious.

### What can be done?

The government has called upon the banking industry to make funds available not only for medical research but also for practical support for people with dementia, such as 'buddy' schemes. The recent news of protein markers in the blood that can identify Alzheimer's Disease before the worst symptoms appear is hopeful. Researchers have said that early diagnosis may be possible in two years, but there is still no cure in sight. Companies, especially in the retail sector, are introducing training programmes for staff, to enable them to recognise and assist customers who may be having difficulties. Repeated buying of quantities of a single item, such as food (tinned peaches, blocks of jelly or other items which could have been childhood favourites), have been signalled as an indicator and is a typical example of the sad fact that although short term memory loss happens, memories and habits from many years ago are more 'real'.

### What does Rutland Reminders Do?

- Rutland Reminders was in the forefront of this raising of awareness for Rutlanders with dementia; our volunteers who support the guests and carers attending our bi-monthly sessions have a professionally led training programme, which is regularly updated.
- We have concentrated on raising the profile of Rutland Reminders this year, with the aim of reaching more guests and carers who might enjoy our sessions. We are grateful to Councillor Adam Lowe, Mayor of Oakham for 2013-14, who adopted Rutland Reminders as his charity for his year of office. In addition to the tea dances sponsored by Councillor Lowe, our banners and the pin badges he donated were on display at the Civic Carol Service in December, at events in Cutts Close and at our stall in Oakham's Market Square on Saturday, April 12<sup>th</sup>. Here we played the CD, 'Music for You: Rutland Reminders Sings', sponsored by Rutland Lions, which was recorded at two of our Autumn sessions in 2013. We have now been sponsored by Langham and District W. I. for 2014-5.

- Our chairman, Charles Lawrence featured in interviews on Rutland Radio and the Melton Eye during which tracks from our CD were played.
- At our sessions we sing songs from music hall to pop, rhymes and action songs learnt at school, scouts and guides and even hymns and choruses from Sunday School. We always have a theme linked to the seasons, or a special occasion such as Valentines Day. In July we have a special strawberry tea: see the cover photo. This year we sang songs commemorating the First World War. We always respond to requests for personal favourites, so Vera Lynn's 'We'll Meet Again' was not out of place. Everyone joined in enthusiastically; guests who often sat quietly were caught up in the singing and waving Union Jack favours as we ended with 'There'll always be an England'.
- The Outreach Group visits three Residential Homes in Rutland where sufferers from dementia are cared for, in rotation on the second Tuesday of every month. They are welcomed by residents and their visitors: the hour long sessions often overrun because the residents are so involved in the activities.
- Our Box of Reminders is filling up: a Ration Book, a 1950's milk bottle showing the name of the local dairy, or the collection of 'old' pre-decimal money can prompt guests and carers to recall incidents from the past. We welcome items which might jog memories of earlier times like schooldays, holidays, and hobbies.
- In September, Emma Warren from Rutland County Museum is making a return visit, bringing items of domestic memorabilia from the Museum's collection. Who knows what memories they will bring back?
- At our 5<sup>th</sup> AGM in June Farhad Afshar, Consultant Neurosurgeon, came from London to speak on 'Neurosurgery and Dementia': see the photograph.

### A Pat on the Back

- In recognition of the contribution Rutland Reminders is making to the community, our Chairman received an 'Inspired in Rutland' award from the Red Cross and two of our volunteers represented Rutland Reminders at a Garden Party at Buckingham Palace.
- Rutland Reminders enters its fifth year in September. We meet at 3.45pm at "Brambles" the social centre in Rutland Care Village, Oakham, from September to December and from March to July, on the first and third Tuesdays. We welcome new guests and carers.
- Our website: [www.rutlandreminders.org.uk](http://www.rutlandreminders.org.uk) is regularly updated, giving information on the activities over the past four years and copies of past Newsletters can be found.

**Please pass this on to anyone interested in joining us, as carer and guest or volunteer. Contact: Diana Ellard, telephone 07779 413889.**