



**Rutland Reminders Christmas Party Panorama
December 2014**

Honorary Helpers:

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

Our current donors:

Jean Adderley; Adam Lowe; Auriol M Thompson; Jim Weir;
All Saints PCC, Oakham; The Rutland Trust;
Rutland Lions, Oakham; The Rutland Dispensary;
Langham and District WI; Lands' End;
Oakham Cooperative Society; Tesco, 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 3.45 pm.

Outreach sessions: held on the second Tuesday of every month

To make a donation:

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

Thank you!



Rutland Reminders

Therapy through singing for people with dementia

Registered Charity No. XT 36890 www.rutlandreminders.org.uk



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email: rutlandreminders@yahoo.co.uk
www.rutlandreminders.org.uk

What's the Problem?

On December 16th 2014, Dame Joan Bakewell presented a programme on BBC Radio 4 entitled 'Suppose I Lost It', in which she explored current approaches to dementia, the world's fastest growing healthcare problem. Her conclusions were: we all need coping mechanisms throughout life; we become more forgetful in old age; learning new skills is more difficult; alerting others to your problems is most important and social contacts can be a lifeline.

What can be done?

We need to become a pro-active, dementia friendly society. 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 have become only too obvious. A frequent reason given for inaction is: "If there is no cure and not enough support, why bother with a diagnosis?" Is it better to know than not know, if it enables you to plan for the future?

Cognitive Therapy sessions, held at Memory Clinics can play a key role in supporting people with dementia and their carers, A series of sessions including a programme of exercises focussing on different areas of the brain, led by therapists, combined with group discussions on new challenges and their implications for everyday life are most useful when early referral is made. Many more are needed if the necessary psychological and social support is to reach all who would benefit as early as possible.

Community organisations across the UK are offering awareness training to local services and businesses, from bus companies to banks. 'Forward Thinking Clubs' help with advice on planning for future care needs, introductions to new hobbies, walks on familiar and unfamiliar routes, and using visual images as 'reminders,' all of which relate to the cognitive therapy programme.

Essential to effective support for people with dementia and carers is the coordination of statutory and voluntary services. National organisations such as Age Concern and the Alzheimer's Society are well known but local groups such as Rutland Reminders aim to provide a more personal approach.

What does Rutland Reminders Do?

Since 2010 Rutland Reminders has been in the forefront of raising awareness for Rutlanders with dementia. Volunteers who support the guests and carers attending our bi-monthly sessions have a professionally led training programme, regularly updated. 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 have a theme linked to the seasons, or to a special occasion such as Valentines Day. Regular events include a visit from Emma Warren from Rutland County Museum, bringing domestic memorabilia from the collection which help to recall past experiences. At our

November sessions we recorded Christmas carols in preparation for our second CD, which guests will be given to play at home as a reminder of the times they spend with us. We are grateful to Tesco and the Cooperative Society who generously supported our Christmas party, providing gifts of fruit and chocolate for our guests.

At every session the Box of Reminders and Book of Photographs of members at sessions going back to 2010 are on hand for new and established guests.

Our volunteers continue to spread word of our activities:

- at the Rutland W.I Horseshoe Group Carol service, Sheila Brown spoke about the pleasure our guests and carers seemed to get from our sessions; the collection was for Rutland Reminders.
- Jan Collins, a member of Langham W.I, our sponsors this year, bravely took up the Ice Bucket Challenge on behalf of her father who has dementia and Sue Jones, another member, gave her speaker's fee.
- Our Chairman, Charles Lawrence speaks regularly on local radio and to a variety of local groups about our activities.
- The Outreach team continue to visit the three Rutland care homes with dementia units, in turn, every month. They feel well rewarded by their reception; the sessions often overrun as the residents become so involved in the songs.

Our Box of Reminders is filling up: a Ration Book, a 1950's milk bottle showing the name of the local Cheshire 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.

Rutland Reminders is now in its fifth year. 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.

Following the publication of the Dementia Awareness Strategy in 2010 and David Cameron's Initiative in 2012, National Dementia Awareness Week is now well established. On Friday, 15th May we will have a market stall in Uppingham and on Saturday, 23rd May, we will have a stall at the Town Pump, in Oakham Market Square to publicise Rutland Reminders. We hope to see you there.

- Our website: www.rutlandreminders.org.uk is regularly updated, giving information on the activities over the past four years and our past Newsletters.

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