



Tea Time at our Oakham Session in September 2017.

Please pass this on to anyone interested in joining us as a carer, a guest or as a volunteer who should contact: - Diana Ellard, [Tel:- 07779 413889](tel:07779413889)

If you have received the Newsletter because you have relinquished a position you used to hold, please email us your name and the name and address of the person who should be the new recipient.

Honorary Helpers:

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

Our 2016-17 Donors:

Mrs J Adderley; Mrs M G Bretten; Mr and Mrs K Walker; Col J Weir; All Saints' PCC, Oakham; St John's PCC, Ryhall; St Mary's PCC, Clipsham; St Peter & St Paul's PCC, Preston; Lands' End Giving and Sharing (Mrs N Blevins-Twose and Ms S Tilley), nominated by Ms W Saunders; Pryke Hygiene; Rutland County Council through Mrs M Hallam's Dementia Awareness Week Event; The Rutland Trust; ; Tesco, Oakham. To whom we give our warmest thanks.

To make a Donation:

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



Newsletter 14

Autumn 2017



A Carer and Guest enjoying Muffin the Mule

Email: rutlandreminders@yahoo.co.uk

Rutland Reminders Sessions: At 'Brambles', Rutland Care Village, 1 Huntsman's Drive, Oakham, LE15 6RP from September to December and from March to July on the third Tuesday each month at 3.30 p.m.

Rutland Reminders Outreach Sessions: On the second Tuesday each month at 2.00 p.m. at Aberdeen House, 20 Stockerston Road, Uppingham, LE15 9UD. Guests from the villages will be most welcome.

For all sessions please phone Diana Ellard on 07779 413889

*Our website: www.rutlandreminders.org.uk is regularly updated, giving information on the activities over the past seven years together with copies of past Newsletters.

What's the Problem?

Dementia is the world's fastest growing healthcare problem and the medical, social and economic implications of this continue to emerge.

What's New?

Studies reported at the Alzheimer's Association International Conference in July showed that people who adhered to the MIND* diet were up to 35 per cent less likely to develop dementia. The diet involves using olive oil each day, eating beans or other legumes every other day, poultry and berries at least twice and fish once each week. It also relies on avoiding red meat, butter, margarine, cheese, pastries, sweets and fried or fast food. Other studies suggest that staying physically, mentally and socially active reduced the risk of dementia and tackling crosswords and puzzles every day can help keep the mind 10 years younger. [*The MIND diet combines the so called Mediterranean diet with DASH, which stands for Dietary Approaches to Stop Hypertension, which was designed to improve heart health.]

What does Rutland Reminders Do?

Rutland Reminders, provides therapy through singing for people with dementia. The basis of this activity is that people with dementia forget many things but can almost always remember, and gain much pleasure from singing songs they sang years ago. Encouragingly, research published in 2015 confirmed that music has power to reach down into people's memory and can reconnect them with the person they were before they became unwell. So, together with their carers and volunteers, we sing old popular songs and action songs that they learned when they were young.

Monthly sessions are held in Oakham and Uppingham where guests and carers are welcomed by volunteers for the singing, poetry and afternoon tea, so the activity also provides a social element which the research above suggests is beneficial. The volunteers are given regularly updated professionally-led training. A small library of books on dementia is available for loan and a 'box of reminders' containing items from the past, and books of photographs of members at earlier sessions are on hand for perusal. Each year Emma Warren from the County Museum brings along memorabilia from the collection which encourages reminiscences: see the photo on page 1.

How do our Carers and Volunteers Help?

A major characteristic of dementia is a failing memory. In advanced stages this can amount to a total loss of both long-term and short-term memory which can induce a lack

of confidence, timidity, or even fear, in the sufferer. Interacting with him or her requires tact and patience. Here is some of the advice we give to our volunteers:-

Greet the guest with their name. Be kind, loving and respectful. Be cheerful, patient and reassuring. Be a good listener and use a calm voice and warm tone. Keep eye contact and smile. A comfortable ambience is best; try to avoid distractions. Be compassionate – allow time for comprehension. Go along with their delusions and misstatements – don't be judgemental or criticize. Try to avoid questions. If you **do** ask a question, an open-ended question is preferable because there is no right or wrong answer. Don't ask if they remember something. Let the person save face – don't tell them they are wrong or argue or insist, simply agree with them, distract them or change the subject. Practice 100% forgiveness – accept the blame when something's wrong. Don't take anything personally.

Items of Note since the Spring Newsletter 2017.

*Our website www.rutlandreminders.org.uk is regularly updated and shares our news beyond Rutland with both Facebook: www.facebook.com/rutlandreminders and Twitter: www.twitter.com/rutlandreminders. Lisa Batty, our Publicity Officer, is still keeping us all up-to-date. Do visit us!

*After some seven years stalwart service from the incumbents we need to appoint a new Minutes Secretary and a new Session Organiser. If you or someone you know would like to join us please contact our Chairman, Charles Lawrence, on charles.lawrence@rutlandreminders.org.uk

*The Donation from the Karen Ball Fund continues to provide a Transport Contingency Fund that enables us to pay for guests and their carers who are without transport to come to our sessions. If you need door-to-door transport in order to attend our sessions please contact Joan Palframan our Transport Officer (Tel 01572 787663).

*Dementia Awareness Week 2017, was our busiest yet. Stands in Uppingham Market Place and at Tesco Oakham enabled the public to chat to us. Our volunteer singers also visited Rutland Memorial Hospital to give a taster of the songs we sing at our monthly sessions and our Chairman, spoke about Rutland Reminders and Dementia Week on Rutland Radio.

*Our new songbook, featuring over 140 songs, is proving to be popular with our singers.