



Santa at the 2017 Christmas Party

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 recipient.

**Honorary Helpers:**

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

**Our 2018 Donors to date:**

Mrs J Adderley; St Peter & St Paul's PCC, Preston; Kevin O'Brien; The Rutland Trust.



**Newsletter 15**

**Spring 2018**



The contents of our Box of Memories

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

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

**Oakham Sessions:** At 'Brambles', Rutland Care Village, 1 Huntsman's Drive, Oakham, LE15 6RP from March on the third Tuesday each month at 10.30 a.m. The dates are 20 March, 17 April, 15 May, 19 June and 17 July.

**Uppingham Outreach Sessions:** On the second Tuesday each month at 2.00 p.m. at Aberdeen House, 20 Stockerston Road, Uppingham, LE15 9UD. The dates are 13 March, 10 April, 8 May, 12 June, 10 July.

Guests and Carers from the villages of Rutland will be most welcome at our sessions.

For all sessions please phone Diana Ellard on 07779 413889.

## **What does Rutland Reminders Do?**

Rutland Reminders, which is approaching its 8<sup>th</sup> Anniversary, 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 used to sing 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 supporting volunteers, we sing popular songs from the past and action songs that they learned when they were young.

## **Where do we Meet?**

Monthly sessions are held in Oakham and Uppingham. At each session guests and their carers are welcomed by volunteers for the singing, and refreshments, so the activity also provides a social element which research suggests is beneficial. The supporting volunteers are given professionally-led training which is regularly updated. At the Oakham sessions a 'Box of Memories' (see the photo on page 1), containing items from the past, and albums of photographs of members at sessions going back to 2010 are on hand for perusal.

## **The Winds of Change**

As noted above there is a change to the timing of the monthly sessions in Oakham from 3.30 p.m. to 10.30 a.m. Sadly, we are soon going to see changes among some volunteers who have served Rutland Reminders so loyally and enthusiastically since its foundation. Diana Ellard has been its Organiser since inception in 2010 and has been the first point of contact with the Care Homes that have hosted us and the Guests with dementia and their Carers who have attended the sessions. She has also been a mainstay in the provision of tea and refreshments at all of the Oakham meetings. Behind the scenes, her husband Michael has also contributed much to the design and realisation of the images we have all come to associate with Rutland Reminders such as the logo, the Banners, the headed notepaper, other stationery and our badges. Diana will retire following our 2018 AGM. At the same time Doreen Furby will also leave us. She has been our Secretary since inception, and has attended

and recorded the discussions and decisions at both our Committee Meetings and AGMs. Doreen has also painstakingly kept tabs on the names and addresses of every individual and organisation that has supported us over the years, the address lists of all the recipients of the Newsletter, and she also edited the first 9 Newsletters with flare and imagination. Both Diana and Doreen will be sorely missed and Rutland Reminders would not have flourished without their extraordinary support and unstinting service. We offer them our grateful thanks and wish them a happy retirement, but hope they may perhaps come to sing with us sometimes.

## **Items of Note since the Autumn Newsletter 2017.**

- Our website [www.rutlandreminders.org.uk](http://www.rutlandreminders.org.uk) continues to share our news beyond Rutland with both Facebook: [www.facebook.com/rutlandreminders](https://www.facebook.com/rutlandreminders) and Twitter: [www.twitter.com/rutlandreminder](https://www.twitter.com/rutlandreminder). Lisa Batty, our Publicity Officer, is still keeping us all up-to-date. Do visit us!
- We are currently finalising the appointment of a new RR Administrator. She will take over at our next AGM on June 26<sup>th</sup>, 2018 and will continue to use our principal contact phone number, 07779 413889, for all enquiries about our activities.
- Rutland Reminders is run entirely by volunteers and we need more volunteers who are prepared to give us a couple of hours each month to assist in our singing sessions in Uppingham or Oakham. All are vital in providing service to our guests. If you would consider joining our teams, please contact Charles Lawrence.
- The Donation from the Karen Ball Fund in March 2015 is continuing to provide a Transport Contingency Fund that enables us to pay for guests with dementia and their carers who are without transport to come to and from our sessions in Oakham or Uppingham. If you need door-to-door transport in order to attend our sessions please contact Joan Palframan our Transport Officer (Tel 01572 787663).
- A new escort service provided by our volunteers at our Oakham Sessions collects guests from the various residential units at the Rutland Care Village and brings them along to our sessions at the Brambles Day Centre.