



Why Becky stepped out for Alzheimer's Support

Page 4



Smarties for every reader

Page 5



Ipads make their debut at Sidmouth club

Page 7



Volunteer fundraisers Beryl Gover and Grace Tombs. Picture: Gazette & Herald

Fundraisers discover the power of the press

Takings doubled and five new volunteers were recruited after Alzheimer's Support's bric-a-brac sales were featured in the Devizes Gazette and Herald.

The newspaper picked up the story after learning that the fundraising group had built up a stock of more than 2,000 books.

Sale organiser Janet Dore said: "People buy them, read them, then bring them back to sell again. It's great for us because we can make more money, but we need more help to manage the sales.

"Now it looks as though we have got the help we need."

Comic Relief boost for early diagnosis campaign



Alzheimer's Support has been awarded £80,000 to help boost diagnosis rates in East and West Wiltshire.

The money from Comic Relief will last for three years and fund a campaign to raise awareness of the importance of receiving a diagnosis and treatment for dementia.

The first year will involve researching the barriers to diagnosis before designing a project that will involve volunteers working to empower those suspected to be in the early stages of the illness. There will also be a media campaign to raise awareness.

Alzheimer's Support has been calling for more awareness and better memory services for many

months. In March a report showed that just 31 per cent of people with dementia in Wiltshire had a diagnosis, with 69 per cent not knowing officially what was wrong with them.

Principal Manager Anna Littlechild said: "We are absolutely delighted to have received this funding.

"An early diagnosis makes such a difference to how people live with dementia and now we have the opportunity to help people achieve that.

"Instead of just calling for improved services, which we have been doing for some time now, we will be able to get out and really support people."

● **GPs to take the lead in diagnosing dementia p10**

Inside

<i>New projects and people</i>	2-3
<i>Fundraising news</i>	4-5
<i>Services news</i>	6-7
<i>Mainly for carers</i>	8-9
<i>Local initiatives</i>	10-11
<i>Diary dates</i>	12

Alzheimer's Support exists to enhance the well-being of families with dementia throughout East and West Wiltshire.

We have offices in Trowbridge and Devizes where clients and members of the public can get advice and information on all aspects of the illness.

We run activity-based day clubs, a home and community support service where a specialist worker takes over caring duties for a time, and a range of support for carers.

Contact us on:
01225 776481 (Trowbridge)
01380 739055 (Devizes)
or visit our website:
www.alzheimerswiltshire.org.uk



remembering those who can't remember

Tim tells AGM of his life as a carer

Carer Tim Mason sparked many nods of recognition as he described life as a carer at Alzheimer's Support's AGM.

Tim and his wife live with his mother Esther who has mixed dementia, and also cared for his father, who died of Alzheimer's disease last year.

He stressed the importance of routines which work well for Esther, including getting up and going to bed at the same time, eating together as a family and structured activities, including Singing for the



Brain®, Polebarn and Oasis clubs. "I would struggle to exist without Alzheimer's Support," he said.

He was thanked by AS Principal Manager, Anna Littlechild, pictured above.

Saturday opening for popular day club

Polebarn House day club in Trowbridge is to open on Saturdays from April after winning funding from the National Lottery.

The extra hours are a long cherished dream for manager Jenny Mayne, who has wanted to extend the club for many years.

She said: "We have so many people on our waiting list that this will really help to get people into the club.

"We are going to run two half day sessions for new members, and the idea is that we will get to know people on a Saturday and then offer them a whole day place as they become available. We will be able to match people really well as we will have got to know their needs and preferences."

Polebarn Club meets in a semi-detached house in Polebarn Gardens and has just six members at a time.



WELCOME to our Winter newsletter.

Reading through, it seems as if we are awash with money from various grants and foundations, and it is true that our fundraiser Lesley Crawford has been incredibly successful in finding new sources of income. However, we are still very much in need of funds to maintain and develop our services for people with dementia and their carers.

With this in mind we hope you enjoy your free gift of Smarties. And after you've eaten the chocolate, we would be so grateful if you could save the tube, and return it (with some coins inside!) as part of our winter fundraiser.

If you are online, please take a look at our redesigned website and do let us know if you have any suggestions for items we could include.

With all good wishes for Christmas and the New Year,
Stephany



We'll miss you so much Barbara

Barbara Rodger, a great friend to many people with dementia, has retired from her varied role with Alzheimer's Support.

Barbara worked for the charity for more than ten years after a career as a community nursing sister.

She was a support worker in the Warminster and Westbury area and deputy manager for the Oasis Saturday day club.

When the Sidmouth Club started three years ago she added that to her list of duties, bringing her warm approach and wonderful people skills to Devizes.

In addition to her paid roles, Barbara volunteered at the monthly Alzheimer café in Westbury, helping with refreshments and providing a friendly welcome to guests. She has also always been willing to bake cakes and help out at fundraising events.

Services manager Gill Frere-Smith said: "Barbara has been a tremendous asset to the organisation. She has always been enthusiastic and goes out of her way to ensure that people have a good day at our clubs. She will be sorely missed and we wish her all the best for the future."

- Alzheimer's Support is also saying a fond farewell to Devizes support worker John von Etdorf who is moving to live in France with his family.

His mother Audrey, a member at Sidmouth Club, will also be moving to France and will be missed at the club.



Barbara at the awards evening in July
Left: John von Etdorf.

Website goes live for news, information and much more

Alzheimer's Support's new website goes live this month.

The site replaces our existing site and aims to be much more user friendly, clear and up to date.

There are pages on all our services, a section on Living with Dementia and links to Wiltshire Council services and Carer Support Wiltshire (among others).

People will be able to pay their invoices online for the first time and will be able to join a Facebook forum to share experiences. You will also be able to read this newsletter online, download information leaflets and find out details about upcoming events.

The site also contains information for people who may not need our services themselves, but who may wish to support our work through fundraising and volunteering. It also has information on services offered by the Alzheimer's Society in North and South Wiltshire.

Stephany Bardzil, who has been working with website designers to create the new look said: "The new website will raise our profile as an organisation and improve access to information for many service users and their families." Do visit www.alzheimerswiltshire.org.uk



Singing for the Brain® comes to Westbury

Our fourth Singing for the Brain group is due to start near Westbury after Easter.

The group is planned for Tuesday mornings and will be led by the same team — singing teacher Caroline Radcliffe and organiser Kim Self — as our Bradford on Avon group.

Our Singing for the Brain groups are funded by Wiltshire Council and free to participants. They also meet at Rowde near Devizes and Lockeridge near Marlborough.

To find out more or to join a group as a participant or a volunteer contact 01225 776481.

Well done Janet!

Trustee and tireless fundraiser Janet Dore was named runner up Volunteer of the Year in Wiltshire's Voluntary Sector Awards.

Alzheimer's Support's computer club was runner up in the category Improving Lives of Carers.

Couple choose us as charity of the year

A husband and wife from Warminster both chose Alzheimer's Support as charity of the year for their respective groups.

Zella Mossman put forward the charity when she was ladies captain of West Wilts Golf Club.

Last month she handed over a cheque for £1,034 to support worker Wendy Bond, (pictured below on the right).



Zella said: "We know of several people who are affected so as a club we wanted to do something to help."

Meanwhile, Zella's husband David Mossman, pictured right, handed over a cheque for £815 to services manager Gill Frere-Smith on behalf of Warminster Freemasons.



Mr Mossman, who is Worshipful Master of the Wyvern Masonic Lodge, said: "We are very pleased to support local charities as a local lodge."

Devizes Floral Arts Group and Keevil village have also chosen Alzheimer's Support as their favoured charity.

Fundraising manager Lesley Crawford said: "We are so grateful to groups who choose us in this way. We can give talks and information to any group who decides to do this."

New Christmas card designs

Don't forget to order your Alzheimer's Support Christmas cards.

The cards are priced at £3.50 for 10, and we receive £2 for every pack.

To order yours, please call into Park House or Sidmouth Street, or order online at www.alzheimerswiltshire.org.uk

Turn your old stamps ink cartridges and phones into cash

Do you have old stamps, post-cards, ink cartridges or mobile phones at home?

If so, they could be put to good use earning money for Alzheimer's Support.

All these items have a recycling value and if we can collect enough we can convert your unwanted items into much needed funds.

The scheme is the brainchild of Alzheimer's Support trustee Harry Theobald, pictured right.

Lesley Crawford said: "Harry has worked very hard on this. He has identified a company



which will pay up to £30 for a mobile phone and £5 for printer/inkjet cartridges, for example.

"There will be a collecting box for donations in each office."

Coffee morning breaks its own record

The annual festive coffee morning at Joan van Rhysen's home in Steeple Ashton raised a record £550.

Thanks to everyone who came along and special thanks to Joan and all those who provided cakes.

Be a Smartie and help our latest fundraising drive

If you have received your newsletter by post you may also have received a tube of Smarties.

Yes, it is to say thank you for using our services. But as you may suspect there is a sting in the tail.

We are asking everyone who receives the Smarties so re-fill the tube with £1 or 20p coins and return it to us by Valentine's Day in February.

Lesley said: "You can fill up your tube anyway you like. Perhaps put in a couple of coins a week between now and February 14. Or ask friends and family to contribute. Or you may want to do

a sponsored event and ask people to give £1 in the tube instead of formal sponsorship.

"Perhaps you could get grandchildren involved! However you do it, we will be very happy with the results, and even partly filled tubes will be very welcome."

If you would like extra tubes of Smarties to give to others on our behalf, please call in to our offices in Park House, 1 Park Road, Trowbridge or 5 Sidmouth Street, Devizes.



Rank Foundation throws a lifeline to Sidmouth Club

The Rank Foundation, the charitable arm of the film making giant, has awarded £75,000 to Sidmouth Club in Devizes.

The money is to help meet running costs of the club for the next three years.

Fundraising manager Lesley Crawford said: "We are delighted to secure these funds from Rank.

"The £25,000 we will receive each year for the next three years plugs the club's annual deficit.

"This in turn will allow us to continue to fundraise for our ultimate goal which is to be able to open the Sidmouth Club for an extra day each week."

"The grant making process is very strict and it is a real tribute to Grant and everyone at the club that we impressed Rank and were successful in our bid for funds."

Caroline Broadhurst, Director of Community Care Projects for the Rank Foundation said: "The foundation is delighted to be able to support the work of Alzheimer's Support."



Sidmouth Club members: delighted with the grant but the ultimate goal remains to be able to open the club for more days each week

● Lesley and the fundraising team still have a long way to go to meet the £190,000 shortfall for the whole organisation by April 2012.

Lesley said: "We are on target thanks to grants like this one from Rank and thanks to the hard work of our dedicated fundraisers.

"But we have to raise a further £98,000 before April if we are to meet our fundraising goal."

Autumn market harvests £450

An autumn market at Chantry Court retirement village in Westbury raised £450.

The market featured stalls selling



produce, clothes and jewellery, as well as a raffle.

An Alzheimer's Support stand was manned by volunteers Kate Carver and Chris Pounder.

Sunday Club thanks online supporters

Thanks to everyone who backed the Sunday Club in the Natwest Community Force contest.

Unfortunately we did not receive enough votes to win the £6,000 awarded to the top three most popular projects.

However, we do want to reassure everyone that the Sunday club will continue to open as usual and will be providing care and company every Sunday into the future.

STOP PRESS

Thanks to the Ernest and Marjorie Trust Fund which gave £2,000 to our support at home service in the Warminster area.

Thank you to everyone who has helped to raise funds for us. A full list of donations is in our Annual Report.

Computer club gets a 'reboot'

ALZHEIMER'S Support's Computer Club for carers is to be rebooted in the new year — as a fortnightly drop in club where members can share tips and ideas.

The club was started last year with money from the Social Care Institute of Excellence.

Ten members attended a short basic course and those who did not have their own equipment were given laptop computers on longterm loan to practice on at home.



Computer club members featured on the front cover of SCIE's e-learning brochure

Over the summer two volunteers were recruited to offer top-up one to one sessions at Park House in Trowbridge. Thanks to support from Rebekah Scott and Chris Maple these members have increased in confidence and are coming back to share what they have learned.

Club member Lynette Hall said: "I had been meaning to find out about computers for a long time but it was hard to find the time so this was a brilliant opportunity. I found the initial course useful and the top-up sessions have been so helpful.

"Now I can find and print out the words of songs we do at Singing for the Brain. I can also find and select easy Sudoku puzzles which my husband loves doing."

Sidmouth Club sparkles for November 5

Sidmouth Club members marked Bonfire Night with sparklers in the club garden.

Club manager Grant Newton said: "It was very enjoyable for everyone and there was lots of laughter.

"A couple of members commented that they had not held a sparkler since childhood and it clearly brought back some happy memories."



Lit up: Sylvia and Sheila

Stepping in time at Melksham club

"Mum doesn't get out much and is quiet and a little shy, but this session is small and very friendly and she and Dad smile all the way through."

These are the words of carer Hayley Southgate, who accompanies her parents Pat and Joe to Alzheimer's Support's newest service, Movement for the Mind.

Members of the monthly physical activity club have tried creative dance, chair fitness routines and actions to music in their first few sessions.

Activities arranged for next year include Tai Chi, more creative dance and country walks in the spring.

The group is for people with dementia together with a family carer.

Each session is led by a specialist practitioner and supported by volunteers.

It is also attended by care-coordinator Anna Spear who is on hand to provide specialist advice and signposting.

Movement for the Mind is funded for a year by Melksham Rotary and the Area Board.

To join, contact 01225 776481.



Day club members discover the wonders of Ipad technology

REMINISCENCE work has taken on a new dimension at Sidmouth and Polebarn clubs thanks to new technology.

Each club now has its own Ipad, thanks to a grant from Get Connected.

Grant Newton, manager of the Sidmouth Club, said: "The best thing about the Ipads is they don't look like computers, with lots of buttons to press. Using a touchscreen seems to come naturally to people. It just looks like a picture frame and people don't question how it works."

He said the equipment was great for reminiscence work with individuals.

"We can go on Google Street-View and find images of where someone was born. Even if we can't find the actual house they usually recognise the village pub, or the church where they got married.

"We have one gentleman who used to write books so we looked him up on the Amazon website and he was astonished to find his books all there, with reviews too."

Another member who had served in the WRAF during the Second World War enjoyed looking up pictures of WRAF uniforms of the times. And she was thrilled to find a 1940s photo of her husband in his Spitfire pilot's uniform.

The Ipads are also useful for finding information and pictures to support current hobbies and interests, favourite music and television programmes from the past.

Get Connected also provided funds for a laptop for each club, as well as laptops for the Carers' Computer Club, which is featured on page 6.



The past at their fingertips: Carol Gazzard with Jack Endersby (top), Peter Dearling and Joe Mortimer

Staff at Sidmouth Club had never found out much about 95-year-old Jack Endersby's early life, other than that he was from Leeds.

All that changed one day when he was looking at the Ipad with a volunteer.

"They started looking at general shots of Leeds," said Grant. "Jack saw places that were familiar to him and soon found the area where he lived as a child.

"He saw his old street and remembered the number so we found the house. Then he found another street where he had lived.

"The Ipad works brilliantly in a situation like that because it is so immediate and so visual."

Oh, we do like to be beside the seaside!



Polebarn members, carers and staff enjoyed fine weather on a trip to Weymouth in September.



Club manager Jenny Mayne said: "We had a lovely day with the sun shining and I paddled in the sea. Letters and cards have arrived in abundance thanking us for the lovely time."

In October club members continued to make the most of the fine weather with a picnic in Trowbridge Park, a heritage walk and gardening.

Indoors, they have been baking and taking part in arts and crafts sessions.

It's Panto time

Staff at Polebarn are gearing up for their New Year Pantomime.

Everyone who attends the club and their carers are invited to the Park Club on Thursday January 12 for the show, which is loosely based on Roald Dahl's Revolting Rhymes.

Manager Jenny Mayne said: "Everyone is so busy before Christmas so we thought we would do this in the New Year. We've been coming up with sketches. It's not to be missed."

Book Reviews

We are updating our library of books at Park House and have several 'new' titles now available to borrow. Some are newly published, others are better-known publications. Do come in for a browse.

Let us know if you would like to borrow a book from our Devizes office and we will make sure it is available there.

If you would like to recommend a book that has been particularly helpful to you as a carer or person with dementia, please let us know.



Alzheimer's Disease and other Dementias.
**Dr Nori James and
Dr James Warner**

An excellent concise guide written by doctors. Chapters include What is Dementia, Symptoms, Treatments, Getting Help, Living with Dementia and Future Prospects. There are useful addresses and space for your notes.



The Selfish Pig's Guide to Caring.
Hugh Marriott

Don't be put off by the title! Carers adore this book first published in 2003. The author says it contains 'everything I wish I'd been told when I became a carer' and is shot through with compassion and humour.



And Still the Music Plays
Graham Stokes

Dr Stokes uses the power of storytelling to give insight into how dementia affects everyone in a different way, and how personality can shine through whatever the circumstances.



Keeping Busy, a handbook of Activities for Persons with Dementia.
James R Dowling

First published in 1995 and based on the good practices of a care home in America. However it is full of great tips and ideas for that can be adapted for everyday life.

Carers urged to add 'ICE' to phone

You may have already heard of ICE, which stands for In Case of Emergency. You may already have added it alongside an emergency contact name in your mobile phone.

If not, it is a great idea to add it, so that anyone finding your phone in an emergency situation knows who to phone first to let them know something has happened.

The idea was dreamed up by a paramedic and many thousands of people have taken it up across the country.

Book your place on carers course

Family carers are invited to take part in a free six-week training course on different aspects of caring for someone with dementia.

The aim of the course run by Alzheimer's Support is to give carers good quality information about the nature of dementia, its likely progression and where to go for support and help.

At the end of the six sessions participants should be better equipped to deal with practical, everyday problems and also feel more able to cope with the emotional impact of caring.

The speakers will all be specialists in their field and include clinical psychologists, solicitors and professional trainers. There will be plenty of time for questions and discussion, and to share experiences.

The course will be held in the Westbury area in February and March and is funded by Wiltshire Council.

The six sessions will focus on the following topics:

What is Dementia?

Ideas for Managing Problems at Home

Safer Moving and Handling

Staying Healthy — How Carers can Take Care of Themselves

The Financial and Legal Aspects of Caring

Options for the Future, including: Support in the Community, Telecare and Full Time Care

Development Manager Stephany Bardzil, said: "When we have run this course in the past we have been overwhelmed by demand from carers especially in West Wiltshire.

"People find the sessions helpful and also enjoy meeting other carers."

To book call 01225 776481.

Speech and Language therapists here to help

Speech and language therapists can be helpful for people whose dementia is making verbal communication difficult.

Referrals can be made through a GP or any other health professional. However, if you want general information or advice on how speech therapy may be able to help, do get in touch direct.

If you live in Trowbridge, Bradford on Avon or Melksham contact Sam Dicks on 01225 711461. If you live in Devizes call Melanie Houston on the same number.

If you live in the Marlborough or Pewsey areas call Esther Bradbury at Chippenham Hospital on 01249 456418. If you live in Westbury or Warminster contact Amanda Booth at Warminster Hospital on 01985 224724.

Contented Dementia 'could be more than just a dream'

Penny Garner, the founder of the Specal method of dementia care, spoke to around 30 family carers and professionals in September.

The session was organised by Alzheimer's Support after carer and trustee Alex Brooks read *Contented Dementia*, which explains the Specal approach, and felt that other carers would benefit from it.

He said: "It was great to see so many people come along. Penny gave a very compelling talk and it was hard not to be moved by it, she really brought the book to life."

He said the book had made sense to him as a carer for his mother Rosemary who has early-onset Alzheimer's.

"The book and SPECAL method seem a little strange on the face



Penny Garner, founder of the Specal approach to dementia care

Picture: Jenny Aston

of it but so much of it seemed to echo what I had observed with mum that I wanted to know more.

"I think the emphasis it places on feelings and emotions being more important than facts, and the need to accept a person with de-

mentia's reality is really helpful.

"Penny's talk showed how a person could be empowered and how 'contented' dementia could be more than just a dream."

● For more information about Specal contact www.specal.co.uk or phone 01993 822129

Becky steps out in memory of foster dad

Seventeen-year-old Becky Davis has raised £100 for Alzheimer's Support in memory of her foster father Michael Leach, who died of early onset Alzheimer's last year.

Becky, a health and social care student at Trowbridge College said she wanted to support Alzheimer's Support as it had helped her foster family when Michael was ill.

She said: "I know what it is like for people because I have seen it with my family from when I was ten years old.

"Michael was in two care homes before he died and so when I visited I saw lots of people with dementia and I know how it can be for people and how much help they need."

She said while Michael was at home she had got on well with him despite the dementia and



Fundraiser Becky Davis

had always been able to make him laugh.

"We often used to play footsie under the table and it made us both laugh. We always had fun together."

Becky raised the money by

walking with a friend from Trowbridge to Westbury and back — all on footpaths but without a map.

She said: "It was fine on the way there, but we got lost on the way back and we ended up back in Westbury. We got back to Trowbridge in the end but it took us much longer than expected."

Becky has helped Alzheimer's Support in the past.

She volunteered at an open garden fundraising event in June and raised £45 in a sponsored walk last year.

Alzheimer's Support Principal Manager Anna Littlechild said: "We were all very impressed with Becky at the open garden as she was so willing to help.

"She has seen the effects of dementia at first hand and it is greatly to her credit that she is helping others in this way."

Great design for those living with dementia

A range of products developed by researchers at the Bath Institute of Medical Engineering are now on sale to the public.

The first is a 'one-touch' Roberts Radio. It has a specially adapted top, with a large, red on-off button.



All the other functions can be preset and are invisible under the cover. It is priced at £85.

A clock/calendar with a difference, was developed with help from people with dementia here in Wiltshire.



It is based on a digital photo-frame and can be loaded with messages that are relevant to the person's needs, such as mealtime reminders. It is priced at £64.

Both items are available to buy through the Alzheimer's Society website.

The Society is also selling this colourful sensory cushion.

It includes a transparent pocket for a photograph. and is priced at £35.



To find out more go to Alzheimers.org.uk/shop or call 020 7423 3684 for a catalogue.

● **If you are living with dementia and would like to help BIME develop more products in the future, please contact 01225 824103.**

Aromatherapy could help sleep problems

People with dementia who have difficulty sleeping are invited to take part in a research project organised by Bath University.

The project is to test whether an essential oil called Melissa is an effective natural treatment for sleep disorders.

Those taking part will be visited at home and asked to put a couple of drops of Melissa oil, or a control oil, on their bedclothes for two nights.



The actiwatch to be worn during the trial

The research is supervised by Professor Roy Jones, director of RICE, the Research Institute for Care of the Elderly.

To take part or to find out more please contact Lisa Austin on 01225 386575.

GPs take the lead in diagnosing dementia

A new project to involve GPs more in diagnosing dementia is to be piloted in South Wiltshire from January.

Under the scheme people who are concerned about their memory will no longer be referred to specialist memory services but be seen at their local practice.

Family doctors, supported by a new primary care liaison service, will undertake the tests required to make a diagnosis. Only if a patient requires more specialist or specific support will they be referred on to the memory service.

The six-month pilot is being launched jointly by NHS Wiltshire, the Avon and Wiltshire Mental Health Partnership and Wiltshire Council.

It will start in five surgeries in South Wiltshire and if successful will be rolled out across the county.

Alzheimer's Support Principal Manager Anna Littlechild said the charity had mixed feelings about the scheme.

She said: "Change is necessary because people are currently waiting far too long for a diagnosis. It is true that people like to be seen by family doctors and may feel more comfortable being treated in familiar surroundings in their local surgeries.

"However we are worried about how the scheme will work in practice. Historically it hasn't worked for GPs to take the lead because they haven't had the specialist skills required to diagnose accurately, especially in the early stages when diagnosis is more difficult but in some ways more important if people are to get the support that they need.

"Giving this responsibility back to the GPs may not have the desired effect in speeding up diagnosis or getting people on the right treatment."

She welcomed the dementia awareness training sessions which will be targeted at all staff in GP surgeries across Wiltshire between January and March.

The training aims to raise awareness about dementia and provide information about how surgeries can provide the best quality care and support to people with dementia, their carers and families.

Oily fish and red wine are good (but we don't know why yet)

Oily fish, a Mediterranean diet and red berry juice are all thought to be beneficial in the fight against dementia.

However, as biochemist Dr Rob Williams told guests at the Westbury Alzheimer café, scientists have not yet been able to prove the benefits.

Dr Williams specialises in diet and dementia research at Bath University.

He said that studies of whole populations over time, known as epidemiology studies, showed that groups who consumed certain items did seem more or less likely to suffer the effects of dementia.

Studies like this have suggested benefits from foods such as dark chocolate, red wine and coffee.

It is this form of science that often leads to dramatic newspaper headlines which suggest eating chocolate, for example, can minimise the risks.

However, Dr Williams explained that before any definite links could be made, scientists have to do rigorous tests to determine which components of the food might be making the difference and how.

They then design and carry out controlled clinical trials on groups of individuals to test their theories.

To date, despite many trials across the world, none has been conclusive.

Some have even shown that things which were once thought to make a difference, such as antioxidants, in fact do not.

But he said that he would still recommend eating oily fish and a Mediterranean-style diet.

Red berry juice is still believed to be very beneficial, as is regular exercise.



Do you care for someone with dementia?



Would you both enjoy a change of scene?

The Mede Dementia Guest house at Topsham, Devon, is a well-appointed guest house with a built-in sitting service by a dementia specialist. Personal care arranged in advance on your behalf with local agencies.

Prices normally start at £100 per day per couple but Alzheimer's Support has teamed up with Wiltshire Council to offer families a free one or two-night stay at The Mede.

For more information on the facilities and local area go to www.themedesupport.org.uk
To arrange a free break contact 01225 776481.



alzheimers
support

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I would like to set up a monthly standing order

£3 £5 £10 £15 £20
(please tick)

Other amount £_____ per month

Name of bank _____

Sort Code _____

Account number _____

Please start my standing order on:

Date _____

Signature _____

Bank instructions: Please pay the above amount on the stated date to

Account name: Alzheimer's Support

Account no: 00012194

Sort Code: 40-52-40 CAF Bank

If you are a UK taxpayer, the value of your donation can be increased at no cost to you. This enables us to do more with your donation.

Gift Aid mandate (please tick)

This is to confirm that I wish Alzheimer's Support treat all donations I have made for the past six years as Gift Aid donations.

I understand that I must pay an amount of income tax or

Dates for your Diary January to April 2012

ALZHEIMER CAFÉ EAST WILTSHIRE 2pm to 3.30pm Coronation Hall, East Grafton, nr Marlborough

- Jan 9 **The Importance of Keeping Active**, with Paula Sanford, physiotherapist
 Feb 6 **Coping as a Family**, speaker tbc
 Mar 5 **Financial and Legal Aspects**, with Emma Rubython, solicitor with Goughs



ALZHEIMER CAFÉ WEST WILTSHIRE 7pm at Fullingbridge Farm, near Westbury

- Jan 12 **Sleep and Dementia**, with Lisa Austin, Bath University
 Feb 8 **What Dementia Is and What It Isn't**
 Mar 8 **What Happens to Memory and Attention**

TROWBRIDGE/BRADFORD CARERS GROUP Meets on the first Wednesday of each month for lunch and informal social support. Call Jackie Ransome on 01225 762036 for venues

EX-CARERS GROUP Meets for lunches out in the West Wilts area. Call Chris White on 01380 871020 for details

DEVIZES/MELKSHAM CARERS GROUP

Meets on the third Monday of every month. Call Anna Spear on 01380 731363 for details

KENNET CARERS GROUP

Meets on the third Thursday of each month. Call Gaynor Mapp on 01380 739055 for details



WESTBURY/WARMINSTER CARERS GROUP

Meets the fourth Friday of each month. Call Gill Frere-Smith on 01985 211888 for details

TRAINING COURSE FOR CARERS 2pm to 4pm Fullingbridge Farm, near Westbury

- Feb 16 **What is Dementia** with Dr Rik Cheston, clinical psychologist
 Feb 23 **Ideas for Managing Problems at Home** with Elizabeth Bartlett, dementia consultant and trainer
 Mar 1 **Carers Take Care of Themselves**
 Mar 8 **Safe Moving and Assisting**
 Mar 15 **Legal and Financial Aspects of Caring**
 Mar 22 **Options for the Future**

MOVEMENT FOR THE MIND

- Jan 11 **Tai Chi** with Brian Davey
 Feb 8 **Creative Dance** with Rebecca Seymour
 Mar 8 **Chair Fit** with Paula Sanford

SINGING FOR THE BRAIN®

Wiltshire Music Centre, Bradford on Avon
Rowde Village Hall, near Devizes
Kenet Valley Hall, Lockeridge

Mondays 10am to 11.30am from Jan 9
 Wednesdays 2pm to 3.30pm from Jan 4
 Thursdays 10.30am to 12 noon from Jan 5



A note about the weather...

Our day clubs may be forced to close and other events cancelled in snowy weather. Please check our website for details www.alzheimerswiltshire.org.uk

Our support workers will make every effort to come out as scheduled. If you are due a visit and it is snowing, you will be contacted by telephone if the support worker is not able to reach you.

