

# Dementia together

June/July 2019  
Alzheimer's Society's magazine

**Doctors on board**  
GPs and Dementia Connect

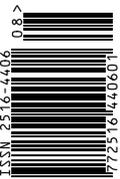
**Whole picture**  
Hospice support



**Change is possible**  
'Because of who he was'

**Also in this issue**  
Cupcake Day  
Home phones  
Time for you

**40** years  
2019



**Bang the drum**  
Denial to determination





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## Welcome

**W**e saw an amazing amount of support for the Dementia Revolution at this year's London Marathon, followed by our most high-profile and inspiring Dementia Action Week yet. It's hard to believe that Cupcake Day is almost upon us and we're already looking ahead to Memory Walk.

More and more people are uniting with us against dementia through these and other events, which is of course the point – dementia is everyone's business and we all have a role in making a difference.

This magazine is here to help you do that, whether you're a Dementia Friend, fundraiser, campaigner or affected by the condition in your everyday life. If you know someone else who could benefit from our inspiring real-life stories and ideas, make sure they know how to subscribe (see below).

**Danny Ratnaike, Magazine Editor**

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**Questions about dementia? See p38**

**This is the June/July 2019 issue of Dementia together, the magazine for all Alzheimer's Society supporters and people affected by dementia.**

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## Memory Walk is back and bigger than ever!

Unite against dementia this autumn by joining 100,000 people across 38 locations in England, Wales and Northern Ireland for Memory Walk.

Absolutely everyone is welcome at Memory Walk, whether you're a solo stroller, leading a team or bringing along a four-legged friend.

You can share stories, create memories and remember loved ones. It's all about who you walk for.

Whether you've taken part in Memory Walk before or are looking for a brand new challenge, our longer walks – Memory Walk Plus – are the perfect opportunity for people who want to go the extra mile for a world without dementia. Visit [memorywalk.org.uk](http://memorywalk.org.uk) or call 0300 330 5452 (local rate) to find out more.



## Training boost

Alzheimer's Society is giving more professionals than ever the knowledge and skills they need to better support people affected by dementia, and the CPD Certification Service has recently given our training a valuable boost.

Four of our most popular courses are now recognised as providing continuing professional development (CPD) – something that people working in health and social care are increasingly seeking opportunities for.

The accredited courses are Dementia awareness training, Responding to distressed behaviours, Improving the customer experience for people with dementia, and Supporting people with dementia in the housing sector.

See [alzheimers.org.uk/training](http://alzheimers.org.uk/training) for more information about our training and consultancy, or call 01904 929464.

## Set your oven timer – Cupcake Day is almost here!

There's still time to sign up to 'bake a difference' this Cupcake Day. The big day is on 13 June but you can host a Cupcake Day on any day and anywhere that suits you. Sign up and you'll receive a free fundraising kit, filled to the brim with exciting goodies, decorations and games to help you host a fabulous Cupcake Day.

Sign up for your free fundraising kit at [cupcakeday.org.uk](http://cupcakeday.org.uk)



## What's your legacy?

Join us at one of our legacy events to find out more about leaving a gift in your will to Alzheimer's Society. Setting up a legacy is an important decision, and our legacy events provide all the information you need about our plans to revolutionise research, care and public knowledge about dementia.

The free events, which include the opportunity to meet speakers and Society staff, are taking place at venues around Wales, Northern Ireland and England.

To find your nearest legacy event, see [alzheimers.org.uk/legacy-events](http://alzheimers.org.uk/legacy-events) or call 0333 333 0804 (local rate).



## Dementia Revolution: Marathon millions

A huge thank you to everyone who ran, donated or volunteered for the Dementia Revolution at this year's Virgin Money London Marathon. You've helped us raise over £3 million and counting towards groundbreaking dementia research.

Over 2,000 of you took on the marathon for the Dementia Revolution, the joint partnership between Alzheimer's Society and Alzheimer's Research UK that was the event's Charity of the Year. This included Harry Cullen, 63, and multi-marathon runner Malcolm Brookes, 78, who are both living with dementia.

Dame Barbara Windsor, who was diagnosed with dementia in 2014, was one of many celebrities who helped bring a huge amount of public attention to the campaign. Barbara's husband, Scott Mitchell, and EastEnders stars ran the race as Barbara's Revolutionaries.

Runners were cheered on by nearly 900 Dementia Revolution volunteers who took to the streets of London to lend their support.

The campaign is funding vital research at the UK Dementia Research Institute while helping to overthrow old attitudes about dementia.

A clip of one of our runners, Lukas Bates, struggling to cross the finish line in a Big Ben costume went viral, shared and seen by millions on social media.

He said, 'I've had two grandparents with Alzheimer's disease and I thought it would be a good way to get people to raise money. It worked out so much better than I could have hoped. It was an incredible day.'

To run in an event for Alzheimer's Society visit [alzheimers.org.uk/running](https://alzheimers.org.uk/running)

The huge number of viewers who watched Our Dementia Choir, with Society Ambassador Vicky McClure, on BBC TV shouldn't surprise any of us, as it showed so powerfully how people connect through singing together.

In our 40th year, it makes me very proud how local Alzheimer's Society groups pioneered Singing for the Brain many years ago. Today, hundreds of groups are using this model to help enrich people's lives.

Our exciting new partnership with Playlist for Life will mean that even more people benefit from the power of music. The charity has been training our staff to support carers and relatives in creating individualised playlists for people with dementia to enjoy wherever they are.

At Alzheimer's Society, everything we do is inspired by the real-life experiences of people affected by dementia. Everywhere I go, I hear about the small things that can make daily life that little bit better.

Inspiration is one thing, but turning it into reality depends on our amazing volunteers and employees, and also on everyone who donates and raises money to ensure we can fund vital services and research.

Thank you all – together, we are changing lives.

**Jeremy Hughes**  
Chief Executive Officer

## Hospital care in Wales

Alzheimer's Society is supporting people with dementia to make sure their voices are heard by politicians in Wales.

As part of an inquiry into hospital care for people with dementia, the Cross-Party Group on Dementia has been hearing people's experiences at discussion events facilitated by the Society.

At a Pontypool event, one person told Assembly Member Lynne Neagle how they had been put off by a bad experience, saying, 'It makes you not want to go into hospital – you'd rather stay at home and suffer.'

Suggestions for improvements have included more in-depth training for nurses and making sure that people affected by dementia understand their rights while in hospital. The cross-party group is expected to make recommendations for change in a report in spring 2020.



### Electrical stimulation

In a headline-grabbing study, researchers have tested whether electrical stimulation could help improve the working memory of older people. Working memory is the information that we hold in our brains for a short time while we complete a task, like doing a sum in your head.

The people who took part in this study did not have dementia – half the participants had age-related memory decline and the rest were young people without memory problems. The researchers tested their working memory skills before and after stimulation, which involved passing gentle pulses of electricity through the scalp to target two specific regions of the brain.

After stimulation, the older group showed improvements in their working memory to match the memory skills of the younger group – this lasted for almost an hour.

It is important to point out that, because no one in the study had dementia, the researchers aren't suggesting this as a potential way to treat the diseases that cause dementia. However, it does help us to understand more about how the areas of the brain work together to create memory, how this changes as we age and how it might be improved.

James Pickett, Head of Research at Alzheimer's Society, said, 'Altering and correcting the circuitry of the brain with technology is a new exciting avenue of research for dementia.'

'Deep-brain stimulation, a surgical procedure used in Parkinson's, is proof of principle that this approach may one day be fruitful for dementia.'

**Find out about our research programme at [alzheimers.org.uk/research](http://alzheimers.org.uk/research)**

### Poetry competition

See p27 to enter our Poetry competition 2019

### Northern Ireland film

A new film documenting the lives of four people with dementia in Northern Ireland is getting more people talking about the condition.

Launched at Queen's Film Theatre in Belfast, 'Our lives with dementia' captures the moving experiences of Raymond, Stephen, Jim, Jo and their families as they see their lives changed by dementia.

The film was commissioned by the Social Change Initiative, a not-for-profit organisation, and the people who appear on camera were supported by Alzheimer's Society and Dementia NI.

Bernadine McCrory, Alzheimer's Society Director in Northern Ireland, said, 'I welcome this film as a powerful and poignant portrayal of the challenges faced by people living with dementia in Northern Ireland.'

'It features people with dementia, some of whom use our services, and it highlights how poor the diagnosis process can still be for many people, particularly those living in rural settings.'

### Dementia Fund: Take a stand

Help us take a stand for people with dementia by joining our call for a Dementia Fund to be set up.

Not only do people with dementia often have to pay hundreds of thousands of pounds for their care, unlike people with other health conditions who are supported by the NHS, they also pay more for their care than people with other social care needs. The typical cost is £100,000 – an unacceptable and unfair financial burden for them and their families.

The government has promised a green paper to outline a long-term solution to the funding of social care in England. However, this has now been delayed for the fifth time.

Alzheimer's Society is calling for a £2.4 billion Dementia Fund in this year's budget to make this situation fairer for people affected by dementia. This would cover the additional social care costs that people face because of the complexity of dementia and its impact.

The Dementia Fund would enable people with dementia to access support from the point of diagnosis, and would be an essential part of maintaining their independence in the community.

It would also mean fewer people with dementia forced to go to A&E at crisis point, and better support for people to leave hospital as soon as they are well enough.

**Demand that the government takes urgent action through a dedicated Dementia Fund – visit [alzheimers.org.uk/fix-dementia-care](http://alzheimers.org.uk/fix-dementia-care)**



## Dementia Action Week: Starting conversations

This year's Dementia Action Week united people across England, Northern Ireland and Wales in starting conversations to combat the loneliness and isolation that people with dementia can experience.

A high-profile campaign included people using the hashtag #AskUsAnything on social media to share our film of children interviewing people with dementia.

Events promoting the campaign message during the week, 20–26 May, included Hackney Dementia Festival 2019 in east London. This celebrated people's involvement in arts, culture and recreation through a range of dementia-friendly activities.

An event in Salford celebrated the hard work of Dementia Friends Champions across the city and highlighted local support, while Coventry Cathedral hosted a tea dance to help people meet new friends and find out more about where to get help.

Alzheimer's Society Cymru held a large Dementia Friends session for Welsh government staff in Cardiff, and a series of events in Northern Ireland raised dementia awareness among farmers in rural communities.

Our corporate partners also got involved, including Santander, as hundreds of its staff across the country became Dementia Friends.

The Society's annual conference also took place during the week, bringing together key figures from health, social care, research and policy, and people affected by dementia to help create supportive communities for people with the condition.

The week also played host to Dining4Dementia, which saw people living with dementia volunteer to work in leading restaurants. This highlighted the fact that, with the right support and small adjustments, many people with dementia can still contribute in the workplace.

## In briefs

### Join Dementia Research

More than 40,000 people have now put themselves forward to help fight dementia through Join Dementia Research, which links people with approved research studies that they could take part in.

Join Dementia Research is a secure online database where people with dementia, carers and healthy volunteers can register their interest in participating in research.

So far, more than 12,000 volunteers have joined studies at over 250 sites through this partnership between us, the National Institute for Health Research, Alzheimer Scotland and Alzheimer's Research UK.

To find out more, please visit [www.joindementiaresearch.org.uk](http://www.joindementiaresearch.org.uk) or call 0300 222 1122 (local rate).

### Making care personal

Alzheimer's Society has joined forces with the NHS to make dementia care in England as personalised as possible, after the NHS underlined its commitment to people being fully involved in making decisions about the care and support that best suits them.

The new Dementia Choices Action Network (D-CAN), with representatives from Alzheimer's Society, NHS England and others, will look at what makes good personalised care and recommend how this can be made a reality for more people. Its work will be supported by a Lived Experience Group of people affected by dementia.

The team supporting D-CAN has already held a workshop with the 3 Nations Dementia Working Group – a network of people with dementia seeking to improve life for everyone affected by the condition in Northern Ireland, England and Wales.

# Bang the drum

After initial denial and dread about her dementia diagnosis, Sue Strachan's awareness raising now includes appearing in an upcoming TV series. **Gareth Bracken** meets a woman making a difference.

**'M**y father was always very insistent that we pronounced it "Strawn", because our family are from north of the River Tay,' explains Sue Strachan, discussing the history behind her Scottish surname.

Sue is certainly no stranger to challenging misconceptions or setting the record straight. She has dedicated herself to improving people's understanding of dementia since her diagnosis with the condition nearly five years ago.

## Amusing and emotional

Sue, 63 and originally from Surrey, lives in Herefordshire with her partner Sheila. Sue's career centred on books, including 11 years as a sales rep for publisher Ladybird.

She enjoys reading crime novels and listening to music, and she played a lot of hockey over the years. 'I was in goal, which meant I didn't run very far!' she says.

Sue describes herself as a sociable person who likes to make people laugh.

'I like to think I'm amusing and quick-witted, as well as kind and caring,' she says. 'I'm quite emotional and can be slightly grumpy from time to time.'

Sue has been with Sheila, who runs her own training consultancy, for nearly 27 years.

'We're very different and have very different interests,' says Sue. 'Sheila is much more cultured than I am. She likes history, opera and theatre – none of which I enjoy! But I think the differences have helped make the relationship work.'

## Dementia denial

Just before Christmas 2012, Sue experienced transient global amnesia (TGA), a neurological disorder that causes sudden loss of short-term memory.

'I had driven from Hereford to Surrey and stayed the night at a friend's. We'd chopped down a tree,' says Sue. 'After the TGA, I had no recollection of any of it.'

Hospital staff told Sue she'd make a full recovery but it soon became clear that she wasn't functioning as normal, including repeating herself and struggling to find the right words.

After 19 months of GP visits, appointments with clinical psychologists and a series of tests and scans, Sue was diagnosed with vascular dementia in September 2014, aged 57.

'I spent quite some time in denial, not believing they'd got



## Quick read

Sue Strachan, diagnosed with vascular dementia in 2014, has been promoting people's understanding of dementia.

Dementia has affected Sue's memory, word finding and sense of time, as well as her ability to deal with numbers.

She has delivered Dementia Friends information sessions, ran last year's London Marathon and is appearing in a TV series.

Sue hopes that the TV show will make viewers realise that people with dementia still have something to offer.



**Hear Sue's story**  
Listen to this and previous stories  
at [alzheimers.org.uk/podcast](https://alzheimers.org.uk/podcast)

it right,' she says. 'My previous experience of vascular dementia was an aggressive elderly neighbour. My father also had what was then called "senile dementia". So my stereotypical view was that dementia was old people who forget things.'

Although eventually relieved that the problem had at least been identified, Sue also felt a sense of dread.

'I didn't have the belief at the time that I could do anything positive with it,' she says.

### Dark days

Dementia affects Sue's life in many ways, such as leaving her very fatigued in the afternoon and usually needing a nap.

She says her ability to deal with numbers is now 'abysmal', and she doesn't have any concept of the value of money or passing of time. Sue has poor concentration and sense of direction, and she sometimes struggles to find a word or repeats herself.

'My confidence has taken quite a knock with the dementia,' she says. 'People would think that I'm very confident because I come across as an extrovert, but I'm not really.'

'I can often put on a good public face, which makes people question my diagnosis.'

'I do have some very dark days. Very often I will say to Sheila, "It doesn't feel like a great day today." But I could be an awful lot worse off.'

Sue has received strong support from all sides.

'My family are absolutely key and most of my friends have been fantastic,' she says.

'I don't know how I'd cope if I didn't have Sheila,' she adds. 'We call her my "carer" in a slightly



amused fashion. But she is, because there are things I can't do without her support.

'I worry much more about her than I do myself, because she'll have to live with the changes in me that I probably won't be aware of.'

Sue says that the nature of her condition means her health could deteriorate very suddenly. Although it wouldn't be the right thing for everyone, Sue's pleased her doctor has put a 'DNR' order in place for her. This says no one should try to resuscitate Sue if her heart or breathing stops, something she's in agreement with.

'The idea of being trapped inside my body and not able to communicate is terrifying, so I'm a lot happier now I have the DNR,' she says. 'I think it's important to address things now while I still can.'

### Greatest achievement

Having concluded that she can indeed do something positive, Sue has been promoting and raising funds for dementia research. She is also a Dementia Friends Champion, delivering information sessions to local organisations and businesses to raise awareness and bust myths.

'I don't tell them until the end that I have dementia. It's quite impactful,' she says.

Sue is an ambassador for the Dementia Revolution – our partnership with Alzheimer's Research UK that's charity of the year for the 2019 London Marathon. Money raised will help fund the UK Dementia Research Institute.

'I think the Dementia Revolution campaign is amazing,' she says. 'I'm passionate about research. It's possibly too late for me but not for the next generation. Researchers are making great strides – there are little things happening regularly at the UK Dementia Research Institute.'

Sue ran the marathon last year, raising thousands for dementia research.

'I needed a challenge and my GP had advised me that the only thing I could do to help my condition was to keep fit,' she says.

'I had no idea how hard the marathon would be. I still don't believe I did it! It's probably the greatest achievement of my life so far. I have a huge sense of pride.'

### Hilarious and heartbreaking

Sue also took part in a new Channel 4 programme, *The Restaurant That Makes Mistakes*, set for broadcast later this year. The five-week experiment brought a group of people with dementia together to run a restaurant, serving celebrity guests and members of the public.

The programme makers aimed to have a positive impact on how dementia is viewed. Sue admits to having had initial concerns about being involved.

'I was very worried about any possibility of it being edited to make us look like idiots,' she

says. 'But it became very clear that the TV company wanted to make sure that this programme portrayed us as we really are.'

'We've been given the opportunity to watch the episodes before they are televised and it's a very fair reflection of what happened.'

Supported by Michelin-starred chef Josh Eggleton, team members were trained to take on specific roles, with Sue working mostly behind the bar.

'Initially I had real reservations about managing my own condition while helping colleagues, but we worked together really well as a team,' she says.

'For me, the most challenging was the day Josh wasn't going to be there and I became the leader. At one point it got too much emotionally and I lost it, but that day finished up well.'

'It was exhausting, emotional, hilarious, fun and heartbreaking at times. But my overriding feeling is what fun we had. And I hadn't realised what a potty mouth I am!'

### **Making a difference**

Sue sees her forthcoming TV appearance as another platform through which she can spread her message.

'I hope it will make viewers more aware of the different types of dementia and that people do have something to offer and can still work,' she says.

Sue will continue to raise dementia awareness in the belief that she can make a difference.

'I know that sounds incredibly worthy, but it's true,' she says.

'My story seems to have struck a chord with people. If I can get out there and bang the drum a bit – all to the good.'



Photographs: Simon Hadley

## **Next steps**

- **Become a Dementia Friends Champion – see [dementiafriends.org.uk](https://dementiafriends.org.uk)**
- **Visit [alzheimers.org.uk/research](https://alzheimers.org.uk/research) to learn more about our dementia research.**
- **For our Keeping active and involved (1506) booklet, see [alzheimers.org.uk/publications](https://alzheimers.org.uk/publications) or call 0300 303 5933 (local rate).**

## Experience to influence

In our 40th year, we look at how people affected by dementia are influencing how we develop Dementia Connect, our new service.

**A**lzheimer's Society was founded 40 years ago by people who had personal experience of dementia. Even as the organisation has changed and grown, the perspectives of people affected by the condition remain at the heart of what we do.

People with dementia, carers and former carers get directly involved in our work in many ways, such as reviewing publications, taking part in recruiting staff and giving us feedback on services.

In Birmingham, a 'reference group' of people affected by dementia has been meeting monthly to help shape the development of our new service, Dementia Connect. Available in a growing number of areas, Dementia Connect combines face-to-face, telephone, print and online support and advice, and we keep in touch to make sure people get the right help as their needs change.

In recent months, the reference group has been influencing how people are referred to Dementia Connect as well as the technology and language used in the service.

### Wider picture

'Sharing the voices of people is very important,' says group member Eric, who has dementia. 'It's a good concept and helps to shape a big organisation like Alzheimer's Society'.

People's motivations for getting involved in the group vary.

'It's a way of transferring the experience we've got to the wider picture,' says Ivan, who cares for his wife.

Jeremy, a former carer and one of the group's newest members, says, 'I helped look after my partner's mother before she passed away in February. There's an Alzheimer's-shaped gap in my life, so I'm filling it in a way that gives me some continuity.'

Anita recently attended her first group meeting with her aunt, who has dementia, and her mother. 'Dementia is difficult to live with,' she says. 'This group is a fantastic thing because it helps others, not only our family'

### Experts by experience

The group is making a real difference to how Dementia Connect develops by being 'experts by experience'.

'We've hopefully moulded it,' says Eric.

His wife Cynthia agrees. 'You can have theoretical ideas, but there's nothing better than practical experience and examples.'

Society staff have reported back to the group about how their feedback is being used.

Kim Nguyen, Project Support Officer for the group, is pleased that people are being listened to.

'We want Dementia Connect to be as high quality, inclusive and accessible as possible,' she says. 'The reference group is playing a real part in that.'



For opportunities to use your experience of dementia, see [alzheimers.org.uk/you say](https://alzheimers.org.uk/you say)



Fabricio (left) with befriending volunteer Robin.

Try something new



## Become a champion

Dementia Friends Champions give people the information and encouragement they need to make a difference for everyone affected by dementia. Champions attend an induction and get support when needed to help create dementia-friendly communities everywhere.

Find out more at [dementiafriends.org.uk](http://dementiafriends.org.uk)

# Happier frame of mind

A Dementia Friends Champion is enabling volunteers to provide better support for LGBT+ people with dementia.

Opening Doors London, a charity supporting older lesbian, gay, bisexual and trans (LGBT+) people, runs a befriending scheme to help fight isolation and loneliness. Fabricio Catroppa, who supports the volunteer befrienders, is determined to make sure that LGBT+ people affected by dementia benefit fully from the service.

'A lot of people are isolated because of their sexual orientation or gender identity,' says Fabricio, Befriending Support Officer. 'Maybe they don't have family in London or their life partner has died.'

'Befriending gives clients a human contact to help them feel more connected to the LGBT+ community – it's very important to people.'

### Better support

The service supports around 90 befriending relationships across London, and many of its clients have memory problems or dementia.

Fabricio became a Dementia Friends Champion so that he can sign people up to Dementia Friends – the movement transforming people's understanding of dementia and what they can do to make a difference.

The training to become a champion is also helping him to support volunteers and clients.

'I learned about the different types of dementia, the importance of a diagnosis and tips on how to support clients,' he says. 'I've even called my trainer for help with a client.'

### More confident

Fabricio will deliver Dementia Friends sessions to his colleagues in the summer. Till then, he's sharing his new knowledge in any way he can.

'I can translate what I've learned to them,' he says. 'I feel more confident speaking to them about dementia and I can tell volunteers what to expect.'

This includes how people with memory problems, who may have repetitive conversations, can still remember how someone has made them feel.

'I said it doesn't matter if you always talk about the same thing with your client,' says Fabricio. 'They will enjoy seeing a familiar face and will keep that positivity after the visit.'

Fabricio feels able to match his clients with dementia to volunteers more easily, and befrienders have witnessed the impact.

'Volunteers tell me that when they arrive the client is quite sad, but then they start talking and reminiscing,' he says. 'When they leave, the client is happy after a nice interaction.'

'We know we are leaving people in a happier frame of mind.'

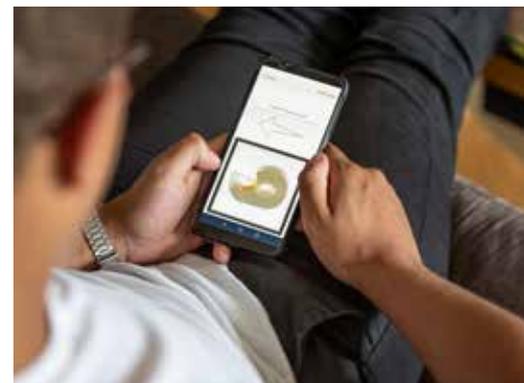
Become a Dementia Friends Champion – see [dementiafriends.org.uk](http://dementiafriends.org.uk)

## Join 3NDWG

If you have a dementia diagnosis and live in England, Northern Ireland or Wales, why not join the 3 Nations Dementia Working Group (3NDWG)?

They aim to become the 'go to' group for anyone seeking input from people with dementia. You choose how active you'd like to be – you may be surprised at the difference you can make.

For more information, email [3NDWG@alzheimers.org.uk](mailto:3NDWG@alzheimers.org.uk)



## Be a GameChanger

Help us understand more about how the brain works, and so fight dementia, through GameChanger by playing fun daily brain games for a month using a smartphone app. Anyone over 18 who doesn't have a dementia diagnosis can join in.

Sign up at [alzheimers.org.uk/gamechanger](http://alzheimers.org.uk/gamechanger)

# Match point

A Side by Side volunteer in Wales is helping a person with dementia roll back the years with regular badminton games.



**A**fter working as a pharmacist for nearly 40 years and caring for his mother, who had dementia, Roger Walker understands the challenges that people affected by the condition can face.

He's also seen how people with dementia can be supported

to continue living a full life, something he now draws on as a Side by Side volunteer.

'With the help of trusted others, we helped my mother live independently for as long as possible,' he says.

'When I retired, I was keen to help those affected by dementia and to provide that trusted support.'

## Weekly activities

Roger, who lives in the Vale of Glamorgan, has been volunteering for the past two years with Side by Side, our service to help people with dementia keep doing the things they love.

Roger supports two people with dementia through separate weekly trips and activities. He and Yvonne began by going on long walks and chatting in coffee shops, before her daughter suggested badminton.

'I knew Yvonne had played at club level in the past and was keen to play again, and although I had not played for more than 40 years I was willing to give it a try,' says Roger.

Yvonne has hearing loss, for which she wears a hearing aid and also lip-reads. She sometimes has trouble remembering the score or recognising the court markings, which are overlaid on basketball and five-a-side football markings. Despite this, she has been able to showcase her impressive abilities.

'Any thoughts that we would turn up at the local leisure centre and pat the shuttlecock to each other for 20 minutes were soon dispelled,' says Roger.

'I found that Yvonne had retained much of her court guile and many of her skills, and I was in for a bit of a runaround if I did not improve.'

## Winning shot

Someone recently told Roger that they hoped he lets Yvonne win their games, a perspective that he feels misses the point.

'You only have to see the evil twinkle in Yvonne's eyes when she has had me running about the court before she hits the winning shot!' he says. 'A point won competitively provides the necessary feel-good factor and rolls back the years.'

Roger says Yvonne has gained confidence in her own ability, and in recent months she has started to teach her daughter how to play.

'The challenge of Side by Side is to help people feel good about themselves and not prematurely become a shadow of the person they were,' he says.

'Yvonne is a fiercely independent lady. To play a very small part in helping her family maintain her independence is a privilege.

'For me, Side by Side provides the ideal opportunity to help.'



See if Side by Side is available near you at [alzheimers.org.uk/sidebyside](https://alzheimers.org.uk/sidebyside)  
Call 0300 222 5706 (local rate) or email [volunteers@alzheimers.org.uk](mailto:volunteers@alzheimers.org.uk)  
to find out more about volunteering.

# Research: Not just for researchers

Ciara Lihou, Research Engagement Officer, on how people affected by dementia make sure that our research is relevant and meaningful.



**O**ur Research Network volunteers – who all have personal experience of dementia – make a unique and irreplaceable contribution to dementia research. The network includes people living with the condition as well as carers and former carers, and celebrates its 20th anniversary later this year.

We've committed to spending at least £150 million on dementia research into care, cure and prevention over the next decade. The Research Network makes sure that the research we fund and support is relevant and meaningful to people affected by dementia.

It's an absolute pleasure to work with such passionate and dedicated volunteers. They review every application for research grants that we receive. They also support researchers at every stage of their work, from developing grant applications and designing studies, through to sharing their results and findings. This all gives our research the best chance of having an impact in the real world.

Time and again, researchers tell us how the experience and perspectives of Research Network volunteers have made an invaluable difference to what they do.

Research isn't just for researchers. If you have personal experience of dementia, you may be able to use this to help shape the research that will fight the condition by joining our Research Network.

No special scientific knowledge or research experience is needed – you are already an expert in how dementia has affected your life.

Join our Research Network today at [alzheimers.org.uk/researchnetwork](https://alzheimers.org.uk/researchnetwork) or call 020 7423 3563 to find out more.



Get your regular copy by completing the form on the inside-back cover, visiting [alzheimers.org.uk/subscribe](https://alzheimers.org.uk/subscribe) or calling **0330 333 0804**

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40 pages of real-life stories, support, information and ways to get involved. Delivered to your door every two months.

Although there is no fixed subscription fee, we do ask that you make a donation to support the magazine and our vision of a world without dementia.



### Dementia Connect on the road

Join us in the West Midlands and Wales this summer to find out how our new Dementia Connect service could help you.

Dementia Connect provides personalised support and guidance to people living with dementia, their carers, families and friends. Dementia Connect was first launched in Pennine Lancashire (pictured), and we are introducing it into other areas over the coming years.

Whether you are a person affected by dementia in your own life or supporting people through your work, you're invited to one of our Dementia Connect Roadshow events to talk to our specially-trained team and find out more.

In June and July the Dementia Connect Roadshow will visit Birmingham and Solihull, and parts of Wales – some of the areas in which the service is available so far.

For more information visit [alzheimers.org.uk/roadshowspecial](http://alzheimers.org.uk/roadshowspecial)



## Harmony Army

A school choir from south-east London has released a charity single in support of Alzheimer's Society.

The Harmony Army, made up of pupils aged 11 to 15 from Hurstmere School for Boys in Sidcup, wrote and recorded 'Here I am', a song based on the life of someone living with dementia.

Designed to raise awareness and funds in the fight against dementia, the track highlights that people with the condition are still the same person as prior to their diagnosis and that they can still lead positive and meaningful lives.

The song will be used by Society local services during our 40th anniversary celebrations later this year.

The school has also produced a music video for the single that includes people with dementia and carers from the local Singing for the Brain group. They said the song is 'powerful, positive and insightful', and that it's 'amazing that teenagers can be so perceptive and empathetic'.

**Download the song from iTunes, Google Play, Amazon Music or other digital music stores.**

## Cumbrian colours

A Dementia Friends Champion in Cumbria has released a booklet of verses about people with dementia's memories of colour.

Hilary Binks, who is also a Side by Side volunteer, used colour to stimulate memories through the Rainbow Anthology project at Dementia Café Penrith.

During 'colour buzz' sessions at the café, people chose a colour of the rainbow and shared memories and thoughts that they associated with it. Hilary turned these into pieces of writing that eventually formed the Rainbow Anthology booklet, now being sold to raise funds for Alzheimer's Society.

'It has been a total surprise that something that had such small beginnings should result in the production of this booklet,' said Hilary. 'The Rainbow Anthology project has stimulated a great deal of interest and given such pleasure.'

'Working in colour stimulates memories of nature, holidays, music, feelings, senses, interests, places and much more. We have had such fun.'

**To order the booklet, send a £6 cheque payable to 'Rainbow Anthology' to Hilary Binks, Parish Office, Penrith Parish Centre, St Andrews Place, Penrith CA11 7XX.**





## Help someone with dementia to keep on doing the things they love

Side by Side is our fun, friendly, super-flexible volunteering opportunity for someone like you to help someone with dementia.

**Sign up for Side by Side today:**

[alzheimers.org.uk/sidebysidevolunteer](https://alzheimers.org.uk/sidebysidevolunteer)

[volunteers@alzheimers.org.uk](mailto:volunteers@alzheimers.org.uk)

**0330 333 0804**

‘Side by Side has made a huge difference to his attitude; it’s helping to increase his confidence and he has regained some of his independence.’

**Side by Side volunteer**

Alzheimer’s Society operates in England, Wales and Northern Ireland. Registered charity number 296645.



# Change is possible

Conscious of stigma and myths about dementia in many communities, Dewan Choudhury wants his story to make a difference. **Gareth Bracken** meets a former carer who is creating change.



## Quick read

Dewan Choudhury is changing attitudes about dementia by sharing his story of caring for his father.

Ayubur Raja Choudhury, who died in 2018, was a community figurehead in Rochdale who had been diagnosed with vascular dementia.

Although many people were supportive, Dewan feels there can be a misunderstanding about dementia within South Asian communities.

He wants to challenge stigma and dispel myths about people with dementia being 'crazy' or 'possessed'.

**'My father's story is powerful because of who it happened to – because of who he was.'**

When community figurehead Ayubur Raja Choudhury was diagnosed with vascular dementia in 2015, his son Dewan had never even heard of the condition.

Now Dewan is sharing his experiences of supporting his father in an effort to change attitudes towards dementia in his local community and beyond.

### Lion and leader

Ayubur came to England from Bangladesh with his father in 1958, aged 20. Living in Rochdale, he worked in a mill as a weaver. He stayed with the same firm for 30 years, though his early days in a new country were challenging.

'Life was very difficult at first, he felt like an alien,' says Dewan. 'It was a different world, a culture shock.'

Ayubur already had a good grasp of English, which meant that other people who didn't, came to him for information or advice. He also pushed for civil and workers' rights.

'Straight away, he became a mentor for the migrant community,' says Dewan. Ayubur helped set up the first mosque in Rochdale and a community centre. He was also a voluntary teacher and lobbied MPs about the issues that affected migrants and poorer people.

'He was a lion of a man – a leader,' says Dewan. 'He was magnificent.'

### Health problems

It was only as Ayubur entered his mid to late 60s and gave up some of his community work that the family realised the extent to which his health had been deteriorating.

'When he started spending more time at home, I saw that he wasn't as physically strong as he used to be,' says Dewan.

'Mum also started saying he was forgetting a few things – dates, his keys, what he'd eaten.

'He was always a brilliant storyteller, but his stories were becoming more confusing to follow. We dismissed it all as old age.'

In 2012, Ayubur had a fall and broke two bones in his back. This meant he was unable to leave his bed for three or four months.

'The lack of activity caused his memory to deteriorate,' says Dewan. 'But even then we put it down to an old man who had a bad injury.'

It turned out that Ayubur had also been having a series of minor strokes. After a major stroke in 2015 he was taken to hospital, where he had a brain scan.

'I'll never forget it,' says Dewan. 'The doctor said, "I can't be 100% sure but from my experience it looks like your father has vascular dementia."

'I thought, "Vascular dementia – what's that?"

'The doctor also said, "He will deteriorate and this will take him." He didn't mince his words and I thank him for that.'

A visit to a GP saw Ayubur referred to a memory clinic for tests.



Ayubur with Dewan's brother, Wasikur, as a child.

'The amount he'd forgotten was unbelievable – it crystallised how ill he was and how much of him had gone,' says Dewan.

### Mental strain

Dewan describes the dementia diagnosis as a 'bombshell'.

'I started researching it but we didn't know what to do,' he says. 'I have so much respect for the NHS, but I don't think it has a clear plan for people with dementia and carers.'

Dewan and his siblings took turns to support their mother Rukeya to care for Ayubur.

'We treated him as the same person, not a patient,' says Dewan. 'We told everybody he had dementia, to make it more normal.'

'Luckily we had a strong family unit – I don't know how people cope on their own. It's so mentally strenuous. Carers must become ill because you're living two lives.'

As his condition progressed Ayubur experienced hallucinations and would also shout and swear at his wife, which was very out of character.

'Mum was a rock. She had to cope with everything and see him change, but she powered through,' says Dewan.

Ayubur died in May 2018 at the age of 78.

### Walking blind

While the family were hugely supportive, Dewan had been conscious of potential judgement from the wider community.

'There's no word for dementia in Bengali, so when my father was officially diagnosed it was pretty much impossible to explain it to a non-English speaker,' he says.

'There's a problem in South Asian communities – they're quick to say, "He's crazy" or "possessed", or play the mental health card. There's stigma.'

'Putting someone in a care home would be filed under "neglect".'

'It isn't people's fault, but there's a lack of knowledge.'

To help dispel any such myths, and to explain why local people may have seen Ayubur behaving differently or not seen him as much, Dewan posted a detailed message on Facebook.

'I said, "He's got vascular dementia – this is what it is and this is what we're doing,"' he explains.

'The response was amazing. The amount of advice we got was invaluable. People even gave us a wheelchair and a commode.'

Dewan was contacted by Shahid Mohammed, a former carer from Rochdale who is involved with Tide, an organisation supporting dementia carers.

'I met Shahid and he told me, "You're doing an amazing job,"' says Dewan. 'That was reassuring because as a carer you're walking blind.'

Advice from other carers became a vital source of support for Dewan.

'The best education I got was reading people's stories,' he says.

'Professionals are very good at telling you the scientific side but carers provide the best information and guidance you can get. It's also empowering to know that you're not on your own.'

### Changing attitudes

Dewan has used his story in support of a Tide project, managed by Shahid, called Dementia Dekh Bhaal. This gives South Asian carers of people with dementia a platform to share their experiences.

'Dementia Dekh Bhaal is very important in making dementia something that people talk about,' says Dewan.

'If people see a story about a man like my father, who they looked up to, they realise that if someone like him can be hit by dementia then anyone can.'

'People need to accept that dementia is a real thing. Getting an early diagnosis is key.'

Although he acknowledges that certain views can be ingrained, Dewan believes change is possible.

'It's difficult but look at me – dementia wasn't even a word in my life before,' he says.

'It's a new thing for some people but I can see they're grasping it slowly. Education is key.'

'Attitudes will change, we just need to keep reinforcing the message.'



Photographs: Mike Ingsbee

## Next steps

- Connect with others affected by dementia through our online community, Dementia Talking Point – visit [alzheimers.org.uk/talkingpoint](https://alzheimers.org.uk/talkingpoint)
- For our publications in a range of languages and formats, see [alzheimers.org.uk/accessibleresources](https://alzheimers.org.uk/accessibleresources) or call 0300 303 5933 (local rate).
- For more about dementia-friendly communities, visit [alzheimers.org.uk/dementiafriendlycommunities](https://alzheimers.org.uk/dementiafriendlycommunities)



# Doctors on board

GPs in Birmingham are helping Alzheimer's Society to provide the right support at the right time through our Dementia Connect service. **Gareth Bracken** reports on some important relationships.

**W**e want to be there for everyone affected by dementia in England, Wales and Northern Ireland by 2022. Our new service, Dementia Connect, is central to this ambition.

Dementia Connect provides support and advice in person, over the phone, in print and online, and we keep in touch to make sure people get the help they need as things change. It also brings people with dementia together with volunteers through Side by Side, meaning they can carry on doing the things they love in their community. Although it's not available everywhere yet, we're introducing Dementia Connect to an increasing number of areas.

Of course, people need to know about the service in order to benefit from it. GPs can play a vital role by referring people affected by dementia directly to us as early on as possible.

## Strong relationships

Birmingham and Solihull were among the first areas to introduce Dementia Connect, and our relationships with local GPs have been important to its success.

'When we first started talking to GPs, they were aware of Alzheimer's Society's research and campaigns, but not so much the fantastic support on the ground that can help people live well with the condition,' explains Mary Keddy, a Dementia Support Manager.

'We spent a lot of time building strong relationships with some fantastic GPs – taking the time to get to know each other and find out more about their experiences of supporting people with dementia and carers.

'Everyone is more in the loop now. Between us, we can support people at the right time.'

Dr Elizabeth Gonzalez, a GP at Erdington Medical Centre in Birmingham, agrees that partnerships have really developed.

'We've gone from giving patients a printout where they had to instigate contact with the Society themselves, to a real integrated service,' she says. 'Alzheimer's Society is now seen as a first point of contact for our clinicians.'

Mary sees great value in providing a single point of reference.

'For GPs it's not a matter of being asked, "Who does this?" or, "Who do I go to for that?" Dementia Connect takes that away,' she says. 'No matter what people with dementia need, we'll find it for them.'

## Preventing crisis

Dementia Connect is all about people affected by dementia getting the right support at the right time. Elizabeth says that an early referral to the Society – even before a formal diagnosis – can provide consistency and familiarity.

'It has allowed GPs to bring up the topic at earlier stages in consultations, as they feel there

## Quick read

Alzheimer's Society is working with GPs in Birmingham to help people affected by dementia get the support they need.

GPs have been referring patients to Dementia Connect, the Alzheimer's Society service that combines expert advice with personalised support.

Dr Elizabeth Gonzalez, a GP in Erdington, says that her patients are now less anxious following a dementia diagnosis.

People affected by dementia have described Dementia Connect as providing 'a light at the end of the tunnel'.



is something there that can really help patients in practical terms,' she says.

'The patients have support throughout the whole process, and are prepared and able to understand their diagnosis and prognosis with less anxiety. Families also feel that something is being done right away.'

The monthly dementia drop-in service at Erdington also helps. Hundreds of people have met with health professionals and Society staff to share concerns, receive information and support, or attend pre-booked reviews.

'Discussing issues with patients and carers can help reduce anxiety following a diagnosis and help prevent crisis situations,' says Elizabeth.

'It also gives Alzheimer's Society the opportunity to highlight any patient issues that we were maybe not aware of, so we can improve their care.'

In addition, GP reception staff now have somewhere concrete to direct people who are having problems that wouldn't require a doctor.

Admin and reception staff at Midlands Medical Partnership – which covers Erdington and 10 other surgeries – have become Dementia Friends, as well as taking more in-depth training.

### Whenever needed

For one carer in Birmingham, whose wife was diagnosed with young-onset Alzheimer's in June 2015, regular support from a Side by Side volunteer has been particularly useful.

'Being a carer is not an easy journey,' he says. 'You're trying to fill someone's time, 24 hours a day, seven days a week.'

'It's lovely to have a new mind who can stimulate her and take her to new places. She gets a lot out of it – she comes back pretty chirpy, and I get two or three hours off.'

People's feedback about Dementia Connect has helped us as we introduce it into more areas.

'I can contact the service and ask questions, or seek advice and support, whenever needed or when things change,' says one person affected by dementia.

Another says, 'It felt like a light at the end of the tunnel for us to talk to someone about our concerns with the changes that have been happening to my auntie.'

These kinds of comments resonate with the feedback Elizabeth has been getting from her patients.

'The support from Alzheimer's Society has a positive impact on their quality of life and helps them to prepare at such a difficult time,' she says.

'With GPs and Alzheimer's Society working together, it's a far more positive journey.'

## Next steps

- Dementia Connect isn't available nationally yet, but to find support near you, visit [alzheimers.org.uk/getsupport](http://alzheimers.org.uk/getsupport)
- The dementia guide is for anyone recently diagnosed with dementia – see [alzheimers.org.uk/dementiaguide](http://alzheimers.org.uk/dementiaguide) or call 0300 303 5933.
- Find out how to become a Dementia Friend or Dementia Friends Champion at [dementiafriends.org.uk](http://dementiafriends.org.uk)



# Whole picture

A hospice in Belfast is addressing the physical, emotional and spiritual needs of people affected by dementia. Gareth Bracken visits a group that offers something for everyone.

## Quick read

A hospice in Belfast provides activities, advice and support to people living with dementia and their carers.

The Dementia Wellbeing Clinic at Northern Ireland Hospice offers creative and complementary therapies, with peer support for carers.

Liam Irvine cares for his wife Eileen who has dementia, and is full of praise for the 'first class' support they receive.

The hospice works in partnership with Alzheimer's Society so that group members continue to be supported.

**T**he Dementia Wellbeing Clinic at Northern Ireland Hospice, Belfast, offers activities and support to people with dementia and their relatives or carers.

'Back in 2013, referrals to our service for people with dementia were limited,' says Joanne Ballentine, Hospice Nurse Specialist for dementia. 'We recognised that our services needed to be more bespoke to support people with the condition.'

The clinic, which people attend for eight to 12 weeks, launched last year after a three-year dementia project at the hospice was completed.

For a few hours every Friday, group members enjoy creative therapy such as art, music or reminiscence, complementary therapies like massage or reflexology, or simply a space in which to socialise or feel stimulated.

Hospice staff and other professionals are on hand for people to discuss any physical or emotional symptoms that they or their loved ones are experiencing.

'We focus on their holistic needs,' says Joanne. 'If a person's behaviour has changed, we'll look into what's causing it and come up with a plan.'

### Sounding board

Pat Smith is attending today's clinic with his wife Angela, 70, who was diagnosed with

posterior cortical atrophy, a rarer form of dementia, around seven years ago.

While Angela enjoys getting her nails painted by a hospice volunteer, Pat explains why they come to the sessions.

'The group is excellent,' he says. 'The volunteers are giving their own time to help their fellow man.'

'The big thing for us is to get out of the house and socialise – that's very important. Otherwise Angela would just watch TV and fall asleep.'

He also appreciates the opportunity to spend time with the other carers, in a different part of the hospice, for peer support.

'We talk about the week we've had,' he says. 'It's a sounding board where carers can verbalise concerns.'

Liam Irvine attends the group with his wife Eileen, 82, who has dementia.

'We came through a doctor's referral and it's the best thing that ever happened,' he says. 'We didn't realise there were so many people in the same situation.'

'Eileen loves it here. They have a singsong and she sings her head off.'

Liam is grateful for the support of the 'wonderful' hospice staff.

'The help they give is absolutely first class,' he says. 'They invite you to ask questions and they speak as it is.'



‘Coming here has helped me to have a different outlook.’

### Safe space

Last week the group had a church theme for Easter, which Liam describes as the best Good Friday he’s ever had.

The range of activities, therapies and support on offer mean there is something to suit all tastes.

‘We had an Easter service last Friday but I’m not religious and I wasn’t engaging,’ says Paul, 64, who has dementia. ‘So I went and had a reflexology session instead – it’s really good to have that quiet space.’

‘I’ve also done a wee bit of artwork here, which my daughter thought was lovely. She has it on the wall.’

‘It’s good here, there’s a good comradeship in the group,’ he adds. ‘Caring is draining, so it’s very important that my wife can have a break in a safe venue with safe people.’

When the carers head off for their peer support session, the

others play games, paint or simply have a chat.

For group member Patricia, the best aspect of the clinic is being able to speak with others.

‘I just like to get out and be amongst people,’ she says.

### Building relationships

The clinic is supported by a team of highly regarded volunteers, many of whom have personal experience of dementia.

‘I think that gives you an insight into it,’ says Deborah McFarlane. ‘We strike a relationship with patients and carers.’

‘The group is so beneficial to them – it’s such an important service in this community.’

A full-on singalong is now taking place in the main room, with the group belting out some old favourites. Lending her voice to the choir is Tracy Smyth, an Alzheimer’s Society Dementia Support Worker, who joins the clinic every other week to build relationships with patients and carers.

‘I can provide a continuity of care by offering support after the 12 weeks,’ she explains. ‘The carers get a familiar face and know I’m just a phone call away.’

Tracy sees this sort of partnership work as vital.

‘The hospice has expertise in palliative care and we have expertise in caring for people with dementia, so the clinic here encapsulates everything.’

Joanne says the hospice recognises that it needs to be accessible to people affected by dementia, and not only to people with conditions more traditionally associated with hospice care, such as cancer.

The next step is to make sure other health professionals know what the hospice offers people with dementia and carers.

This means working in partnership to encourage timely referrals. Joanne says, ‘The message is getting out there – we just need to keep promoting it until it becomes the norm.’

## Next steps

- Visit [alzheimers.org.uk/volunteer](https://alzheimers.org.uk/volunteer) or call 0300 222 5706 (local rate) to find out about local volunteering opportunities.
- Use our Dementia Directory to find dementia services near you – see [alzheimers.org.uk/dementiaconnect](https://alzheimers.org.uk/dementiaconnect)
- For our Keeping active and involved (1506) booklet, go to [alzheimers.org.uk/publications](https://alzheimers.org.uk/publications) or call 0300 303 5933 (local rate).



Your letters, emails and messages on social media and through our online community.

Letter of the month

## More challenging?

I understand completely the role of the magazine to be positive and reassuring. However, it doesn't speak to me or people like me where someone's Alzheimer's has resulted in challenging behaviour, including aggression, refusal to wash and unwillingness to eat.

My wife, who is 67 years old, is now in a care home but I find these behaviours difficult to live with. I get lots of support, including from Alzheimer's Society. But I wonder if your magazine might consider a feature on challenging behaviour.

**Peter Healy**

**Congratulations to our letter of the month writer, who will receive a bouquet of flowers.**

We try to include a range of articles in every issue to be as interesting and useful for as many different readers as possible, while also getting across all the things we want to communicate at that time. It can be a bit of a juggle, and getting the balance right is always a work in progress.

Although we have referred to challenging behaviours in recent magazines (for example, Pratap Sanghrajka talking about how his wife's dementia changed her behaviour and Pam Moses volunteering in a specialised hospital unit) you're right that we haven't addressed this issue in a more direct way for a while. This is a valuable reminder for us, so thank you for the feedback – it's very helpful!



What prompted me to write were the Cupcake Day pictures on April/May's back cover. A tiny thing really, but I loved that one of the cupcakes looked like one my six-year old grandson might have iced... or me on an off day! Not all of us can turn out the exquisite examples that the other three represent. A really nice touch – a reminder that good enough is fine?

**Maggie Greaves**

## Accepting reality

I just wanted to say how I enjoy Dilly's regular reports on Ma. Her last paragraph in April/May's Life with Ma column was particularly touching: 'Although these [confused moments] are often a source of some amusement, the family knows they are real to her.' An incredible amount of stress would be avoided if we are able to accept when someone lives in a slightly different 'reality'. Thank you for a very inclusive and informative magazine!

**Carmen James**

## Your turn

Tell us what you think – write to Magazine Editor, Alzheimer's Society, 43–44 Crutched Friars, London EC3N 2AE or email [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk)  
Letters for the August/September issue to arrive by 8 July. Views expressed are not necessarily those of Alzheimer's Society. Letters may be edited.

## Seen elsewhere...



Grahamstown, a Dementia Talking Point member in the East of England, said how much she appreciated our online community after sharing a distressing incident with her husband:

“I left him dozing off and rather than sit down, brood and cry, I did as we have been doing and went out for an hour for a walk. I feel so much better and the sunshine is very beneficial. I even feel better writing this painful event down, thank goodness for Dementia Talking Point.”



Rachel Richards, Dementia Support Worker at Llandudno Hospital, tweeted pictures of the healthcare professionals she ran information sessions with at nearby Glan Clwyd Hospital in Denbighshire:

“Lovely @DementiaFriends sessions for pharmacy staff at #ysbytyglanclwyd. Some of the 26 Dementia Friends made today. Thanks for listening and becoming Dementia Friends #reducingstigma #5keymessages.”



Many people were moved to comment when we shared a post on Facebook about the BBC TV series Our Dementia Choir, presented by Vicky McClure, including Rachel Hyde in Hampshire:

“It was a fantastic series and had me in tears. Only someone who has experienced dementia could have presented it, so utmost respect to Vicky. Hopefully it has given the public a better understanding of dementia and the challenges that both the person suffering and their carers are faced with daily.”

## Council tax in Wales

The Welsh government has standardised the application form for council tax reductions for people with conditions such as dementia.

Some people with dementia in England and Wales might be able to have their council tax bills reduced or even removed completely, but local authorities have been criticised for not making this information more clearly available.

There is now a standard application form across all 22 Welsh local council areas. Some people entitled to the reduction in Wales may be able to backdate it to their dementia diagnosis. For the reduction, other criteria apart from having dementia must also be met. For our Council tax (414) factsheet, see [alzheimers.org.uk/publications](http://alzheimers.org.uk/publications) or call 0300 303 5933 (local rate).

## Poetry competition 2019

**Our fifth poetry competition is open to entries until 30 June, and we'd love to receive your poems in these three categories:**

- **Change** – What do you want to say about dementia and the people affected by it that might challenge others to change?
- **Share** – What do you want people to understand about dementia's real-life impact?
- **Celebrate** – Honouring the life stories and memories of people with dementia.

Our panel will agree a shortlist, and winners will be selected by a guest judge and published in the magazine.

Each poem should take up no more than one side of A4 and should not have been published in print before. We can only accept one entry per category from each person, and poets retain copyright. The poet must have given consent if a poem is submitted on their behalf.

**Email your entries – remembering to say which category each is for – by 30 June to [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk) or post to the address on p3.**



Photograph: Paula Solloway

**Jenny Howarth**  
**West Yorkshire, aged 81 with**  
**vascular dementia**

**What would you take to your desert island?**  
 Something to do with my hands, like knitting or sewing, though my arthritis means I can't do much of this now – I just watch BBC1 or BBC2 or listen to Radio 4, and I use Radio 5 as a lullaby because I can't get Radio 4 on my bedside radio!

**What song or tune sums up your life so far?**  
 A hymn. My immediate thought is All things bright and beautiful, going back to my childhood. It's the first hymn they teach you at Sunday school, and I enjoyed singing it at the age of five or six.

**What single thing would improve your quality of life?**  
 Take the arthritis out of my hands so I can do embroidery again. I used to do a lot of embroidery. I've got a piece hanging up in the kitchen, and everybody looks at it and asks about it. It's done as a leaf, but using many different sorts of stitches. I started with printed material, because I can't draw!

**What is your most treasured possession?**  
 My dog Simba, a lurcher. She is a very communicative dog – she can look at you and make noises at you, telling you when she wants to eat. She's tired today because we had quite a walk on top of the hills. Living in the Pennines, we have to walk high on the hills so the dog doesn't bother the sheep.

If you have dementia and would like to answer our questions for a future column, email [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk) or write to the address on p3.

**Dilly's niece writes about Ma for a change**

My gran is great fun and we've always been good pals. At 93, she really is amazing! Her love for the outdoors and going for long 'proper' walks hasn't diminished over the years. She still enjoys pottering about our local park and is always up for a shopping trip to town.

I love her optimism. 'There's enough blue in the sky to make a sailor's suit,' she'll assure me we're in for a good day.

She's a real sun-worshipper and I've inherited her enjoyment of hot weather – though I'm significantly more careful and generous with the sun cream. 'Sitting out in the sun has never done me any harm,' she'll say.

And that worrying mound of salt she enjoys with every dinner? Did that cause her harm over the years?

I feel lucky spending time with my gran over the last few years, since she moved in with my parents. I think she is mostly happy and content here with us, though she misses her old home and her old friends.

I'm planning to take Gran to the seaside when it's warm enough, or perhaps an art gallery, where she can be a harsh critic! I had a wild idea that we could go for a long weekend, but that thought made her anxious.

Her short-term memory isn't great with the vascular dementia, but she's still the same Gran to me and a fab one at that!

**Kee, a granddaughter**  
 (continued next issue)



**Read more from Life with Ma**  
**and many other blogs at**  
**[blog.alzheimers.org.uk](http://blog.alzheimers.org.uk)**



Over 2.5 million  
people have become  
**Dementia Friends.**  
Will you join them?

Visit  
[dementiafriends.org.uk](http://dementiafriends.org.uk)  
to get involved





People affected by dementia in Kent look at specially designed landline phones to see if they could be easier to use.

## Home phones

**D**ementia Café Tonbridge is a relaxed, welcoming place for local people affected by the condition to come together every couple of weeks. The spring weather was changeable when we visited, but it was clear that the group offers a reliable source of support and friendship.

Between catching up over tea and biscuits and an informative talk about financial planning, people at the café told us what they thought of specially designed landline phones from our online shop.

### Pictures

We showed the group three phones – the Big button photo telephone, Amplidect Combi phone and Amplidect Combi Photo phone.

All three have large number keys and picture buttons that you can set to call your most important contacts with one touch. You can add photos to the picture buttons, so you don't have to look up names or remember a sequence of buttons to press. The phones are also all compatible with hearing aids.

The Big button photo telephone has eight photo buttons, and three smaller buttons without pictures that you can also programme to call numbers with just one touch.

The Amplidect Combi phone has three photo buttons on its base unit plus a fourth one-touch button without a picture. You can store up to 50 numbers in its

phonebook and see the number of the person calling on its large LCD screen. It comes with a handset with its own LCD screen and number buttons, along with a charging stand. The handset has up to four hours' talk time before the batteries run out and you can link up to four additional handsets, which would need to be bought separately.

The handset of the Amplidect Combi Photo phone has four photo buttons that will dial the numbers you've programmed into the one-touch buttons on its base unit.

You can mount the Big button photo telephone and the base units of the Amplidect Combi phones onto a wall if preferred.

### Appearance

Although people generally liked the appearance of the phones, Trevor and Janet thought the Big button photo telephone looked a bit bulky, whereas the Amplidect Combi phones looked more like ordinary office phones.

Margaret thought that the smaller buttons on the Amplidect Combi phones could be hard for some people to see and use. Most people found that buttons with black numbers on white backgrounds were clearer than the other way around.

Tony was reassured that you could see incoming call numbers on the Amplidect Combi phones' LCD screens, since this would

make it easier to avoid scam and nuisance calls.

Linda wanted to know if they need to be plugged into the mains, because her aunt had to return one phone because there wasn't a socket where it needed to be placed. The Big button photo telephone is powered through the phone line, but the other two phones need a mains connection.

### Handsets

One person pointed out that, because the Big button photo telephone doesn't have a separate handset, it means you couldn't lose it. However, many people preferred having additional handsets that you could place in other rooms. If you did lose a handset, you'd have two days to find it before it stopped working with the base.

Another group member asked if there were similar phones that only came as a handset, without the need for a base phone. These do exist, though they're not currently stocked in our shop – something we will be looking into.

Trevor asked if the phones have an answerphone function, which the Amplidect Combi phones do. Anne was pleased to hear that you could vary how many times they would ring before the answerphone picked up.

### Volume

Many people asked whether the phones' volume levels are adjustable. Fortunately, you can

adjust ring tone volume and incoming call volume on all three of these phones.

Ann said, 'I've got a different phone at home with a handset, and I can't hear the handset ringtone at all.'

The fact that a light flashes when someone calls was generally a welcome feature, though Sarah wondered if it could be annoying if the phone was in your bedroom.

Pam and Colin had recently set up a new phone to make it easier to call important numbers by programming them in – they said they wished they had known before that you could get phones with pictures!

These landline phones – along with a range of other helpful products and gifts – are available from our online shop. Please see [shop.alzheimers.org.uk](http://shop.alzheimers.org.uk) or call 0300 124 0900 (local rate).

Without VAT, the Big button photo telephone is £29.16, the Amplidect Combi phone is £74.99 and the Amplidect Combi Photo phone is £83.33 (you don't have to pay VAT if it's bought to be used by a person with dementia or other condition).



Big button photo telephone



Amplidect Combi phone



Amplidect Combi Photo phone



## Win a phone

See p39 for a chance to win an Amplidect Combi Photo phone



**‘My father’s dementia means he’s been losing his English language, which he learned as an adult, and only speaking or understanding his mother tongue.’**

## Losing your English

**D**ementia may have unexpected effects for people who speak more than one language, and an increasing number of people in the UK learned English or Welsh as a second or later language.

On the whole, speaking more than one language can delay many symptoms of dementia. Being bilingual means that your father could have built up more ‘cognitive reserve’ than those of us who speak only one language, making his brain more resilient to changes as his dementia initially developed.

However, people do experience changes in language as dementia progresses, and this includes multilingual people.

### Lasting familiarity

Even someone who has spoken a second language for years might start to drop in words from their mother tongue, perhaps unknowingly. Over time, the language that’s less familiar and not so deeply embedded tends to be lost first. This is often the language that’s been learned later on.

As with your father, this could mean that a person eventually finds it difficult to communicate in one language while still being able to do so in another. The impact of losing the ability to communicate in the language that most people around you speak can be severe.

As long as you have some people around who understand your mother tongue, you can still tell them about practicalities such as what you’d like to eat or do. Importantly, you can also share your thoughts and feelings.

Language is a fundamental part of our human experience. If no one around you understands your remaining language, you may begin to feel isolated, lonely, confused, frustrated or depressed.

### Strategies to help

The most obvious way to keep communication going is to ensure there are people around your father who

can speak his first language, though how easy this is depends on where he is.

There may be times when an interpreter, in person or over the phone, could help your father to communicate. It’s worth asking for this from services, especially for appointments and conversations that affect his care. If your father reads in his first language, there might be translated materials to help him understand a situation and make informed decisions. Some people find technological solutions useful, such as translation apps on mobile devices.

Maximising communication that doesn’t rely on words, such as facial expressions, hand and body gestures, pictures and symbols, can also help. Any communication that allows the person to express themselves is precious and can have a big effect on their wellbeing.



**For our Communicating (500) factsheet – which includes advice on communication that doesn’t rely on words – and for publications in different languages, see [alzheimers.org.uk/publications](https://alzheimers.org.uk/publications) or call 0300 303 5933 (local rate).**



**Dementia Talking Point, our online community, can help people with less common types of dementia to feel less isolated.**

## Rarer dementias

**I**f you're diagnosed with one of the less common causes of dementia, it may be harder to find people who understand the specifics of what you're going through.

If they're mostly affected by Alzheimer's, vascular dementia or both – even if they can relate to many aspects of your experiences – you might also want to connect with people who know what it's like to live with your particular condition.

This could be the case if you have frontotemporal dementia, dementia with Lewy bodies, posterior cortical atrophy, Parkinson's disease dementia or one of many other diagnoses.

### Being there

Our online community, Dementia Talking Point, is all about helping you to connect with people who are experiencing similar things, so you can be there for each other.

Online, you're more likely to meet someone else who's affected by Niemann-Pick disease type C, HIV-related cognitive impairment, corticobasal degeneration or another rarer dementia than you are by chance through a local group or network.

Even if there isn't already someone on Dementia Talking Point with your specific diagnosis, they might join after seeing that you've posted about it. In the meantime, people with a different dementia diagnosis may identify with what it's like to have a rarer one.

Other community members could also point to other useful ways to get support, and they might

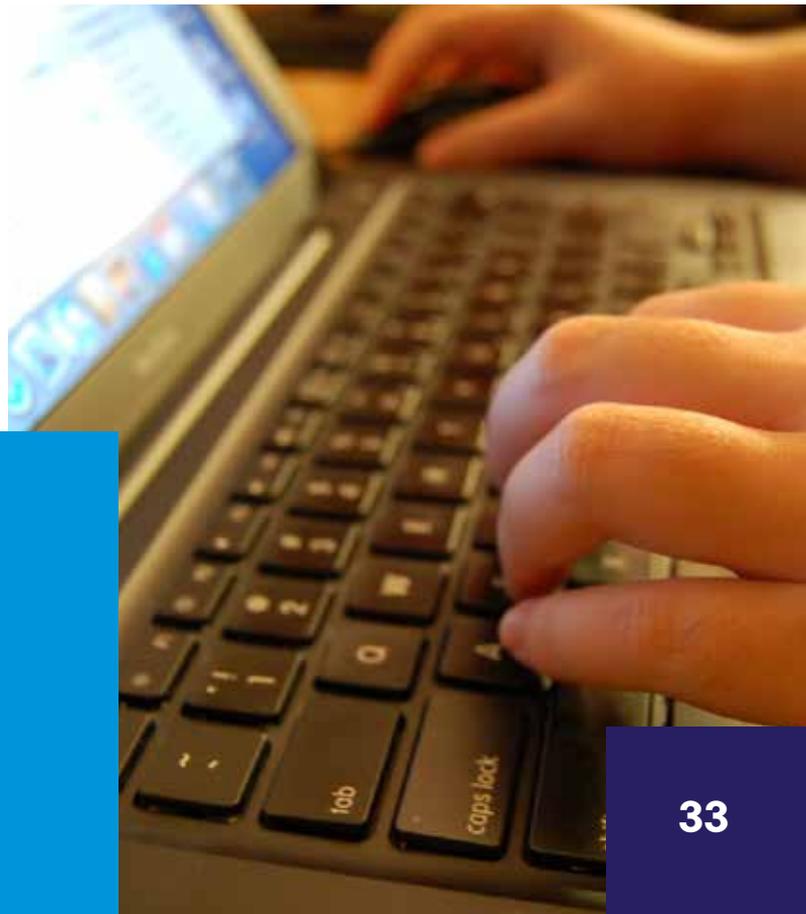
still share your experiences of more unusual symptoms and situations. Either way, Dementia Talking Point is full of people pulling together to create a supportive place for all.

### Day-to-day realities

The community has a dedicated area for people who have a diagnosis. Here, you can talk about the day-to-day realities of managing your condition, share good and bad days, and feel understood.

There's also a place to talk privately about the more difficult challenges you face. For the days when you don't feel like talking about dementia, there's another area to simply talk about things you enjoy.

There are plenty of people on the community who you can turn to. Other members on Dementia Talking Point will be understanding, answer questions and share their own experiences. You don't have to feel alone in what you're going through.



## Take part

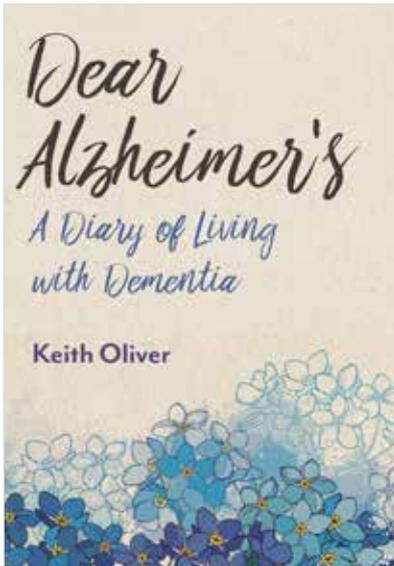
**Dementia Talking Point is free, open day and night, and you only need an internet connection to read conversations and start your own.**

**Visit [alzheimers.org.uk/talkingpoint](https://alzheimers.org.uk/talkingpoint)**



We hear readers' comments about the latest book from a leading dementia advocate and Society Ambassador.

## Dear Alzheimer's



**K**eith Oliver, a Society Ambassador who was diagnosed with Alzheimer's aged 55, uses diary entries and letters to tell his story in *Dear Alzheimer's*.

Caroline Branney, who manages our Dementia Knowledge Centre, says, 'This book records the huge amount of energy Keith has put into work since his diagnosis in 2010, ranging from support groups, research bodies and charities.'

John Spriggs-Taylor, a reader in Derbyshire, says, 'What an incredible book. Keith has written a go-to manual for anyone thinking of becoming or already operating as a champion, envoy or ambassador for their lived health experience.'

'At a time of great austerity and major change within the NHS, Keith goes on to tackle complexity, pressure and self-doubt with honesty, humour and love.'

### Inspirational positivity

Ellen Bernstein, in London, says, 'During a busy and successful career as a headteacher, Keith consulted his GP about balance problems, expecting to be diagnosed with an ear infection. However, young-onset dementia was diagnosed relatively quickly. Keith's positivity is inspirational.'

'After deciding to holiday with his wife in Australia, despite being advised not to do so, he writes, "We are going. Bigger you, dementia!" and, "I have joined the Research Network and rest assured I will do everything I can to help to defeat you."'

Myrtle Stephenson, in Nottingham, was hoping the book would give her more insight into the progression of the condition. However, Keith's experience of receiving a diagnosis at such a young age and being so active and involved is very different to her husband's – he was diagnosed aged 81.

'Life with young-onset dementia – or any dementia – is clearly different for each person,' says Caroline. 'Keith is keen to present us with a positive portrayal, which in his case involved taking up numerous challenges.'

Neroli Harris, in Caroline's team, adds, 'Describing his diaries and journals as increasingly serving as a "substitute hippocampus", Keith has put together an extremely detailed record from diagnosis to becoming a true champion.'

'His day-to-day diaries are interspersed with letters, which confirm he will not easily give into "the clutches of the disease". They also give an ironic twist to the diaries.'

### Facing demons

John says, 'Keith faces his own demons and challenges head on, with an astonishing cast of supporters. He appears to move easily from project to project with an immense capacity for friendship and a willingness to learn as much as he can along the way.'

'His curiosity and imagination, while living with the restrictions of his diagnosis, allow for some incredible adventures. It's good to see he has some fun as well, but it is sobering to contrast the attitude of London transport (good) with that of the police (not so good) when he finds himself alone and in need of support.'

Ellen adds, 'Keith frequently acknowledges his gratitude for others' support, which has enabled his success in establishing a new life for himself rather than being defined by dementia.'

### Sunny and foggy days

'What I enjoyed about the book was Keith's honesty and self-awareness about how his life has changed and continues to change,' says Ellen. 'He reports that he is now much more influenced by his emotions. He writes beautifully, describing his life with dementia as sunny and foggy'

days – on foggy days, he doesn't function well.'

John adds, 'There is so much to learn from this book – from practical suggestions for establishing groups to writing a film script and amazing insights into his role with Alzheimer's Society. We definitely need more Keith Olivers!'

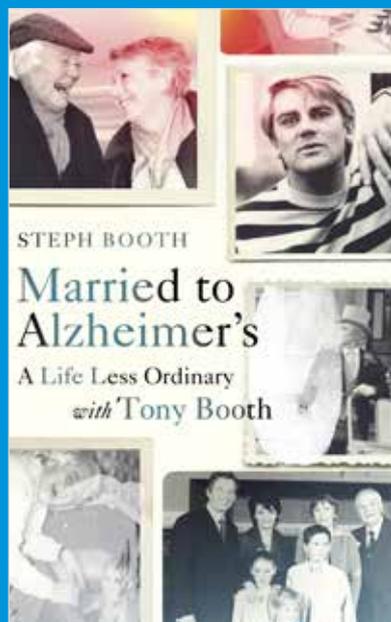
### Dear Alzheimer's: A diary of living with dementia,

by Keith Oliver (JKP, 2019),  
352 pages, £12.99,  
ISBN: 9781785925030.

Also available from our online shop – visit [shop.alzheimers.org.uk](http://shop.alzheimers.org.uk) or call 0300 124 0900 (local rate).



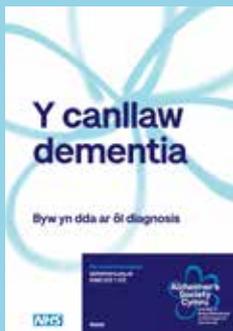
## Your turn



For the next issue, we invite you to read Married to Alzheimer's: A life less ordinary by Steph Booth (Rider, 2019), 256 pages, £12.99, ISBN: 9781846045752.

Let us know what you think about this book by 10 July so we can share it in our next issue – email [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk) or write to the address on p3.

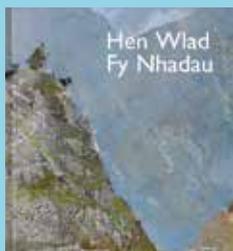
# Welsh language resources



## Our information and articles

There are many Alzheimer's Society resources with Welsh-language information about dementia in print and online, and an increasing number of our magazine articles are also available in Welsh online.

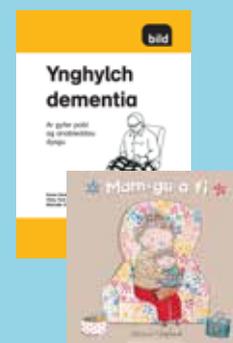
Visit [alzheimers.org.uk/cymraeg](http://alzheimers.org.uk/cymraeg) for online resources, or call 0300 303 5933 (local rate) for print publications.



## Conversation pack

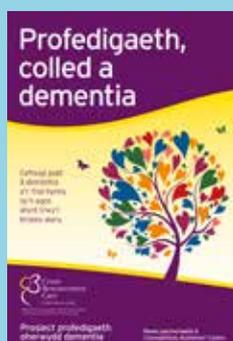
Hen wlad fy nhadau (Land of my fathers) is a beautifully produced pack to prompt conversation, with English translations. It includes a large 64-page hardback full of images and words – everything from traditional Welsh songs and recipes to Shirley Bassey and Richard Burton – plus a 35-minute DVD and 36 picture cards.

For the pack (£20 plus postage and packing), visit [www.picturestoshare.co.uk](http://www.picturestoshare.co.uk) or call 01829 770024.



## Darllen Yn Well

Reading Well Books on Prescription for dementia – a specially selected list of resources for people affected by the condition – are available from public libraries across Wales, and a growing number of these are being made available in Welsh for the first time. Ask your local library in Wales or see [www.reading-well.org.uk/wales](http://www.reading-well.org.uk/wales)



## Bereavement, loss and dementia

Profedigaeth, colled a dementia – a booklet to help support a person with dementia who has been bereaved – is available in both Welsh and English versions.

Produced by Cruse Bereavement Care in partnership with Alzheimer's Society Cymru. Please see [www.cruse.org.uk/wales/dementia-cymraeg](http://www.cruse.org.uk/wales/dementia-cymraeg)



## Book giveaway

We have five copies of Married to Alzheimer's to give away – email [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk) or write to the address on p3 by 17 June quoting 'Married' for a chance to win one (see p39 for terms and conditions).



Members of our online community, Dementia Talking Point, on making time for yourself when you care for a person with dementia.

## Time for you

'Earlier in life I was a keen and competitive runner, then cyclist. As dementia crept in with my wife, and I found it difficult to leave her for any great period of time, I moved my cycling indoors. Now I can sit my wife in front of the TV for her beloved gameshows while I take myself into the spare room to the exercise equipment.

'As I don't have to worry about traffic etc, when indoors I have also managed to teach myself a second language and post on this forum while sitting on my bike. Who ever said men can't multitask!'

**karaokepete**

'My other half goes to day centre, or her "exclusive club" as we call it, one day a week, and has a carer from the befriending scheme in one afternoon a week. That allows me to join a walking group and I just discovered there is a wellbeing café on the same day as the befriending carer comes in, so perfect timing.'

**nae sporran**

'I came across the idea for mini respites, scattered across the day. When a song moves you, stop and fully be with the song, sway with the rhythm. When waiting for an action, just take long slow breaths, focus on in then out. This really helps when standing waiting for

my very slow husband to get to a chair etc. Beautiful sunset? Just stop and stare a while. They sleep... rest! Slowing down makes more haste in the long run.'

**AliceA**

'All you can do is live each day as best you can. I find that some days are fine and others I could quite cheerfully run away! You must make time for yourself. That's not being selfish, it's being sensible.

'Do keep in touch with Dementia Talking Point, as it's so comforting to know that others feel just as you do.'

**Gladys 1946**

Visit [alzheimers.org.uk/talkingpoint](http://alzheimers.org.uk/talkingpoint) to read the full thread and join our online community.

For our Carers: Looking after yourself (523) factsheet, see [alzheimers.org.uk/publications](http://alzheimers.org.uk/publications) or call 0300 303 5933 (local rate).



## Next issue

What advice would you give about handling someone's anger or cruel comments when their dementia makes them behave in this way?  
Email [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk) or write to the address on p3.



## Feathered friends

**B**irds and birdsong provide pleasure to many, connecting us with nature as well as sparking conversation and memories.

If you can access a garden or view one from indoors, you might already see and hear birds. A bird feeder and birdbath could encourage them year-round.

Choose a seed feeder, peanut feeder or bird table depending on the kinds you want to attract. You can also combine lard or suet with seeds, nuts and leftovers to make a fat cake to hang from a tree. Growing particular plants or installing a particular size of nest box may also attract specific birds.

Make sure feeders are visible from a convenient window. Move them regularly and keep them clean to help the birds stay healthy. You can buy readymade feeders or build your own. We have one that's easy to assemble in our online shop (see below). Some people enjoy cleaning and refilling feeders and baths – be sure to wash hands after handling them.

A book with clear pictures can help identify birds, as could binoculars or listening to birdsong. You may enjoy taking part in the RSPB's Big Garden Birdwatch every January, and they can also help to find your nearest nature reserves – see [www.rspb.org.uk](http://www.rspb.org.uk) or call 01767 680551.

Our online shop offers a Bird Watcher Bundle, comprising a Bird Book and Bird Feeder – visit [shop.alzheimers.org.uk](http://shop.alzheimers.org.uk) or call 0300 124 0900 (local rate).

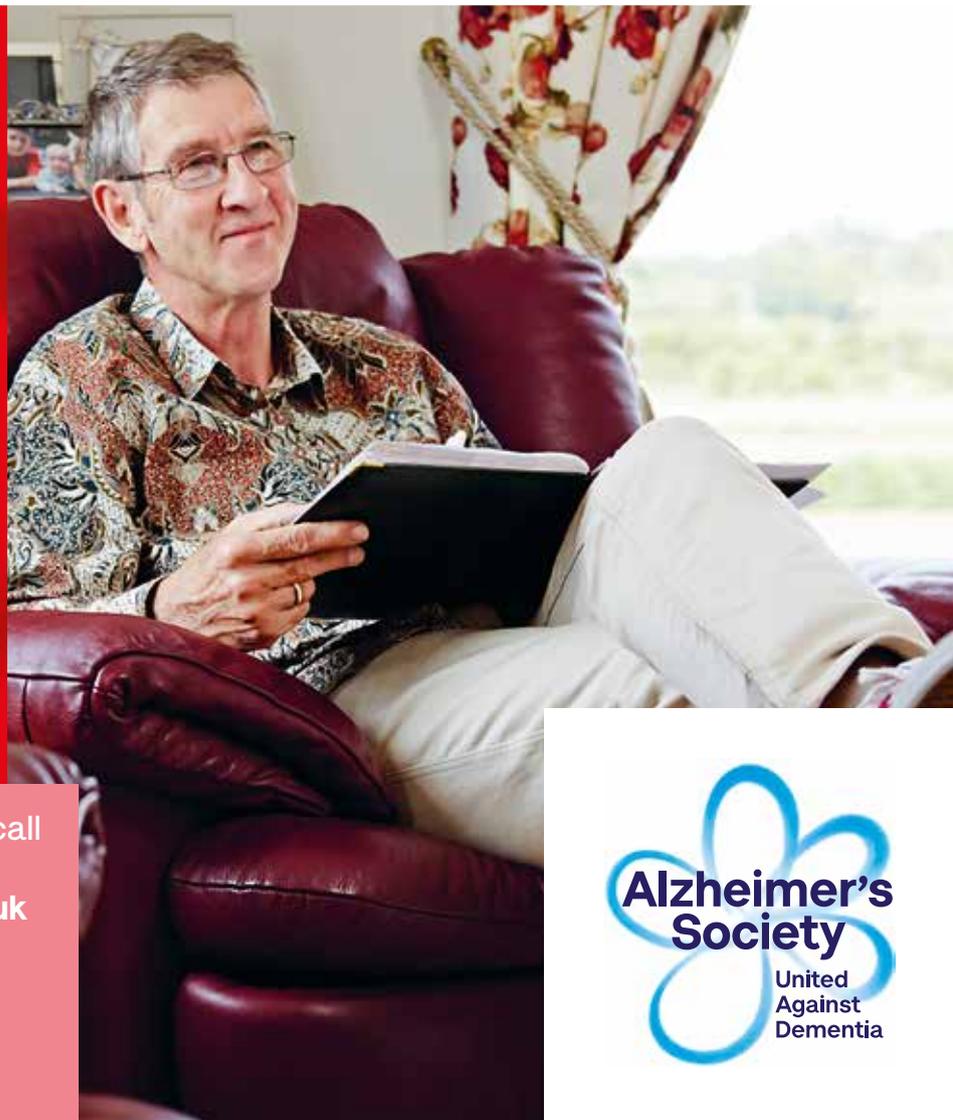


See p39 for a chance to win a Bird Watcher Bundle in our competition.

## Tips to improve your daily living at home

**Making your home dementia friendly** describes ways to adapt the home environment so you can stay safe and independent, and continue to do the things you enjoy.

To order your free copy call **0300 303 5933** or email [orders@alzheimers.org.uk](mailto:orders@alzheimers.org.uk) and quote code 819.



# We're here to help

Contact us with all your questions or concerns about dementia.

## Online

Visit our website for information and advice or to find local support services on our Dementia Directory. You can also talk to others with our online community, Dementia Talking Point.

[alzheimers.org.uk/get-support](https://alzheimers.org.uk/get-support)

## Phone

Our specialist dementia advisers are here to listen, offer tailored information and provide you with the right support.

Call us now on **0300 222 1122** or email [helpline@alzheimers.org.uk](mailto:helpline@alzheimers.org.uk)

## Information and publications

We produce a wide range of resources covering all aspects of dementia and dementia care. Order or download for free.

[alzheimers.org.uk/publications](https://alzheimers.org.uk/publications)

**'Was able to find out about a local activity group which my Mum and I attended for the first time this week.'**

**'No matter what you're going through, there is someone who understands. I don't feel alone now.'**

**'The information provided has been very helpful, interesting and easy to understand. I have a friend who has just been diagnosed with vascular dementia and what I've read will, I hope, enable me to be more empathetic to her situation. Thank you.'**

[alzheimers.org.uk](https://alzheimers.org.uk)

 [@alzheimerssocietyuk](https://www.facebook.com/alzheimerssocietyuk)

 [@alzheimerssoc](https://twitter.com/alzheimerssoc)





## Amplidect Combi Photo phone

We have an Amplidect Combi Photo phone for one lucky winner drawn from correct entries received by 3 July.

- Q: Calling the telephone the 'blower' comes from:**
- A. Voice pipes on naval ships, which you had to blow into to attract the attention of the person at the other end.**
  - B. A nickname for Alexander Graham Bell, the first to patent the telephone.**
  - C. The disappointment felt by people using a telephone for the first time.**

Send us your answers with your name and address – email [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk) or post to the address on p3.

**Terms and conditions for competitions and giveaways** Competitions are free to enter and open to residents, aged 16 and over, of the UK, Republic of Ireland, Isle of Man and Channel Islands. Winners will be drawn randomly from entries received by midnight on the end date and results are final. Winners will be notified soon after and announced in the following issue. Prizes are subject to availability, and will be sent by Alzheimer's Society or our supplier.

### Rosebud reminder clockcompetition

K Clark in South Yorkshire won a new Rosebud reminder clock, and C Hiscox in Hertfordshire and C Thompson in Surrey each won a Talking time pal. Answer: If you experience memory problems, it would not be helpful to keep the problems you're having to yourself, without ever telling anyone else.

### Cupcake Day apron competition

J Nicholls in Wiltshire won a Cupcake Day apron, and H Ames in Warwickshire and J Hatt in Hampshire each won a Cupcake Day tea towel. Answer: Cupcake Day is on 13 June, and you can host a Cupcake Day event on any day that suits you.

### Dear Alzheimer's giveaway

The five readers who each won a copy of Dear Alzheimer's, by Keith Oliver, were M Stephenson in Nottinghamshire, J Spriggs-Taylor in Derbyshire, and E Bernstein, T Moody and G Andrew in Greater London.

## Bird Watcher Bundle

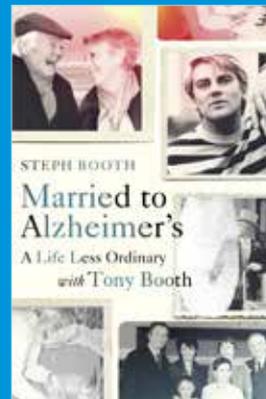


We have a Bird Watcher Bundle from our online shop – a Bird Feeder and Bird Book – for one winner drawn from correct entries received by 10 July.

- Q: Birds often seen in British and Irish gardens during summer include:**
- A. Waxwing, ring-necked parakeet and redwing.**
  - B. House sparrow, blue tit and swift.**
  - C. Brambling, short-eared owl and lesser redpoll.**

### Book giveaway

See p35 for a chance to win a copy of Married to Alzheimer's by Steph Booth.



### Poetry competition

See p27 to enter our Poetry competition 2019.



## Memory Walk is back and bigger than ever

This autumn, join over 100,000 people coming together to defeat dementia.

With new routes and more walks added, you won't want to miss out!

**Who will you walk for?**

Sign up today:

**[memorywalk.org.uk](http://memorywalk.org.uk)**

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity number 296645 1920080



**Memory**  
*walk*