

Dementia together

August/September 2020
Alzheimer's Society's magazine

Toughest of times
Our support line

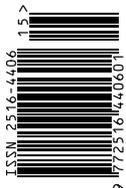
Meaningful music
Playlist for Life

Looking for joy
'No longer a wife'

Also in this issue
One dementia voice
Santander support
Planning ahead



Put on hold
'I'll survive this'





Welcome

Between dismay at the appalling impact of coronavirus on people affected by dementia and uncertainty about returning to any kind of normality, hope can be hard to maintain.

Deaths of people with dementia doubled in the spring, and over a quarter of people who died due to COVID-19 also had dementia. As we take action to ensure the significance of this is recognised, we're still pushing to make sure that carers can visit relatives and friends with dementia safely. We're working in partnerships with a range of organisations to get the results we all want.

One thing we can be sure of is that you've made an incredible difference – by adding your voice to our campaigns to keep dementia at the top of the agenda, and by helping us raise funds so that we're still here for anyone who needs us.

Your continued support means everything to us – thank you.

Danny Ratnaike
Magazine Editor

Questions about dementia? See p31.

Dementia together is the magazine for all Alzheimer's Society supporters and people affected by dementia.

Contact us

magazine@alzheimers.org.uk

020 7264 2667 or 020 7423 3676

Magazine Editor, Alzheimer's Society, 43–44 Crutched Friars, London EC3N 2AE

(office closed at time of press)



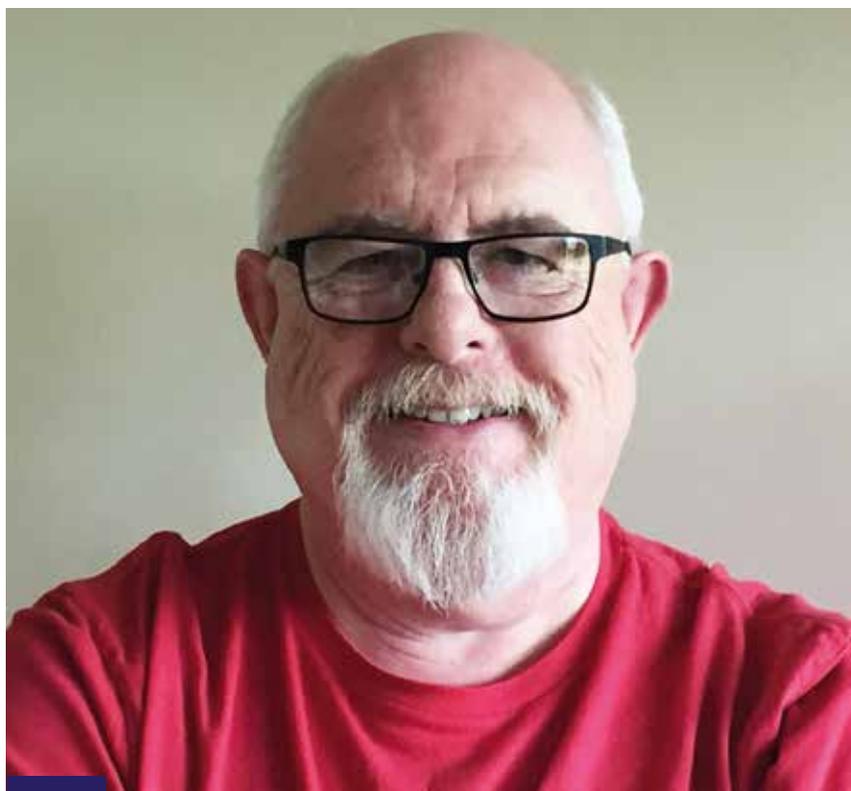
A gift of £50 can pay for 300 phone calls to support people affected by dementia. Please give what you can – turn to the inside-back cover or call 0330 333 0804.

Subscribe

Visit alzheimers.org.uk/subscribe or call **0330 333 0804** to receive each new magazine in the post.

To get the magazine on audio CD or to update your subscription details, call **0330 333 0804** or email enquiries@alzheimers.org.uk

See alzheimers.org.uk/magazine for online articles, PDFs and podcasts.



8 Looking forward to easier times.



18 From wife to carer.



24 The power of music.

News

One dementia voice **4**

Put on hold

'I'll survive this' **8**

Like a daughter **12**

How I enjoy good food **13**

A friendly voice **14**

A special space **15**

Try something new **15**

In your area **16**

We will keep singing **17**

Looking for joy

'No longer a wife' **18**

Toughest of times

Our support line **22**

Meaningful music

Playlist for Life **24**

Letters **26**

Planning ahead **28**

Q&A: John O'Doherty **29**

How we can help **30**

Tried and tested **32**

Book group: Mother **35**

Lockdown worries **36**

Quizzing **37**

Competitions **39**

We are here for you

Whatever support you need during the coronavirus pandemic and beyond, Alzheimer's Society is here for you.

Call our Dementia Connect support line on 0333 150 3456 or visit [alzheimers.org.uk/support](https://www.alzheimers.org.uk/support) For support in Welsh, please call 03300 947 400.

One dementia voice

The UK's leading dementia organisations came together in July to call on the government to make sure that people with dementia in care homes can be safely visited and supported by family and friends in person again.

We wrote to the health secretary with 'one dementia voice', saying that designated relatives or friends should get 'key worker' status, just like care home staff. The open letter was signed by the Society, John's Campaign, Innovations in Dementia, tide, Alzheimer's Research UK, Dementia UK and YoungDementia UK.

After reassurances that care homes would be reopening to visitors, the charities said that visiting carers should receive the same safe, regular and repeated testing as key workers.

The call recognised that friends and relatives who are carers are a key part of the care system, and they should be supported in this role.

For up-to-date information about dementia and coronavirus, see [alzheimers.org.uk/coronavirus](https://www.alzheimers.org.uk/coronavirus)

Shocking statistics

Nearly twice as many people with dementia died during the early months of the coronavirus pandemic than would usually be expected for that period, analysis by Alzheimer's Society has shown.

We looked at figures from the Office for National Statistics, which revealed that 25,000 people with dementia died during March and April, over 13,000 more than in the same months in previous years. Of all deaths due to COVID-19 in England and Wales, 27% were of people with dementia.

Over this period and apart from deaths caused directly by COVID-19, people with dementia have died at almost twice the normal rate. We fear that social isolation or a lack of essential care, whether in care homes or within the community, may have contributed to this shocking increase. A Society survey of 128 care homes found that 79% believed a lack of social contact was causing deterioration in the health and wellbeing of their residents with dementia.

Memory Walk: Your walk, your way

You can still master your own Memory Walk and make a real difference for people who need it the most, even though we can't hold organised events this autumn.

It's completely up to you where and when you walk. Perhaps you'll pound the pavements, stroll along the beach or ramble through nearby parks or gardens? It's your walk, your way – whether you walk on your own, with members of your household or support bubble, or with four-legged friends. Choose how you'd like to get involved and how far you want to go.

We'll provide plenty of tips, resources and ideas to help you get started. It's never been so important to walk for a world without dementia – who will you walk for?

Sign up for free now at [memorywalk.org.uk](https://www.memorywalk.org.uk) or call 0300 330 5452 (local rate).



Demand better: Getting it done

Since the pandemic began, Society supporters – people like you – have succeeded in urging the government to address the awful situation faced by so many people affected by dementia.

After shifting people's focus from hospitals alone to include care homes, our influencing led to the reporting of deaths in care homes. These numbers are now measured and published, and an initial 11-day reporting delay was reduced to five and then one day.

We successfully pushed for the government to take charge of providing personal protective equipment for care homes, to test everyone discharged from hospital into care homes, and then to test care home residents who don't have symptoms. The government also agreed to introduce dementia-specific training for new and returning staff.

Eventually, the government published an action plan for social care and set up a social care taskforce, with our CEO Kate Lee co-chairing an advisory group. This was followed by an announcement that all staff in care homes would be tested weekly and all residents monthly.

None of these could have been achieved without your support for our campaigns – thank you!

It's essential that we keep the pressure on to get the continued results that are so desperately needed. This includes involving people with dementia on the taskforce, establishing why people with dementia have been so disproportionately affected, guidance on safe social contact for people affected by dementia, and the return of healthcare professional visits to care homes.

Keep the pressure on – visit [alzheimers.org.uk/campaigns](https://www.alzheimers.org.uk/campaigns)

We need your help

Since the pandemic began, our dementia advisers have made over 100,000 welfare calls to people they'd usually see in person. Over the phone, our experts check how people are doing, provide advice and information, and see what ongoing help they need.

We need urgent financial support to maintain these vital services. With your help, we can show people living with dementia that they aren't alone.

To make a donation, please use the form at the back of the magazine.

First of all, I hope you're keeping safe and well. These are such difficult times for everyone, but people affected by dementia have been hit particularly hard by this pandemic. It's a shocking fact that 27% of all people who died due to coronavirus from March to May had dementia.

We're lobbying relentlessly for the government to increase testing and support for people with dementia to combat this. We're continuing our direct support too, though we've been forced to make changes such as moving to more telephone and online support. This has been really well received, with half a million instances of people engaging with our services since lockdown began.

Amid this global crisis, we're doing all we can to raise funds for our vital work. We had a successful Cupcake Day that, while different from previous years, was enjoyed by all. We're encouraging everyone to organise their own Memory Walk this year, and I really hope you can take part.

We've also been saddened by events in the US highlighting racism and also by the disproportionately high number of people from Black, Asian and other Minority Ethnic groups who have died as a result of coronavirus. These have given us cause to think about race within our own organisation and the way we work. We're proud to have published a statement making our anti-racism position clear, with a range of new commitments to ensure our organisation and support is truly diverse and inclusive for all.

While my first few months as CEO haven't been quite as I'd expected, I'm working hard every day to guide the Society through this period and help us emerge stronger and even more effective on the other side. Thank you for your support and for continuing to unite with us against dementia.

Kate Lee
Chief Executive Officer



Negative thinking

Although reports of a Society-funded study have suggested a connection between negative thinking and the risk of a person developing Alzheimer's disease, there's no evidence that a bout of stress or anxiety will lead to dementia.

Research at UCL (University College London), involving over-55s, found links between 'repetitive negative thinking' and proteins that build up in the brains of people with Alzheimer's.

However, it's not clear whether repetitive negative thinking – for example, worrying or ruminating – is a risk factor or an early symptom of Alzheimer's. It's also worth noting that most people who took part in the study were already at a higher risk of developing dementia, so they don't reflect the general population.

Fiona Carragher, Director of Research and Influencing at Alzheimer's Society, said, 'The link shown between repeated negative thinking patterns and both cognitive decline and harmful protein deposits is interesting, though we need further investigation to understand this better.

'Particularly during these unstable times, it's important to point out that this research isn't saying a short-term period of negative thinking will cause Alzheimer's disease. Mental health may be a vital aspect of preventing and treating dementia, but more research will tell us to what extent.'

Visit [alzheimers.org.uk/research](https://www.alzheimers.org.uk/research) for more about our research.



Cupcake Day

We want to say the biggest of thank yous – with a cherry on top – to everyone who took part in this year's Cupcake Day. The money you've raised will directly help people living with dementia.

From socially distanced bake sales to doorstep deliveries and video bake-offs, we hope you had a deliciously good day celebrating and enjoying lots of scrumptious treats!

Your rights: Across sectors

With every change in coronavirus regulations and advice, we've united with organisations across all sectors to champion the rights of people affected by dementia.

We ensured retailers pledged to continue supporting people affected by dementia even as lockdown measures are eased. This includes that their staff should remain available to support customers who may need additional help.

We also secured a government commitment that people with dementia, their families and carers are considered 'vulnerable' even if they aren't 'shielding'. This means they qualify for priority shopping support from local authorities in England, supermarkets and the NHS Volunteer Responders service.

Where it's compulsory for adults to wear a face covering in England, we agreed an exemption for people affected by dementia if a mask is distressing or impedes communication.

We'll carry on listening to the issues that are important to the people we support – we'll work with whoever we need to on finding solutions.

Research funding: Bridge the gap



Medical research charities are calling on the government to act now to save charity-funded research, which has taken a massive hit as a result of coronavirus. The Association of Medical Research Charities, which includes the Society, expects a £310 million shortfall in all research spending by charities.

We anticipate up to £45 million less income for Alzheimer's Society this financial year because of the pandemic, which has forced us to pause our research funding programme. Over 70% of Society-funded researchers told us they've been forced to stop all or some of their work, and nearly 80% expected delays.

Dementia research has long been chronically underfunded by the government and it's vital that it doesn't become an afterthought as we emerge from the crisis. We believe the government should step up and bridge this gap for the good of people affected by dementia.

New date for Alzheimer's Show

This year's Alzheimer's Show has been rescheduled for 23–24 October at Olympia London. The event offers practical advice, information, products and services for people affected by dementia, and will reflect the impact of coronavirus.

Use the code ASOC50 for 50% off on-the-day ticket prices, making a one-day ticket £12.50 for adults and £8.75 for concessions. People with dementia get free entry, as do under-16s accompanied by an adult. Book now at www.alzheimersshow.co.uk or call 01892 723 195.

Tackling racism: Challenging ourselves

Prompted by the Black Lives Matter movement, Alzheimer's Society has committed to tackle racism of any kind in our organisation and activities, and to challenge its wider impact.

'Black, Asian and other Minority Ethnic communities have rarely had proper dementia support,' said a statement from our senior leaders. 'It is time to change that and that change starts with us becoming comfortable with challenging ourselves.'

The Society pledges to be publicly accountable and transparent about our progress in a range of areas, starting with making our workforce more diverse and inclusive, and including raising the voices of people who are often overlooked.

The statement is a starting point – Alzheimer's Society will be working on a plan of action in coming months, when details of more specific targets and approaches will be available.

In brief



Keep on moving

We've joined forces with 14 other charities, supported by Sport England, to encourage people with long-term health conditions – including dementia – to stay as active as possible despite any remaining lockdown restrictions.

In another push for the We Are Undefeatable campaign, first launched last September, we're sharing ideas to help people make physical activity part of their daily lives, particularly when they're likely to be spending more time at home.

Visit alzheimers.org.uk/active to find out more.

Don't miss...

When Lily gets a call from Dementia Support Worker Lucy, she thinks, 'Ah somebody remembers me.' [See p12.](#)

Enjoying growing, cooking and eating good food helps people to stay well. [See p13.](#)

Santander and its employees are helping us and Age UK to provide vital support. [See p14.](#)

David says he felt 'comforted and uplifted' after calling our phone support line. [See p22.](#)

Playlist for Life continues to promote the power of meaningful music for people with dementia. [See p24.](#)



Quick read

For Barney Thompson in County Antrim, Northern Ireland, speaking publicly about his dementia helps him to accept the condition.

Barney, who has dementia with Lewy bodies, is a volunteer Society speaker, one of many activities put on hold due to coronavirus.

Dementia has affected Barney's memory, sleep and spatial awareness, though he sometimes deflects or jokes rather than acknowledge this.

Barney has been shielding due to the pandemic and hasn't seen one of his daughters, a doctor, since lockdown began.



Put on hold

Lockdown paused many activities that have helped Barney Thompson come to terms with his dementia. **Gareth Bracken** speaks to a man looking forward to easier times.

‘Every time I tell somebody I’ve got dementia, it gets easier,’ says Barney Thompson, an Alzheimer’s Society volunteer speaker who lives in County Antrim, Northern Ireland.

Barney, who’s 66, has dementia with Lewy bodies, which hasn’t been straightforward for him to accept. But the support he’s had from the Society, and the work that he does for us, have helped him to better come to terms with his diagnosis.

Adrenaline rush

Barney was born in Preston in Lancashire and spent much of his working life with the traffic police in Liverpool.

‘It was great fun, I loved the adrenaline rush,’ he says. ‘Once you’ve had it, you want it again.’

Barney moved to Northern Ireland with his wife Catherine in 2002. They settled in Toomebridge, near Catherine’s sister, with Barney taking up a job with the health service.

Barney became a big fan of Ulster Rugby, attending as many of the club’s games as he can.

‘When we came over here, that was the first thing I wanted to see,’ he says.

Barney and Catherine also love travelling, particularly to Barbados.

‘It’s our favourite place,’ says Barney. ‘We like to do turtle rescue – you gather the baby ones in buckets to stop them getting run over or eaten, and they get taken to a safe beach.’

Facing facts

A few years ago, Catherine noticed changes in Barney’s personality and behaviour.

‘I’d just started a new job and he was decidedly off,’ she says. ‘I thought he’d got the hump.’

‘Another time he was sent home from work early, because he’d been getting lost on the way there and back.’

‘I can look back now and say that, probably over the past 10 years, there’s been some odd things that have happened. But nothing that you could actually put your finger on and say was definitive.’

‘It was an answer, a tag. It’s positive because I know what it is.’

Barney hadn’t really noticed any major differences in himself, though he does recall one incident at work.

‘I couldn’t remember a shortcut on the keyboard that brought up a particular screen,’ he says. ‘I nearly destroyed a computer in frustration!’

In March 2017, Barney was diagnosed with mild cognitive impairment (MCI), where someone has minor problems

with mental abilities such as memory and thinking. This was amended to dementia with Lewy bodies later by a different consultant.

People with MCI don’t all go on to develop dementia, though it does increase the risk. A diagnosis of MCI can be an opportunity to do things to reduce the chance of developing dementia, like making lifestyle changes and ensuring that any other conditions, such as heart problems, are managed carefully.

In his own case, Barney felt as though the MCI diagnosis avoided having to address the seriousness of his situation – ‘tiptoeing around it’ instead of facing the fact that he had dementia.

‘I wish they’d come out with it straight away,’ he says.

Dementia with Lewy bodies can cause problems with attention, alertness and movement, difficulty judging distances, disturbed sleep and hallucinations. However, the dementia diagnosis gave Barney something to work with.

‘It was an answer, a tag,’ he says. ‘It’s positive because I know what it is – I know what’s happening to my brain.’

Total deflection

Barney can struggle with his memory, while his spatial awareness and sleeping are also not very good. However, most of these symptoms are described by Catherine, who says Barney uses jokes or other means to

avoid fully acknowledging the effects of his condition.

'I'd just say everything's great,' he admits. 'Total deflection – I'm very good at it!'

That said, Barney recently made a difficult decision to stop driving.

'I feel like I've had my legs chopped off. But, having seen what I've seen during my working life, I do not want to be responsible for causing damage to anybody,' he says. 'If something did happen, I'd never forgive myself.'

Barney has diabetes and is shielding as a result of the coronavirus pandemic, limiting himself to a daily walk with Catherine and their cocker spaniel Charlie.

'That walk is important, I look forward to it,' he says.

'It's sad that you can't really speak to people in the street because of social distancing. But we've got to get through it, and the way to get through it is to not get near anybody.'

Feeling empty

It's been a very stressful time for Barney and Catherine, and friends of theirs have died due to coronavirus.

Both of their daughters have been affected in different ways. One, a self-employed stage manager for theatres, has been hit financially. Barney has met her outdoors for a socially distanced conversation, but as of late June he hadn't seen his other daughter, a doctor, since lockdown began.

'She's working on a COVID ward, right at the pointy end,' he says. 'It's just horrible at the moment. My daughters play on my mind.'

Barney worries that his mental abilities may have declined during lockdown. However, he was recently reassured by news that Catherine, who works for Queen's University Belfast, is likely to

continue working from home until the new year.

'If she had to go back to work in the office, I'd be alone all day, every day,' he says. 'I don't know how I'd get on, rattling around on my own.'

Barney says he was really struggling after his dementia diagnosis until he discovered Alzheimer's Society. He's feeling 'a little bit empty' without his usual face-to-face groups and meetings, all put on hold because of coronavirus.

'It's just horrible at the moment. My daughters play on my mind.'

One positive has been continued contact with Society volunteer Hugh. Prior to the pandemic, they met twice a week to play bowls, which Barney misses. This has at least been replaced with video chats via FaceTime.

'Hugh is very good to me and very good for me,' says Barney. 'He's a grand man, very dedicated.'

Cathartic experience

As well as receiving Society support, Barney also volunteers for us by speaking at meetings, workshops and conferences about his experiences.

'I like public speaking. I used to love giving evidence in court,' he says. 'I never write a speech or have notes, I just stand there and say what comes into my mind.'

Barney wishes he'd heard similar first-hand experiences when he was diagnosed.

'I'm able to talk to them the way I'd like to talk to myself,' he says. 'I try to give people a bit more self-esteem.'

'If they can see someone who's got dementia stand up and talk to people, and they get something out of it, then I've done a job.'

Barney has had plenty of positive feedback from other people affected by dementia, but he emphasises how doing this work helps himself.

'I used to find it difficult to talk about dementia, but this helps me to offload and accept what I've got. It's cathartic.'

Trailblazer award

Barney has raised awareness of dementia more widely too, including helping to make shops and airports more dementia friendly.

'Awareness in the community is very poor,' he says. 'I've got a key to disabled toilets because my bladder control is not what it used to be, and the number of times I get sneered at, because dementia is a hidden disability. We've had a really rough time with things like that.'

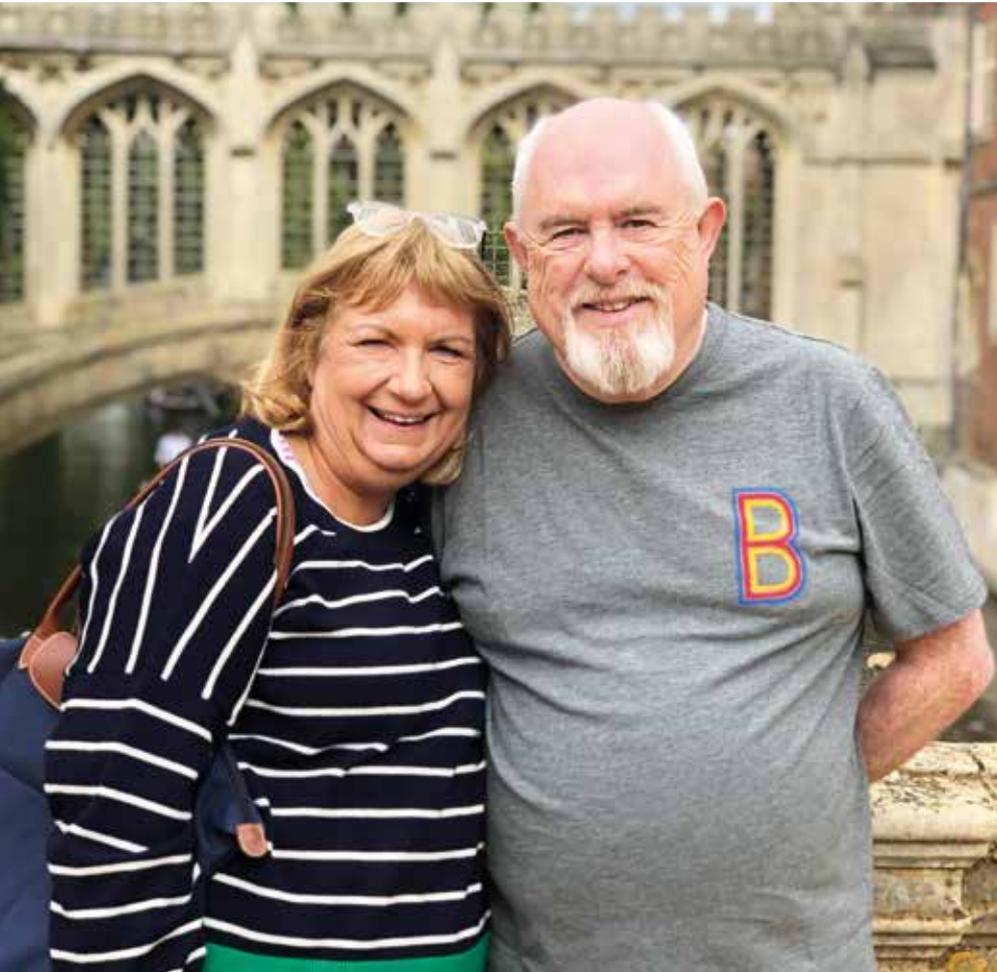
His efforts were recognised at last year's Dementia Friendly Awards, where he was named Trailblazer of the Year.

'I was a bit stunned that I got that, I don't think I do anything!' he says. 'It's very nice though.'

Looking ahead, Barney can't wait to resume his Society speaking.

'I'm not enjoying lockdown, but I'll survive this,' he says. 'I'd like to get back doing more work with Alzheimer's Society – I've missed that.'

Use our Dementia Directory to find dementia services near you – see alzheimers.org.uk/dementiaconnect



EMERGENCY APPEAL

Coronavirus halted so many activities that help people cope with their dementia. You can help support people at this difficult time by making a donation today – please use the form at the back of the magazine.

For our What is dementia with Lewy bodies (DLB)? (403) factsheet, go to [alzheimers.org.uk/publications](https://www.alzheimers.org.uk/publications) or call 0300 303 5933 (local rate).

Like a daughter

Lily Harris, who is 76 and lives in Wales, speaks about her special relationship with Lucy Davies, one of our dementia support workers.

After my Alzheimer's diagnosis in 2014, I decided that I'd got to find out how to look after myself. I live alone and I can't be calling on my son all the time, because he works. If you can look after yourself, you're alright.

I had information given and I went to all these clubs. I was a volunteer at an Alzheimer's Society film club, and that's how I met people. I made the tea and I used to wash up the dishes. They let you help – they don't let you think that you're thick.

I miss going to the club. I can't wait to go back when lockdown is over. When you know that you've got a group on, you know you're safe when you go to the place. We have fun and we talk about different things.

You're connected

I can't remember meeting Lucy for the first time, she's always been there. I know if anything came up, I can ring her – and I know, I've done it!

What I've missed the most during lockdown is seeing Lucy. I miss her visiting because she listens. I do talk, as she knows, because you're on your own. We have a good talk because I know Lucy. I see her more, really, than anybody.

She still rings me up. She tells me off about not going to the doctors! I did go once, when she said something. She's brilliant. Speaking to Lucy, it makes you feel there's somebody there – you're connected, don't need to be frightened.

I love talking to Lucy. Sometimes I forget what I'm talking about, but she doesn't say, 'Oh, forget it.'

Somebody remembers

A phone call means so much to me, because when you're on your own and you have this lockdown, when the phone's going you think, 'Ah somebody remembers me.' It really is nice to have somebody checking.

To me now, she's like a daughter that I got lost of – that's not the right words, is it? But she is like that. It would only be a child of mine, that I would say the things I say to. And I tell her everything.

Lucy makes me feel safe, because sometimes I don't feel safe. I don't know what would happen if she wasn't there.

Thankful

Nobody realises what dementia is like, unless you've had it. When you want to think of something and it won't come, it's horrendous. I'll be honest and say that when I'm indoors, I'm crying a lot and I'm telling myself off. 'Why are you doing it? Stop feeling sorry for yourself.'

The people at the Society who've supported me, I think I wouldn't be here if they weren't here. I can't thank them – and I mean it – I can't thank them enough.



To get support visit [alzheimers.org.uk/dementiaconnect](https://www.alzheimers.org.uk/dementiaconnect) or call 0333 150 3456 – or for Welsh speakers call 03300 947 400.

How I enjoy good food

We ask people about how they keep healthy and well, whether they have dementia or not. This issue, we hear about the pleasures of growing, cooking and eating food.



Peter Morley, 59, West Midlands (pictured with his wife)

My wife and I are still working, so sharing the cooking in the evening is a great way to catch up on what happened during the day. Sometimes it's a quick salmon stir-fry with lots of nice veggies and other times it's from a cookery book, depending on time.

Jacqueline Barron, 77, Bristol

I like cooking from scratch, looking for new recipes and buying interesting food. I enjoy the varying tastes.

I was diagnosed as coeliac 25 years ago, so I need to cook my own food and find good alternatives to standard fare.

Amanda Butler, 49, Cheshire

A healthy vegetarian diet helps me to maintain a healthy weight and blood pressure. I feel that I am doing my best to maximise my chances of good physical and mental health.

I eat healthily every day but do enjoy home-baked sweet treats too, in moderation. I love baking things such as wholemeal fruit scones, fruity tea bread, banana and walnut loaf, and seasonal fruit crumble. Blackberry picking is a must in late summer and early autumn.

I have enjoyed baking since I was a child and grew up in a home with a large vegetable garden and apple tree.

Lynne Parry, 68, Cornwall

I used to be vegetarian but now eat fish, especially oily fish, as it is good for your brain. I keep waste to zero if possible, deciding what to eat based on what we have.

When meeting friends, often we have bring-and-share meals to make it easier, and for novelty.

The challenge of 'rustling up' a meal every day keeps me focused on good health and nutrition, and my husband likes the food!

Robert Johnson, Hampshire

I cook my own food and shop for items. I go out occasionally for meals with friends, but I do my own cooking at home alone. I started because of the need to keep active enough to look after my wife's needs.



Diane Venni, 64, Cambridgeshire (pictured with her husband)

We have an allotment, so we grow our own vegetables and fruit. My husband and I work on it together when the weather allows. We have fresh vegetables when we want them, and it helps save money when vegetables are expensive in the winter. It's good exercise, keeping the mind and body active.

Having the allotment kept us going through lockdown, as it was our daily exercise routine out in the fresh air.

Stay well

Some things, like your age and genes, affect your chance of developing dementia but you can't change them. Things you can change? Keep your mind and body active, enjoy healthier food, don't smoke, drink less alcohol, stay in touch with people, and deal with any health problems.

If you already have dementia, the same things can help you to stay healthy and well.

Visit www.nhs.uk/livewell for health and wellbeing advice for everyone.

A friendly voice

After lockdown started, Tania Barella was one of many Santander UK staff to volunteer to help stay in touch with people affected by dementia.

Since Tania Barella began making Companion Calls to isolated people affected by dementia, she's been blown away by its impact.

'I can honestly say this experience is amazing,' says Tania, a Dementia Friend who works for Santander.

'These calls are the most rewarding I have ever made.'

'We know people are lonely and want to hear a friendly voice. The carers spend all their time looking after their loved ones and deserve to have some time to themselves.'

Santander has been encouraging its staff to support us and Age UK. The bank doubled the amount of time employees could volunteer alongside their usual roles, also donating £1,000 on each employee's behalf, split between the two charities. Over 1,000 of them have volunteered, including over 480 who signed up to make Companion Calls.

We introduced Companion Calls as a temporary addition to our Dementia Connect support after lockdown started. Trained volunteers check in regularly with people by phone and have a friendly chat about whatever they like.

Not entirely new

Tania is a branch director with Santander, based in Farnham in Surrey and Fleet in Hampshire, so making these kinds of calls wasn't entirely new to her.

She also has her own experience of dementia, since her partner's late father had the condition.

'We used to visit him and when we arrived he seemed quite vacant, but I loved talking to him and getting his eyes to sparkle. We talked about anything and he was always smiling and bright-eyed when we left.'

Time to chat

Tania has been making Companions Calls to two carers and one person with dementia, agreeing when and how often to ring right at the start.

'It is their time to chat about whatever they want and my chance to build a relationship with them, check they are OK and – most importantly – get them to laugh.'

Tania feeds back to the Society after each call so that we can help with new issues that come up. This could involve one of our dementia advisers making a Welfare Call to offer further information and advice.

'I found this particularly useful when I was speaking to one carer,' says Tania. 'She said she had been up a lot during the night, as her husband was now too scared to go to the toilet on his own.'

'I asked if she would like a Welfare Call as the situation had changed slightly, and she welcomed the offer.'

Tania is keen to encourage other people to volunteer.

'I would say to anyone who is thinking of making Companion Calls to give it a go. I am sure you will find the calls as rewarding as I have!'



The Santander Foundation is donating £3 million, split equally between the Society and Age UK, so we can continue to support people during the pandemic.

A special space

Michelle Pease in Basildon, Essex, tells us how creating an online tribute page in memory of her mum, Dorothy Chambers, has helped her family.



Mum was a real sweetheart – kind and generous of spirit. She had a lovely smile and a wicked sense of humour! She had to be strong after my dad died in his early 60s, and our family loved how that strength stayed with her, even after her dementia diagnosis.

Mum was diagnosed with Alzheimer’s disease in late 2014, aged 82. For the first year she was still at home with a package of care, but I don’t think she really understood what was going on. In 2015 she moved to a really nice care home, where she lived happily and was very content.

As the dementia progressed, she could do less and less – her ability dwindled. She became less able to concentrate and engage, so we’d try to enter into her world with her. As time went on, she knew me as a friendly face but lost understanding of who her grandchildren were.

Mum died in November last year, 10 days before her 88th birthday.

Totally overwhelmed

We had so much support from Alzheimer’s Society after Mum’s diagnosis. We used ‘The dementia guide’ a lot – it really helped.

We’ve been fundraising for the Society since 2015, including Memory Walk and Cupcake Day. After Mum died, we wanted a way for people to be able to donate in her memory. I discovered online Tribute Funds, and within two weeks we’d set a £5,000 target for May 2020. We did this year’s GLOW walk in Southend, and my nephew ran a half-marathon route round where he lives after his official race got cancelled because of coronavirus. We passed our fundraising target during March! I was totally overwhelmed by the money we started to get.

You can also upload photos to the tribute page. It’s a nice repository of memories and there’s something about putting them on the page that makes it feel special. Lighting virtual candles has really helped with my grieving – I can’t explain it, but it’s just a really nice thing.

No stopping

I really appreciate the support and understanding we’ve received from Alzheimer’s Society. I think it’s important for other supporters to know how brilliant they are.

We’ve raised over £12,000 for the Society since 2015. It’s such an important cause – a cure for dementia needs to be found. We’re Team Dotty and we’re not going to stop!

For more about Tribute Funds, please visit alzheimers.muchloved.org



Listen to m4d Radio

The Music for Dementia campaign recently launched m4d Radio, a free 24/7 online radio station. Five channels play carefully selected music from different decades from the 30s to the 70s, for different times of day or night.

Listen online at www.m4dradio.com or download the M4D Radio Alexa Skill to play on voice-controlled Alexa devices.



Delve into Dementia Diaries

There’s a massive archive of audio diary entries from people living with dementia at Dementia Diaries, complete with transcripts for reading. Diarists from across the UK continue to share their lives and thoughts, in posts you can also explore by theme.

Catch the latest entries at www.dementiadiaries.org

Try Jelly Drops

Jelly Drops – sugar free and 95% water – were designed by Lewis Hornby, whose gran struggled to stay hydrated, and developed with our support. You can order one-off packs or try a free trial subscription (£5.70 per box).

Buy delicious water sweets at www.jellydrops.com





Photograph: Jacky Chapman

Supporting loss in Wales

Alzheimer's Society Cymru has joined forces with Cruse Bereavement Care in Wales to help support people affected by dementia with feelings of loss.

The new project – Supporting loss along the journey with dementia – will help people to manage and cope better with these common feelings from diagnosis onwards. Training, awareness-raising and information materials are planned alongside providing direct support. It follows on from a previous partnership that focused on supporting people with dementia and their families who had experienced a bereavement.

Maxine Norrish, Project Manager at Cruse Cymru, said, 'There are currently over 45,000 people living with dementia in Wales. Through this new project we are hoping to provide support to people affected by dementia from diagnosis, as their lives inevitably change.'

Sue Phelps, our Country Director for Wales, added, 'Improving access to pre-bereavement support and helping people better cope with the feelings of loss and grief through their journey is vital.'



Raffle's a winner

An innovative supporter in Clitheroe, Lancashire, held a raffle on Facebook live and raised over £1,000 – over four times her original target. Donna McDonald-Macnaughton managed to secure an incredible 43 vouchers from generous local businesses as raffle prizes. These ranged from interior decorations and meals out to a car valet service and toiletry giftboxes.

Donna allocated raffle tickets to people who had made donations on her JustGiving page, publicising the event in the local press. Her son Arthur, aged 11, drew the winning tickets as people watched live on Facebook at the end of June.

Inspired by the need to support people affected by dementia at a time when our fundraising has been so badly affected, Donna hadn't expected the level of support that she received from people donating prizes as well as buying tickets.

'I couldn't do the raffle without all the local businesses who've supported me by donating prizes,' she said. 'They really have amazed me, in such a difficult time we're all living in.'



103 laps for 103 years

We've been blown away by Hilda Duncombe in Buckinghamshire, who's now raised over £7,500 for the Society. During May, Hilda challenged herself to walk one lap of her care home for every year of her life – given that she's 103 and uses a walking frame, that was no small feat!

Inspired by Captain Tom Moore, Hilda decided to support us in memory of her husband, who had Alzheimer's and died in 2001. Walking a few laps of Bartlett's care home each day, Hilda was buoyed by messages from people who'd heard about her efforts and donated through her JustGiving page. A great grandmother of 11, lockdown meant none of Hilda's family could cheer her on in person, but they assured her they were with her in spirit every step of the way.

Zena Jones, Community Fundraiser, said, 'Hilda has been a real inspiration to all of us, taking on such a challenge with a huge smile on her face. The money she's raised will help us reach isolated and vulnerable people with dementia as well as research into care and a cure.'

Be inspired by ways to raise funds to beat dementia while at home – see alzheimers.org.uk/homegrown or call 0330 333 0804.

We will keep singing

Lorraine King, Singing for the Brain Leader in south-west Wales, shares how we've carried on joining in song through lockdown.



I'm a professional musician and 10 years ago I joined the Society as a Singing for the Brain Leader, covering areas from Carmarthen through to Bridgend. When lockdown started, I began putting videos on YouTube to make sure something was available even though our groups couldn't sing together in person. I sing and play guitar in the videos, with instructions for people to join in with songs and movements.

My delivery may have been ropey, but the response was amazing! One woman who'd normally come to Singing for the Brain sits in front

of her screen smiling, singing and waving at me. It's been humbling to hear how much of an impact the videos have had.

Since some people can't get online, it's also been a joy for us to sing as a group on the telephone. One man, who I thought had difficulty communicating, joined in and within minutes was chatting away to another person on the 'Ring and Sing'. His wife couldn't believe the difference it made and how much his mood was lifted afterwards.

Things will continue to change in coming months, but I think there's a place for online sessions even after we get back to face-to-face singing. More people are embracing technology, getting help to use devices where necessary. This feels like the start of something different, a brand-new world!

In the meantime, we will keep singing, laughing and enjoying each other's company, online and on the phone.

Join in with Lorraine by searching 'Singing for the Brain with Lorraine' at www.youtube.com

Urgent: We still need your help

Lockdown may have eased but people living with dementia are still affected by the impact coronavirus has had on their lives

Can you help us ensure our services, like Singing for the Brain, are available for anyone who needs them?

Please donate what you can by returning the donation form at the back of the magazine. Thank you.





Michelle and family in Marbella, the same year David was diagnosed with dementia.



Michelle speaking to Gareth via Zoom.

Quick read

Michelle Macadangdang, in Grays in Essex, never expected to become her husband's carer, especially at her age.

David struggled to get a diagnosis of young-onset Alzheimer's disease after his behaviour began to change in his 40s.

Michelle, whose mother and two children help to support David, now sees herself as more of a carer than a wife.

She emphasises the importance of carers looking after themselves, and she's thankful for the strength she gets from her faith.

Looking for joy

Michelle Macadangdang says nothing prepared her for dealing with her husband's dementia. Gareth Bracken speaks to a carer for whom the future is scary, but whose smile is real.

I no longer see myself as a wife – I'm a carer. My role has evolved and it's a distant kind of relationship, which is very sad.'

Having spent much of her working life supporting people with dementia, Michelle Macadangdang never imagined that her family would be so directly affected by the condition. Her 49-year old husband David has young-onset Alzheimer's disease, which has completely changed their connection as a couple.

'I can't consult with him about decisions and there's no affection or terms of endearment from him,' says Michelle, who lives in Grays in Essex. 'I miss who he was as a person.'

But despite the many challenges that she and her young family face, Michelle has managed to stay smiling.

'I reflect on how I've progressed and been able to cope,' she says. 'If you're strong and have a positive mindset, you can get to where you need to be.'

Family joker

Michelle describes David as laid back, humorous and a peacemaker.

'He was quite a sociable person – the joker in the family,' she says. 'I was the worrier but he could balance the situation. He was a lovely guy and a great husband.'

David's role within the family allowed Michelle – a regional

director for a private care home provider – to pursue and progress her career.

'David has a first-class degree in applied biology, but he was happy to be a post person at Royal Mail,' she says. 'I'm ambitious and work a lot, so he's been the one to do things like taking the kids to school – I appreciate that.'

'I wept in that consulting room. They told me what I knew but didn't want to hear.'

Police call

In 2015, David took an MMSE (Mini-Mental State Examination), which tests memory and other mental abilities, after Michelle noticed changes in his behaviour. When the test couldn't find anything wrong, Michelle arranged for them to try relationship counselling. However, they stopped because David struggled to express his feelings.

David started becoming more forgetful and unkempt, even though he'd always taken pride in his appearance.

'I knew something wasn't right,' recalls Michelle. 'Having worked with it, I did think it could be dementia.'

A consultant gave a diagnosis of pseudodementia, where someone has symptoms that look like dementia but which are actually caused by depression. Although David was prescribed antidepressants, things didn't improve.

David worked evening shifts but started getting home even later than usual, blaming bad traffic on the roads. In October 2016, Michelle got a call from the police at 2.30 in the morning, saying they'd found David driving on the wrong side of the road.

'I wanted something to be physically wrong, as even a tumour can be fixed, but nothing was found,' says Michelle.

David was diagnosed with frontotemporal dementia in October 2017, which was amended to early-onset Alzheimer's last year.

'I wept in that consulting room,' says Michelle. 'They told me what I knew but didn't want to hear.'

Rapid decline

Michelle and David have been able to enjoy trips abroad in recent years, though these have been marked by changes in David's behaviour and abilities.

'In Florida in 2018 I noticed his gait had changed. He was also less patient and becoming more irritated,' says Michelle. 'Last year

we went to Israel and his mobility and balance wasn't great. That holiday was a transition into me being a carer.

'His decline has become quite rapid in the past year. Conversation is very limited because of his speech and comprehension, and he now struggles to say our children's names, which is difficult for them and him.'

The recent coronavirus lockdown has presented additional challenges.

'David used to go to a day centre every two weeks, but that stopped, so now he just has his daily walk,' says Michelle. 'He doesn't understand social distancing, so I have to steer him away from other people.'

'He doesn't always get a drink, so is at risk of dehydration, and I had to feed him the rest of his meal today.'

David's also been diagnosed with corticobasal syndrome, where damage to brain cells causes problems with movement, balance and co-ordination that get worse over time.

'There's a lot going on,' says Michelle. 'I have thought to myself, "I'm only 44 – I shouldn't be going through this."'

Family faith

Michelle says the support of her mum – who provides day-to-day care for David – has been 'fundamental', while her children, aged 11 and 16, have also continued to adapt.

'My son helps David with showering and shaving. David can't speak to him, so that's their connection,' says Michelle.

David used to be an assistant pastor at a local church, and the family's Christian faith has been central to how they cope with their situation.

'Our son has described his feelings within our family prayers, even though he didn't want to say anything to me directly,' says Michelle. 'If it wasn't for my faith, I don't think I'd be able to smile every day.'

'Our son has described his feelings within our family prayers, even though he didn't want to say anything to me directly.'

Michelle made sure to get a lasting power of attorney in place while David was still able to set this up. She's also been grateful for support from other carers she's befriended on social media and for bereavement counselling, which was suggested to her by Alzheimer's Society.

We've given Michelle advice about disability benefits and how to access hospice and community care services. We also put David in touch with a volunteer who visited and read the Bible with him.

Not hiding

Michelle hopes that her story will give strength to others.

'To watch somebody you love lose their abilities at such a young age is heartbreaking,' she says. 'I never thought it would be us.'

'I didn't want to be dealing with mobility, continence, personal care. Nothing can prepare you, not even a care background, for that personal experience of dementia. But I'm still here, and if I can get through it, anybody can.'

A key element of Michelle's approach is a commitment to looking after herself as well as David.

'That's really important,' she says. 'I still go out with my friends. I don't want to lose my identity because my husband has lost his.'

'My work also gives me time to be away from home and have my mind on something else. It's a release during lockdown and I don't feel guilty about it.'

As she strives to maintain a positive perspective, Michelle's inner strength may sometimes surprise people.

'I know they want to empathise, but I hate it when someone says, "It's OK, you don't have to smile." They assume I'm hiding behind a smile because I can't overcome this – but I'm not.'

'My kids and husband are happy. Yes, life is difficult and the future is scary, but we're OK. I can still see joy in the here and now, and if you can't see joy then you've got to look for it.'



Michelle's mum Rose with the family this year.



EMERGENCY APPEAL

You can help us to be there for carers like Michelle and their families. To donate, please use the form at the back of the magazine.

Connect with other people affected by dementia through our online community, Talking Point – see [alzheimers.org.uk/talkingpoint](https://www.alzheimers.org.uk/talkingpoint)

Toughest of times

Our support line has received thousands of calls during the pandemic. **Gareth Bracken** hears how our advisers are supporting people affected by dementia and each other.

When coronavirus led to lockdown, people affected by dementia were left facing confusion, anxiety and distress. These continue to make this the toughest of times for many, even as restrictions ease.

Our Dementia Connect support line has been here for thousands of people in this situation, offering

personalised information and advice, emotional support, reassurance or simply a listening ear.

Already an invaluable service for many people prior to the pandemic, the support line has received an average of 3,000 calls a month since lockdown began in March.

Fighting fires

Denise Maguire, Dementia Adviser, manages our support line service in Northern Ireland. She has seen changes in the types of calls received.

'At the beginning of the pandemic, many people were looking for practical guidance and support. Worried family members were wondering if they should cancel a care package, people were asking how they could get shopping and medication. It was a lot of firefighting,' she says.

'As structures began to be put in place, calls became more about the emotional impact. How can they fill their day? People were

looking for guidance on the latest lockdown rules. They wanted to know what they can do to make life better for themselves and their loved ones.'

Denise, who has been supporting people affected by dementia over the phone for eight years, provides callers with helpful options.

'I use my experience to look at an individual's circumstances and make suggestions, based on their usual structure, to help them cope and manage,' she says.

Isolation and devastation

Sylv Barnes, Dementia Adviser Supervisor in Warrington, says it's been a very difficult time for callers and advisers alike.

'There's been isolation and devastation out there,' she says. 'A lot of carers are just ringing and crying throughout the calls. Some are having suicidal thoughts. Safeguarding cases have gone through the roof. I've never known anything like it in my 15 years at the Society.'

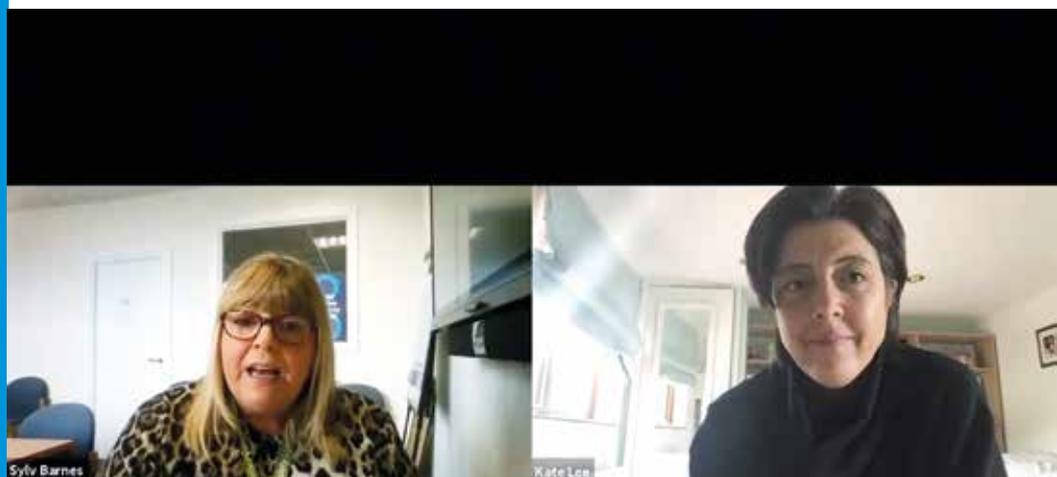
Quick read

Our Dementia Connect support line has been providing vital support for people affected by dementia during the coronavirus pandemic.

Our expert dementia advisers have given practical advice and information, as well as emotional support, to thousands of callers.

Our advisers have support systems in place to check on their welfare after particularly long or challenging calls.

David Busfield, whose wife has vascular dementia, says he felt reassured and revitalised after calling.



Sylv sharing our support line's experiences with our CEO Kate Lee and the rest of the organisation.

Occasionally a call may last for hours, and it's after these longer or more challenging conversations that a supervisor will check on the welfare of the adviser. Advisers also provide a lot of support to each other.

'Staff are doing an absolutely amazing job under the circumstances,' says Sylv. 'We're one big team and we hope they feel supported.'

There to listen

Some advisers working on the support line, such as Meghan Higgins in the West Midlands, have personal experience of dementia. Her mum is 60 and has young-onset Alzheimer's, with lockdown posing numerous challenges for the family.

'My wonderful colleagues have been there to support me, which means I understand how important it is just to be listened to by people who understand,' says Meghan.

'We like to be the people with the answers, and it has been hard sometimes when there are drastically fewer options at our fingertips, because of other services being limited or closing down. Sometimes, it is just simply being there to listen when people are feeling low, lonely or confused.'

Meghan is motivated to use her knowledge and understanding of dementia to support callers as best she can.



Meghan Higgins



Denise Maguire

'I want to turn the difficult experience that we have had as a family into something good, and even more so in this time of national crisis,' she says.

Feeling uplifted

One carer to call the support line was David Busfield, whose wife has vascular dementia. They are both 79 and were self-isolating during the early months of the pandemic.

David says, 'Possibly due to this isolation or maybe the normal progression of her condition, she on occasion asks me, "Who are you exactly?" or "Where's Dave today?"'

'Occasionally this is accompanied by mood swings and she can be quite aggressive, usually followed by being upset and apologetic.'

David decided to call our support line after a stressful couple of days that had left him feeling a little drained and low.

'I phoned partly because people had been telling me that I shouldn't be trying to manage everything on my own, and partly because I wanted to verify some of the things I had read on the Alzheimer's Society website concerning the progression of dementia,' he says.

'The person I spoke to was the most pleasant and reassuring adviser anyone could hope for – they made me feel confident that this was indeed a support line. I felt very comforted and uplifted, and in a strange sort of way they made me feel revitalised.'

As living through a pandemic continues to present new and unexpected challenges for people affected by dementia, our support line is only ever a phone call away.

As Meghan says, 'We want to reassure people that we hear you, we understand you and we're still here for you.'

EMERGENCY APPEAL

Our support line needs your help to provide vital advice to everyone who needs it. To donate, please use the form at the back of the magazine.

Call our Dementia Connect support line on **0333 150 3456**, or for Welsh speakers call **03300 947 400**.

For coronavirus advice and support for people affected by dementia visit alzheimer.org.uk/coronavirus

Meaningful music

Since lockdown first restricted face-to-face contact, music has become even more important for many people with dementia. **Gareth Bracken** reports on the power of personal playlists.

Listening to music can really help to improve quality of life for a person with dementia, whether it's an old favourite or a song that reminds them of a special moment.

Playlist for Life provides tools, training and information to help individuals and organisations harness the power of music for

people with dementia. Like many other charities, when the coronavirus pandemic led to a nationwide lockdown, Playlist for Life had to adapt its approach quickly to continue supporting people.

Dancing and jumping

'We are usually sharing skills and resources with local organisations and community groups – training them so that they can support people in their areas,' says Michael Timmons, Communities Officer at Playlist for Life.

'But with these groups currently closed, people might be becoming isolated. So we asked ourselves, "How can we get meaningful music to people as quickly as possible?"'

Playlist for Life encourages people to use music to connect with friends and relatives who have dementia, whether at home or in a care home. They have online resources designed to get people talking about the music that is important to them and to start building a personal playlist. Those who don't use the internet

are being sent workbooks to take them through the stages of creating a playlist.

Carol, who was diagnosed with dementia about three-and-a-half years ago, created a playlist with her husband Malcolm.

'You pick songs from your own life – it can be any song that you like that means something to you and brings back a memory,' says Carol. 'When I'm sad or low or feeling grumpy, Malcolm puts my CD on and I'm up dancing and jumping.'

'And just now, with the coronavirus, you can still speak to your loved ones on the phone and get them talking about things from when they were young, and ask them about music. It's absolutely wonderful.'

'Happy bubble'

Playlist for Life has also been trialling a Playlist Request service for people living with dementia at home or in a care home. The person with dementia – or someone who knows them – can speak with a trained 'music

Quick read

Playlist for Life has continued to promote the power of meaningful music for people with dementia throughout lockdown.

The music and dementia charity encourages and supports people affected by dementia to create personal playlists of songs.

Carol, who has dementia, says that her playlist lifts her mood if she's feeling low, and gets her up dancing.

Sandra says her husband David sings along to songs on his playlist, despite having practically lost his normal speech.





detective' online or over the phone. The music detective helps them to create a playlist, which can be sent to the person on an MP3 player or through a link they can use to listen online.

'Our music detectives find out about a person's interests, culture or faith, to find out what songs make up the soundtrack of their life,' explains Michael.

Sandra, whose husband David has dementia, says that working on their playlist has given them something new to do while shielding during lockdown.

'Each song has a different memory attached,' she says. 'We have "We've Only Just Begun" by The Carpenters, which was our wedding song, and the Eagles to remind us of our holidays in Daytona Beach.

'David has aphasia, meaning he has practically lost his speech, but what I find amazing is that he sings along to some of the songs when he listens. I can see that he's enjoying it and it gives him a real boost.'

Sandra says that hearing the right music can help a person to reconnect with what they've enjoyed and who they've been up to that point.

'I think the playlists are a great idea for people living with dementia,' she says.

Billy is another person with dementia who has benefited from a playlist. After being admitted to hospital, Billy found it difficult to understand the need for social distancing and became very distressed, which was totally out of character.

After he returned to Highcliffe Care Home in Sunderland, Playlist for Life worked with Billy's family to identify some of his favourite genres of music, including from his time in a gospel choir, and posted him an MP3 player so that he could listen to it.

Although social distancing remained difficult for Billy, he was able to walk through the home, listening to his music while feeling safe and calm.

'Billy was beaming and several of the staff commented on his positive reaction – it really seemed to focus him and put him in a "happy bubble",' says Highcliffe staff member Catherine Cliff.

More important

Playlist for Life continues to train people to become music detectives, so they can support more people to create and use personal playlists. This has included Alzheimer's Society dementia advisers, among many others.

Playlist for Life has also been encouraging family members to send music players loaded with personal playlists to their loved ones who are under lockdown, to lift a person's mood when physical contact hasn't been possible.

'Music has an impact – it's so powerful,' says Michael. 'With everything so different in the current climate, personally meaningful music can be a lifeline. It's more important than ever before.'

For more about personal playlists, see www.playlistforlife.org.uk or call 0141 404 0683.

Visit alzheimers.org.uk/covid-activities to find activity ideas for people with dementia at home or online.

Be inspired by ways you can raise vital funds to beat dementia while at home – see alzheimers.org.uk/homegrown or call 0330 333 0804.

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

Soggy bottoms, warm hearts

Letter of the month

Nine-year old Elizabeth wrote to tell us how a bake sale brought family, friends and neighbours together:

I first got the idea for a bake sale from school. Our class decided to hold a sale and had to choose one of three charities – Dogs Trust, Alzheimer’s Society or Willow Wood Hospice. The teacher explained how each charity was important. The class chose the Dogs Trust but the other two charities were well supported.

I decided to hold my own bake sale for Alzheimer’s Society at home with the help of my dad and sister Hazel.

We chose a Friday during February half-term, made a sign for outside the house and advertised it on the neighbourhood watch Facebook group. I asked friends and family to bake for us. Me and my sister Hazel baked rice crispy cakes, chocolate brownies and gingerbread men!

The day itself was cold windy and wet, so wet Dad had to put up a gazebo! Dad was as wet as a soggy cake bottom!

It went really well and it was lovely to meet neighbours we had never met. We sold all our cakes and raised £200. Our target was £40. We even had a man walk past who gave us 10 euros! It was so much fun.

We are glad we did it when we did because it was before the lockdown and the charity shops could not open. I hope the money goes to improve the lives of those with Alzheimer’s and we plan on another sale before the end of the year but hopefully better weather!

I would like to thank my sister Hazel, Dad, Mum, grandparents and friends who helped us make such an incredible amount of money.

Elizabeth Capper, Greater Manchester

It’s the fundraising efforts of people like Elizabeth and her family that make all the difference to the people we support, and we cannot thank you enough. We hope you get a sunnier day for your next bake sale – you’ve earned it!

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



Reading with pictures, reading aloud

I would like to make a suggestion which may help some of your readers. When I was looking after my mam, I used to find that she responded really well to children’s books. They were easier for her to read and she really engaged with the pictures in them. She particularly liked books by Julia Donaldson.

Another suggestion is a book edited by Angela Macmillan entitled *A little, aloud: An anthology of prose and poetry for reading aloud to someone you care for*, published by Chatto and Windus. It’s an enjoyable collection of prose and poetry.

I hope these tips help.

Helen Holdsworth, West Yorkshire

Your turn

Tell us what you think – email magazine@alzheimers.org.uk
Letters for the October/November issue to arrive by 7 September.
Views expressed are not necessarily those of Alzheimer’s Society.
Letters may be edited.

Seen elsewhere...



Wiltshire Museum celebrated their and Salisbury Museum's first online Dementia Friends session by sharing a picture on Twitter:

THANK YOU to volunteers & staff at the @SalisburyMuseum & @WiltshireMuseum who joined us to see the world through the eyes of others, in our 1st digital #DementiaFriends session. Great to stay connected though something we all care about!



After we shared a video on Facebook of a family who've raised thousands of pounds in memory of their late great-grandmother, Karen Dodd was one of many who responded:

My thoughts go out to everyone suffering this cruel disease with their families. I lost my mum on 18th April and I am still devastated. I watched her suffer and deteriorate rapidly over the last 5 years after her diagnosis at only 66 years old. As a family we are doing everything we can to raise money for Alzheimer's Society so that hopefully in my lifetime there will be a cure or preventative to stop any other family going through losing a loved one in this cruel way.



When Talking Point member Sarah1208 shared her mother's worsening condition with the online community, she was grateful for all their supportive responses:

Thank you both for taking the time to reply. It really does help being able to rant and someone reply. I do feel a bit better, I think.

Navigating Dementia: RAF support

A new website to help air force personnel caring for a relative with dementia has been launched by the RAF Association, with ideas and input from us and our supporters.

Navigating Dementia provides information and resources, while also connecting RAF carers and families affected by dementia with each other. It was developed from ideas tested by the Society's Innovation Hub, which involves people in finding creative solutions to dementia-related problems.

We worked with the RAF Association over 18 months to understand and tackle the unique challenges that air force service people face when caring for family members with dementia. The Navigating Dementia site was created with freely given support from software and IT services firm CGI.

Take part in our Innovation Hub at innovationhub.alzheimers.org.uk

Coronavirus: LGBT+ impact

The disproportionate impact of coronavirus on lesbian, gay, bisexual and trans (LGBT+) people has been highlighted by research from LGBT Foundation in Manchester. Their latest Hidden figures report underlines many reasons for this, including that older LGBT+ people were more likely to be isolated even before lockdown. Find out more at www.lgbt.foundation



‘My husband has dementia and we’ve decided to sort out powers of attorney and advance decisions to refuse treatment. Can we do this without going against advice about coronavirus?’

Planning ahead

The pandemic has made many of us think about advance care planning – preparing for times in the future when we can’t make certain decisions for ourselves.

Lockdown restrictions and coronavirus advice have affected how some of this is done, but they shouldn’t stop you or your husband from making powers of attorney or advance decisions.

Getting advice

Speaking to your GP about your future health needs and treatment can give you a better idea of what you want to plan for. Many GPs now offer appointments by phone or video call, so you can get their advice without going in to see them.

You don’t need a solicitor to make a power of attorney or advance decision, but if you’d like their advice, this could be by phone or video call too.

Signatures on documents

Making a power of attorney involves signing and witnessing documents, as does making an advance decision to refuse life-sustaining treatment. At present, signatures need to be witnessed by someone who’s there in person, which has been a challenge during lockdown.

If you’re using a solicitor, ask them how they deal with this. If you’re doing it without a solicitor, think about what could work for your situation. For example, some people have signed documents with a witness looking through a window. Maintain hygiene by making sure everyone’s hands are clean when handling documents and not sharing pens.

However you’re able to adapt the process, you still need to follow the precise rules on who signs and witnesses which bit of each document.

Our LPA digital assistance service can help people with dementia in England and Wales to set up powers of attorney – call 0333 150 3456 for details.

Making documents count

Powers of attorney usually need to be registered before they can be used, and letting people know about advance care plans makes them more effective. For example, giving a copy of an advance decision to your GP means it can be lodged on your medical records.

If you’ve set up powers of attorney or advance decisions, it’s important not to let the pandemic stop you from getting them registered and lodged on medical or care records.

Advance care planning

A **power of attorney** says who you’d want to make decisions on your behalf if there comes a time when you can’t do this yourself. In England and Wales, there are two kinds of lasting power of attorney (LPA) – one for health and welfare and another for property and financial decisions. In Northern Ireland, an enduring power of attorney (EPA) currently only covers property and financial affairs.

An **advance decision** to refuse treatment in England and Wales, or an **advance directive** in Northern Ireland, records the fact that you wouldn’t want certain treatment in future, when you might not be able to consent or refuse yourself. This can include life-sustaining treatment, but that must be written down, signed and witnessed in the right way.



See [alzheimers.org.uk/publications](https://www.alzheimers.org.uk/publications) or call **0300 303 5933** for our factsheets Lasting power of attorney (472), NI factsheet: Enduring power of attorney and controllership (NI472) and Advance decisions and advance statements (463).



What's changed most since your diagnosis?

Sadly, following my diagnosis friends and acquaintances have diminished

faster than my memories. However, I have since made many new friends because of the work I do through Alzheimer's Society and other organisations. Many of these friends also live with dementia and can both relate to and identify with the difficulties I face.

What would you take to your desert island?

My dogs (and doggy bags). I spend a large part of my time alone and they bring me great company. More

importantly, they see me for who I am and not the dementia I live with.

How has Alzheimer's Society helped you?

The Society helped to restore my confidence and self-belief by allowing me to become involved in many different roles. I have publicly spoken about dementia at many events, addressed a meeting at the House of Commons, and advise Manchester Airport on a continuous basis as to ensuring it meets the needs of people living with dementia throughout their passenger journey.

What song or tune sums up your life so far?

Welcome to my world. It's a song from the 60s by Jim Reeves. A

verse reads, 'Welcome to my world, won't you come on in?' For me, it's an invitation to people who have no understanding of dementia to experience what I have to.

If you could go back in time, where would you go?

I would return to a kitchen in Manchester in 1972 and not light my first cigarette, therefore avoiding a habit that plagued me for decades.

What is your most treasured possession?

I live by the mantra, 'Yesterday is history, tomorrow is a mystery, today is the present, that's why it's called a gift.' Therefore, time is my most treasured possession.

If you have dementia and would like to answer our questions for a future column, email magazine@alzheimers.org.uk

Have you had a clear out during lockdown?

Recycling your old jewellery is a great way to raise funds to help beat dementia. Order a recycling envelope today, fill and pop back in the post.

alzheimers.org.uk/recycling

0330 333 0804



‘I live with my aunt, who has Alzheimer’s. The changing messages about lockdown have been confusing, and I want reliable information about its impact on dementia.’

One of the most difficult aspects of coping during coronavirus has been understanding and keeping up with the latest guidance. There’s been a huge amount of information about the virus in government announcements, news reports and discussions with family members and friends. This has included a lot of detail about what we must and mustn’t do.

When you’re caring for someone with dementia, this is especially hard to deal with. Some of the guidance talks about vulnerable people, special provisions and organisations that should be able to provide help, but it’s not always clear when this applies to people with dementia.

We’ve been listening to people affected by dementia about the issues most important to them. In the first weeks of the lockdown, this focused on how to stay safe, shopping and shielding, as well as keeping connected and active. We’ve added details to our information about visiting care homes, social distancing during difficult times and support bubbles.

Accuracy and quality

At Alzheimer’s Society, we know the importance of good quality information that is accurate and up to date. Our wide range of publications includes printed booklets and factsheets as well as the information on our website. We’re continually reviewing and updating all of these, and this takes time.

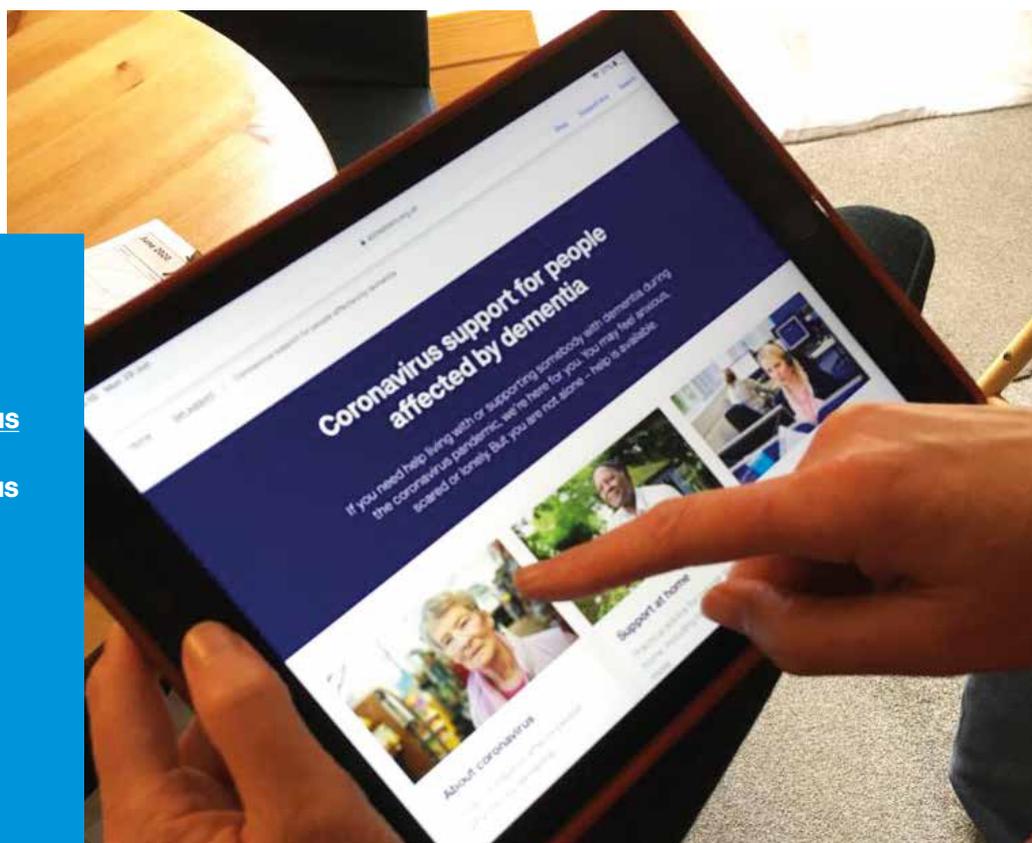
Since the coronavirus outbreak started, we’ve needed to react quickly to get people the information they need. However, as the situation changes, it’s still crucial that this content is accurate and clear about how it relates to dementia.

Our subject experts study official documents and guidance on coronavirus as it comes out. They check the evidence on topics including legal issues, dementia research and social care to make sure we are giving advice that is 100% error free.

How dementia feels

Our information includes experiences and accounts from people with dementia, who also review all our publications. Our words need to ring true about their concerns, abilities, expectations and what dementia feels like. Alongside our coronavirus information, you’ll find stories and real-life examples of how people are coping.

You can be sure that our information is fact-checked and that it reflects what people with dementia have told us. We make sure it is as thorough and accessible as possible, and that everyone who needs the information can find and use it.



Visit [alzheimers.org.uk/coronavirus](https://www.alzheimers.org.uk/coronavirus) to see information on a range of subjects connected to coronavirus



We are here for you

Phone support

Our dementia advisers are available on the phone seven days a week, providing information, advice and emotional support to anyone affected by dementia.

Online support

Find a wide range of information on our website to help you understand and live with dementia. Visit our online community Talking Point to connect with others in a similar situation and search for local support services on our dementia directory.

Face to face support

Our dementia advisers will connect you to the support you need, from one-to-one services to local support groups.

Contact us today

0333 150 3456

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

Registered charity No. 296645

19594SD

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

Person living with dementia





People affected by dementia tell us what they think about a range of activity products they've tried out at home.

Tried and tested

Our consumer panels usually meet in person to look at products, but we'd often thought they should try things out at home – lockdown made this a necessity!

When people affected by dementia from West Sussex Focus on Dementia Network agreed to a session over Zoom, we sent them a variety of Active Minds games and activities beforehand, all available from our online shop.

We were also pleased that more people were able to send their comments individually through our Dementia Voice programme.



Natural world Aquapaints

The group liked the vibrant images produced using Natural world Aquapaints.

'When the picture first started revealing itself, I was quite surprised because I thought you had to paint around in detail,' said Ian. 'I didn't realise you could just sweep it over and it would all come up – it's good!'

'Much better than the "magic painting" I did as a child,' added Jan, 'Very clever and very clear.'

Jan suggested including three or four images per sheet that you could uncover gradually, while Ian recommended doing it on a tray in case you use too much water.

Although Peter described it as 'an excellent product', he added, 'If I have one niggle, it is that there is no paintbrush enclosed. A finger dipped in water will do at a pinch, but I wonder how many adults

living with dementia will have an artist's paintbrush handy.'

If you did have a brush to hand, the size used made a big difference.

'We were using a tiny brush,' said Alison, 'so by the time we'd put the water onto the entire animal in the picture, it had started fading.'

Gordon agreed, 'Frustrating was one word!'

A more suitably sized brush is available that's also easy to grip. Our shop's looking into stocking it, so you can add one when buying any of the nine different Aquapaint sets, which are £14.58 each excluding VAT.



Cat's whiskers jigsaw

Everyone thought the 35-piece Cat's whiskers puzzle was extremely well made.

'It's beautifully packed,' said Gerard. 'I was very impressed with the quality of the box and the way the box works. There's lots of brilliant ideas and conflict in the picture, that's what I loved about it.'

Stan agreed, 'I'd like to do others if you've got them. Being a printer, I thought it was brilliant – the printing of it was very, very well done.'

'The questions inside the box were a talking point for bringing back memories,' said Joan. 'Stan enjoyed doing the puzzle and we talked about it with our family.'

Joan noted it's not so environmentally friendly because it's made from plastic. However, Gerard said, 'It is strong and, I think, durable – I think it would last.'

People liked the price too – £12.49 excluding VAT – especially since it remained the same for different designs with 13, 35, 63 and (soon) 100 pieces.

'I would have thought that's excellent value,' said Roy.

Link and think game

The design of both Transport and Careers versions of Link and think was popular with the group, including how it felt to handle the dice and tiles. The game asks players to compare and comment on the words on its tiles in various ways.

Joan appreciated that the instructions were inside the lid, though she didn't like that a label covered the face of the woman pictured on the box.

Margaret and Roy thought the box could be a bit tricky to open and close. Linda agreed, 'It took a while to find out how to open it, then it was easy. Instructions on the bottom would be better on the side, as I didn't think to turn it over.'

'The dice is big, easy to roll and easy to read the words on it,' said Amanda and Bethany. 'We love how bright and colourful the tiles are, and that the words on them are easy to see and read. The tiles seem really sturdy and strong.'

Mo's husband was put off by the word 'careers', despite having been a metal polisher for

50 years. 'He thinks of himself as a person who had a "job" and "worked",' she said.

He much preferred the Transport version. 'For a start, Grahame liked the outside because it looks like a couple perhaps in the 1950s or 60s, and he thought he recognised the car straightaway.'

Joan said you could play Link and think on your own, but it's much better with others.

Mo agreed, 'The tiles produced lots of discussion and lots of reminiscence. When we got the tile with the funicular railway on, we talked about holiday places where we'd been that had that sort of railway up the cliff.'

Each Link and think game costs £9.99 excluding VAT. We've learned that the Transport version will be discontinued, so get yours before stocks run out.



Animal audio bingo

Penny didn't expect they'd need a CD player to play Animal audio bingo, so she and Paul moved rooms once they realised. The alternative – playing the game's animal noises online – wasn't possible because the website was down (it's available now).

'Again, this was really well made,' said Penny. 'The box is nice and sturdy, nice clear pictures.'

However, the game would have been more fun with a group.

'With just two people you've got the bingo caller, who holds up the sheet and the flipbook,' said Penny, 'so it's only really one person playing the bingo.'

'Yeah, if there would've been six of you, say, that would've been better,' said Paul.

John agreed, 'The club me and Paul go to, we would enjoy that there!'

'I really enjoyed playing, lots of different animals to remember,' said Linda. 'It's good for a talking point and to reminisce.'

Ian said he and Jan found some of the animal noises difficult to identify.

'The bees were buzzing and then in the background there were birds singing,' said Jan, 'so it got a bit confusing.'

Penny said this is easier when the caller's also holding up the flipbook, but Active Minds said they'll be reviewing the sounds too.

£20.83 excluding VAT was a bit expensive for Penny, though Jan came back to the product's high quality.

'I mean look at the cards,' she said, 'they're really beautiful. It draws you in, doesn't it – you want to play because they're beautifully done.'



Animal snap and Category snap

Margaret liked Animal snap. 'It was a very good one, especially for me because I kept winning!'

Despite losing to her, Roy enjoyed it too. 'There were three games in there – all very different, all needing very different skills – and the name rather undersells the product.'

Alison and Gordon invented a fourth game that someone could play on their own.

'We did a sort of patience, where you put the different animals across the top and work out which ones go on which pile,' said Alison.

'Feeling the quality,' said Gordon, 'I'd say it was robust, so the accountant in me says that this is very good.'

Peter was less convinced by how lasting they'd be. 'One of them has become "dog-eared" after only a few games,' he said.

'The cards might have been a fraction smaller for Margaret's hands,' added Roy.

Penny and Paul enjoyed Category snap, but found the pictures a bit old-fashioned. The colours used in the food category also looked 'wishy-washy' to them, making it harder to recognise images.

Amanda and her daughter Bethany thought Category snap looked 'very appealing', adding that the cards, 'feel very nice and the pictures are very cute and simple.'

Joyce and John were misled by the game's name before realising it was different to the traditional card game of snap.

John said, 'But same again, another good game for the club environment, family or anything like that. A great talking point.'

Animal snap and Category snap are £7.49 each, excluding VAT.



Our online shop offers many more games and activities, as well as products designed to help people affected by dementia to live well at home – visit shop.alzheimers.org.uk

You don't have to pay VAT on many daily living aids if they're for use by a person with dementia or other condition – tick the box stating that you're eligible for VAT relief at checkout.



We hear what readers think about a funny and touching memoir about mother-son relationships and the impact of Alzheimer's.

Mother: A memoir

You could do a lot worse than have your book recommended by one of Britain's greatest living authors. Hilary Mantel calls *Mother*, 'a moving and beautifully achieved memoir, and a testament to the writer's skill and generosity of spirit.' But what did our readers think?

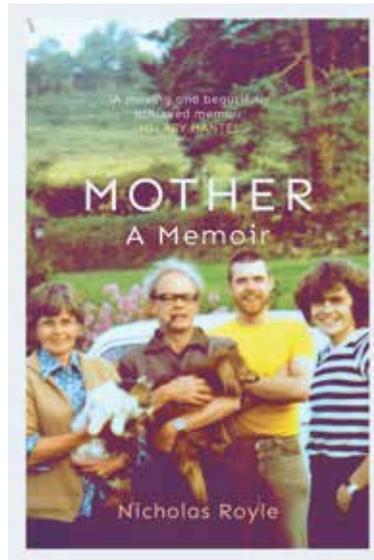
Something precious

'Mother leaves the reader with a feeling of intimacy,' says Jessie Coupe, in our Publishing team. 'It's as though you've stumbled across a private letter, not meant to be shared. As intimate as a diary, you're privy to cherished memories, which the author turns over like something precious in his hands.'

'Royle's reflections of his family life are shot through with humour and pain. Alzheimer's takes his mother from him, but he focuses on all that she's given him.'

A reader says, 'Mother is peppered with ditties and poems, illuminating a mother and son's shared love of reading.'

'The author's wordplay and delight in her favourite phrases and their meaning reflects how



reading tied them together throughout their lives.'

Cherished and valued

Made up of short chapters that don't run chronologically, the book shares how Nicholas's mother's speech begins to falter with the advance of dementia.

'He knows her as witty, strongminded, conversing with ease,' says one reader. 'So her struggle to finish sentences and wandering thoughts feels particularly cruel.'

Another pivotal moment is when the author's mother fails to recognise him, making him question his own identity. After her death, Nicholas dreams about her as if she's 'quite recovered from her Alzheimer's'.

A reader responds, 'The writer marvels that these dreams can bring an enduring joy as he remembers her, even if only for a few seconds. Remembering in this way is something to be cherished and valued.'

Mother: A memoir by Nicholas Royle (Myriad 2020), 224 pages, £8.99, ISBN: 9781912408573. Get 30% off, with free UK postage and packing, when you order this from www.myriadeditions.com using the code ASM30.

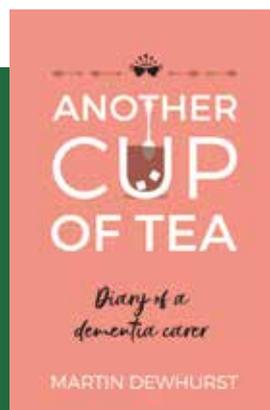
Your turn

For the next issue, we invite you to read *Another cup of tea: Diary of a dementia carer* by Martin Dewhurst (Panoma 2020), 232 pages, £14.99, ISBN: 9781784529093. Also available as an ebook.

Tell us what you think about this book, drawn from a son's diary as his mother is in the later stages of vascular dementia. Email magazine@alzheimers.org.uk by 7 September so we can share it in our next issue.

Book giveaway

We have five copies of *Another cup of tea: Diary of a dementia carer* to give away – email magazine@alzheimers.org.uk by 16 August quoting 'Cuppa' for a chance to win one (see p39 for terms and conditions).





Talking Point members advise on concerns about the pandemic's effect on people with dementia and their carers.

Lockdown worries

At the start of lockdown, I thought I would sink but decided to swim. I did that by focusing on each day and not looking ahead. My other half has Lewy body dementia and has deteriorated during lockdown. It would be so easy to give in but whenever I think of the future, I remember my mantra: focus on today, tomorrow will take care of itself. This life is tough, don't be too hard on yourself.' **avut**

'Don't forget to look after you. You are important too.'
Sarasa

'It's a really tough time. I only found Talking Point a few days ago and honestly reading other people's stories has helped massively. When I am feeling low, I just read a few more posts and it gives me so much comfort. I only wish I had found it sooner.' **Sarah1208**

'Do not judge yourself by how others appear to be doing. No one wishes to be a carer, we would much prefer our loved ones were well.

'We all have different personalities, skills, experiences and tread different roads in terms of the caring we do. Your situation is unique, you are unique.

'It is time to start appreciating what you have done, what it has cost you emotionally, physically, etc. Stop the music of guilt in your head and put yourself first. Please take care and be gentle with yourself.'

Whisperer

'It's lucky that we have a forum where we can express these feelings. I do feel so sorry for all who are still caring for your loved ones, but I am suffering from compassion fatigue now, and I don't believe the general public are well served by the media for good mental health during this frightening crisis. It's bad enough looking after a sick person, let alone cope with the fear.

'I don't watch much news now, but you cannot avoid it all. I would definitely advise not to watch the news except for important information about what to do. Even that is upsetting because a) it's not very clear and b) doesn't apply to most people posting on here.'

Grahamstown

'Please utilise the shared Talking Point "virtual guilt monster"-bashing stick, it's self-cleaning and antibacterial and can help keep that guilt monster at bay!' **imthedaughter**

'Take care of yourself and try and fill the extra time you have with something that will keep you busy.' **JGDMG**

'If you start getting too worried about it, have a news holiday for a day or two. No news on the internet, radio, TV. Do something relaxing instead like reading a book or doing hobbies.' **Anon**

Visit alzheimers.org.uk/talkingpoint to read more and join our online community.

Next issue

What advice would you give for supporting a person with dementia who's feeling confused by changes to lockdown rules? Email magazine@alzheimers.org.uk



Quizzing

A quiz can be an enjoyable way for a person with dementia to test their knowledge, reminisce or simply feel involved as a player, quizmaster or scorekeeper.

Quizzes can be played with immediate family, a group of friends, or a wider collection of people – for example, a charity fundraising quiz that's open to the general public. In each case, the quiz can take place online via video call or, as lockdown continues to ease, back out in the real world.

An advantage of setting up a quiz among friends and family is that the question topics, and difficulty, can be chosen with the person with dementia in mind. Do they have any favourite films, books or bands that they might enjoy answering questions on? Ensuring that questions aren't too easy or too difficult will also help keep someone engaged.

If a person might struggle to answer questions on their own, then playing in teams could help to keep them involved in discussions without having to come up with an answer themselves.

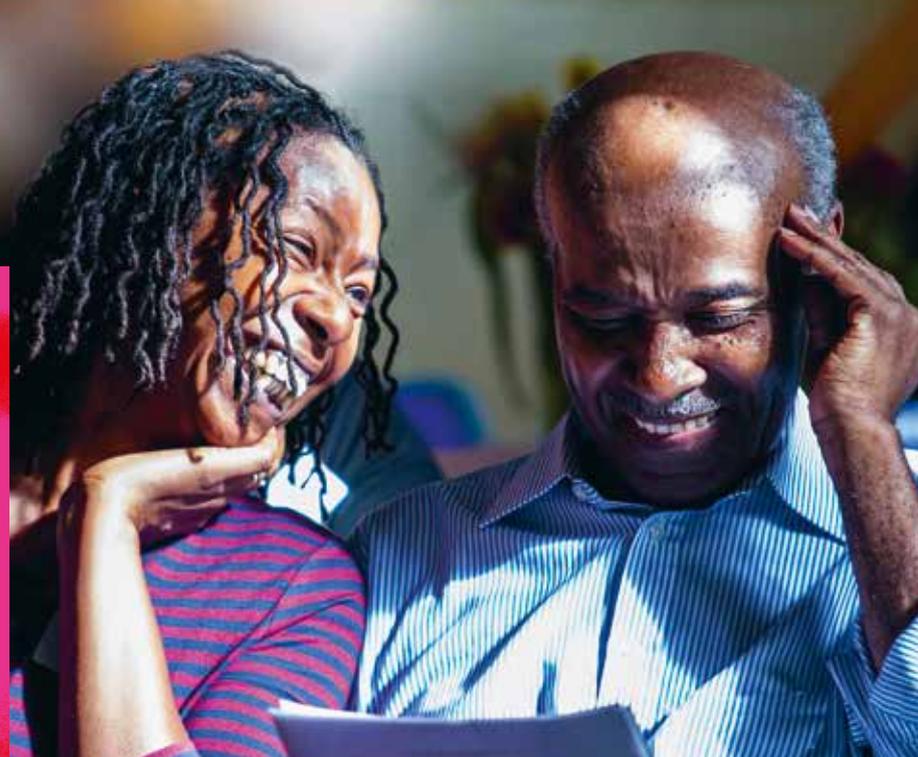
A person with dementia may like to invent their own questions, whether researched online, taken from books, or simply created using their existing knowledge. Alternatively, they could be the one who records and announces the scores as the quiz progresses.

Visit shop.alzheimers.org.uk or call 0300 124 0900 (local rate) for many helpful products, including our guide **Taking part: activities for people with dementia (£10 plus postage).**

Accessing and sharing information on behalf of a person with dementia

This booklet gives advice on handling someone's personal information when helping them to set up services or pay bills.

To order your free copy, call **0300 303 5933** or email orders@alzheimers.org.uk quoting code 882.

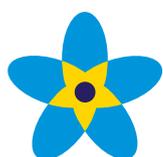




Over 3 million
people have become
Dementia Friends

Will you join them?

Visit dementiafriends.org.uk
to get involved



**Dementia
Friends**

An Alzheimer's Society initiative



**Alzheimer's
Society**

United
Against
Dementia

One-button radio



We have a simple, retro-look One-button radio from Ravencourt for one winner drawn from correct entries received by 13 September.

Q: When you buy products from our online shop, at shop.alzheimers.org.uk:

- A.** 100% of the profits will help to fight dementia.
- B.** They'll be delivered to you instantaneously by pixies.
- C.** You'll receive a signed Dan Brown novel with every purchase.

Memory Walk gear

To help you kit up for this year's Memory Walk, we have Memory Walk T-shirts for two lucky winners and branded mugs and wristbands for four runners-up drawn from correct entries received by 6 September.

Q: When you take on your own Memory Walk this year, our suggestions include walking:

- A.** On sunshine, this way or like an Egyptian.
- B.** A tightrope or a mile in somebody else's shoes.
- C.** On your own, with your household or with four-legged friends.

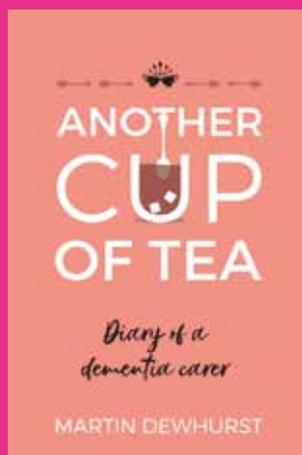


Send us your answers with your name and address – email magazine@alzheimers.org.uk

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.

Book giveaway

See p35 for a chance to win a copy of *Another cup of tea: Diary of a dementia carer*, by Martin Dewhurst.



At home pack competition

K McDonald in Devon won an Active Minds At home activity pack, and D Jones in Staffordshire and D Swann in Greater London each won a Link and think game. Answer: Things you can get from our online shop include products to help around the home and gifts for all the family.

Branded sports top competition

J Carlin in South Yorkshire won an Alzheimer's Society branded sports top, and M Hanley in Cleveland and S Wray in County Antrim each won a branded reusable coffee cup. Answer: Available Alzheimer's Society branded sports tops include running T-shirts, running vests, cycling jerseys and trek T-shirts.

Book giveaway

The five readers who each won a copy of *Mother*: A memoir, by Nicholas Royle, were J Phillimore in Argyll and Bute, G Carrott in Warwickshire, D Bebbington in Cheshire, M Julian in Greater London and F Karbal in Merseyside.

Who will you *walk* for?



Sign up today

Call: **0300 330 5452**

or search: **Memory Walk**

**Take part in your own
Memory Walk to make a real
difference for people affected
by dementia.**

Unite with us and walk on
Sunday 20 September or
whenever suits you. Make
it your walk, your way along
pavements, canal paths,
parks or gardens.



Alzheimer's Society is registered charity no. 296645



**Memory
walk**