

Dementia together

April/May 2021
Alzheimer's Society's magazine

Fighting back

Fundraising versus coronavirus

Compassion and connection

End of life doulas

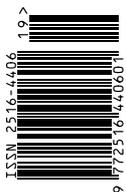


Better talking

Nothing to hide

Also in this issue

Cure the care system
Cake and community
Garden tools



The best of things

'This is how I am'

Welcome



The past year has brought significant challenges and changes. Among the things people have found helpful, a couple have really stood out. One is the importance of being able to share the ups and downs of our feelings and the back-and-forth of our thoughts. Another is how much people have gained from finding ways to be creative, sometimes by learning new skills.

This issue of the magazine, apart from sharing how people enjoy exploring their creativity on p 16, we also announce our sixth poetry competition. Reading, writing and sharing poetry can be an incredibly powerful way to deal with our feelings and to find meaning and joy. Our competition is a wonderful opportunity to express yourself. We'll be looking for poems written 'From the heart' as well as those that show 'A way with words' – find out more on p31, and enter yours!

As ever, we welcome your comments and ideas about the magazine, which really help us to make it as useful and relevant as we can. And remember that it's easy to switch to the email version so, if that would work for you, then just use the form at alzheimers.org.uk/switch

Danny Ratnaik
Magazine Editor

Need support? We're here for you – see p18.

Dementia together is the magazine for all Alzheimer's Society supporters and people affected by dementia. Contact us on magazine@alzheimers.org.uk, 020 7264 2667 or 020 7423 3676.

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

£50 can go towards our Companion Calls, where volunteers phone people affected by dementia to chat and check on their wellbeing. Please [give what you can](#) today.

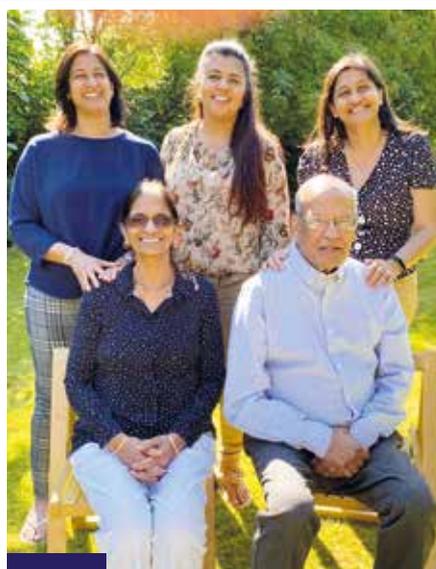
Contents



8 Keeping active gives Pete a sense of purpose.



17 Annie loves singing.



22 Accepting help.

News

Remembrance and recovery **4**

The best of things

'This is how I am' **8**

The person I am today **12**

Cake and community **13**

Try something new **13**

'Keep going!' **14**

Meet the researcher: Charlie Arber **15**

How I enjoy being creative **16**

Q&A: Annie Chinfen **17**

Summer anywhere **19**

In your area **20**

Spotlight: Fiona Carragher **21**

Better talking

Nothing to hide **22**

Fighting back

Fundraising versus coronavirus **26**

Compassion and connection

End of life doulas **28**

Letters **30**

Garden tools **32**

Bringing the inside out **34**

Flexible working **36**

Recording stories **37**

From home to the home **38**

Competitions **39**

Remembrance and recovery

Over 1,000 of you contacted your MP for Coronavirus Action Day on 1 March, which was met with support from all main political parties – thank you! We want more support for people affected by dementia during and beyond the pandemic, including for national and local recovery plans to be put in place.

On 1 March, we joined John's Campaign, tide, Dementia UK and others in remembering the lives of the people with dementia who we've lost, recognise the pandemic's emotional impact and call for an end to injustices in social care.

A staggering 34,000 people with dementia in the UK are estimated to have died from coronavirus. In a survey of 1,001 carers, 92% said the pandemic had accelerated dementia symptoms in the person they support.

We're delighted that designated relatives and friends in England and Wales are at last able to visit people in care homes. This has followed campaigning that included an open letter signed by almost 30,000 of you. We'll be monitoring the roll-out carefully to ensure that safe visits happen consistently. If you continue to face blanket restrictions, contact our Dementia Connect support line on 0333 150 3456 for advice on how to challenge this.

May elections: What will your candidates do?

Elections on 6 May provide a great opportunity to ask candidates what they'll do to ensure that people affected by dementia get the support they need. Polling is taking place for the Senedd and for local councils and directly elected mayors in many parts of England, as well as for the London Assembly.

Once they're elected, we'll be challenging representatives to prioritise memory loss and dementia support services, and to commit to making their communities dementia friendly for everyone.

Visit alzheimers.org.uk/campaign to find out more about our campaigns in Northern Ireland, England and Wales.

Join one of our epic treks

Bring us closer to a world without dementia by taking part in one of our 13 or 26-mile treks this summer. You'll join people who have also experienced the cruelty of dementia and are trekking for someone they love.

The COVID-19 secure treks take place in breathtaking locations in the Brecon Beacons, Lake District, London, Dartmoor and Stonehenge. The money you raise will help more people affected by dementia get the support they need, and also help our researchers get closer to a cure. Sign up now at alzheimers.org.uk/trek26





Join us online for the first Dementia Hero Awards, sponsored by Tunstall Healthcare, on 20 May, during Dementia Action Week. The awards celebrate the individuals, groups and organisations doing outstanding things to support people affected by dementia during the pandemic.

They will recognise the inspirational achievements of those who care for people with dementia, those finding innovative solutions in research, and the campaigners and media fighting for the rights of people with dementia. Categories include the Dementia Hero Awards for Care and Compassion, Professional Excellence, and Print/Online Journalism. The ceremony will be hosted by TV presenter Richard Madeley, with awards presented by Society Ambassadors Carey Mulligan, Angela Rippon CBE and Sir Tony Robinson.

Sign up at alzheimers.org.uk/dementiaheroawards

More than a laugh

Thank you to everyone who joined and took part in our online comedy event in March. Over 2,500 viewers raised an incredible amount – over £36,500 – while enjoying Joke's on You, Dementia! Headlined by Society Ambassador Jo Brand, the event was hosted by Hugh Dennis, also joined by Eshaan Akbar, Lucy Porter and Stephen Bailey.

You can watch the whole event on our YouTube channel – visit alzheimers.org.uk/youtube



Directions

Spring is usually such as positive time of year, but while many of us celebrate a relaxing of lockdown rules, here at Alzheimer's Society we know that for many people affected by dementia, this is going to be an incredibly difficult time.

Our research for Coronavirus Action Day told us that 92% of carers saw a very rapid decline in the person they support over the pandemic, with a quarter saying that symptoms had become unmanageable. From our support line, we know that moving into residential care has been avoided by many for fear of not being able to visit the person with dementia, even when coping at home has been traumatic and exhausting.

We have been calling on local government and healthcare agencies to make recovery plans for these families, to get them back on track. We also need to see significant, sustainable reform of social care, which the pandemic has shown up as being unfit for purpose. Good quality care should be accessible to all and free at the point of use – join us this Dementia Action Week to keep up the pressure for reform.

Despite our worries, I launch into my second year at the Society full of hope for the future. We have a big job to do, but we also have wonderful supporters, volunteers and staff. I also hope to start meeting more of you in person – fingers crossed for us enjoying cakes together for Cupcake Day this year!

Kate Lee, Chief Executive Officer
[@KateLeeCEO](https://twitter.com/KateLeeCEO)

In the press: Too soon to tell

Recent media reports spoke of a potential breakthrough in dementia treatment, based on positive results from a trial involving the drug donanemab. So, what has actually happened?

Donanemab is a drug designed to help clear the build-up of amyloid proteins in the brains of people with Alzheimer's disease. It targets a different type of amyloid to another drug, aducanumab, which has also made headlines.

Previous studies have shown that donanemab reduces the amount of amyloid that can be seen in brain scans. A recent trial involving 272 people with Alzheimer's, run by pharmaceutical company Eli Lilly, looked into whether the drug showed any benefits for people in the disease's early stages. Initial results showed some positive effects, as the thinking and memory skills of people who took donanemab declined 32% less quickly than those who took a placebo, or 'dummy' drug.

Hannah Churchill, Research Communications Manager at Alzheimer's Society, said, 'We're still awaiting publication of the full results from the trial, so we don't have the full picture on donanemab yet. It's encouraging to see positive results from the trial being reported, but it's too soon to tell yet whether donanemab would ever be an approved treatment for early Alzheimer's disease.'

A new trial will further assess the safety and effectiveness of donanemab as a treatment for dementia. It will involve 500 people in the early stages of Alzheimer's and will run until early 2024.

Cure the care system

This Dementia Action Week, from 17–23 May, we're calling on everyone to sign our petition asking governments to reform social care.

Right now, our broken social care system means thousands of families are struggling to take care of their loved ones with the dignity they deserve. It isn't just people with dementia who feel its destructive effects, but their partners, parents, sons and daughters. Until things change, a dementia diagnosis will continue to claim more than one life. Dementia isn't curable, but the care system is.

There are many ways to get involved, from spreading the word among friends, family, colleagues and local communities with our free posters and flyers, to sharing our video on social media. No action is too small.

To get involved visit
alzheimers.org.uk/DAW

Cymru Conference

The Alzheimer's Society Cymru Conference took place online in March, bringing people affected by dementia in Wales together with those working to support them. People discussed topics including dementia and the BSL and Deaf community, and dementia and the Welsh language.

The event closed with the Dementia Friendly Diversity Awards, in partnership with the Welsh Government. These celebrated exemplary dementia-friendly service to under-represented groups during the pandemic, and the winners were Care & Repair Cymru and researcher Sofia Vougioukalou.

Northern Ireland: Care home visits

We're continuing to push for every care home in Northern Ireland – where all residents and staff have been offered both doses of the COVID-19 vaccine – to allow proper family visits. Although some people registered as 'care partners' have been able to visit relatives even before the Northern Ireland government relaxed arrangements on 1 March, some homes are still refusing to allow visits of any kind.

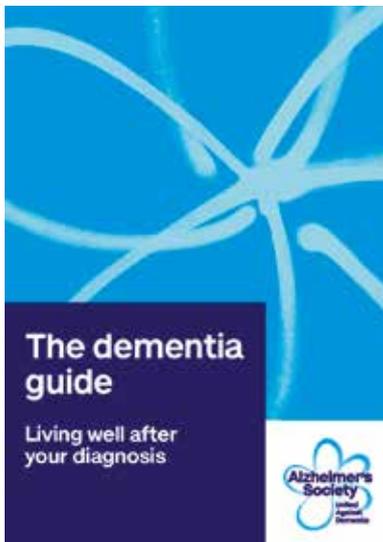
Support our latest campaigns in Northern Ireland – visit
alzheimers.org.uk/ni-campaigns

Morella Kayman

We were deeply saddened to hear that our co-founder and Vice-President, Morella Kayman MBE, passed away in February. Morella helped set up Alzheimer's Society – originally the Alzheimer's Disease Society – in November 1979 after her husband Lawrence was diagnosed with young-onset dementia.

Our CEO Kate Lee said, 'Morella's drive to bring dementia into the public eye kickstarted a social movement and her death is a huge loss. Until we live in a world free of dementia, we will continue to work hard for people affected by the condition in her honour.'





Updated guide

The third edition of **The dementia guide: Living well after your diagnosis** has a simpler design, and contains new information on visiting hospital and paying for care. The guide has supported hundreds of thousands of people since its first launch in 2013, and is reviewed by a range of people affected by dementia. See alzheimers.org.uk/dementiaguide or call 0300 303 5933.

Sport and dementia

Alzheimer's Society has contributed to a parliamentary inquiry into the potential links between sport and concussion. We need much more research to understand how the type of injury, frequency and the age at which head injuries happen may affect a person's risk of developing dementia and the specific role of injuries in sport. At the first session in March, MPs heard evidence from witnesses including our Head of Research Richard Oakley. **Find out about our Sport United Against Dementia campaign at alzheimers.org.uk/SUAD**

New helpsheets

Our 10 new helpsheets are straightforward, one-page summaries of the dementia information and advice that is most often asked for. Based on feedback from people affected by dementia, they cover subjects such as symptoms, treatments and planning ahead. Visit alzheimers.org.uk/helpsheets or call 0300 303 5933.

Money help

Testers are wanted for a new product that helps people with dementia manage their money safely. Launching this summer, Sibstar is a secure, prepaid debit card for people living with dementia, with an app for carers. Created by Jayne Sibley, whose mother has Alzheimer's, it was funded by our Accelerator Programme. Sibstar is offering priority access to people affected by dementia who want to give feedback on the product. **Find out more at www.sibstar.co.uk**

85 million minutes

Good Morning Britain's 1 Million Minutes campaign saw a record 85 million minutes pledged to help end loneliness this year, and we were one of the charities to benefit. Well over 900 viewers followed up with us, and so far nearly 100 of them have already become Companion Call volunteers. Thank you to everyone who got involved!



Cupcake Day is coming

There's nothing like cake to bring people together! This Cupcake Day, join in the fun and spend time with those you care about on 17 June, or any day that works for you. By signing up you'll receive everything you need to organise your scrumptious get-together. **Sign up today at alzheimers.org.uk/cupcakeday**

Don't miss...

Jim in Flintshire, who has Alzheimer's, is relieved to have had his COVID vaccination. **See p12.**

Rebekah, in Liverpool, knows how cake can bring people together for Cupcake Day. **See p13.**

Meet Julie-Anne, Dementia Support Worker in County Tyrone, and Fiona, our Director of Research and Influencing. **See p19 and p21.**

When the pandemic threatened funding for vital support, our fundraisers fought back. **See p26.**

End of life doulas provide emotional, practical and spiritual support when it's needed most. **See p28.**



Hear our stories

Listen to people with dementia speak in their own words at alzheimers.org.uk/podcast

The best of things

After dementia forced him into early retirement, Pete Middleton has found fresh opportunities through Alzheimer's Society. **Gareth Bracken** meets a man who's still finding purpose in life.

I feel like a bit of a fraud sometimes because I'm so positive, but this is how I am,' says Pete Middleton, who was diagnosed with Alzheimer's disease in 2019, aged just 64.

Pete draws on his genuine optimism to raise funds and awareness, and he's thankful for the support he's had from Alzheimer's Society.

'The Society has made sure my life isn't empty, in fact it's brimming full,' says Pete, who thrives on being involved in all sorts of ways.

Quick read

For Pete Middleton, in the East Midlands, supporting our work has given him a purpose since being diagnosed with dementia.

A former RAF aircraft engineer, Pete was diagnosed with Alzheimer's in January 2019, after initially being told he had anxiety and depression.

Having received strong support from Alzheimer's Society, Pete now shares his experiences to raise funds and promote dementia awareness.

Pete can't wait to resume his face-to-face work with the Society, much of which has been put on hold during the pandemic.

'Dementia is a fuse burning, and at the end is a barrel of dynamite. I'm not just going to sit back and watch it burn – I'm going to make the best of things.'

Breath of fresh air

Pete, now 66, lives with his wife Pam near Kettering in the East Midlands, but was born and raised in south London.

Having joined the RAF aged 20, he served for 18 years as an aircraft engineer. Pete spent 11 of these years in Germany, where both of his daughters were born. He later worked as a technical author and a senior consultant in business information systems, which included writing manuals for the Ministry of Defence.

After being diagnosed with type 2 diabetes, Pete wanted a more active lifestyle, so became a Police Community Support Officer.

'I took a 50% pay cut but my quality of life went through the roof,' he says. 'I was helping vulnerable people – it was a job I loved.'

Pete realised around four years ago that he wasn't coping as well as usual at work. He initially put this down to having taken on more responsibility, but it soon became clear there was something more going on.

'I was at the garden centre one day with my wife and daughter, and I just burst into floods of tears,' he says.

Diagnosed with anxiety and depression, which he was sure he didn't have, Pete changed roles within the police. He found himself making uncharacteristic errors,

like going to the wrong place for a meeting. Eventually a new police doctor suggested that he might have dementia, and a brain scan led to a diagnosis of Alzheimer's in January 2019.

By the time he had to take early retirement, Pete had been on sick leave for two years.

'That was quite a sad thing, as I wanted to leave with dignity, not fade out like I did,' he says.

However, receiving the diagnosis was helpful.

'It was a breath of fresh air. My wife and I said, "Thank goodness for that." At least we knew what the problem was and could accept it and build the future.'

Vulnerable

Pete's wife Pam acts as his 'reminder', including when she's away overnight as part of her job supporting people with learning disabilities.

'She'll call tonight to remind me to take medication and lock the door,' says Pete, who describes his family as '100% supportive'.

As well as memory problems, which Pete also tries to combat by using a whiteboard for reminders, communication can also cause him difficulties.

'If I'm focused, like having a meeting or giving a talk, I'm fine. But if I don't have a focus, my decline begins to show,' he says. 'If I speak to my wife later, with my guard down, I'll start stuttering or not finishing sentences.'

Pete can feel vulnerable in busy situations too.

'The outside noise and hubbub become oppressive,' he says. 'At my daughter's wedding last year, I had to get out of the gazebo. I fled, or I would have burst out crying.'

Best thing

Pete says Alzheimer's Society has been there for him ever since his condition was confirmed, when he was handed a copy of The dementia guide, for people recently diagnosed.

'It's the best thing since sliced bread,' he says. 'It covers things like relationships changing, getting support and planning ahead.'

Pete contacted the Society as soon as he got home and was offered further support.

'From the very first second, Alzheimer's Society has never left my side,' he says. 'They get it and they totally understand.'

Pete became heavily involved in volunteering at dementia cafés and speaking in public about his experiences. He's joined other people with dementia in influencing our and others' work through Dementia Voice and the 3 Nations Dementia Working Group (3NDWG). He's also on a steering group that supports our partnership with Santander.

'The Society can use me to get the message out there and it's given me a purpose in my retirement, so it's quid pro quo,' he says.

'I know it sounds trite, but I truly believe that dementia is another station on the journey of life.'

Rather than worry about himself, Pete's main fear about the future is the effect his dementia will have on his family.

'I know what my fate will be and I'm strong enough, but I want to do everything I can to ease the future burden on them,' he says.

'My wife will have to take on extra responsibilities, and fret

and be sad – that's the worst thing about living with dementia. But I know Alzheimer's Society will be there for her too.'

Not the end

The pandemic has caused Pete great frustration, though he's also taken advantage of new opportunities.

'All the dementia cafés and things I used to do face to face shut down overnight. I miss them,' he says. 'But I did do a video diary for a Channel 4 documentary about the lockdown, to get the message across that you can live well with dementia.'

Pete was delighted to receive his first dose of the vaccine in mid-February, even if the experience was a little unnerving.

'There were lots of signs and people in masks marshalling other people in masks to and fro, in socially distanced lines,' he says.

'I began to feel a panic attack coming on due to sensory overload, but I managed to hold it together until the nurse asked me for my date of birth, which I completely forgot. Luckily, I had written it on a piece of paper just in case.'

'Everything went like clockwork after that. I wore my hidden disabilities lanyard and a badge with the words "Please be patient" on it, which also helped.'

'I'm very pleased I've had it so quickly.'

Pete is now looking forward to visiting his 97-year-old mother as soon as possible.

'I want to go and sit with her, have a game of cards and let her know she doesn't have to worry about me,' he says.

He had also hoped that having the vaccine would increase his chances of going on the Mediterranean cruise that he and Pam had re-booked for May. However, it has again been cancelled and Pete doesn't feel he'd be able to cope with it in a year's time.

'It was to celebrate our 45th wedding anniversary and was intended for us to record some wonderful memories together, while I still have capacity,' he says.

'When you're young, you think life goes on forever, but it's finite and I now don't know how much time I've got.'

As the vaccination effort grows and lockdown restrictions can hopefully continue to lift, Pete is keen to get back to helping others in person.

'I'd like to talk to more newly diagnosed people with dementia, to tell them it's not the end of the world,' he says.

'I just can't wait for the next time I can help.'

**Read Pete's blog at www.livingwithdementia.online
Find out more about 3NDWG at www.3ndwg.org**



What can you do to help?

You can ensure that more people with dementia receive the same support and opportunities as Pete. Please [give what you can](#) today.



Help us cure the care system this
Dementia Action Week, 17–23 May
– see [alzheimers.org.uk/DAW](https://www.alzheimers.org.uk/DAW)

For the latest updated edition
of The dementia guide, go to
[alzheimers.org.uk/dementiaguide](https://www.alzheimers.org.uk/dementiaguide)
or call 0300 303 5933.

The person I am today

Jim Ibell, a Dementia Friends Champion in north Wales, is 77 and has Alzheimer's. He shares how he's kept busy during lockdown.



I live in a small village in Deeside Flintshire. It's been quite hard in the pandemic, not being able to get out meeting people – that's a big part of me keeping my brain working, not only for me but for everyone living with dementia. Fingers crossed, by keeping to the rules it could soon be over.

Family contact

I think one of the worst parts of lockdown is not having contact with my family, especially my great-granddaughter. She is five years old and we'd play and go for walks, she really keeps me on my toes. I still see her when we all FaceTime and all the family keep in contact on the phone. It's not the same, but it will have to do for now.

During the pandemic, Alzheimer's Society has been keeping in touch with me on the phone to ask if everything is OK and ask if they can help in any way, but up to now we have managed OK with the help of family.

Alzheimer's Society were the only ones, including the medical profession, that helped me through my dementia at the start. Their help lifted me from a very deep hole that I was in. I thought there was no way out, and giving me all the support that they gave me brought me back to the person I am today.

Zoom, zoom, zoom

Since March 2020, I have kept active by doing lots of Zoom meetings – I've sat on different panels and

done question and answer sessions, and also made over 400 more Dementia Friends, plus working with the 3 Nations Dementia Working Group and DEEP (the Dementia Engagement and Empowerment Project)... so yes, I have kept myself quite busy! Most of these are weekly, sometimes twice weekly.

I always believe that every Dementia Friend I make will help get the word out of what it's like to live with dementia. By doing this, it helps newly diagnosed people – and other people that they talk to – understand a little about dementia. I always say knowing a little bit about dementia is better than knowing nothing at all.

I first joined the 3 Nations Dementia Working Group in January 2020. I went on holiday for the whole of February and came back in March, just in time to welcome lockdown! I do so many Zoom meetings with them I just can't remember them all, but I wouldn't be without them – they certainly keep my brain active.

Vaccine reassurance

When I got the notification to have my COVID vaccination, I was quite apprehensive. But when I went the staff were very helpful and put my mind at rest straightaway. I would recommend it to everyone, and I'm looking forward to my second one to get it over with.

When we were told about the vaccine I was really pleased. I thought the sooner everyone has it, the sooner this pandemic will be over. We don't want this to still be around next year.

Cake and community

As Cupcake Day approaches, **Rebekah Edwards** in Liverpool tells us how her bake sale last year brought people together.

We held a bake sale on our street last Cupcake Day to raise funds for Alzheimer's Society – their work is vitally important, especially now.

As a physiotherapist in the NHS, I have seen the devastation that dementia can cause, not only to the person but also their family. I felt compelled to do something to help all people with dementia. I think most people know or have known someone with dementia at some point in their lives. One of my grandparents was diagnosed with the condition last year and has found the change in lifestyle during the pandemic very challenging.

The support that Alzheimer's Society provides is fantastic, and so is its research into prevention and treatment strategies for the future.

Hot June day

We ran the bake sale from mid-morning to early afternoon, and again in the late afternoon. It was a boiling hot June day, and we were lucky that a neighbour donated the use of their gazebo to try and shade the chocolate toppings!

I made most of the cakes and biscuits for the day, and there were some stand-out cupcakes donated by a neighbour. I also filled a jar with sweets and had a competition to guess how many there were.

To maintain social distancing, I put traffic cones 2m away from the cake table and served everyone while wearing gloves and a cupcake

mask handmade by my sister. People also donated through a JustGiving page.

Community spirit

We raised an amazing amount – almost £1,000 – and had loads of fun doing it. I met people in the surrounding area who I wouldn't have otherwise met. People were sharing stories about the local area and memories of their relatives with dementia.

The highlight had to be people running down the street to get the last of the sourdough bread and rocky road... oh, and a little pug enjoying my homemade dog star treats!

Not only was it a great way of raising money for an outstanding charity, it also encouraged a sense of community spirit, which is so vital with the year that we have had.



Join us for Cupcake Day 2021 – sign up at alzheimers.org.uk/cupcakeday or call 0300 222 5770.

Cycle for Dementia



Whether you're a novice or seasoned cyclist, raise funds this year while challenging yourself to ride 100, 250 or 500 miles in 30 days. It's free to take part, with support from others doing the challenge through a Facebook group. Sign up at alzheimers.org.uk/cycle-dementia or call 0330 333 0804.

Watch My Life TV

My Life TV, a video-on-demand channel for people living with dementia, has recently launched. It features specially created quizzes, sing-a-longs, chair yoga and feelgood content, as well as animal, nature, childhood and archive programmes. There's a free month trial, then it's £4 per month for households and £30 for care homes. See www.mylifefilms.org/my-life-tv or call 020 8154 6220.



Become a Dementia Friend

Dementia Friends learn about dementia so they can help their community. You can become a Dementia Friend by taking part in an online session, and also by watching our online videos. Visit dementiafriends.org.uk to get involved.

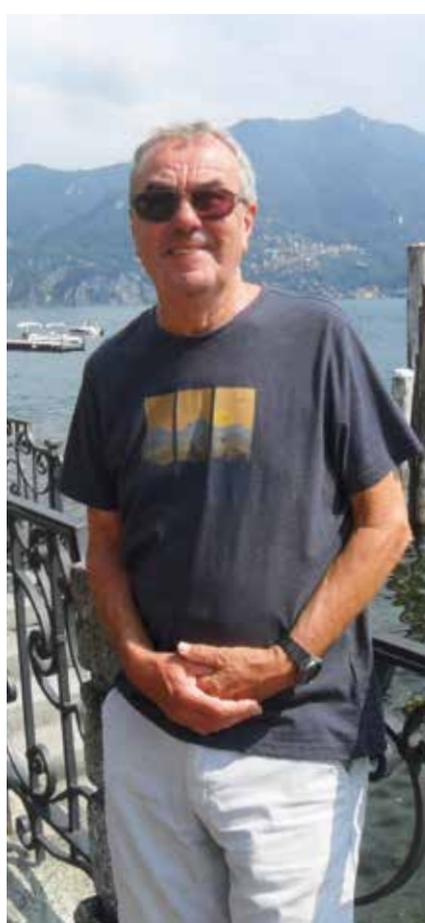
‘Keep going!’

There are so many ways to volunteer – **Ian Sutcliffe** in Bedfordshire shares his volunteering journey with us and, most recently, with COVID vaccinations.

My first involvement with Alzheimer’s Society was at Cambridge Memory Walk in 2018, after my son Gary asked if I would be willing to help out. He’s a Community Fundraiser, and my wife and I try to support him and the charity wherever and whenever we possibly can.

Push them through

I got there early and it was chucking it down with rain! I was a marshall – I’ve been involved with my local running club for 35 years, so I’m used to marshalling. They put me on a prominent point, to make sure people crossed safely.



I thought Memory Walk was very, very good. I could see why people were doing it. You cheer them on, try to encourage them. ‘Well done! Keep going!’ Push them through. Everybody was friendly and people appreciate what you’re doing. It was very good fun and I enjoyed helping out.

Festival fundraising

I’m also involved in local fundraising in Bedfordshire. One of the pubs holds a real ale and music festival called Broomstock, which supported Alzheimer’s Society. It was spread over two days and I went along to help out. We had a collection and sold badges, and the pub doubled whatever we raised. We also gave out materials.

Other pubs and shops in the area help us fundraise through collection tins. Some places have collection tins left, right and centre. It’s imperative the tins are checked on a regular basis, so I go in every six to eight weeks to see what the situation is.

I’ve also held a collection bucket outside Asda in Biggleswade. You greet the people and talk to them, it’s a friendly manner more than anything else. This past year has obviously put the brakes on a lot of fundraising, although I still tell people about the Society.

Vaccine volunteering

I’ve had my COVID-19 vaccine and also volunteered for the vaccine effort at my local surgery. They were asking for volunteers to guide people into the surgery,

once they’ve parked, so they know where they’re going. There were four-hour slots spread over a 12-hour day. I did 12pm–4pm and it was a freezing cold afternoon!

I’ve enjoyed my Alzheimer’s Society volunteering and my vaccine volunteering – I’d recommend them both.

For opportunities to make a difference by volunteering in your area, visit alzheimers.org.uk/volunteering or call 0300 222 5706.

Meet the researcher: Charlie Arber

Alzheimer's Society Senior Research Fellow at UCL Institute of Neurology, London.



Favourite things?

- Film – Austin Powers or Ace Ventura. Anything silly.
- Way to spend time – Chasing a ball: cricket, tennis, golf, rugby.
- Memory – Long sunny walks with my two-year-old during the first lockdown.

Why dementia research?

I am so fascinated by the brain. It is the most complex thing in the known universe and we all have one. How on earth does it work? Stem cells offer a brand new way to understand how the brain works and to study how the brain becomes damaged in dementia. For the first time, we can study human brain cells in a dish.

Dementia represents the greatest healthcare challenge to our generation, and so this tool can add to our understanding to defeat the diseases that cause it.

How has Alzheimer's Society supported your work?

I was lucky enough to be awarded a fellowship from Alzheimer's Society. My work is funded for three years by the Society and my current work would not have been possible without this support.

What are you currently working on?

My project looks at how different brain cells react to inflammation. Support cells (called astrocytes) and the brain's immune cells (microglia) react to the damage caused by dementia and start inflammation in an attempt to heal. I am looking at how the genes responsible for inherited forms of Alzheimer's disease might affect this inflammatory response.

What difference do you hope this will make?

If we can understand brain inflammation better, we might be able to find early markers of Alzheimer's disease and that will help in early diagnosis. Additionally, if we see that differences in specific genes affect the inflammatory response, we could target these processes with existing drugs to limit the damage and help the brain repair itself.

In what direction would you like to take your research in future?

We still understand so little of the biology behind Alzheimer's disease. For example, what does amyloid – a protein that builds up in the brains of people with Alzheimer's – do in a healthy brain? These questions are fundamental if we are to reverse the disease.

The things we can do with stem cells are evolving very quickly and I think it will be so important to understand the effect that variations in some genes have on healthy brain biology. I would love to work towards a deeper understanding of the brain's immune system. I really believe that this will be key to fighting dementia.



What can you do to help?

Your donation funds increasingly important research, only possible with your help.

Please [give what you can today](#).

How I enjoy being creative

We ask people about how they keep active and well, whether they have dementia or not. This issue, we hear about creativity and expression.

Donna Wood, 58 in Wiltshire

I like to make soft toys. I am keen to learn new skills and enjoy making things for others. I have always admired creative people, and it gives me a great sense of achievement to be able to make something. I love the sensory nature of crafting, so many different tactile and visual elements to it. I use a magnifying glass sometimes and sometimes have to change the way I do things due to arthritis in my hands.

George Rook, 69 with mixed dementia in Shropshire



I carve things in relief from wood I find on my walks with my dog round the fields and canal, or wood I have grown myself, like willow and hazel. I started with whistles, then moved on to sunflowers, one or two rooks, then birds of prey.

I belong to a small group of people living with dementia who all wanted to learn to create art and crafts last year. We call ourselves Dementia Craftivists – see www.dementiacreatives.org.uk

The concentration and observation required make me forget everything else, time flies by and I feel pretty satisfied when I finish.

Debs Gogarty, 56 in Wiltshire



I create jewellery from broken items and old beads. I have always loved jewellery and when I saw a video about creating it from wire I was intrigued. I began making gifts, and I get such a buzz out of seeing someone wearing them. It gives me a sense of contributing to more than just my dementia-defined world. I gave up work to look after my cared-for and miss the sense of achievement you get from problem-solving etc.

Ann Jones, 56 in Saddleworth



I am a member of Heartbeat barbershop chorus and a founder member of Music in Mind

Stockport, a group of ladies who share their joy of music by singing to residents in local care homes. At the moment, I sing with Heartbeat via Zoom, and although Music in Mind is suspended due to COVID, we've been recording songs to create a library for the future. A love of singing is very helpful for your wellbeing, as it is a sharing hobby with mutual benefits. It reaches hearts and minds.

Fran Stokes, 64 in Cumbria

I play bass pans in a steel band, which practises weekly when COVID-19 restrictions allow. We also carry out over 20 performances each year, at events such as weddings, carnivals and golf club socials. Each performance is immensely satisfying, both in terms of the sense of personal achievement and giving pleasure to the audience.

Corinne Lawbuary-Gooding, 65 in Bath



Painting, craft projects, gardening – they're a great way to relax

and get a sense of achievement. I normally look after my four grandchildren five days a week so, as you can imagine, my life is pretty hectic!

Stay well

Some things, like age and genes, affect your chance of developing dementia but you can't change them.

Things you could do include keeping your mind and body active, enjoying healthier food, not smoking, drinking less alcohol, staying in touch with people, and dealing with any health problems. If you already have dementia, the same things can help you to stay well. Visit www.nhs.uk/livewell for wellness advice for everyone.

Q&A: Annie Chinfen

Annie Chinfen in Essex, aged 91 with Alzheimer's disease.

What's changed most since your diagnosis?

I was diagnosed with dementia in 2017 at the age of 87. I just couldn't believe it when I received the news. After being diagnosed I tried to learn more about dementia, how best to look after myself and what help I could receive.

In December 2018, my husband passed away after nearly 51 years of being married. As I was living on my own, it was even more important for me to make new friends and join useful organisations.

What would you take to your desert island?

I would take my photograph albums of all my family to look at. I have quite a lot of them so that would keep me occupied for a while!

How has Alzheimer's Society helped you?

The Society has really made a big difference to me in so many ways, especially during the COVID pandemic. My daughter managed to set me up on the computer so that I could join Zoom meetings.

I have enjoyed the Singing for the Brain sessions the most, as I love music and I can remember all the old songs I used to sing. I can sing louder and louder and it makes me feel so happy. I have also made many new friends who are in a similar position to me and we have all been able to support each other.



What song or tune sums up your life so far?

We'll meet again definitely sums up my life over the last few months. It gives me hope that one day I can meet up with my friends and relatives all over the world. Hope is very important to me.

What single thing would improve your quality of life?

What is more important than love? I hope that I can delay my dementia so I can still love others as long as possible.

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

I would revisit the time when I was a nursing sister and tutor in Hong Kong, where I was caring for others. It was also a very happy time as my parents were alive. I was part of a very big family and we were all together.

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



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

Face to face support services are not currently running due to coronavirus. When it's safe, our dementia advisers will connect you to the relevant support in your area, 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)

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

Person living with dementia



Summer anywhere

Julie-Anne Casson, Dementia Support Worker in County Tyrone, shares how her team has adapted and adapted again to the pandemic.

Last spring, when what had been a scary piece of news from far-flung lands started to have a tragic impact on the communities we are part of, we closed our offices and began to work from home.

As we gathered around our kitchen tables, spare rooms or on the sofa, battling with pets, children and our own caring duties, we organised ways to continue to support people affected by dementia.

Our Community Support team started to make regular calls to many of the most vulnerable people using our services. Anouska, who manages them, created scrap and reminiscence books that could be discussed on the phone before being sent out to people. They loved this, looking forward to the next call when they could continue talking about them.

The dementia support workers also phoned people, advising them how to navigate through this part of their dementia journey. These calls could be as frequent as required and lasted anywhere from five minutes to over an hour. We shared information about community support, visiting people in residential care and getting medical appointments.

When other staff went on furlough, we got to know the people in their areas so we could offer them excellent support and advice too. We also took on managing Companion Call volunteers in places all over the



UK. It took us a while to get our heads around things, but we learned an awful lot and were able to make a difference.

I especially remember one colleague, Howard, speaking in our team meeting about the challenges of his work combined with being a carer of someone living with dementia. I think this helped galvanise him and us as a team.

Zoom meetings are now commonplace. At a time when we are distant from each other, we are more connected than ever, sometimes by just the touch of a button.

Our calls and online sessions continue, and the Community Support team still keeps in touch with people who rely on our support. But some things have changed. We are hearing stories of resilience, and we are advising people of how to access vaccinations and to rearrange appointments that had been put on hold.

One year on, as the evenings are lengthening and the weather is dryer and milder, can we dare to be hopeful again? I think so. We have lost and we have learned. We know what is important and we know what is not. The words of the poet Seamus Heaney have never been more relevant: 'If we winter this one out, we can summer anywhere.'

Julie-Anne thanks Anouska Noble, Community Support Manager, and her fellow dementia support workers Howard Clarke, Aimee Foley and Martin Bradley for their input into this article.

In your area



Figures of legend

A Staffordshire ceramicist is generously donating proceeds from figurines of Gordon Banks, the late footballing legend and Alzheimer's Society Ambassador.

Emma Bailey previously created 66 limited edition statuettes of Gordon to mark England's 1966 World Cup win, depicting him in the yellow shirt he wore as goalkeeper. She recently produced another 72 with Gordon in a green shirt to celebrate his role in Stoke City's 1972 League Cup victory.

'In 2019, I witnessed the city of Stoke-on-Trent mourn the passing of our local hero,' said Emma (pictured with Gordon's son Robert). 'I felt the need to produce a piece which represented Stoke-on-Trent and its heritage, which Gordon had embraced in his time playing for Stoke City and making the Potteries his home with his family.'

Gordon was a passionate advocate for the Society for many years, having lost a brother to the condition and seen its impact on former World Cup teammates.

The figurines, emblazoned with 'England's Number 1', were designed and hand-painted by Emma at Middleport Pottery.

To order a figurine while they're still available, visit www.emmabaileyceramics.co.uk or call 07766 011846.



Running for Rene

Two young brothers in Ogmore-by-Sea, Vale of Glamorgan, have raised over £1,600 for Alzheimer's Society – 16 times their original goal. Haydn and Bodhi Williams, aged 10 and four, each ran more than 50 miles during January to honour their Great Nana Rene, who is 96 and was diagnosed with vascular dementia last year.

The boys' mother, Rachel Morgan-Williams, said, 'They ran a total distance of 119 miles, which was 19 miles over their target. Thank you so much to everyone for supporting the boys in their challenge. They've absolutely loved it!'

Donations had already exceeded the family's expectations before they were boosted further by an article in the local newspaper. Rachel also used the opportunity to raise awareness about supporting a person with dementia to keep active and involved, and how younger family members can help.

'They love to read to their Great Nana,' she told them, 'and to make her pictures and put on shows for her.'

Rhia Stankovic, Community Fundraiser, said, 'What Haydn and Bodhi have done for us is just incredible. What started out as fundraising in honour of their beloved Great Nana Rene turned into raising a huge amount of awareness about the impact that dementia has on the whole family. We're so grateful to the boys for what they have achieved – they are superstar fundraisers!'



Gortin Dippers

A local cold-water swimming group has taken on an epic ice water challenge in County Tyrone to raise funds for people with dementia. The Gortin Dippers have raised almost £4,000 so far, with 30 members taking the plunge in the beautiful Gortin Glen Lakes.

Johnny Corry said, 'A cause close to our hearts, many of the Gortin Dippers have had close-hand experience of dementia, and we have decided to take on a number of cold-water swimming challenges in local lakes over the next few months (COVID restrictions permitting) to raise money for Alzheimer's Society.'

'This is something most of us have been doing for quite some time, so safety precautions are paramount. Nonetheless, the health benefits of cold-water swimming are increasingly well documented, for both mental and physical health.'

Jenay McCartan, Community Fundraiser, said, 'It has been a challenging time for Alzheimer's Society because, while the current situation has been difficult for fundraising, the demand for our services has increased.'

'That's why we are so grateful to Johnny and all the Gortin Dippers for their fundraising efforts – your support really does help us to support people affected by dementia now, when they need us most.'

Fiona Carragher, Director of Research and Influencing

Why dementia, why the Society?

I was a clinical scientist and policy leader in the NHS for 25 years. Science had made big steps, really improving the lives of people who had conditions such as cancer or cardiovascular disease. But in dementia, there were no new treatments, no new ways of diagnosing it. There was a huge opportunity to be part of that, taking the best of science and using it to make a real difference for people.

And then my amazing granny, this absolutely tiny powerhouse of a woman – just a huge heroine of mine – she had vascular dementia in her latter years, and the impact on her and on the family was extraordinary. Seeing that first-hand was really motivating.

How to fill an unexpected day off?

I would pack the family into the car and we'd go off for an adventure day. We'd head down to the Kent coast and go kayaking, swim in the sea and play on the beach. Then we'd go and explore, there's some amazing castles in Kent, like Walmer Castle and Dover Castle. And then we'd come home via a country pub and have a nice family tea out.

Proudest moment?

I'm really proud of being a mum to three boys and having the privilege of my career, which I really value. Doing those things together is tough at times, but I think that's what I'm most proud of.

Worst advice you've been given?

I can't think of any – lots of people have given me advice, and there's always been a nugget in it, something in it that makes you think, something you can reflect on.

Biggest priority for coming months?

Social care reform. COVID has shown everyone how broken the system is and we absolutely need to keep up the pressure on government. It's all about ensuring that people affected by dementia get access to the high-quality care that they need.

Most important thing learned from a person with dementia?

To really listen, because everyone's story is different, and to be kind and smile.

Most looking forward to?

Small steps at the moment – getting the boys back to school, because it's been really challenging home schooling over the past few months, and then getting back to enjoying days out, seeing family and maybe going on a holiday. Some normal family life!

Fiona and her mum volunteering at Memory Walk.





Quick read

Mithlesh Mittal in Wolverhampton has called upon family, professional carers and Alzheimer's Society to help support her husband Shashi.

Shashi, a former teacher, interpreter and chess champion, was diagnosed with mixed dementia in 2015 after changes in his behaviour.

Mithlesh says the pandemic has made things worse for Shashi, who isn't receiving the interaction and stimulation he usually would.

Mithlesh used to worry what people would think, but is now much more comfortable discussing Shashi's dementia.



Better talking

Mithlesh Mittal has found it increasingly challenging to support her husband as his dementia progresses. Gareth Bracken meets a woman who is accepting all the help she can get.

Since her husband Shashi was diagnosed with dementia in 2015, life has become increasingly tough for Mithlesh Mittal.

‘It’s been very difficult in recent years,’ she says. ‘He now forgets everything and doesn’t recognise anybody. Looking after him is a big challenge which I cannot take myself alone.’

Mithlesh has called upon all the help she can get, including family members, professional carers and Alzheimer’s Society. And despite the additional impact of the pandemic, she remains determined to continue supporting 81-year old Shashi.

‘I’m not young and it’s very tiring, but it’s my duty to carry on for as long as I can,’ she says.

Chess champion

Mithlesh and Shashi both grew up in India and married there in 1964. The following year Shashi, a maths and science teacher, decided to move to England.

‘The family went crazy,’ recalls Mithlesh, who was a social worker at the time. ‘My Dad got mad and said, “You’ve just married my daughter!”’

Shashi got a job in the West Midlands as a trainee cost accountant, and over the years worked as a cost clerk and for a housing association. In his retirement he was an interpreter for the police, schools and hospitals. He was also a chess champion who taught other family members how to play.

Mithlesh joined Shashi in

Wolverhampton in 1966, later working as a primary school teacher. The couple have three children and seven grandchildren.

Worst time

It was in November 2014, during their 50th wedding anniversary celebrations at a Hindu temple, that Mithlesh first noticed changes in Shashi’s behaviour.

‘He wasn’t greeting guests or celebrating, he was just looking at people like he didn’t know them,’ she says. ‘It was out of character. I felt he was lost in some way.’

Shashi struggled to follow the instructions of the priest and afterwards forgot that he had already paid him.

Such memory problems continued at home, which Mithlesh found very challenging.

‘He was helping me in the kitchen and garden but was asking the same things over and over,’ she says. ‘Anything that was going wrong in the house, he was blaming me – he accused me of touching his laptop while he was out. But he also wasn’t believing that anything was wrong with him.’

‘That was the worst time of my life. I couldn’t take any more, so I went to the doctor.’

The GP gave Shashi some tests before referring him to a mental health clinic, where a psychiatrist diagnosed him with mixed dementia in June 2015.

‘Can I cope?’

Mithlesh did her best to support Shashi over the next year but was finding things very difficult. Having read about a local dementia café in the newspaper, she went along with Shashi in August 2016.

‘I was feeling awkward and thinking, “Can I cope here?”’ she says. ‘But I met Jane Round from Alzheimer’s Society, who was so helpful, welcoming and friendly. After that, my life started to get better.’

Mithlesh later attended sessions tailored for South Asian communities, where she met Anuja Jalota, a Dementia Support Worker.

“
Every day is
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‘You can’t plan
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is gone.
”

‘She used to visit us at home if I needed to discuss help from social services. After lockdown she has been ringing to find out about Shashi’s health.

‘The cafés were brilliant – they were a saviour and gave us a new lease of life,’ says Mithlesh, who also got involved with a music project and later set up a dementia café with some of the people she met there, called Cogs.

‘Anywhere I can take him, I’ll take him,’ she says.

Come running

Shashi did morning yoga every day for 15 years and was a good swimmer, but by 2016 was unable to do either. The following year, he stopped attending the organised park walks that Mithlesh had been taking him to.

‘I tried my best to help him continue with his interests as far as he could, but by 2018 everything had stopped,’ she says.

Shashi, who also has diabetes, is now supported by professional carers day and night.

‘They’re helpful and it gives me respite to go shopping or to the park, otherwise I’d go mad,’ says Mithlesh.

Shashi enjoys drawing, so Mithlesh tries to encourage him with pencil and paper, and she also plays the harmonium and sings to him.

‘He loves listening to the music,’ she says. ‘It makes him more responsive, he’s not as blank.’

Putting her husband’s needs first means that Mithlesh has less time than ever for herself.

‘Every day is a new day, as my daily routine depends on his mood,’ she says. ‘You can’t plan anything with friends, so in that sense life is gone.’

Mithlesh and Shashi receive excellent support from their children and grandchildren, who visit regularly (outside of



“
I think he would have done better if he was still meeting people and laughing and playing games, but you can’t do all that at home, so he’s slowed down.
”

lockdown) as well as making phone and video calls.

‘I know if I need any help, they will come running,’ says Mithlesh. ‘I’m very lucky in that sense.’

The family has also done some fantastic fundraising for the Society. Mithlesh’s daughter has taken part in three Memory Walks in London, while a grandson arranged for the whole family, including Shashi, to do the Sutton Coldfield Memory Walk in 2019, raising £655.

Slowed down

The suspension of face-to-face services because of the pandemic has made life worse for both Mithlesh and Shashi.

‘I think he would have done better if he was still meeting people and laughing and playing games, but you can’t do all that at home, so he’s slowed down,’ says Mithlesh, who along with Shashi received her first dose of the COVID vaccine in January.

‘He also doesn’t like to be ignored, so if I’m on the phone he’ll get angry and shout, “Put it away,” and hit the phone.’

More comfortable

Although people’s understanding of dementia has improved generally, Mithlesh feels that better awareness among South Asian communities would help people to get the right support.

‘I think people in the temples and holy places should do more. After lockdown they could have small gatherings. I could go and help,’ she says.

Mithlesh has become much more comfortable discussing Shashi’s dementia with people outside the family.

‘In 2014 I was so scared to tell people that anything was wrong, in case they might think he was mad,’ she says. ‘But I don’t hide anything now. In fact, it makes me feel better talking about it.’



For Caring for a person with dementia: A practical guide, go to alzheimers.org.uk/carersguide or call 0300 303 5933.

Help us cure the care system this Dementia Action Week from 17–23 May – see alzheimers.org.uk/DA



What can you do to help?

You can help ensure that more carers like Mithlesh receive the support that they need. Please give what you can today.

Fighting back

When COVID-19 threatened how much we'd have to spend on providing vital support, we knew we had to fight back. **Gareth Bracken** reports on fundraising through the pandemic.



Quick read

Alzheimer's Society has made big changes to our fundraising to help combat the pandemic's financial impact.

An Emergency Appeal replaced our annual Spring appeal at the last minute, bringing in over £8.5 million through the year.

With mass gatherings not allowed, Memory Walk focused on personal walks with household members or support bubbles.

Many supporters adapted their plans to reach their fundraising targets for us, including design and consultancy firm Arcadis.

When the COVID-19 pandemic hit hard last March, it quickly became clear that the virus would have a huge impact on people affected by dementia. And at a time when Alzheimer's Society was needed more than ever, it was going to be extremely challenging for us to keep vital funds coming in.

What happened next was down to innovation, collaboration and determination, and of course the passion and generosity of our magnificent supporters.

Emergency Appeal

In March 2020, our usual Spring appeal was about to launch when the pandemic took hold.

Knowing they had to act quickly, our fundraisers made the bold decision to pull the Spring appeal in favour of a new Emergency Appeal. This asked people for donations to help fund our newly introduced Companion Calls and other phone and online support.

The appeal reached more than a million people through the post, email, text, TV and social media. Planning and launching appeals usually takes around three months, but the key elements of this one were ready within a week.

'Everyone worked with such determination and passion, going above and beyond to ensure that we had these funds coming in to keep Alzheimer's Society going and supporting people living with dementia,' says Becki Bednall, our Head of Individual Giving.

Throughout the year, the Emergency Appeal raised more than £8.5 million.

Still special

Memory Walk – where supporters are sponsored to walk for a world without dementia – is our flagship fundraising event. People would usually have come together in their thousands at walks around Wales, Northern Ireland and England.

As mass gatherings haven't been possible, we instead encouraged people to safely complete their own walk with their household or support bubble on 20 September last year and 20 March this year.

'Although people couldn't all walk together like usual, we encouraged them to host their walks on the same date to help create some excitement around the day and maintain the sense of togetherness that people usually get at a Memory Walk,' says Kay Rodgers, Memory Walk Officer.



What can you do to help?

You can ensure that people affected by dementia carry on receiving vital support. Please [give what you can today](#).



'We launched a new marketing campaign that focused on smaller groups and families walking together, to make sure that, even though the walks were smaller, everyone knew they could be just as special.'

'We also created a Virtual Memory Tree, where supporters could say who they were walking for and why, and read through the messages that other walkers had left.'

The walks have been a big success so far, with over 17,000 of you raising a fantastic £1.8 million in September.

Second chance

Many supporters changed their plans to help meet fundraising



targets. One example was Arcadis, a design and consultancy firm who formed a charity partnership with us in January 2019. The aim was to raise £150,000 over two years to fund a research project at the University of Cambridge.

In summer 2019, around 320 Arcadis staff raised £85,000 by taking part in our Trek26 events, including a 'Super Six' team (pictured above) who completed all of them. Last year Arcadis planned to host its own Trek26 at Yorkshire's three peaks, but this was cancelled due to the virus.

'Arcadis recognised early on the impact of the pandemic, and that it wasn't going to be possible to reach the target through virtual fundraising alone,' says Sarah

Greenwood, Corporate Account Executive.

'We were delighted when they agreed to extend our partnership into 2021 and increase their fundraising target to £170,000, which means we have another chance to hold the trek event that could not take place last year.'

Sustained support

Thanks to all our supporters and partners, the Society raised millions last year to ensure that we can continue to be here for the people who need us most. In an amazing achievement, we were the second-most supported charity on the JustGiving online donations platform last year.

Trevor Salomon (pictured left), whose wife Yvonne has dementia, is an ardent supporter of our work and was involved in our most recent Christmas appeal.

'For me as a carer, it's always been a no brainer that I should use my voice in any way possible to help and work with Alzheimer's Society,' he says. 'They do so much to support the dementia community and more than ever funds were needed once the pandemic struck.'

'I'd like to thank everyone who fundraised and donated – your contributions will help sustain the Society's very necessary services during these challenging times.'

For dementia support, visit alzheimers.org.uk/get-support or call 0333 150 3456.

See alzheimers.org.uk/fundraise or call 0330 333 0804 for fundraising ideas and to see how we can help.

Compassion and connection

End of life doulas support people with dementia to complete their lives in peace and contentment. **Gareth Bracken** reports on a service that keeps people connected.

End of life doulas provide practical, emotional and spiritual support to people who are coming to the end of their lives, including those who have dementia. Working with the person, their family and health and social care professionals, a doula helps the person complete their life in a way that brings peace and contentment.

Quick read

End of life doulas provide emotional, practical and spiritual support to people with dementia who are coming to the end of their lives.

Doulas look to make a real connection with a person through music, touch and other ways.

One daughter says that an end of life doula helped her mother with dementia feel less angry at her family.

Doulas have had to scale back their care home support during the pandemic, while a virtual carer's group has been well received.

'Doulas are person centred – we do not see the individual as a patient, illness or service user,' says Aly Dickinson, Secretary of End of Life Doula UK. 'They have individual experiences and emotions, and have lived a life that has meaning. They have values, wishes and preferences which should be respected.'

Trusted friend

End of Life Doula UK provides support to people in England, Wales and the whole of Ireland, through doulas such as Caro Dent.

'I do the basics – the cooking, shopping, putting somebody to bed, but I think it's the emotional and spiritual aspects that are missing for a lot of people,' says Caro. 'They might have carers coming for half an hour here or there, who of course aren't able to fulfil that role.'

Caro looks to find out as much about someone as she can, from the person themselves and their family, who she also gets to know well.

'I want to be a safe and compassionate presence, building

connection and becoming like a trusted friend,' she says.

Caro has found music to be the 'most powerful tool' for working with people with dementia, while touch and physical affection can be very important. Listening to a person and validating their feelings can also really help.

'I might not understand what's making someone angry, but I take the stance that they know exactly what they're saying, and that it's meaningful to them,' she says. 'You don't tell them to stop feeling whatever they're feeling – then they know you're on their side.'

Since the pandemic, Caro has had to stop all visits to care homes. She now only supports people within their own home while keeping her distance and wearing a mask.

'A recent visit to a 98-year old woman really brought home to me how difficult this last year has been for so many older people,' she says. 'Many refuse to feel sorry for themselves, so I try to encourage self-compassion.'



Aly Dickinson.



Joy and happiness

Prior to the pandemic, end of life doula Lou was supporting a woman with dementia to come to terms with living in a care home.

‘Mum was cross that she was in the home and blamed us,’ says the woman’s daughter. ‘Lou visited her and acted as an intermediary, to explain that we were too far away to look after her at home.’

‘Mum wanted to talk about herself, not as a wife or a mother, but about what made her happy – flowers, card games, her home. Although we found it difficult that she was not so interested in her family, we knew Mum was getting some joy and happiness in her life.’

As a result, this person became more accepting of her situation and expressed less anger towards her family.

‘We think it is likely that she will end her days in the care home and that Lou, who is now starting to visit again in a protected pod, will be around for as long as Mum wants that companionship,’ says her daughter.



Gazala Makda.

Lighten the burden

With much of their work in care homes scaled back or stopped completely, End of Life Doula UK supports campaigns for relatives to be reunited with their loved ones.

They have supported residents by video call, but with limited success. More positive has been a 24/7 telephone response service for family carers, and a monthly Carer’s Support Group on Zoom, set up by end of life doula Gazala Makda.

Moshin in Sussex, whose mum has dementia, says the group shares practical tips and advice, while also discussing wider issues such as self-care and resilience.

‘Very often one person describes a problem which someone else has already experienced, so they are able to offer insight into how they dealt with it,’ he says.

‘During these COVID times, Mum had to be reminded to wash her hands, but she found it annoying that we were constantly telling her. So we designed a little poster for every tap, which she likes. Sharing such ideas helps others in similar situations.’

The carer’s group – much like the rest of an end of life doula’s work – supports people to feel less alone.

‘Knowing there are others out there in the same boat helps a lot,’ says Moshin. ‘The sessions lighten the burden on my shoulders and I feel re-energised to carry on.’

For our End of life care (531) factsheet, see alzheimers.org.uk/publications or call 0300 303 5933.

Visit www.eol-doula.uk or call **07887 840663** to find out more about End of Life Doula UK. Some doulas work on a voluntary basis, some charge a fee.

Talking Point, our online community, is free and open 24/7 – see alzheimers.org.uk/talkingpoint

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

Simplest things

Before COVID-19, I used to take my 87-year old father to several events. We went to Singing for the Brain, a memory café, an activity afternoon and the dementia-friendly screening of films. Dad had an excellent level of care at home by Mum, but she deserved a break too.

All this stopped with shielding, so it was essential we found things to do at home. We did puzzles together, played cards and dominoes, which my Dad loves, but he needed something else one day and didn't want to move out of his chair. So I said, 'Let's play I Spy'

and immediately said a letter so he could try and guess.

I would never have believed that such a simple game would create such laughter. Dad was engaged in the game, looking around the room for objects to pick, remembering the first letter they began with and fooling me and Mum when he picked funny things.

One day he said the letter S, Mum and I said all the things around the room, including his slippers, socks and spectacles. We gave up and he said the answer was 'stripes' – my Mum was wearing a striped top. He laughed so much and I was

proud that he had allowed himself to forget his illness and what he couldn't do, and concentrate on enjoying himself. He looked around the room with fresh eyes and we had fun.

I learnt a lesson that day – that sometimes the simplest things give the greatest pleasure.

Tracy Drake, Belper

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

Talking sense

My husband was diagnosed about seven years ago with vascular dementia, although I saw it coming on years ago. It was never really explained what would happen as the years went on. Once diagnosed at the memory clinic, it seemed that was the end of their commitment to us. We were given a list of places that we could go to – Singing for the Brain, Age UK and a few other places – but that was it. They were never in touch again.

Obviously, over the years my husband has deteriorated, but over the past six months things have really gone downhill. He's started to have giddy turns, doesn't like bright lights, can't see things that are in front of him, has

trouble with forming sentences, makes a sucking noise in his mouth and other very odd things.

We were stranded in Australia when the giddy turns and almost falling over started. They were marvellous, gave him every test possible and even a head scan, but could not find anything wrong. Since returning home, the doctor has done several blood tests plus taken him off most of his medication. But things are still the same.

I then read about the Talking sense booklet in the last magazine. What a fantastic read, it has given me an explanation for all the things that have been happening to my husband and how they are due to dementia.

My advice to anyone who cares for a person with dementia is to read this booklet.

Gloria Potter

Talking sense, a practical booklet about the impact of dementia on vision, hearing and other senses, is available for free from the Dementia Centre in Australia.

You only need to enter your name and email address to download an audiobook (in full or in chapters) or a version that can be read on screen – visit www.dementiacentre.com/resources and search 'talking sense'.

Seen elsewhere...



On Facebook, when we shared Michael Andrews's article from the last issue of the magazine about living with posterior cortical atrophy, Beth Lane in Buckinghamshire commented:

“My mum has this type of dementia. I wish there was more awareness of it. We moved her in with us during lockdown 1 and it's the best decision we have made. It's not easy. But she's happy and that's the main thing ♥️”

Her partner, Jordan Hollowday, replied:

“Beth things get tough and seeing your mum every day is tough on you but I agree, it was the best and most selfless decision you've made and that's why I will always support you through it because while you're supporting her, it's my job to support you ♥️”



Talking Point member CarolandVic expressed her gratitude for the online community's support after she shared her husband's deteriorating condition:

“Thank you. After I spoke to the doctor I was crying and needed someone to talk to. All of my children were engaged or busy online, all working from home, then I remembered the forum. I haven't visited for a few months, things seemed stable since September although gradually declining. The comfort it has given me being back here is wonderful. Thank you everyone for caring and for sharing.”

Your turn

Tell us what you think – email magazine@alzheimers.org.uk Letters for the June/July issue to arrive by 4 May. Views expressed are not necessarily those of Alzheimer's Society. Letters may be edited.



Photograph: Freeimages.com/Chris Greene

It's time for our sixth magazine poetry competition! Whether you're a seasoned poet or writing for the first time, we want to receive your poems about dementia or about people affected by the condition.

You can enter up to three poems that you've written, and each can be up to 40 lines long. Winning entries will be published in our October/November magazine, though you'll retain copyright to your own work.

It will be up to our special panel to select entries for two shortlists – one for poems that have been written 'From the heart' and another for entries that show 'A way with words'.

Email entries to magazine@alzheimers.org.uk before midnight on 30 June, and include your name and postal address.

If you can't email them, we can include poems received by 16 June posted to: Poetry Competition, Alzheimer's Society, 43–44 Crutched Friars, London, EC3N 2AE.

The competition is open to residents of the UK, Republic of Ireland, Isle of Man and Channel Islands, aged 16 or above at time of entering. Poems must be your original work and not published elsewhere (unless in a personal capacity, eg on your blog – ask us if you're unsure). Poems will be anonymised while being shortlisted and the winners selected, and the results are final.

Consumer panel

People affected by dementia try out gardening tools that are designed to be easier to handle.



John (top) and Mick trying out the tools in their gardens.

Garden tools

We sent our West Sussex consumer panel some garden tools to test out before telling us what they thought of them over Zoom.

The products are made by PETA UK, who've been redesigning everyday tools for 46 years so they can be used easily and safely by more of us – people with grip or hand control issues, left-handed people, children and others. The tools tested by the panel are all now available from our online shop.

Panel members tried a trowel, fork and cultivator that are designed to be easier to hold and use, as well as add-on handles that adapt how you use standard tools. We also gave them an arm support cuff, which can be attached to any of these to provide extra support.

Nice and clear

The panel appreciated the products' minimal packaging.

'You can see the product and don't want a lot of packaging to throw away,' said Jan.

Joyce liked the clear bag the cuff and handles came in, as this could be reused. 'It would keep it in good condition when not using it.'

Alison said the instructions were 'nice and clear', noting that, 'You don't want arty-farty designs you can't read!'

People also liked how the tools' bright yellow and green colours made them easy to spot.

'If you leave them in the weeds, you can find them,' said Lindy.

Penny agreed, 'When it's in the shed, you can still find it amongst everything else.'

Use and comfort

Everyone who tried the tools was impressed with the difference they made.

John said, 'They feel solid and very easy to use. Very comfortable, well made.'

Lindy said, 'I've got a bit of arthritis in my fingers. I was really surprised how it felt – so good and easy.'

'I was using them on the allotment yesterday afternoon,' said Alison. 'We have a good selection of weeds! The cultivator was fine for small weeds, I had to use the fork for more substantial weeds.'

Chris said, 'I have quite bad osteoarthritis in my hand. As soon as I started using them, it felt so much easier to use. We used them for quite a while and still felt comfortable.'

Mick – who doesn't generally enjoy gardening – said he'd get out to garden more often because these tools make it easier, as did Paul.

Pat said you might need someone else to attach the add-on handles to a standard tool if you've got arthritis, 'Jim couldn't do these up at all.'



Roger found the add-on handle extremely useful. He said he'd like to attach two at an angle to each other on long-handled tools, to use, 'like one used to use a scythe in the very old days!'

Ian said, 'Using the fork with the arm support cuff makes a heck of a difference. It's a jolly good idea, you don't have to put as much effort in – or you can put in more effort using your arm.'

'We enjoyed using them,' said Joyce, 'and John liked using the arm cuff, though I didn't get into the swing of that.'

Penny liked the tools but wondered if the cuff would become uncomfortable in summer. 'Against somebody's skin, and on a sweaty day when you're working really hard, the plastic felt rigid. Maybe if it had some cushioning?'

Chris found the tools easy to clean, noting, 'A lot of tools I've had are a nightmare to clean.'

Alison said, 'Gordon had wrist surgery recently, and he felt they were much easier to use.'

Gordon appreciated the way he could use them without straining his wrist, 'It just makes it easier to hold, and the cuff support was great because it puts the angle right.'

Good value

Panel members agreed that the prices of all the tools were good value. Ian said, 'It's worth it, they're good. They're very sturdy and would last a long time.'

Roger said, 'I'm content with the tools I've got – some of which will be a good 50 years old and very sturdy – but I like the add-on handles.'

John had shown the tools to a friend who works in a nursery, and he said they were marvelous and that they could use them in his work.

Lindy said, 'We didn't even know these products existed to make our lives easier!'

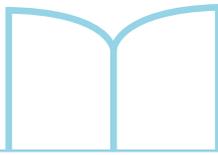
Prices: Easi-Grip Cultivator, Easi-Grip Fork and Easi-Grip Trowel £14.95 each, Arm Support Cuff £5.95, Easi-Grip Add-on Handles (pack of two) £17.95.

Visit shop.alzheimers.org.uk for products to help people affected by dementia to live well at home. For some products, you don't have to pay VAT 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.



Win garden tools

See p39 for a chance to win garden tools.



We read a groundbreaking book that lays bare the pandemic's impact on care homes.

Bringing the inside out

Our choice of book this issue shares the words of people who've been living in, working in and visiting care homes during the COVID pandemic. As such, it was never going to be a light read.

'I had to read this book in instalments,' says Andy Woodhead in the Vale of Glamorgan, who has vascular and Lewy body dementia, 'firstly to be able to internalise and give justice to what was being said, and secondly because many of these insightful accounts of suffering made me feel very emotional.'

'The realism, pain, anger, emotion, kindness, compassion, dedication, humour and humanity shouted out to me as I turned each page.'

Poetry in motion

The book comes from the arts and literature charity Living Words, using what they call the 'Listen Out Loud' method.

'This is a kind of creative transcription,' explains Tomas René, in our Publishing team, 'where, "The speaker speaks, the writer writes, and the way the words land on the page represent how the person has said them." The speaker is involved in the editing so that they have ownership over the process.'

'The result is that the pieces capture the freshness and spontaneity of conversation. But with their frequent line breaks, they resemble poetry on the page, sharpening the impact of the words. It's a book of brief but powerful impressions.'



Heather Ritchie in East Sussex supports her partner, who has dementia. She says, 'Rather than just read people's thoughts and feelings silently, I read them out loud. This brought me closer to the person, especially as it was written down as it was said.'

'Sometimes I could hear an accent as I read it out. For me, it was poetry in motion. It helped me get the emotion behind the words, to connect with that person. To hear and feel a little of what they may be feeling.'

Hope and courage

Having just finished the book, Ruth Smith in Surrey said, 'Again I have tears in my eyes. I can really relate to the authors of the words, as my Nan is in a home and I haven't been allowed to see her since September. She has dementia and I have no idea whether she will remember me when I can visit.'

'The guilt that is expressed, I feel that. If I hadn't put her in a home,

we would still be able to have contact. It's illogical, as I couldn't cope, but emotion and love isn't logical. The book has also been a comfort. I am not the only one going through this and I am not the only one feeling this way. In the words of Catrin, "Hopefully next year will be different."

Christopher Peacock, a carer and Society volunteer in Hampshire, says, 'For the first time, and not before time, carers, relatives and residents are given their own voice amid the headlines. It is intimate, painful, compassionate and it will break your heart.'

'The book describes what it was like inside our care homes in the early months of the pandemic, the sense of abandonment. Carers speak of doctors not coming, ambulances did not call and still the death toll rose – and we knew nothing about it.'

'But amid the emotional darkness this is also a story of gut-wrenching courage and true grit. Perhaps we have never really known the debt we owe to our carers when we need them. There is an astounding light shone here.'

Andy agrees, 'I found this an honest, insightful, raw, tragic and emotional account of the issues faced by the residents in care, their loved ones and carers in these unprecedented times, with a deadly pandemic that has affected care homes more than we could have ever imagined.'

'I also managed to find within its pages immense bravery and the blessings of humour in the face of adversity.'

Read and act

The potential for the voices featured in this book to have a much wider impact was evident.

‘Each person’s voice – whether of someone with dementia, a relative, carer or care worker – is equally important in their own right, but they also report a collective trauma,’ says Tomas. ‘This book gives them a vital opportunity to be heard.’

Heather says, ‘I think every politician, every person who has or does or will make the decisions about people living with dementia in a care home, their wellbeing, their carer or loved one – during this or

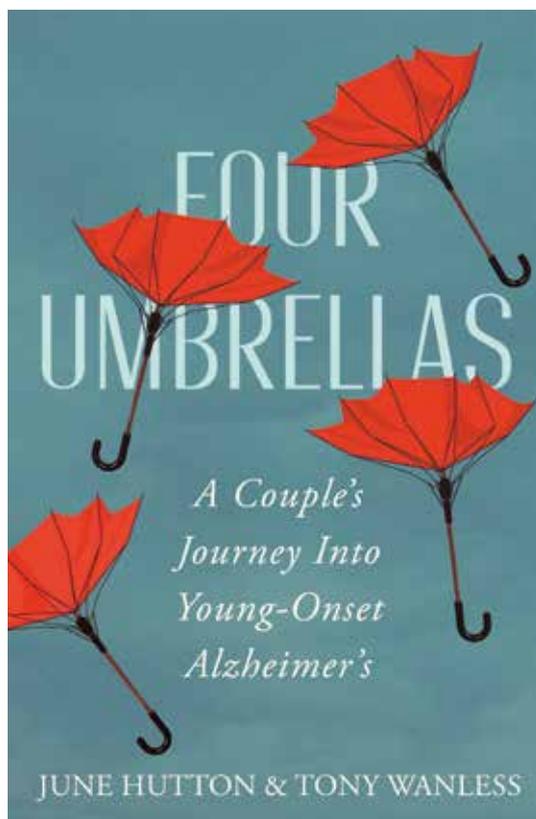
any other lockdown or crisis – should be given this book and pledge to read it and act on it.’

Andy, also looking ahead, says, ‘I hope that when agencies and governments, central and devolved, sit down for their enquiries and studies of the effect the pandemic has had, particularly on care homes, as they inevitably must, they will read this book as perfect and honest evidence, from all sides of the care home agenda.

‘I cannot stress highly enough just how important a contribution this book will make.’

Bringing the inside out:

The words of people living in, working in and visiting care and nursing homes across the UK during the COVID pandemic by Living Words (Living Words 2020), 234 pages, £8.99, ISBN: 9781527280601.



Your turn

For the next issue, we invite you to read *Four umbrellas: A couple's journey into young-onset Alzheimer's*, by June Hutton and Tony Wanless (Dundurn 2020), 224 pages, £14.99, ISBN 9781459747791.

Tell us what you think about this moving insider's account by a couple in Canada. Email magazine@alzheimers.org.uk by 4 May so we can share it in our next issue.



Book giveaway

We have three copies of *Four umbrellas* to give away – email magazine@alzheimers.org.uk by 15 April quoting ‘Umbrellas’ for a chance to win one (see p39 for terms and conditions).



'I'm struggling to combine working full time with caring for my mum at home. What rights do I have to change how I work so that it's more manageable?'

Flexible working

There are many people in this very difficult position, and your employer might be able to help.

Your basic rights

If you've worked for your employer for at least 26 weeks, you have the right to make a flexible working request. This can include to work part time or with flexible hours.

Your employer must consider your request reasonably and can only refuse it if they have good business reasons. These could include cost, impact on other staff, inability to recruit additional staff and effect on customer service.

You only have a right to make one request each year, and your employer needs to respond within three months.

Making a request

Put your request in a letter or email with the date you're sending it, stating that you're making a 'statutory flexible working request'.

Explain the change you want and when you'd like it to start. Say how any effects the change could have on your work or the business might be dealt with. If you've made any previous requests, include the dates of these.

Try to make the best case you can. Once you've made the request, it can help to have a meeting with your employer to discuss it.

Options for more

Some employers offer packages over and above your basic legal rights – check your contract or staff handbook.

Even if there are no arrangements in those, you could talk to your employer and see what they'll agree. The pandemic has made many people more aware of what can be achieved by flexible working, and perhaps more open to ideas about it.

Will this disadvantage me?

It's worth knowing that the Equality Act 2010 in England and Wales, and similar legislation in Northern Ireland, gives protection to carers from being discriminated against at work because of their caring role – for example, by being passed over for promotion.

What if my employer says no?

If you're in Northern Ireland, you can contact the free Labour Relations Agency helpline on 03300 555 300 or visit www.lra.org.uk – they help to resolve workplace issues and can also explain your legal rights and other options.

In Wales or England, you could speak to ACAS, the Advisory, Conciliation and Arbitration Service. They have a free helpline, 0300 123 1100, and lots of useful online information – see www.acas.org.uk

You could also think about getting some support for your mum or yourself from your local council's social services team.



Further information

Visit alzheimers.org.uk/publications or call **0300 303 5933** for our factsheets about getting assessed for local council support – Assessment for care and support in Wales (W418), Assessment for care and support in Northern Ireland (NI418) or Assessment for care and support in England (418).

Recording stories



Setting down and sharing our stories is a powerful way for us to express ourselves. For a person with dementia especially, recording the things they've done and experienced can help communication and improve self-esteem.

Sharing favourite memories or keeping a diary can help someone reflect on their life, including friends, family, work, achievements, hobbies and holidays. Many children and other younger relatives enjoy hearing and reading about these too.

Recording

You can record someone talking about their life using a microphone, digital video camera or webcam. Many computers, tablets and smartphones come with recording software. There are also recording apps such as Audacity (www.audacityteam.org) that are free to download.

Through Dementia Diaries, people with dementia record audio diaries using their phone and then

share them online. Visit www.dementiadiaries.org to find out how and to listen to other people's diary entries.

People who enjoy writing may prefer to keep a journal or to write stories about their past instead.

Archiving

Films, tapes and other old recordings can be converted into digital files so they're easier to store, share and enjoy. For example, a USB cassette converter can be plugged into a computer to convert old tape recordings. These often come with their own software, but you can also use an app like Audacity to edit and organise digital files.

You can scan old photos, negatives or slides into the computer too. Apps such as EZYscan, which is free to download, help you to do this.

If converting recordings or photos is difficult, you could contact a professional conversion or photo scanning service.

Storing and sharing

Digital files can be stored and shared in many ways. For example, they can be uploaded to the Cloud for safekeeping, or shared on social media such as WhatsApp or Facebook.

Favourite photos can be displayed in a digital album or even in a 'talking' one, where you can hear pre-recorded messages alongside each picture. An app like GreyMatters (www.greymatterstous.com) can help to create a digital life story book using video clips, photos and text.

Of course, you don't have to use digital files – a person might prefer making a scrapbook with photos, postcards or mementoes. This could be split by theme and include notes about people, events and activities.

Visit alzheimers.org.uk/publications or call **0300 303 5933** for The activities handbook: Supporting someone with dementia to stay active and involved (77AC).



Over to you

Have you recorded your stories or helped someone with theirs? Do you have any tips about making, storing or sharing them? Email your ideas (and any pictures!) to magazine@alzheimers.org.uk by 4 May.



Talking Point members' advice for when a family member with dementia moves into a care home.

From home to the home

'I found a home that was happy to take my mother, and on the day they came out to assess her they offered her a "taster day", where she would have a bath, do her hair and feed her. To my surprise, Mum accepted this and on the day in question the home arranged transport for her. At the end of that day, I went to visit and much to my relief Mum said, "I like it here, can I stay?" to which I answered, "Of course you can!"'

skaface

'On the night before, I explained to him what was happening the next day. He expressed surprise but not objection. I found it, and still do, deeply traumatic. That night I laid next to him in bed for the last time, being careful to remember the feel of his body next to mine. On the day, I waited for him inside the room whilst his family brought him in to me, so I was there ready to greet him.'

nestle

'Dad had a couple of day visits before going into the care home for respite, where he settled very well. I disappeared discreetly and there was not a peep from anyone until the home phoned to ask whether he could eat fish and chips. His respite lasted two weeks and he went in permanently two weeks later. I felt a mixture of grief and relief at the same time and I kept telling myself that I could do no more for him.'

MaNaAk

'How do you think I can prepare my husband if he forgets anything within a minute? Despite his poor memory and non-existent reasoning, it is not easy "to take him in". I thought I could stay in the care home with him on the first days... as if we were on holiday in a hotel.'

margherita

'We were told from the start, this was Mam's home now and to treat it as such. We did and were welcomed at any time. Mam and Dad had pizza night on a Saturday. Told staff and they said no reason to stop. We'd order a pizza to be delivered there, take Dad down, staff had a small table set in conservatory. They enjoyed pizza and a glass of wine, just as they normally did.'

Graybiker

'You try to keep your mind and life occupied. My routine is going to my grandma's place and taking care of the flowers. Try to find something that they loved and do it. And don't keep the pain inside. Talk to people.'

JohnGroban

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



Next issue

What advice do you have to help someone dealing with how much a person with dementia has changed in the past few months?
Email magazine@alzheimers.org.uk

Garden tools



We have an Easi-Grip cultivator, fork, trowel and arm support cuff for one lucky winner drawn from correct entries received by 10 May.

Q: Attaching the arm support cuff to an Easi-Grip tool means you can use:

- A.** Your remote control to tune into Gardeners' Question Time.
- B.** Your forearm's strength to reduce the strain on your wrist.
- C.** A magic door to enter a secret midnight garden.

Cupcake Day aprons

To help you prepare for this year's Cupcake Day, we have Cupcake Day aprons for three winners drawn from correct entries received by 4 May.

Q: If you shared a baker's dozen of cupcakes among friends, how many would you have had altogether?

- A.** Three.
- B.** 144.
- C.** 13.

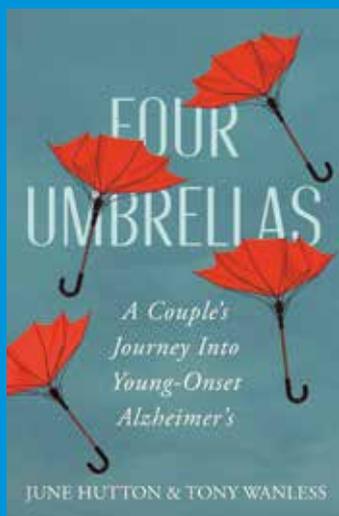


Send us your answers with your name and address – email magazine@alzheimers.org.uk

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 *Four umbrellas* by June Hutton and Tony Wanless.



LED lighting competition

A Yapa in Hertfordshire won a 'Get up in the night' sensor light, R McIntosh in Lothian a 3-in-1 portable daylight lamp, and D Cannon in Cheshire a Daylight touch desk lamp, while P Brown in Buckinghamshire, K Hunt in Mid Glamorgan and one anonymous reader each won a Talking time pal. Answer: In lighting, 'LED' stands for light-emitting diode.

Running top competition

E Burke in Kent, P Bladon in Worcestershire and T King in South Yorkshire each won an Alzheimer's Society running top. Answer: You can raise funds running while following coronavirus regulations through Run for Dementia, which challenges you to run 50 or 100 miles in 30 days.

Book giveaway

The five readers who each won a copy of *Bringing the inside out*, from Living Words, were Y Rowse in Warwickshire, R Smith in Surrey, C Deeley in Devon, H Bowie in Fife and S Mawson in West Yorkshire.



Cake.

**There's no better way
to get together.**

Whether outside or online, make a difference this Cupcake Day. Sign up and receive everything you need to organise your scrumptious get-together.

Sign up at alzheimers.org.uk/cupcakeday or by scanning the QR code with your smart phone.



0300 222 5770

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



Alzheimer's Society is a registered charity in England and Wales (296645); the Isle of Man (1128) and operates in Northern Ireland.



17 June 2021
**Cupcake
Day**