

August/September 2023

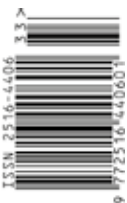
Dementia together



Alzheimer's
Society



Home and away



In this special co-produced issue:

Creative showcase, how to talk to me, cooking when caring,
and much more.



Welcome



Allison Batchelor



Lynne McVicar

Hello, my name is Allison and I am really happy to join Lynne in welcoming you to this very special issue.

We are part of a guest editorial panel of people affected by dementia. It is the first time that a panel like ours has joined the magazine's regular staff to co-produce the magazine. You can meet all the panel members on page 21.

Everyone's opinions have been listened to and respected for this issue, so we hope every reader will find something of interest to them.

Lynne says, 'We've all played a real part in producing the magazine – from contributing ideas, interviewing, writing,

creating content and agreeing page layouts.

'In this issue you can read about the real challenges caring can bring, the inspirational stories, achievements and talents of people living with dementia, your benefits and rights, how to talk to someone with dementia, cooking when caring and LGBTQ+ support. There's even a puzzle page for you to enjoy!'

Please complete and return the enclosed survey, as we'd love to know what you think of this issue.

Allison Batchelor (diagnosed with Alzheimer's disease) and Lynne McVicar (former carer)



Need support? Call 0333 150 3456 or visit alzheimers.org.uk/getsupport

Dementia together is the magazine for all Alzheimer's Society supporters and anyone affected by dementia. Contact us on magazine@alzheimers.org.uk, **020 7264 2667** or **020 7423 3676**, or write to us at Magazine Editor, Alzheimer's Society, Scott Lodge, Scott Road, Plymouth PL2 3DU.

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Directions

This special issue of the magazine is a great example of the kind of co-production that I'm proud to say we're doing a lot more of here at Alzheimer's Society. Thank you to all the panel members for this achievement!

The meaningful involvement of people living with dementia benefits everyone, and we're finding new ways to do this in everything we do.

Research is an area where we've involved people affected by dementia in key decisions for years – in what research to fund, how researchers can best approach their work and more. It's amazing to see the new drugs that are now coming through.

However, the fact that they'll only benefit people in the early stages of Alzheimer's underlines just how important it is for more people to get an accurate and early dementia diagnosis. We continue to campaign on this and on the reform of care systems so that people have the support they need at the right time.

One brilliant way to show your support and come together with others, as well as raise vital funds, is Memory Walk. See the back page and join us for another year's inspiring and heartwarming events this autumn – I look forward to seeing you there!

Kate Lee,
Chief Executive Officer
[@KateLeeCEO](https://www.alzheimersociety.org.uk/people/kate-lee)

News

£5 million for revolutionary test

Alzheimer's Society and Alzheimer's Research UK have been awarded £5 million through the People's Postcode Lottery Dream Fund to revolutionise early dementia diagnosis.

Over the next six years, we'll introduce a simple and inexpensive blood test to the NHS. Detecting Alzheimer's in its early stages will give people a greater chance to benefit from the right kinds of support and treatment. We'll use the funding to prove a blood test will be effective in NHS settings, prepare systems to make use of it and raise vital awareness about it.

Our CEO Kate Lee says, 'Getting people with symptoms of dementia a diagnosis of Alzheimer's is one of the biggest challenges that we face.

'This fund, this incredibly generous gift from People's Postcode Lottery and their players, could be the start of the end for Alzheimer's disease.'



Forget Me Not success



This May's Forget Me Not Appeal was the largest ever, raising over £1.3 million. Thousands took part in Forget Me Not Crafts, creating beautiful homemade crafts and raising money from their friends and family, while 1,000 people volunteered at bucket collections across the country. Over 100,000 of you took part in the appeal and wore a badge to show your support for everyone affected by dementia.

Trek26 is here!

Trek26 season has kicked off, with over 8,000 supporters lacing up their hiking boots for an epic 13 or 26-mile trek. There's still time to join us for your greatest challenge yet. Whether you want wildflower meadows, cliff-top views, ancient woodland or stunning shorelines, we've got a Trek26 for you.

Visit alzheimers.org.uk/trek26 today and use the code LASTCHANCE to save 20% on registration.



Diagnosis disparities

More than 150 MPs learnt about dementia diagnosis rates in their constituencies at a Society event during May's Dementia Action Week. They heard how diagnosis rates differ across the country, and the reasons behind the disparities.

MPs were joined by Society Ambassador Dame Arlene Phillips, senior clinicians and people affected by dementia.

We also presented a new report on how to help more people to get a timely and accurate diagnosis. Informed by people living with dementia and others, the report sets out what needs to change to improve diagnosis rates.

Visit alzheimers.org.uk/campaign to help change things for the better.

Speaking in Brussels

Society Ambassador Chris Roberts addressed the 5th European Parliament of Persons with Disabilities in May – an event hosted by the European Parliament and European Disability Forum.

Chris, who has mixed dementia, told them, 'Living with dementia will – and does – disable us. We live with social inequality which makes us socially excluded. Many countries still do not have an action plan for dementia, which results in little or no support for those affected by it.'

Chris underlined the desperate need for investment in services, education and support to the 600 disability advocates, policymakers and others at the event.

Dementia friendly Wembley

Wembley is the first national stadium to become dementia friendly, after people affected by dementia assessed the venue over two matchdays.

Their feedback prompted measures including training for public-facing staff like matchday stewards, and information on ticket receipts and the stadium's website. Dedicated lifts and an accessible shuttle service were also made more visible.

Visit alzheimers.org.uk/fa for more information about our partnership with The FA.



Open letter to NHS Wales

Thanks to our campaigners in Wales, an open letter to NHS Wales from Alzheimer's Society Cymru has been signed by members of all four parties in the Senedd.

The letter calls on NHS Wales to ensure that local and national dementia diagnosis information is collected and published centrally. This will allow it to plan dementia services in a way that means people can get a timely and accurate diagnosis wherever they are in Wales.

A timely diagnosis puts you in a better position to understand symptoms, get vital support and plan for the future. Thank you to everyone who asked their Members of the Senedd or MP to sign the letter!

New hub for Hampshire



A new drop-in memory hub at Southampton General Hospital will provide a safe and confidential space for people to discuss memory concerns and seek advice.

Launched by our Dementia Navigator Service in Southampton, the hub was officially opened by the Lord Mayor of Southampton in June.

Dawnie Arundell and Chris Chilcott, dementia navigators who helped establish the hub, say, 'Half of admissions into the hospital are from outside the city and, together with services from Southampton and Hampshire, we will be able to support more people.'

See alzheimers.org.uk/dementiadirctory to find support near you, or call **0333 150 3456** for personalised information and advice.

Social care reform in Northern Ireland

This summer, Northern Ireland's Department of Health published the outcome of its 2022 consultation on the reform of social care. This had over 200 responses, resulting in 48 proposed actions.

The department plans to set up a 'social care collaborative forum' to take these forward, and we'll ensure that the voices of people living with dementia are heard in this.

Feel Good Folder

The Feel Good Folder is a new resource from Alzheimer's Society to help people living with dementia to be more active.

Co-created and tested by people with dementia, the Feel Good Folder is designed to make it easier to increase physical activity. It includes ideas about activities you might like to try, as well as ways to track your progress and stay motivated.

Visit alzheimers.org.uk/feelgood to find out more and get your copy, and see p39 for a chance to win one.



LGBTQ+ inclusion

The Creating Inclusive Residential Care for LGBTQ+ Elders, or CIRCLE, project is supporting providers of residential care to become more inclusive of lesbian, gay, bisexual, trans, queer plus (LGBTQ+) people.

Choosing a care home that fits personal needs can be difficult and overwhelming for anyone. If you're LGBTQ+, finding a home where you feel safe, understood and included only adds to this challenge.

The CIRCLE project, led by the University of Kent, is piloting a programme to improve quality of care in homes in south-east England. It's also set up an online community for care providers, commissioners, older LGBTQ+ people and others to help improve inclusion in care homes.

Visit www.pssru.ac.uk/circle or call **01227 823792** for more information.

Majestic Wine doubles target

Majestic Wine has raised £200,000 for people affected by dementia since choosing the Society as its charity of the year for 2022–2023. The company doubled its original target, with staff taking part in a skydive and five executive board members cycling from London to Brighton. More than £107,000 was raised at its annual Supplier Awards Dinner.

Could your company partner with us? Contact us on hotline@alzheimers.org.uk or **020 7423 3669** to find out more.

World Alzheimer's Month

September is World Alzheimer's Month, with World Alzheimer's Day on 21 September. Coordinated by Alzheimer's Disease International and the World Health Organization, this year's theme is 'Never too early, never too late'. It highlights the importance of identifying the factors that increase our risk of developing dementia, and of doing what we can to delay its onset or prevent it altogether.

Find out more at www.alzint.org/wam

Over-50s charity internships

Charity Interns is piloting paid internships in the charity sector for people aged over 50. The first internships will begin in October and run for six months. We were the first charity to sign up and will host two interns.

Applications for the pilot closed in July, but see www.charityinterns.com for future opportunities.

Avoid financial distress

People can register with the Vulnerability Registration Service for financial services to understand their situation better. By registering, potentially vulnerable people can opt to automatically decline any lending or credit applications, or to be 'flagged' to avoid repeated or distressing conversations.

Visit www.vulnerabilityregistration.service.co.uk or call **024 7767 3992**.

Free help to find care

CHS Healthcare offers free and independent help to find self-funded care in England that meets your needs, whether this is a nursing home or help at home.

Visit www.carehomeselection.co.uk or call **0808 175 3607**.

Thank you to carers

To thank carers as part of the third annual Thank You Day, Tony Christie recorded the classic song 'Thank You For Being a Friend' with Music for Dementia. A specially selected group of carers feature on the hit song's remake along with Tony and Freshbrook Singing for the Brain group from Swindon.

To find out more, please see www.musicfordementia.org.uk/thank-you-day



New Chair for our board

Our Board of Trustees will appoint Dame Suzi Leather as its new Chair in September, after Stephen Hill completes his seven-year term. Most notably, Stephen's leadership during the pandemic ensured that we innovated rapidly to continue offering vital help and support. Suzi has held many high-profile positions in health, regulation and charity sectors, and is a passionate advocate for change.

Accelerator ideas

Do you have an idea or product that will transform the lives of people living with dementia? Applications to join our next round of Accelerator programme partners open on 30 August. The programme offers £100,000 of funding and support to develop innovative ideas and products.

Visit alzheimers.org.uk/accelerator for information webinars, and see p12 to find out about current Accelerator partners.

Don't miss...

Tell us what you think of this special issue using the enclosed survey, or see www.tingurl.com/DTspecial

Be inspired by the amazing creations that people with dementia shared with us. See p14.

Find out what support is available for LGBTQ+ people affected by dementia. See p20.

Nigel looks for opportunity despite disappointments over a 10-year dementia plan in England. See p22.

Sit to Keep Fit creates space for movement and fun in south-east London. See p36.

Home and away

People always remarked on Rashmi Paun's impressive memory. He tells **Jessica Hubbard** how his life has changed since being diagnosed with Alzheimer's.

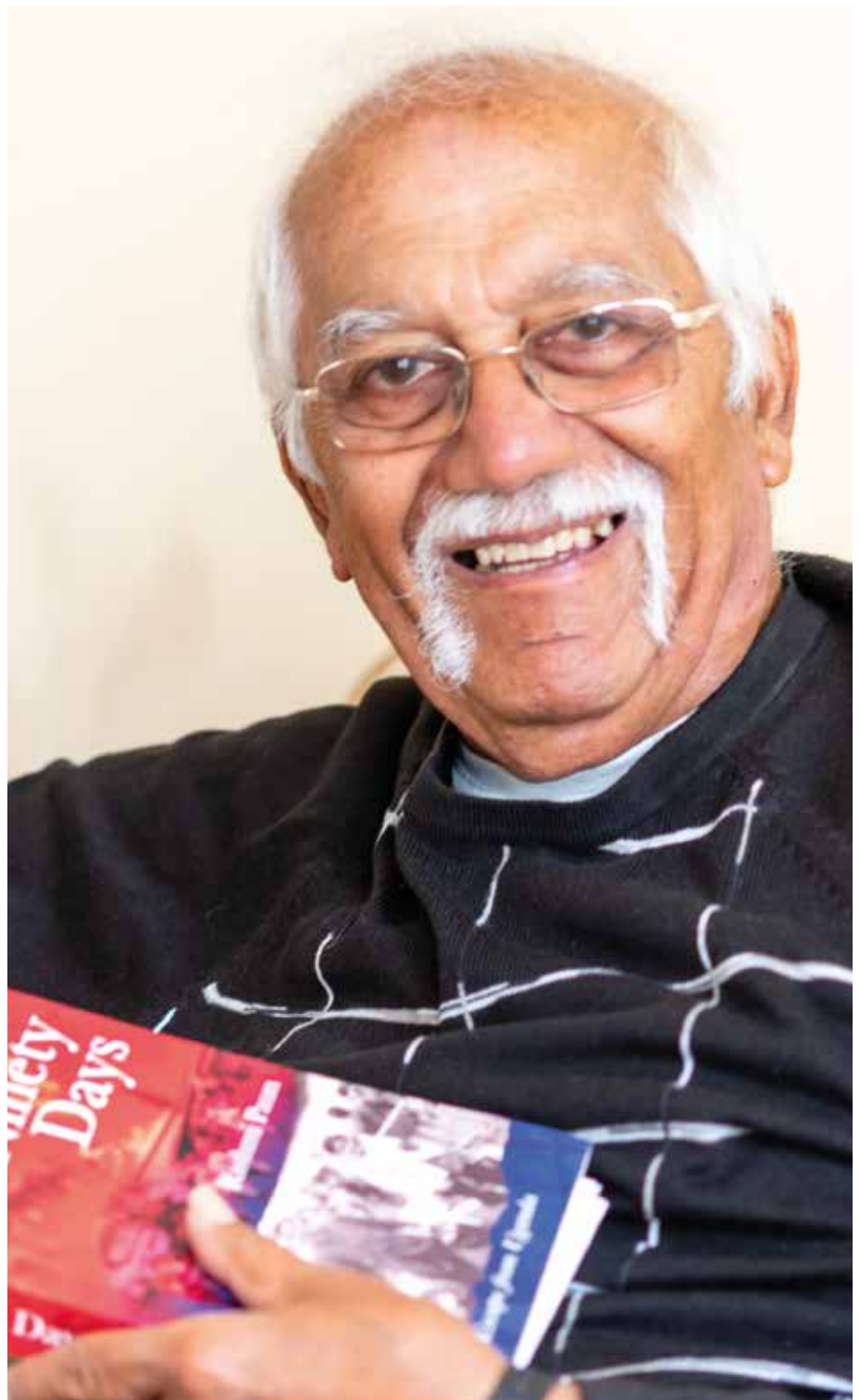
Quick read

Rashmi Paun has been adjusting to many changes since his Alzheimer's diagnosis in 2017.

Rashmi, now 77, has fond memories of his upbringing in Uganda, though he moved to London to study.

After retirement, he and his wife Maggie travelled the world together and made a home in Brighton.

Travel is one of many things affected by Rashmi's diagnosis, but he and Maggie are grateful for the support they've had.



“

We've been around the world,' says Rashmi. 'We've also visited India many times, where my parents came from and I still have relatives. ”

Rashmi Paun, a retired physics teacher in Brighton, has fond memories of growing up in Uganda.

'It was a closely knit community,' he says. 'When my older brother got married, there were 2,500 people at the wedding. You would pass by people and they'd ask you to come in. It was lovely.'

Rashmi, now 77, enjoyed school and particularly maths and physics, which he seemed to have a natural talent for.

'We had a Western education, and I was already enjoying physics and maths quite a lot,' he says.

The place to be

Rashmi moved from Uganda to London as a teenager.

'It was a common destination for many students,' he says. 'My older brother and some friends had already gone there to study. London was the obvious place to go.'

He studied physics at the University of London, eventually obtaining a PhD.

Rashmi had a 'gay old time' in London. He lived near Marble Arch – where Ringo Starr was a near neighbour – and fully embraced student life.

'I hardly had to cook,' Rashmi says, 'We went out to eat at restaurants every night.'

Rashmi met his wife Maggie through friends.

'They invited us to a party,' Maggie says. 'I said to Rashmi, "Where have you come from?" "East Africa," he said. But what I really meant was where had he travelled from that evening!'

Travelling the world

In 1974, Rashmi and Maggie moved



to Canada, where his brother's family had relocated after the dictator Idi Amin ordered Uganda's Indian community to leave two years before.

By this point, Maggie and Rashmi were married and had had the first of their three sons. They ultimately decided to move back to London because they preferred the lifestyle.

Rashmi worked as a secondary school physics teacher, later becoming Head of Science in a large Catholic girls' school in east London.

'I went into teaching straight away,' he says. 'It wasn't always an easy job, but I enjoyed it.'

After Rashmi retired in 2006, the couple bought their Brighton home and went travelling.

'We've been around the world,' says Rashmi. 'We've also visited India many times, where my parents came from and I still have relatives.'

When they're not in more tropical climes, living in Brighton allows the couple to be close to friends and family.

'That's age'

Diagnosed with Alzheimer's in 2017, Rashmi had begun to notice some memory problems the previous year. However, he put these down to age.

'I knew I wasn't remembering as well but I thought, "That's age," he says.

Maggie remembers one occasion when Rashmi accidentally paid their friends twice for some tickets.

'It was lucky it was our friends,' she said. 'But it worried us.'

This prompted Rashmi to see a GP, particularly because he'd always had a skill for remembering things.

'I still remember my 36 times table even though I've hardly ever had to use it,' he says.

Rashmi was asked to do a memory test and, although he scored well on

the first attempt, the second indicated something wasn't right.

'It wasn't as straightforward as doing the test and being given a result,' he says. 'But we gradually worked it out and I was told I had Alzheimer's.'

Adjusting

Rashmi and Maggie have had to adjust to his Alzheimer's diagnosis along with other health issues.

'We've been all over the city and surrounds,' says Maggie, 'and travel further afield generally has become more difficult since Rashmi had to surrender his driving licence and I'm the only driver.'

A heart attack in 2018 and prediabetes means Rashmi and Maggie must manage medication and diet carefully.

'He will often raid biscuits and say he forgets,' Maggie says.

'That's the main reason why I developed memory problems,' jokes Rashmi, 'because then I can forget about it and keep eating sweets.'

Maggie has had to take on more day-to-day tasks.

'Rashmi used to handle all the finances, but it started to take him so long,' she says.

'I remember him sitting there day after day trying to do the taxes. It's very much me doing that now, with help from our son. I also arrange everything.'

Changing futures

Rashmi still plays happily with his grandchildren, though they notice changes in his behaviour.

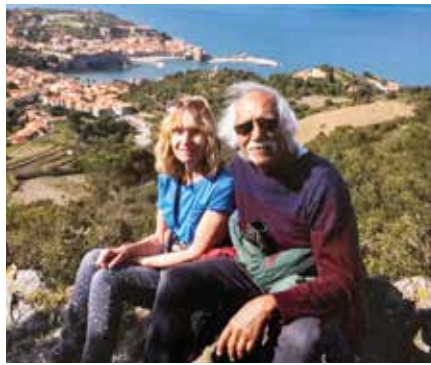
'We never sat down and broke the news I had Alzheimer's, but they noticed I was having problems,' Rashmi says.

'I think the most difficult thing for them is when Rashmi repeats things again and again,' Maggie says.

'For example, when we walk back from school, Rashmi will keep asking if they want him to carry their bags, even when they have said they're alright.'

Rashmi and Maggie also participate in our Time for Dementia programme, which links people affected by dementia with healthcare students.

Meeting regularly outside of a clinical setting helps trainees to



understand the everyday impact of dementia.

'We did all three sessions last year,' Maggie says, 'Two students ask questions to find out what it's like to live with dementia. They say it gives them good insight.'

Grateful for support

The couple didn't really know what steps to take after Rashmi's diagnosis and appreciated help from various groups.

'I still don't really have a mental map of how it all fits together so we just find things out as we go,' Maggie says. 'Age UK also helped us get an allowance, which I didn't know we could get.'

'We're very grateful for all the support. Rashmi doesn't really remember what he's done in meetings but when I'm there as well I can see he enjoys it.'

'We have had fun with different visits and activities, including parties to celebrate Christmas and the coronation.'

'Now, the parties I remember!' says Rashmi.

Time for Dementia puts families in touch with students in person in southern England and virtually nationwide – see alzheimers.org.uk/timefordementia or call **07562 430204**.

For The dementia guide: Living well after your diagnosis, visit alzheimers.org.uk/dementiaguide or call **0300 303 5933**.

Donate

£30 provides two hours' support from a dementia adviser, ensuring people like Rashmi have access to essential help and advice. If you can, please [donate today](#).

Benefits: what you need to know

Around £19 billion of support goes unclaimed every year. Lauren Pates, Senior Knowledge Officer, looks at why you should find out what you're entitled to.

Claiming benefits can sometimes seem daunting, but you could be surprised by what you're eligible for.

Even for means-tested benefits, which take savings and income into account, the value of your home is always ignored.

And not all benefits are means-tested – some are based on national insurance or the specific needs that you have.

If a benefit doesn't seem worth getting in your situation, check what additional help (such as cost of living payments) you get with it, as that could make a claim worthwhile.

Get a benefits check to see what you're entitled to receive. Here are some examples.

I have dementia and I'm of working age

If you stop working, you may be able to draw from a workplace pension (but always get financial advice before doing this).

Working or not, Personal independence payment (PIP) covers additional costs due to disability, and this can include dementia. You may get daily living or mobility components, or both. If both, this could be up to £172.75 per week.

Universal credit helps with living costs. You get a standard allowance at first, but if you're assessed as having 'limited capability for work and work-related activity' you'll get an extra £390.06 per month. How much you get may be affected by savings over £6,000, or by a partner's income.

Employment and support allowance (ESA) is based on national insurance contributions and isn't affected by savings or income. If

you can't do work-related activity (including training courses or voluntary work), you could claim this for longer than a year.

I have dementia and I'm over state pension age

The Guarantee credit element of Pension credit helps with living costs. Whether you're eligible depends on your income and how much you're seen as needing.

For example, if a person who's single and disabled has less than £277.45 per week, this would be topped up. Even if you'd only get a small amount from Pension credit, claiming it makes you eligible for other help, such as full housing and council tax benefit.

Attendance allowance helps with the costs of having a disability. It isn't means-tested and could give you £101.75 per week. This doesn't count as income if you claim Pension credit too.

I'm a carer of working age

You may be able to claim Universal credit, including a 'carer element'.

Or you could apply for Carer's allowance, which isn't means-tested so a partner's income or your savings won't matter. This would give you £76.75 per week. You can work at the same time as claiming if you earn £139 or less a week after tax, national insurance and expenses.

If you can't get Universal credit or Carer's allowance and aren't working, Carer's credit could prevent gaps in your national insurance contributions.

I'm a carer on state pension

State pension and Carer's allowance overlap – even if you're eligible for both, you'll only actually get whichever one pays the most.

However, if you're eligible for Pension credit, claiming Carer's allowance will top you up with an extra £42.75 per week.

Help is out there

Although the rules can seem complicated, a lot of help is available. Even if you're initially turned down, 62% of appeals are successful overall – don't give up!

Benefits checks and advice

Citizens Advice

www.citizensadvice.org.uk
0800 144 8848 (England)
0800 702 2020 (Wales)

Make the Call (Northern Ireland)

0800 232 1271
makethecall@dfcni.gov.uk

Age UK

www.ageuk.org.uk
0800 055 6112

Latest innovations

Our Accelerator Programme helps innovative products to be developed and made available for people affected by dementia. Jessica Hubbard talks to our newest partners.

Better bed baths

When physiotherapist Pat O'Brien saw how cold and embarrassed people got while having a bed bath – and how wet the bed linen got – she set about finding a solution.

'I didn't intend to make the Pobroll, I set out to buy it,' says Pat. 'But I couldn't find anything which was both warm and soft as well as waterproof, so I made it myself!'

The Pobroll is a waterproofed terry-cotton wrap that someone can be rolled into. It creates a better experience by keeping them warm and cosy throughout their bed bath.

Pat, also a moving and handling instructor, says, 'It allows for a slower, more careful wash, while the person remains covered and dignified.' Find out more at

www.pobroll.co.uk



Safer shopping online

Phylax was inspired by someone Jake Galson knew who developed young-onset Alzheimer's and kept buying things accidentally.

'They often purchased the same thing multiple times, which could be hard to return,' says Jake. 'When we started talking to more people, we realised this wasn't unusual.'

Jake and his brother Sam, both software developers, created Phylax to be installed on a web browser. It doesn't block purchases or store financial details, but prompts you if it detects a repeat or accidental purchase.

'In future, we hope Phylax will be used to prevent scams and fraud too,' says Sam.

They'd also like to develop a 'carer hub' where shopping habits can be monitored remotely.

Sign up as a product tester at www.getphylax.com



Joy of reading

After his dad – an avid reader – was diagnosed with Alzheimer's, Matt Singleton was advised to stop buying him books because he didn't read them.

'I wasn't having that,' says Matt, who instead created a special book that his dad rarely put down.

Matt developed further prototypes, resulting in Cognitive Books, and the first title should be launched soon.

'People with dementia can lose the thread of a story,' says Matt, 'So the books are about familiar topics from their youth. They're written for adults but are easy to understand, and each page tells its own story. The science is grounded in cognitive stimulation therapy and reminiscence therapy but, above all, it's about joy,' says Matt. For more, see www.cognitivebooks.co.uk



Find out more about Alzheimer's Society's Accelerator Programme at alzheimers.org.uk/accelerator

Immersive experiences

Software developers Alex Lancaster and Sam Rooker bring meaningful experiences to people with dementia in their own home.

Recreo VR (virtual reality) headsets allow you to immerse yourself in an environment, without needing additional devices or apps.

'Recreo VR improves wellbeing for people with dementia by reconnecting them with places from their past,' says Sam (pictured).

'The VR headsets really open people up, helping them to share memories,' adds Alex.

Sam's grandmother, who had dementia, also inspired Recreo VR.

'We took her to the beach and were driving along a road she had driven down many times when she became really animated,' says Sam. 'This is what we want to give people access to.' Visit www.recreovr.co.uk for more information.



Help with routines

Else London is developing a product that can notify you to do a task, and then guide you through doing it with sensory prompts, such as sounds or vibrations.

Puja Soneji (pictured with fellow experience architect Struan Stewart) says, 'My colleagues and I started this project based on our own personal experiences with dementia. My grandma has Parkinson's disease dementia and my colleague's granddad has Alzheimer's.'

They're developing a discreet device that a person with dementia can wear, using their location to make sure that prompts are relevant to where they are.

'A carer could use an app to configure routines and the device would help the user to carry these out.'

Else London will now test a prototype with people affected by dementia.



Our online shop has a wide range of products designed to help with everyday life for people living with dementia. Visit shop.alzheimers.org.uk or call **0333 366 0035**.

Creative showcase

We invited people with dementia to send us pictures of things that they've created – here's what you sent us...

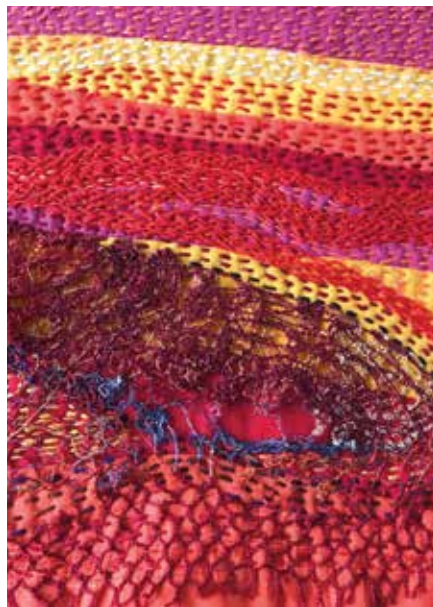
We were blown away by the quality and range of creations that people with dementia shared with us – from stitching, jewellery making, dressmaking and felting to painting, carving and AI-generated art.

Some have continued or rediscovered existing skills. Others have learned new ways to express themselves, whether because they wanted to try something new or had to stop something else.

We hope this selection inspires you as much as it did us!



Frances Isaacs in Powys: 'This is my take on the London Underground map. If you live with dementia, you'll know what I mean!'



Maxine Linnell in Leicestershire: 'Here's one image of some stitching I did to try to show how my brain feels.'



George Rook in Shropshire: 'I learnt carving and whittling from scratch, but then I got arthritis in my thumb and it was far too painful to continue. So I started going to a painting group and now I paint instead – you can still learn to do things, it isn't the end!'



Willy Gilder in Lothian, whose self-portrait just won a competition run by the Edinburgh Practice and Alzheimer Scotland: 'The painting was done shortly after I was diagnosed, and was a bit confused about things.'

See also Gerry King's wonderful illustrations on p17.

For Dementia Creatives, visit www.dementiacreatives.org.uk

For our Keeping active and involved (1506) booklet for people with dementia, see alzheimers.org.uk/publications or call 0300 303 5933.



Prudence Staveley-Taylor in Hertfordshire: 'I like felting and making things, as it requires my attention and stops me thinking about all the difficulties I have.'



Pete Middleton in Northamptonshire: 'I enjoy creating images using an AI art generator – it does a lot for you, but you have to come up with the seed of an idea!'



Jane Buckels in Monmouthshire: 'When I gave up the silverwork, I was a bit lost because I've always had a creative side. So I went back to sewing – something that I hadn't done for a while, but it was well ingrained.'

Your turn

Are you a person with dementia who creates things? Email pictures to magazine@alzheimers.org.uk and we'll see how we can help share them in future.

How to talk to me

People with dementia speak out about what they'd like others to understand when communicating with them.



Tommy Dunne, 70, in Liverpool, who has young-onset Alzheimer's, says, 'It's ironic to me that people talk to animals yet will not talk to a

person with dementia because they assume we won't understand.

'Alzheimer's affects my short-term memory – it doesn't mean I don't remember anything.

'My top tips for communicating with a person with dementia include always approach them from the front and never be afraid to laugh with them – though not at their expense. Laughter can lighten the mood and reduce stress.

'Always let the person with dementia speak for themselves about their welfare, as they may not speak up in other situations. You should never start a conversation with, "Remember when you...?" That really throws us. Never patronise the person and speak slowly.

'Sometimes having a conversation when you have dementia is like using a tape recorder – if you don't press record, everything you said is lost. But never give up. Communicating with a person with dementia can be rewarding for both of you.'

Jan Melbourne, 58, in Chelmsford and living with vascular dementia, says, 'People need to be more patient. I was in a shop and tried to talk to the shop assistant about something I needed. The assistant was impatient and got annoyed with me.

'I then went shopping in a dementia-friendly supermarket and was trying to get something. The assistant behind the counter made it easier for me to communicate thanks to their training.

'When talking to someone with dementia, ensure that you leave a gap

in the conversation to give them time to finish speaking.'

Peter Clark in south-west Wales, who has Alzheimer's, says, 'Our failing memory does not mean an inability to think logically or immunity to being hurt by thoughtlessness or insult.

'If we speak and act rudely or suggestively or use bad language, try to understand it is because the bit of our brain which controls what we say and do is now defective, and does not impose our previous good manners and restraints.

'By the time we are diagnosed, we have all sorts of things going on like lists and procedures. If you disrupt these, it can take us days to get back into our routines.'



Lorraine Dallow, 62, in Swindon, who lives with young-onset Alzheimer's, says, 'Good communication goes beyond the

verbal and is about how someone makes you feel.

'I regularly enjoy going to concerts, comedy nights, films and football with my husband Ian. We work as a team – Ian takes care to let me speak first in group conversations. This allows me to introduce myself and give my opinions before him.

'I love going out because I get to talk to lots of different people. I have had lots of great experiences at the venues I've been to, and the staff have often been very helpful.

'At a Nottingham Forest match, the stewards saw I was struggling to get up and down as people in my row passed me, so they moved me to a seat where I wouldn't get disturbed. I can't remember the conversation I had with the stewards, but I know they were kind and looked after me.'



Maxine Linnell, 75, in Leicestershire, who has Alzheimer's, says, 'I was diagnosed quite recently, and I find the most

painful part of having dementia is some people's reactions.

'When they make assumptions about me, talk over me or act as if I have no feelings and don't need respect, it breaks down another piece of me.

'During a recent conversation, one person told me I didn't have dementia, it was just the latest fad. One said angrily that she had a friend with dementia who regularly phoned to say she felt suicidal. One told me it was the carers she felt sorry for.

'But the people I love talking with leave their assumptions and fears aside and just spend time with me. They're happy to talk about things which matter to us both. When I lose a word, they wait. When it takes me a while to think something through, they're still just there with me.'



Gerry King, a talented illustrator, is a member of STAND, a Fife group that's part of the DEEP (Dementia Engagement and Empowerment Project) network. He depicted some of the experiences shared with us.



For our Communicating (500) factsheet, visit alzheimers.org.uk/publications or call 0300 303 5933.

Still out there

Jessica Hubbard talks to people with dementia who've challenged others' expectations by continuing to work in various ways.



Jane Scarlett, 57, in Watford, has worked in the oil industry for 23 years. Diagnosed with Alzheimer's last year, she says this left her with 'a lot to think about' when it came to work.

'I travel 63 miles to work and it's a very fast-paced environment,' Jane says.

'I had to tell them because I was making mistakes, like I couldn't remember how to transfer calls. It was such a relief when I told my manager, as they were so accommodating.'

The company allows Jane to work flexibly and agreed to adapt her role if necessary.

She encourages anyone in a similar position to be open and honest and to seek support.

'Speak to anyone you feel you can speak to,' she says. 'And make sure you get all the support you can. My dementia adviser Charlotte has been my rock!'



Karen Kitch, 60, in Rhondda Cynon Taf, south-east Wales, runs a pottery group for people affected by dementia.

Karen was persuaded to attend pottery classes following her young-onset Alzheimer's diagnosis in 2014.

'I was reluctant at first because I wasn't creative at all,' she said, 'but I enjoyed it.'

Karen now co-facilitates an arts and wellbeing group called Still Me alongside a friend, Ceri Higgins. Karen's husband or daughter step in to run the group if she's ill or having a bad day.

Karen describes pottery as a 'massage for the brain' that helps group members to relax.

'Some of the things we turn out aren't masterpieces,' she says, 'but to that person it's a piece of art.'

'When you get diagnosed with dementia, the whole family gets diagnosed,' Karen says, 'so we welcome relatives and carers too.'



Hilary Doxford, 64, in Yeovil was diagnosed with dementia in 2012, while working at a charity. She continued to work and believes this helped to slow the progression of her dementia.

'I told my boss straight away because I had financial and governance responsibilities,' Hilary says. 'They were incredibly supportive. We set up six-month reviews to see if my responsibilities needed to change.'

Hilary took two years off work but then decided to return.

'Work kept my brain going and I'm convinced it helped slow my decline,' she says.

She applied for an admin role at a GP surgery in 2020 and worked there until August 2022.

'If people can (and want to) continue with work, they definitely should,' Hilary says.

She now advises the Royal College of Psychiatrists on its National Audit of Dementia, which looks at standards of hospital care.



Michelle Nelson-Greensmith, 60, in St Helens, Merseyside, was diagnosed with vascular dementia around five years ago. She then opened Georgie Porgies café.

'I've more or less always worked in catering,' Michelle says, 'so I decided to get myself a little business. I named the café after my dad, who died of vascular dementia.'

Lockdown hit just as the café was about to open, but Michelle ran it as a takeaway.

'From there it just took off,' she says.

Michelle hung up her apron and put the café on the market in July but has no regrets.

'I'm not well enough to run the café anymore but I wouldn't have traded the experience for the world. I've met a lot of customers – some are now friends.

'We also came second for the best breakfast in St Helens, despite competing against more established businesses.'

Michelle says people with dementia should continue to work if they want but should 'listen to their body' too.

'Don't push yourself too hard,' she says. 'Running the café has been stressful and my brain needs a rest!'



Eamonn Dobbyn, Paul Harvey and Tim Little were recently recognised with a Dementia Hero Award for their work to improve other people's experiences of being diagnosed with young-onset dementia.

They've helped Essex Partnership University NHS Foundation Trust to create new services, including a memory assessment service for under-65s.

'It proves that we can still do things and break stereotypes,' says Paul.

Tim's diagnosis left him questioning how he could carry on living.

'I was diagnosed over the phone on a Friday morning,' he says. 'I wanted to talk to somebody there and then but couldn't. So, I turned to Google and found all bad news. By Sunday, I told my wife I wanted to go to Switzerland.'

When Tim told healthcare professionals, they were unaware that people felt this way.

Paul says, 'The changes we've made won't help us but it's going to help future generations.'

For our Employment (1509) booklet for people with dementia, visit alzheimers.org.uk/publications or call 0300 303 5933.

Find ways to use your lived experience of dementia to influence or work – see alzheimers.org.uk/involvement

Visit alzheimers.org.uk/dementi DIRECTORY to search our directory for local support in England, Wales and Northern Ireland.

LGBTQ+ support

Contacts and resources for LGBTQ+ people who are affected by dementia.

Everyone experiences dementia in their own way. If you're LGBTQ+ (lesbian, gay, bisexual, trans, queer plus), then dementia can bring additional challenges.

Thankfully, there are an increasing number of groups, networks and resources that can help.

Support and connection

Our Dementia Support Forum (previously called Talking Point), includes a dedicated area for LGBTQ+ people with dementia and carers. See forum.alzheimers.org.uk

Opening Doors runs a twice-monthly Rainbow Carers Group (online only) and a monthly Rainbow Memory Café (a combination of in-person and online). Email community@openingdoors.lgbt or call **020 7183 6260**.

Greater Manchester LGBTQ+ Online Dementia Support Group meets monthly via Zoom. Email kathryn.mellor@lgbt.foundation or call **0345 330 3030**.

Brighton & Hove LGBT Switchboard hosts a weekly Speak Out with Dementia online peer support group for people living with dementia. There are in-person meet-ups in Brighton, Hove and Worthing throughout each month for LGBTQ+ people living with dementia and their loved ones.

It also provides a monthly online LGBTQ+ caregivers meet-up, and hosts a monthly in-person caregivers peer support group in Brighton.

To find out more, email john.hammond@switchboard.org.uk or jack.mason@switchboard.org.uk or call **01273 234009**.

Some groups for older LGBTQ+ people are inclusive of people affected by dementia, even if dementia isn't their focus. One example is Sheffield Over 50s LGBT Group, which meets monthly in person – email health@zestcommunity.co.uk or call **07543 796782**.

Information and advice

See alzheimers.org.uk/publications or call **0300 303 5933** for our publications:

- LGBTQ+: Living with dementia (1511) booklet for LGBTQ+ people with dementia.
- Supporting an LGBTQ+ person with dementia (480) factsheet.

To read LGBTQ+ people's experiences of dementia, as well as information and advice, see alzheimers.org.uk/lgbtq

Creating change

The LGBTQ+ Dementia Advisory Group – which recently became a community interest company (CIC) – is passionate about improving the lives of people affected by dementia who identify as LGBTQ+.

It meets online every month to share ideas, resources and opportunities to network. Visit www.lgbtqdementia.org and follow [@lgbtqdementia](https://twitter.com/lgbtqdementia) on Twitter and Facebook.



Alzheimer's Society at Pride events this summer – making sure people understand that we're here for everyone affected by dementia.

‘Co-production fires me up!’

Meet the panel members who co-produced this special issue of the magazine with us.



Pete Middleton



Lynne McVicar



Allison Batchelor



Diana Smith-Harris



Nigel Hullah

Pete Middleton, who has Alzheimer’s, in Northamptonshire

Co-production fires me up, so I was pleased to have the opportunity to work on this special issue. I had to give up work when diagnosed, and I want to show that people living with dementia are capable and useful.

I was a technical author and editor for many years, so am experienced and comfortable in the field. I love working with other people and it’s also great fun.

I was interested in how we present things for different readers and keen to learn more about the process of putting the magazine together. This project has helped me to feel useful. Perhaps we should do more of this in the future because it’s good to refresh content.

Lynne McVicar, a former carer in London

My husband, Niven, was diagnosed with dementia aged 58. Eventually I had to give up most of my work in writing and communications to become his full-time carer. He died aged 64.

Those six years were an enormous learning curve. I’d known nothing about dementia – other than that it affected a person’s memory – or how it would eventually infiltrate every aspect of our lives. I now use that experience to help others as a Dementia Support Forum volunteer.

For me, this project was about teamwork and being able to take a fresh, open and meaningful look at stories which connect with and inspire a wide range of people affected by dementia. It’s about being heard – but also about hearing others.

Allison Batchelor, living with Alzheimer’s in County Down

Dementia affects my ability to find my words and I often need time to think about what I want or need to say or do. I was drawn to the project because I wanted to contribute to the magazine and meet people with different backgrounds and viewpoints. Writing about peer support also helps to get the message out and encourage people.

This is not something I’d done before. I wanted to learn more about how ideas behind articles are formulated, article structure, writing, the editing process, and interviewing people.

I was keen to work alongside someone for guidance and step-by-step instructions, though I was keen to build my confidence and skill base.

Diana Smith-Harris, a former carer in West Yorkshire

I cared for my husband Eugene, who had young-onset dementia. I now use the experience I gained as a carer, and during my 31 years as a social worker, to champion projects and research surrounding young-onset dementia.

The special issue project interested me because I have never been involved in putting together a magazine – it has been a completely new experience for me.

I enjoyed working with people with similar experiences to me as well as sharing ideas and learning more about the process behind publishing a magazine.

Nigel Hullah, living with dementia in south-west Wales

I was diagnosed with young-onset dementia in 2013. I chair the 3 Nations Dementia Working Group and – as the slow drip of being considered a lesser person because of my dementia was made obvious to me – I’ve become fully engaged with social justice and human rights for people with dementia.

I thought this would be an interesting opportunity to help produce a well-thought-out magazine and be able to influence content.

This shows how lived experience can influence and improve an already excellent publication. The help and support from the team has been outstanding and I couldn’t have asked for more.

Tell us what you think of this special issue to help us do more in future – complete and return the enclosed questionnaire, or online at www.tinyurl.com/DTspecial

Opinion: We deserve better

Dementia doesn't wait for 'due course' – Nigel Hullah looks for opportunity despite disappointments over a 10-year plan in England.

In May 2022, Sajid Javid – the then health secretary – pledged to deliver a new 10-year plan to tackle dementia at Alzheimer's Society's annual conference. Many of us were there to hear and applaud this.

The publication of this dementia strategy was promised by the end of that year, with the Department of Health and Social Care saying it would focus on harnessing new medicines and emerging science and technology.

We became very optimistic that proposals were also promised on how to support people with their specific health and care needs while living with dementia.

Delay and change

In January this year – two health secretaries later – the Society said it had been given the same non-committal answer a staggering 26 times when making inquiries about the strategy's progress. They were told the 10-year plan would come 'in due course'.

This plan would be crucial in getting health and social care 'system-ready', so that breakthrough treatments can be made available in the UK as soon as possible.

Later in January, the current health secretary Steve Barclay announced a Major Conditions Strategy instead.

He detailed to the House of Commons how this would set out a 'strong and coherent policy agenda' that indicates a 'shift to integrated, whole-person care,' further developing the NHS Long Term Plan.

Kate Lee, CEO of Alzheimer's Society, responded, 'Just last week we delivered to Downing Street an

open letter signed by thousands of campaigners calling for delivery of the promised 10-year plan for dementia. They expect and deserve urgent action.

'It's encouraging to see that the government recognises dementia as one of the biggest health and care challenges of our time, but we don't want action on the distinct challenges of dementia to be lost within a broad strategy covering so many other serious health conditions.

'We need a bold, ambitious plan for dementia and it remains to be seen whether this is the route for that to happen.'

Still opportunity

Although disappointing that the promised dementia strategy was not delivered, there still remains an opportunity to have input into the Major Conditions Strategy.

However, it's worth noting that England is the only UK nation that doesn't have a specific dementia plan with dedicated funding.

People affected by dementia deserve better than this. The government should seize the hope and opportunity that research advancements have presented, instead of stalling on a life-changing plan for the 900,000 people with dementia in the UK.

Dementia can't and won't wait. It must be treated as a unique issue, and not folded into other conditions such as mental health.

As you can't improve dementia care without a radical overhaul of social care, maybe that's the reason for the delay – a decision made purely on cost? If so, that would be shameful and not a little dishonest.



Nigel is Chair of the 3 Nations Dementia Working Group and a member of the European Working Group of People with Dementia.

Any strategy, any approach, it is time for #PlanD – visit alzheimers.org.uk/campaign

Walking together for Dad

Genevieve Fernandes in south London tells Allison Batchelor and Jessica Hubbard why she hopes to attend Memory Walk this autumn.

My dad Domnic was diagnosed with Alzheimer's and vascular dementia in 2020. We think he had dementia before this but because we didn't see him often, it wasn't as noticeable.

Dad moved to England with his family from Uganda in 1964. He worked for Freemans for 30 years and then for the prison service. He played sports, he loved to dance and he loved travelling.

I get my love of community work from him. He's always willing to help people with his time and experience. If someone was hard up, he and my mum would support them. My dad continued this after my mum died, he is that sort of person.

Originally the doctor put Dad's symptoms down to age and being forgetful or lazy. We think they were reluctant to diagnose dementia because he was a carer himself.

Dad enjoyed life

Dad enjoyed his life so I was shocked that he couldn't feed himself, shower or get out of bed. He hadn't been opening his post and I saw these bags of letters when I visited. We went to my doctor and eventually got his diagnosis.

Following the death of the lady he cared for and several heart attacks, Dad moved in with me in 2019. We built a bedroom downstairs, and my husband gave up work to help the family care for Dad.

Together we cover all of Dad's needs, including his personal care, medication and meals.

Vital support

We used to go to an Alzheimer's Society group, but Dad now finds it confusing so spends more time at home.



He enjoys magazines and puzzles, so I keep all the old ones for him and recirculate them. He reads them like they are new. We're a very musical family and Dad still loves tapping his toes to his favourite jazz and blues songs.

I know I can ring the Society up for support anytime. It's brilliant. I always used to do fundraisers at work so when I saw an advert for Glow, I wanted to give it a try.

My daughter previously did a Race for Life because my mum died of cancer. I asked her, 'Why don't we do Glow walk for Granddad?'

Supportive family and friends

My whole family was involved, including my daughters Shannon and Jade. My friends Lottie Kenyon and Diana Teotoino also joined us, as well as Diana's daughter. We even cut the starting ribbon as a team.

Work colleagues were so supportive and helped me raise £250. Once I'd done the walk, people came

up to me and said their family was affected by dementia. It's so important to raise awareness that dementia can affect anybody and it's not always a straightforward diagnosis.

We hope to take part in another walk, but bigger and better this time! Memory Walk this autumn is close to Dad's birthday, so I may even bring him along.

Find your nearest Memory Walk or to take on your own – see memorywalk.org.uk or call 0300 330 5452.

Change the future

We need research to change how dementia affects people's lives, and researchers need volunteers. **Danny Ratnaik** finds out about **Join Dementia Research**.



Rachael is a Join Dementia Research Champion, and Clinical Research Practitioner at Lincolnshire Partnership NHS Foundation Trust.

No one with any experience of dementia needs convincing about how vital it is to find the best care, treatments, prevention and even a cure.

Yet, as well as funding, dementia researchers are crying out for more people to take part in studies.

Jean Koffman, who has Alzheimer's, says, 'If very few people volunteer, then research cannot be undertaken and a cure would almost certainly never be found.'

Rachael Fothergill, a research champion, agrees, 'There is currently no cure for dementia and the health and social care support in place is severely lacking. Without research, that never gets better.'

Join Dementia Research means you can hear about studies that are looking for volunteers like you, making it easier than ever to take part.

For yourself and others

Jean and her husband Erick both registered with Join Dementia Research by calling the helpdesk run by Alzheimer's Society.

Jean is now part of a drug trial called EVOKE. This is finding out whether an existing diabetes medicine could help people with Alzheimer's.

'I joined the EVOKE trial about nine months ago,' says Jean, 'and have found everybody involved helpful and friendly.'

It gives Jean the feeling that 'maybe you are doing something good, not only for yourself but possibly for future generations.'

Rachael says benefits can also be surprisingly immediate.

'Taking part could mean being able to attend a support group, talking

therapy or having access to new medications that might help with symptoms.

'People affected by dementia often feel alone and like there is nothing you can do. Research offers hope, purpose and access to a community of people just like you.'

Research for everyone

Sharon Boulter and Mary Keddy run our Join Dementia Research helpdesk, answering people's questions and making registration easy.

'Research is for everyone – with or without dementia, at any age over 18,' says Sharon. 'Volunteering for research is the only way we're going to be able to change the future of dementia.'

If you don't have dementia, you could take part in a comparison group, or researchers might want your perspective as a carer, relative or friend.

Mary says, 'It's vital that those who care and provide support for people with dementia also share their lived experiences to improve support services.'

Rachael adds that even people with advanced dementia may be able to take part.

'Whilst for some studies you do have to be able to consent for yourself,' she says, 'for others, a family member or health professional may be able to consent on your behalf.'

Easy and rewarding

Rachael says that drug studies are just one aspect of dementia research.

'Research could be a questionnaire, an interview, it might be a support group, an online resource, access to a therapy intervention or

Help change the future – call **0333 150 3456** and ask for the Join Dementia Research helpdesk, or email joindementiaresearch@alzheimers.org.uk

The beauty of flies

We meet Professor Amrit Mudher, whose research uses fruit flies to understand how tau protein changes in Alzheimer's.

exercise programmes,' she says. 'It might be to improve policy, care, support, relationships or awareness of dementia.'

'Join Dementia Research is fabulous for allowing people to view what they could take part in, and picking and choosing what works for them at each stage of the journey.'

'In my role, I have seen that taking part in their first study can be a bit daunting for people but, once they take part, they rarely don't get involved in another project – they get the research bug!'

Jean says, 'I would like to underline how easy and rewarding it is. It is good to feel appreciated and that the action that you are taking is, at the very least, a minor victory over dementia.'

For me, it's a fascination with how the brain changes during aging and becomes vulnerable to disease. But then, more importantly, trying to understand Alzheimer's disease so that we can address this huge global challenge that is becoming increasingly pressing.'

Now a professor at the University of Southampton, Amrit Mudher says our support acted as a 'springboard' for her achievements.

'I was funded by Alzheimer's Society right from the beginning of my career. The fellowship they awarded me in 2001 paved the way for the work that I'm doing now.'

Beneath the skin

From the outset, Amrit's research focused on tau. This is a protein that plays an important role in transporting materials between the ends of each nerve cell in the brain.

It was suspected that, when tau becomes abnormal in Alzheimer's disease, these materials aren't transported across the cell as well. The problem was proving this in a living animal.

Our funding enabled Amrit to develop a fruit fly where material being transported across their nerve cells has a fluorescent 'tag'.

'Nerve cells in the fruit fly are no different to those in any other animal, and the fly has a larval stage where its skin is transparent. You can actually look at cells lying beneath the skin.'

After anaesthetising the flies, Amrit's team could see how the transport of fluorescent-tagged materials across cells was being affected.

She says, 'We were able to prove that, once the tau starts to become abnormal in the brain, the material can't get from one end of the nerve to another. That cell can't communicate with its target, and the behaviour it would normally control is impaired.'



They also showed that, if they used a chemical that played the role tau usually would, the cell could function well again.

Stopping the spread

In Alzheimer's, abnormal tau spreads between cells – eventually affecting the whole brain. Amrit hopes that understanding how this happens will help us find a way to stop this spread and halt the disease.

'That's the project the Society is funding at the moment, again using fruit flies. The beauty of these flies is that it's very easy to see when tau does jump from one cell to another.'

By trying different chemicals and modifying specific genes, Amrit's team can see which of these tweaks stop tau's spread between the flies' cells. Ultimately, a drug mimicking these may do the same for a person with Alzheimer's.

They're not keeping the flies to themselves – other researchers have many compounds whose effects they'd like to test. These flies provide a simple, effective way to do this.

'I work on a model that was really given a chance by Alzheimer's Society,' says Amrit.

'Who would have ever thought that the humble fruit fly can actually tell you anything meaningful about Alzheimer's disease?'

Here are solutions

A team in Stockport, Greater Manchester, provides a pioneering young-onset dementia service. **Danny Ratnaike** meets them and the people they support.

Quick read

Stockport's Young and Rarer Dementia Team provides specialist support for people affected by young-onset dementia.

Team members facilitate groups where people connect with and support each other.

The team's ongoing contact helps people to stay well, dealing with issues before they turn into crises.

Jodie McNally, community psychiatric nurse, says they focus on solutions rather than problems.

Stockport's Young and Rarer Dementia Team has been transforming the lives of people affected by young-onset dementia for years.

For Dianne, talking about their support for her and her husband Paul makes her well up with emotion.

'We didn't realise we were going to get so much help. I do not know where we would have been without them.'

Team members come from professions including nursing, occupational therapy, social work, and speech and language therapy. Along with support workers, they facilitate groups and visit people at home.

Ruth Chaplin, the team's manager, says, 'We really wanted to get away from the "discharge and signpost on to other agencies" model, because our patients need our specialist knowledge and simply do not fit into what is out there for people with late-onset dementia.'

Ongoing contact helps people to stay well, dealing with issues before they turn into crises.

'We provide the continuity of care that people deserve to have,' she says.

Not alone

Paul and Dianne moved from Scotland to Stockport to be near their daughter. Paul had started having worrying symptoms

and they wanted family support.

Although they'd suspected dementia, its confirmation was still a shock. Dianne recalls their determination to accept the situation and deal with it together.

'I said to Paul, "When we went in to get your diagnosis, you were walking in there as Paul. When you came back out, you were still Paul. You're still the same person – this doesn't change who you are."'

From the outset, contact from one of the team's community psychiatric nurses, Erika Slater, began to open up a world of support.

'After Erika came to the house, we thought, "Well, maybe we're not as alone as we thought,"' says Dianne.

The couple took a course run by the team called In Two Minds. Apart from giving them strategies to deal with day-to-day challenges, meeting others dealing with a diagnosis was a gamechanger – something that's continued at regular drop-in sessions.

Paul says he is normally shy and sometimes has trouble with his hearing. Yet he's felt able to speak with new people at these groups – supporting others as well as getting support from them.

Giving it a go

Sarah, a former GP and teacher,



Find local dementia support near you – see alzheimers.org.uk/dementiadirctory



values how the team's helped her – especially in regular visits following her diagnosis.

She says, 'You never expect that you're going to be in this situation,' but adds, 'The services and people supporting you are just second to none. I've gone along the line of, if somebody offers me something, I'll give it a go.'

Sarah's taken up opportunities to draw on her experiences with gusto, on In Two Minds courses and through another organisation, EDUCATE Stockport. As well as helping others coming to terms with a diagnosis, she's raising dementia awareness in the wider community.

'I'm able to use some of my skills that I've still got in talking to other people about what we're doing,' she says. 'That's been really helpful for me personally, and hopefully helpful for people that we talk to.'

'I can't do some of the things I want to do. But, you know, look at the things I'm doing that I never would have done if I hadn't got involved in the groups. I'm meeting people that I now consider to be friends.'

Enjoying life

At YODEL (young onset dementia enjoying life) – just one of the team's

regular drop-ins – there's a relaxed and friendly buzz as people chat over tea and biscuits.

Some are catching up since the previous month's session, while others have seen each other at more recent activities.

Judi, who has young-onset dementia, is here with her mum. She's looking forward to singing in a choir with school students at an upcoming event.

Judi predicts this afternoon's seated yoga session will be 'a bit hilarious' and she's proved right. People laugh and joke while following the instructor's lead in gentle movement and passing a ball.

Sara and other carers use the same time to share advice in the next room.

'My mum is only 63,' she says, 'and these sessions really help with the wellbeing side of things.'

'If you meet other people living with young-onset dementia who you can relate to, you can accept it and do all you can to be positive.'

Jodie McNally, community psychiatric nurse, says, 'We're not ever taking away that this is a devastating diagnosis. But we want people to know that, once you know, you have that support and you can still live well.'

'It's not focused on, "What are all the problems?" but, "Here are solutions."

For our Young-onset dementia: Understanding your diagnosis (688) booklet, see alzheimers.org.uk/publications or call **0300 303 5933**.

Basic necessities

It's vital that people access food banks if they need them, including anyone affected by dementia. Jessica Hubbard reports on local projects aiming to help.

Quick read

Rising living costs are leaving some people affected by dementia unable to access basic necessities like groceries.

We're working with many partners to help those who need it, including projects with local Trussell Trust food banks.

Over-65s can be especially reluctant to ask for this kind of help, but everyone should get the support they need.

Carrie Holmes, Regional Manager, asks, 'Why should somebody receiving their pension – that they've paid into their whole life – feel like they're not entitled to help?'

Alzheimer's Society has embarked on a number of local partnerships with Trussell Trust in response to the rising cost of living.

Increased food prices put extra pressure on people living on a pension and anyone with care costs.

We're working hard to help people affected by dementia access food banks if they need them. This helps them to access groceries as well as being signposted to further support.

Carrie Holmes, Regional Manager, leads this work in south-east England. She says the pilot project was set up after reports of people with no food in their cupboards.

'We were receiving reports from dementia advisers that there was no food in the person's home,' says Carrie.

'They had no support to get food but equally, because of the cost of living crisis, they actually couldn't afford it.

'We've heard stories of some older people sharing one cup of soup between them and getting into bed at four in the afternoon because they couldn't afford to heat their home.'

Building relationships

The pilot programme with Trussell Trust began in Bristol last autumn. Since then, Society staff have been building relationships with local food banks.

Local services manager Lucie Debenham has been working with food banks in Hampshire and the Isle of Wight.

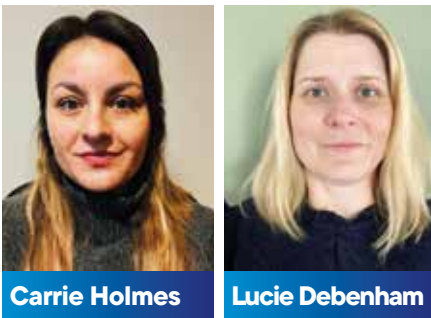
'I've approached three main points in my area,' says Lucie, 'There are many food banks, and each branch has then got five or six different places where they distribute the food. As you can imagine, they're extremely busy.'

Thanks to these new relationships, Society staff in selected areas can issue food bank vouchers to people. Vouchers are mostly digital, so we also help to print them for people without easy access to the internet.



Call our dementia support line on **0333 150 3456** for personalised information, support and advice.

If you're struggling to afford essentials, call Help through Hardship in England or Wales on **0808 208 2138**, or Advice NI in Northern Ireland on **0800 915 4604**.



Warm welcome

Carrie says that people who need to access a food bank should not be embarrassed.

'You'll only receive a very warm welcome from Trussell Trust volunteers, who are passionate about making sure that food poverty doesn't exist,' she says.

There can often be a stigma surrounding food bank use among over-65s and Carrie is keen to overcome this.

'Over-65s are often under-represented among food bank users,' she says. 'There's a stiff upper lip and a sense that "this is my responsibility" and "I don't need a handout".

'Why should somebody receiving their pension — that they've paid into their whole life — feel like they're not entitled to help? Because they absolutely are.'

Lucie says she has also seen over-65s, who are more likely to be affected by dementia, reluctant to ask for help.

'Even when they need help with things like care assessments, they don't like to ask for it,' she says.

More than food

A referral from a professional like a doctor, health visitor, social worker,

or Citizens Advice is needed to use a food bank. Some food banks have limits on the number of times you can use them. But anyone can still approach one if they need food urgently.

Importantly, by accessing a food bank a person may be able to get further help and advice to improve their situation.

'The support is limited, but it's there when it's needed,' says Lucie. 'Some food banks give extra support. For example, some offer clothing and gas and electric top-ups.

'Most volunteers can help signpost you to relevant agencies and give you a nice hot cup of tea while you wait.'

First small step

It can often be difficult to know where to go for help. But Carrie encourages anyone who needs help to take the first step and speak to their dementia adviser or call our dementia support line.

'If you feel you can't face going to your foodbank, just call us at Alzheimer's Society,' Carrie says.

'Even if you're not in a pilot area, we'll help you find who to go to.

'And if you are in a pilot area, just take that first small step and then we'll hold your hand through the rest.'

Donate

Your donations help us to provide vital support through our partnerships with Citizens Advice and Trussell Trust. If you can, please **donate today**.

Caring is not easy

Kash Khunkhuna, in Derby, tells Jessica Hubbard about the challenges she faced when caring for her late father-in-law.

Quick read

Kash Khunkhuna wants greater awareness about dementia and more culturally-appropriate care.

It took several years for her late father-in-law – who she called Dad – to be diagnosed with Alzheimer’s.

Lockdown meant less support, though Kash is grateful for the additional time the family spent with him.

Kash says his death changed their family dynamics, but she’s keen to share her story to help others.



“

We're not sharing enough, to the point where people aren't picking up the early signs of dementia.”

Kash Khunkhuna, in Derby, remembers her father-in-law as ‘a man of warmth’.

‘You’d hear his voice or laugh before you even entered the room,’ she says.

‘His garden was his pride and joy. I now totally understand why he loved it so much because you can just switch off and appreciate a bit of time out.’

Although Gurdev Singh was her father-in-law, Kash called him Dad, while others knew him as Dave. She describes him as a workaholic who loved gardening, music and old Indian films.

‘A lot of people came to the East Midlands to do foundry work for a company called Qualcast,’ says Kash.

‘Dad arrived from India in 1963 and started at the foundry literally the day after. He wanted to do well and provide for his family, both here and back home.’

Frustrated with tasks

Dave was diagnosed with Alzheimer’s in 2017.

Kash’s family, including her husband, four children and mother-in-law, noticed Dave becoming frustrated with everyday tasks after he retired.

‘We’ve always lived together,’ says Kash. ‘I got married in April 2000 and Dad opted for early retirement in October.’

‘Years later, we noticed he was getting angry and frustrated. Simple jobs were not simple jobs anymore. He became forgetful and no longer took pride in things.’

In 2014, after a heart bypass, Dave’s symptoms worsened.

‘Dad became quite insular and would shut himself off from everyone,’ Kash says.

‘Dad was very good at masking, so it was very difficult to explain to GPs that this was not the norm, and it took several years to get a diagnosis.’

A family affair

The family were soon juggling caring with their busy lives. Previously, Dave was able to make meals and do everyday tasks for himself, but this gradually stopped.

‘Prompting him to do things was the main thing at the start,’ Kash says. ‘We couldn’t understand what the problem was.’

‘But now I can fully understand that making a sandwich might be simple for me, but not for somebody who has Alzheimer’s.’

‘Caring was a family affair. My husband did as much of Dad’s personal care as he could. My son, who was nine at the time, would quite happily help, and my mother-in-law is very practical, so she was always doing something too.’

Homecare visits for Dave were paused during the first national lockdown in March 2020, increasing the family’s caring responsibilities.

‘The door shut on everyone,’ Kash says.

This was difficult for Dave, who enjoyed socialising, and his dementia progressed rapidly.

‘It wasn’t easy to have telephone conversations because Dad was non-verbal. Before, he just enjoyed watching and being present.’

Coping as a carer

Lockdown was demanding for Kash, who works for an education trust.

‘I project managed all of the trust’s websites and, when lockdown happened, everything went online,’ she explains. ‘I was working till midnight or one o’clock every night.’

‘I don’t know what kind of mode I was in but, in the moment, you just want to care for the person and that’s it.’



Feelings of guilt were ever present, but Kash says having a pragmatic mindset helped.

‘I think there comes a point where you just can’t do enough and you must think, “Okay, I’ve done the best I can,”’ she says.

‘Dad was in his best, best place because he was fed, he was warm and he woke up with a smile on his face every day,’ she says.

‘We’re still grateful for that quality time as a family which we wouldn’t have got without lockdown, because we would have continued going to work and school.’

Peer support

Online spaces like our Dementia Support Forum were a key source of support for Kash.

‘I don’t think I had any time to do anything else, but if there was something I thought wasn’t right, I’d log on,’ she says.

Podcasts and reading about people affected by dementia – like Davina McCall – were also a comfort.

When Dave died in November 2020, it was difficult.

‘It changed the dynamics in the family,’ Kash says, ‘Because when you walked into the house, Dad would be the first one to smile and say hello.’

‘Even if he didn’t speak, he’d be with you all day in the kitchen – the family hub.’

Need for more

Kash says dementia is not openly discussed by her family’s Indian community.

‘Our community still has shutters down,’ she says, ‘There’s an expectation that you deal with things within your own household with a stiff upper lip and don’t moan.’

‘We’re not sharing enough, to the point where people aren’t picking up the early signs of dementia.’

Kash wants more awareness about dementia and the need for culturally-appropriate care. She believes care organisations need to consider a lot more than language.

‘We got linked to an Asian care organisation simply because we speak Punjabi,’ Kash says.

‘I don’t think it’s always appropriate – as a carer, you don’t just need to speak the language, you need to have the training and understanding.’

Sharing her story

Now Kash hopes sharing her experiences will make a difference.

‘I’ve been sharing my story and I’ve been approached by family members and friends who are going through it,’ she says.

‘It’s a small thing, but hopefully it will make people more aware of how we coped as a family.’

‘Some can cope with caring, some can’t. Caring is not easy.’



For our Supporting a person in the later stage of dementia (417) factsheet, visit alzheimers.org.uk/publications or call **0300 303 5933**.

For dementia information in a range of languages, visit alzheimers.org.uk/information-in-your-language

Our support line can talk to you in your language – call **0333 150 3456**, say your language and end the call, then a dementia adviser will call you back with an interpreter.

Dementia Support Forum, our online community, is free and open 24/7 – see forum.alzheimers.org.uk

Mutual support

Being the person who a relative or friend with dementia relies on for support can feel isolating, but you don't have to do it alone.

Dementia Support Forum and CrISP courses are just two ways to connect with other carers – see [alzheimers.org.uk/dementiadirectory](https://www.alzheimers.org.uk/dementiadirectory) to find what's available near you.

Dementia Support Forum

Dementia Support Forum (which is changing its name from Talking Point) is our online community for people affected by dementia.

Day or night, members share advice, concerns and information with others who understand the reality of life with dementia. All you need to do is register using whatever username you prefer.

What can I expect?

The forum has threads (discussions) on topics ranging from sleep problems and mood swings to weekly chats and word games. It's run by a small team of Society staff and volunteers who have personal experience of dementia.

It isn't the place to get specific medical or legal advice, but it is a welcoming environment where people affected by dementia support each other.

Who is it for?

Anyone who's been affected by dementia is welcome to join the forum. Most users consider it a valuable source of information that helps them to feel less isolated.

Glenys Smith, 74, in Bristol, cares for her husband Ralph, who has Alzheimer's. She turned to the forum when she began to feel overwhelmed by changes in his behaviour.

'Around 18 months after his diagnosis, Ralph became verbally aggressive through frustration and directed it at me,' Glenys says.

'It is very upsetting when your partner of 50 years is horrible to you, and I did feel physically scared of him once.

'On the forum, I could share experiences of sundowning and knew

people really got it. It's a space to be heard and even have a rant at times, as well as hear practical suggestions.

'The acceptance from others is comforting and helps with the loneliness of being a carer. The moderators also do a really good job with their gentle interventions where appropriate.' Visit forum.alzheimers.org.uk to find out more, look around and join in.

Carer Information and Support Programme

The Carer Information and Support Programme, or CrISP, is a short course that covers understanding dementia, legal and money matters, support and care, and coping day to day.

The course isn't available everywhere, but it's worth finding out if you can take part with a group near you – see [alzheimers.org.uk/dementiadirectory](https://www.alzheimers.org.uk/dementiadirectory)

What can I expect?

The course is delivered to small groups over a number of weeks, either face-to-face or online.

Trish, in Keynsham, cares for her husband Howard, who has Alzheimer's. She says CrISP gave her practical advice to communicate with him better.

'The course gave me great insight into how to accept things and not to try to change Howard's mind,' Trish says. 'I've now learnt to reduce tension and avoid arguments by keeping responses simple.

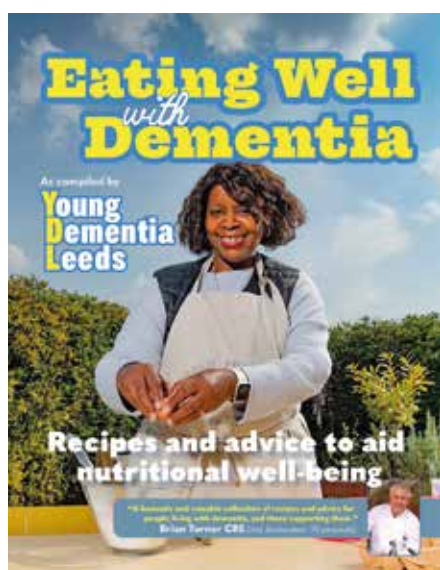
'A person with dementia may not remember where they've been, but they will remember whether they've had a happy or sad experience.

'I had already done a lot of research on dementia, but the CrISP course made me aware of the benefits and support available to carers and people with dementia. I've since claimed several allowances.'

For Caring for a person with dementia: A practical guide (600), see [alzheimers.org.uk/publications](https://www.alzheimers.org.uk/publications) or call 0300 303 5933.

Cooking ideas

Our testers feedback about recipes and ideas from a book compiled by and for people affected by dementia.



Eating Well with Dementia, edited by Liz Menacer (Young Dementia Leeds 2021), 108 pages, £14.99 (prices vary), ISBN 9781838450502.

Available from our online shop – see shop.alzheimers.org.uk or call 0333 366 0035.

Eating Well with Dementia was compiled by people affected by the condition at Young Dementia Leeds, which is part of Community Links in Yorkshire and the Humber.

As well as tried and tested recipes, it includes advice on nutrition, hygiene and helpful products. There's even a recipe for white chocolate and raspberry trifle contributed by TV chef Brian Turner.

But what did our own testers think of it?

Well set out

Joyce and John are based in Sussex and take part in our Dementia Voice programme.

'We feel the book is well put together,' says Joyce. 'It's easy to follow and covers a variety of snacks, meals and desserts to suit most tastes.'

'The introduction and explanation of daily requirements provide a simple guide.'

SeaSwallow, a Dementia Support Forum member in Northern Ireland, agrees, 'The book is well set out and attractive, and I really enjoyed reading it. It certainly gave me a few ideas for new meals.'

'The initial sections on nutrition, aids and adaptations etc are very useful. The section on hygiene is particularly good, as people with dementia are so vulnerable to infections and this is something not often covered in other cookbooks.'

Although there are vegetarian options, Canadian Joanne, a Dementia Support Forum member in Ontario, says, 'I am a coeliac and perhaps there could be a couple of

recipes for those who have dietary problems.'

Easy to follow

Joyce says, 'We enjoy cooking and trying different things. Overall, following the book was simple and we felt it was all doable – nothing too taxing.'

'John is a big fan of fish where I am more reluctant, so we tried the smoked haddock on toast and I was very pleasantly surprised.'

SeaSwallow was also impressed by smoked haddock and toast. 'This was really easy to follow and very tasty.'

'My husband is not a fan of toast, but he really enjoyed it. The mixture would work just as well on things like waffles or baked potatoes, and this might have been mentioned in the recipe.'

'Leek and potato soup, one of my husband's favourites, was an easy to follow recipe and a good flavour.'

Joyce says, 'We make leek and potato soup quite often so thought following this version with its variations would be good, for example as simple as only blitzing two thirds and returning the reserved soup. This made a nice texture difference along with the addition of thyme – nice!'

'Not too sure about the ras-el-hanout in the chorba soup, but we'll probably try that in winter when we have time to make the mix.'

'I like the sound of goat curry but would not know where to buy it.'

SeaSwallow, who made the goat curry with lamb, says, 'It was full of flavour. It is not something that I would make on a regular basis, as it took a long time to make. Carers don't always

have that much time to spend on cooking, but for a special treat it is well worth the time.

'I have not yet tried the quiche recipe but think that it was an excellent idea to suggest alternative filling ideas.'

Joyce says, 'The Thai prawn muffins sound lovely – they are definitely on our to-do list.'

SeaSwallow adds, 'There is a good variety of recipes and the pictures are attractive.'

'When the weather turns colder, I will certainly be trying more of the recipes, especially the beef stroganoff and beef casserole with red wine.'

'For a treat, the cake and dessert ideas are ideal, and simple to make.'

Recommended

'I would recommend the book to anyone who is looking after a person with dementia,' says SeaSwallow.

'I also feel that people with dementia in the early stages would be able to follow some of the more simple recipes, or be able to help with the preparation work.'

Joyce agrees, 'As an ex-chef, John is enjoying the book and will try out more of the foods.'

'For anyone wanting to make their own meals, it's a good foundation in our opinion.'



Try smoked haddock on toast

Ingredients

Butter – 25g
Smoked haddock (pre-cooked) – 50g
Double cream – 1 tablespoon
Bread – 4 slices
Fresh parsley – 1 tablespoon, chopped
Bay leaf – 1
Wholegrain mustard – 1 teaspoon
Salt and black pepper

- Melt the butter in a pan, add the flaked fish, cream, bay leaf, mustard and seasoning. Heat thoroughly, stirring to avoid burning.
- Remove the bay leaf.
- Toast the bread.
- Spread the mixture onto the bread, top with parsley, cut into fingers and serve.

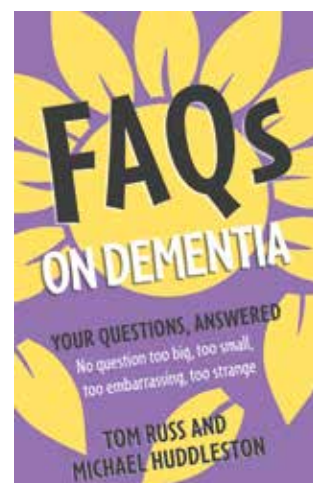
Book giveaway

We have two copies of *Eating Well with Dementia* to give away – email magazine@alzheimers.org.uk or write to the address on p2 by the end of 3 September quoting 'Eating' for a chance to win (see p39 for terms and conditions).

Next: FAQs on Dementia

For our next book group, we invite you to read *FAQs on Dementia*, by Tom Russ and Michael Huddleston (Sheldon 2023), 160 pages, £12.99 (prices vary), ISBN 9781399802550. Also available as an ebook.

Tell us what you think about this book – email magazine@alzheimers.org.uk or write to the address on p2 by the end of 3 September so we can share your comments in the October/November magazine.



Sit to Keep Fit

Exercise has wide-ranging benefits for people affected by dementia – including for carers. Lynne McVicar visits a monthly group in south-east London.



Jo Flitton and Lesley Skinner

Carers' Support (Bexley), a charity supporting local carers and the people they care for, runs several groups for people affected by dementia in south-east London.

Sit to Keep Fit sessions, supported by Alzheimer's Society and the London Borough of Bexley, have been growing in popularity since they started almost a year ago.

Jo Flitton oversees groups provided by Carers' Support (Bexley) and feels strongly about the importance of health and wellbeing for people affected by dementia or memory problems.

'My passion is driven by the fact that my mum was diagnosed with dementia just before the pandemic,' says Jo.

'As with so many, my parents were not able to leave the house to socialise or attend support groups. It was sad to see them becoming isolated at the very time they needed help the most.

'During the pandemic I think we all realised just how important exercise

and socialising is for everyone's general health. I have become a carer, alongside my dad and sister, and I understand how it affects both carers and those they care for.'

Motivation to do more

Before Sit to Keep Fit started, Carers' Support (Bexley) was already running Memory Support and Music for Memory groups. Following the pandemic, motivated by her own experiences, Jo wanted to do more.

Initially, she set up a new weekly Memory Support Group. Then, when Lesley Skinner, a qualified seated exercise instructor, offered to provide a monthly Sit to Keep Fit session, she didn't need to ask twice.

'Like Lesley, I've completed seated exercise training,' Jo says, 'We work together as a team – Lesley leads, and I help everyone join in.'

Sessions are free and last 30 minutes. Exercises are gentle and participants join in as much, or as little, as they wish.

Movement and fun

During today's session, the group starts off with a gentle warm-up to music, limbering up the joints from head to toe.

Strength work is carried out using rubber resistance bands and sessions finish with a cool down and breathing exercise.

There's also seated marching, swimming strokes and even a seated Hokey Cokey. It really didn't matter if a left leg was in when it should have been out, or if you were clapping instead of shaking it all about.

The emphasis is on movement and having fun – which the beaming faces and laughter made clear to see!

Feeling good

Sevcan, 77, was attending for the first time with her husband Ozkan, 83.

She says, 'I have enjoyed this, and we will be coming again. Ozkan doesn't like being away from me.'

'Here, we both get a chance to talk to other people and exercise is a good idea. I feel good.'

Julia, 85, cares for her husband David, 88, who has memory problems following a stroke.

'Everyone says how well David looks, which he does, but behind every person being cared for is a carer doing a lot of work to keep it all going,' she says.

'That is why groups like this are so important. It is a break, the exercise does us good and we can both enjoy a laugh and chat with others.'

David agrees, saying, 'It is good here – much better than sitting at home looking at each other!'



Ruth, 73, says, 'My husband has dementia and has now gone into a home. I've been coming to this exercise group since it started, and I am very grateful for it.'

'The exercises definitely help, and the company has been absolutely brilliant in keeping me connected with others.'



Health benefits

Lesley has now joined Carers' Support (Bexley) and is keen to talk about the health benefits of seated exercise.

'It has always been popular, and the benefits are real,' she says, 'especially as we get older and our bodies change.'

'Bones become more brittle, balance can be affected, and problems with hearing and vision can affect communication.'

'All of this can lead to low self-esteem and frustration.'

Health benefits from regular exercise, such as seated exercise, are wide-ranging. They include improved strength, mobility and balance, less pain, and better self-esteem, appetite and sleep.

**“
During the pandemic
I think we all
realised just how
important exercise
and socialising is for
everyone's general
health.”**

Visit www.carerssupport.org or call **020 8302 8011** for more information about Sit to Keep Fit in south-east London.

Find local support near you – see alzheimers.org.uk/dementiadirctory

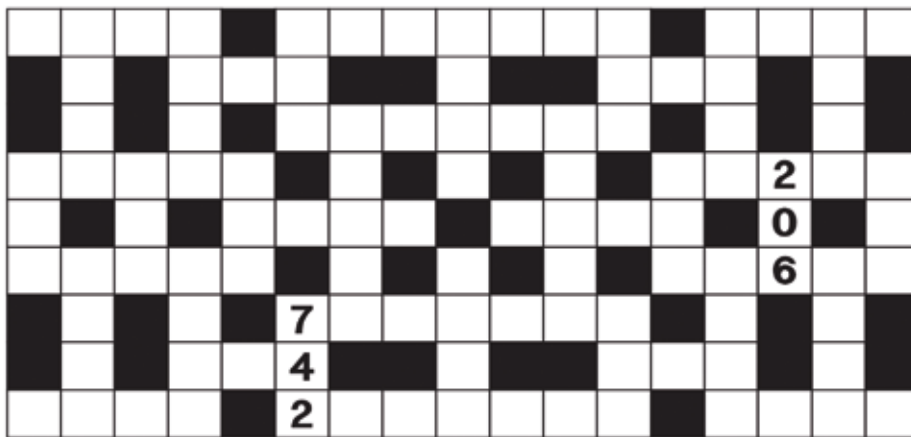
For our Carers – looking after yourself (523) factsheet, visit alzheimers.org.uk/publications or call **0300 303 5933**.

Puzzles and competitions

IT figures

Fit all the numbers into the grid. There's often more than one option for each spot, so think ahead! We've placed two three-digit numbers to start you off.

3 digits	367	915	3936	7009	5 digits	7 digits
113	685		4181	8032	19977	2219665
137	694	4 digits	4304	8469	23028	2893331
200	742	1719	4620	8479	30228	7208447
207	759	2719	5707	9277	34589	7815486
240	803	2856	6299		41878	
316	860	3681	6599		73610	

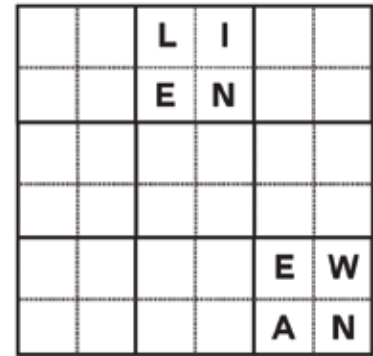


Do you enjoy word, number and logic puzzles? IT figures and Mini jigsaw both come from Brain Workout – sign up and you'll get a puzzle pack delivered to your door every month. These mind-stimulating puzzles will keep you on your toes!

Visit alzheimers.org.uk/brainworkout today to sign up with a monthly gift that helps provides vital support to people living with dementia.

Mini jigsaw

Two of these jigsaw pieces have been placed. Arrange the rest in the grid to spell out a language in each row.



Anagramword

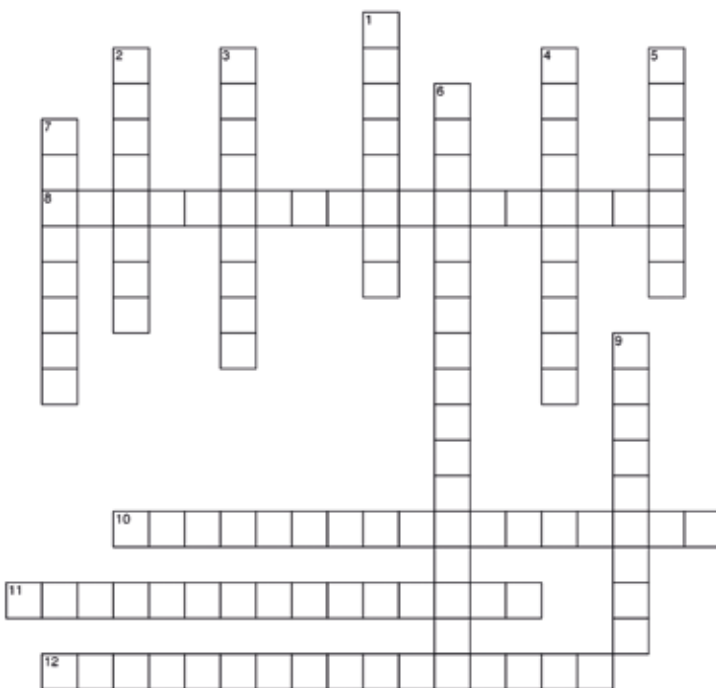
Pete Middleton, one of our special issue panel members, created this puzzle using words that relate to dementia and the Society. Every clue contains the answer in an anagram – how many can you solve?

ACROSS

- 8 Boring insane fright can easily turn into an enjoyable musical activity for people living with dementia (7, 3, 3, 5)
- 10 He satirizes comely people who support the dementia community (10, 7)
- 11 Sterile radiance may be the right choice for people living with advanced dementia (11, 4)
- 12 Hot edit agreement results in a great magazine (8, 8)

DOWN

- 1 To provide answers to a problem, assemble cars here (8)
- 2 Detain me for memory loss and more (8)
- 3 God! Is a sin proof of dementia? (9)
- 4 Forgetfulness may be the result of messy loo, Mr (6, 4)
- 5 Might canal be something affected by dementia? (7)
- 6 I see hazier damsels when describing a type of dementia (10, 7)
- 7 Type of dementia from a Slav cur? (8)
- 9 Blame acne for a new dementia treatment (9)



Send us your competition answers with your name and address by end of 3 September – email magazine@alzheimers.org.uk or write to the address on p2.



Wordsearch books

We have a Wordsearch level 1 and 2 book from Relish for four winners and Forget-me-not flower stylus pens for 10 runners-up drawn from people who send us their completed Mini jigsaw (see p38). Email a photo of the puzzle or post it to us.



Feel Good Folders

Our new Feel Good Folder helps people with dementia to stay active over time, with practical advice, inspiring ideas and tools to track progress (see alzheimers.org.uk/feelgood). Usually £12.99, we have free copies for 10 lucky winners drawn from correct entries.



Q: If you have dementia, the Feel Good Folder can help you to:

- A. Find ways to keep active that best suit you.**
- B. Become an astronaut.**
- C. Win more magazine competitions.**

Memory Walk T-shirts

We have Memory Walk flower T-shirts for three lucky winners drawn from correct entries.

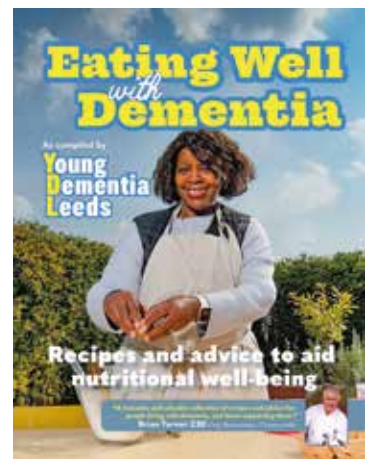
Q: At Memory Walk this autumn, you'll:

- A. Be flown to South America for a free tour of the Amazon.**
- B. Be asked to retake tests that you did at school.**
- C. Join thousands of others walking and fundraising for a future where dementia no longer devastates lives.**



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 **Eating Well with Dementia** from **Young Dementia Leeds**.

June/July winners and answers

Nightwear bundles

P Skeete in Greater London won a pack of nightwear from The Able Label – their choice of nightdress or pyjamas plus non-slip bed socks. Answer: When talking about clothes, 'PJs' is short for 'pyjamas'.

Society goodies

N Jozwin in Oxfordshire, T Zingas in West Midlands and a reader in Greater London each won an Alzheimer's Society shopping bag, pen and pin badge. Answer: The flower used in our Alzheimer's Society logo is a forget-me-not.

Book giveaway

F Crawford in County Tyrone, H Ravikumar in West Sussex, K Walker in Oxfordshire, A Rodwell in Greater London and H Jeffrie in Lothian each won a copy of FAQs on Dementia, by Tom Russ and Michael Huddleston.

It's not just a walk, it's a feeling.

At an Alzheimer's Society Memory Walk, you'll feel it all! The buzz of the crowd, moments of quiet reflection and remembrance, the hug of a stranger who gets it.

But whatever you feel, you won't feel alone.

You'll join thousands of others walking and fundraising for a future where dementia no longer devastates lives.

**Don your trainers, gather your crew,
and join one of 24 walks across the UK.**

Sign up at memorywalk.org.uk

 Alzheimer's Society
MemoryWalk

