

February/March 2024

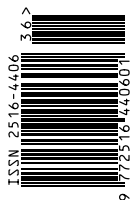
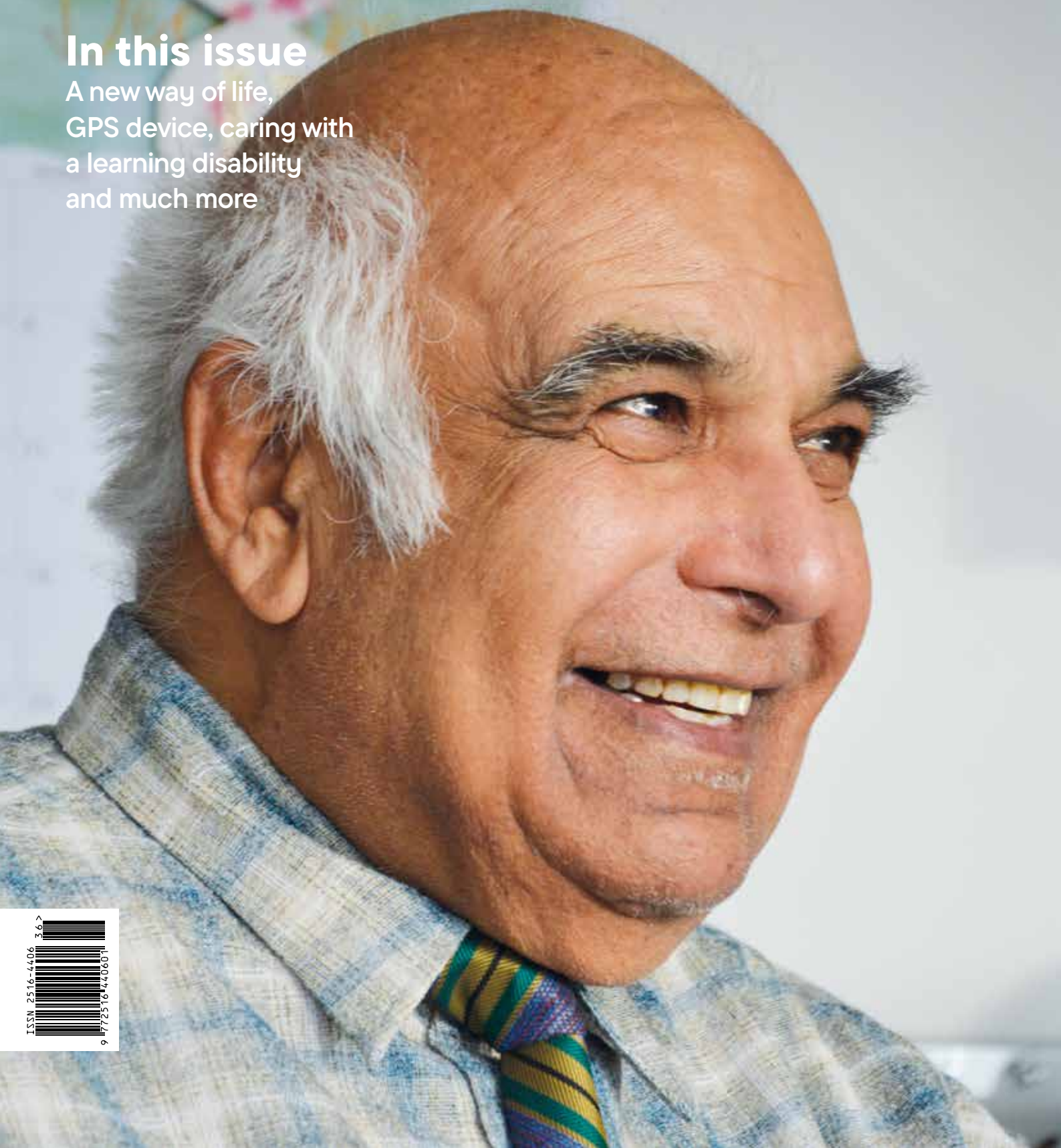
# Dementia together



Alzheimer's  
Society

## In this issue

A new way of life,  
GPS device, caring with  
a learning disability  
and much more



# Welcome



I'm delighted to welcome you to our latest magazine. We reflect a range of experiences and ideas in every issue, but we have a particularly broad smorgasbord for you this time!

On the one hand, we hear about adapting to slowing down, being a carer when you have a learning disability, missing being a taxi driver, home safety ideas and supporting someone long distance.

On the other, we feature going to gigs, signing petitions, enjoying allotments, running for charity, GPS and other helpful devices, painting and sculpting, and a new children's book. Oh, and there's a handy recipe, plus puzzles and competitions.

Please continue to use the magazine contacts below to tell us what you do and don't find useful about the magazine – it really helps us to hear what you think!

**Danny Ratnaike, Magazine Editor**



**Need support? Call 0333 150 3456  
or visit [alzheimers.org.uk/getsupport](https://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](mailto:magazine@alzheimers.org.uk), **020 7264 2667** or **020 7423 3676**, or write to us at Magazine Editor, Alzheimer's Society, Suite 2, 1st Floor East Wing, Plumer House, Tailour Road, Plymouth PL6 5FS.

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See [alzheimers.org.uk/magazine](https://alzheimers.org.uk/magazine) for online articles, the latest PDF and podcasts.



## Donate

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## Directions

**W**e don't believe in aiming small at Team Alzheimer's, so strap yourself in for 2024 – it's shaping up to be a key year for dementia.

We'll be more visible than ever before, with more hard-hitting messages that don't shy away from the devastation caused by dementia. More people 'out there' need to understand how the care and support on offer for the UK's biggest killer desperately needs to improve.

We have high hopes for more news about 'disease-modifying' treatments for Alzheimer's – drugs that can slow or stop its development. Our campaigns and research to improve diagnosis will help make sure people who'd benefit from these get them at a time they can make a difference. Of course, we won't let up on research into other types of dementia and other kinds of help either.

With a general election in the offing, there'll no doubt be plenty of political noise. We'll keep decision-makers' minds focused on what we know is a defining issue of our times.

Your campaigning, fundraising, donations and volunteering are the vital ingredients in all of this. Thank you for everything that you do, and here's to a year like no other!

**Kate Lee**  
**Chief Executive Officer**  
[@KateLeeCEO](https://www.alzheimers.org.uk/campaign)

## News

### New treatments on the agenda

More than 3,800 of you helped to put new dementia treatments on the agenda in January by asking your MP to attend a Westminster Hall debate.

Sponsored by Damian Green MP, this debate helped to highlight new treatments for Alzheimer's disease. Importantly, it underlined the importance of ensuring that people will be able to access breakthrough treatments once these become available.

Westminster Hall debates allow MPs to raise an issue and get a response from a minister.

There was huge progress in dementia research in 2023. We saw some success with the first new disease-modifying Alzheimer's treatments in decades, including lecanemab and donanemab. As these near being approved for use, we want the right preparations done so people can benefit from them quickly.

**Help us to campaign on this and other vital issues faced by people affected by dementia – see [alzheimers.org.uk/campaign](https://www.alzheimers.org.uk/campaign)**

## Step Up for Dementia

Put a spring in your step and challenge yourself to 10,000 steps a day for one month with Step Up for Dementia. When you sign up, our friendly Facebook community will be there to support you as you bring help and hope to everyone living with dementia.

Visit [alzheimers.org.uk/step-up](https://www.alzheimers.org.uk/step-up) to sign up, or call **0300 222 5808**.



# Musical memories

Music and singing are powerful and enjoyable ways to connect with each other, even as dementia progresses. Our volunteers and staff have been sharing pictures from Singing for the Brain sessions, memory cafés and other groups.

Musical events for people affected by dementia take place across the country throughout the year. In recent months, these included Singing for the Brain, a special Elvis Memory Café run by Home Instead Newport and a Summer Celebration in Hampshire. We hope you enjoy these photos sent in by staff and volunteers.



Clockwise from top: Bristol Singing for the Brain's 15th anniversary, Peterborough Singing for the Brain volunteers and staff at Peterborough Cathedral, Hampshire Summer Party, Spennymoor Singing for the Brain, Matlock Singing for the Brain volunteers, and Elvis at a memory café in Newport.

## England: hospital care review

Alzheimer's Society has joined other leading organisations to review how hospitals in England care for people with dementia.

The Geller Commission has been set up to carry out an independent review. This aims to help improve care, avoid unnecessary hospital admissions and enable timely discharge from hospital.

Our CEO Kate Lee said, 'Dementia is the biggest health and social care challenge of our time, and with an ageing population and prevalence on the rise the time for reform is now.'

'A whole-system problem needs a whole-system solution – that is why we hope that this joint enterprise will gather the evidence needed to make real change for people living with dementia, and their families.'

## Wales action plan progress

The Welsh Government is reviewing progress on its Dementia Action Plan. This was launched in 2018 to increase awareness, improve access to a timely diagnosis, and help people with dementia to live independently for as long as possible.

Health boards and local authorities have prioritised dementia as a result of the plan. However, an initial review highlighted barriers to their ability to support people with dementia and carers.

These included variations in how health and social care is delivered across Wales and how easily services are accessed by different people.

We'll continue to work with the Welsh Government and others to help prioritise the right areas in coming years. This includes for future plans to require diagnosis data to be published regularly.



## Living at home for longer

A programme called NIDUS-family has helped people affected by dementia to reach their personal goals about living independently at home for as long as possible.

NIDUS (the New Interventions for Independence in Dementia Study) is run at University College London's Centre of Excellence – one of three set up with Society funding in 2019. As part of this, Professor Claudia Cooper and her colleagues worked with a lived experience group to develop NIDUS-family. This aims to help people to support a family member living with dementia.

With the aid of a facilitator, volunteers with dementia and their unpaid carers set goals that were important for them to remain independent. They then completed training modules to support these goals, such as strategies to help with mobility, sleep or healthy routines.

The researchers involved over 300 volunteers and their carers in trialling NIDUS-family. The results showed how the programme helped people to reach their goals, regardless of their specific diagnosis or stage of dementia. One carer said NIDUS-family had given her and her husband 'two more Christmases together' at home.

This makes NIDUS-family the first evidence-based support programme that can be delivered remotely, and by people without clinical training.

For more about our research, see [alzheimers.org.uk/research](https://alzheimers.org.uk/research)

## Trek26 returns to Wales

We're heading back to the beautiful Welsh countryside this year, with the return of Trek26 Brecon Beacons and Trek26 Snowdonia (Eryri).

These are just two of 10 stunning locations across England and Wales where you can trek 13 or 26 miles with us this summer – get ready to experience magnificent peaks, spectacular valleys and idyllic trails.

**Use the code TOGETHER to save 20% if you sign up by 31 March – visit [alzheimers.org.uk/trek26](https://alzheimers.org.uk/trek26) or call 0300 222 5808.**



## Monzo app donations

Monzo has selected Alzheimer's Society to be one of the charities their customers can donate to using their banking app. This makes it easier than ever for people to donate through a one-off or regular donation.

We know that donating directly through the app is important to Monzo's customers and we're grateful for their support. If you use the Monzo app, find us in the list of charities under the Payments tab or use the 'Donate to charity' button on your home screen.

## NI care pathway

Six years on from the launch of the Regional Dementia Care Pathway in Northern Ireland, lack of funding means that health trust services still differ from place to place.

The pathway promised so much that would improve the lives of all those affected by dementia, and we're calling on government decision-makers to renew efforts to implement it.

We need early intervention to ensure that people with dementia get the help and support they deserve. The pathway could improve all stages of a person's dementia journey, including tackling barriers to diagnosis.



## This is our dementia

Huge thanks to the seven people who shared their honest experiences of dementia in our 'This is our dementia' film, released on social media late last year. Mark, Alma, Errol, Liz, Beverly (pictured), Trevor and Eugenie generously shared the devastating impact of dementia on their lives. It's more important than ever that stories like these are heard.

Follow [@alzheimerssociety](https://www.youtube.com/alzheimerssociety) on YouTube, [@alzheimerssocietyuk](https://www.facebook.com/alzheimerssocietyuk) on Facebook, and [@alzheimerssoc](https://twitter.com/alzheimerssoc) on X/Twitter and [Instagram](https://www.instagram.com/alzheimerssoc).

## Society CEO honoured

Congratulations to our CEO Kate Lee, who was awarded an OBE for services to charity in the New Year Honours List. This recognises Kate's contribution to Alzheimer's Society and a variety of other charities.

Kate says, 'This award is a lovely way to mark the success of all the incredible organisations I've worked with across a diverse and vibrant charity sector.'

## Generous gifts in wills

We're delighted to announce an estimated £14 million has been bequeathed to the Society in wills written through our free will-writing service over the past three years.

Thank you to anyone who's left a gift to us in their will, however big or small – these selfless donations fund up to a third of our work.

Visit [alzheimers.org.uk/legacies](https://alzheimers.org.uk/legacies) or call **0330 333 0804**.

## Join our amazing volunteers



Alzheimer's Society was founded by volunteers, and volunteers continue to be essential in everything we do. Between 2022 and 2023, 6,556 people volunteered with us.

This included 850 facilitating Singing for the Brain sessions, 1,274 Companion Call volunteers and 350 in our Research Network.

They all helped to improve the lives of people affected by dementia, while fundraising groups and collections helped to raise an incredible £147,000.

Find out how you can volunteer at [alzheimers.org.uk/volunteering](https://alzheimers.org.uk/volunteering) or call **0300 222 5706**.

## Alzheimer's Dementia & Care Show

The Alzheimer's Dementia & Care Show will run from 14–15 June at ExCeL London in partnership with Alzheimer's Society. The event will feature expert talks and advice clinics, as well as practical ideas and resources for anyone involved in caring for people with dementia.

Visit [alzheimersshow.co.uk](https://alzheimersshow.co.uk) for more information.

## Recycle for the Society



Raise money for Alzheimer's Society by recycling items from clothes and old jewellery to currency, cameras and other devices, stamps and even cars.

Your old or unwanted items help to raise vital funds to support people affected by dementia. Your donations of old jewellery alone have already raised over £2 million.

Find out what you can recycle at [alzheimers.org.uk/recycling](https://alzheimers.org.uk/recycling) or call **0330 333 0804**.

## Don't miss...

We share your tips about keeping safe and secure at home after a dementia diagnosis. **See p16.**

What difference does adding your name to a petition or writing to your MP make? **See p17.**

How could you help research new ways to improve life for people with dementia? **See p18.**

People tried out new devices that share your location when you're out and about. **See p26.**

Readers share advice for someone struggling to support a person with dementia long distance. **See p35.**

# Changing gear

**Dinesh Gohil has carved out a new way of life since his dementia diagnosis. Heather Stephen meets a man adapting to slowing down.**

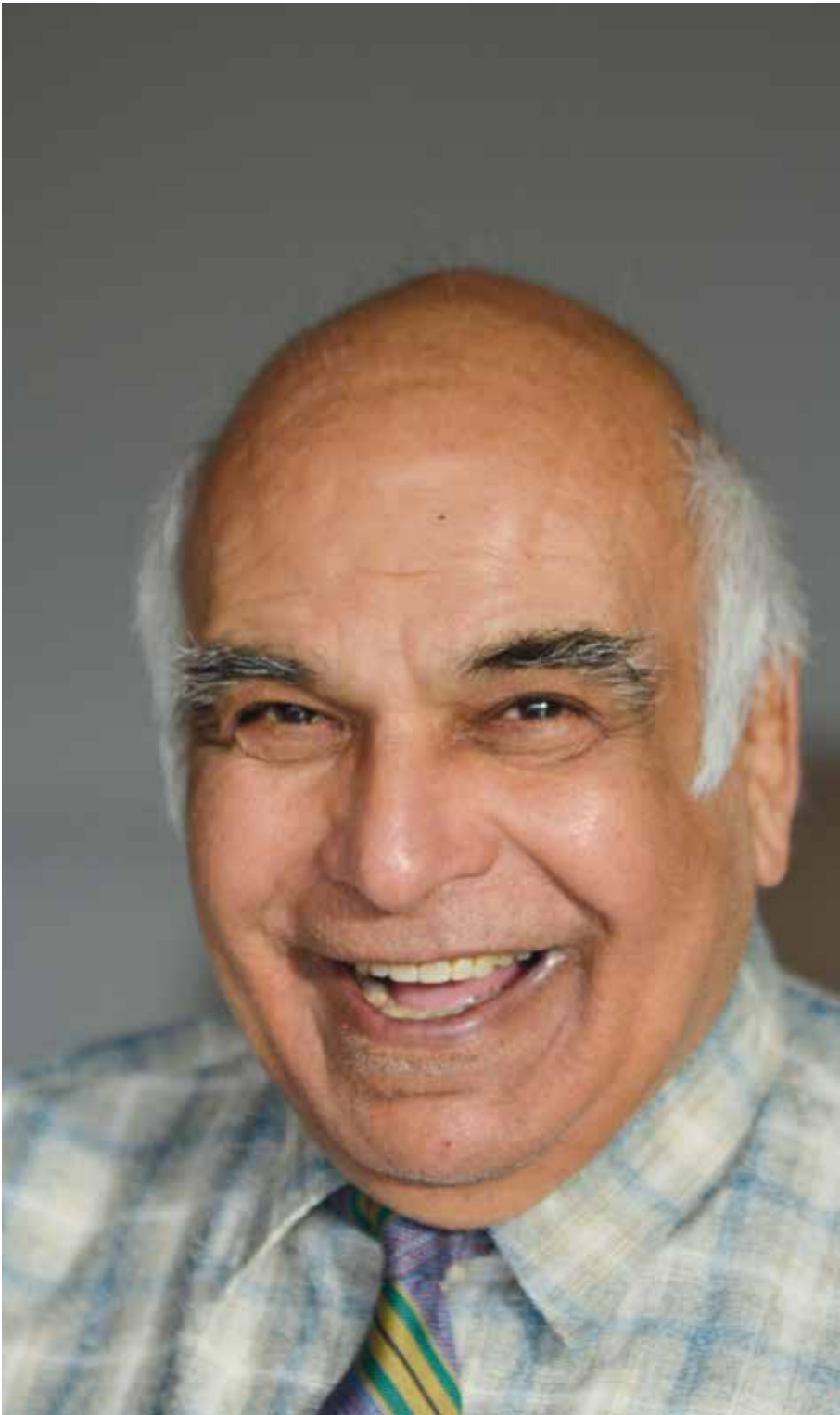
## Quick read

**Dinesh Gohil, in west London, has mixed Alzheimer's and vascular dementia.**

**As his condition progressed, Dinesh had to give up his thriving sewing machine repair business a few years ago.**

**He enjoys travel, yoga, museum trips and socialising at a local dementia café.**

**It's been an adjustment, but after a lifetime of hard work he says, 'It's my time to relax.'**





**D**inesh Gohil has a prime view of the planes that soar from the RAF base stationed behind his smart bungalow in west London.

Plane watching from the doors leading out onto his tidy garden is just one of the ways Dinesh relaxes since retiring three years ago.

But after several decades working seven-day weeks in his successful sewing machine repair business, Dinesh found it a tough adjustment.

'I loved my job so it didn't really feel like work,' says Dinesh, now 73. 'It kept me busy and I was good at what I did, so I really enjoyed it.'

### A better life

Dinesh was just 18 when he came to the UK from Nairobi, in Kenya, to seek a better life. His older brother had already moved over in 1950 and one by one all seven brothers came over.

Starting as an apprentice with the Singer sewing machine company in north London, it took Dinesh seven years to train as a sewing machine engineer. But he had to start at the bottom.

'I came to the company looking for a job and they said I could have one as long as I swept the floors,' he says. 'I said I'd do it and they liked me so much they sent me to college.'

He admits, 'When I started I couldn't use a screwdriver.'

But after seven years of study and training, Dinesh qualified as an engineer and there was no stopping him.

In more than a decade with Singer, Dinesh travelled all over the world – from Germany to Hong Kong – researching the latest sewing machine models.

His work took him into hospitals, hotels, schools and even Buckingham Palace, where he recalls needing a special badge to enter. Unfortunately, he never met the Queen!

### New beginnings

In 1980, Dinesh went into business on his own. Starting from his home garage, he diversified by selling sewing machine accessories and knitting machine parts.

He did so well that he set up a shop with his older brother, Manubhai. They clinched an impressive list of prestigious clients, from Harvey Nichols and John Lewis to Windsor Castle and the Emmanuels, who designed Princess Diana's wedding dress.

Based in Southall, the brothers' shop was ideally placed to meet the needs of the local Indian community, many of whom liked to make their own clothes.

His study and research over the years meant he knew how to fix just about every sewing machine on the market. Customers appreciated his work ethic and attention to detail.

'He wouldn't leave a machine until everything was perfect,' says his wife, Rasila. 'And he never took a day off sick.'

Dinesh's hard work paid off and, after only a few years, he branched out with a second Southall-based business – RD Sewing Machine Shop.

### Close-knit

It's very apt his business combines his own initials with those of his loving wife Rasila, who's been by his side for the last 52 years.

Rasila fled to the UK from Uganda in 1971, in the lead-up to the expulsion of thousands of the Indian population by the dictator Idi Amin.

She was only in the country on a one-month visa, and Rasila and Dinesh had a swiftly organised marriage.

Five decades later, they are as happy as ever. And with three daughters – Deepa, Beena and Chandni – and six grandchildren, they are a close-knit family.

Beena and her family only live 10 minutes away, so they come over every Tuesday to spend time with her parents. Dinesh's other daughters,



who live about an hour away, make the most of every half term to come over and sample Rasila's fantastic home-cooked food.

There are some excellent restaurants nearby, but they haven't been to any as Rasila declares, 'I know it wouldn't be as good as my cooking, so we just stay home!'

Dinesh and Rasila are a good team. His engineering skills mean he can fix any appliance you could name. He's also an expert washer-up and can rustle up a mean puri – the delicious, crispy Indian fried bread.

### Frustrating changes

Dinesh has always been such a sharp thinker, and it was striking when he started having memory problems about three years ago.

'We noticed Dad starting to forget things, but put it down to old age,' says Deepa.

'Customers in his shop started getting angry as he would sometimes misplace orders, he couldn't keep

“

**Customers in his shop started getting angry as he would sometimes misplace orders, he couldn't keep up with paperwork and bills weren't getting paid. ”**

up with paperwork and bills weren't getting paid.

'Once he came back from work and didn't know where he'd been all day. Another time, he said to me he hadn't seen my sister Beena for a while and I said, "Dad, she was only with you an hour ago."

'The other thing we noticed was the change in his character. He has always been a very chilled, happy person, but suddenly he started becoming aggressive and temperamental.

'It wasn't like him, but I think it was frustration that he kept forgetting things.'

### Assessment

Deepa says 'something didn't feel right', so Dinesh went to the GP. They referred him for an assessment at the local memory clinic.

After tests and a CT scan, Dinesh was given a diagnosis of mixed dementia – Alzheimer's disease and vascular dementia.

'He deteriorated quite rapidly, but we were lucky the GP got things moving quite quickly,' says Beena.

The diagnosis had a radical impact on Dinesh's life. Beena says it was a blow when he was no longer allowed to drive. It was even more difficult when he had to give up his shop.

'It was very tough for someone who had always been so independent. For a long time, he would get in the driving seat and



Mum would have to remind him he wasn't allowed to drive.'

### Hard transition

Deepa says the switch in routine was also hard.

'It has been a difficult transition for Dad,' she says. 'He was used to working seven days a week and being really active.'

'After he retired he was really bored to begin with, but Mum has done her best to keep him busy.'

She certainly has and the couple go out most days. After golf on Mondays, they go to a weekly yoga class, enjoy regular museum trips and catch up with friends at an Alzheimer's Society run dementia café at their local community centre.

'We have tea and biscuits, and when it's someone's birthday the cake comes out,' says Dinesh.

'But the best thing is being able to talk about the past – your first car, how you met your wife and about your family.'

They visit Rasila's sister in India for a few months at the start of every year. They look forward to swapping the UK's grey winter skies for sunshine, delicious food and reconnecting with family.

### Bubbly and outgoing

Dinesh is taking medication to help with the symptoms of his dementia. His family think there may be a genetic link, since his mother also had the condition.

Dinesh remains a bubbly and outgoing man.

'He recognises all of us still and, despite everything, he is quite happy,' says Deepa.

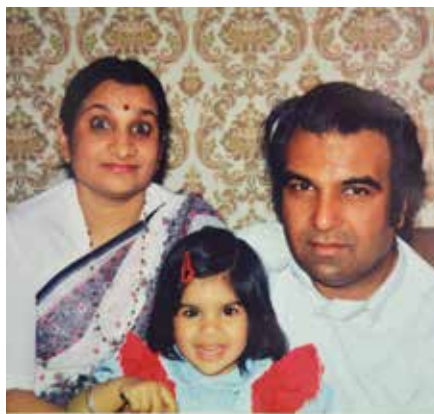
His career was very important to Dinesh, but now he is ready for a new stage of life.

'I worked hard and really enjoyed it,' he says. 'But now it's time to relax.'

He's certainly earned it.

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

**For personalised information and advice, please call our Dementia support line on 0333 150 3456, or for Welsh speakers call 03300 947 400.**



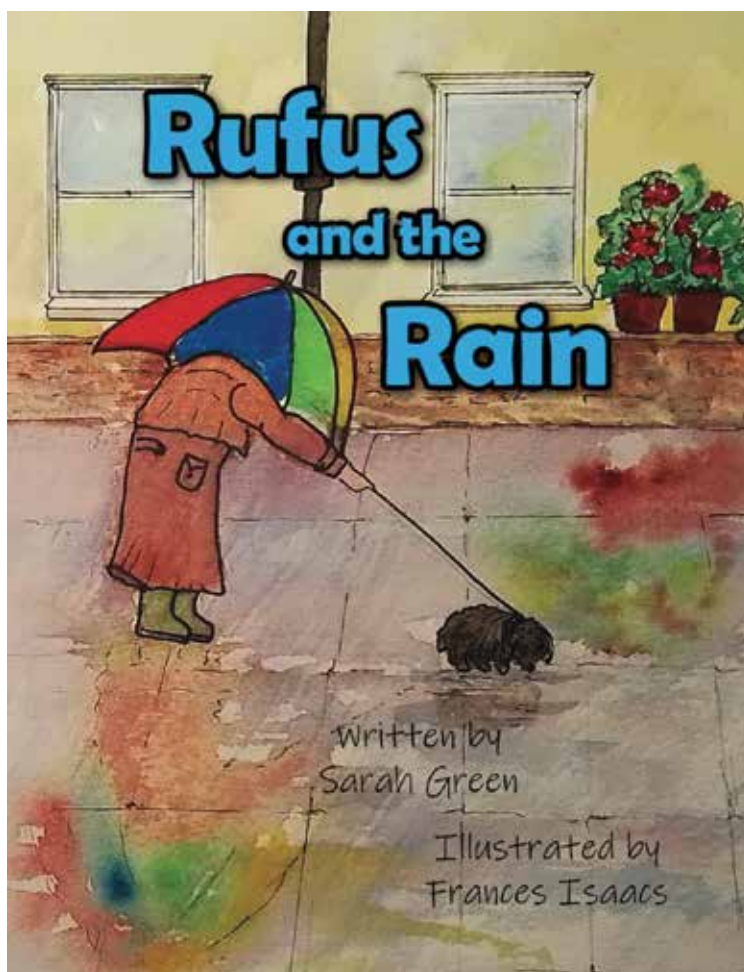
## Donate

Donations like yours help keep vital services such as dementia cafés open for people like Dinesh. **[Donate online.](#)**



# Share and inspire

Views, updates and ideas – for and by you.



## Rufus and the Rain

Two talented women with dementia have published a delightful picture book for children – and for discerning readers of all ages.

Rufus and the Rain was written by Sarah Green, who has Alzheimer's, and illustrated by Frances Isaacs, who lives with posterior cortical atrophy (PCA). It tells the beautifully observed story of a dog who overcomes his fear of the rain.

'It was a great privilege and pleasure to work with Sarah and her husband David on this little book,' says Frances.

'I was deeply saddened to know that, by the time of publication, Sarah was no longer able to cope at home and went into full-time care. Nevertheless, I am proud to have been part of this book.

'PCA is catching up on me now, so I can't see well enough to paint and draw like that. But that's life, isn't it?'

You can order this charming and uplifting 62-page book in paperback from Amazon for £9.95 (ISBN 9798390211120).

## LGBT+ research seeks volunteers



A research study into the experiences, needs and preferences of LGBT+ people with dementia is looking for volunteers to take part.

Claude Chidiac, doctoral student at Lancaster University, says, 'Participation includes one-to-one conversation, either in person or remotely, at a time and a place that is convenient for you.

'This is an important study that has the potential to inform better care for LGBT+ people living with dementia.'

Claude, also Nurse Consultant in Palliative Care at Homerton Healthcare NHS Foundation Trust in London, adds, 'I strongly believe that how we care for the most vulnerable in our communities says a lot about what kind of society we are, and I'm keen to make my own contribution towards a more compassionate, inclusive and equitable society.'

**Please contact Claude on 07481 492905 or email**

**c.chidiac@lancaster.ac.uk to learn more.**



## Stretch those little grey cells

See p38 for a love-themed 'anagramword' from Pete Middleton and 'codebreaker' from January's Brain Workout puzzle pack.



### From our podcast to theirs

The music of Michael Andrews in Bradford, who lives with posterior cortical atrophy, has been picked up and used in a new US podcast after being featured in ours. Dana Territo, a dementia advocate and writer in Louisiana, heard Michael's music in an episode of our magazine podcast. That was released in early 2021 and focused on his experiences of the pandemic, but also included his flute-playing.

Dana asked whether she could draw on Michael's music in hers. You can now hear Michael's flute at the end of every episode of The Memory Whisperer, available on your preferred podcast platform.

### Your voices

There are now over 50 episodes of our magazine podcast available to listen to, each one sharing the experiences of a different person living with dementia.

In the latest episode, we speak to retired nurse and youth worker Anne Hoad, who featured in the last issue of the magazine, and her husband Tony. Anne, in Kent, was diagnosed with posterior cortical atrophy in 2021.

Visit [alzheimers.org.uk/podcast](https://alzheimers.org.uk/podcast) or search 'Alzheimer's Society' on your preferred podcast app or platform.



### Companion Call sign-ups

Signing up for our Companion Call service is now easier than ever, with just a few simple steps. Companion Calls are friendly, regular telephone calls for people affected by dementia. They offer a warm and supportive space to talk to one of our volunteers about anything from your favourite TV show, to how you are feeling.

Visit [alzheimers.org.uk/companion-calls](https://alzheimers.org.uk/companion-calls) to refer yourself or someone you know, or call **0330 333 0804**.

## Help with utilities

Increased energy prices have made paying for heating and electricity difficult for many people. If you're struggling to pay your bills, contact your energy provider as they are obliged to help you. You could also be eligible for the free Priority Services Register, which helps utility companies to support customers with extra communication, access or safety needs.

See [www.thepsr.co.uk](https://www.thepsr.co.uk) or call **0800 169 9970**.



Share your views, feedback and news – email [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk) or write to the address on p2. We can consider contributions received by 4 March for the April/May issue (wording may be edited).

# Making memories

**Lorraine Dallow in Swindon, who has young-onset Alzheimer's, tells us how going to events helps build her confidence.**



**I** was diagnosed in 2016, and since then I've been determined to not let my dementia beat me.

Together with my husband Ian, I regularly enjoy going to concerts, comedy nights, films and football along with all the dementia-friendly activities we're part of.

I can't be doing with moping about the house, and going out gives me the chance to talk to lots of different people.

## Great experiences

I have had lots of great experiences at the venues I've been to, and the staff have often been very helpful.

In 2023, I went to well over 50 gigs and concerts – and that doesn't include watching my favourite football team, Nottingham Forest.

At one match, the stewards saw me struggling to get up and down as people in my row passed me, so they gave me a seat where I wouldn't get disturbed.

At a Kiss concert, I got lost coming out of the toilet. A steward found me, looked up my seat number and

started to walk me back to my seat. Luckily, Ian appeared in front of us.

I can't remember the exact conversation that I had with the steward, but I know that they were kind.

## Asking for help

Alzheimer's affects my depth perception and I find going up and down lots of stairs difficult, particularly when there are crowds.

If we arrive at a venue and find that the seats are difficult to get to, we always ask a steward for help and very often they will find us different seats.

That would be a top tip of mine when you go out. If you think you might have problems accessing your seats, always ask a steward or the accessibility manager. They have always been very supportive of me.

## Growing confidence

I used to be very shy, but since my diagnosis I have become a lot more outgoing.

One of my favourite things to do now is to go to the stage door after a show and introduce myself to

celebrities. I say, 'Excuse me, I'm living with dementia. Can I have a photo taken with you as I'm trying to create memories?'

I have so many photos now – Alfie Boe, Lulu, Diversity, Kiss, Craig Revel Horwood! Every couple of months, Ian gets the photos put into an album and then we sit and reminisce about who we have met.

I wouldn't be able to do all this without my husband Ian. Technology isn't my strong point so I can't book tickets online – he does it all. We've already got 50 trips booked for next year!

Going to the theatre gets me out of the house, takes my mind off things, makes me happy and gives me energy. I would recommend it to anyone.

**For our Keeping active and involved (1506) booklet, visit [alzheimers.org.uk/publications](https://alzheimers.org.uk/publications) or call 0300 303 5933.**



# Opinion:

## We deserve better health care

**Paul Monaghan says more needs to be done to improve the health system for people with dementia.**



Paul lives with young-onset dementia in Omagh.

**I**n Northern Ireland we have no executive at the minute, so we really have no health minister in place.

But prior to that, during Covid, I and others had been speaking to the minister. He was going to put a lot of things in hospitals in place that we had put forward to him. Things like quiet rooms and being seen quickly if you have dementia so you're not waiting around. But that hasn't taken place.

When we do get a health minister, we'll be in touch right away to pick up where the last one left off.

### Better facilities

A lot of the new hospitals that they're building have a swivel door. People with dementia can get confused with these – I've watched people banging and banging into them.

My legs aren't that good and, when I come in for an appointment, you always seem to be sent to the farthest end of the hospital! By the time you get there, you're out of breath and you're that sore you want to get back out again. I don't mind using a wheelchair, though sometimes the wheeled chairs in hospital are awkward to use.

There should be quiet rooms in all hospitals – there's only one in Northern Ireland that I know of. When you go to reception and you explain you need a quiet room, they send you to it and you don't have to leave until somebody comes in to bring you to where your appointment is. I only knew about it because the receptionist was on the ball and offered it to me.

### Real understanding

I think a lot of nurses and doctors are not really trained and experienced enough on dementia – in hospitals

and in other settings too. They need people with dementia to come in and explain things to them.

We've been talking to nursing students at Queen's University Belfast. We've done a couple of courses with them, and I think they've got their eyes opened to dementia because of it. That's what needs to be going on more in the universities.

I've been diagnosed six years, and not once did my doctor ever say, 'Paul, how are you coping?' or 'How are you feeling?' I'm not looking for pity, but you like to be asked how you're doing.

When I got my diagnosis, the doctor didn't really speak to me. He more or less just spoke to my wife as if I wasn't there.

### More time

I've been in for assessments that have been rushed through. But when I went in once they took three-quarters of an hour, and do you know what? I did better on that test than I had before because it was more relaxed.

Most of the time you're rushed in and rushed out. You don't get the opportunity to ask questions. That bit of extra time with a patient means a lot.

Help us challenge and change the issues faced by people affected by dementia – visit [alzheimers.org.uk/campaign](https://alzheimers.org.uk/campaign)

# Keeping safe at home

**Tips about staying safe and secure at home – from readers, Dementia Voice partners and Dementia Support Forum members.**

**T**here are many ideas that could help home safety.

Keep emergency contacts near the phone or stored on it. This can be alongside other useful details, such as where the stopcock, gas and electricity meters, fuses and first aid box are.

Get your washing machine, fridge, oven, boiler and other appliances checked regularly. Keep guarantees, warranties and maintenance information somewhere they're easy to find.

Test carbon monoxide detectors and smoke alarms once a week. Perhaps use timers to control when heating, plugs and lights go on and off.

## Moving around

Make sure there's good lighting throughout. Install sensor lights for when you get up in the night.

Remove anything you might trip over, like rugs and loose cables, or which could cause confusion, such as hallway mirrors. Could grab rails on the stairs and in the bathroom help?

Consider having a personal alarm to alert others if you fall.

## Who can help?

If you rent your home, your landlord, letting agent, local council or housing association should be able to help you make it safe.

Are there relatives or friends who could help with certain tasks or check in on you occasionally?

Is there someone you could leave spare keys with, or could you install a key safe?

## Your tips

'Creating invaluable solutions gives me inspiration. Walking into doorways? Find a focal point.

'Enable automatic reactions by keeping things in the same place. Use your senses – hearing is great backup.

'Cook safely – invest in the right tools. Most importantly breathe, think and then act.'

**Martina Davis in Cumbria**

'My mum has interlinked smoke detectors and a falls alarm pendant. We keep an emergency info file in the kitchen with contacts, medication list, DNR form etc for paramedics, and a weekly food diary.

'The community mental health team provided an occupational therapy assessment for aids and support. Mum uses a water bottle with inbuilt straw.' **Pei T, Leicestershire**

'A lockable gas cock can prevent accidents using a gas appliance. It should be possible to get one fitted for free. Failing that, any Gas Safe engineer can supply and fit one.' **nitram**

'My partner often gets up at night to use the toilet. He increasingly struggled to find his way out of the bedroom as he didn't put the light on. He'd knock things over or be "stuck" in the corner of the room.

'I've bought some plug-in, movement-activated night lights on Amazon and he has not had a problem since, and of course my nights are now more restful.'

**Paul Salter in Portsmouth**

People with first-hand experience help shape our work through Dementia Voice – visit [alzheimers.org.uk/involvement](https://alzheimers.org.uk/involvement) to find out more.

Dementia Support Forum is free and open 24/7 – see [forum.alzheimers.org.uk](https://forum.alzheimers.org.uk)

For our Using equipment and making adaptations at home (429) factsheet, visit [alzheimers.org.uk/publications](https://alzheimers.org.uk/publications) or call **0300 303 5933**.

# What's in a name?

**Kath Falconer, National Influencing Officer, on the very real difference that adding your name can make.**

People often ask me what they can do to get started with campaigning. My first response is usually, 'By adding your name to a petition or open letter.'

When you're passionate about changing lives, adding one name might not seem like much.

But it's actually vital, and especially powerful when many of us come together. There is strength in numbers and strength in a name.

## Make change happen

People like you have often made change happen by backing our open letters and petitions.

In just one example, 350 of you convinced MSs (Members of the Senedd) and MPs to sign our open letter to NHS Wales last year. This called on them to publish regular, detailed dementia diagnosis data.

After our campaigners made themselves heard, the Welsh Government committed to getting this vital data published.

## Our voices

John and Sarah Bennett-Green helped deliver the letter alongside their MS, Luke Fletcher.

John lost his father to dementia and Sarah her mother.

'Having both lost parents to dementia, it felt right to get involved with this campaign to potentially help others going through the same thing,' said John.

'It is important to have an active relationship with our local politicians because they are our voices in their respective debating chambers be that in Westminster, Cardiff or Stormont.

'They can only be effective when they understand what their communities are experiencing.'

## What you can do

### Sign

We share Society petitions on our website, on social media and with our campaigners.

Add your name to a petition or open letter in just a few clicks. When thousands sign something, it pressures decision-makers to respond.

### Share

Sharing on social media helps to raise the profile of important issues.

Write your own post and ask friends and family to share and react to it. Or share posts written by us and other organisations. We use hashtags to help draw people's attention.

Our #PlanD campaign called on the government to publish a long-term plan for dementia. Dementia has now been included in the Major Conditions Strategy. This was partly thanks to the campaign, and social media played a big role.

### Write

Write an email or letter to your MP and other elected representatives. They work for you, and they depend on your vote.

Use your own words or make use of the template letters that we provide for our campaigns.

You can find your MP's contact details at [www.parliament.uk/findyourmp](http://www.parliament.uk/findyourmp)

If you're in Wales, you can find your MSs at [www.senedd.wales/find-a-member-of-the-senedd](http://www.senedd.wales/find-a-member-of-the-senedd) and, in Northern Ireland, find your MLAs at [www.niassembly.gov.uk/your-mlas](http://www.niassembly.gov.uk/your-mlas)



## Could you be a campaigner?

Visit [alzheimers.org.uk/campaign](http://alzheimers.org.uk/campaign) to find out how you can make positive change for people affected by dementia and be the first to know about new campaigns.



# Research: Human solutions

**Important as they are, drugs and technology aren't the only ways to make a difference for people living with dementia.**



**W**hen people think of dementia research, new drugs or technology most often come to mind. Yet we also need to understand how talking, learning and interacting with others – ‘psychosocial’ approaches – make a difference.

‘While psychosocial interventions don’t cure dementia, they can make the lives of those affected more worth living,’ says Keith Oliver (pictured), who lives with young-onset Alzheimer’s.

‘They serve to give people connections, both to oneself and others.’

## **Compassion Focused Therapy**

Keith co-leads a team of people affected by dementia who are helping to research Compassion Focused Therapy, a new talking therapy for people with dementia and low mood.

Mel Melville, who coordinates the research, says, ‘Getting a dementia diagnosis can trigger grief-like emotions, causing sadness and anxiety due to loss of control, self-worth and identity.’

‘Our study aims to help people cultivate kindness towards themselves during distress. Beyond a temporary solution, we are aiming for long-term positive changes that help individuals navigate dementia and low mood.’

The approach involves online or in-person therapy sessions in small groups. These include mindfulness, compassion exercises and reflection on the impact of their diagnosis.

‘Compassion Focused Therapy offers a varied toolkit for enhancing wellbeing by fostering self-compassion and a sense of safety,’ says Mel, who’s based at North East London Foundation Trust.

The study is a feasibility trial – a vital stage to see whether a larger, more in-depth trial is warranted.

‘We hope our work will show this approach is effective for people living with dementia and low mood, or at least contribute towards a better understanding of effective strategies,’ says Melissa.

Asked what he thinks makes Compassion Focused Therapy special, Keith’s answer is simple – ‘It worked for me!’

## **SMART for MCI**

Keith notes how psychosocial approaches are even more important for rarer forms of dementia, which have fewer drug options.

This is also true for mild cognitive impairment (MCI), where someone has problems with abilities such as memory or thinking that aren’t serious enough for a dementia diagnosis.

Nima Golijani-Moghaddam, at the University of Lincoln, underlines the impact MCI can still have on people.

‘They’re dealing with cognitive deficits that interfere with everyday life and undermine their self-confidence,’ he says.

Nima is researching a ‘brain training’ approach for people with MCI called SMART – Strengthening Mental Abilities with Relational Training.

‘Our work is ultimately about trying to promote cognitive health for

people with MCI, to actively improve their experiences of living with MCI and take the opportunity to prevent further decline.’

SMART focuses on improving a person’s ‘relational’ skills.

‘These skills involve flexibly relating concepts to one another,’ says Nima. ‘This is fundamental to more complex cognitive abilities like memory, understanding, reasoning and problem-solving.’

## **Taking part**

Like the Compassion Focused Therapy study, the SMART for MCI trial has found people to take part through Join Dementia Research.

‘We need the participants in our studies to be representative of the broad population of people affected by MCI and dementia,’ says Nima, ‘so that we can really come to know what works best, for whom, in which circumstances, and why.’

Many people already gain a huge amount from activities like Singing for the Brain or CrISP (Carer Information and Support Programme) courses.

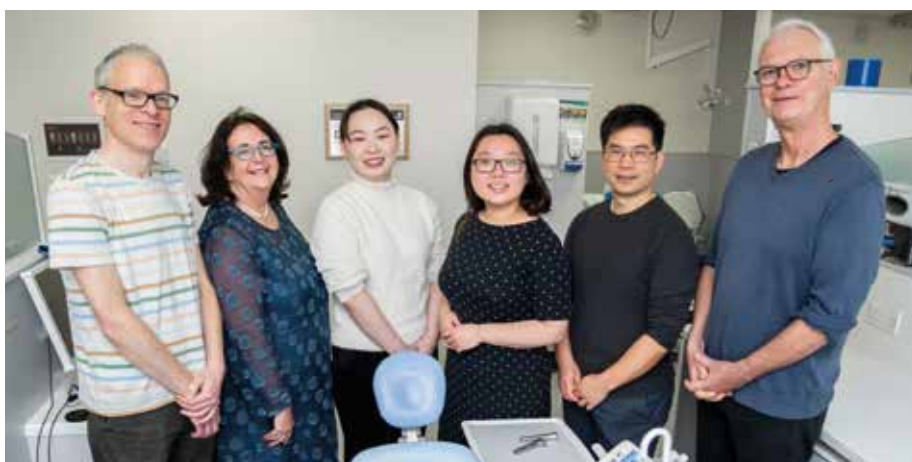
‘These exist because people took part in research into them,’ says Sharon Boulter from our Join Dementia Research helpdesk.

‘New approaches will only become available when people test them out in research studies. If it works, you may discover something that can help – and you will be one of the first people to benefit from it!’

**Find out how you can get involved in all kinds of dementia research. Call 0333 150 3456 and ask for the Join Dementia Research helpdesk, or email [joindementiaresearch@alzheimers.org.uk](mailto:joindementiaresearch@alzheimers.org.uk)**

# Correlation or cause?

**Establishing how oral health and dementia are linked could point to better prevention and care.**



**Chenyi and Jing (third and fourth from left) with their team.**

**C**henyi Gao's interest in dementia has been growing ever since she volunteered at a care home. When her grandmother experienced cognitive decline after cancer surgery, it only deepened.

'Instances of forgetting the time, names of family members, and struggling with simple calculations worried me that she might soon receive a dementia diagnosis,' says Chenyi.

'In response, my family and I have been actively implementing preventive measures, such as encouraging increased physical activity and engaging in small logic games with her.'

Chenyi is researching the link between oral health and dementia in her PhD at the University of Leeds.

'While existing evidence underscores the association between oral health factors and cognitive decline,' she says, 'establishing a concrete causal link has remained elusive.'

Jing Kang, principal investigator on this research, says, 'It's time to integrate oral health into the broader context of one's health, and we know prevention is the key.'

## Investigating relationships

Chenyi's research, funded by Alzheimer's Society, aims to find evidence about whether conditions like gum disease, tooth decay and tooth loss contribute to the onset of dementia.

She's using a technique called Mendelian randomisation. This looks at genetic variations to check whether one thing actually causes another, or if they simply occur together for other reasons.

'Given that genetic information is determined before birth and is largely impervious to modification by environment or lifestyle, this method provides a robust foundation for investigating causal relationships,' says Chenyi.

The research draws on existing large data sources like the UK Biobank and US National Health and Nutrition Examination Survey.

## Small steps, big impact

If there is a causal link between oral diseases and dementia risk, this will point to practical ways to slow or even stop cognitive decline. For example, by catching and treating gum disease early.

'The ultimate goal is to raise awareness of oral health issues for the prevention of dementia,' says Chenyi.

'People living with dementia may often experience compromised oral health due to diminished abilities to maintain daily oral hygiene or receive adequate care.'

'Small steps, such as maintaining regular oral hygiene, can have a profound impact on overall wellbeing.'

## Source of inspiration

As well as funding, the Society has supported Chenyi to connect with other dementia researchers in the UK and Europe, and to develop her career at this crucial early stage.

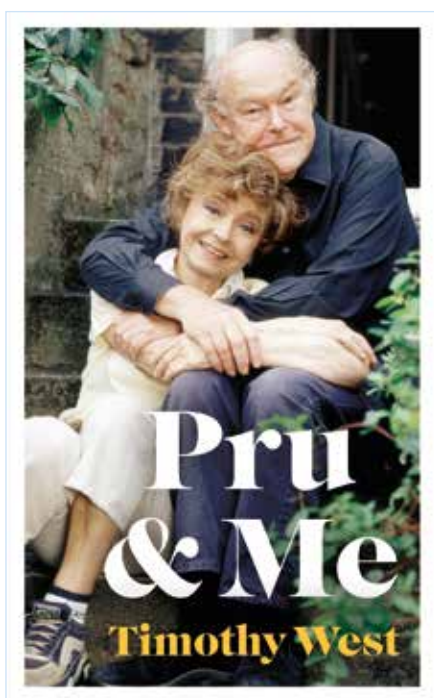
We also supported her collaboration with US researchers, meaning her project has had an international impact.

Importantly, it's also meant meeting more people living with and tackling dementia.

'This unique experience has been a profound source of inspiration, fostering a deeper understanding of how my research can directly benefit the public and those affected by dementia.'

# Book group: Pru and Me

We read Timothy West's book about life with his wife Prunella Scales, including since she developed dementia.



**Pru and Me, by Timothy West**  
(Michael Joseph 2023),  
352 pages, £22.00 (prices vary),  
ISBN 9780241629550.  
Also available as an ebook  
and audiobook.

**A**ctors Timothy West and Prunella Scales have been delighting audiences since their acting debuts in the 1950s.

Pru is probably best known for her role as Sybil Fawlty, acting alongside John Cleese in *Fawlty Towers*. Timothy has appeared in a variety of TV programmes and soaps.

Timothy and Pru married in 1963 and their relationship is the basis of the book *Pru and Me*. In it, Timothy talks about their personal and professional lives together and life since Pru's vascular dementia diagnosis in 2014.

Frances, in County Down, was pleasantly surprised by the book.

'I usually prefer biographies or autobiographies of a more historical – rather than show business – nature, but read this book because I was aware of Pru and Timothy's dementia journey,' she says.

'I thought I might find the references to Timothy's show business friends and colleagues irritating, but he has such an engaging style of writing that I really enjoyed this aspect of the book.'

## Love story

'This was not just a book about dementia, it is a love story where one of the characters develops dementia,' Frances says.

'Tim's love for Pru shines through in his writing.

'I particularly loved the letters that Pru and Tim exchanged when they were working on different projects and could not be together. These were funny, affectionate and sometimes slightly more serious.'

Frances appreciated Tim's honesty about sometimes losing his

patience when Pru forgot things or repeated herself.

'Timothy acknowledges that he and Pru were able to continue living what was, for them, a normal life for many years,' Frances says. 'For many this isn't the case, and they might not think the book paints a true picture about life with dementia.'

'But *Pru and Me* is the story of one couple's dementia journey and is as valid as any other.'

## Frankness

Gillian Andrew, in London, once met Timothy and has enjoyed TV programmes featuring the couple, including *Great Canal Journeys*. This continued for several years following Pru's dementia diagnosis until her health declined.

'I was always touched and impressed by Timothy and Pru when watching their programmes,' Gillian says. 'Not least Pru's continuing ability to recite quotes from memory.'

'I saw some parallels between Pru and my mother – who had Alzheimer's disease for 10 years – and was very interested to read about Pru's portrayal of the late Queen and their subsequent meeting.'

'The insight into background preparations and rehearsals for TV and other filming in the book made me realise how much more went into these activities than I had appreciated.'

'The chapter on "Moving up a Generation" is something I'm reluctantly beginning to have to identify with, but I refuse to be considered elderly in my early 70s!'

'The chapter "Dealing with Dementia" was very frank.'



“

**This was not just a book about dementia, it is a love story where one of the characters develops dementia.”**

‘Having seen how lovingly and patiently my father cared for my mother, I identified very much with Tim’s comments and the gradual – if inevitable – change in relationship between a devoted couple.

‘It was heartening to read that Pru and Tim have continued to try and lead as active and enjoyable a life as possible for as long as possible.’

### Different experiences

Debra, in Northampton, enjoyed reading about the actors’ lives together but felt the book could have focused more on dementia.

‘It is a beautiful book about their lives – such amazing talent,’ says Debra, ‘but I had expected and hoped for more about dementia. So, in that respect only, I was a little disappointed.’

Rachel Edgington agreed that dementia itself wasn’t dealt with in great depth, though she enjoyed the biographical details.

She says, ‘The early chapters were very interesting, including the couple’s family history, stories of theatre tours and their own developing personal relationship.

‘Both Tim and Pru came across as interesting people. I am left wanting to watch more of their work and would love to be invited to one of their garden parties!’

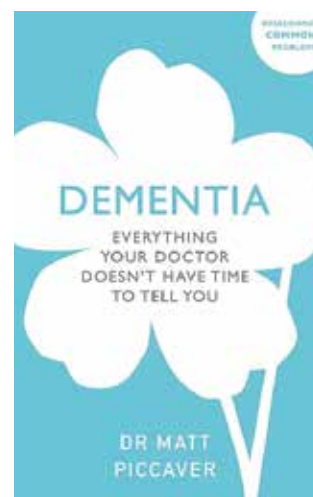
‘As a dementia carer, I was disappointed that the issue was only lightly touched upon.

‘Although we got a hint of some of the difficulties faced by Timothy and Pru, I felt richness could have been added by exploring this more.

‘Their experience is not necessarily relatable. For example, Timothy talks about adventurous holidays they have had together since Pru’s diagnosis.

‘Overall, I enjoyed the book. I would recommend it to anyone who enjoys biographies or the theatre, though not necessarily to those looking to read more about dementia.’

## Your turn



For our next book group, we invite you to read **Dementia: Everything Your Doctor Doesn’t Have Time to Tell You**, by Matt Piccaver (Sheldon 2020), 112 pages, £9.99 (prices vary), ISBN 9781847094827. Also available as an ebook.

Tell us what you think about this guide for people dealing with a dementia diagnosis, written by a busy family GP. Email [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk) or write to the address on p2 by the end of 3 March so we can share your comments in the April/May magazine.

## Book giveaway

We have five copies of **Dementia: Everything Your Doctor Doesn’t Have Time to Tell You** to give away – email [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk) or write to the address on p2 by the end of 15 February quoting ‘Doctor’ for a chance to win (see p39 for terms and conditions).

# Helpful product bundles

**Alzheimer's Society is trying new ways to get helpful everyday products to people living with dementia. Jessica Hubbard hears about two special projects.**

## Quick read

**Special local funding has provided bundles of helpful products in two areas – one in England and one in Wales.**

**Almost 350 free product bundles have been delivered.**

**Carers and people living with dementia have been able to personalise the bundles to suit their needs.**

**With the right funding, Local Services Manager Anna hopes this can be replicated in other areas in future.**

**S**ociety staff have been using special local funding to supply people affected by dementia in two areas with free bundles of helpful everyday products.

Worth up to £300, the products in the bundles are designed to help people live as well and as independently as possible. These can include reminder clocks, easy-to-use phones, games and activities to engage and entertain, and tableware to make eating and drinking easier.

A total of 148 product bundles were delivered to people with a dementia diagnosis in Bridgend, Merthyr Tydfil and Rhondda Cynon Taf in southeast Wales. This was funded by Cwm Taf Morgannwg Regional Partnership Board.

In North Staffordshire, 200 people have been supported in this way since 2022. The project is continuing with funding from Staffordshire Moorlands District council.

### Supporting you

Midlands region Local Services Manager Louise Poole says, 'Anyone living with dementia within the Staffordshire Moorlands area is eligible for the grant and it's not means tested.'

There are three bundles of products available, which can be personalised depending on a person's needs.

'Our local dementia advisers support service users to identify suitable products from our online shop which could improve their quality of life,' says Louise.

'We provide support setting up and using the products where necessary.'

### Personalised

Anna Taylor, a Local Services Manager in Wales, says, 'We saw the work our colleagues were doing in North Staffordshire and decided to use our funding to do the same.'

'We worked with dementia advisers to tailor each bundle. This meant people were getting products that were actually useful. This also saved resources for us, so we could help more people.'

Anna adds, 'Even though our funding has finished now, it's great that we have a project like this which could be replicated for other areas.'

'It would be great if we could spread the word so more projects like this can happen in future.'

'Something small like being able to make a cup of tea for yourself, can make a huge difference.'

### Making life easier

Dementia adviser Liz Israel helped to deliver the project in Cwm Taf Morgannwg. She saw the real difference the bundles made to people living with dementia and carers.

'It was so lovely to have something to offer people for free to help them with everyday living,' Liz says. 'So many people benefited.'

'One lady was having so many problems using her mobile phone. She can now phone people independently since I ordered her a Simplicity Clamshell phone.'

'Another lady really loved the Precious Petzzz cats we ordered for her.'

### Helping Mum

Helen cares for her mum, who has dementia and lives in Bridgend.

She says the product bundle they received included both practical items and products that help her mum's concentration.

Helen says, 'I stay with Mum at her home five days a week, and then we travel to my home 60 miles away so I can balance caring and work.

'I heard about the product bundles while we were at a memory café.

'We had used some of the jigsaws and Aquapaints before and these products helped Mum with her focus and concentration. We picked these for our bundle as well as some snap cards. I find they help to keep her engaged.

'I also chose the clothes protector, which has been invaluable. I have since ordered two more from the Alzheimer's Society shop!'

### Family time

Anita Hope in Pontypridd, in Rhondda Cynon Taf, cares for her husband Peter, who has dementia.

The couple also received a product bundle, and some of the products have helped Peter to continue engaging with his family.

Anita says, 'We heard about the bundles at a dementia support group we went to. We picked a Precious Petzzz dog (Peter loves dogs), Aquapaints, jigsaws and an Easy-Pour kettle.

'We still use the products. Peter likes painting, so we get the Aquapaints out when the great-grandchildren come round.'



Anna



Liz

## Help in your area

- Some products to help a person with dementia at home may be provided for free by the NHS and social services.
- You don't have to pay VAT on many specially designed products if you're buying them for use by a person with dementia, or another long-term condition or disability.
- If you're not sure which products you need, ask your doctor about getting advice from an occupational therapist, chartered physiotherapist, district nurse or continence adviser.
- You might be able to 'try before you buy' at disabled living centres and assisted living shops – often found on your local high street – to make sure a product is right for you.
- Some products are available to loan for free, including wheelchairs and toilet aids from the British Red Cross, or mobility aids from the NHS.

To purchase a range of helpful everyday products, visit our online shop at [shop.alzheimers.org.uk](https://shop.alzheimers.org.uk) or call **0333 366 0035**.

For our Using technology to help with everyday life (437) factsheet, see [alzheimers.org.uk/publications](https://alzheimers.org.uk/publications) or call **0300 303 5933**.

## Donate

Your donations help us to fund dementia advisers who can work with other organisations to deliver innovative services. [Donate online.](#)



# Garden life

**Gardens can be hives of activity as well as havens of peace. Ian Cook reports on a charity helping people to enjoy all their aspects.**

## Quick read

**Alive, a Bristol charity, runs gardening sessions for people with dementia and others.**

**Activities at its dementia-friendly allotment range from planting to sitting back and enjoying nature.**

**Alive also brings gardening and other activities to people in care homes and community groups.**

**Karen says her mother-in-law, who has Alzheimer's, would visit the allotment daily if she could.**

**A**live is a Bristol-based charity that's run gardening sessions for people with dementia and others for more than 10 years.

The sessions highlight the positive impact that gardening can have on people's mental and physical health.

Since 2021, Alive has also run a dementia-friendly allotment in Brentry, north Bristol.

There, people living with dementia enjoy organised gardening activities, or sit back and benefit from the sights and sounds of nature over a cup of tea.

### 'Happy place'

Karen and her mother-in-law Bruna, who has Alzheimer's, have been regulars at the allotment since it began.

They're part of a growing community of people with dementia and carers who do a little light gardening or simply enjoy being there.

Karen describes it as Bruna's 'happy place'.

Isobel Jones, CEO of Alive, says more than 150 people with dementia and their carers have visited it for special weekly sessions since it opened.

'Normally we have two weekly sessions from March to November, and one from December to February. In the summer about 20–30 people visit, but this number is smaller in winter.'

'Activities range from planting and harvesting to visitors sitting down with friends and having a cup of tea.'

'We have one lady who comes and just waters the plants. That's all she does, but it all needs doing, and it gives her a purpose and puts a smile on her face.'

### Meaningful activity

As well as its dementia-friendly allotment, Alive offers other

meaningful activities in care homes and with community groups.

'Guided reminiscence' uses familiar items that might mean something to an older person, such as a postcard or holiday snap as a way of reconnecting to their past.

'Variety hour' might involve playing music to get residents up and engaged. Poetry is another option.

'Growing support' sessions take the garden to a care home rather than the care home resident to the garden. Accessible kit, trays, plant pots and various other gardening equipment are brought in, opening doors to communication with the residents.

'Wellbeing in nature' sessions take place at the allotment. They're based on the idea that, if you have dementia and feel anxious, then being in nature can calm you and make you feel more positive.

There are also one-to-one sessions at the allotment, where people are led through gardening activities with a guide. These are important as larger groups do not suit everyone.

### Working its magic

Back at the allotment, Karen and Bruna are now regulars and Karen sees the many advantages of their weekly visits.

'We usually attend once a week all year although during the summer months, when there are more sessions, there is the opportunity to go twice a week.'

'The sessions last for two hours, although we are often there longer as we linger over a cuppa and biscuits at the end whilst enjoying a chat with other people attending. If given the chance, I think Bruna would go every day.'

‘Whatever Bruna’s mood on arrival, she always leaves with a smile on her face. Before she moved into a care home last year, she often felt anxious and a visit to the allotment never failed to work its magic and calm her.

‘These sessions have also been beneficial to me too. Besides making new friends, it’s been an opportunity to learn from others with more experience of dementia.’

True to its name, Alive is a living, growing charity and Isobel says there are plans for further growth.

‘We have another allotment planned for early 2024. Our new allotment will be in the south of the city, in Brislington.’

It seems very soon Bristol people with dementia like Bruna may have not one but two happy places to visit.



For more about Alive, based in Bristol, see [www.aliveactivities.org](http://www.aliveactivities.org) or call **0117 377 4756**.

For our Keeping active and involved (1506) booklet and The activities handbook (77AC), visit [alzheimers.org.uk/publications](http://alzheimers.org.uk/publications) or call **0300 303 5933**.

To find support near you, visit [alzheimers.org.uk/dementiadiirectory](http://alzheimers.org.uk/dementiadiirectory) or call **0333 150 3456** for personalised advice.

# Consumer panel: GPS and safer walking

**People living with dementia try out devices designed to share your location when you're out and about.**

**A**lzheimer's Society has been working with Ravenscourt Living to develop a GPS device to help people with dementia stay independent and safe. It shares your location with a chosen relative or friend in case you need help or become lost.

People affected by dementia have been providing vital feedback for its development.

## Device and app

Ravencourt designed a safer walking device that shares where you are with someone you'd want to be able to find you, if you're out and about and need help.

If you press the device's SOS button, that person gets a notification on their phone through a special app, which they subscribe to. You'll know the notification's been sent because the device will vibrate.

Your contact can call and speak to you through the device. The app also shows them where you are, in case they need to come to you.

You and your chosen contact can also set up 'zones' that you'd want to stay within. For example, that could be a park or venue that you're visiting, or in and around your home. They can get a notification if you walk in or out of these zones.

## Out and about

Julie and Chris were keen to test the Ravenscourt device, especially for when they separate to do things in town or at events.

'We went to a classic car rally and Chris went off with a friend, and I could see where he was. We were able to locate each other at the rally and when we went to Peterborough, going around the cathedral etc.

'Chris says he would remember to press the button just now, but he wonders if he'd remember further down the line.'

Chris had the device in his bag because he's used to keeping that on him, but Julie noted that others might prefer it on a lanyard or in a pocket.

'The live tracking worked well,' she said, 'so we didn't even need to call.'

They found it easy to set up zones, and Julie added, 'It was clear and easy for Chris to use, it's just got the one button for him to press.'

Julie thought the device could be especially helpful when travelling abroad. It can be used in the EU, EEA, Switzerland and the US.

## Helping independence

James wanted to see if the Ravenscourt device would help his mother, Judy, maintain her independence when walking to and from their local dementia hub.

'Previously we had a simple, old-style mobile in my mother's bag which, if called, she would usually answer,' he says. 'However, as her

Alzheimer's has progressed she now does not answer the phone.

'The feature on this device which automatically puts the call through to speaker was great, as she would then hear my voice and then answer.

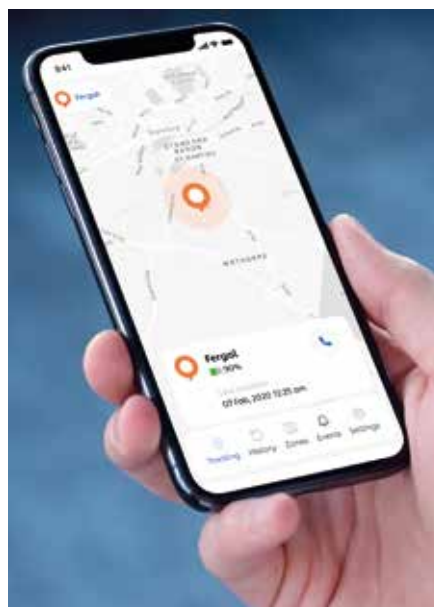
'On two occasions she missed her turning and, using the voice call feature, I was able to direct her to the centre.'

Having set up zones, James got a notification when Judy missed the house on her way back.

'She was tired after being out all morning and I had less time, so it was easiest to jump in the car. I switched from monitoring her location on the app from the computer to the phone and quickly found her.'

Judy wore the device on a lanyard, and there were a couple of times when she took this off and put it in her pocket. As she has a hearing impairment, that meant she couldn't hear when James called.

'However, I was still able to track down her location and pick her up,' says James.





Visit [shop.alzheimers.org.uk](http://shop.alzheimers.org.uk)  
or call **0333 366 0035**  
for these and many other  
products.

‘I wish I had had the tracker a couple of years ago when she was more independent, but would occasionally get lost,’ he adds.

‘The location feature makes it much better than a phone, and I am sure in the earlier stages she would have found pressing the SOS button easier than trying to call me.’

### Improved device

Ravencourt updated their device based on feedback from Julie, Chris, James, Judy and other testers. The improved Safer Walking GPS Locator is now available from our online shop for £149.99. You can subscribe to the Safer Walking 2 mobile app for £14.99 a month.

People living with dementia have also been testing a device from Taking Care that’s connected to a 24-hour support centre. We’re talking further with them about ways to make this as helpful as possible. Watch this space, as we hope this will be available in our shop in future too!



**Judy testing a prototype.**

**Win**  
See p39



## VAT relief

People living with dementia and anyone purchasing on their behalf can buy many of our helpful products VAT free – saving 20%.

Simply tick the box stating that you’re eligible for VAT relief at checkout when buying from [shop.alzheimers.org.uk](http://shop.alzheimers.org.uk)

# Going the extra mile

**Jack Gibson, in Newquay, is running hundreds of miles to raise vital funds for Alzheimer's Society. He shares what motivates him.**



Sign up for a running event to raise money for Alzheimer's Society, visit [alzheimers.org.uk/running](https://alzheimers.org.uk/running) or call 0300 222 5808.

**M**y dad Richard was diagnosed with Alzheimer's in 2014. As a family, we cared for him at home for as long as possible. Then he moved to a specialist dementia care unit, where he's been living for the last five years.

Dad was in the Royal Navy and was with the London Fire Brigade for 27 years. After retirement, he worked alongside my mum as a childminder. In around 2013, we started to notice that simple tasks were becoming a lot harder for him.

Watching a man who led such an active life and gave so much back to the world struggling is excruciating. I still visit him every week, but he is heartbreakingly no longer able to recognise his family.

## Inspiration

Dad is an inspiration to me. He's come through a lot, from double pneumonia to living in residential care during Covid. He's the reason I chose to work in childcare, and I've now embarked on a new career as a nanny.

That is why I decided to run 200 miles in a month and then 300 miles in a month to fundraise for Alzheimer's Society. The idea came to me during lockdown when I started running. Like many, I was looking for reasons to get out of the house.

I had to run six miles every day to stay on track, but this increased to 10 miles for my 300-mile challenge! If I missed a day, it meant I would have to run double the next. I racked up the miles early on – though I still had to do the odd 15-mile run...

It was one of the wettest Octobers, everybody was saying to me, 'You've picked the worst month!' It was hard work, but friends joined me on some runs. Their support made it much easier.

## Marathon challenge

Thinking of Dad's resilience and what I was ultimately raising money for kept me going. Some people promised to donate only once I'd completed the challenge, which was a big motivator!

In 2023, I entered the charity ballot for the London Marathon. I'd never run a marathon before. It was raining on the day, but the amazing atmosphere and the crowds encouraged me. I've now signed up for the 2024 marathon, again raising money for the Society.

I run because no family should have to go through what we did. I hope there will be a cure for this heartbreaking disease one day so they don't have to. Fundraising is one way I can help make this happen.

# Art has power

**Neil Eckersley, in Lancaster, created an art series called 'I know you're in there' in response to his late father's dementia.**



Photograph: John Connell



**A**t school I was very sporty and went on to win bronze in judo at the 1984 Olympics. I was encouraged to develop other interests, and this is when I picked up my first easel. I have dyslexia and feel like art is more powerful than what I could ever dream of saying with words.

When my older brother died suddenly, I used art as a sort of therapy. My recent work was a way of coming to terms with Dad's dementia.

## Muddled

We realised Dad may have dementia as he was getting more and more muddled on the phone.

Lockdown accelerated Dad's condition and Mum was exhausted after caring for him alone. She's of the

generation that doesn't like to accept help and eventually ended up in hospital.

We decided to seek a diagnosis for Dad and he went into respite care.

## In a storm

I started painting before Dad died but I didn't know why. At the time, we felt like we were in a storm. But now I've been able to reflect, and I know exactly where the art came from.

My wife and I were working in Norway and struggled to get home during lockdown. I remember seeing Dad for the first time behind a screen – it was like a prison.

Dad was so confused but as soon as I took my mask off, he recognised me and his expression changed. I think this is what inspired 'The three faces of dementia'.

Dad's laughter was infectious which inspired 'It's not a laughing matter'. There were moments of laughter, but dementia is not a funny condition.

I also sculpted a golden head called 'Memories are golden'. When Dad moved to residential care, I found loads of photographs, music and videos to try to trigger precious memories.

## Turning heads

They're not attractive pieces, but dementia is not an attractive condition.

Dementia is the UK's biggest killer so it's strange that we're not having deeper conversations about it. One day I'd like to present my work in the House of Commons lobby.

When I displayed the art in a local charity shop, it stopped the binmen. If it can stop the binmen, it can definitely get politicians to pay attention.

## Sparking conversations

I want my work to spark conversations about dementia and the importance of an early diagnosis.

People might be scared to talk about dementia or get a diagnosis because they think they'll immediately have to go into care. But this is a myth.

Dad was brilliant because he put his house in order right away financially and emotionally. He told me he was proud of me and that he loved me, which is a very strong thing to be left with.

If people don't have these conversations, that gets lost.



# Caring as a team

**Adam Joesbury in Birmingham cares for his father Bob. Adam, who has a learning disability, tells Jessica Hubbard why he wants more support for carers like him.**

## Easy Read summary

Easy Read uses words and images to help people with a learning disability to understand information.



**This story is about Adam.**

**Adam has a learning disability.**



**Adam's dad is called Bob.**

**Bob has dementia.**



**Adam has a brother called Neil.**

**Neil, Bob and Adam support each other.**

**‘It’s weird,’ Adam says. ‘I’m a carer for my dad but he used to be my carer.’**

When asked what makes a good carer, Adam taps his chest – his way of saying that to be a good carer, you must be kind.

Adam’s dad Bob was born in 1960s Birmingham. He worked in the Jewellery Quarter as a drop stamper – a skilled but dangerous job using a heavy hammer to press metal into shape. A work accident forced Bob to leave, then he worked as a porter and in security.

Bob married and they had two sons, Neil and Adam. After his relationship broke down, Bob and the two boys moved to live with his parents. They helped Bob to bring his sons up.

### Life changes

Adam was born with health problems and, as he grew up, Bob noticed he could only concentrate for short periods. Adam was diagnosed with a learning disability at the age of five.

Although Adam struggled to settle at schools for children with a learning disability and needed extra support, he went to college and volunteered as a landscape gardener. He went on to learn woodwork, making wooden planters and house numbers – their own house number now helps Bob to find his way home.

Bob first noticed small changes in his memory after having a brain bleed in 2017. He was referred to a memory clinic and discovered that he’d also had two mini strokes. Bob was later diagnosed with vascular dementia.

‘From that day in 2017, everything changed,’ says Neil. ‘I became not just a co-carer but a carer for two.’

## Caring as a team

As Bob's dementia has progressed, both Adam and Neil have been there for him.

'Working as a team is better than working on your own,' Neil says. 'We all bounce off one another.'

Adam knows he can call Neil if he's having a bad day. Bob also wears a GPS tracker, which gives Neil peace of mind when he's at work.

Adam helps his dad with the shopping, and they take turns to pay.

'I couldn't do it on my own,' Bob says. 'They remind me when I'm out shopping and get confused. I don't go anywhere without my tracker!'

Bob likes to walk to the local shops but can get lost if he goes past the area he's familiar with. Bob would also attend his local memory café on his own if he could, but Neil and Adam take him so they know he gets there safely.

'The café gives me and Adam time together to have a chat and do our own things,' Neil says.

All three take turns to cook.

'I can cook but I need help knowing when it's done,' Adam says. 'Neil worries that I'm going to chop my fingers off.'

Neil says, 'It's because you used to use a big chopper knife!'

## Lack of support

Although the family are there for each other, it hasn't always been easy.

After Bob's diagnosis, Adam struggled to understand what dementia was. He should have been allocated an advocate – an independent person who'd make sure he got the support he needed from his local council.

An advocate can stand up for carer's rights when they're less able to do so themselves. They can support the person if their needs aren't being met or if they don't understand something. However, no one knew about this.

Adam didn't enjoy going to carers' support groups, as they weren't accessible to him.

'I gave it a go, but it didn't work,' he says.

'The first time I meet people I get nervous, and when people talk too quickly I don't understand them. If there were more groups for carers with a learning disability, it would be good.'

Neil says, 'We were hitting brick walls each time we tried to find support for Adam. I took him to a carers' support group, but he didn't know what was going on and he was getting really bored.'

'But one day, Alzheimer's Society turned up to the group and Kathy was there.'

## Visual help

Kathy is a dementia adviser who supports people affected by dementia in Birmingham and Solihull.

'Without Alzheimer's Society's support, we'd be struggling now,' Neil says. 'This turned things around for Adam.'

Kathy has helped Adam to understand dementia by presenting information in a visual way.

'First my learning disability wouldn't let me understand dementia,' Adam says, 'but doing it with pictures makes it easier. And I like drawing to understand when people are talking to me.'

Neil says this support has enabled him to continue working while Adam cares for Bob.

'I can now help Dad and Adam keep their independence,' he says.

## Active lives

The trio loves going on outings together, whether it's playing pool



Photographs: Richard Harris

“

**The first time I meet people I get nervous, and when people talk too quickly I don't understand them. If there were more groups for carers with a learning disability, it would be good. ”**

at the local pub or visiting Blackpool Tower, where Bob used to ballroom dance. They also use public transport as much as possible.

‘If I know the place, I can help Dad get round,’ says Adam.

Adam says his sense of humour helps him with caring.

‘When I put a bit of fun into it, that’s the way I understand it,’ he says. ‘I don’t do boring.

‘It’s not easy when you’re having a bad day. When you’re having a good day it’s easier. I try and sort it out myself but if I can’t, I ring Neil.’

Neil says, ‘Adam sometimes doesn’t realise when he needs help, but you can tell by his facial expression and if he’s scratching his head.

‘With the bond we have, we find a way – whether it’s a good day or bad.’

### **Community**

Adam, Neil and Bob are all well-known in their area. Local businesses know about Bob’s dementia, stepping in if he needs help when out and about.

Bob remembers going out one day to the cashpoint he usually uses but finding it broken. He went to a different one and got lost. Luckily for him, staff at a local shop knew where he lived and pointed him in the right direction.

‘We can’t go anywhere,’ Adam says, ‘because someone will recognise Neil and he stands there for half an hour talking!’

Adam and Neil would like people to be more patient and helpful, as they say this makes a huge difference to them.

Neil says, ‘People might walk past and ignore you. Some people aren’t so understanding because Dad and Adam have hidden disabilities, but it doesn’t take two minutes to talk to someone.’

### **Change**

Adam is passionate about making life better for carers with a learning disability. He doesn’t want them to go through the same struggles he did.





People do seem to be listening, and the first ever support group for carers with a learning disability has started in Birmingham, run by local advocacy service CASBA.

It has taken Adam huge courage to speak out, including at an Alzheimer's Society conference.

'There were 200 people at conference, and I was shaking,' he says, 'We had a bit of fun with the audience – I got a laugh out of all of them.'

Adam wants to write to the Prime Minister to tell him what needs to change for carers with a learning disability.

'I'd tell the Prime Minister that people with a learning disability can be carers,' he says.

'People think you can't be a carer, but you can. I ignore those people. What's the point in arguing? You won't go anywhere.'

### **Proud father**

Bob says he's very proud.

'My two sons really do look after me,' he says. 'They know when I'm struggling, and they'll help me out.'

'I really do rely on them and I'm grateful for them. I thank Adam for the way he has taken all this on and shown he can do it.'

'Adam is a great support,' Neil says. 'And he's been himself all the way through.'

'I do try,' Adam says.



For dementia information in Easy Read format (as used in the summary on p30), see [alzheimers.org.uk/easyread](http://alzheimers.org.uk/easyread)

For personalised information and advice, call our Dementia support line on **0333 150 3456**, or for Welsh speakers call **03300 947 400**.

## **Donate**

£15 can fund a dementia adviser like Kathy to support people like Adam through a dementia diagnosis and beyond. [Donate online.](#)

## Ask an expert

**‘My uncle really misses being a taxi driver, which he had to stop because of his dementia. How can I help him?’**

# Missing a job



**O**ur jobs can simply be how we earn a living, but they can also form a big part of who we are.

If a person can no longer work because of their dementia, this could be very difficult for them to come to terms with. But there are ways to approach the situation that might help.

### Missing what he did

What particular aspects of being a taxi driver does your uncle miss? There could be other activities that offer similar benefits.

For example, he might miss talking to passengers and others as he drove his taxi. If so, would he enjoy meeting and chatting with people in other ways? This could include group activities or visits to a day centre.

If leaving the house is difficult, an online group or telephone befriending service may help instead.

If he misses the feel of car travel, being a passenger while you take him out for a drive might evoke good memories. He may even get this from

being on a bus.

There are many online videos showing routes from the driver's point of view that he might like watching. Could he enjoy playing a driving game, on a tablet computer or a game console?

### Missing who he was

Does he miss having a sense of purpose or responsibility, or the identity that being a taxi driver gave him? There could be activities or hobbies that also provide a sense of purpose and identity.

Asking your uncle to help with certain jobs around the home may help. Is there a car you could ask his help to maintain? If he attends a group, is there a role he could volunteer for there?

A role or responsibility could help your uncle know he's still valued and able to contribute.

He might miss friendships and the camaraderie of other drivers. This probably gave him a feeling of belonging too.

Are there old friends you could put him back in touch with, or taxi

driver groups on social media he could join? If there were specific cafés or other places he visited, he might like to go and see them again.

### Triggers and prompts

Are there things that trigger your uncle's feelings about missing being a taxi driver? You might be able to remove these or help him respond to them in a different way.

Does he tend to start thinking about this when he watches a certain TV programme? Or is his old taxi parked outside and reminding him that he can no longer be a taxi driver?

Emotional states can also act as a prompt. Would he usually have gone for a drive when he felt bored, anxious or agitated? If there are other ways you can support him to deal with these feelings, that could remove a prompt to miss driving.

**Our Changes in behaviour (525) factsheet has more about triggers and helping someone manage how they're feeling – visit [alzheimers.org.uk/publications](http://alzheimers.org.uk/publications) or call 0300 303 5933.**



## Your answers

**Readers share advice for someone struggling to support a person with dementia who lives far away and refuses their help.**

# From a distance

'Mum's a four-hour drive away but siblings are closer. She's started going out and getting lost, losing her keys and handbag, and regularly locks herself out. A keysafe holds a spare key and we've had to give the code to complete strangers who've found her and brought her back home.

'She refuses to go into care and we're working with social services to get her in for her own safety but it's slow.

'She used to manage microwave meals very well, but she's now convinced that the fridge heats things. We stock her fridge with food that is already cooked and can be eaten hot or cold.

'She keeps putting tea bags in her kettle and regularly destroys the element so we've bought a see through kettle, at least that way carers can spot what she's doing.'

**chickenlady**

'I have managed to liaise with the GP and pharmacy to simplify how many times a day my aunt takes meds (to mornings only) as she was forgetting evening meds. The pharmacy provides dosette boxes and delivers weekly so that we can keep a rough eye on compliance. That took months to set up.

'All advice is designed for carers who live nearby but there are so many of us long distance.

'With early stage dementia, digital banking and internet should make it possible to help a lot, but services don't understand denial and don't set up tools to allow help from a distance. There are good reasons for this – protecting people from exploitation – but it can also result in reducing their independence as they can't access funds.' **Sporadic gardener**

'I have tried to build a network of people such as old friends and neighbours who will look out for the person if required. You must also contact the GP and local social services to get all the help you can possibly get.

'I have invested in a variety of electronic devices, which don't replace a real human by any means. An Alexa, which allows you to "drop in" and to talk to the person at any time they are in the room the Alexa is in. The Alexa also has quite a range of sound and you can programme reminders into it for prompts.

'Luckily, the use of video calls is still also possible.' **Debbie in Kent**

'Mum had serious falls and incontinence. She and Dad refused to have a downstairs toilet and shower, and no carers. It was weeks before a place in a care home was available. Totally unsuitable for my mum.

'It would be wise to check out the best plan through their GP. Get as much support in place and a plan. They may not want it, but it will be inevitable. It will happen I'm afraid. Best to be prepared.' **Pixibel**

'An old schoolfriend who had seen Dad offered to pop in each day, to see if he and Mum were OK and needed any help. They do not want other people in their house. It took a long time for my dad to trust her and for Mum to actually appreciate her.

'We had a group discussion with them about having showers and Mum seems to finally think that maybe this is a good idea. But whether it happens, I live in hope.' **alliee**

**Visit [forum.alzheimers.org.uk](https://forum.alzheimers.org.uk) to read more and join our Dementia Support Forum.**

## Next time: Personality changes

**Do you have any advice about coping with challenging personality changes as a person's dementia progresses? Email [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk) or write to the address on p2 by the end of 3 March.**



# Noticeboard

**Your space for messages, posts, updates, opportunities, ideas and more.**



## Letters

### Losing your 'job' as carer

I gratefully received the magazine for some years since my husband was diagnosed with frontotemporal dementia 12 years ago. Last year, he sadly died.

There is one experience that is not often mentioned, which is when someone dies who has had dementia and you not only feel the grief from the death, but also the loss of your 'job'. In my case, it was one I had had for 12 years, although we were married for 61 years.

If I could just say to people in my position that, however hard life becomes towards the end, remember that once they have gone you will still wish – however hard it was – that they were still with you, no matter the hardships. I would willingly have gone on for a few more years if I had realised how much I would miss him.

Thank you for running the groups that I took him to and for just being there.

**Joan Sheldrake, Bristol**

**Thank you so much for sharing this. People's experiences of loss when someone with dementia dies vary so much – everyone's journey is unique. However, there will surely be others who identify with what you say.**

For anyone dealing with loss, you can find our Grief, loss and bereavement (507) factsheet at [alzheimers.org.uk/publications](http://alzheimers.org.uk/publications) or call **0300 303 5933** to order a copy.

Our Dementia Support Forum is also open 24/7 – visit [forum.alzheimers.org.uk](http://forum.alzheimers.org.uk)



## Your recipes



### Chicken thing

We asked Dementia Support Forum members for quick and economical food ideas, and Graybiker shared a recipe for two called the 'chicken thing'. She says, 'It's not really a recipe, more like guidelines. Whenever I make this, Dad says, "Ooh that looks nice!" but doesn't think he'll manage to finish it. He always does.'

#### Ingredients

Chicken legs – 2

Chopped tomatoes – 1 tin

Chicken stock pot

Onion and garlic

Potatoes – 5–6 small or 2 large, cut into chunks

Green beans, celery, carrot, red pepper, mushrooms, frozen peas or whatever vegetables you have

Haricot or butter beans – instead of or as well as potatoes

Seasonings – salt, pepper, paprika, fennel seeds, chilli, sage or whatever takes your fancy.

- Rub oil, salt, pepper and paprika on the chicken. Brown in a frying pan, then set aside in a roasting dish.
- Add garlic and onions to the frying pan. After a few minutes, add vegetables and seasonings and stir.
- Add chopped tomatoes and hot chicken stock, bring to the boil.
- Add pan contents to roasting dish and cover with foil.
- Cook in a moderately hot oven (190°C, 170°C fan or 375°F) for 30–35 minutes.
- Remove foil and return to the oven for a further 10 minutes to crisp the chicken skin and reduce liquid.
- Remove from the oven and leave 5 minutes before serving.



## Share

Share your views, feedback and news – please email [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk) or write to the address on p2. We can consider contributions received by 4 March for the April/May issue (wording may be edited).

## Music Can

A new website offers a wealth of resources to help people affected by dementia draw on the power of music in a personalised way.

Music Can has 'quick guides' on how to make use of playlists, music videos, live music, radio and more, as well as a directory to find music activities near you.

Visit [www.musiccan.co.uk](http://www.musiccan.co.uk)

## Seen elsewhere

On Instagram, when we shared a film in which seven people gave intimate accounts of dementia's day-to-day impact, many people commented including @ourgwenventures:

'Hearing these stories is so painful but it does help slightly to know you are not alone. It can feel very lonely when people don't get it.'

Alzheimer's Society is [@alzheimerssocietyuk](https://www.alzheimerssocietyuk.org) on Facebook, and [@alzheimerssoc](https://www.alzheimerssocietyuk.org) on [X/Twitter](https://twitter.com/alzheimerssocietyuk) and [Instagram](https://www.instagram.com/alzheimerssocietyuk).



On X/Twitter, Dementia Friends was delighted to welcome more people learning about dementia and how they can make a difference:

'We are happy to share that we have 22 new young Dementia Friends! The 3rd Cranleigh Brownies used our online resources to learn more about those affected by dementia! We are very proud to have these wonderful young people as Dementia Friends ❤️.'

Dementia Friends is [@DementiaFriends](https://www.dementiafriends.org) on [X/Twitter](https://twitter.com/dementiafriends) and [Facebook](https://www.facebook.com/dementiafriends), and [@dementia\\_friends](https://www.instagram.com/dementia_friends) on [Instagram](https://www.instagram.com/dementia_friends).

## Bed bath help



A new product that helps people to be washed in bed with greater comfort and less stress is now available from our online shop.

The Pobroll is one of the innovations that's been developed with support from our Accelerator Programme. It's a fully waterproofed wrap that can be adapted to the person's needs, keeping them warm, dry and respectfully covered.

Pat O'Brien, the physiotherapist who came up with the idea, said, 'My aspiration is that the Pobroll will encourage carers to approach this onerous task with confidence. They know the bed linen will be fully protected and remain dry, while their loved one will be kept comfortable and feel safe throughout.'

One carer said, 'I am not overexaggerating when I say that the Pobroll was a true godsend for us. It allowed us to care for Mum in the way she would have wanted us to, maintaining her high standards of hygiene and cleanliness.'

The Pobroll's special launch price until 31 March is £260 plus VAT (if for someone with dementia, tick the box to say you're eligible for VAT relief). Visit [shop.alzheimers.org.uk](https://shop.alzheimers.org.uk) or call 0333 366 0035.

# Puzzles and competitions

## Anagramword

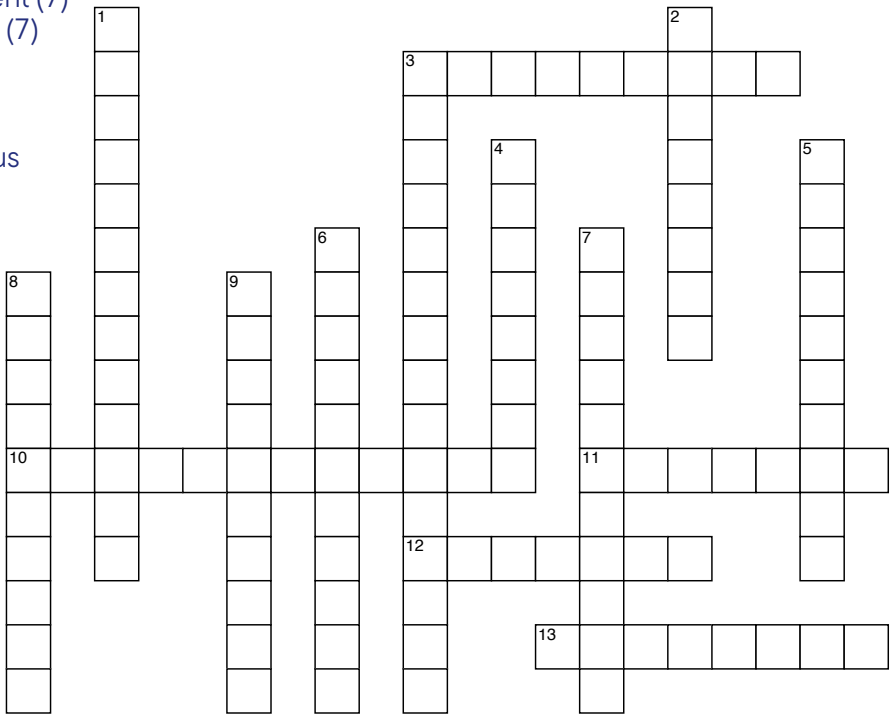
With St Valentine’s Day approaching, our latest puzzle from Pete Middleton takes love as its theme. Every clue contains the answer in an anagram – how many can you solve?

### ACROSS

- 3 Defy or bin the man you love (9)
- 10 Ten-foot germs that are often scattered on Valentine’s cards (6-2-4)
- 11 Rang lid to reveal a term of endearment (7)
- 12 Married a person who looks up to me (7)
- 13 To cram in a person in love (8)

### DOWN

- 1 Tired screamer who sends anonymous love letters (6,7)
- 2 A grey inn that embodies an urgent longing (8)
- 3 Cool box of cheats to tempt a loved one (3,2,10)
- 4 Quote bus when giving these floral gifts (8)
- 5 Free hot nut on Valentine’s date (10)
- 6 Ten evil ants embody the patron of lovers (2,9)
- 7 Award on brow that helps Cupid hit the target (3,3,5)
- 8 Red rifling that could be found on a young man’s arm (9)
- 9 Her hot brat is guaranteed to make some girls go wild (10)



www.CrosswordWeaver.com

 **Alzheimer's Society**  
**BRAIN WORKOUT**



Alzheimer's Society  
**BRAIN WORKOUT**  
Issue 1

Hello 2024

Happy New Year from Alzheimer's Society

## Codebreaker

Each number represents one of the letters below. Can you create words and complete the grid?



1	2	3
C		
4	5	6
H		
7	8	9
10	11	12

1	2	1	2	3
C				
3		4		5
		H		
6	2	2	7	8
8		7		9
2	10	8	11	12

From January’s Brain Workout puzzle pack.

If you enjoy word, number and logic puzzles, sign up to Brain Workout to receive a puzzle pack every month. These mind-stimulating puzzles – with a mix of difficulty levels – will keep you on your toes! Visit [alzheimers.org.uk/brainworkout](https://alzheimers.org.uk/brainworkout) today and sign up with a monthly gift that helps provide vital support to people living with dementia.



## December/January winners and answers

Send us your competition answers with your name and address by end of 3 March – email [magazine@alzheimers.org.uk](mailto:magazine@alzheimers.org.uk) or write to the address on p2.

### Safer Walking

We have a Safer Walking GPS locator from Ravenscourt, with six months' subscription to the Safer Walking 2 mobile app, for one lucky winner drawn from correct entries.

**Q: If you press the SOS button on your Safer Walking GPS locator:**

- A. The Bat-Signal lights up over Gotham.**
- B. An alarm sounds on Tracy Island for International Rescue.**
- C. Your nominated person gets a notification on their phone.**

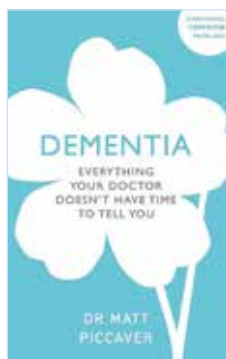


### Headgear

We have an Alzheimer's Society baseball cap or bucket hat for three lucky winners drawn from correct entries.

**Q: The headgear most associated with Sherlock Holmes is the:**

- A. Bobble hat.**
- B. Deerstalker.**
- C. Party hat.**



### Book giveaway

See p21 for a chance to win a copy of **Dementia: Everything Your Doctor Doesn't Have Time to Tell You** by Matt Piccaver.

**Terms and conditions:** 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.

### All About Us

S Surap in Greater London won an All About Us game, while M Stephenson in Nottinghamshire, C James in Gwent and H Foster in Powys each won a 63-piece 'City Dusk' jigsaw puzzle. Answer: All About Us questions ask about a decade and topic depending on where you land as you travel around the board.

### Mulled wine candles

M Quirke in West Yorkshire, H Whiteway in Bristol and S Christie in Aberdeen each won an exclusive Alzheimer's Society mulled wine candle. Answer: Versions of mulled wine from other parts of Europe include Glühwein, glögg and kuhano vino.

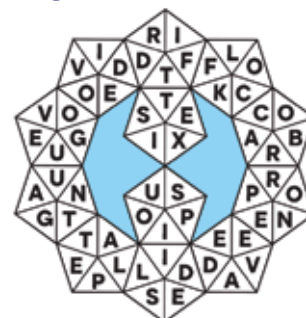
### Book giveaway

G Andrew in Greater London, D Joy in Dorset and S Whitelaw in North Lanarkshire each won a copy of *Pru and Me*, by Timothy West.

### Anagramword

Across: Christmas, Santa Claus, plum pudding, sage and onion, mince pies, carol singers, fairy lights, decorations. Down: greetings cards, mulled wine, nutcracker, pigs in blankets, frankincense, mistletoe.

### Crystals





# A trek to remember.

Grab your hiking boots and get ready for your greatest challenge yet. Take on a 13- or 26-mile trek this summer, and experience a breath of fresh air and breathtaking views.

Feel closer to a loved one, or trek for brighter days ahead. With every step you will fund vital support and research for everyone living with dementia.

Find your trek and use the code **TOGETHER** for 20% off your place when you sign up by **31 March 2024**.

Search 'Alzheimer's Society Trek26' to sign up today.



Alzheimer's Society  
**Trek26**

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