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Memento



The newsletter for Alzheimer's Support

Issue 48

Spring 2019

The magic of music: Day club members lead the way in national campaign

Members of Alzheimer's Support's day clubs in Wiltshire have become the face of a national campaign highlighting the importance of music for people living with dementia.

Photographs taken at our day clubs in Trowbridge, Devizes and Warminster feature extensively on a new website Music for Dementia 2020 and have been used on Classic FM's website and social media.

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Warm welcome for the 'dementia adviser in your pocket'

Dementia Roadmap guides the way



Alzheimer's Support has launched a new website to guide people through the process of being diagnosed with dementia in Wiltshire.

The Dementia Roadmap for Wiltshire is a simple online guide to what to expect during the process of being diagnosed with any type of dementia.

It includes a symptoms guide and things to look out for, information of other conditions that can be confused with dementia, and explains the roles of health care and non-medical staff in supporting families at every step of the way.

It is designed to be used by healthcare professionals as well as by families and individuals, who can dip in and out of the roadmap at different stages in their personal journey.

The roadmap leads to a related site, the Support Village, which includes links to a wealth of relevant

local information about available support.

Babs Harris, Alzheimer's Support CEO, said: "We have been working on this for nearly two years and have had tremendous support and encouragement from so many people who know how valuable this information will be.

"People often tell us they need practical, locally available support. The Support Village brings this together in one place."

Heather Moody, who cares for her husband Lewis said: "This would have been so helpful to us when Lewis was diagnosed. When you first find out it is dementia you are in a bit of a fog. We were living up north and it was so confusing to deal with all the different services. There wasn't one place to go for all the information we needed."

Find the roadmap at www.dementiaroadmap.org.

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Alzheimer's Support exists to enhance the well-being of families with dementia in Wiltshire.

We have offices in Trowbridge Devizes and Warminster where clients and members of the public can get advice and information on all aspects of the illness.

We run award-winning day clubs, innovative support at home, a growing number of community groups and a range of support for carers.

Contact us on:

01225 776481 (Trowbridge)

01380 739055 (Devizes)

01985 624005 (Warminster)

www.alzheimerswiltshire.org.uk



Your logo here!

We are seeking a sponsor for this newsletter.

If your company would like to be associated with Alzheimer's Support and help us meet printing costs three times a year, please get in touch!

Improving quality of life for people with dementia and their carers

"I have learned about Dad's musical memories"

continued from page 1

Music for Dementia 2020, run by the Utley Foundation, is the first website to bring together the music and dementia care sectors.

It is an information hub and shows how to use music, in all its forms, in everyday situations, care homes and health care settings.

Grace Meadows, programme director at Music for Dementia, said:

"When we walked into the Alzheimer's Support's Old Silk Works club in Warminster we were bowled over by the vast amount of musical activity available to club members. We loved the photographs by Grant Newton and are so thankful to all the individuals and families who agreed to let us use the images on the new site."

Ronald Lane, above right, is one of the members featured.

His daughter Maria Noke said: "At home Dad is quite isolated in his dementia but when he goes to the club and gets involved in the music he is so much more engaged. You can tell how happy he is by the smiles in the photographs. We are chuffed his pictures have been chosen as it shows how much he is contributing and we want to spread the word about how music can help people."

"Since Dad started at Old Silk Works he has started singing in the car and I have learned more about his musical memories than I had never known before. It has brought us closer. The staff have given me tips about using soothing, familiar music to play at home."

Babs Harris, CEO of Alzheimer's Support said: "We use music throughout our work, in our day clubs and Music for the Mind singing groups, and as we support people one-to-one."

"Even in our art groups we have music playing and every so often the whole room just joins in spontaneously."

"As well as being intensely personal and invaluable for reconnecting an individual with their own past, music helps to create common moments and shared bonds and that too is incredibly powerful."

● Find out more www.musicfordementia2020.com



Above, Ronald Lane at Old Silk Works Club, front page, Sam at Sidmouth Club

WELCOME to our Spring newsletter!

Once again we have an edition packed with news, stories, and images from across our organisation. We are specially pleased to report on the launch of our Dementia Roadmap for Wiltshire, to announce two exciting outdoors-based groups, and to include special features on Movement for the Mind and our second regional conference.

It gets harder with each edition to choose what to include from the wealth of extraordinary things that we do each day as we work to support people living with dementia in Wiltshire. We hope you will enjoy reading about just some of them.

Stephany

New groups to help people enjoy the great outdoors

Dig out your wellies and meet the animals at Muddy Boots group

'Muddy Boots', Alzheimer's Support's newest outdoor activity group, gets underway this spring.

The project is a partnership with Wiltshire Equine Assisted Learning which has won National Lottery funding to work with people living with dementia.

The Friday sessions at Stagwood Stables in Holt will give people a chance to interact with the centre's ponies, alpacas, dogs and guinea pigs.

They will also take part in gardening projects, farm walks and nature-related crafts. The sessions will be led by Heather Watson from Wiltshire Equine Assisted Learning supported by trained volunteers and a facilitator from Alzheimer's Support.

Sarah Marriott, Head of Community Services, said: "This is a great opportunity for people to make connections, enjoy being out and about in the natural environment and meet the animals."

Family carers are invited to come along as full group members. There will be separate morning and afternoon groups, both starting on 26th April.



Sarah Marriott with Heather Watson of Wiltshire Equine Assisted Learning and George the pony

Hands-on gardening club comes to Salisbury

People living with dementia in South Wiltshire and their carers will be able to get stuck in to gardening and landscape projects this spring.

Alzheimer's Support has joined forces with social enterprise Foragers Farm to create a new Wildlife Club at Bemerton Heath, and won funding from the Wiltshire Community Foundation. The new fortnightly club will support people to interact with the natural environment and keep up with their gardening and building skills as they work on the community garden at St Michael's Church. It will meet on the second and fourth Mondays of the month with a taster day on 15th April.



To come along to either group contact 01380 739055 or sign up online at www.alzheimerswiltshire.org.uk

Well done Harry, Louise, Margaret, David, Tony, Mike - and all!

The selfless work of fundraiser and trustee Harry Theobald was recognised with a gold award at Wiltshire's first Proud to Care Awards.

It was one of a crop of honours for Alzheimer's Support with bronze awards for Mill Street Club volunteers David and Margaret Wildman, and for the whole organisation in the team category.

Old Silk Works Club Manager Louise Gover received a bronze in the Inspirational Manager category.

CEO Babs Harris said: "I am so proud of Lou, but also dead chuffed that our super volunteers Harry, David and Margaret were celebrated. They said to me that they receive the award for all our amazing volunteers - shame we can't put all 150 of you up for awards all the time."

"The event showed us yet again the love, compassion and emotional intelligence present in those who do their job well."

In March, Mike Ridgway, volunteer project manager during the renovation at Old Silk Works, won the Services to the Community category at the prestigious Wiltshire Life Awards. Tony Whitney, who cares for his wife Donna, was runner-up as Carer of the Year.



Proud to Care
WILTSHIRE

Gala dinner another night to remember

More than 100 people affected by dementia were guests at our Gala Dinner to mark Dignity in Care day in January.

A three-course meal was provided by apetito in the elegant surroundings of Wellington Barn, and everyone was invited to have a commemorative photograph to mark the occasion.

Thanks to our Registered Services Manager Sally Haddrell-Jenks who organised the evening once again, to apetito, to Grant who took the photographs — and the many staff who gave their time to act as waiters and washer-uppers.



Claire joins the team to become Wiltshire's tenth dementia adviser



Claire Mitchell has joined our team of Dementia Advisers, covering the Bradford on Avon area.

Claire first came to Alzheimer's Support as a Bath University social work student. In 2018 she joined us officially as maternity cover for Devizes and Melksham Care Coordinator Esther Woodison.

She will now cover Bradford on Avon and part of Trowbridge (Lovemead Surgery patients only). Chris Maple will continue as Dementia Adviser for the rest of Trowbridge.

Alzheimer's Support CEO Babs Harris said: "The Trowbridge and Bradford areas together are our busiest places for referrals and we have known for some time that we would have to split the two areas and create this new post.

"We are delighted that Claire is joining the team and working for us on a permanent basis." Claire is based at Bradford Health Centre and, like all our DAs, will visit at home. She can be contacted on 01225 776481.

Artist creates iconic Wiltshire landscape to complete indoor garden at Old Silk Works

A unique gift to the club that 'could not be more perfect'

An artist whose work hangs in public buildings and private collections across the UK and abroad has created a unique mural for Old Silk Works club in Warminster.

Rosalind Robinson's six-foot mural panel now hangs in the club's indoor garden area, allowing club members to gaze out over a tranquil and familiar vista of rolling Wiltshire down land.

Head of Day Care at Alzheimer's Support Grant Newton said: "It is a unique gift to the club and it could not be more perfect.

"We didn't know what to expect as it had to be Rosalind's own vision, but what she has produced works so well on every level.

"It is so tranquil, in muted, relaxing colours. The more you look at it the more you see, with beautiful details, birds and plants. The club members have responded incredibly well to it. It is lovely to see people just looking at it. It is a beautiful, very calming scene that resonates with anyone local to the area."

Rosalind, a member of the Society of Women Artists, has been a professional artist for more than 35 years.

She exhibited her paintings widely in the UK and has been commissioned to create murals for the National Trust, the ballroom of the Grosvenor House Hotel in Park Lane and Harrods, Knightsbridge, among others.

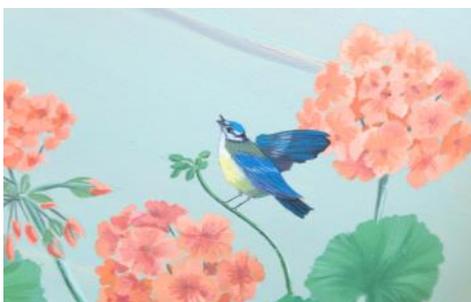
She lives near Chippenham and is a neighbour of Alzheimer's Support CEO Babs Harris, who invited her to visit the building while it was still being renovated.

Rosalind said: "When I first visited it was a completely empty space with nothing there at all, just wires sticking out everywhere.

"Then I came to the official opening of the club in May and it was transformed. It is a lovely, lovely centre, and seeing what they had done with the space I began to think about what I wanted to do in the panel. I am really happy with the result."



Above: Rosalind with the completed painting, left and below: details from the mural. Below, Higby posing in front of his 'statue'



Gardening café blooms in Trowbridge

Our third Gardening Café is now meeting regularly at Palmer Gardens Centre in Trowbridge.

The cafés are not hands on gardening groups but a chance for people living with dementia and family carers to chat about plants and gardens, share tips and hear a short topical talk from a garden expert, all over coffee and cake.

The new café meets monthly on a Thursday morning. Call Vanessa on 01380 739055 for dates, and see page 16 for details of our other gardening cafes.



Memories of the land recalled in song and archive film

Guests at Alzheimer's Support's memory cafes and groups have been taken back in time with a unique combination of folk songs and archive film footage.



Singer Amanda Boyd (pictured above with our Devizes Discussion Group) sings traditional folk songs alongside films of the working countryside collected by Windrose Rural Media Trust.

The project is the result of years of research by Amanda to create stimulating, interactive sessions that are particularly useful for

people living with dementia.  Windrose Rural Media Trust

New carers group

Carers in north-east Wiltshire are invited to get together at a new carers support group.

The group will meet on the second Tuesday of each month at the Bell Hotel in Malmesbury and will be hosted by Alzheimer's Support Care Coordinator Jackie Rose. To come along call 01380 739055.

Spring flowers inspire café poets

Volunteer Sharon Adams stepped in at short notice to lead a poetry workshop at Chippenham Memory Café in February.

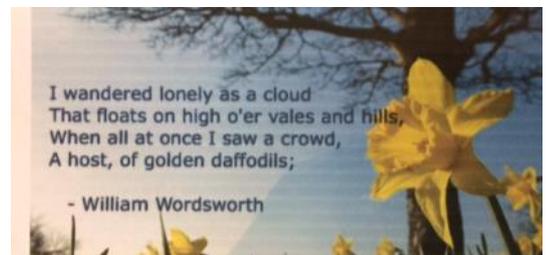
Sharon, a creative writing student who volunteers at our art group in Lyneham, had been planning to run a session at some point in the future, but the idea rapidly became a reality when a planned speaker cancelled at short notice.

Sharon put flowers on every table for inspiration, then read out some well-known verses and asked people to think back to times spent in gardens, and to consider senses such as touch and smell.

Everyone got to work, joining together to come up with images and words. Sharon said: "Although there was some initial hesitation, every group contributed and one couple were quite emotional when I asked if they would like to read out their poem."

"It was such a privilege to be a part of this memory."

Sharon has written a blog about the session. Read it on our website.



RAINDROPS

Raindrops falling like tear drops from heaven,
Rain-spattered leaves sparkle like diamonds in the sunlight.

Fresh, fragrant,
Newly-painted,
Awesome!
The sun brings its warmth

A wondrous feeling this beauty,
The amazing delicacy and intricacy of each flower.

I wonder at the miracle of nature
The balance
What are we doing?

by Donald, Shelia and Brian

Animal magic at day clubs

'One of our best days ever' was the unanimous opinion of club members, staff and volunteers at the Old Silk Works Club following a visit from Longleat staff and animals.

Keepers from the safari park rolled up in their zebra striped van from which they unloaded a large South American Tegu lizard, a Royal Python snake, a loveable armadillo, two hairy tarantulas and a military Macaw parrot.

Head of Day Care Grant Newton said: "It was quite something to witness club members initially nervous but calling back the keepers when they saw others handling the snake and spiders, and then having a try themselves. We have dogs in the clubs but this was a first for us." The animals and keepers have now brought their magic to all three clubs.



Memory Shed members delight children with playground project

"People may forget a lot of things but when they pick up their tools they know what to do with them. The guys here have not lost these skills, they just need support to make use of them."

Dave Moore (second right) is a member of the Brunel Shed who volunteers at the Corsham Memory Shed every Wednesday. The group, run by Alzheimer's Support in partnership with Brunel Shed, is meeting again for the second year after a winter break.

A highlight of the last term was visiting Regis School, in Corsham to meet the children and unveil playground equipment they had created specially for them.

Another highlight was the visit of BBC Radio Wiltshire reporter Emma Colman who chatted to members



including Tony Nagas, (pictured below, front right). He said: "It is very friendly here. I used to work with tools all the time in my job but had stopped. Now I have got my tools out again at home and am making things there too."



Putting the finishing touches to a handmade jigsaw — and watching as the children test it out

The Memory Shed meets every Wednesday afternoon at Potley and Pockeridge Community Centre. Call Kerry on 01380 739055 if you'd like to come along or sign up online at www.alzheimerswiltshire.org.uk

Audrey inspired to cook dinner for 22



Audrey, a club member at our Old Silk Works in Warminster, was looking through recipes in Your Magazine with support worker Lesley when a recipe for chicken in a white wine sauce caught her eye.

She said she would like to have a go at cooking it, so Lesley bought the ingredients and together they prepped, cooked and served the dish to 22 hungry people in the club.

Head of Day Care Grant Newton said: "It was heartwarming to see Audrey taking so much delight in what you could consider simple tasks, and the satisfaction of everyone enjoying their meal. She was joking with Lesley as a good friend and not holding back on giving her kitchen directions.

"And lunch was delicious."



Movement for the Mind™ factfile

Designed for all abilities, including those with reduced mobility.

Sessions last 45 minutes to 1 hour and finish with refreshment time.

Cost: £1 on the door

Where: Groups run in Chippenham, Devizes, Ludgershall, Mildenhall, Mere, Melksham and Westbury — come along to a group near you and find out why they are so popular!



What they say

"It makes me laugh, it makes me happy." - John

"I recommend it because the exercise is good for you and keeps you moving." - Pete

"It's such a happy place." - Zita

"It's fun and friendly." - Carilyn

"Don't be scared!" - Nigel

"The music is good." - Nigel



Pom-pom fun:
Members of
Devizes
Movement for
the Mind with
instructor
Henrietta
Pictures by
Grant Newton

Movement for the Mind™ exercises minds, bodies - and funny bones

Dancing with delight

'Come on Eileen...' a carer called out, encouraging a member of that name to pass the baton she was holding.

Within seconds the refrain was taken up by other members of the group. Instructor Henrietta quickly found the song on her iPod and the entire room were on their feet singing and dancing.

Dexy's wasn't on the planned playlist for the session, but the impromptu moment, and the sheer delightful silliness of it all, was the highlight of the afternoon's Movement for the Mind session at Devizes.

Movement for the Mind was created by Alzheimer's Support to give people living with dementia and their family carers an opportunity to join a fitness class where having fun and making social connections was as important as the exercise.

The first group opened at Bowerhill in 2011 when research was starting to show the enormous benefits of exercise for people living with dementia.

There are now seven groups meeting in village halls across Wiltshire, each organised by an Alzheimer's Support facilitator supported by committed volunteers.

Led by instructors with different professional backgrounds, each group has its own character and rituals. In some the emphasis is on dance-based moves. Others are structured around chair-fitness routines, but in all there is an emphasis on interaction and spontaneity, often weaving members' reminiscences and personal experiences into the movements.

Music is a vital component. And in all the groups the pace is gentle with everyone encouraged to carry out the moves in their own way, whether standing, seated or in a wheelchair.

● See page 16 for a list of groups and timings.



Henrietta MacKinnon leads three Movement for the Mind groups, at Devizes, Mildenhall and Ludgershall.

She said: "It is about building a comfortable group dynamic, responding to the banter, encouraging people to stretch, to balance, to stand on one leg, whatever it is that we are doing, but to do so in a way that is joyful and creates a shared spirit in the group."

"Carers are not there just to support their relative but as group members in their own right. They benefit as much as their partners with dementia from the uplifting music, the gentle physical workout and the chance to simply relax in the company of others."

● **Henrietta is running three marathons in a month this year to raise funds to keep the groups running. Sponsor her at: www.alzheimerswiltshire.org.uk**

Thank you Goughs for supporting us

Wiltshire solicitors Goughs have chosen Alzheimer's Support as its Charity of the Year for 2019.

The company kicked off its fundraising with a quiz and curry night which raised £350, and is planning a corporate golf day in September. Meanwhile, its six offices are all raising funds in their own imaginative ways. Thank you Goughs!



Hen's amazing marathons



Movement for the Mind coach Henrietta MacKinnon is running not one but three marathons this spring to raise funds for Alzheimer's Support.

She ran two gruelling runs back to back along the Dorset Coastal Path in March and is now in training for the London Marathon.

To date she has raised more than £1,600! Sponsor her at www.alzheimerswiltshire.org.uk

Town mayors lead the way

We were delighted to be chosen as charity of the year by the mayors of both Chippenham and Malmesbury.

Mayor of Chippenham Cllr Andy Phillips, has organised a series of events for us including a Jazz evening on April 12. And Fran Vandelli held a charity ball in March. Both mayors and their teams have shown great interest in our work, attending local groups to find out more about where their fundraising efforts will be spent.



Thanks as anonymous carer leads the way

*Alzheimer's Support needs to raise £300,000 a year - that's £822 **every day** - to keep our services running. Every penny counts and there are so many ways to help. Here are just some of our recent supporters*

Staff were astonished and moved by the anonymous bereaved carer who walked in to Old Silk Works Club last month with a donation of £1,050.

The money was given by him, his friends and family in memory of his wife who had dementia. Sadly she was not able to benefit from the club herself, but he knew of our work and how much it will help others in the future. Gifts like this really help us to make the club the place it is. The fact that it was unexpected - and so heartfelt - made it all the more special.

Our thanks also to:

- Broade Forde Freemasons who saw for themselves where their £1,700 donation would be spent when they spent the morning at Music for the Mind in Bradford on Avon.
- Melksham 1st Brownies who made £172 in a bring and buy sale.
- Esther, Brooke, Amelia, Esme and Megan (pictured right) who clocked up 116 lengths of Deizes Pool in the Lions Swimathon, raising more than £300.
- Thynne Freemasons who visited Old Silk Works to donate £500.
- Coate villagers who donated £652 raised at their annual village bonfire display.
- Trefs on Tour, right, who dropped in to Sidmouth Street Club to hand over £680 raised at a tea dance and raffle.
- Warminster Relief in Need, who gave £250 to Old Silk Works Club.
- Avon Valley Runners who have supported us for many years and this year handed over a record £1,922 following their annual Over the Hills Run, plus £400 from cake sales on the day!



We have had tremendous support from supermarkets and their customers this year. More than £1,000 was donated by Waitrose after shoppers chose us in their Green Token schemes — and we have had record amounts given in bucket collections in Asda, Morrisons and Tesco stores across Wiltshire. Our thanks to all who contributed.

Grants kick start funding for community groups

Alzheimer's Support has been awarded two grants by the Wiltshire Community Foundation.

The first is £5,000 towards our new Wildlife Club at Bemerton Heath near Salisbury and the second is £1,400 from funds given by Wessex Water. That will go towards meeting the cost of refreshments at our seven Memory Cafes across Wiltshire.

CEO Babs Harris said: "It is wonderful to receive this support from the Wiltshire Community Foundation and Wessex Water. We are very proud of our community groups and this will help to expand our offer."

Wiltshire
Community
Foundation



Wiltshire dons the denim for dementia



Businesses, schools and community groups across Wiltshire got behind our first Denim for Dementia month in October — raising more than £6,000.

The month was kicked off by employees at our charity partner *apetito*, who staged Wiltshire's first ever Denim4Dementia day at their Trowbridge headquarters.

Dozens more followed, with businesses and groups across the county holding dress-down events and denim-themed fundraisers. Our own day clubs joined in enthusiastically, and Old Silk Works Manager Lou Gover raised more than £500 in a denim-clad 3-legged canal walk.

Fundraiser Rachel Fear, who dreamed up the campaign, and Support Worker Mandy Bird, who arranged a D4D event at The Rowdey Cow Café, both received a Going the Extra Mile award.



Jemima leads the way

Jemima will be just two years old when she takes part in A Walk to Remember 2019 on 22nd June.



Jemima, daughter of Support Worker Tracy Rideout has already raised £300 for her sponsored one-mile toddle in honour of her grandfather and great-grandfather who both live with dementia, and in memory of her other grandfather.

Go Jemima!

SATURDAY 22ND JUNE

A Walk to Remember

Join us in June!

Our annual sponsored walk is taking place in and around Warminster this year.

The main walk is a challenging 8.5 miles around historic Battlesbury Hill Fort from Warminster Park.

There is also a family friendly one-mile walk around the lake and nature reserve that is suitable for pushchairs and wheelchairs.

All are welcome to enjoy music, refreshments and stalls at the finish line party also in Warminster Park.

Walk registration is £10 or £5 for children. Sign up at alzheimerswiltshire.org.uk, by phone or drop into one of our offices for a registration form.

STARTS AND FINISHES AT
WARMINSTER PLEASURE PARK

Music Stalls Refreshments Family Fun



Support to do the 'important little things'

Helping people to do the normal things of life — meeting for coffee, going to the hairdressers, taking a fun selfie — is what our support workers do best. Staying active in the community is important for anyone growing older, and it is all the more vital when you have a diagnosis of dementia.

Often, our support workers go further, arranging special trips out that help people engage with hobbies and enthusiasms that have meant a lot to them in the past.

Like Brian, who arranged for David, a former RAF parachute tester, to have a day out at the Aviation Museum at Old Sarum.

David, pictured right, was given the VIP treatment, allowed in the cockpit of a Tornado and test pilot's plane, and chatted to staff about his recollections.

Below: Mandy and Betty, and Mavis and Debbie, hit it off over coffee at Palmer Gardens





Conference hears the powerful voices of first hand experience

"It is a bummer of a diagnosis. But my new life is about adapting and trying to get one step ahead, outwitting and outmanoeuvring the dementia."

Wendy Mitchell was one of 20 speakers at Enhancing Lives, Alzheimer's Support's second regional Dementia Social Care Conference in Trowbridge in November. She, and others living with dementia and carers, shared their experiences alongside clinical experts and innovative care practitioners.

Wendy, who has written a bestselling memoir about her life with dementia, told the 150 delegates: "When I was diagnosed in 2014 I had a handshake, a sad look and was discharged. There was no encouragement, no support on how to adapt. But I have had some amazing opportunities. Dementia is terminal but so is life, so make the most of each and every day."

She went on to spark a national debate from the Civic Centre podium when she told the conference that she was starting to dislike the phrase 'Living well with dementia', preferring 'Living as well as you can'.

Dr David Sheard opened the conference with a powerful call for to get "love and the family back into dementia care. We are over-professionalised, 'doing' person-centred but not 'being' person-centred."

Other highlights of the sell-out event included carer Carilyn Telford who talked about what community groups mean to her, Tony Whitney on caring for his wife Donna, and members of Laverstock Memory Group.

Themes of the day were empowerment, listening to the voices of people directly affected, harnessing new technology and the power of music. After lunch delegates split into groups for short talks and workshops on a wide range of topics including circle dance, virtual reality, values in care leadership, good practice in acute hospitals, care home liaison, music and much more.

- Wendy Mitchell, pictured below with Pam Ollis, is speaking at The Bath Festival on 23rd May.



Free dementia training day for key groups

Alzheimer's Support is offering free dementia training as part of a project led by AgeUK Wiltshire.

The Community Mental Health Assets project has won funding to offer free mental health awareness sessions to workers in key sectors. Charities, including Mind branches in Bath, Wiltshire and Swindon, the Wiltshire Centre for Independent Living and BaNES AgeUK, are offering a menu of the sessions to workers in the care sector, emergency services, national health services and voluntary organisations.

The training provided by Alzheimer's support is a one-day Dementia: Beyond the Basics course. It is suitable for people working in the health and social care sectors and anyone who has an interest in dementia.

The course covers: The brain and how it can be affected by dementia, diagnosis and treatment, strategies to deal with confusion, memory loss and other symptoms, and the importance of person-centred care.

To inquire about a session for your team, contact Annie on 01225 776481.



Sign up to stay warm and safe

Warm and Safe Wiltshire is a service provided by Wiltshire Council and Swindon Borough Council in partnership with the Centre for Sustainable Energy and Dorset and Wiltshire Fire Service.

It allows people with disabilities, vulnerabilities or of pension age to sign up to a Priority Services Register.

Being on the register ensures you will have:

- Priority support and updates in a power cut
- Impartial advice about staying warm in winter and managing bills
- Benefit checks and access to funding to enhance wellbeing at home
- The ability to give a named contact to talk to on your behalf.

To find out more call 0800 038 5722 or go to warmandsafewiltshire.org.uk



Two ways to have your say on everyday life with dementia

Healthwatch Wiltshire, in partnership with other voluntary organisations including Alzheimer's Support, is trying to find out about dementia-friendly initiatives in the county.

Staff and volunteers have been visiting a number of dementia groups across Wiltshire to talk to people about their experiences.

Now they would like to hear from more people. They are gathering information in two surveys.



The first is for anyone involved in any dementia-friendly projects. Healthwatch would like to find out more about the work that is being done to make Wiltshire 'dementia friendly' and to see if there are any opportunities to further support this work. The project aims to demonstrate the contribution made by volunteers in Wiltshire and to highlight successes so that these can be shared.

The second survey is for people living with dementia and their carers. It aims to find out what people value most about their local community and what they would like to see improved. If you are a person living with dementia, or a carer or family member, they would really like to hear your views.

To take part contact Julie Brown on 01225 434218

• Meanwhile, people living with dementia and family carers are being invited to share their experiences by joining the Dementia 2020 Citizen's Engagement Panel. The panel is made up of people from all over the UK who are directly affected by dementia. They will be asked for their views every so often on a range of subjects.

In addition to this, everyone is also being invited to take part in a national survey on every day living with dementia.

This survey is being organised by Opinion Research Services on behalf of the Department of Health and Social Care.

To take part go to www.ors.org.uk/surveys/dementia2020/ or call 01792 535337 to request a form.

Making a donation? Don't forget to Gift Aid it!

giftaid it
help us grow your donations!

There are lots of ways you can donate to Alzheimer's Support. Some people set up a standing order with their bank, make a regular payment through our website, or make a one off donation online or by cheque.

Whichever way you choose to support us, Gift Aid can boost the value of your donation to by 25% - at no extra cost to yourself. The money represents tax you have already paid on your earnings and is recovered by the charity on your behalf from the Inland Revenue.

All you have to do is let us know that you wish to add Gift Aid to any donation and give us your full address. This is needed to identify you as a tax payer.

Once you have filled in the Gift Aid declaration, it can be applied to any donations made by you in the past four years, and to future donations.

You can also add Gift Aid to an online donation. To do this go to www.alzheimerswiltshire.org.uk/donate

Gift Aid declaration

I would like to add Gift Aid to my donations to Alzheimer's Support

Your name

Address

Postcode

In order to Gift Aid your donations please tick both the boxes below

I want to Gift Aid my donation above, and any donations I make in the future or have made in the last four years, to Alzheimer's Support

I am a UK tax payer

Signed

Date

Please notify us if you wish to cancel this declaration, if you change your name or home address, or if you no longer pay sufficient tax on your income.

If you pay income tax at the higher or additional rate and want to receive the additional tax relief, you must include your Gift Aid donations on your tax return or ask HM Revenue and Customs to adjust your tax code.



Please return this form to:
Park House, 1 Park Road
Trowbridge BA14 8AQ

Registered charity number 1048314

SATURDAY 22ND JUNE

A Walk to Remember

Take on our 8.5 mile sponsored walk around historic Battlesbury Hill - or the beautiful Meadow Mile walk

Fundraising for **as** alzheimer's support

STARTS AND FINISHES AT
WARMINSTER PLEASURE PARK

Music Stalls Refreshments Family Fun

Sign up online at alzheimerswiltshire.org.uk
Or phone 01225 776481 • registered charity number 1048314

Our Community Groups in Wiltshire

Memory cafes

Amesbury Forget-Me-Not Club

2nd Monday of each month, 2pm, Methodist Church

Chippenham

Fortnightly on Thursdays, 10.30am
Sheldon Road Methodist Church

East Grafton

1st Monday of each month, 2pm,
East Grafton Village Hall

Melksham

3rd Monday of each month, 3.45pm, Arts House café,

Salisbury Café Connect

4th Thursday of each month 10.30am
St George's Hall, Harnham

Warminster

4th Monday 5.30pm

Warminster Dementia Centre



Westbury

2nd Thursday, 7pm, Grassacres Hall

Music for the Mind

Amesbury Mondays 2pm, Methodist Church Hall

Bradford on Avon

Mondays 10am, Wiltshire Music Centre

Chippenham

Thursdays fortnightly 10.30am, Methodist Church

Corsham

Tuesdays fortnightly 2pm, Community Centre

Lockeridge (nr Marlborough)

Thursdays 10.30am, Kennet Valley Hall

Malmesbury

Mondays fortnightly 2pm, Leisure Centre

Mildenhall

Tuesdays fortnightly 10.30am, Village Hall

Harnham, Salisbury

Thursdays 10.30am, St George's Hall

Seend (nr Devizes)

Wednesdays 2pm, Seend Village Hall

Trowbridge

Mondays 2pm, 3 Mill Street

Westbury

Tuesdays 10am, White Horse Country Park

Carers' groups

Devizes

Last Friday of the month.
Call Esther Woodison on 01380 739055

Calne

Third Weds of the month
Call Sarah Tyler on 01380 739055

Malmesbury

Second Tuesday of each month
Call Jackie Rose 01389 739055



Marlborough

Second Friday of the month.
Call Gaynor Mapp on 07936 540096

Trowbridge/Bradford

First Weds of the month.
Call Jackie Ransome on 01225 776481

Salisbury

First Wednesday of the month
Call Amanda Smith on 07702 911777

Warminster/Westbury

Third Wednesday of the month.
Call Gill Frere-Smith on 01985 624005

Ex-Carers' group

Monthly lunches out, West Wilts.
Call Chris White 01380 871020

Movement for the Mind

Chippenham Tuesdays fortnightly 10.30am

Rotary Hall

Devizes

Tuesdays fortnightly 2pm
Quaker Meeting Room

Ludgershall

1st & 3rd Wednesdays 11am
St James' Church Hall

Mere

1st & 3rd Fridays, Grove Building

Melksham

2nd & 4th Wednesdays 10am
Bowerhill Village Hall

Mildenhall

Tuesdays fortnightly 10.30am
Mildenhall Village Hall

Westbury

Fridays fortnightly 10am
Grassacres Hall

Wildlife Club



St Michael's Church, Bermerton Heath, Salisbury

2nd & 4th Mondays of the month *taster day 15th April*

Gardening Cafés

Malmesbury first Wednesday of each month, 2pm

Malmesbury Garden Centre

Trowbridge monthly on Thursdays, 10am (call for dates)

Palmer Garden Centre

Wilton second Wednesday of each month, 10.30am

Wilton House Garden Centre

Art groups

Pewsey

Wednesdays 10am, Bouverie Hall

Holt

Thursdays fortnightly 10am, Village Hall

Lynham

Mondays fortnightly 2pm, Village Hall

Warminster

Mondays weekly 2pm
Warminster Dementia Centre

Muddy Boots groups



Stagwood Stables Holt Two groups, Fridays am and pm

Memory Shed

Brunel Shed, Corsham Wednesday pms

Carer Training

Melksham Mondays March 25 to May 20, 10.30am

Upper Seagry

Wednesdays March 27 to May 22, 1pm

Find out more details about all our groups, and sign up online, at
www.alzheimerswiltshire.org.uk Or call us on 01380 739055

