



# Memento



The newsletter for Alzheimer's Support

Issue 49 Autumn 2019



Members of Movement for the Mind in Devizes receive the cheque

## Thank you masons for £90k boost

Alzheimer's Support's singing, movement and art groups are to receive £90,000 from Wiltshire Freemasons.

The donation from the Masonic Charitable Foundation has been awarded over three years to support groups across Wiltshire. David Davies, deputy provincial grand master, visited several of the groups to see for himself how the money would be spent.

Musicians from across Wiltshire join in our Big Jam and say thank you for the music

## Coming together to celebrate the power of music

Musicians and choirs packed Devizes Corn Exchange, and thousands more tuned in on BBC radio and TV, as Alzheimer's Support staged The Big Jam for BBC Music Day.

More than 200 music makers from across Wiltshire answered our call for musicians to share their sounds alongside our own Music for the Mind choirs. All ages and genres were represented as folk singers shared the stage with rock bands, choirs and groups from across the county.

BBC Wiltshire broadcast live throughout the event. The grand finale, a mass singalong to Abba's Thank you for the Music, was also screened live on Points West, which linked up with BBC Wiltshire for a simultaneous outside broadcast.

The singalong was led by 10-year-old soloist Ellie Jenks on her first public appearance.

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Maurice Smith and support worker Diane Vose whose duet stole the show

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Alzheimer's Support is a Wiltshire charity that supports people living with dementia to lead active, independent and meaningful lives.

We run innovative day clubs, a national award-winning home support service, more than 40 community groups and extra support for family carers.

We welcome volunteers and donations!

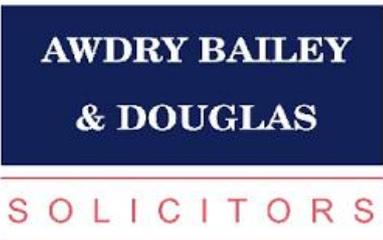
Contact us on:

- 01225 776481 (Trowbridge)
- 01380 739055 (Devizes)
- 01985 624005 (Warminster)

[www.alzheimerswiltshire.org.uk](http://www.alzheimerswiltshire.org.uk)



*This newsletter is sponsored by*



*Improving quality of life for people with dementia and their carers*

## Wiltshire a 'good place' to live with dementia

A new report has found that two-thirds of people affected by dementia in Wiltshire feel their communities are friendly and supportive.

The survey by Healthwatch Wiltshire found 66 per cent of people living with dementia and family carers said their community was dementia friendly and 79 per cent said that they felt a part of their community.



They said local groups, lunch clubs and good neighbours were key to feeling involved. But 18 per cent said they did not feel part of their community and some said they felt lonely and isolated.

When asked what could be improved, transport was the top priority along with more dementia awareness. The findings are being looked at by Wiltshire's Dementia Strategy Group.

A second report on dementia services, published last month, focused on improvements in care homes and the growth of community groups. It highlighted great progress since 2015 when it was found there were not enough accessible groups in some parts of the county.

Since then Alzheimer's Support has created groups in Lyneham, Mere, Warminster, Salisbury, Corsham, Malmesbury and more. It has also widened the variety of groups with gardening cafes, hands-on outdoor groups, Wiltshire's first memory shed and a new discussion group. Many communities have also opened their own memory cafes.

In all their research, (since 2015) Healthwatch gathered 1,600 views and experiences from people directly affected by dementia. The full reports are available on their website [www.healthwatchwiltshire.co.uk](http://www.healthwatchwiltshire.co.uk)

WELCOME to our Autumn newsletter.

And welcome back to our sponsor Awdry Bailey and Douglas!

It's another bumper edition with reports of new groups, some epic fundraising feats and pictures from two new music events that are destined to become annual traditions here at Alzheimer's Support.

Once again a huge thank you to everyone who has sent in their stories and photographs.

**Stephany**

## Meet the animals at North Wiltshire's new Muddy Boots group

Our latest Muddy Boots group starts this month at Lower Stanton St Quintin near Chippenham

The group offers people living with dementia and a companion the chance to interact with animals, take part in gardening projects and craft activities or just enjoy being outdoors together. Like all our groups no experience is necessary and everyone takes part at their own pace.

It meets fortnightly on Wednesday afternoons at Long Barn, where owner Elizabeth Schwenk will lead many of the activities supported by Community Services Coordinator Pam Ollis (right) and volunteers.

Sign up at [www.alzheimerswiltshire.org.uk](http://www.alzheimerswiltshire.org.uk) or call 01380 739055. To volunteer, call Annie on 01225 776481.



## Old Silks Works in line for national design award



Old Silk Works Club celebrated its first birthday in May — and found out this month that it has been shortlisted for a national award.

The club, which opened after a major renovation of a run-down Victorian mill, is a finalist in the Best Dementia Interior category of the Dementia Care Awards.

Judges were impressed by the club's carefully put-together interior, which blends spacious open-plan areas with more intimate spaces, all designed to create a relaxing, welcoming and practical day club interior.

Head of Day Care Grant Newton said: "We have been open for well over a year now and it's great to see our ideas for the space, including the open plan kitchen and indoor garden area, work so well in practice. The club interior is welcoming and well-balanced and reflects the life and times of members. It is a honour that what we are doing here in Wiltshire is being recognised nationally."

Old Silk Works is the only day club to be shortlisted alongside four specialist care homes from across the UK.

The winner will be announced in November.

**CHINESE NEW YEAR  
DINNER & DANCE**

Join us on Saturday, 31st January  
for a fundraising dinner to mark  
Chinese New Year.

- ◆ Three-course Chinese meal by TV chef Peter Vaughan of Vaughan's Kitchen
- ◆ Cookery demonstration with Peter Vaughan
- ◆ Live music from Indecision
- ◆ Drink on arrival included

Tickets at £30 a head are available on our website now  
[www.alzheimerswiltshire.co.uk](http://www.alzheimerswiltshire.co.uk)

Sponsored by Mander Duffill  
31 JANUARY 2020 | 7PM  
DEVIZES SPORTS CLUB

## Legal advice drop-in

Awdry Bailey Douglas Solicitors are hosting a free carers' advice drop-in at 5 Sidmouth Street, Devizes on Monday 18th November.

The session will be from 10am to 12pm with specialists on hand to offer advice on legal questions relating to care and finance.

To book your place call 01380 739055 or drop in from 10am.

## Falcon Dave drops in to his old base

Former RAF Falcon Dave Jones has reconnected with his old base at Brize Norton, thanks to support worker Brian Percey.

Brian got in touch with the base to tell crews about Dave who was a Falcon in the 1960s and later an RAF chief parachute instructor for many years. He and Dave have made several visits to the base where the crews welcomed him warmly.

They also invited Dave to be a special guest in the drop zone when the RAF Falcons parachuted in to Old Sarum for Armed Forces Day in June.

Brize Norton is now preparing a special exhibition of Dave's RAF and Falcons career - which include record breaking free-fall jumps and several years as chief parachute instructor.



## “We remember together the day that we married...”

The emotional power of poetry made for a moving morning at Chippenham Memory Café.

Guests had been asked to bring along their own favourite poems or self-penned works for a session led by community poet Sue Simmons.

There was not a dry eye in the house as Merv read aloud a poem for his wife Maureen. He had written it during a difficult time and wanted everyone to know how much she meant to him and always would.

Earlier, Sue read from her own works before everyone had a go at composing group poems on the theme of friendship.

Chippenham café members also enjoyed a day out to the town's fire station at the invitation of fire officers who often visit the group.

Officer in charge Tracey Morton gave a stimulating talk and answered many questions on the work of the station before anyone who wanted to had a go with the hoses.

The visit was especially significant for Mike who worked for Wiltshire Fire Brigade for many years. He wore his official badge and brought some old photos and plenty of memories to share with Tracy and the team.



**Above, Merv reads his poem to Maureen  
Below left, having a go on the hoses,  
Below, Mike shows his memorabilia to officer in charge Tracey**

### My Wife !

We remember together the Day we were Married  
The Dress that she wore, The Flowers she carried,  
After a while We had our First Boy  
The Love that he brought us, the Pride and the Joy,  
My Wife soon became a Wonderful Mother  
It cheered her so much that she wanted another,  
We watched our Two Boys as they grew into Young Men  
My Wife Strutted around, a real Mother Hen,  
The Boys left home to live their own Life  
One on his own and the other with His Wife,  
Now Dementia has Struck and Stolen her Memory  
This has made her Confused and very Contrary,  
Next year we have been Married for Sixty years  
We reached it with Love and very few Tears,  
Who was this Girl who came into my Life  
My Maureen, My Best Friend but mostly My Wife,  
We still try to remember the Day we were Married  
The Dress that she wore, The Flowers she Carried  
I Loved her back then, I Love her still  
And I remind her each Day "That I always will".





## ***“It was amazing to see the happiness in her face”***

*“My name is Layla and I am a support worker for Alzheimer's Support in Trowbridge. This is a progress report about a lady I have had the pleasure of meeting....”*

Our support workers make a point of thinking ‘outside the box’ to help people who are losing memories and confidence enjoy life to the full.

Layla not only did this with her new client Gill, but decided to share an account of their time together with permission of Gill and her family.

In her diary, which was published on Alzheimer's Support's website, Layla describes how she won Gill's trust and encouraged her to continue with her art. Gill, a talented artist, embarked on a portrait of Layla over several weekly visits, and, as she sketched and coloured, shared parts of her life story with her new friend.

Getting Gill immersed in her art again was wonderful, but Layla wanted to go one step further, and to get her to venture outside which she had not felt confident to do for some time.

Again thinking laterally, Layla brought her dog Sky to work with her. Gill responded well, getting out her paints again to work on a portrait of Sky. Once that was completed Sky needed a walk – and with Layla's support Gill was happy to oblige.

Layla said: “I was thrilled when she agreed to go out for a walk. It was amazing to see the happiness in her face. She wanted to walk for miles to explore. We have built such a strong connection but I really believe it was Sky that inspired Gill to come out.”

Layla received a Going the Extra Mile award for her work with Gill. Her diary is available at [www.alzheimerswiltshire.org.uk](http://www.alzheimerswiltshire.org.uk)





Above, Ellie Jenks leading the finale and left, Eddyoke on stage with PSG choir.

# Coming together for The Big Jam

From page 1

Other musicians taking part were: Sing Alive, Tuneless Choir, Find your Voice, Sloe Jam, Alice Simmons and Jonathan Causebrook, Swindon Carers Choir, The Village Band, DeMugsPugs Ukeleles, Wiltshire Heights Choir, Wade Merritt, Mucho Nachos, 10p MixUp, Frankie Simpkins, Hilperton Recorder Group, Will Blake, PSG Choir and Eddyoke.

People living with dementia opened the evening with their rendition of Moon River. Another highlight was Maurice Smith, performing jazz standard Walking My Baby Back Home with his support worker Diane Vose. Teenage Mucho Nachos had people dancing in the aisles to their rocked up version of Fur Elise and Tuneless Choir stole the show with their kazoos.

Alzheimer's Support CEO Babs Harris said: "Thank you one and all for your contribution to what was truly great, great fun. Together we created such a beautiful atmosphere of goodwill and respect, demonstrating what an important factor music plays in all our wellbeing."

Andy Eddy, of duo Eddyoke said: "Thank you so much for letting us take part in such a wonderful life affirming evening.

"I was touched by the different acts and the individuality of each one. It is clear the power that music has on our lives."





# Standing room only at Music for the Mind's first summer concert

Music for the Mind choirs from across Wiltshire came together in August to host their first summer concert.

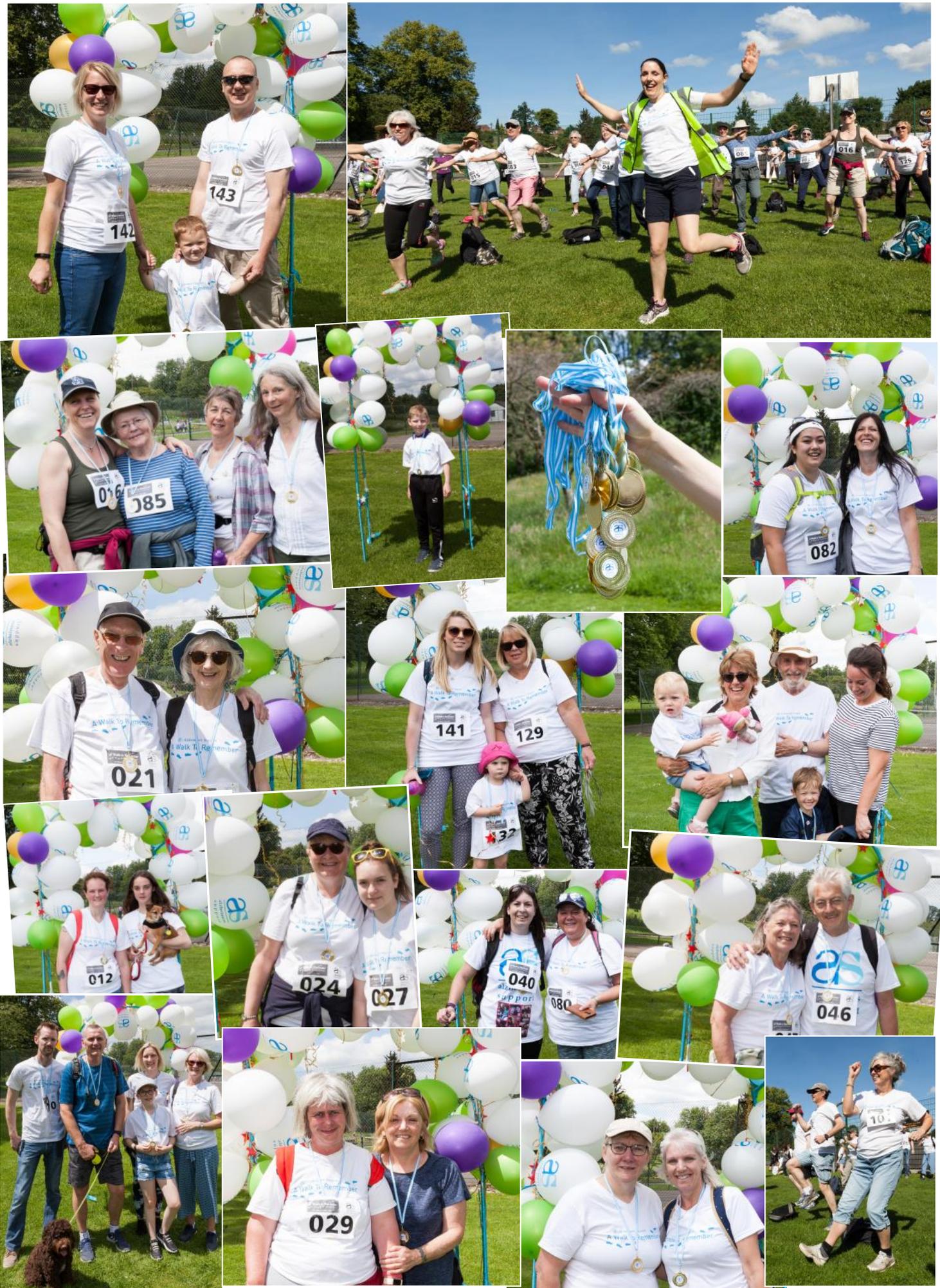
There was standing room only at Seend Village Hall as the groups sang a selection of favourite tunes — without any joint rehearsal and with enthusiastic audience participation.

Head of Community Services Sarah Marriott said: "It was a wonderful evening and so uplifting for everyone involved. We had to bring in extra chairs as so many people turned up on the night.

"Huge thanks to Joy who led many of the songs and to all the other musicians and singing teachers who contributed so much to make the evening such a success. We will definitely be doing this again!"

The concert raised more than £850 for Alzheimer's Support.







# Big skies, wild flowers, and 360° views on A Walk to Remember's new route

A Walk to Remember headed south this year, with a scenic eight-mile hike up and around Battlesbury Hill near Warminster. We also launched the Meadow Mile, a gentler stroll through the beautiful Smallbrook nature reserve which was perfect for families and younger walkers.

A big thank you to all our walkers, to every member of staff and volunteer who gave their time to make the day and finish line party go with a swing - and to whoever ordered the perfect weather!

We had a cracking day and raised more than £1,200 on the day and over £6,400 in sponsorship. Special thanks are due to the Terry Hall Big Band with Caroline Radcliffe and Clarity Choir for the mellow sounds. Also to Warminster Lions who provided the marshals, Paul Ashley for putting a spring in our step with his high-energy warm-up — and to our own unflappable organisers Rachel Fear and Laura Crouch.



Left, warming up in the park before the main walk. Right, youngest walker Jemima tackles the Meadow Mile

## Happy Birthday Westbury!

Congratulations to Westbury Memory Cafe which celebrated its 10th birthday with a performance by Westbury Primary School's ukulele orchestra.

The Westbury cafe was the first in Wiltshire. When it started in 2009 it was the county's only social meeting specially for people living with dementia and their families.

Today the landscape is very different. Alzheimer's Support alone has seven cafes among more than 40 community groups where people living with dementia can socialise or take part in activities, while many communities across Wiltshire have set up their own memory cafes.

Chris White, pictured right, has volunteered at the café for many years, driving guests who



would not otherwise be able to attend.

Chris has also contributed in other areas, not least with his 300 trips to Tesco to collect food donated to the Mill Street Club.

That's twice a week for three years to ensure our club members enjoy nutritious home-cooked meals.

You're a hero, Chris!



## Rediscovering love of photography at the Mill Street camera club

Camera enthusiasts at Mill Street Club are rediscovering their love of photography with a little help from Head of Day Care (and keen photographer) Grant Newton.

Clive, Mike and Len have all pursued their pastime into the digital era and sometimes now struggle with the complicated technology associated with high-end cameras.

At the first session everyone got together to show off their cameras and lenses and Grant helped to get all the equipment functioning. "It was a great and very 'blokey' session," said Grant, "with much discussion of F stops, shutter speeds and the merits of Canon, over Nikon over Pentax and the like."

A couple of weeks later the same trio took part in a photo session with professional-style lighting. They produced still-life pictures and portraits of a very patient Dottie — who posed like a proper diva!

Everyone had printed copies to take home.



Above, Dottie poses for Clive, Len and Mike. Below, Clive's portrait of Dottie



## New home for Salisbury Gardening Cafe

Salisbury Gardening Café has moved to the beautiful surroundings of Heale House in Middle Woodford, halfway between Salisbury and Amesbury.

The group meets on the second Wednesday of each month in the café for talks from gardening experts and chats about plants and gardening over coffee and cake. To come along call 01225 776481 or sign up online at [www.alzheimerswiltshire.org.uk](http://www.alzheimerswiltshire.org.uk).



## Vintage films and songs stir memories

Members of Chippenham and Melksham memory cafes revisited childhood memories and tunes thanks to vintage film and folk song sessions with Amanda Boyd and the Windrose Trust.

The sessions, where café guests watch old footage of Wiltshire life from the 1940s, 50s and 60s while singing along to centuries-old tunes, provoked memories, conversation and laughter.

"For a lot of people what they see on the screen is within living memory, such as Trowbridge's woollen factories or Malmesbury Carnival," said Amanda, a professional folk singer who works with the media charity Windrose Trust which has collected the vintage film. "The songs offer either a literal representation of what's happening or captures the atmosphere or vibe of the footage."

One guest was moved to happy tears by the films, another said it was like watching live TV in his own home. Whether people relate to the industrial workplace scenes, or comment on the fashions of the day, the sessions allow people's thoughts and memories to go wherever they want to.

Amanda said: "When I heard that one of the members had been a farmer, I brought footage featuring thatching and haymaking. I asked him what was happening in the films and chose songs that went with them. He was beaming while the films were playing."

Many of the songs Amanda sings are familiar to those who learned them in school and this may be the first time in decades they have thought of them or sung them. They are also straightforward to learn for anyone who may not know them.

"The tunes of the songs I sing stay the same throughout," says Amanda. "People feel reassured that the next verse will be the same or they can connect with the chorus and join in."

Community Services Coordinator Kate Sharpe said "Conversations come out of the sessions which can carry on after people leave.

"Although the person living with dementia may not remember, the carer can keep that conversation going with them."

## Mill Street Club celebrates the first five years

Our Trowbridge club celebrated its fifth birthday in June.

Founder members Pip, John and Betty (pictured above) led the celebrations, with music by the wonderful Sloe Jam and a cake made and donated by Carol Edwards.



Anyone who has ever set foot in the club knows what a special place it is - and the celebration was just one of many joyous Mill Street occasions.

Club manager Jill Mitchener has written her personal reflections of how the club community has grown, paying tribute to the members, volunteers and staff who have made Mill Street the place it is.

She wrote: "Five years on and I feel that we are now part of the Trowbridge community.

"People are still surprised to see us so close to the town and always comment on that our environment is not what they expected.

"We recognise how hard it is for people to come into the club for the first time but after a coffee in the indoor garden they can see what we do and feel the lovely atmosphere, usually going away more reassured about joining the club.

"I love it when visitors don't know who are staff or volunteers or members, to me that is what it is all about — just a group of people who get together at the club each day. One of my favourite quotes from a member is 'I can just be myself here and not try too hard.'"

**To read the whole of Jill's blog go to [www.alzheimerswiltshire.org.uk](http://www.alzheimerswiltshire.org.uk)**

## Ken's birthday gift to Music for the Mind

Ken has been a stalwart of Music for the Mind in Bradford on Avon for many years, attending first with his wife Dot and more recently as a volunteer, leading small groups of singers with his rich, note-perfect voice.

For his 90th birthday, in lieu of gifts, Ken asked for donations to Alzheimer's Support's Music for the Mind groups in memory of Dot.

He brought along £330 to the next meeting of the group. Thank you Ken!



## Road running for a good cause



Huge thanks to the runners and organisers of the Salisbury 10 Mile Road Race. They chose us as charity partner for the 2019 event which raised £1,550.

The club's Alan Munro presented the cheque to fundraiser Laura Crouch.



- We are always grateful for the support of supermarkets — both for choosing us for their Green Token schemes (as modelled by Harrison above), and allowing us to hold bucket collections in foyers.

These collections are an important source of income and huge thanks are due to each one of our volunteer collectors — and of course to all the shoppers who give.

Our trustee Harry Theobald and his team of volunteers in Salisbury deserve special mention, having raised more than £2,000 since April.

# Thank you all for supporting us

*From sponsored events to cake sales to quizzes, we are grateful to all those who have chosen us as their Charity of the Year or supported us with one-off events*

- A year of fundraising by the Mayor of Chippenham culminated in Andy Phillips handing over £3,731 to our CEO Babs Harris. Thanks to Andy and Nina Phillips and everyone who attended their Silver Jazz ball and other events.



- Thank you M&S! The Trowbridge store has given us £695 donated by shoppers since we were chosen as charity of the year. The staff also held raffles, cake sales and a sponsored bikeathon.



- The beautiful gardens of Cadenham Manor opened to visitors in June — with Alzheimer's Support benefitting from sales of teas. Later in the summer owners Victoria and Martine Nye organised a summer concert and welcomed donations. In all the events raised more than £3,500.



- We are grateful to the Fudge Trust in Warminster which recently donated £1000 to Old Silk Works Club. The picture shows Fran from the Trust with club members Barry and Dave (who was very keen to get hold of the cheque!)



Many thanks also to the ladies of Warminster Tangent Club who raised £464 for the club.

- Computer firm PriorityIT have raised more than £1,000 to date by renovating older machines and passing them on in exchange for a donation. There is still time to grab a bargain reconditioned computer (call for details on 01225 636000)



## Borough Lands Charity supports groups in Chippenham

Chippenham Borough Lands Charity has given £7,333 to support our community groups in the town.

The money will go towards meeting the running costs of Music for the Mind, Movement for the Mind and the Memory Café.

Trusts and Foundations fundraiser Nicky Thomas said: "These groups are a lifeline for many people in the town and we were thrilled to receive such a generous donation.

"We were also so pleased that Christine and Katie from Borough Lands were able to join us at the Memory Café to see how their funds will be spent."



Christine Jenkins presents the cheque to Nicky at the Chippenham Memory Café

# The wonderful women who challenge themselves for AS



Clockwise from left: Gail, Karen, Denise and Alison



Alzheimer's Support needs to raise £300,000 every year to keep our services going — and this year's fundraising has been boosted by a succession of brave individuals undertaking gruelling personal challenges.

**Karen Harvey** raised more than £2,000 in a sponsored skydive in the Swiss Alps to thank Alzheimer's Support for supporting her parents.

Karen, who did the breath-taking tandem dive from 14,000ft, said: "It's a wonderful charity. When my Dad was alive they offered lots of activities and support for him and they also supported my Mum. Four years on Mum and I need their help more and more as she too sadly has a dementia diagnosis. It's a cruel disease, but Alzheimer's Support are totally supportive."

Huge thanks to **Gail Biggs**, who battled record high temperatures and a whole lot of hills to run the Severn Half Marathon for us. She raised at least £470 in sponsorship, which includes match funding from her employer Coventry Building Society.

Meanwhile **Alison Gaskell** wanted to thank us for supporting her mother at our Mill Street Club so 'in a moment of madness' she signed up to the 10k part of the Great Manchester Run. Although it was further than she had ever run before, she smashed it, raising £395.

Finally, many congratulations and much gratitude to **Denise Ellis** who completed a gruelling 36-mile run around the island of Guernsey - raising more than £1,300. Denise was inspired to run for us after the husband of a close friend was diagnosed with early onset Alzheimer's.



**You don't have to jump out of plane to fundraise for Alzheimer's Support!**

**If you are shopping online please go first to [www.GiveAsYouLive](http://www.GiveAsYouLive)**

**We will get a donation from major retailers whenever you shop — and it won't cost you a penny!**

## Stay Safe and Found with the Herbert Protocol

People living with dementia in Wiltshire are being invited to join a scheme which will support them to stay safe and independent.

The Herbert Protocol is named after George Herbert, a veteran of the Normandy landings who lived with dementia. It has been adopted in various parts of the UK and was launched by Wiltshire Police at Alzheimer's Support's Music for the Mind group in Chippenham.

The protocol is designed to make it as easy as possible to find people who are reported missing. Under the scheme the police ask people living with dementia, carers, family members and friends to fill in a booklet in advance, recording important details such as medication, mobile numbers, places previously visited and a recent photograph.

Then if a family member, friend or resident goes missing, the booklet can be quickly handed to police, reducing the time taken to gather information during the initial, critical stages of a search, which police call 'the golden hour'.



DI Mark Kent with Pam Ollis and Diane Barkham and members of Music for the Mind

The booklet is available from Alzheimer's Support offices and dementia advisers, GP surgeries, or from police enquiry or council offices.

You can also download a copy from [www.wiltshire.police.uk/herbertprotocol](http://www.wiltshire.police.uk/herbertprotocol).

*From our sponsor*

## When is it possible to defer paying care home fees?

We asked Andrew Douglas, Consultant at Awdry Bailey & Douglas Solicitors who specialise in older people's care, for his **views** on this issue.



**Surely you cannot defer payment of fees when in a care home?** If a person cannot pay all their care home fees from their income and capital savings (which must fall under the upper capital limit of £23,250) other than through the sale of their home, a local authority **must** offer them a deferred payments arrangement. **This takes the form of a mortgage.**

### Is there an authority for what you say?

Yes, sections 34-36 of the Care act 2014 and The Care and Support (Deferred Payment) Regulations 2014. This arrangement is a requirement by a local authority **provided** they can obtain a first registered charge against a person's title to **their property or another form of adequate security.**

### What can be deferred?

The amount agreed for care costs plus the local authority's administration charges and interest.

### How much can be deferred?

There is an upper limit which can be deferred and which is 90% of the equity value of the

property. From this value there is deducted the lower capital limit which every person is allowed to keep, namely £14,250.

### Is interest charged?

Yes at the prevailing market gilt rate plus 0.15%. Interest is charged on a compounded daily rate basis, meaning that interest is rendered on the loan outstanding and accumulated interest.

### When is the loan repayable?

It is repayable on the sale or disposal of the property or 90 days after the date of death of the person concerned.

**To know more** and for a free appointment to find out answers to the questions that need answers email Andrew or his team at [ajd@awdry.co.uk](mailto:ajd@awdry.co.uk) or call on 0800 072 8636.

**The firm has offices in Marlborough, Devizes, Royal Wootton Bassett & Chippenham. Alternatively visit [www.awdry.co.uk](http://www.awdry.co.uk)**

# Don your denim this October!

Our annual fundraiser Denim4Dementia is back!

After last year's inaugural campaign we are hoping that even more people will get involved in hosting denim themed muffin-days and events.

Businesses, schools and groups across Wiltshire are pledging their support, and we can't wait to see how Wiltshire Police do their Denim4Dementia days.

Another highlight will be Old Silk Works Manager Lou Gover and friends, who last year staged a three-legged denim-clad sponsored walk. This year Lou and colleague Alex Kesby (pictured right) are embarking on a denim-themed sponsored walk to work from their homes in Trowbridge to the club in Warminster.

It's not too late to get involved!

Download your D4D pack from [www.alzheimerswiltshire.org.uk](http://www.alzheimerswiltshire.org.uk) and let us know what you are planning!



**Park House staff on their D4D day.**  
Left: Bella the dog at a D4D coffee morning arranged by carers in Calne.

## Change someone's mind about dementia!

Could you become a volunteer **Dementia Friends\* Champion** or **Memory Awareness Volunteer**?

If you enjoy public speaking and want to help people to understand more about dementia, training is available to help you run these rewarding sessions in your own community. We are also looking for people who can help out at occasional **fundraising events**, spend a day each week in one of our **day clubs**, or support weekly, fortnightly or monthly groups such as **Music for the Mind** or **memory cafes**.

Contact our dedicated volunteer coordinator **Annie Clayton** on 01225 776481 or [anniec@alzheimerswiltshire.org.uk](mailto:anniec@alzheimerswiltshire.org.uk)

\*Dementia Friends is an Alzheimer's Society initiative and volunteer Champions will also be supported by the Dementia Friends regional support officer.



## Don your denim in October!

This October we are asking people to get their denim on and donate to help people in Wiltshire who are living with dementia.

Just pick a day in October and ask family and friends, or people in your workplace, school or club, to turn up wearing denim on that day — in return for a donation to Alzheimer's Support!

Every penny raised in Denim4Dementia will go to fund much-needed community groups for people living with dementia in Wiltshire. More details at [www.alzheimerswiltshire.org.uk](http://www.alzheimerswiltshire.org.uk)

 **alzheimers support**

[www.alzheimerswiltshire.org.uk](http://www.alzheimerswiltshire.org.uk)  
registered charity number. 1048314

[D4D@alzheimerswiltshire.org.uk](mailto:D4D@alzheimerswiltshire.org.uk)



Remember to visit us on Facebook and Twitter @AlzheimersSupp



If you don't use social media but have family that do, please let them know. It's a great way to keep in touch!

# 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

## Carers' groups

- Devizes** Last Friday of the month.  
Call Monique Bentley 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 01380 739055
- Trowbridge/Bradford** First Weds of the month.  
Call Jackie Ransome on 01225 776481
- Salisbury** First Wednesday of the month  
Call Kate Western 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

## Memory Shed

- Brunel Shed, Corsham** Wednesday pms  
Fridays pms from Spring 2020 

## Gardening Cafés

- Malmesbury** first Wednesday of each month, 2pm  
Malmesbury Garden Centre
- Trowbridge** monthly on Thursdays, 10am (call for dates)  
Palmer Garden Centre
- Salisbury** second Wednesday of each month, 10.30am  
Heale House, Middle Woodford

## Discussion groups

- Living Well Group, Devizes**  
5 Sidmouth Street, 2nd & 4th Mondays 10am
- Laverstock Memory Support Group, Salisbury**  
Wednesdays 10.30am. Also parallel carers' group  
Call Elizabeth Bartlett on 07812 381463

## 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
- Mere**  Fridays monthly, 10.30am Grove Building
- 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

## 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

## Art groups

- Pewsey** Wednesdays 10am, Bouverie Hall
- Holt** Thursdays fortnightly 10am, Village Hall
- Lyneham** Mondays fortnightly 2pm, Village Hall
- Warminster** Mondays weekly 2pm  
Warminster Dementia Centre

## Muddy Boots groups

- St Michael's Church, Bermerton Heath, Salisbury**  
2nd & 4th Mondays of the month
- Avebury and on location in East Wiltshire**  
2nd & 4th Mondays of the month
- Long Barn, Lower Stanton St Quintin,**   
2nd & 4th Wednesdays of the month

## Carer Training

- Trowbridge** Mondays 30th Sept to 18th Nov 10.30am  
Trowbridge United Church 10.30am
- Devizes** Wednesdays 2nd Oct to 20th Nov 10.30am  
St Andrews Methodist Church

Find out more details about all our groups, and sign up online, at  
[www.alzheimerswiltshire.org.uk](http://www.alzheimerswiltshire.org.uk) Or call us on 01380 739055

