

## Brain Health News for May 2015

New on June 16th! The Pewsey Vale Dementia Awareness Group (PVDAG) is setting up a new Memory Café for Pewsey. It will be called the Care Café.

Aimed at those caring for and living with dementia as well as anyone living alone with memory issues who wants a bit of company once a month. The Care Café will be held in the Scout Hut in Pewsey not far from the Bouverie Hall Car Park at 2pm on the third Tuesday of each month starting June 16<sup>th</sup>, (except for September when it will be on the 8<sup>th</sup>). Pewsey Spar Shop is very generously donating the refreshments and an Occupational Therapist will be on hand as well. The Café volunteers hope to engage with those attending to find out what sorts of activities they would like incorporated in the following months Cafés. The aim is to encourage those attending to develop the café to meet their needs and give them ownership of how it develops.

"We have raised £400 through crowd funded donations online and have submitted an application to the Colin Lampard Trust to support the Care Café and the activities

offered. We hope to be able to offer an opportunity for people attending to try out assistive resources such as 'talking tiles' as well." Dawn Wilson Chair of PCAP.

Anyone wanting to support the new Care Café with donations or as a volunteer should contact Susie Brew – PCAP coordinator – [pcap@hotmail.co.uk](mailto:pcap@hotmail.co.uk) tel 07802 444022. We would also be keen to hear from anyone wanting to attend the Care Café in June.

## Pewsey Arts Group

The art group, run by Alzheimer's Support, is for people living with dementia and family carers in the Pewsey area and meets at the Bouverie Hall every Wednesday morning from 10am to 12 (term time). Carers welcome to stay or have time out

This is a relaxed and informal group where individuals may take part in various fun and engaging art projects. There may be a small charge for materials. For more information or to book a place, contact Jackie Allen on: **07776 455018**.

Email [jackiesallen3@gmail.com](mailto:jackiesallen3@gmail.com)



Write to PCAP c/o Giddings Cottage, Huish, Marlborough. SN8 4JN.

## Dementia Guide now on DVD

Do you know someone who has recently been diagnosed with dementia? The dementia guide is now available as a DVD. Order a free copy and hear about other people's experiences and advice on living well with the condition: <http://bit.ly/1vbzkPq>

Also available the Alzheimer's Society's **Staying Connected Kit**. Dementia is a condition that disconnects you. Not just from your memories, but from your family, friends and community too. Information, advice, tips and contacts to help - Simply request your FREE Staying Connected Kit now from <https://alzheimers.form-fill.com/staying-connected.html>

## Dementia Advisor now in Pewsey Surgery

East Wilts dementia adviser Teresa Easton will work from Pewsey surgery Monday afternoons from February 2015.

## [Reading Group for people with memory loss \(and their carers\)](#)

*Picture courtesy of Wiltshire Times*

This group meets at Pewsey Library every Thursday, 2pm – 3pm. Teas, coffees, soft drinks, cakes/biscuits



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provided. It's a friendly, supportive group.

No need to book, just turn up on the day, or contact Josephine Corcoran on 07812 238503 or email [josephinecorcoran@thereader.org.uk](mailto:josephinecorcoran@thereader.org.uk).

## [Singing for the Brain](#)

The groups run by Alzheimer's Support, are friendly and inclusive. Being good at singing is not necessary, and we have plenty of laughter along the way. For general information about Singing for the Brain®, contact Stephany on 01225 776481 or go to [www.alzheimers.org.uk/singingforthebrain](http://www.alzheimers.org.uk/singingforthebrain)

Lockeridge, near Marlborough Thursday mornings at Kennet Valley Hall, Lockeridge, SN8 4EL. Call Jackie on 07777 655018C

## East Wilts Memory Cafe

The East Wilts café run by Alzheimer's Support meets at Coronation Hall, East Grafton, about five miles south of

Marlborough on the A338. They meet from 2pm to 3.30pm on the first Monday of each month (or the following week if a bank holiday)

A typical afternoon will include a talk or discussion on an aspect of living with dementia, followed by afternoon tea. Please let us know if you would like to come along to help us plan for catering. Contact Gaynor Mapp or Sally Haddrell on 01380 739055

**Changes to future care provision** planned for April 2016; a useful guide provided by BBC Health to help you find out more at <http://www.bbc.co.uk/news/health-30990913>

**To outward appearances Chris Graham is a fit and apparently healthy 39-year-old.** *By Fergus Walsh Medical correspondent BBC*

But the former soldier also has early onset Alzheimer's disease.



He inherited an extremely rare form of the condition from his father who died when he was aged just 42.

His brother Tony, who is four years older, is also affected and now needs round-the-clock care - he is tube-fed and unable to speak.

Chris - who had to leave the Army on medical grounds in January - is already suffering memory problems.

He told me: "Alarm bells rang for me when Tony fell ill, so I had a blood test and it confirmed I have a gene which triggers early onset Alzheimer's disease.

"It was quite a shock, but I had guessed that I was affected, because I do forget things."

Alzheimer's disease is the most common form of dementia and symptoms usually appear in old age.

Early onset Alzheimer's occurs in people under 65 and represents fewer than 5% of people with the condition.

In a few hundred families worldwide scientists have pinpointed a few rare gene mutations which trigger the disease across many generations.



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People affected tend to develop Alzheimer's in their 30s or 40s.

The gene mutation carried by Chris Graham is PSEN-1. In the film "Still Alice" the character played by Julianne Moore is also affected by this mutated gene.

'Valuable insights'

His two sisters were also tested but do not carry the gene mutation.

I met Chris and his partner Vicky at their home in Oxfordshire. The couple have a six-week-old baby son named Dexter.

The former soldier knows that he may have passed on the gene mutation.

He said: "Dexter has a 50:50 chance of getting it. It's not good news but I am hoping that science may find an answer.

"If we can put a man on the Moon then surely we can find a cure for Alzheimer's?"

There are thought to be only about 400 families in the world who have familial Alzheimer's disease.

Hilary Evans, from Alzheimer's Research UK, said there was an urgent need for more investment in dementia. *(BBC News)*



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## **Councils face £100m bill for surge in legal safeguards for vulnerable people**

Local authorities say a nine-fold increase in demand for deprivation of liberty assessments triggered by a court ruling is paralysing services – an unintended consequence of worthy legislation

*(March 2015 The Guardian)*

## **Alzheimer's drug trial shows promising early results**

Experts cautiously welcome results of trial of antibody known as aducanumab, which appears to show benefit in patients given it in very earliest stage of disease.

A new drug for Alzheimer's appears to have shown some benefit in people who were given it in the very earliest stage of the disease, say scientists.

Experts were cautious about the results of the trial of an antibody known as aducanumab, which involved just 166 patients. But the dearth of drugs to halt or even slow the progress of dementia – of which Alzheimer's is the most common type – means that any positive results will be greeted with enthusiasm. *(March 2015 The Guardian)*

## Art may delay onset of dementia

New research indicates that people who participate in arts and craft activities in middle and old age may delay the development in very old age of the cognitive problems that often lead to dementia. Those engaged in the arts in middle age are up to 73% less likely to develop mild cognitive impairment than others. - See more at:



(Arts and Health South West April)  
<http://www.ahsw.org.uk/news.aspx?id=1472>

## Healthwatch Wiltshire is gearing up for the next tranche of dementia monitoring workshops

Here are dates and venues.

Westbury May 20<sup>th</sup> 2pm

Devizes May 27<sup>th</sup> 2pm

Salisbury June 3<sup>rd</sup> 10am



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At the last sessions information (quality, accessibility and lack of) was identified as a key issue. They will be using some of the session to introduce the new 'Your Care Your Support Wiltshire' website <http://www.yourcareyoursupportwiltshire.org.uk/home/> and asking attendees to share their knowledge of dementia care and support information.

If you would like to attend one of the session please get in touch, otherwise feel free to share this information throughout your community networks and people you think might be interested in sharing their experiences. 01225 434218 or email [Lucie.woodruff@healthwatchwiltshire.co.uk](mailto:Lucie.woodruff@healthwatchwiltshire.co.uk)

## Alzheimer's Support

Held a great Dementia Friends session at Waitrose in Marlborough yesterday. Staff there have been very supportive towards a client of ours who shops there regularly and wanted a more information about dementia so that they could help her better. What a great team of colleagues!

## Adam Sandler movie inspires real-life program for dementia patients

(Monday, April 20, 2015 [The Oregonian](#))

For 94-year-old Louise Irving, who suffers from dementia, waking up every day to a video with a familiar face and a familiar voice seems to spark a flicker of recognition.

"Good morning, merry sunshine, how did you wake so soon?" Irving's daughter, Tamara Rusoff-Hoen, sings in a video playing from a laptop wheeled to her mother's nursing home bedside.



As the five-minute video plays, with stories of happy memories and get-togethers, Irving beams a bright smile before repeating the traditional family send-off.

"Kiss, kiss ... I love you."

Such prerecorded messages from family members are part of an apparently unique pilot program at

the Hebrew Home at Riverdale aimed at helping victims of Alzheimer's disease and other forms of dementia break through the morning fog of forgetfulness that can often cause them agitation and fear.

It's an idea borrowed from an unlikely place: the 2004 Adam Sandler movie "50 First Dates."

"We're looking to see if we can set a positive tone for the day" without using drugs, Charlotte Dell, director of social services at the home.

### [Learning in Wiltshire](#)

Understand more about dementia! Learning in Wiltshire is running a 2 day introductory Dementia Awareness course on 19/20 May at the Springfield Campus in [Corsham, Wiltshire](#) where people living with dementia and those caring for people with dementia (in either a personal or professional capacity) can learn, discuss and share experiences in a friendly and relaxed environment. Call 01225 713183 or email [learning@wiltshire.gov.uk](mailto:learning@wiltshire.gov.uk) for more information

Comments on this newsletter can be made to the address below, or emailed to [pcap@hotmail.co.uk](mailto:pcap@hotmail.co.uk)



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