



Herefordshire Disability United Network News

Autumn 2017

Dementia



We welcome articles from individuals and organisations to promote their stories or interests.
Please contact the Editor..... details on the back page.

Editorial:

The topic of Council Tax and dementia has recently found its way onto the BBC News as if it were a major discovery, but it seems relevant to including the subject in this editorial. The BBC stated that, "Tens of thousands of vulnerable people could be missing out on a council tax discount that could save them thousands of pounds, research suggests."

It seems that the "Money Saving Expert" (Martin Lewis) had conducted research, often using the mystery shopper approach and their site reads: " Our new research – based on data obtained under the Freedom of Information Act and a mystery-shopping exercise – concludes up to 100,000 people who are entitled to a 25% council tax discount could be missing out, with a massive variation in uptake.

This is likely due to inappropriate information being given about the discount by local councils. Two-thirds of those councils we mystery-shopped gave incorrect info, while some frontline staff were apparently unaware of the existence of the discount."

(Hereford Council were not one of the councils approached in this mystery shopper exercise).

"Council tax rules state that, like students, those diagnosed as 'severely mentally impaired' (SMI) – which covers conditions such as dementia, but also many others – and who are eligible for certain benefits, are 'disregarded for council tax purposes'.

This means if they live with one other person, usually their carer, the household is entitled to a 25% council tax discount. Those living alone are entitled to a 100% discount, so they don't pay council tax at all."

For the full report check:

https://images6.moneysavingexpert.com/images/documents/SMI_report-2017_

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Since the last dementia event which HDU held in June this year, there are moves currently to make Ross on Wye and District a more dementia friendly place. Using the Dementia Action Alliance to get things off the ground, an inaugural meeting took place at Alton Street Surgery where like minded organisations gathered to consider where to begin.

A Steering group has been set up and we meet monthly at the surgery. Please let me know if you would like to participate. The next meeting is on Friday 27th October at 10.30 am.

On 22nd November we will have some Dementia Friends training for the group.

Contact: sylvia.nicholls@btinternet.com
Ring: 07817 473813

The Editor

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A date for your
diary
Thursday
9th November
Shire Hall,
Hereford
Technology
Event
10.30—3.30

Check our website for
details

[www.herefordshire
disabilityunited.org.uk](http://www.herefordshire
disabilityunited.org.uk)

Herefordshire Disability United (HDU) is an organisation that has developed to voice the concerns of disabled people, and to provide a platform where disability issues can be raised and policies developed.

HDU is run by people with disabilities for people with disabilities. It was started in January 2011, and has grown to be an acknowledged organisation representing service users, and their families fighting for a better future and understanding.

HDU take part in consultations to highlight issues that affect persons with disabilities.

Our networking is effective with representation via public sector officialdom, providers and the third sector, local and national businesses to improve their practices and policies.

We are a democratic, non sectarian, non party political organisation, stimulating discussion to improve outcomes for disabled people.

Editorial or advertising queries:

Contact the editor on 07817 473813 or email : info@hdu.org.uk

Contact:

Herefordshire Disability United welcomes any feedback on Network News, or any of the services it provides.

Disclaimer:

The views expressed in Network News are not necessarily those of Herefordshire Disability United.

When a GP lives with dementia

The BBC has a wonderful wealth of information on its website, and knowing where to begin I teased out the best to share with you. You can listen to this programme from 24th June 2015 found on the link: <http://www.bbc.co.uk/programmes/b05zky7d>

A senior partner in a GP surgery group in Southampton, namely Dr Jennifer Bute, thought she was “feeling her age”, when in her late 50’s she noticed forgetting things. But, it wasn’t just being forgetful that concerned her and others, but the multitude of other symptoms that made her realise she was:

“Living with Dementia”.



She is quoted as saying:

“I attended a conference but had great difficulty finding the location and did not recognise people who obviously knew me. I pretended to be OK but displayed bizarre behaviour, such as pouring my neighbour’s drink over my food. I was unable to get out of the glass foyer and had to wait for help, even though a notice explained what to do. I forgot I had arranged for Stanley (husband) to collect me. I still remember the occasion as a complete nightmare.”

Jennifer had noticed hallucinations, affecting all her senses. She could hear the phone ringing, and when she picked it up, it still continued to ring “in her head”. She heard typewriters hammering away, when in fact that was a sound from the past. She would be talking to her daughter upstairs having a wonderful conversation, when in fact her daughter wasn’t in the house. And as for hearing a baby or young child cry, she didn’t know where to turn. Jennifer could “smell gas or cigarettes” when none were present. She would be fighting a swarm of bees when out walking when there wasn’t one to be seen.

One of the most worrying hallucinations came after her internet grocery delivery, which she had resorted to after shopping in reality became too difficult. Money confused her, as did crowds of people and too much choice in the supermarkets. The driver had brought in all her shopping, placing it on various surfaces kitchen. Some was even on the cooker. Now, “food on the hob” was meant to be cooked, and so she turned on the gas. It didn’t concern her when things smouldered and plastic melted, but when a banana exploded it brought her back to her senses, and she quickly turned off the hob. Once on medication the hallucinations virtually ceased.

Jennifer was still capable enough to help her family and friends understand how to cope with her ever changing world. She created leaflets and shared them. Friends had started to avoid her not knowing how to speak to her anymore but she wanted to enjoy life and their friendships.

She still leads the way for others

Jennifer had loved lecturing, but had lost the ability to read. Words without context were meaningless. Also how she perceived pictures was also an issue, and this caused confusion and created conflict for everyone.

What about eating and drinking? Jennifer cannot remember if she has done this, as she doesn't feel hungry or thirsty. After each meal (which has different types of crockery), she places the dirty items in the sink, and only washes up before going to bed. This helps her "remember" if she has eaten.

Preparing a meal is another problem. She has some very simple video clips on her I-pad, each one indicative of the content from the title/ photo. It could be how to make a cuppa, or a cheese sandwich or even how to get the microwave to work. Manuals are useless, she needs to see visual inspiration.

There are times when frustration gets the better of Jennifer either due to tiredness, too many people or too much noise. And she cannot control her emotions. Then she reverts to being a toddler having a tantrum, by hiding, sulking outside or hugging herself. This can be humiliating. Music is often the karma to return to a better place.

Jennifer began to aspire to the Japanese way of therapy. In groups of like minded individuals, she runs fun sessions in her community when three different activities are accessed. Singing is the first as people arrive. It opens up the mind and brings harmony, as most people with dementia can sing even when other forms of communication are lost. Then they read out loud in unison. Suddenly the words on the page are meaningful, and then someone may continue unaccompanied with the text. Lastly they will pick up a pen and draw lines or circles or whatever makes sense to them. These three forms of communication are the basis of everyday life, and bring happiness to those present being able to participate.

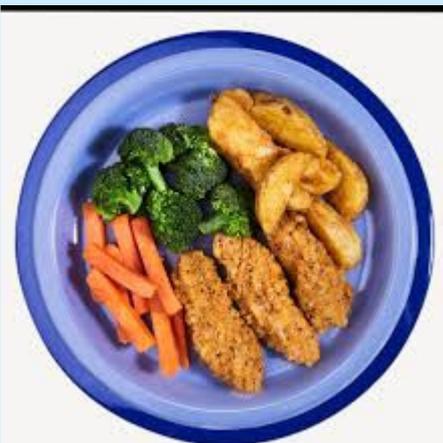
A couple of decades ago people who had strokes were not encouraged to fight back and improve their physical and mental wellbeing, but today that is different. Treating dementia the same way is what is necessary. Don't just expect there to be no improvement or value to life. It is possible, and this approach makes such a difference to those living with dementia and their families.

You live with dementia, you don't suffer with it. Your family should not be known as carers, as they are still family. Dementia is a challenge to be accepted.

Now turn to page 17 for more information on Japanese Memory Groups

Food for thought!

Whilst many may take information read in the Daily Mail with a pinch of salt, I did recently see an interesting article about dementia which I felt has some credibility.



It mentioned that using blue plates when serving food to those with dementia had seen a good result in the amount of food eaten, as opposed to serving a meal on white plates.

Evidently sight affected by dementia is a suggested cause as to the apparent lack of appetite and loss of weight.

After all if mashed potato becomes a blur on a white plate and cannot be seen, how can that person eat it? That seemed to make sense, but I felt more research was needed before I would deem this to be completely sound. Off to the Internet then!

Ok it seems the East Lancashire Heath Trust have done their own investigation, and agree about using blue plates. Kim Knowles, Junior Sister Nurse at Royal Blackburn Hospital, said: "It is often that our patients do not want to eat as they are not stimulated, or their perception is altered due to damage on the brain, so they cannot see the plate the food is served on because it is white. Our new plates will not only make sure patients living with dementia are able to eat the food they need, but that they are able to eat on their own, as the task usually falls on a carer."

Colour is very useful when creating a dementia friendly environment, especially when it comes to a patient's health. Research has found that a high amount of patients do not finish the food on their plates even when staff or carers encourage them to do so. Plus 40% of individuals with severe Alzheimer's lose a staggering amount of weight that is deemed unhealthy. Over the course of a four months trial, residents gained between 6-7lbs each, and overall nutrition was boosted using blue plates.

Now all this sounds wonderful but scrolling down the list of websites which appeared on screen for the search, "Blue plates for dementia", I found lower down, "Red plates for dementia". OK, so what's this all about?

This relates to studies from three or four years ago. Again it appears that colour comparison of food to that of the plate colour is important. So, you can see that eating red tomatoes from a red plate is not going to improve matters, but contrast colours of food/ plates does appear to help.



Colour does matter

Another Daily Mail article from July 2016 triumphed the news that yellow plates were the new in colour.

Research has shown dementia patients experience difficulties with their sight and perception may fail to recognise food on white plates. But contrasting colours, such as a yellow plate on a white tablecloth, helps sufferers to distinguish between the objects. A successful pilot scheme on the dementia ward at Furness General Hospital in Barrow, encouraged patients to eat ten extra grams of their meals when served on brightly coloured plates compared to plain alternatives.



Boston University in the USA have also considered colour themes going back to 2004. Team member and PhD candidate Tom Laudate recalls an encounter following his talk to a local caregiver support group.

“A woman came up to me and said that just the week before, her mother had been in the kitchen trying to pour milk into a mug. The mug was white, the milk was white, and the countertop was white. She poured milk all over the place, and it wasn’t until the daughter heard me talk that it clicked in her mind and she understood her mother’s vision problem.

Boston University researchers’ approach to the issue of decreased functioning was what led to their breakthrough. Whereas many scientists look for drugs to treat degenerative cognitive diseases like Alzheimer’s and Parkinson’s, Biopsychologist Cronin-Golomb and her team focus instead on finding visual aids that can improve patients’ quality of life. By assisting Alzheimer’s and Parkinson’s patients with their visual perception, the researchers actually were able to improve the subjects’ mental functioning.

“It’s a great feeling to be able to give some information to someone that can make a difference. It’s not huge; we are not solving Alzheimer’s, but we are helping people in their daily lives.” It is generally known that memory problems are associated with Alzheimer’s disease, but many people don’t realise that vision problems can plague these patients as much as their mental challenges do.

So drawing a conclusion from all of this it seems colour contrast of plates to food can make a difference. The amount of money ploughed into the research worldwide must be huge, can it come down to this statement alone?

When you’ve met a person with Dementia, you’ve only met one person with dementia.

The Editor

Young Dementia



Young Dementia Herefordshire

Active, Out & About, Adjusting to Life with Early Onset Dementia

The original concept of the group was to be able to go "out and about" and show that dementia doesn't mean you can't do the things you enjoy.

The first group meeting was the idea of Helen Purkiss OT and Isabel Kirmes OT who were looking after a gentleman who was diagnosed with Alzheimers in his late 50's. He was an ex army brigadier general who had been very active playing golf, riding bikes etc and wanted to meet like minded people living with early onset dementia and socialise.

May 2013 the group was formed and originally was known as "Out and About". The first meeting was attended by about 8 people, who were either diagnosed with a form of dementia plus their carers and the two OT ladies.

The name change came fairly quickly and we have since been known as "Young Dementia Herefordshire". We were having monthly group meetings at The Friends Meeting House, King Street, Hereford but since September 2016 have been meeting the last Thursday of the month at The Courtyard, Edgar Street, Hereford.

Financial sponsorship has come from Harley Davidson Motorcycles in Gloucester, Rotary Club of the Marches, Cargill, Asda and several private donations.

Our aim is to show that being diagnosed with dementia does not mean you have to give up and to continue to enjoy life and to help each other and exchange experiences.

Contact details are:

Phil Morris, email: morrisgoon@aol.com

Mobile number: 07922 042 434.

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Also check out the Courtyard Theatre Hereford, which is heavily involved with promoting events for all people with dementia. Their website is:

<http://www.courtyard.org.uk/search/dementia>

At the Courtyard

COURTYARD
HEREFORD

SLEEPING BEAUTY

25 November 2017-
6 January 2018

Sponsored by

Cargill

Dementia friendly Panto! Sleeping Beauty

Thursday 4th January 2.00 pm

**Want to make the festive season last just a
little bit longer?**

**This performance is designed for people
living with dementia and their families**

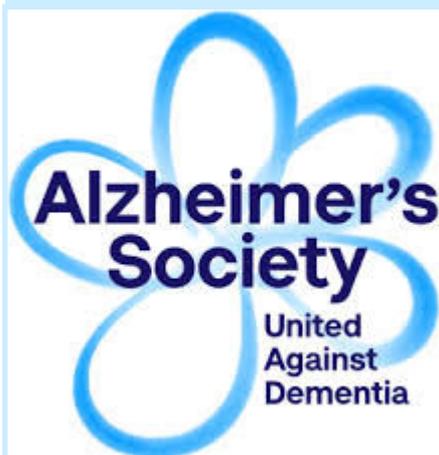
**£10 including refreshments
(Carers go FREE)**

Booking Office: 01432 340555

The Alzheimer's Society

Dementia. It's a scary word isn't it?

How would you feel if you or a loved one had been given a diagnosis of dementia? Scared, angry, anxious, disbelieving, relieved even, you now know what is wrong? Where do you go for help and support? Well, that is where my colleagues and I come in.



The Alzheimer's Society have dementia advisers who support anyone aged over 65 (and their family) who has a diagnosis of dementia and who live in the community. (People with a diagnosis who live in care homes are supported by the In Reach Team).

We work in conjunction with the Memory Service to support and advise people through their dementia journey. We offer information and signposting on a range of subjects such as benefits, social care assessments, social activities, Lasting Power of Attorney, coping strategies and support for carers.

My role is to support people under the age of 65. Many people think of dementia as a condition that appears in old age – this is not the case. There are approximately 42,000 people under 65 with a diagnosis of dementia. Early diagnosis of dementia is essential. Younger people with dementia, however, often wait a long time for a diagnosis as dementia is often misdiagnosed as depression. This age group faces additional challenges as they may still be working, have a mortgage and/or children. There is a need for specialist services for younger people with dementia but there is a shortage of expert services.

Information can also be accessed online and the Society has a large number of fact-sheets covering many aspects of dementia that can be downloaded from the website www.alzheimers.org.uk/factsheets

If you prefer to speak to someone rather than use the internet then support, advice and information can be found via the Alzheimer's Society National Helpline on 0300 222 1122.

As well as providing information and advice, the Dementia Advisers also attend and assist at various social activities run by the Society.

For example, I also work with my colleague, Lorna Butcher, to facilitate a Service User Review Panel (SURP) where people living with dementia can help to influence local and national work on dementia. Joining a review panel is one way you can have your say.

Where to get help locally

If you have diagnosis of dementia and are interested in joining our SURP please contact me, Sarah Goodger, on 01432 371137 or email me at sarah.goodger@alzheimers.org.uk

Dementia and Learning disability

To support people with a dementia diagnosis **and** a learning disability the Alzheimer's Society is running a 12 month project looking at ways to raise awareness, increase understanding, help to maintain and sustain chosen lifestyles together with support planning to help manage future change. For more details please contact Tracey Exell on Tracey.Exell@alzheimers.org.uk or 01432 371137

The Alzheimer's Society also offer a range of social activities where people with dementia and their family and friends can go and meet other people living with the same condition.

We run monthly Memory Cafes in Hereford, Leominster and Ross where people can meet in a relaxed social setting for a chat over tea and coffee, have lunch, take part in quizzes and share information and experiences. For details and more information about Memory Cafes please contact the office on 01432 371137 or email Claire McCarthy on Claire.mccarthy@alzheimers.org.uk

Singing for the Brain, held in Leominster, Ledbury and Hereford uses music to enhance memory and recall and can help those who have communication difficulties. For details and more information on Singing for the Brain please call the same number or email Sarah Hoyle on sarah.hoyle@alzheimers.org.uk

Did you know you can also become a Dementia Friend?

To become a Dementia Friend you can attend a free local information session held by the Alzheimer's Society.



To find out what sessions are available locally please go to www.dementiafriends.org.uk

So as you can see there is help and support available locally to people with a diagnosis so please contact us and see how we can help.

Sarah Goodger
Young Onset Dementia Adviser
Alzheimer's Society, Hereford Office

Dementia and Sport

Malcolm Watt is 47. He is a former Scottish number one tennis player, who once beat Pat Cash. In the past five years, he has lost most of his ability to communicate and can no longer look after himself. But he still plays tennis like a pro.

George is maybe 40 years older than Malcolm - he can't remember precisely. He used to be a motor mechanic. He thinks he has grandchildren, although he can't say for sure. He struggles to remember his wife's name. Mention the Lisbon Lions though, and he sparks into life.

Both men have dementia, an incurable disease. But both are being helped by the power of sport. On a glorious sunlit day in the elegant surroundings of Kelvinside in Glasgow, Watt is hitting balls with his old friend Ian Campbell, the head tennis coach at Western Health and Racquets Club.

Powerful forehand from the baseline, elegant backhand, skimming low over the net, finding the corners of the court; watching him, you would never imagine there was anything the matter with Watt.

He won tournaments in Scotland from the age of 12, was sponsored by British Airways and Pringle, and once held match point against one of his heroes, Vitas Gerulaitis. The victory over Cash was in an exhibition doubles game, but not many people can boast of beating a Wimbledon champion. As a veteran on the ITF Tour, he was ranked just outside the top 50 seniors.

Five years ago, though, Watt was diagnosed with frontal lobe (or frontotemporal) dementia. It is a relatively uncommon form of the disease, which affects language, thinking and behaviour, often in younger people.

In hindsight, his father Tommy realises the signs were there for a number of years. "I'd speak to him on the phone and suddenly he'd talk about something entirely different, but it never crossed my mind to get it checked out. He was coaching a player at Newlands Tennis Club, who became concerned that Malcolm wasn't well; I went to Newlands and said to Malcolm: 'Let's go home'."

Malcolm was married at the time with a young son, but his relationship broke down and now he lives with his parents in the Argyll town of Helensburgh. In the house he is constantly restless and agitated. His father has taken to locking the fridge door as Malcolm cannot remember if he has just had a meal so tends to empty the shelves if allowed. But on a tennis court, part of the old Malcolm returns.

"By and large, it's him - normal Malky Watt," says coach and hitting partner Ian Campbell. "He still has all the quirks tennis players have. He's still a moany git, in the nicest possible way; a perfectionist. He has high standards - if he misses, he gets annoyed and will throw a racquet."

"He always had a great sense of humour and he can still occasionally laugh at himself. When I hear about the stuff going on off the court, it's hard to believe."

The Sporting Memories Foundation

Over to the east of Glasgow, in a community centre in the town of Bellshill, a group of elderly men have gathered for their regular Friday morning meeting. Football shirts are draped around the echoing hall, football programmes arranged on tables, photos pinned to the walls of football legends of the past: Denis Law, George Best, and local hero Sir Matt Busby.

Most of the men have dementia and many spend hours at home in a chair in front of the TV. So these regular Friday sessions, organised by the Sporting Memories Network, are a highlight of their week.

The first hour is all about reminiscence. The men come alive as they recollect great sporting days of the past, and within minutes the room is full of laughter.

Banter flies between the different Glaswegian football tribes. Group leader Norrie Gallagher goes around the table asking for a favourite colour - blue for Rangers, green and white for Celtic, claret and amber for Motherwell.

Celtic fan George has been sitting quietly, awaiting his turn. He pauses for a beat, then says, with a cheeky smile: "Tartan."

Reminiscence, through music, family photos or other familiar objects, is a well used tool for those working with dementia patients, whose short-term memory might be failing them. But older men are traditionally harder to reach, and the sessions run by Sporting Memories Network bridge that gap, according to Gallagher.

"The magic of sport draws them in. When you say, we're here to talk sport, they'll give that a chance," he said.

"It's like their experiences of men together in the workplace, in the golf club, in the pub, that kind of camaraderie and banter, they rediscover it here. It gives them the confidence to start talking about other things, and developing friendships and new relationships.

Programme info from: <http://www.bbc.co.uk/sport/get-inspired/36327418>

The Sporting Memories Foundation

The Sporting Memories Foundation tackle Dementia, depression and loneliness through sporting memories. They support older people across the UK living with dementia, depression and loneliness by engaging them in social activities and helping them to recall memories of watching or playing sport. By sharing memories of sporting moments and tapping into a passion for sport they help people to connect with others and with their past, reawakening positive thoughts and feelings that otherwise remain hidden away. Their website is:

http://www.sportingmemoriesnetwork.com/d1303/contact_us

Could this type of club be set up in Herefordshire?

Types of Dementia

Dementia is often thought of as a condition of poor memory, but many aspects of cognitive function may be affected. This can show up as problems with activities of daily life, such as visual and language processing, or ordering things such as getting dressed.

People with dementia may mis-perceive visual information, so for instance a puddle or a change in carpet colour may appear like a giant hole in the ground. Speech may be affected, with a loss of verbal fluency often an early sign of problems. Muscular control can be altered, causing problems with mobility and swallowing, increasing the risk of chest infections. Often people with dementia need extra help in daily life, but some functions, such as preparing food, can be preserved, and it is important to encourage independence where possible.

Types of dementia

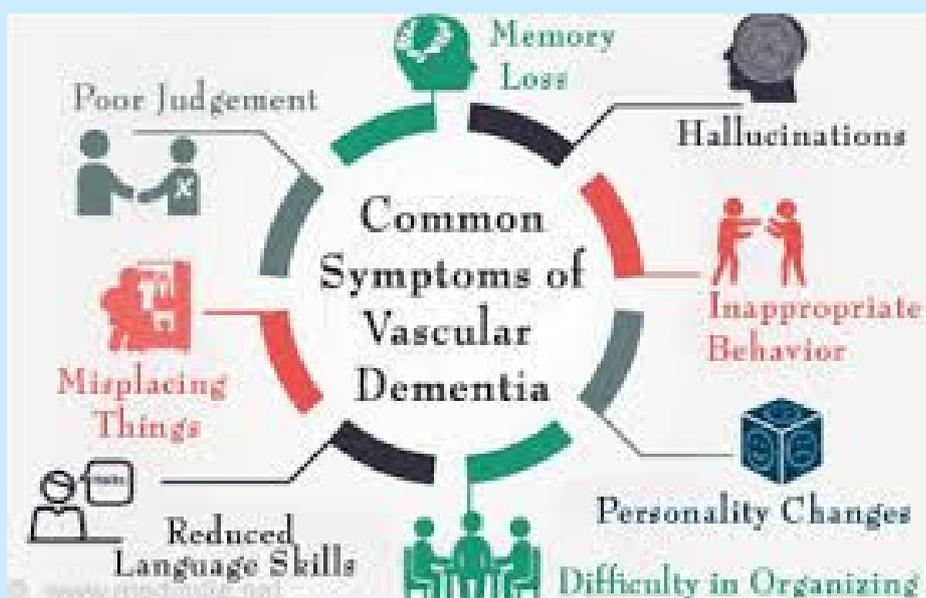
Dementia is a global term covering various 'subtypes' of diagnoses. Alzheimer's disease is the best known, but vascular dementia and Lewy body dementia are also reasonably common. There are other rarer causes of dementia, such as *Pick's disease*, which predominantly affects the front of the brain, and *normal pressure hydrocephalus*, in which (despite the name) pressure builds up, damaging the brain. These all affect the way the brain functions, but the clinical picture, together with brain scans, helps to identify the dementia type, which in turn means treatment can be focused appropriately.

Vascular dementia is thought to be due to lack of blood supply to parts of the brain. A stroke occurs when a large part of the brain is starved of oxygen by a blood clot or bleed, but the same process can affect smaller areas of the brain, leading eventually to damage, known as cerebrovascular disease.

Sometimes these events can become apparent as a quick deterioration or loss of function, but the onset can be so gradual it may go unnoticed for some time.

Treatment aims to reducing the chance of further damage, focusing on risk factors such as cholesterol and high blood pressure.

Some patients have a mix of vascular and Alzheimer's type dementia.

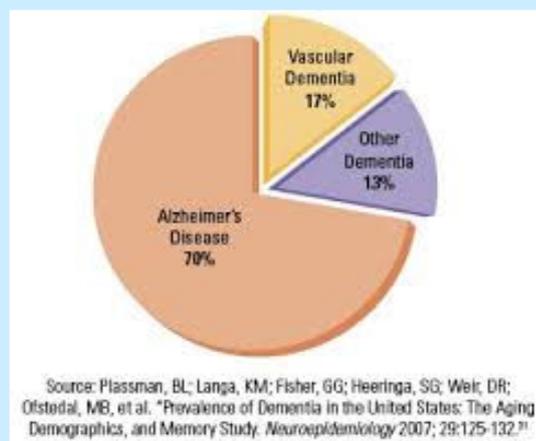


By Dr Simon Lennane

Alzheimer's disease was first described by Alois Alzheimer in 1901. Recent research has demonstrated a build up of protein ('amyloid' and 'tau') in the brain which affects the way the nerves connect to each other.

Medication such as **Donepezil** for Alzheimer's disease aims to improve the way nerves transmit information, by increasing levels of a chemical called acetylcholine. This can be very effective in improving function or preventing deterioration. Another medicine called **Memantine** can be a useful alternative in some circumstances.

Dementia with Lewy bodies is related to Parkinson's disease, as the same areas of the brain are affected. These control movement, so Lewy body dementia often presents as a movement disorder, with memory problems, but also often visual hallucinations. Medicines are sometimes used to help with movement problems and any distress caused from hallucinations.



Prevention

Keeping physically and mentally active seems to reduce the risk of dementia. Not smoking, keeping to a good diet, and staying involved socially are all sensible precautions. Thankfully dementia is getting less common, which may be as a result of better treatment of risk factors for vascular disease such as high blood pressure and cholesterol.

Carers

It can be both rewarding and frustrating to care for someone with dementia, as memory problems can make some behaviours repetitive. It is important to ensure that carers get regular breaks, including time away where appropriate. Support groups are very helpful in providing advice. Carers sometimes end up neglecting their own health, but it is crucial to stay well, and GP surgeries in Herefordshire will be happy to address any concerns. Patients should all have a named professional, and all GP surgeries have a Community Dementia Nurse who is available to review patients if needed.

We are lucky to have two meeting centres in Herefordshire, in Leominster and Ross-on-Wye. The idea of dementia meeting centres came from the Netherlands, and involve a person with dementia and their carer(s) spending quality time together in a supportive environment.

Contact details: Leominster meeting centre: 01568 368180
rossmeetingcentre@gmail.com.

Information supplied by Dr Simone Lennane, GP Alton Street Surgery
Ross on Wye and, Mental health GP Lead Herefordshire CCG

MacMillan... Dementia and Cancer

Dementia and cancer

An extract from Mac Voice, the magazine for Macmillan professionals: Spring 2016

Dementia is one of the biggest challenges facing the health economy today. It is estimated that 24.5 million people in the UK – a staggering 38% of the population – know a family member or friend with dementia.

It is a frightening condition that touches the lives of many of us. It is also now the most feared condition among people over 55 years in the UK [1] and the number one cause of death in older women.[2]

Cancer specialists are treating an increasing number of people who present with both cancer and dementia. Both conditions are primarily diseases of older people, with currently more than three in five cancers being diagnosed in people aged 65, and one in three people affected by dementia over the age of 65. It is estimated that 850,000 people in the UK currently have dementia. [3]

Consent to treatment

One of the biggest challenges in treating someone with cancer and an advanced dementia is consent around treatment and whether it is actually in their best interest. Networking and partnership working are imperative when these crucial questions exist around consent to treatment and the decision to treat.

References

1. Department of Health. Dementia: A state of the nation report on dementia care and support in England. 2013.
2. Office for National Statistics. Main cause death: Mortality Statistics: Deaths Registered in England and Wales (Series DR,2013 Release). 2014.
3. Alzheimer's Society. Dementia 2014: Opportunity for Change. 2014.

<https://www.macmillan.org.uk/aboutus/healthandsocialcareprofessionals/newsandupdates/macvoice/spring2016/dementiaandcancer.aspx>

For support, information or if you just want to chat, call us free on **0808 808 00 00** (Mon-Fri, 9am-8pm) or visit **macmillan.org.uk**

Call or drop in: Alison Stemp, **Macmillan Cancer Information and Support** Advisor
Macmillan Renton Unit, The County Hospital, Union Walk, Hereford HR1 2ER
01432 355444 ext 5459

hereford.cancerinfoandsupport@nhs.net

Macmillan Welfare Benefits Advisers Herefordshire 01432 377 587

macmillan@herefordshirecab.org.uk

Free and confidential benefits advice service to people living with cancer, their carers and relatives.

The Japanese Memory Group

The Japanese Memory Group is based on the Japanese ethos of high regard for older people. Japanese Professor Kawashima has demonstrated that regular 'Reading Aloud, Mental Arithmetic and Writing' activates brain activity in older people, and restores communication and independence in those with dementia if done on a regular basis.

Dr Jennifer Bute (see pages 4/5) met Professor Kawashima at an International Dementia Conference in London, in March 2012. The evidence impressed her so much that she decided to set up a group. They meet twice a week for half an hour before going into lunch. They started with ten people and now have thirty, but not everyone always remembers to come! They now have written evidence of increased MMSE scores and improved behaviours.

Abilities range from Mild Cognitive Impairment to Severe Dementia, and use the principles of the 3 R's, and after trying different materials, she started producing booklets. Each contains materials that are usable at all stages.

"Some work through booklets by themselves with minimal help, but others need 'one-to-one' attention. We tend to start with singing familiar songs. Then we read aloud, either individually or in turns with lots of encouragement and appropriate affirmation.

We also discovered people loved colours and shapes, the basic bricks of early education and colouring in. Writing is introduced by drawing circles round items or lines joining up things, before more is required. We always move on to the next task before anyone is overwhelmed. Mental Arithmetic is completed using simple sums, but we miss out sums that might discourage or overwhelm, and praise for effort."

At the end of the 30 minute session, all depart with a feeling of achievement, accomplishment, smiles and warmth.

I have produced some materials that you can use if you are interested in starting a group yourself, or even just working through them with your spouse or those you care for. You can download a sample booklet from here where this article is also available.

<http://www.gloriousopportunity.org/japanese-memory-groups.php>

Each booklet is 4 A4 pages long, and there are now two series of booklets, each containing 26 booklets. If you meet twice a week for 30 minutes, this is enough for 6 months of activities. You can purchase the first series of these materials, and the newly released second series on the subject of food:

1. USB Stick with PDF versions of 1st Series: £20
2. ZIP file containing PDF versions of 1st Series: £15 (6.5MB delivered by email within 48 hours)

The Royal British Legion

Live on

The Royal British Legion's role remains as contemporary and as vital as it has ever been supporting today's generation of Armed Forces families and veterans, whether living with an injury or illness, coping with bereavement or finding employment. However the Legion does so much more, including funding research into blast injury studies, providing holidays at Legion owned seaside centres around the UK, delivering specialist dementia support, funding theatre recovery projects and working with partner charities in our Pop In Centres.



The money raised through the Poppy Appeal goes directly to The Royal British Legion's work providing through life support to anyone who is currently serving in the British Armed Forces, who has previously served, and their families. This vital work is entirely dependent on the public's generous support – so please wear your poppy with pride, knowing that you are helping the Armed Forces community to live on.

Services & Support call the Contact Centre helpline 0808 802 8080.

Personnel Recovery Centres are assisting wounded, injured and sick Service personnel to recover and either return to duty or move successfully into civilian life. The initiative is delivered in partnership with The Royal British Legion and Help for Heroes, with support from other Service charities and organisations.

The Legion is helping beneficiaries live independently and with dignity, whether that is in their own home or in one of the charities care homes. It's working with Dementia UK to provide Admiral nurses, a service that supports the carers of its beneficiaries who have dementia, whilst the charity also has six care homes to provide short and long term care for serving and ex-Service people and their dependents, and its 'Poppy Calls' handy man service is providing a dedicated and trusted team trained to carry out small home repairs.

The charity is helping Service leavers find employment and also provides advice and guidance to partners and dependents of serving personnel. It also provides specialist compensation advice, help with debt and emergency situations, and support to beneficiaries through grants and loans, helping to ease the burden of financial pressure for thousands of Service and ex-Service people every year.

A welcome break – the charity offers holidays to those that need it most, whether it's because they haven't had a holiday in years, have been struggling with a recent bereavement, or are juggling family and Armed Forces commitments. With four permanent locations around the UK where members of the Armed Forces community take a break, they provide a relaxing environment where can everything's taken care of.

If you would like to learn more about The Royal British Legion, take part in one of their fundraising events or volunteer visit www.royalbritishlegion.org.uk.

Award Winning Documentary

I thought you might like to check out a website for the “Jewish Chronicle” dated 25th September this year, about an award winning film maker.

<https://www.thejc.com/news/uk-news/documentary-maker-s-pride-as-dementia-%EF%AC%81m-picks-up-awards-1.444883>
(below is a copy of their article)

Documentary filmmaker Lucy Kaye, from Walthamstow, east London, spent several weeks filming at the Liberal Jewish Synagogue in St John’s Wood, where community group Singing for the Mind meets every week.



Ms Kaye’s 12-minute film, *Memory Songs*, shows the filmmaker meeting pensioners who told her their life stories and of the trials of living with dementia.

“They had all lived such rich and diverse lives — some had survived the Holocaust, others had been professional footballers, some were artists,” said Ms Kaye. “I feel immensely privileged to have had the opportunity to have spent time with such interesting and inspiring people.”

The documentary has won the Grand Jury Prize at the prestigious Rhode Island Film Festival in the United States in a category recognising films which “reflect the Jewish experience”.

“<http://www.lucykaye.com/documentary-films> “Memory Songs” (documentary)

“Singing for the mind” video is available under “promotional films” too.

The British Film Council quotes the video as:

Synopsis

When your memory fades, your grip on reality becomes fragile and the sense of self slowly slips away. In a synagogue hall in North West London, a group of elderly people gather to find release. Using music and song they try to reconnect with themselves. Through the poetic use of poignant personal photographs and carefully assembled voiced-over memories, this film takes us into the emotional heart of these people, coping with the onset of Dementia.”

The link is: <http://www.lucykaye.com>

Useful Contacts

NHS Herefordshire

Patient Advice and Liaison Service (PALS)

The County Hospital, Hereford

Mon-Fri 8.30-4.30

Office Tel No: 01432 372986

Mobile Tel No: 07825 681801

Email:

makingexperiencescount@wvt.nhs.uk

Equality and Human Rights Commission

Freepost RRLL-GHUX-CTRX, Arndale House,

Arndale Centre, Manchester, M4 3AQ

Tel: 0808 800 0082 Website:

www.equalityhumanrights.com

RADAR, now at Disability Rights UK

12 City Forum, 250 City Road, London, EC1V 8AF

Tel: 020 7250 3222 Minicom: 020 7250 4119

Email: enquiries@disabilityrightsuk.org

NHS Direct Tel: 111 (free service)

Wye Valley NHS Trust

The County Hospital

Union Walk

Hereford

HR1 2ER

Tel: 01432 355444

Wye Valley NHS Trust

Community Health

Vaughan Building

Ruckhall Lane

Belmont

Hereford

HR2 9RP

Tel: 01432 344 344

Herefordshire Council and NHS Herefordshire

Social Services Adult Duty Desk

Office hours 9am - 5pm

Office Tel No: 01432 260101

Out of hours: 0330 1239309 adults

01905 768020 children

Next HDU event details will be signposted on our website

www.herefordshiredisabilityunited.org.uk

We respond to current issues and need

Network News is produced by Herefordshire Disability United,

c/o 39 Lea Villa Residential Park, Lea, nr Ross-on-Wye, Herefordshire, HR9 7GP.

Tel: 07817 473813 Email: info@hdu.org.uk

Website: www.herefordshiredisabilityunited.org.uk

HDU is registered with the Charity Commission. Charity number 1154349