

October/November 2024

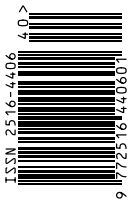
Dementia together



Alzheimer's
Society

In this issue

Learning from life,
'sundowning' experience,
Museums Inspiring Memories
and much more



Welcome



I'm pleased to welcome you to the latest Alzheimer's Society magazine. As more of us notice the nights drawing in, we hope the ideas and stories within these pages bring some warmth and light where it's needed.

Among the people with dementia in this issue, you'll find Howard's positivity and acceptance, Lorraine's account of 'sundowning', and Tim's comparison of cancer and dementia support.

Among the carers, family members and friends, you'll hear Brenda's moving experiences of her husband's diabetes on top of dementia, Denise's actions for visibility within her community, and SeaSwallow's involvement in our amazing Dementia Support Forum.

As ever, it's your feedback and ideas that help us to make sure the magazine brings help and hope to people's letterboxes and inboxes. So please keep on telling us what you think by using the magazine contacts below!

Danny Ratnaike, Magazine Editor



**Need support? Call 0333 150 3456
or visit alzheimers.org.uk/getsupport**

Dementia together is the magazine for all Alzheimer's Society supporters and anyone affected by dementia. Contact us on magazine@alzheimers.org.uk, **020 7264 2667** or **020 3929 5117**, or write to us at Magazine Editor, Alzheimer's Society, Suite 2, 1st Floor East Wing, Plumer House, Tailour Road, Plymouth PL6 5FS.

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Directions

Memory Walk 2024 is in full swing, and it's fantastic to see so many of you coming together in person. Whether it's honouring someone's life, connecting with others who get what living with dementia is like, or raising awareness and funds, your passion, purpose and power is awe-inspiring.

And we've also seen an amazing World Alzheimer's Month in September – the highest profile we've ever had! It's essential that the wider public understands how dementia is a key issue of our time. Without that, it's unlikely decision-makers in government and elsewhere will step up and deliver.

There's so much we need them to deliver on. Making sure people can benefit from new treatments, supporting the research that will find more, fixing our health and social care systems so they're fair and effective...

Are these the battles we still wanted to be fighting in 2024? Certainly not. But nothing's taking the wind from our sails. We won't stop until we see the change that's needed for everyone.

In the meantime, we'll be the change instead – along with you, of course. The only reason we can be here for people affected by dementia is because you're here for us and with us. Thank you.

Kate Lee
Chief Executive Officer
[@KateLeeCEO](#)

News

Drug disappointment and hope

We're disappointed that lecanemab hasn't been recommended to be provided by the NHS at this stage. But we have hopes for the future of this and many other new drugs currently being tested.

Lecanemab was approved to be licensed in the UK by the MHRA (Medicines and Healthcare products Regulatory Agency). However, NICE (the National Institute for Health and Care Excellence) didn't recommend that the NHS provide it, although this decision is still under consultation.

We hope there's still a future for lecanemab, which helps remove amyloid – a protein that builds up in the brain in the early stages of Alzheimer's disease.

And we are excited about other new drugs that promise to change the course of Alzheimer's disease, rather than simply reducing symptoms. These include donanemab (see page 18) and over 120 other drugs being tested in clinical trials.

Find out more at alzheimers.org.uk/research

Care cost cap scrapped

We're very disappointed that, after years of delays, the government has scrapped an £86,000 cap on social care costs in England.

Emily Hindle, Policy Manager at the Society, said, 'While we appreciate the financial challenge the new government faces, this decision pushes the burden onto individuals, who pay around £100,000 for care on average when they are already dealing with dementia's devastation on their lives.'

'The UK government has promised a new national care service in England. Work on this must start urgently – and it must include long-term funding reform to reduce the financial burden on individuals.'

For factsheets about paying for care and support – in England, in Wales and in Northern Ireland – see alzheimers.org.uk/publications or call 0300 303 5933.

Elf Day

Grab your jingle-bell hat and festive jumper for Elf Day on 4 December, when Alzheimer's Society supporters across the UK dress up to raise money and awareness. Busy that day? Not a problem – you can take part in Elf Day whenever you like!

For fundraising ideas, games and more, visit alzheimers.org.uk/elf-day



Memory Walk is back!

Our 2024 Memory Walk events kicked off in style, with over 23,000 people already signed up. There's still time to join events throughout October at locations including Nottingham, Belfast, Cheshire and Manchester.

Find an event near you and sign up at alzheimers.org.uk/memorywalk or call 0300 330 5452.



We've had so many amazing supporters at Memory Walk this year, including Society Ambassador Lavina Mehta MBE, who opened the Watford event with a welcome warm-up (left).

Influencing NI priorities

Following the restoration of devolved institutions in February, the Northern Ireland Executive has launched a draft programme for government. Its priorities include a commitment to cut waiting lists and transform public services.

We're campaigning for ministers to tackle the devastation of dementia, starting with improved diagnosis and reform of adult social care.

Wales conference strategy

We've been preparing for this October's political party conferences in Wales to make sure we get our message across effectively to key decision-makers.

We've been identifying the people and organisations in Wales we need to target to improve dementia diagnosis and create a better social care system.

Local budget squeezes

Local authority budgets around the UK continue to be squeezed, leading to cuts in services that many people rely on. Unfortunately, this includes dementia support.

Where these decisions involve dementia services, we're working with councils to demonstrate the benefits of retaining services, not just on individuals and family carers but also the wider health and social care system.

Help us challenge and change the issues faced by people affected by dementia – visit alzheimers.org.uk/campaign

Two new risk factors

A commission on dementia prevention, intervention and care has updated the factors that can increase a person's risk of developing dementia. These now include having vision loss that's left untreated or high levels of low-density lipoprotein (LDL or 'bad cholesterol').

Fiona Carragher, our Chief Policy and Research Officer, said, 'This Lancet Commission study, part-funded by Alzheimer's Society, identifies two new risk factors for developing dementia – untreated vision loss and high LDL cholesterol.'

'It also suggests that nearly half of dementia cases across the world could be delayed or prevented.'

The commission drew on latest evidence to update its list of risk factors, announcing the news at the Alzheimer's Association International Conference in July.

Fiona added, 'Some dementia risk factors, such as high consumption of alcohol and a lack of physical exercise, can be managed by changing your lifestyle, but many must be addressed on a societal level.'

'Social isolation, education inequalities and air pollution are beyond individuals' control and require public health interventions and joint action between government and industry.'

'If we can support people to reduce their dementia risk and address the societal change needed, this could mean potentially hundreds of thousands fewer people in the UK will go on to develop dementia.'

For our **Dementia: Reducing your risk (35)** booklet, see alzheimers.org.uk/publications or call **0300 303 5933**.

New Cadent Gas partnership

A new two-year £1.5 million partnership with Cadent Gas, the UK's biggest gas distributor, and support from Ofgem, will mean we can help more people affected by dementia with issues such as energy efficiency and gas safety.

Our team will work with Cadent Gas to raise awareness about the risks of carbon monoxide, how to join the Priority Service Register and more.

Marking World Alzheimer's Month

This year's World Alzheimer's Month was higher profile than ever, bringing dementia out from behind closed doors throughout September.

To usher in the month, we stopped passers-by in their tracks at one of most famous advertising spots in the world, Piccadilly Circus, with quotes from people affected by dementia.

On World Alzheimer's Day, 21 September, we partnered with Yorkshire County Cricket Club for an England v Australia One Day International at Headingley in Leeds, with support from the England and Wales Cricket Board.

Among a host of other activities, we encouraged people to share their personal stories on our dedicated page – see alzheimers.org.uk/stories



Involvement award winners

In September we hosted our Dementia Involvement Awards, showcasing the best examples of involving people with lived experience of dementia.

Among the winners were Laura Wright from Wolverhampton Wanderers FC, who has developed initiatives that enable people with dementia to continue attending football matches. And special recognition went to Poppy Garner, an extraordinary canine companion to owners Bruce and Carol.

See alzheimers.org.uk/involvement-awards for the full list of winners.



Three new Doctoral Training Centres

We're investing £9 million into three new Doctoral Training Centres to nurture dementia researchers at the start of their career.

The centres will support nearly 90 students over five years to enter dementia research. Only one in five dementia PhD students currently go on to stay in the field, often due to underfunding and the challenging nature of academic careers.

Led by professors in Manchester, Newcastle and London, the centres will build knowledge and understanding in areas that have been particularly underfunded. This includes how changes to blood vessels and our immune systems contribute to dementia, Lewy body dementia and integrated care.

The Doctoral Training Centres will represent networks of researchers from a range of institutions working on the same research topic with varying expertise and specialisms.

They'll provide PhD students with unique access to activity across the centres – widening their options for peer support, networking, knowledge sharing, training and equipment. This has previously been shown to have a powerful effect.

Be a Big Win Super Subscriber

Four times a year, our fundraising Big Win Raffle gives you the chance to win a jackpot of £15,000 and over 1,000 other prizes. Our new subscription service means you'll never miss a chance to win big.

Sign up to ensure your automatic entry into every raffle and every speedy player draw.

Find out more and become a Super Subscriber at alzheimerslottery.org.uk/subscriber

Winter fuel payment – are you eligible?

In July, the government announced changes to the Winter fuel payment in England and Wales. This is an annual one-off payment to help you pay for heating.

To qualify, you must now be aged 66 or over and also receiving certain benefits at a specific time. Many people don't know they're eligible to receive support, so make sure you're not missing out.

Find out more at www.gov.uk/winter-fuel-payment

Dementia documentary

Look out for the release of a groundbreaking documentary on dementia this autumn. Produced for Channel 4 in partnership with the Society, it will show how and why dementia is a forgotten crisis.

TV is a powerful tool to help us raise awareness – we believe this new documentary will expose the hidden realities of dementia and fuel a much-needed national debate.

Dementia innovators

A new collaboration will support innovative ideas from health and social care professionals to improve the lives of people affected by dementia.

The Dementia Innovators Programme, from Alzheimer's Society and the NHS Clinical Entrepreneur Programme, will involve people working both in and out of the NHS. The new programme opens for applications on 1 October.

It will give them the skills and knowledge to develop their ideas, with access to a network of mentors, care professionals and industry experts. We can't wait to see what they achieve!

Find out more at www.nhscep.com/dementia_innovators



Organise your own trek

Did you know we can help you to plan your own walk or trek?

Alongside our big community events, a tailored trek is an inspirational way to support people with dementia.

Whether it's a gentle route through your neighbourhood or a challenging mountain trail, whether you're walking solo or with a big group, we can help to make your trek matter.

Order your free fundraising pack at alzheimers.org.uk/organise-your-own-trek or call 0300 222 5808.

Don't miss...

Advice from people with dementia about what helps when you're feeling low. See page 15.

Tim wants the disparity between cancer and dementia to end. See page 16.

Melissa shares her team's research into frontotemporal dementia. See page 19.

People tell us what they think of products designed to help in the kitchen. See page 24.

Readers' experiences of a person having to move care homes. See page 35.



Quick read

For Howard Ducille, in Birmingham, accepting life's challenges has made dealing with dementia easier.

Growing up in Toxteth, Howard and his brother had to learn how to defend themselves in the face of racism.

Despite the odds, Howard and his late wife Hazel built a life together full of laughter and love.

Howard still misses Hazel, but he's determined to live the best life he can.

Ever the optimist

Acceptance has been an important part of how Howard Ducille has dealt with his dementia. Luke Bishop meets a man who's learned from life's ups and downs.

Every morning when Howard Ducille wakes up, he repeats the same mantra to himself: 'However bad it is, there is someone out there who has it worse than you.'

He says that this perspective, along with acceptance of life's ups and downs, has made his experience of dementia less rocky than might be expected.

'While I do get frustrated with my dementia – and not being able to remember things like I used to and not being able to use computers anymore – I do thank whoever is up there that I'm now in my late 70s, and still here and still able to enjoy things.'

Diagnosis and acceptance

Howard was diagnosed with vascular dementia in 2021 following several ministrokes. However, he believes that symptoms had started to appear before then.

'It started when I was in a car crash. It was a head-on crash and, while I don't think it was completely my fault, I did seem to blank out and couldn't really remember why it happened.'

'I was then diagnosed with vascular dementia and, I have to admit, I wasn't overly bothered. That's what I was told and that was that.'

'There is no point arguing about it, you've just got to go along with it and try and make do the best you can.'

Early days

Howard says being able to take things as they come may in part be due to a life that hasn't always been smooth sailing.

Born to an African Jamaican father and mixed African and Welsh mother in Liverpool's Toxteth area, Howard's upbringing with his younger brother had its challenges.

Though Liverpool has one of the UK's oldest Black communities, he says that racism and even racial violence was a constant background threat as a boy. He and his brother had to learn to defend themselves from an early age.

'Wherever we went, we were the only two Black boys and I always made sure I looked after him. We had to learn to keep our heads down, because in Liverpool at the time every street had its own gang.'

The brothers also spent some time in the care system and had a difficult relationship with their father.

However, Howard was always close to his mother and, when she moved to Birmingham in the 1950s, he went with her. She would later develop Alzheimer's disease, and Howard and his family helped to care for her.

Love of his life

It was in Birmingham that Howard would meet the love of his life, his late wife Hazel.

There were difficulties in the early stages of their relationship, especially with Hazel's father. He had been a German prisoner of war who stayed in England after meeting her mother.

'We got married in a very small ceremony without her family there, but he changed when our daughter was born.'

'He opened up to me from then and even told me about his experiences of fighting in the war, being captured by the British and meeting Hazel's mother while he was being held in a POW camp.'

Hazel died of cancer in 2010. From their marriage until her death, she and Howard were inseparable. He calls it a perfect partnership, raising two

children and running a newsagent business together for a time.

'She never had an angry word for anyone, and we never argued either.'

'When the kids were young and I was still going out too much and being irresponsible, one day she said to me calmly, "If you keep on like this, we're leaving you." That was enough to make me stop and be more responsible.'

'Even when our newsagent business failed and we went bankrupt and lost our house, she was very calm about it. She was very stoic.'

'It was about making the best of the situation you found yourself in and she made the place we then had to move into our home.'

'Our life together was just about laughter and love.'

Building a life together

Following bankruptcy, Howard rebuilt his career. He worked as a manager at the Jaguar car factory in Castle Bromwich, responsible for a team of sheet metal workers and managing schedules.

Hazel worked at a mental health hospital, supporting people with complex needs such as schizophrenia. Howard says she was very popular for her patience and kindness.

He and Hazel moved to his current home in Aston in the 1990s. They continued to share a mutual love of music and gardening.

They also had the opportunity to travel, including to Jamaica where he met cousins and carried out more research on the Ducille family, as well as to Spain and the Dominican Republic.

To make up for their original small-scale wedding, they later

renewed their vows at a church ceremony with lots of friends and family in attendance.

Memories of Hazel

Although he remains devastated by her death 14 years on, Howard has learned to appreciate what they had. He also treasures how Hazel's memory lives on through their daughter.

'Wherever we went we made friends, and when Hazel passed away there were 230 people from all across the UK who came to her funeral. The people from her work were allowed to extend their lunch breaks so they could attend.

'We were very happy together. I am a happy-go-lucky person and, while I wish she hadn't gone, we had a good life together and we enjoyed it.

'I have all these beautiful memories of her and every one of them involves laughter.'

Focused on the future

Despite setbacks and heartbreak, Howard remains focused on the future. He's determined to live the best life he can, despite any dementia-related frustrations.

Howard wants to continue to live in the home he and Hazel made for themselves for as long as he can. He still often hosts his grandchildren and great-grandchildren for meals and family functions.

His pride in his home is reflected by a well-kept garden, which he says he is always maintaining and always looking to add to with new plants and flowers. He's also involved in a newly-formed residents' association for the close where he lives.

Plenty to do

Once Howard was diagnosed with vascular dementia, he wasted no time in joining local groups and making friends with other people with dementia.

He now regularly attends two groups – one for African Caribbean elders in Aston, as well as a dementia café in nearby Sutton Coldfield.

'I am everyone's friend in the two groups, especially as I like to chat and make jokes. If I see someone who is a bit shy or a bit quiet, I normally just go and sit next to them and start talking to them!

'I do find attending the groups really helps me because of socialising, but also because we play cards and listen to music, which I think does help with the brain.

'A couple of months ago at the Sutton Coldfield group, there was a man who was doing a course at college about dementia and music.

'He had this big box of music and I said to him, "Have you got anything by Etta James?" To my surprise he did, and he started to play it.

'The woman sitting next to me started to tap her feet, and before you knew it the whole place was up and dancing. It was wonderful.'

Howard regularly sees a friend of more than 60 years, with whom he goes to the shops and the pub. He enjoys weekly lunches with his daughter too.

Howard also plans to attend a soul and reggae music festival on the south coast in 2025, saying that he always ends up making new friends at such events.

If ever you ask Howard what he has coming up in the future, he flashes his characteristic smile and says, 'Plenty.'



“

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For our Keeping active and involved (1506) booklet, see alzheimers.org.uk/publications or call 0300 303 5933.

To find support near you, visit alzheimers.org.uk/dementi DIRECTORY or call 0333 150 3456 for personalised advice.

Donate

Your donation helps us to support people like Howard to remain independent for as long as possible. [Donate online.](#)

Share and inspire

Views, updates and ideas – for and by you.

The Songbird and the Sunshine

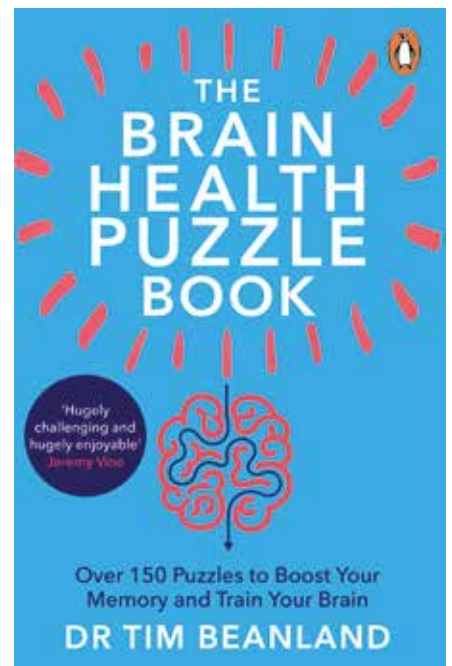


A new book aims to help children better understand their thoughts and feelings when a family member has dementia.

The Songbird and the Sunshine is Mandy Woolf's latest book, aimed at children aged four to eight. It tells the story of a little girl and her grandma, who starts to forget things. They use the power of music and song to help Grandma remember again.

It also includes tips and activities from Alzheimer's Society to support conversations about memory loss.

The Songbird and the Sunshine is available as a 32-page paperback from Amazon for £8.86.



Brain Health Puzzle Book

We're reissuing a popular puzzle book that offers over 150 puzzles to challenge your memory, test your logic and sharpen your focus.

The Brain Health Puzzle Book (previously titled Mind Games) features puzzles of varying difficulty that target different areas of the brain.

The book includes a seven-day programme, along with practical tips and advice to keep your mind active and engaged. Tim Beanland, Head of Knowledge at the Society, provides expert insights into the science of brain health and the benefits of regular mental exercise. All that and part of the proceeds go towards our work too!

The Brain Health Puzzle Book (Penguin, 2024), 336 pages, £10.99 (prices vary), ISBN 9781804942260. Also available as an ebook.

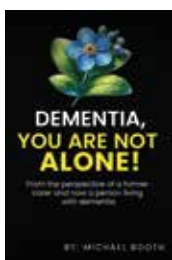


Share your views, feedback and news – email magazine@alzheimers.org.uk or write to the address on page 2. We can consider contributions received by 4 November for the December/January issue (wording may be edited).



'Just another day in the dementia helpline call centre...' (cartoon by Pete Middleton).

You Are Not Alone!



A man from Hartlepool has published a book drawing on his experience both of living with Alzheimer's and of caring for his late mother, who also had the condition.

Michael Booth wrote *Dementia, You Are Not Alone!* to share his insights and experiences, including from people he's met while raising awareness of dementia in other ways. *Dementia, You Are Not Alone!* is available as a 164-page paperback from Amazon for £9.99.

Arts Festival in Edinburgh

Deepness Dementia Arts is holding its second dementia-friendly arts festival from 11–14 November in Edinburgh.

The organisers say, 'There's a stigma surrounding dementia – that those who have it are somehow less capable, less able and incapable of retaining their autonomy – not true!

'There is so much passion, beauty and vision in the dementia community and this festival brings it all together in a real celebration that you won't want to miss.'

Dementia the Musical is also touring Scotland from 12 October. This funny, moving production is based on the dementia activism of James McKillop, Nancy McAdam and Agnes Houston.

For more information, see www.deepnessdementiaarts.co.uk or call **01851 810789**.



DRAGON launch

A network of people affected by dementia from diverse communities has launched in Greater Manchester to inform and influence researchers.

DRAGON, which stands for Dementia Research Action Group – Our Network, was developed by people with lived experience, supported by the University of Manchester, Dementia United (part of NHS Greater Manchester), NIHR and Alzheimer's Society.

The network will meet regularly. Members will share their stories, shape dementia research and advise researchers across Greater Manchester and further afield.

To find out more, email Sarah Kirkland, Senior Project Manager at Dementia United, on sarah.kirkland@nhs.net



Stretch those little grey cells

See page 38 for an autumnal 'anagramword' from Pete Middleton.

My experience of ‘sundowning’

Lorraine Brown, in Kent, shares why she calls it her ‘twilight zone’ and how it affects her.



Sundowning

‘Sundowning’ affects people differently and can happen at any stage of dementia, though it’s more common in middle and later stages.

It can involve experiencing distress, agitation, hallucinations or delusions in late afternoon or evening.

But it can happen at any time of the day and may continue into the night, making it hard to get enough sleep.

Our Understanding sleep problems, night-time disturbance and dementia (534) factsheet includes advice about sundowning – see alzheimers.org.uk/publications or call 0300 303 5933.

I am pleased to be given this opportunity to raise awareness about ‘twilighting’. It affects people differently and this is my story of what I experience.

For me, it does not have any connection with the sun going down or the time of day or season. So I call it my ‘twilight zone’ rather than sundowning.

First signs

By 2pm every day, my brain starts to shut down. The first sign is that I start to salivate and need to dab the sides of my mouth. I become quiet, unsteady and struggle to understand people. I’m told that my eyes glaze over and I’m hit by extreme tiredness.

It’s like being in an alternative universe where nothing quite makes sense. I’m in the here and now, but I also feel like a zombie. I have nanosecond flashes of things, words, faces, sounds and places, that are sometimes connected, sometimes not.

Strategies

Since I was first diagnosed with young-onset familial Alzheimer’s disease in 2014, my twilight zone has changed. But I have worked out strategies to cope with it.

When I’m aware of the twilight zone beginning, it’s vital that I find a quiet sanctuary and rest. I do this to preserve my dignity – I don’t like people to see me in my twilight zone. It doesn’t have to be my actual home, but I am most comfortable here because I’ve taken precautions to protect myself against the effects. These include having a gate at the top of the stairs to prevent falls and a smart home

device to aid my awareness of who, when and where I am.

Those closest to me know how to respond to my twilighting. They recognise the signs. They know to get me to a calm place without any fuss or drama.

Staying safe

I now need two hours or more of rest and sleep to feel more in the here-and-now. But it varies so much. How I spend the rest of the day depends on how I’m feeling – whatever I do, it’s important that I’m safe.

Occasionally, despite my best efforts, I may still be in the twilight zone possibly until the next day. When this happens, I stay in my safe space and do very little, maybe just potter around.

If by reading this, someone realises that sundowning affects a person they know with dementia, I will have made a difference. It’s important for me to talk about it and raise awareness.

Feeling low

Dealing with feelings of sadness when you have dementia.

The challenges of living with dementia mean that it's understandable to feel low sometimes. None of us feels happy all the time, but there are things that bring hope and joy.

Share and connect

Is there someone you'd feel comfortable talking to about your thoughts and feelings? Feeling listened to helps in itself, and it can provide ideas and perspective. Perhaps you could speak to a counsellor or therapist.

Time with friends and family can boost our mood, as can making new friends. Are there things you'd enjoy doing with particular people? Watching sports, sharing a meal, joining a Singing for the Brain group?

Active and well

Regular physical activity often makes us feel good, whether it's gentle or vigorous. So does enjoying nature and the outdoors.

Eating a wide range of healthy foods, and not drinking too much alcohol or caffeine, also helps us to feel well.

Some people find that a regular routine means there's always something to look forward to. Doing something useful provides a sense of purpose too. That could include household tasks or helping others in your community.

Kind to you

Could less clutter and better lighting at home help prevent everyday frustrations? Would having somewhere to sit with an outside view minimise stress? What could work for you?

It's OK to have more energy some days than others – give yourself the time and space you need.

Speak to your GP if you're feeling low for a long time or it's affecting your everyday activities.

Your tips

'Keep as busy as possible. I'm very grateful, as near me I have Singing for the Brain, tea dance, living with dementia meetings and an activity group.

'And when I don't have anything to go to, I like to dance at home with my favourite music on and do lots of housework.' **Tracey Lane**

'Playing with the dog and having a cuddle with him.

'We've also got a lot of old TV programmes on catch-up and recordings. Things like Morecambe and Wise, Keeping Up Appearances – shows you can watch repeatedly. It's enjoying them for their own sake, but also for the nostalgia.

'And you make a lot of new memories getting out, doing things like the Good Company dance project in Brentwood. We look at videos we've made doing them.' **Margaret Gloster**

'I go for a walk – it makes me realise how lucky I am, that I can still appreciate nature. And you speak to other dog walkers when you've got a dog. When I've come back, I feel a lot better.

'I do a bit of sketching too. It doesn't have to be a Picasso – no one else needs to see it! It's a very calming, relaxing thing.' **Peds Lyttle**

'When I was diagnosed, I was shocked to the core. I became sad about myself and my predicament. I tried to hide all this from my wife.

'I began to realise how generous and strong she was. She acted as an example to me, living each day to the fullest, and doing whatever we could to surmount the problem through the joy of life and humour.'

David Joseph

Visit [alzheimers.org.uk/helpsheets](https://www.alzheimers.org.uk/helpsheets) or call **0300 303 5933** for our **Staying healthy and active when you have dementia (HS8) helpsheet.**

For personalised information and advice, call our Dementia support line on 0333 150 3456.

Opinion: End the disparity

Tim Little wants the support you get after being told you have dementia to be more like that you'd get after a cancer diagnosis.

Content warning: suicidal thoughts



Campaign with us

Visit [alzheimers.org.uk/campaign](https://www.alzheimers.org.uk/campaign) and help us challenge and change the issues faced by people affected by dementia.

If you get a cancer diagnosis, you stand a good chance of effective treatment leading to a cure.

If you get a dementia diagnosis, you stand a good chance of not getting effective treatment and no chance of a cure. There are very few effective treatments for dementia and not a single type has a cure.

Cancer needed enhanced funding to find the treatments and potential cures – now dementia needs this.

Dementia is a terminal diagnosis, it is a downward slope. Some are on a steeper slope than others but the only way is down.

With cancer you stand a good chance of returning to your previous life, employment and hobbies. With dementia, your life will be irrevocably changed.

My diagnosis

I went to the GP in 2019, saying that I felt my intellect had dropped a couple of notches, and finally received a diagnosis of Lewy body dementia 17 months later. This news was delivered by phone on a Friday morning during the second lockdown – not an experience to be recommended.

I thought my life was over after being told to make sure my will was up to date, to put powers of attorney in place and that someone from Alzheimer's Society would contact me in six weeks.

Not knowing that the Society dealt with all types of dementia, I thought, 'Why do I want to talk to them? I haven't got Alzheimer's!'

It took the rest of the day to get my head around the idea, then I wanted to talk to someone. But it was the weekend, so I asked Mr Google.

Based on my symptoms, it appeared that I had a maximum of five years left. On Sunday afternoon,

I looked at my wife and said, 'I want to go to Switzerland.' (Dignitas)

It took me two years to learn to want to live again.

Far from ideal

This is a far from ideal way to get a terminal diagnosis.

After joining a peer support group with Alzheimer's Society and talking to people who understand, I started to rebuild my life. They shared their strategies for dealing with the inevitable anxiety and depression. I was also told of different medications to ease symptoms.

Approximately eight weeks after diagnosis I asked the dementia clinic if I could try some medication, only to be told they had just been talking about discharging me.

A terminal diagnosis and you need to ask about medication?

I had to fight for nine months to be told which area of my brain was affected. Why?

I strongly believe that the process of dementia diagnosis needs to be looked at from the patient's point of view.

If I had terminal cancer, I don't think there would have been discussions about discharging me so soon and I would have got answers to my questions more easily.

Still a dirty word

We've set up a peer support service in our part of Essex. I know there are a couple of people still with us because there was someone for them to come and talk to. Because if you haven't got it, you don't get it.

We need dementia to be prioritised in the way that cancer has been. But dementia is still a dirty word.

Seen and heard

Denise Devlin, in County Tyrone, shares how being visible in the community can raise people's awareness of dementia.



My Daddy Sean had run his own business for 43 years, a men's clothing shop. He had been very involved in the community. He was one of the founders of the Strabane Enterprise Agency, he raised money for cancer research and more.

When he was diagnosed with early-onset Alzheimer's, it was a shock to us, even though his mother had it as well.

For the first few years he was able to drive, he was just a bit forgetful. But the journey with dementia can be flat for a while and then there'll be a dip, then it could go flat for another while and there'll be another dip.

I realised that we had to make the most of every moment, because you don't know when a big dip is coming.

Dancing for joy

I found out about the Dementia Friendly Tea Dances held in Derry, 15 miles away. Daddy always loved to

dance so we went, and it brought us such joy!

Daddy would know the man who was singing. He would know people's faces, but he'd started to forget people's names. We went to the Mayor's Tea Dances every month too.

I would take a video and post it on Facebook, Instagram and LinkedIn. I wanted to let people know about the dementia-friendly dances, and for them to see how much Daddy got out of it. You have to meet the person who has dementia where they are at.

They'd say, 'When I see you and your Daddy dance, it makes me appreciate how I must spend more time with my parents, how we never know what's around the corner.'

It was raising awareness all round. And he loved that people would come up to us and say, 'Oh Sean, we saw you dancing!' – he lit up.

A real event

I had long, curly hair and I thought I would like to do a fundraiser to create more awareness about dementia. So I said, 'I'm going to just shave it all off, and I'm going to do it for Alzheimer's Society.'

Daddy at this stage had gone into a nursing home. I asked the manager if we could do it there, and we agreed to make it a live event on Facebook.

I put in that I'd raise £1,000 but then I thought, 'Oh, that's too much.' In the end, there was over £8,600.

People knew our story. They'd watched and shared the videos of Daddy and me dancing on social media. Speaking to people in our hometown about it was really emotional – everybody told me lovely wee stories about him.

The home organised a singer and decorated the place. We had it on posters and it was covered in local newspapers.

After we did the head shave, Daddy and I danced to The Way You Look Tonight – there wasn't a dry eye in the house.

I hope we've helped people to understand more. Daddy has dementia now, but he's still that man with the big heart that brought us up and loved us. You have to love them where they are.

Find out about fundraising, volunteering, campaigns and more ways to create change at alheimers.org.uk/get-involved or call 0330 333 0804.

Research: So much to gain

New dementia treatments can only be developed with the help of people like you.



‘We had nothing to lose and possibly lots to gain.’

As the availability of new Alzheimer’s drugs is debated, the words of one couple taking part in research cut through a lot of noise.

‘The memory clinic had said there were no more drugs that would be suitable for my husband,’ says the participant’s wife.

‘He signed up initially for the aducanumab study, which was stopped earlier this year.

‘When we found out about the donanemab trial, it was a real glimmer of hope.’

The couple, in Buckinghamshire, are taking part in the Trailblazer trial at the Imperial Memory Unit in London’s Charing Cross Hospital.

Something new

Despite the complexities about who may benefit from each potential new treatment, one thing is clear – these drugs are starting to do something that’s never been done before.

Drugs such as donanemab and lecanemab are ‘disease modifying’. Rather than simply easing the symptoms of dementia, these new drugs promise to actually slow down one of the diseases that cause it.

‘We had read of good results from earlier trials of donanemab and were keen to hopefully take

advantage of it whilst still in the early stages of the disease,’ say the Buckinghamshire participants.

‘This, coupled with the kindness and professionalism of all the staff on the unit, made us want to continue there.

‘Whenever we visit the unit, we are always welcomed and everything that will happen that day is spelled out, and all questions and concerns are answered.’

Katharine, another participant’s wife, adds, ‘Nick has only recently started on the Trailblazer study and had his first infusion in August.

‘The team at the unit have been very informative, helpful and kind.’

Range of studies

Ida Wallin, Research Assistant at the Imperial Memory Unit, says a number of new drugs are being tested there.

‘People living with Alzheimer’s and cognitive impairment are at the heart of our work and mission.

‘Our goal is to offer a range of different studies, in order for people to access disease-modifying treatments in a trial that suits them.

‘The screening period for these trials typically spans a few months, involving multiple visits for blood tests, scans and memory assessments. We are currently in the early stages of the Trailblazer trial – we remain open for new participants to join this and other ongoing trials.’

The Imperial Memory Unit is one of hundreds of study sites that have found volunteers through Join Dementia Research.

Registering with Join Dementia Research means you can be matched with researchers looking for people like you. There are all kinds of studies, seeking people who don’t have dementia as well as those who do.

At the forefront

We’re still a distance from having effective treatments for everyone with dementia. But the only way there involves many more studies that build on what we’ve learned so far.

There are 127 potential new dementia drugs in clinical trials around the world, and they all rely on people taking part.

‘To anyone considering participating,’ says Ida, ‘I would say that your involvement is vital.

‘Clinical research cannot progress without the bravery and generosity of participants like you. By taking part, you are contributing to the potential discovery of treatments that could benefit not just yourself, but countless others in the future.

‘It is a unique opportunity to be at the forefront of medical innovation.’

The message from the Buckinghamshire participants is briefer but no less powerful: ‘If in doubt, go for it!’

Find out how you can get involved in all kinds of dementia research, including drug trials. Call 0333 150 3456 and ask for the Join Dementia Research helpdesk, or email joindementiaresearch@alzheimers.org.uk

Learning more about FTD

Understanding how brain cells change in frontotemporal dementia (FTD) in the hope of slowing it down.



Melissa Parra Torres, a PhD student at the University of Dundee, wants to help find new ways to diagnose dementia and slow its progress.

‘Treating dementia has many challenges,’ says Melissa, ‘but one of the main ones is that symptoms usually appear after years of things not working properly in brain cells.’

‘So, by the time a patient gets a diagnosis, they usually have considerable brain cell loss.’

Melissa is part of a team led by Leeanne McGurk, an Alzheimer’s Society Dementia Research Leader Fellow.

They study frontotemporal dementia, one of the less common types of dementia that often first affects a person’s personality, behaviour or language.

Clogged brain cells

‘When we look at the brain cells of people diagnosed with frontotemporal dementia, we see they are clogged with clumps of protein – a bit like clogged arteries in heart disease,’ says Melissa.

‘Clogged brain cells cannot transmit information and eventually die.’

The focus of Melissa’s work is TDP-43, one of the main proteins found in these clumps.

Previous research by Leeanne has shown that tankyrase, another protein, attaches to TDP-43 and accelerates its build-up.

Melissa wants to understand how tankyrase attaches, and how this then leads to disease.

‘To do this, I study fruit flies that have been manipulated to have human TDP-43.’

‘They share much of the same DNA to humans and, because they live up to 80 days, I can watch disease happen over a lifetime.’

Huge motivation

Melissa’s studies are inspired by her own personal experience with dementia.

‘Just like you, many scientists have family and friends that have been affected by dementia and want to make a difference.’

‘During my undergraduate studies in biomedical science, I worked part time as a carer for Charlie, who was in his 80s and had Alzheimer’s disease.’

‘He introduced me to classic films, jazz, golf and World War Two poetry, and told me thousands of stories. He has been a huge motivation for me.’

Combining skills

Melissa says one of the most satisfying aspects of her work is sharing skills and knowledge with other members of the team.

She’s gathering knowledge and techniques in this collaborative environment.

‘For example, I’m learning how to work with human samples because it will be important to find out if what we see in our fruit flies is true for human disease.’

Melissa is always looking ahead to the future, and she wants Alzheimer’s Society supporters to draw hope from research.

‘The fact that you are reading this magazine now, means that you are doing your very best to support people with dementia, by informing yourself about the latest breakthroughs in medicine, science and research.’

Donate

Your donation helps us to fund research into all forms of dementia, from prevention to breakthrough drug treatments. [Donate online.](#)

Engaging spaces

People with dementia are taking part in a unique Society partnership with Wales's national museums. **Antonia Kanczula** goes behind the scenes.

Quick read

People affected by dementia are helping museums in Wales to be more inclusive and involving.

Museums Inspiring Memories is a partnership between Amgueddfa Cymru and Alzheimer's Society Cymru and funded by the National Lottery Community Fund.

The project's involving people with lived experience to make Wales's national museums dementia friendly.

Ronnie, who has young-onset dementia, says it's an 'amazing feeling' to think about the impact of her contributions.

'Museums are so much more than collections in cases. They are engaging spaces that offer lots of interactive and multisensory experiences.'

So says Gareth Rees, Dementia Voice Lead at Amgueddfa Cymru, a family of seven museums across Wales and a National Collections Centre.

'One great example I can think of happened at the Big Pit National Coal Museum in Blaenavon, South Wales.

'A visitor who was an ex-miner went from not talking to practically running our underground tour. The smell, sounds and physical environment gave him a holistic experience that must have prompted his memories of working underground.

'I've always enjoyed going to museums, so I'm acutely aware of the impact that they can have. But we want more people to have an experience like the gentleman at Big Pit.'

Unique project

Since 2022, Gareth has been leading Museums Inspiring Memories at Amgueddfa Cymru. This is a three-year partnership project with Alzheimer's Society Cymru, funded by the National Lottery Community Fund.

It aims to look at how Amgueddfa Cymru's museums and collections can be used to benefit the wellbeing of people affected by dementia.

Although positive steps had already been taken to make Amgueddfa Cymru's museums more dementia friendly, Gareth says the project has provided an opportunity to build on this work.

'Work was done at several of our museums, which led to activities such as a young-onset dementia walking group at St Fagans in Cardiff and an

intergenerational group at Big Pit.

'When Museums Inspiring Memories began in 2022, it was an opportunity to build on these foundations and develop something across all our museums.'

Lived experience

Museums Inspiring Memories has gathered insights from other museums around the UK, such as Beamish in County Durham and Tyne & Wear Archives & Museums and various local museums.

However, Gareth underlines the contribution of people with lived experience of dementia. As well as bringing individuals and groups together at sessions in museums and other venues, his team has travelled to meet community groups, care home residents and professionals.

'We want the project to be as completely honest as possible. This means that everything we've produced has involved people with lived experience, whether it's our staff training package or the sessions we offer to carers to encourage greater use of our heritage resources.'

Real purpose

Debbie, from Caerphilly, has young-onset dementia. She says that taking part in Museums Inspiring Memories has given her a 'real purpose'. She's excited to think about all the people it'll go on to benefit.

'I feel quite privileged that they asked us to get involved, as I've got a lifelong love of museums and heritage.

'I get a warm, comforting feeling reading about history and visiting museums, particularly living museums that recreate historic settings, and I want more people with dementia to have this too.'



‘I remember visiting one living museum and it was literally like going into my Nan’s house. I can’t explain the sensation, but it was as if my Nan was putting her arms around me and it made me so happy, I didn’t want to leave.’

Debbie’s particularly enjoyed sharing her unique perspectives, including on the benefits of short museum visits for people with dementia.

‘Even if it’s 20 minutes or half an hour, if you get that feeling I’ve described, it usually stays with you for the rest of the day and beyond, even though you don’t remember why you have it.’

Lorraine Davies, Dementia Support Worker at Alzheimer’s Society Cymru, has seen how enlightening Debbie’s views have been for Museums Inspiring Memories.

‘One thing I thought was particularly powerful was seeing Debbie explain how somebody living with dementia takes in and benefits from experiences at museums, even if they can’t communicate it,’ says Lorraine.

‘Museum staff members shouldn’t be discouraged if they don’t get an obvious response.’

Unique insights

Ronnie, who lives near Llandudno and has young-onset dementia, has relished taking part too. She’s so enthused that she spoke at an event at St Fagans in May 2024 to launch the staff training package.

She’s proud that her involvement will make a difference – from clearer toilet signs to museum staff knowing how to speak in a way that helps people with dementia feel safe.

‘A lot of people purely think dementia is memory problems. They don’t know just how much it affects people physically and emotionally. For example, I experience noise sensitivity and that can massively affect my experience of being somewhere.’

Ronnie says it’s an ‘amazing feeling’ to think her contributions might break down barriers and inspire museum visits.

‘Being in a museum is like turning on a switch inside you for a short time. Visiting with a carer or a family member can be a great day for everyone.’

‘Not only do you benefit but the people you’re with will also get a glimpse of who you are.’

Making a difference

The involvement of people like Debbie and Ronnie, who both sit on Amgueddfa Cymru’s Dementia Voice in Heritage Group, has already had a meaningful impact.

For example, Amgueddfa Cymru launched a dementia training package that is rolling out across its staff and volunteers, and will be made available to the wider heritage sector.

‘The contributions of people with lived experience have been invaluable and have led to changes we’d never have thought of without their involvement,’ says Gareth.

Gareth’s excited about the project’s impact so far and seeing it develop.

‘Our work so far has been to reflect what people have told us. By working in this way, we hope to benefit many more people in the future and continue developing our work at Amgueddfa Cymru.’

Find out more about Museums Inspiring Memories at www.museum.wales/wellbeing

Donate

Your donations help us work with other organisations to improve the lives of people living with dementia. [Donate online.](#)

Good company

A Sussex-based charity provides social clubs based on what members want, including many people affected by dementia. Heather Stephen reports on its personal approach.

Quick read

A charity based in Sussex takes a personal approach to offer activities for people affected by dementia and others.

The Good Company People takes time to learn about the people they support, and this guides every decision made.

Member Anne Marie says the clubs provide ‘a safe space where you can talk to people who understand and who you trust.’

Tom, another member, says the charity has also helped point him in the right direction for advice and support.

Heather has written for this magazine many times in the past, and she started volunteering with The Good Company People a year ago. She now also has a paid role writing blogs for them.



Anne Marie Brown and her husband Terry have had a stimulating life bringing up their four children and exploring the world.

Terry was a successful businessman, and a bright and dynamic man. When he was diagnosed with vascular dementia two years ago it came as a shock.

‘I was stunned,’ says Anne Marie, from East Sussex.

‘It was like being widowed, and I felt like the older age we thought we would have was taken away from us.’

‘Normal’ things

Other than from family, Anne Marie says they had minimal support. She found a local dementia group completely unsuitable for her and Terry.

‘It was pretty grim. People would sit around a table shaking a rattle and you felt like you were in a nursery class,’ she says.

‘I was finding it difficult to fill Terry’s days when I saw an ad for The Good Company People and their social clubs.

‘We went along to one of their weekly lunches in our local pub and saw the difference straight away. We don’t get to do “normal” things, but this felt normal.’

Over the last year, the couple has been to several of the charity’s

clubs. These offer everything from boardgames to golf.

Anne Marie is also on its Lived Experience Advice Panel, which feeds back on what carers find most difficult, helping the charity meet members’ needs.

An oasis

For Anne Marie, her biggest challenge is staying patient, but she says the charity helps her carry on.

‘You can’t do this alone,’ she says, ‘but the charity gives you a safe space where you can talk to people who understand and who you trust.’

Tom Shaw has been coming to socials for the last two years with his wife Liz, who has Alzheimer’s.

‘This organisation is an oasis for me in a desert of stress and loneliness,’ he says.

‘It is hard because our children live far away. But when I come here, I can have intelligent conversations with people in the same situation and feel part of a community.’

Tom adds that, as well as providing good company, the charity has helped point him in the right direction for advice and support.

Liz says, ‘The lunches are always really busy and, although I don’t know everybody’s names, it is nice seeing people and it is good to get away from the four walls.’

Listening to people

Former TV producer Lucy Buck founded The Good Company People with her wife Delia Pop. Lucy's mother Hazel was diagnosed with Parkinson's disease dementia and couldn't find groups that met in familiar settings like pubs and clubs.

'Mum wanted to continue to do the things she loved in the places where she felt most comfortable with people she liked,' says Lucy.

'I thought there was a gap between statutory services and the voluntary sector, and a need for a personalised service which listened to people to help them lead the life they want to for as long as possible.'

As well as running clubs, the charity is trialling a pop-up information hub in a pharmacy to reach people experiencing cognitive changes earlier.

It also runs a telephone 'conciierge' service. This offers dementia advice and it connects people in similar situations.



Members' needs

The Good Company People does not describe itself as a dementia charity. Their social clubs are open to anyone over 65 who needs 'good company', so there is a variety of people at its events.

Co-founder Felicity Streatfeild says they're guided by what members need and want.

'We want members to keep doing the hobbies they enjoy in familiar places like pubs, cafes or sports clubs,' she says.

'We start with a discovery session where we get to know what makes people tick, so we can develop a service around them.'

'There are lots of studies into what can delay dementia and improve people's quality of life, but social engagement brings the most benefits and gives people belonging and a sense of purpose.'



For more about The Good Company People, visit www.thegoodcompanypeople.org or call **07472 564519**.

To find support near you, visit alzheimers.org.uk/dementiadiirectory or call **0333 150 3456** for personalised advice.

For our Keeping active and involved (1506) booklet, see alzheimers.org.uk/publications or call **0300 303 5933**.

Consumer panel: Kitchen aids

People with dementia, carers and Society volunteers in south west London tell us what they think about clever kitchen gadgets.

Merton Memory Hub, in south west London, runs several groups and activities for people with dementia and their carers, families and friends.

They welcomed us to one of their morning sessions to try out four kitchen gadgets from our online shop, all designed to make everyday tasks easier.



Kitchen Genie

The Kitchen Genie can be used to open bottles, ring pulls and jars.

Our testers agreed that it could be useful for some, particularly people who have difficulty using their hands for fiddly things. It's also priced well at £3.99. But they wondered if doing so many different tasks made the tool too complicated.

'For me, it's quicker to use my hands,' said Jannette.

Cherry agreed, 'It might be a good idea to print instructions on it, such as "turn this way".'

'It's also easy to pull off a ring pull entirely, so you can't peel open the lid.'

Several people found it hard to release unscrewed bottle tops from the Kitchen Genie.

'I had to use my fingers to push the top out from the tool, so I could reattach it,' said Jannette.

The Kitchen Genie would take time to get used to, but Kim could see it being useful for people who find it hard to grip things.

Everyone chatted about gadgets they found useful at home, and volunteer Paula mentioned that non-slip rubber jar openers are very simple and effective.



Snack tray stackers

Next, our testers looked at Snack tray stackers – compact trays for storing food in the fridge. They come apart easily for washing and can be put in the dishwasher.

'The shape of the stackers is great, they're very neat,' said volunteer Bharti.

Robert said, 'I could use them to store cheese.'

Although he thought the trays potentially very useful, Robert found them complicated to reassemble after washing.

Kim has used the trays before and is a fan. However, her mum Cherry struggled to open and close them.

'The best way to do it is to tilt the stacker. But it's hard to get the right angle and your food can get crunched up inside.'

Kim and Cherry said they'd like a deeper tray so that packaged-up food could fit.

Everyone agreed the trays were a great price, looked easy to clean and could be labelled easily to help you remember what you've got in your fridge.



Clever colander

The Clever colander has a built-in tilting mechanism to make draining your food easier.

'I think it's ingenious, but not sure how it would benefit us. It's more of a nicety than a necessity,' said Laddie.

Our testers agreed that figuring out how to use the colander could be tricky at first. Several people found the catch to release the inner bowl difficult to use.

Cherry wasn't sure it was deep enough and thought you could tip your food out altogether.

'If you were in a hurry and forgot what to do, everything could fall out. I don't use colanders – I prefer sieves, as they have longer handles.'



Tilt-to-pour Uccello Kettle

Last up, our testers tried the Tilt-to-pour Uccello Kettle. This sits in a cradle, so you don't need to lift it up to pour. It's specially designed for anyone who'd find it difficult to reach, grip and lift a kettle full of water.

It has a unique shape and looks small, so people were surprised it has the same capacity as a conventional kettle. They all agreed they liked the space-age design.

Everyone was impressed by how easy it was to pour. Robert said it was 'no effort'.

Hamida said, 'You just tilt it gently – it's great that you don't have to lift it.'

Kim, whose mum has glaucoma, was concerned about the water coming out unexpectedly fast if you're not used to the pouring mechanism.

'I can see it would be useful, but getting her used to a new style of kettle would be difficult.'

Some of our testers weren't sure about where to best place their cup next to the kettle when pouring.

To help position a mug and hold it secure, the kettle manufacturers have also created a grip mat, which doubles up as a jar opener. Or you can use a cup with a saucer that has a deep groove to hold it in place. Thanks to our consumer panel's feedback, our online shop will be recommending these options more clearly in future.

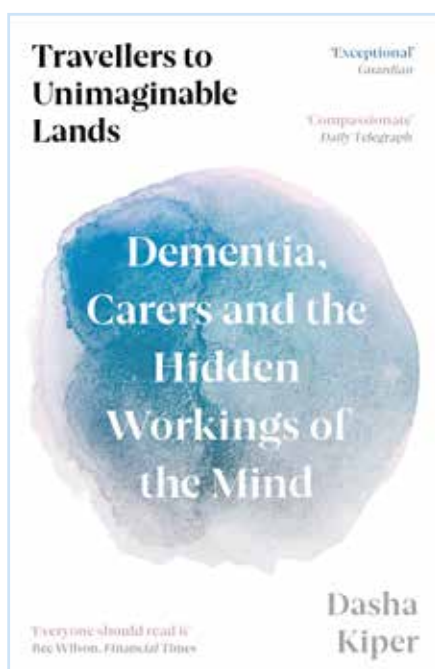
Visit shop.alzheimers.org.uk or call **0333 366 0035** for these and other helpful products:

- Kitchen Genie – £3.99 including VAT.
- Snack tray stackers £2.99 including VAT.
- Clever colander £5.99 including VAT.
- Tilt-to-pour Uccello Kettle £49.96 plus VAT.
- Uccello Grip Mat £8.99 including VAT.

You can buy many specially designed products – including the Tilt-to-pour Uccello Kettle – VAT free if they're for use by a person with dementia, saving 20%. Tick the box stating that you're eligible for VAT relief at checkout.

Book group: Unimaginable lands

We read a book about the psychology of caregiving and the mysterious world of the human mind.



Travellers to Unimaginable Lands, by Dasha Kiper (Profile 2024), 272 pages, £10.99 (prices vary), ISBN 9781800816206. Also available as an ebook or audiobook.

In *Travellers to Unimaginable Lands*, clinical psychologist Dasha Kiper explores the psychology of caring and the inner workings of our minds.

Dasha draws on her own experience of working with people affected by dementia, along with many fields of study and real-life case studies.

For our reviewers, it's a surprising book with a unique take on dementia. All were fascinated by the author's insights on the human brain, and the possibilities offered by understanding its processes better.

Frustration and guilt

'I wasn't sure what to expect, but it wasn't this,' says Rachel in Surrey.

'It aims to help readers understand the frustrations and difficulties of the relationship between carer and the person with dementia.

'The author wants us to realise that the "healthy" brain is ill-equipped and often unable to work with the cognitively impaired brain. And hopes that this knowledge will help carers mitigate some of the frustration and guilt they experience.'

Tom says, 'It is not, and is not meant to be, a how-to or what-to-do book.'

'The author hopes carers will strive to understand their loved one's mind and to value it in all its inevitable imperfections.'

SeaSwallow says, 'It was interesting the way that the author says that carers are almost hardwired to make the same mistakes over and over again.

'Our brains are not equipped to deal with the ways that dementia changes the brains of a person who has dementia.'

'Co-regulating' emotions

Rachel was interested by the topic of 'co-regulating our emotions'.

'We emotionally bounce off each other and often chose a partner for this match.

'Therefore, when dementia strikes and the usually passive, calming or supportive partner becomes the polar opposite, the "healthy" brain left in the relationship just cannot compute what is happening, as the same physical person is right in front of them.'

Sue says, 'I think there are useful warnings about the limitations of thinking your way into being the perfect rational carer.

'The physiological limits of self-control are explained and the need for self-care demonstrated from neuroscience.'

Many disciplines

Travellers to Unimaginable Lands layers real-life experiences with knowledge from a range of academic fields, 'including neuroscience, psychology, psychoanalysis and literature,' says Sue.

'This took me back to my student days as I qualified in nursing, education and counselling.'

Tom agrees that this approach gives the book an extra dimension.

'Its use of literature and other disciplines to highlight areas explored make it an engaging read.

'And I found the case studies and description of sessions the author held with carers both enlightening and moving.'

Academic slant

All our reviewers found the book well-presented and enlightening, but said

“

I feel that the book would suit someone who is interested in the psychology of caring rather than the practical issues that caring brings. ”

its academic weightiness was challenging.

‘Close to 50 pages are taken by reference notes at the end,’ says Sue, ‘and I am not well read in literature.

‘So Borges, Kafka, Chekhov, Melville, Sartre and Beckett were not works with a great deal of currency for me, and didn’t help move my understanding forward in the same way that case study material did.’

SeaSwallow agrees, ‘I also felt out of my depth at times. I found myself tuning out or feeling that the information given would not make me a better carer.’

Enlightened but not comforted

Although our reviewers picked out elements of the book that fascinated them, the jury’s out on how useful they found it.

‘After one case study outlining the difficulties of a struggling carer, the author concludes she found carer guilt to be intractable,’ says Sue.

‘It was a bad day for me when I read that chapter. I thought bitterly, “Well, what is the point of you then!”’

Sue thought a key part of the book’s message – to shift how you view dementia in order to feel less distressed – misses important aspects.

Rachel agrees, ‘Much of the stress may also be caused by sleep deprivation, financial worries and lack of external support.’

SeaSwallow was disappointed with how it felt to read the book, compared to hearing the author on podcasts.

‘I thought that I would enjoy this book because I had listened to Dasha Kiper’s podcasts based on the book

and found them fascinating. However, reading the book was entirely different.’

Target audience?

Our reviewers thought the book could be best suited to professionals and academics.

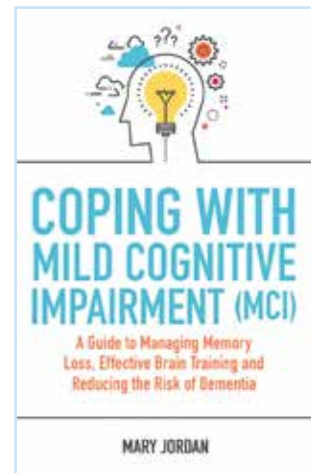
‘I feel that the book would suit someone who is interested in the psychology of caring rather than the practical issues that caring brings,’ explains SeaSwallow.

‘This is not a practical guide to coping with the issues that a dementia diagnosis brings. The author goes into so much psychological detail that I do think that the book would put off some carers who are just starting on their caring journey.’

Tom says, ‘I would definitely recommend that people closely involved in dementia care read this, in particular anyone who is supporting or counselling carers in any way.’

For Rachel, reading Travellers to Unimaginable Lands did prompt an idea.

‘Perhaps a UK-based book of 10 case studies – less academic in approach – that speaks not only of the emotional frustrations, but also the very practical caring issues that arise.’



Your turn

For our next book group, we invite you to read *Coping with Mild Cognitive Impairment (MCI)*, by Mary Jordan (Jessica Kingsley, 2020), 224 pages, £16.99, ISBN: 9781787750906. Also available as an ebook.

Tell us what you think about this self-help book with advice on memory aids, health and lifestyle changes, activities, therapies and helpful technology.

Email magazine@alzheimers.org.uk or write to the address on p2 by the end of 5 November so we can share your comments in the December/January magazine.

Book giveaway

We have five copies of *Coping with Mild Cognitive Impairment (MCI)* to give away – email magazine@alzheimers.org.uk or write to the address on p2 by the end of 16 October quoting ‘MCI’ for a chance to win (see p39 for terms and conditions).

Quizzing legend

Since his wife's dementia diagnosis, Bryan Talbot, 85, in Oxfordshire has raised thousands for the Society by hosting pub quizzes.



There are so many people that love what I do. When I walk down the high street, I'll often hear shouts of 'Mr Quiz Master Bryan!'

I first started doing quizzes in local pubs in the 1980s for the Chipping Norton Lions Club, raising funds for their different charities.

But when my wife Sheila was diagnosed with dementia 12 years ago, I decided I wanted to support Alzheimer's Society to find a cure. I said to people, 'I'm going to try and save my wife.'

Well loved

Sheila is very well known and well loved in Banbury because she used to run a training business. One of the reasons people come to my quizzes is because they love Sheila to bits.

I hold quizzes at several pubs within a four- to five-mile radius of where I live.

Raising money is my priority but I also enjoy the experience of hosting quizzes. I love the atmosphere, the banter and meeting lots of people. It keeps my brain active.

As a 24/7 carer, I also need a social life and a break. I will continue to do quizzes for as long my brain will allow it.

Individually created

My quizzes are always a bit of an event. I want people to have a good time.

I regularly have themed nights, say for Christmas and Valentine's Day, and I like to dress up. I've dressed up as Corporal Jones from Dad's Army, Santa Claus and in a Union Jack waistcoat, hat and bowtie to mark the Proms.

I have never bought a quiz on the internet – it's important that each

one is individually created and that pubs close to each other get a different quiz.

It takes me a while to compile each one because I fit it around caring for Sheila. I try to make my quizzes challenging and enjoyable, but you've got to put in a few that people can definitely answer!

Keep it up

Nobody at my quizzes only puts the £2 entry fee in my Alzheimer's Society bucket – they're really generous. That's because dementia has touched everyone's lives.

People will often tell me about loved ones they've lost as they put in their fivers, tell me to 'keep it up, you're doing a grand job'. That gives me a massive boost, proves to me that what I'm doing is worthwhile.

Altogether, I have raised over £25,000 to fight dementia and I will continue fundraising as long as I can.

I'm in my 86th year and I haven't given up in anything that I do. With my wife, I know I'm not going to win against dementia, but I hopefully can help save my children and grandchildren.

Get a free fundraising pack to help organise your own fundraising – visit [alzheimers.org.uk/fundraising-support](https://www.alzheimers.org.uk/fundraising-support) or call 0330 333 0804.

An amazing resource

SeaSwallow, a Dementia Support Forum volunteer, shares how she got involved and why it's such a valuable place.

I joined the forum in October 2019, about two months after my husband's diagnosis with Lewy body dementia. I'd come across it when I was searching the internet, trying to understand what the dementia diagnosis would mean going forward.

My first post was about my husband's reaction to his diagnosis. I was overwhelmed by the empathy and knowledge of the posters who responded. It really reassured me that I was not on my own and that other people understood what I was going through.

Becoming a volunteer

I've been volunteering as a forum moderator since 2023. It has benefited me in that I feel that I am carrying out a useful role.

Moderators are asked to give around seven hours per week to the role, but it's flexible so we can fit volunteering around our busy lives. I enjoy it and probably do at least two hours per day and possibly more, but that is my choice.

One priority is ensuring that forum rules are upheld, so that might mean having to remove any inappropriate posts or spam, for example. But our main focus is providing ongoing support to members.

Empathy and awareness

What works for one person will not work for another, so I'm careful about the support I give to members. But sometimes I can draw on my experiences, for example how to deal with social services or look after your wellbeing as a carer.

I'm still a carer too and reach out for advice if I have any problems or issues. I know that compared to other

members I have it relatively easy. But caring for someone 24/7 with only short breaks can be hard and lonely, so I am aware of the issues that carers face.

Some of the posts can be so sad or difficult to answer and at those times, volunteering can be difficult. However, there is always support and advice available from other volunteers and staff members.

It's such a good feeling if I'm able to help someone, especially if they are appreciative.

Sense of satisfaction

The Dementia Support Forum is an amazing resource. As well as having a vast knowledge of dementia, our members share their knowledge in an empathetic and knowledgeable way. Everything from what to expect after a diagnosis, to the legal and financial issues.

If you're reading this and think you might have the time to volunteer, either as a host or a moderator I would really encourage you.

You'll receive the right training and ongoing support to help you. And there is a real feeling of satisfaction when you're able to help a member who needs advice or who's feeling distressed and dealing with difficult challenges.

Dementia Support Forum is free and open day or night – visit forum.alzheimers.org.uk to read more and join the community.

The forum is run by a small team of staff supported by our brilliant volunteers, who all have personal experience of dementia.

Relentless pressure

Brenda Green, in Wiltshire, has experienced huge pressures with her husband having dementia on top of diabetes. **Antonia Kanczula** talks to a carer who wants more understanding.

Quick read

Brenda Green, in Swindon, wants more awareness about the challenges of someone having both diabetes and dementia.

Brenda was shocked when her husband, Alan, was diagnosed with mixed dementia in 2020.

Coping with changes in his behaviour on top of taking on more of his diabetes management became relentless.

Alan now lives in a care home, and Brenda wishes more people understood the pressures of caring.





I remember the doctor asked him to repeat back an address and tell the time without looking at his watch, but Alan couldn't do either. ”

When Brenda Green thinks back to first meeting her husband Alan, she reflects on their contrasting personalities.

'I'm gobby and Alan's always been the opposite,' says Brenda, in Swindon.

'We had very different upbringings – growing up, my family were sociable and loved a party, whereas Alan's family were very quiet.

'But they say opposites attract.'

Holiday friends

Brenda and Alan, now 80 and 77, have been married since 1992. They met on holiday at Butlin's in Bognor Regis.

'There was an organised meet-up for single parent families. I was there with my two children and Alan was with his two children.

'The children went around with autograph books, collecting the names and addresses of friends they'd made on holiday.

'Alan must have got my number from his children and about a week after I got home, he called. It just went from there.'

Reserved character

Alan worked as a computer programmer – he was one of the first people to study computer science at the University of Manchester in the 1960s.

'He was intelligent, thoughtful and laid-back. His big passion was building and sailing model boats – he came alive talking about these,' says Brenda.

Alan has type 1 diabetes and Brenda believes this also contributed to his reserved character.

'He was diagnosed at the age of six, and although he managed it well throughout his life, it affected his confidence.

'He also had hearing loss from a young age. When I first knew him, he wore just one hearing aid and then, as he got older, he wore them on both ears.'

Personality changes

The first signs of Alan's dementia were changes in his personality and behaviour. Because he'd been so quiet and gentle before, Brenda knew something was wrong.

'He couldn't remember how to use the computer to renew his disabled rail pass. I said, "You're just having a bad day love, don't worry about it."

'But not long afterwards, he lost his temper with me on a shopping trip to Cardiff and became very argumentative. This was not the Alan I know and love. So I decided we better make a GP appointment.

'I remember the doctor asked him to repeat back an address and tell the time without looking at his watch, but Alan couldn't do either.

'He was eventually diagnosed with mixed dementia in 2020. It was a shock and I felt unprepared for what lay ahead. I had no idea.'

More than memory

Brenda says there's a lot of misunderstanding about what dementia involves.

'People seem to think it's harmless forgetfulness – "Oh blimey, I can't find my car keys" or "What's the date tomorrow?" or "What did we do yesterday?"

'It's so much more than this. Being a carer has so many challenges too.'

One of the biggest challenges was the change in Alan's personality. He became more and more aggressive, sometimes towards Brenda, including throwing food at her.

'He'd also constantly be asking for his dad. I'd say he was in Doncaster and that we couldn't get up there, as we had no car. Or I'd tell him that the train drivers were on strike. Sometimes he'd leave the house looking for his dad and I'd have to call the police.'

High alert

Caring for Alan was relentless.

Not only was Brenda on high alert because of Alan's dementia symptoms, but she had to monitor his diabetes carefully too.

'When I first met him, he was injecting insulin around twice a day and eventually he used an insulin pump, which is a small electronic device that you attach to yourself.

'He looked after himself well and I didn't have to watch over him, apart from making sure he didn't eat too many biscuits!

'But as his dementia progressed, he couldn't self-manage the pump very well. So the nurses at his diabetes clinic switched him back to the insulin pens, meaning he could inject himself.

'I breathed a sigh of relief because these are more straightforward. But he was really upset. He couldn't understand why they were taking the pump away from him.

'The people at the diabetes clinic were great to deal with and if I was ever worried about Alan, I could ring them and get their advice.

'But caring for him at home 24/7, monitoring his health, with no respite, was overwhelming for me and so lonely.

'Like dementia, people don't take diabetes seriously. I remember being at a late-running appointment, telling someone that we had to get home so

Alan could have his insulin and them saying, "It'll be fine if he misses one injection, surely?"

Every aspect

Every aspect of his diabetes care was made harder by Alan's dementia.

'I took on things that Alan had previously done himself. So, I'd have to monitor his sugar levels and make sure the timing of his insulin injections was right.

'It was hard to get him to routine diabetes appointments and help him understand what was happening.

'We'd have to see a podiatrist to get his feet checked and when we got back, he'd say, "He's not cut a lot off, has he?" He thought he'd been to the hairdressers.'

Managing what he was eating wasn't easy either, which is important if you have diabetes.

'He'd frequently forget he'd eaten and say, "I want my dinner," and then argue with me. When that happened, I used to try and distract him, but it was very hard.

'I also had to hide the sweets and biscuits. In the end, I put them in the tumble dryer because otherwise he'd raid the cupboards, and I'd find biscuits in his shirt or dressing gown pockets.'

Rock bottom

Sadly, Alan's dementia progressed very quickly. Brenda praises the help she received from Helen, her Dementia Adviser at Alzheimer's



Society and Tim, an Admiral Nurse.

However, she largely felt unsupported. She says shouldering Alan's care as his dementia advanced was devastating.

'It's hard to think about this time, as I was at absolute rock bottom. He was frequently trying to leave the house, desperate to get out to find his dad, and so I ended up locking the doors and carrying the keys around with me.

'I remember one particular night, thinking, "Alan's quiet, what's he up to?" He was in the kitchen, window wide open and talking to a delivery driver.

'The driver told me that he'd called 999 because Alan said he was being held hostage.'

And his diabetes became even more difficult to manage.

'It got to the point where I would dial the insulin unit on his pen and hand it to him, and he'd say, "What do I do with this?" so I'd have to guide it to his tummy.

'Even if we had carers come in to help, I always had to be on hand to help with the injections.'

Brenda says she had no chance to take any time out and look after herself.

Need for awareness

Things reached crisis point for Brenda early in 2024.

'We'd had some periods of respite care, but Alan needed full-time care. It was hard coming to this decision and I wrestled with it for a long time.

'But it was a battle to find a place for him in a local authority care home. I was literally calling everyone – councillors, politicians, everyone, totally desperate.

Alan finally moved into a care home in June and Brenda now sees him two or three times a week.

'It was so difficult caring for him at home, but I hate leaving him there. I still worry about his diabetes. I kept an eagle eye on it at home but it's difficult for the staff to be so vigilant there.'

Brenda wants better public awareness about dementia and diabetes, and about the extraordinary pressures placed on carers.

'I've heard people say dementia is like a bereavement, but it's been worse than that for me. It hurts like hell.

'Sometimes, there are glimmers of the old Alan when I visit and he'll tell me he loves me. He'll say he wants to come home with me and the carers have to hold him back and take him away. I sneak out or pretend I'm going to the loo.

'I don't want people to feel sorry for me, but I do want them to know how difficult caring is – and how diabetes has made looking after my Alan even more challenging.

'People say to me, "Brenda I don't know how you did it." But you have to get on with it, don't you? I did it because I loved him, and I still love him.'

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

Join our Dementia Support Forum to share experiences with other people affected by dementia – visit forum.alzheimers.org.uk

“

People say to me, “Brenda I don’t know how you did it.” But you have to get on with it, don’t you? I did it because I loved him, and I still love him. ”



For our Carers – looking after yourself (523) factsheet, see alzheimers.org.uk/publications or call **0300 303 5933**.

? Ask an expert

‘My mum has dementia and is moving into a care home. She’s self-funding but hasn’t made an LPA. She can’t manage her money anymore – how will we pay the fees?’

Accessing money for fees

Visit alzheimers.org.uk/publications or call **0300 303 5933** for our factsheets:

- Deputyship (530) in Wales and England.
- Enduring power of attorney and controllership (NI472) in Northern Ireland.

You need a ‘legal power’ to access someone else’s bank account on their behalf.

One way to get this is for them to have appointed you as their attorney in advance. This would be through a Lasting power of attorney (LPA) in Wales and England, or an Enduring power of attorney in Northern Ireland.

But, since your mum hasn’t appointed an attorney and no longer has mental capacity to manage her money, you need other options.

Deputies and appointees

In England and Wales, you can apply to the Court of Protection for ‘deputyship’. In Northern Ireland, you’d need to apply to the Office of Care and Protection for ‘controllership’ instead.

Deputyship allows you to access someone’s bank account and manage their money on their behalf, including to pay care fees. However, it’s not quick to get – it can take six months or more.

It doesn’t necessarily have to be you who applies for deputyship – it could be someone else in her life.

As a last resort, the local authority may apply for deputyship. However, it would charge for its services – families usually like to avoid that and keep control themselves.

If your mum gets benefits (including State pension) then you can apply for ‘appointeeship’. That would allow you to manage her benefits on her behalf and have them paid to you.

Her benefits are unlikely to cover care home fees. However, becoming an appointee could help while waiting for deputyship, since it can take less time to set up – about three months.

In the meantime

There are limited options, but things to consider include:

- If you can pay the fees and keep account of what you spend, you could be paid back out of your mum’s money when deputyship is granted. You can ask the court to include this.
- Ask the care home if there’s any flexibility with payment terms (though remember, it’s a business and will have its own cash flow issues).
- Talk to your mum’s bank. In rare cases, it might make an exception and allow fees to be paid direct to the care home from your mum’s account.
- If urgent, you could make an emergency application to the Court of Protection to authorise payment of care fees while your deputyship application is being dealt with.
- Talk to your mum’s local authority. If she lacks capacity to make her own arrangements and there’s no one with the legal power to act on her behalf, then it has ultimate responsibility for her care (even if she’s self-funding).

Readers share experiences of a person with dementia needing to move to a different care home.

Moving care home

'After two years, Mum's home couldn't manage her increasingly erratic behaviour and it was agreed she should move to a home more experienced with behavioural issues.

'We moved her but, due to safeguarding concerns, we had to move her again within four weeks.

'The third home turned out to be the perfect place. It's a nursing home and has no EMI [elderly mentally infirm], but the team are proactive in identifying a person's needs and ensuring they get help from relevant professionals.

'Mum's still there three years later. I wouldn't say she's happy but, to be honest, she wouldn't be happy anywhere. She grieves for the life she had and that's never going to change.

'No matter where a loved one may end up in, it's always hard to watch the illness take them away.' **Dave63**

'I moved Mum because I'd moved 140 miles away and couldn't get to her quickly in an emergency.

'I looked at a few homes but chose one that looked like her old place. The new care home suggested a private ambulance service for the move, and they were great.

'Mum settled in quickly and, although her dementia was too advanced for her to join in with things, she seemed content and I'm not sure she realised she'd moved.' **Sarasa**

'My mum's dementia care home closed and we had 12 weeks to find her somewhere else, which was stressful. She had been there 13 years and, although it had deteriorated, it was her home.

'I eventually found her a suitable care home that was acceptable to her funding team, and she's been there eight months.

'Reflecting on the experience, I would say: calm down and take a deep breath, make more than one visit before deciding, read reviews, talk to staff and not just management, chat with other visitors if you can.' **CEM29**

'My partner has vascular dementia and, after a long, tortuous period, he was admitted to a care home. At first, it seemed OK but over time I noticed the quality of care was declining.

'I decided to transfer him to another home 400 miles away and move myself. He has settled in well.

'The problem I've had is that his details were not transferred to the new care home. So, no care plan, records or social services information followed him. I've had to start from scratch with all, which has been time-consuming and stressful.' **Broadwaylass**

'Unfortunately, I lost my dear wife over two years ago after 18 months in care. When her condition was worsening, it was decided that she needed greater care. Her home demonstrated they could provide this, but social services said it would be too costly.

'I offered to pay the additional fees because I did not want her moved. However, I was told that I could not afford it and she would have to move. I fought to ensure that she stayed because I knew that a move would be detrimental. I asked for help from a local councillor who has responsibility for social care and there was a change of heart – I was told she could stay.

'Not wishing to upset the apple cart, I did not ask why but I am convinced that a wrong assessment had been made about our financial situation. It is worth bearing in mind if you face a similar situation.' **Mr.A**

Visit forum.alzheimers.org.uk to read more and join our Dementia Support Forum.

Next time:
Talking about the end

Do you have any tips about having conversations about death and end of life decisions? Email magazine@alzheimers.org.uk or write to the address on p2 by the end of 3 November.

Noticeboard

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

Letter: No state support

My husband was self-funding his care home fees until recently.

The only benefit he was entitled to, and received, was the non-means-tested Attendance allowance, which has now ceased. I was not, and am still not, entitled to any benefits, even as my husband's carer, as they are means-tested.

This feels very unfair when we are both still paying income tax on our pensions. Now almost all of my husband's monthly net income is taken to pay the balance of his care home fees that the county council doesn't fund. This leaves me having to bear all the costs of running our home which we previously shared between us, just adding to my worries.

As a completely unpaid carer, I am upset that we are still financially contributing to the state, but have been left to deal with living with dementia all alone by the state.

The state left us to live with dementia in all respects, not just financially. And now we're going to lose the Winter fuel payment too.

Sometimes it feels like it's a punishment for having worked and saved for 40-plus years, but not having so much money that we don't have to be concerned about the cost of living.

Anonymous

People affected by dementia in the UK struggle to get the support and care they need and deserve. We want to see a social care system that is fit for the future – one that provides quality care and that's free and easy to access, no matter where you live.

Stand with us to push the government to deliver – visit alzheimers.org.uk/campaign

Our dementia information covers assessments, paying for care and more – see alzheimers.org.uk/get-support for online information.

See alzheimers.org.uk/publications or call **0300 303 5933** to download or order copies of publications and for our Publications catalogue.

Factsheets about paying for care include:

- Paying for care and support in England (532)
- Paying for care and support in Wales (W532) – also available in Welsh, Talu am ofal a chymorth yng Nghymru (W532WEL)
- Paying for care and support in Northern Ireland (NI532).

Many people don't know about or claim benefits they're entitled to.

- Request a benefits check from Citizens Advice – visit www.citizensadvice.org.uk or call **0800 702 2020** in Wales, or in England call **0800 144 8848**.
- In Northern Ireland, ask Make the Call – see www.nidirect.gov.uk/makethecall or call **0800 232 1271**.

To find support near you, visit alzheimers.org.uk/dementi DIRECTORY or call **0333 150 3456** for personalised advice.



D.A.D. poetry collection

Nottingham poet Michelle 'Mother' Hubbard has published a collection of poetry dealing with her late father's Alzheimer's.

D.A.D. Diagnosis Alzheimer's Dementia was launched at an event in August, after Michelle had been working on it for several years. She's a pillar of Nottingham's poetry scene – a storyteller, writer and workshop facilitator who's also a founding member of the city's Blackdrop open mic nights.

D.A.D. Diagnosis Alzheimer's Dementia is available as a paperback from www.bigwhitedshed.co.uk/dad for £12.99.

Lost Memories

A video installation sharing personal experiences of caring has been touring the UK, next in Sussex and South Yorkshire.

In his installation Lost Memories, Gary Thomas draws on insights from caring for his late mother, who had Alzheimer's. It uses diary extracts, phone footage and dramatised sequences spread across three screens, which audiences can walk through.

Gary says, 'I've often used my own life as inspiration for writing and my work in film.'

'Being me, when my mother was diagnosed, and even before, I began recording and filming moments of our life that we shared together, both the good times and the difficult emotional times, some in audio, and some as film.'

Visit Lost Memories at Victoria Pavilion, Uckfield in October and Library at the Lightbox, Barnsley in November.



Share

Share your views, feedback and news – email magazine@alzheimers.org.uk or write to the address on page 2. We can consider contributions received by 4 November for the December/January issue (wording may be edited).

Puzzles and competitions

Anagramword

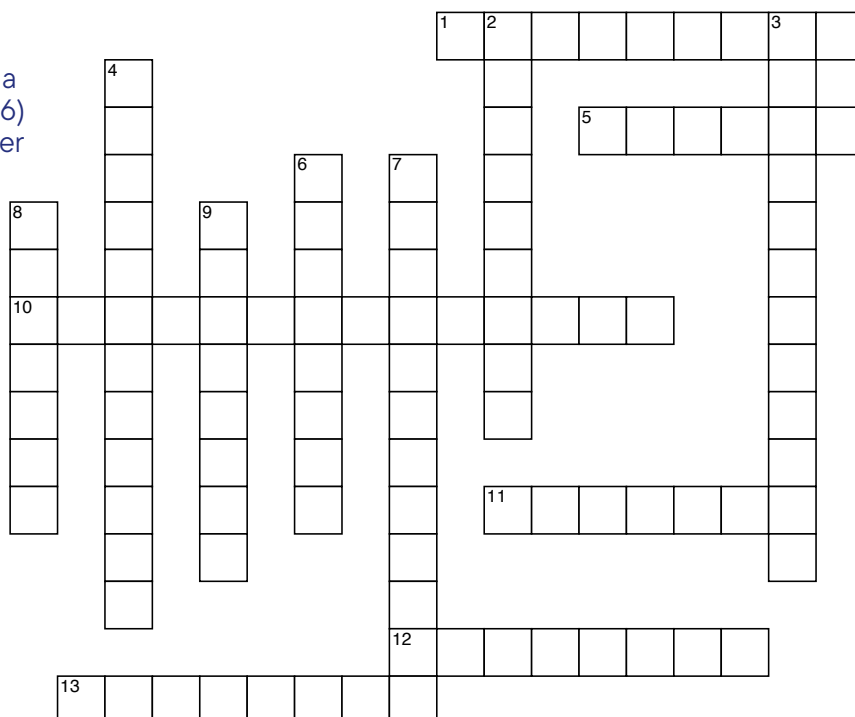
Our latest puzzle from Pete Middleton has an autumn theme. Each clue begins with words that are an anagram of the answer, along with a clue to its meaning. How many can you solve?

ACROSS

- 1 Stun techs by roasting them this autumn treat (9)
- 5 Reckon it's time to thread this fruit on a string and take it to school for a fight (6)
- 10 Became army nerd on the 11 November (11,3)
- 11 Ill ewes provide suitable footwear for autumn weather (7)
- 12 Never mob the last month of the season (8)
- 13 Stun girl with the sound of autumn leaves (8)

DOWN

- 2 A new hello to the creepiest day of the year (9)
- 3 Marks to flesh become a means to keep your drinks hot (7,5)
- 4 Ha! small worms can be toasted around the campfire (12)
- 6 Twin girl describes the movement of falling leaves (8)
- 7 Knight saving an American autumnal celebration (12)
- 8 Share TV to get the crops in (7)
- 9 Punkimps can be turned into lanterns (8)



See p39 for answers to last issue's puzzle.

Have you tried our Brain Workout puzzle packs?

If you enjoy word, number and logic puzzles, sign up to Brain Workout to receive a puzzle pack every month. These mind-stimulating puzzles – with a mix of difficulty levels – will keep you on your toes!

Visit alzheimers.org.uk/brainworkout today and sign up with a monthly gift that helps provide vital support to people living with dementia.

August/September winners and answers

Send us your competition answers with your name and address by end of 4 November – email magazine@alzheimers.org.uk or write to the address on p2.

Kitchen aids

We have a Kitchen Genie, Snack tray stackers and Clever colander for one lucky winner drawn from correct entries.

Q: Snack tray stackers can be:

- A. Used to wash and drain food.
- B. Used to open jars, bottles and cans.
- C. Stacked on top of each other.



Christmas cards

We have five assorted packs of 10 Christmas cards for one lucky winner drawn from correct entries, plus two packs for three runners-up.

Q: Three popular Christmas carols include:

- A. Silent Night, Hark! The Herald Angels Sing and O Come All Ye Faithful.
- B. The Ghost of Christmas Past, the Ghost of Christmas Present and the Ghost of Christmas Yet to Come.
- C. Carol Vorderman, Carole King and Carol I of Romania.



Book giveaway

See p27 for a chance to win a copy of Coping with Mild Cognitive Impairment (MCI), by Mary Jordan.

Cognitive Books

A Cowan in Rutland and H Greenway in Worcestershire each won a Cognitive Book. Answer: Cognitive Books include illustrations and narrative designed to be enjoyed time and again.

Matching Memories

C Harvey in Staffordshire and J D'Avanzo in Kent each won a Matching Memories game. Answer: Matching Memories cards feature questions to prompt conversation.

Book giveaway

M O'Neill and P Skeete in Greater London, C Woods in Norfolk, A Ingold in Cambridgeshire and an anonymous reader each won a copy of Travellers to Unimaginable Lands, by Dasha Kiper.

Anagramword

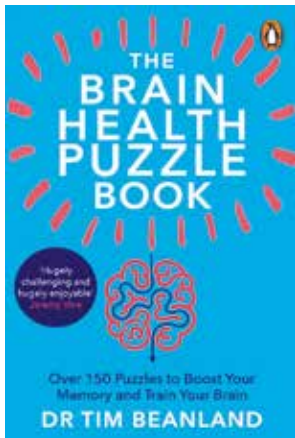
Across: September and October, fundraising, organise, sponsorship, thousands. Down: Memory Walks, donations, remembering, friendship, Liverpool.

Codebreaker

C	O	C	O	A
H		H		D
E	L	I	T	E
A		V		P
T	R	E	A	T

1	C	2	O	3	A	4	L	5	H	6	D
7	E	8	I	9	T	10	V	11	P	12	R

Terms and conditions: Competitions are free to enter and open to residents, aged 16 and over, of the UK, Republic of Ireland, Isle of Man and Channel Islands. Winners will be drawn randomly from entries received by midnight on the end date and results are final. Winners will be notified soon after and announced in the following issue. Prizes are subject to availability, and will be sent by Alzheimer's Society or our supplier.



Visit our Online Shop

A fabulous range of Christmas essentials such as cards and wrapping paper, gifts and games as well as helpful products for people living with dementia.

Call **0333 366 0035** (local rate) to ask for a copy of the catalogue, or shop online at shop.alzheimers.org.uk

Last postal date for standard delivery is 13 December.

100%
of our profits
help people living
with dementia



Alzheimer's Society

Together we are help & hope
for everyone living with dementia