February/March 2025

Dementia together

Alzheimer's Society

In this issue

Not alone, social media, Longitude Prize finalists, needing help at home and much more

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Welcome

Alzheimer's Society is here for everyone affected by dementia, and we want this magazine to help you know that you're not alone.

From living with a recent diagnosis to supporting someone in the later stages, staying connected with other people makes a huge difference.

Jitendra in Bradford (page 8), who has dementia, and Maria in London (page 30), who cares for her husband, both stress the importance of reaching out for support when you need it.

Margaret in Greater Manchester (page 14) tells us how she's benefitted from a cognitive stimulation therapy group, and we share tips about enjoying social media while staying safe online (page 15).

Coming together with others is also a powerful way to create change. This is attested to by Billy (page 28), who's been raising funds in Belfast, and Tony with Bristol Dementia Action Alliance (page 17).

We hope you find these articles interesting and useful, alongside the other advice, ideas and opinions in this magazine. Please continue to share your suggestions and feedback using the magazine contacts below.

Danny Ratnaike, Magazine Editor

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

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Dementia together is the Alzheimer's Society magazine for 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, Tailyour Road, Plymouth PL6 5FS.

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Directions

The start of this year confirmed what we already knew – more people than ever need our support. Thankfully, more people also know to come to us when they need it.

We knew there'd be a spike in calls to our dementia support line in January. Every year, more people call us after noticing unexpected changes in someone they've seen over the festive period. As it was, numbers of calls over the first weekend and Monday of the year broke all records.

We support people through some of the hardest and most frightening times. From a listening ear to a visit in person and opportunities to connect with others, we'll be there for you again and again and again.

People don't always know where to turn after a dementia diagnosis. That's why we've been getting our name and message out there at every chance going. This includes making sure there's no excuse for decision-makers to not have dementia firmly in their minds as a key issue of our time.

Fighting stigma is an important part of this. It's so helpful when well-known people speak publicly about their experiences of dementia, and the stories from everyone you'll read in this magazine are just as valuable.

Thank you for everything you do to support this work – we couldn't do it without you!

Kate Lee
Chief Executive Officer

News

Social care: action needed now

Alzheimer's Society has welcomed the announcement of a social care commission. However, while the prospect of long-awaited reform is positive, the commission will not report its final findings until 2028, and many people affected by dementia cannot wait this long for change.

Tim Baverstock, our Head of Local Systems Influencing, says, 'While this long-term social care reform is being developed, the UK government must make improvements in the short and medium term, so the immediate needs of people affected by dementia are met. This should include the introduction of mandatory dementia training for care workers.

'Alzheimer's Society is ready to support the commission. We want to ensure the voices of people living with dementia are accurately represented and reflected so that any future reform delivers accessible, high-quality and affordable care.'

Dementia training matters

We are calling on the UK government to ensure care staff receive mandatory dementia training. As well as improving quality of life for people affected by dementia, it also benefits the wider health and care system.

Our recent report, Because we're human too, outlines why training matters and how to deliver it. It was launched at a Westminster event attended by our Ambassador Angela Rippon, people affected by dementia and MPs, including Stephen Kinnock, Minister for Social Care.

Let’s hear you cheer

Our 2025 events season is on the horizon and registrations are open to join our team of amazing event volunteers.

You’ll feel fantastic and make a huge difference by encouraging our incredible participants towards the finish line.

Find out more at alzheimers.org.uk/event-volunteers or call 0300 222 5808.

NI challenge

We welcomed Mike Nesbitt, Northern Ireland’s health minister, to our Belfast office at the start of the year to discuss key challenges faced by people affected by dementia.

As Northern Ireland faces a projected 51% rise in the number of people with dementia by 2040, we highlighted the need for urgent action. This is far higher than estimated rises in England and Wales.

But there are urgent challenges in the here and now too. Over a third of people living with dementia are yet to receive an official diagnosis, with some waiting two years. This is a far cry from the nine-week target set by the minister.

We hope to meet him again later in 2025 to see what progress has been made.

Senedd debate

In December, Senedd Cymru committed to a new Dementia Action Plan for Wales, which will include new dementia diagnosis targets.

Plaid Cymru tabled a motion on dementia diagnosis to the Welsh Parliament, supported by us. It passed with amendments after a lively debate and with cross-party support.

The media attention around the debate also meant we got our message across in interviews on ITV Wales News, BBC Radio Wales and BBC Radio Cymru.

10-year health plan

We want to ensure the government’s 10-year health plan in England delivers for people affected by dementia.

Responding to the plan’s consultation, we’ve said people should have better access to early and accurate dementia diagnosis, and to existing treatments.

There should also be high-quality dementia training for all health and care workers, and how health data is gathered and analysed needs to be improved. These priorities will improve dementia diagnosis, care and treatment and reduce pressure on the healthcare system.

HRT, APOE4 and Alzheimer's

Researchers in Liverpool recently reported a link between hormone replacement therapy (HRT) and Alzheimer's disease among women who have a specific gene. This differs from other evidence, so we need more research to understand what it means.

Having a gene called APOE4 increases a person's risk of developing Alzheimer's. This study looked at HRT use and changes in proteins (amyloid and tau) that are associated with Alzheimer's. It didn't carry on long enough to see if women actually developed Alzheimer's.

For women who didn't carry the APOE4 gene, taking HRT had no effect on these proteins. However, APOE4 carriers had greater changes in these proteins if they were also on HRT. So, it could be important to consider whether someone carries the APOE4 gene, when looking at HRT and dementia risk.

Richard Oakley, our Associate Director of Research and Innovation, said, 'Women are more likely to develop dementia than men, however there's still so much we don't know. Studies like this are so important, to unpick the factors which contribute to dementia risk.

'The studies we have so far into taking HRT and the risk of dementia in women are conflicting. Some suggest that HRT is beneficial, whilst others suggest an increased risk of dementia.

'We need further, longer-term, larger studies with more diverse participants to confirm the results and fully understand this risk, and to weigh this against the benefits offered by HRT for some women.'

Previous research has identified key things that affect our chances of developing dementia. We can change many of these, including by having a healthier lifestyle and staying social.

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

Evaluating our services

Our annual evaluation has underlined how people feel more informed, supported and confident after using Alzheimer's Society services.

We interviewed almost 1,700 people with dementia and carers and over 90% told us they received useful information and felt more supported since using our services.

Making Evaluation Count evaluates our one-to-one services, such as our Dementia Support Line and community Dementia Support Services.

We'll take what we've learned to continue improving our support, and we thank our incredible service staff and volunteers for their dedication and hard work.

For support, visit alzheimers.org.uk/get-support or call 0333 150 3456.

Insurance Day for Dementia

A big thank you to everyone who took part in the seventh annual Insurance Day for Dementia in November.

People from more than 64 insurance companies came together to raise over £240,000, which will help fund vital dementia research.

As well as organising their own fundraising activities and collections at train stations, many joined us online for a lunchtime webinar, led by Richard Oakley, our Associate Director of Research and Innovation.

Insurance Day is the flagship event organised by Insurance United Against Dementia (IUAD), an industry movement brought together by Alzheimer's Society.

Find out more about IUAD at alzheimers.org.uk/IUAD

Herbert Protocol: sign up online

A new website means people anywhere in the UK can store information that would be helpful if a person with dementia is reported missing.

The Herbert Protocol helps emergency services to respond swiftly when a person is missing, providing vital details that make it easier to locate them. This can include a recent photo, important phone numbers and a list of places important to them.

Originally developed in areas including Norfolk and South Yorkshire, it is now endorsed by the National Police Chiefs' Council.

Wherever you are in the UK, you can now sign up for free thanks to the new site from medical ID charity MedicAlert.

To find out more, please visit www.herbertprotocol.com or, if you can't sign up online, call 01908 951045.

Influence our work with others

Are you interested in supporting how we train and work with other organisations?

In its first year of meeting, our Training and Partnerships panel has achieved so much.

Comprised of people with dementia and carers, the panel has helped us develop our training on end of life support.

Our courses will also use their insights on ways to communicate with people with dementia, especially on the phone, and of using supermarkets, restaurants and banks.

Panel members have also contributed to discussions with organisations we hope to partner with in the future.

Email partnerships.operations@alzheimers.org.uk to find out more about how you can take part.

New Carol Jennings Fellow

Chris Hardy, at University College London's Dementia Research Centre, has been chosen to be our second Carol Jennings Fellow.

This honorary fellowship was set up by the Society and the Jennings family to honour our former Vice-President. It recognises and champions innovative dementia research.

Chris is studying the link between hearing loss and changes in the brain that happen in dementia. Inspired by his grandmother's experience of Alzheimer's, he hopes his work will eventually lead to the earlier detection of dementia.

'Hearing loss is a major dementia risk factor. We hear with our brains as well as our ears, and brain regions that perform difficult hearing tasks are affected very early in Alzheimer's disease,' says Chris.

Find out more about our research at alzheimers.org.uk/research

Trek together

Take on an epic 26- or 13-mile trek in one of 12 stunning locations, including Stonehenge and the Lake District.

Trek26 is not your average trek. As well as breathtaking scenery, taking part is a unifying experience – you'll join thousands of others giving help and hope to people affected by dementia.

Sign up today and let's trek together to beat dementia – visit alzheimers.org.uk/trek26 or call 0300 222 5808 and use the code LOVE from 1 February to save 20% on your registration.

Let's Dance!

Society Ambassador Angela Rippon is on a mission to get us all dancing, whatever our fitness level or age. The former Strictly Come Dancing contestant wants everyone to experience how dance can benefit our minds and bodies.

On 2 March, dance studios around the UK will be opening their doors and floors to new dancers for Let's Dance, which Angela describes as 'the UK's first national dance movement'.

Find out more about the campaign and how you can get involved at www.lets-dance.org.uk and follow #LetsDance on social media.

Don't miss...

Enjoying the benefits of social media after a dementia diagnosis while staying safe. **See page 15.**

Paul wants more affordable residential care options for younger people with dementia. **See page 16.**

People tell us what they think about a specially designed smartphone and landline phones. **See page 20.**

Who are the five finalists bidding for the top international Longitude Prize on Dementia? **See page 22.**

Advice on getting more support with homecare from a local authority. **See page 34.**

Photographs: Mike Frisbee

Not alone

Jitendra in Bradford has had support from a range of people since his dementia diagnosis. Margaret Rooke meets a man grateful for those around him.

At 63, when many are beginning to think about retirement, Jitendra Gupta, from Bradford, was at college finishing a law degree.

His goal was to become a solicitor, to work with those who couldn't afford expensive legal services.

Jitendra, now 77, was born and brought up in Uttar Pradesh, India. He gained his caring focus from his parents while he was growing up.

'My attitude to life is to help people in any manner I can,' says Jitendra. 'Not for the sake of money, but just to help them.'

But before he could progress with his career plan, he was stopped in his tracks.

Quick read

Jitendra Gupta, in Bradford, has turned his life around since the shock of his dementia diagnosis.

Jitendra noticed memory problems after grieving for his sister, and he felt certain it wasn't simply a sign of ageing.

He'd got a law degree at an age most people are preparing for retirement, and he remains keen to use it to help others.

Jitendra says it's important to have people around you after a diagnosis – professionals as well as family and friends.

Sudden loss

First, Jitendra suffered a huge bereavement – the sudden loss of his beloved sister, Dr Urmila Gupta. He proudly explains that she was well known in Bradford as the city's first Asian female GP.

Then came the realisation that he was developing memory problems.

'If I was trying to make a phone call, by the time I went to the telephone I had forgotten what I was doing there.

'This might sound minor, but the problems were getting worse and worse.

'Thanks to my sister, I knew that the sooner you are diagnosed the better. She would always encourage her patients to come into the surgery as soon as possible.

'The first thing I did was discuss this with my family.'

Jitendra's family work in healthcare – his son is a consultant ophthalmologist, his daughter is an optometrist and his wife is a secretary in a GP surgery.

'I knew I wanted to talk to them all. First of all, they said it might be the ageing process. I said, "No."

'My GP, too, suggested the changes were to do with ageing. He did an initial memory test, asking basic questions, and I found myself struggling, but he said, "Relax and everything should be fine."

'I knew I wasn't happy, so I went back to the GP and said it didn't feel like an ageing problem to me and my family.'

'You are right'

Jitendra was referred to a consultant psychiatrist, who did some basic examinations and referred him for MRI and CT scans.

'When the results finally came back, she told me, "You are right." She diagnosed dementia. She said the scans had revealed a problem with my brain, and prescribed medication.

'When I heard that I had dementia, it was a shock even though I knew something was wrong. I thought my life was finished and that everything good had finished.'

His GP and consultant referred him to Alzheimer's Society.

'I was thinking, "What is Alzheimer's? What is going on?" I had a lot of questions.

'Then Judith from Alzheimer's Society came to see me at my home. She was courteous and helpful. She helped me understand that I had nothing to worry about.

'I was still focused on the loss of memory and forgetting things, but the good news was that because of the medication the doctor was giving me, I was getting on all right.'

Constant support

While the doctors worked to correct the levels of medication, Judith was a constant support.

'She told me about local groups where I could meet other people in similar situations, going through the same problems. I went to these every two weeks, and I found out I wasn't the only one.

'There were lots of other people with memory problems, some worse than me, some of them were younger than me. This helped me see I wasn't alone.

'I thank Judith and other members of Alzheimer's Society staff so much. I feel I am recovering from my situation and feel much better.

'When there was a meeting, they always invited me. During lockdown, the meetings were on Zoom. Sometimes I didn't remember them and so Judith rang me to ask me if I was all right, did I need anything.'

Having confidence

Jitendra recognises that getting help from people outside your usual networks can sometimes feel more straightforward.

'I have found when people outside my family support me, this gives me a lot of confidence. Without this I would have been completely lost.

'They support me and look after me with respect and not like I'm suffering with something.'

Attending an Alzheimer's Society conference in London in July 2023 gave Jitendra another opportunity to meet people in a similar situation.

'I noticed many were suffering worse than me, and I thank God that I am doing as well as I am.

'Having this confidence is so important. Without it, you can't move on in your life. I know that with the help of other people I can move further, and I can help others.'

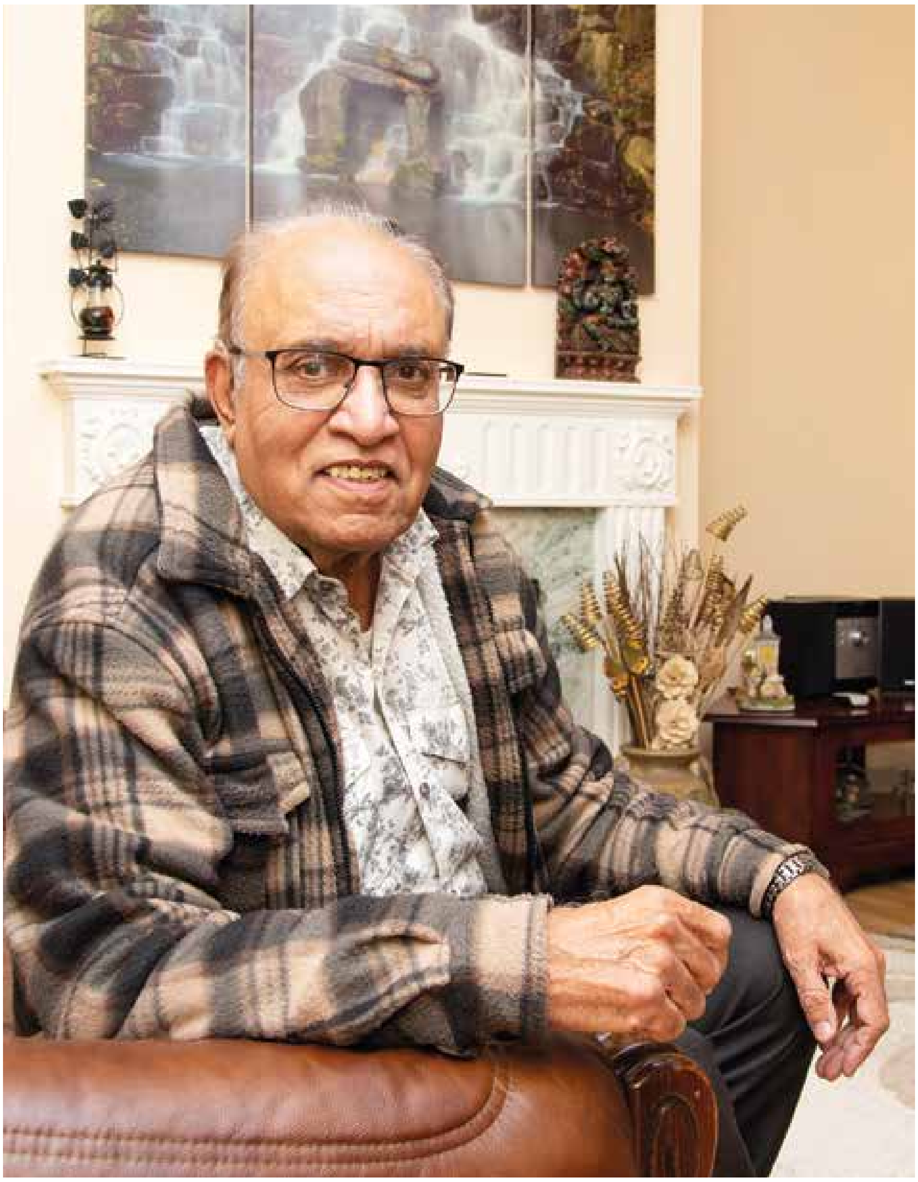
Positive message

Jitendra is keen to send a positive message to others in Asian communities who are frightened they may have dementia.

'I know there are a lot of people in Asian society who are suffering with this, but they don't want to come forward. They don't want to go to the doctor and explain what the problem is, especially the women but even the men.

'They think if they are diagnosed with this problem, there will be a stigma that in their family this person is suffering from memory loss. They worry they can be stereotyped and not taken seriously or discarded from the family.

'I want to speak on Asian radio stations and television in our region, to pass on what I know – that it gives you confidence to talk about what your problem is and what your difficulties are. Sharing this is how you get help.



'Alzheimer's Society staff are trained in these situations for this kind of work. They can give us all confidence.'

Different culture

Nearly 50 years ago, Jitendra's sister had invited him to stay with her in the UK.

'She wasn't married, she was alone, so I was a great help to her,' he remembers.

'I really enjoyed living in the UK. I enjoyed meeting people. I was in a different culture altogether, and it was so friendly.

'Initially I was on a student visa, so it was difficult to settle down, but my sister was resourceful.

'Eventually I was able to bring my wife Chandresh and my six-year-old son to live with me, and we had our daughter a few years later.'

Jitendra built a career as a business advisor. He then turned his attention to law, taking his law degree at Bradford College, in collaboration with Leeds Metropolitan University, in 2010.

'I have a lot of interest in the legal side, and I know there are so many people who are not getting the justice they deserve because they can't afford it.

'I have worked as an interpreter for solicitors, the police and courts all over England. I spent a lot of time travelling, meeting all sorts of people from different parts of society.

'I didn't feel satisfied when I saw that people were struggling when they had been arrested because they couldn't afford proper help. Many solicitors are too expensive for the ordinary man.'

Helping others

At the age of 77, Jitendra has not given up his dream.

'I passed my LLB degree, but I am looking for a solicitors' practice locally to support me with the rest of my LPC training. If I can complete this, I would like to give people free advice and court representation. It would be a privilege to help them.

'Helping others is my desire from within. My mum was a religious lady and a housewife, and my father was a Director of Education – a very high post in the government of India.

'He always wanted to help others, poor people, less privileged children. He adopted a child from a poor family and said, "We can help someone who has never been to school."'

Good environment

With help, Jitendra has turned his life around.

'When I first heard what was wrong with me, I thought, "I'm just at the last stage of life," but when I met Judith, that changed. She gave me so much encouragement.

'She was the first person I spoke to from Alzheimer's Society. Her words, her attitude and her approach to this have been very, very important. I'm still grateful and thankful to her.

'Finding out you have dementia is difficult news,' he says, 'but what's important is who you have in the background supporting you – your family and friends, the medical support and the people in Alzheimer's Society.

'With a good environment, everyone will be as positive as me.'

> **"Having this confidence is so important. Without it, you can't move on in your life. I know that with the help of other people I can move further, and I can help others."**

For our Your relationships (1507) booklet, see **alzheimers.org.uk/publications** or call **0300 303 5933**.

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

Donate

Your donation helps us to support more people like Jitendra to remain as independent as possible. **Donate online** or call **0330 333 0804**.

Share and inspire

Views, updates and ideas – for and by you.

Awesome audio

Looking for something to listen to? A range of dementia-related podcasts and radio shows are available online.

Stories and advice

Hear more about stories in Dementia together magazine in our very own podcast. A new episode comes out with each issue of the magazine – see **alzheimers.org.uk/podcast** or search 'Alzheimer's Society' wherever you usually listen to podcasts.

Dementia Australia's podcast Hold the Moment is hosted by Jim, who lives with young-onset dementia, and journalist Hamish. It features people with dementia and has plenty of useful tips and strategies you can use in your life. Visit **www.dementia.org.au/hold-the-moment** or search 'Hold the Moment'.

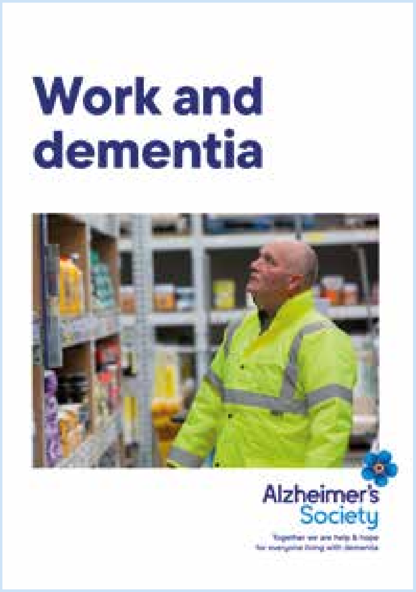
Around the UK

Phonic FM, the on-air name of Exeter Community Radio, has a regular Living Better with Dementia show. It's presented by local dementia champion Gina Awad – you can listen at **www.phonic.fm/living-better-with-dementia**

If you're looking for music and reminiscence, Memory Lane Radio is packed with nostalgic hits. Produced in north east England, it also features interviews, local history and stories – visit **www.memorylaneradio.co.uk**

Deepness Dementia, produced by people living with dementia across the UK, is broadcast 24/7. It features interviews, poetry, music and more – see **www.deepnessdementiamedia.com**

Merseyside Dementia Friendly Radio is co-produced with people affected by dementia. It broadcasts a mix of dementia-friendly music and shows – find out more at **www.mdfr.co.uk**



Work decisions: updated booklet

An updated Alzheimer's Society booklet helps people to make decisions about work after a dementia diagnosis.

Having dementia doesn't mean you automatically have to give up your job. Some find that continuing for as long as they can helps their physical and mental wellbeing.

Work and dementia (1509) includes advice on talking to your employer, legal and financial options, what to do if you're self-employed and much more.

For the updated booklet, visit alzheimers.org.uk/publications or call **0300 303 5933**.

Your art, your legacy

Are you an artist who'd like to preserve and showcase your creative legacy?

Dekkle, a fine art printmaker and publisher based in Hertfordshire, is offering an amazing prize to three lucky winners, in collaboration with the Society.

Dekkle will create a tailored online viewing room and a custom-made photographic book featuring up to 20 of each winner's artworks.

They'll visit the winners to carefully collect and photograph their work before returning it safely. Each prize, valued at over £1,000, includes no ongoing costs for web hosting, making it an incredible opportunity for artists.

Enter by 31 May for a chance to win – to find out more, visit www.dekkle.com/yourart or call 01462 635957.

3 Nations Dementia Working Group

The 3 Nations Dementia Working Group (3NDWG) is a friendly group of people diagnosed with dementia who want to make a difference.

If you have dementia and live in England, Northern Ireland or Wales, why not join them? You choose how active you'd like to be.

They host monthly webinars that are designed and delivered by people living with dementia.

To find out more, please visit alzheimers.org.uk/3NDWG or email 3NDWG@alzheimers.org.uk

Speak Out with Dementia

Speak Out with Dementia, the monthly online group for LGBTQ+ people with dementia, next meets at 4pm on 13 February.

The group, supported by Brighton and Hove LGBT Switchboard, meets on Zoom and is open to people across the UK. It's a safe space for LGBTQ+ people with dementia to talk about anything that's on their mind.

For those in and around Brighton and Hove, there are also in-person meet-ups for LGBTQ+ people affected by dementia, as well as groups for carers and others.

To find out more, please email emily.farmer@switchboard.org.uk

Puzzles FC

Our latest 'anagramword' from Pete Middleton has a football theme – see page 38 if you think you can tackle it…

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 3 March for the April/May issue (wording may be edited).

Like a different person

Margaret Bloor, 84, in Greater Manchester says that cognitive stimulation therapy (CST) has made a big difference to her.

I was diagnosed with bowel cancer in 2020 and then with dementia in 2021. It was a difficult time and I became very withdrawn.

I didn't feel like doing anything or going anywhere. I didn't want to leave my front door or do anything around the house, including the washing and cleaning. My husband James had to do everything.

Giving it a go

Cognitive stimulation therapy was first suggested to me when I started going to an Age UK centre in Tameside.

I felt nervous about the idea because I didn't know what to expect. But Vikki from the centre reassured me and encouraged me to give the sessions a go.

I had no need to worry. Two years on, I'm still going once a week to maintenance sessions. I love it!

We do a variety of things in the group and it's quite creative. We do art, we make things, play games, chat to each other and get to know each other.

We might be making wind chimes, doing word searches and jigsaw puzzles, playing ping-pong or drawing portraits of each other.

All these activities are new to me. I've never been what you would call a creative person but I love our group activities. Because the sessions are so friendly, I feel more comfortable about trying new things.

Seeing a difference

There are currently about eight people in the group. Most of them have been going for over 12 months, so we all know each other well and we're all friends.

We go on trips together – we've been for fish and chips in Bolton and we went a see a pantomime at Christmas.

It's got me doing things at home as well. My husband buys me word search books, jigsaw puzzles and colouring-in books.

I'm a totally different person since I started going there. Everyone has noticed a difference in me. I would encourage other people to give it a go.

I was nervous at the start but I am a big fan. In fact, I'm about to start helping Vikki to help set up and clean after the sessions. I've come a long way.

Cognitive stimulation therapy

Cognitive stimulation therapy (CST) is usually most suitable for people in the early to middle stages of dementia.

It involves a set number of sessions, usually in a group, with structured activities such as word games or singing.

These activities are designed to encourage thinking, concentration, communication and memory skills. The aim is to slow down decline in these areas. CST can also help people feel more confident and improve their mental wellbeing.

'Maintenance CST' is also available in some areas. This helps to maintain the benefits of CST after a person's finished their initial sessions.

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

Enjoying social media

Benefiting from social media when you have dementia, while staying safe and well.

Social media offers amazing ways to connect with others and explore interests. But we also need to think about our privacy, safety and wellbeing online.

What can you do to stay safe and well if you have dementia and enjoy social media?

Privacy

For each platform you're on (Instagram, Facebook etc), who else can see what you share on it?

Use your account settings to control this. For example, so only people you've added as contacts can see or comment on your posts.

If settings become complicated, is there a friend or relative who could help?

Some prefer a platform like our Dementia Support Forum, where support's always available. Or a group chat on WhatsApp that only includes people you know.

Safety

Many people are on social media for similar reasons as you. But not everyone's honest about who they are or what they want.

On a public platform, it's safer to only respond to a message from a person you don't know if others can see it too.

If it looks like someone you already know, speak to them 'in real life' to make sure it really is them.

Keep passwords secure. If you need help accessing a social media account, is there a trusted friend or relative you can ask?

Wellbeing

What you see on social media isn't always true. Only follow and engage with accounts that you trust.

Spending time on social media can also feel like an emotional rollercoaster. Take a break if being on it doesn't make you feel good.

Your tips

Jennifer Bute, who lives with dementia, shared advice from her experiences of being active on social media:

'Your privacy can be invaded in two different ways. You can have people trying to chat you up, and you can have other people who are being very rude and unkind to you. The simplest thing is to block that person, and if you don't know how to do that, get someone else to do it for you. There is no point at all in replying to that person in any way!

'I find the best thing is to be involved with social media that belongs to an organisation. It is very easy to add comments under their umbrella, because they can deal with any fallout, as they do and have done for me.

'As to what one shares on social media, one needs to think very carefully about one's personal information because once it's on social media it is everyone's information.

'I like to think that what is shared is for the benefit of others, not just to let off steam or to show off. We can help others by sharing advice or tips of how we've dealt with different situations and what we have learnt, even if it was the hard way!

'My family may advise me if I ask them about something I'm going to post online, but otherwise they will not get involved. I would never share information about them or a friend or an acquaintance, because I have no right to do that online without their specific permission.'

The dementia guide (872) includes advice to help you live well after a diagnosis – visit **alzheimers.org.uk/dementia-guide** or call **0300 303 5933**.

For personalised information and advice, call our Dementia Support Line on **0333 150 3456**.

Our Dementia Support Forum volunteers and staff help the community's members to make sure it's a good place to be. See forum.alzheimers.org.uk

Opinion:
Something must give

Paul Harvey, in Essex, says younger people with dementia need more affordable options for residential care.

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

- Paying for care and support in England (532).
- Paying for care and support in Northern Ireland (NI532).
- Paying for care and support in Wales (W532).

I was 48 when I got diagnosed with young onset dementia, six years ago. Even if it was eight years before I needed a care home, I'd still only be 56. Everyone thinks we've got 10 to 20 years, but we haven't in some cases.

Four years ago, me and my family researched care homes. We found out that, because I'd be under 65, no care home will touch me unless I go private.

Not every care home caters for dementia, and out of the care homes around where I live, there are none what will take me. They said it's against their policy to take on anyone under 65.

The closest one that will take me is a dementia village. Again, they're reluctant on the age, but they'd take me if I was paying privately. That's £1,800 per week, which puts a burden on my family – we can't afford that.

What I want

A few years ago, I did a video for my family through Alzheimer's Society. There were awkward conversations I wanted to have about things like having a DNR and needing to go into a care home. The video gave me the chance to explain what I wanted and why.

I explained that, when the time is right, I want to go into a care home. When my Nan was going into a care home, I saw how it destroyed the family because they argued about it. I didn't want that for my family.

But the fear is the cost, and the pressure it puts on the family is astronomical. There's no way I want that on their shoulders. I don't want my boys to end up getting loans or mortgages for it – they've got their own families, it's not fair on them.

Even if we owned our own house, my wife would have to sell that to cover the cost of care. But where would she live?

Double blow

You try and do your best by your loved ones, but you can financially break them. That's a double blow after a dementia diagnosis.

These are problems for anyone with dementia, but having young onset adds even more.

Something has to change. We need to highlight more about young onset dementia so people are aware of what could face them. I didn't plan to get dementia!

We need to lobby our MPs and our local councils, and support campaigns and petitions.

I'm going to try and find a way changing things. If it doesn't happen in my lifetime, it could still happen in someone else's.

Power to change

After his wife's diagnosis, Tony Hall from Bristol set up a local action alliance and fights for change by lobbying politicians.

My wife Barbara had symptoms of frontotemporal dementia from 1999, and we lived with it for 22 years until she passed away two and a half years ago.

We realised just how much ignorance there was about dementia, how little support there was for carers and people with dementia.

On 9 July 2013 – the date is etched in my memory – we set up the Bristol Dementia Action Alliance (BDAA), aiming to make Bristol the UK's leading dementia-friendly city.

Politically engaged

The BDAA has a team of five and we work with a range of other charities and organisations. We run workshops, awareness sessions, webinars and events, as well as four memory cafés and carer support groups. It's a 24/7 job for me.

Although I've always had strong opinions about politics and politicians, before the BDAA I'd never campaigned or engaged with politicians.

But dementia has turned me into a campaigner and activist. I want to do what I can to engage the people at the top, as they have the power to change things. Although, at the moment, they don't seem to be doing an awful lot.

Window of opportunity

Darren Jones has been our MP since 2017 and he's very supportive of what we do in the BDAA. He was appointed as Chief Secretary to the Treasury when Labour came to power in 2024 – a really important position. We saw this as a window of opportunity.

The first thing we did was congratulate him on his new role and to ask for a meeting. He responded, thanked us for reminding him of our work and said he could write on our behalf to Wes Streeting, Secretary of State for Health and Social Care.

We're waiting for a response but I'm feeling hopeful. We posed a series of questions, including asking if the government is willing to work partnership with the voluntary sector. We have the lived experience, so why not use it?

Do your bit

It's too late for my wife, but I can make a difference for the next generations.

I get frustrated because change is so slow, but if I give up, what's going to happen? We've got to try. Whatever happens, we'll keep nagging people in power. If you get on their nerves enough, they have to do something.

If you feel strongly about dementia, I'd say it's important to do your bit, however small it is. If we get enough people shouting about the same issues, maybe those in power will do something.

You might feel nervous, but my advice is to have people around you. Find your crowd, kindred spirits who are as just as passionate as you to help you feel supported.

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

Research:
Staying independent

Volunteers affected by dementia are helping researchers understand what helps people to continue living alone after a diagnosis.

Dementia research relies on people taking part, but what does 'taking part' actually involve?

It could mean having tests or trying out new treatments or devices. However, people also provide vital help by sharing their experiences and views.

One study, focused on coastal and rural areas of Kent and Sussex, is looking at what helps people to continue living alone after a dementia diagnosis.

What matters to people

'Often, people with dementia want to continue living independently in their own homes,' says Sarah Polack, Research Fellow at Brighton and Sussex Medical School (pictured).

'However, for some people who live on their own, it can be particularly challenging to access needed services, support and social activities and interaction.

'We want to understand what matters to people, what helps them to get support and do the things they want to do, and what makes it difficult.'

The researchers are interviewing people who live alone and have been diagnosed with dementia. They're also speaking to relatives and friends who support them, as well as people involved in providing services.

'We want to learn how people living alone are being considered in service provision in this area, the key challenges and what works well.'

Sarah hopes to finish interviews around the end of February. After that, they'll analyse the information they've collected.

'We'll then share findings in workshops with people with dementia living alone and stakeholders involved in dementia services in this region. Together, we'll develop recommendations for local policy, practice and research.'

Having a voice

This kind of research is essential to improve support for people affected by dementia, and it wouldn't be possible without their involvement.

'Hearing the experiences of people with dementia who live on their own is critical,' says Sarah.

Thankfully, people have been volunteering to take part.

'I feel quite happy to be taking part in this study,' says Nigel, who lives with dementia.

'I want other people to understand what it is like and how I can meet the challenges of being on my own. I live alone but am not lonely!'

Ian, another participant, says, 'Since my mum's diagnosis, I have felt a bit hopeless at times.

'I know she can remain stable for periods of time but there is no treatment for her, no hope of a cure and nothing that will "get better".

'I like to think that, even if only in a small way, I am doing something to help forces that will push back against this disease.

'It feels empowering. I feel like I'm given the chance to have a voice in what's happening and that feels good. I don't think dementia is talked about enough and I don't think society cares as much as it should.'

People like you

Sarah is hugely thankful to the study's volunteers, many of whom have been found through Join Dementia Research.

'What a privilege it has been to meet with and learn from the people who have taken part so far,' she says.

Registering with Join Dementia Research means you can be matched with all kinds of studies that are looking for people like you.

'Learning from your experiences and perspectives is critical in understanding what the gaps are, and how support services can be better delivered,' says Sarah.

Ian agrees, 'It's only one small act, but every time I've taken part in a study, I feel like I'm making a difference, even if only very small.

'Breakthroughs in treatment and understanding, as well as increased awareness and reduction in stigma, can only be achieved through people being active, taking part and making their voices heard.

'Nothing is as powerful as sharing lived experience.'

Find out how you can get involved in all kinds of dementia research. Call **0333 150 3456** and ask for the Research Participation team, or email **joindementiaresearch@alzheimers.org.uk**

Studying synapses

Analysing the small connections between our brain cells, to unlock big insights about dementia.

Johanna Jackson studied several conditions, including epilepsy and brain injury, before focusing on Alzheimer's disease.

The constant throughout her career is an interest in synapses – the small connections that allow our brain cells to communicate.

For Johanna, developing new drugs based on a better understanding of synapses is the exciting 'new battlefield of Alzheimer's'.

Mechanisms of change

Johanna was the first recipient of our Carol Jennings Fellowship (see page 7). Her team is part of the UK Dementia Research Institute Centre at Imperial College London.

She's using her funding to understand how and why synaptic changes happen in Alzheimer's.

'I want to determine which types of synapses are affected as the disease progresses.

'I also hope to identify which components of synapses could be targeted with new therapies, alongside the disease-modifying therapies that have recently been developed, including lecanemab and donanemab.'

Another part of Johanna's work is to study the effect of drugs currently used to treat other conditions.

'If we can determine how the synapses are affected by the drugs in these cases, we can see whether the effects can be repurposed in Alzheimer's.'

Working together

Johanna works with a group of five researchers, mostly PhD students.

'I often meet with them to help them or make sure the research is moving in the right direction,' she says. 'The best days are when they show me a new piece of data!'

Johanna stresses that collaborative working is vital.

'My group works closely with other researchers in the UK and overseas on the different aspects of dementia, particularly those also looking at synapses from a different perspective.

'We work with industry and academia so that we can gain a greater understanding but also work towards new treatments.'

Johanna's personal connection to dementia keeps her motivated.

'Seeing the impact of my uncle's dementia on my aunt, his full-time carer, was incredibly difficult.

'I also see the impact of dementia on wider society, which really highlights the need for better understanding and treatments.'

Pivotal moment

Johanna describes the Society's funding and support as being 'instrumental' to her work.

She's particularly grateful to volunteers from our Research Network, who always bring a focus on what impact dementia research will have on people's lives.

'We are at a pivotal moment in Alzheimer's research,' she says.

'With positive results from recent trials, the prospect of finding a therapy that will alter disease progression and slow decline is closer to becoming a reality.'

Donate

Your donation helps us to fund research into all forms of dementia, from prevention to breakthrough drug treatments. To donate, visit alzheimers.org.uk/give or call 0330 333 0804.

Consumer panel:
Mobile and landline phones

People affected by dementia in Peterborough try out easy-to-use phones and tell us what they think of them.

Peterborough's Dementia Resource Centre offers a one-stop shop for advice, information and support. We headed there to try out some phones that are designed to be simple to use.

The group had recently done training in using devices and the internet. So, they were keen to get their hands and ears on the smartphone and landline phones that we brought them.

Using phones

Everyone in the group said they use a smartphone – a mobile phone with a touchscreen that gives access to the internet.

They told us about a vast range of good and bad experiences with their current mobiles. They all used their phones differently, with different levels of confidence.

Some feel relatively comfortable with their mobile. This includes Chris, who describes himself as quite 'tech-savvy' and uses his to play word games and take photos.

But others said they're frequently flummoxed by their smartphone and need help from someone else to work things out.

Sharon told us about a recent stressful incident with hers.

'I needed to call my husband about some urgent family news and I was so confused my phone, I couldn't remember how to do it.'

Grahame also feels unconfident at times.

'I get by on my phone – I like taking photos. I can do something if I need to, but I often need to ask my granddaughter to give me advice,' he said.

A few people said they'd got rid of their landline and rely on their mobile. However, most of the group still have a landline phone.

Norma told us about the simple layout of hers and its special features.

'It lights up and pings, and a voice says, "Have you taken your medication?"'

Simpler smartphone

We showed the group the S510 Swissvoice smartphone.

It's meant for anyone who wants the whizz-bang features of a smartphone, but without needing to learn a lot of new things to use it. It's halfway between a regular smartphone and some other very simple phones available in our shop.

It has an SOS assistance button, extra-loud ringer and large screen. You can also add photos for three favourite contacts on the screen, so you can call them easily. At the moment, the phones come without a SIM card.

It comes with a charging base that's designed so it's hard to knock over accidentally.

Group members tested its features by making calls and sending text and voice-to-text messages. They also asked about its camera, since taking photos is one the most important things they do with their phones.

The simple layout was an instant hit with everyone. Many found this mobile easier to navigate than their existing smartphone.

'I'd love this,' said Norma. 'My daughter bought me my phone, but I don't get on with it.

'People have tried to explain it to me, but they do it too quickly and I forget.'

Graham agreed, 'I forget how to use things. They have to be really, really simple. I would love to use a more complex phone, but I can't.'

Cost is always an issue with sophisticated technology – people need to feel confident about getting good value. Group members also spoke about the challenges of adapting to new devices.

Richard said, 'I like the fact the screen is very clear and easy to use – but it's new, that's the problem. I'm used to my phone. I don't want to learn how to use a new one!'

Alan found the size of the buttons on the touchscreen particularly helpful, as he has a tremor in his hands. He tried sending text messages, also using pre-filled messages and voice-to-text.

'Most of the time on my current phone, I aim for a button and miss, and end up sending all sorts of messages,' he said.

'My phone used to be my life. Now if I want to send a message, I have to ask for help.

'I particularly like the way this phone prompts you to check you're happy with what you're sending.'

Maria added, 'I think the voice-to-text option would be really helpful for me and the SOS button too, as I've had two falls recently and would have found it helpful then.'

Norma and Alan were so keen on the mobile that they took handsets away to test at home.

Later, Alan's granddaughter told us, 'He's getting on much better with it than his current phone so will be swapping over.'

Norma added, 'With a bit more practice I think it will work for me. I am definitely going to buy one and I'm hoping my grandson will come over and help me!'

Landline phones

The group tried out the Big button corded telephone from Amplicomms and Cordless telephone with answer machine from Swissvoice.

Everyone found these clear and easy to use, with their simple layouts and loud ringtones.

Trevor and Maria were particularly impressed by the photo buttons on both phones.

'I have a regular landline phone and I only have it for emergencies. The buttons would be useful if I did need to make an urgent call,' said Maria.

Again, price and familiarity came up as issues.

'My landline has everything I need, and only cost £29,' said Graham. 'It's nice but price is a consideration for me.'

Win
See p39

However Trevor said, 'I love anything that supports me to do the simple tasks that I used to so easily before dementia.'

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

- Swissvoice S510 mobile, with tabletop charger, USB cable and lanyard – £179.99 including VAT.
- Swissvoice S510 magnetic charging cable – £9.99 including VAT.
- Big button corded telephone from Amplicomms – £39.99 including VAT.
- Cordless telephone with answer machine from Swissvoice – £69.99 including VAT.

You can buy these phones and many other specially designed products VAT free if they're for use by a person with dementia or other conditions, saving 20%. Tick the box stating that you're eligible for VAT relief at checkout.

Longitude Prize finalists

An international competition is uncovering groundbreaking technology to help people with dementia. Heather Stephen meets five finalists bidding for the top prize.

Quick read

A competition to find technology that will transform life with dementia is entering its final year.

Since 2022, the £4 million Longitude Prize on Dementia has whittled 175 entrants from across the world down to five.

These innovations help people to live independent, more fulfilled lives, so they're able to do the things they enjoy.

The winner, to be announced in early 2026, will be awarded a £1 million prize.

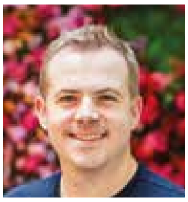
It's been over two years since the £4 million Longitude Prize launched its bold dementia challenge. This asked inventors worldwide for new technology to revolutionise the lives of people with dementia.

The competition, funded by Alzheimer's Society and Innovate UK, had 175 entrants. These have since been whittled down to a final five.

Each finalist has been awarded £300,000 to develop prototypes. The winner, announced in early 2026, will net a grand prize of £1 million.

So who are these innovators and what difference do they hope to make?

Supersense



James Brown's volunteer work for a dementia charity inspired the camera-free monitor Supersense, which he developed with Matt Ash.

James, CEO of Supersense Technologies, says, 'At almost every house we visited, there would be a drawer full of unused gadgets.

'I knew that there was a better, unintrusive technology that could help people with dementia live safely in their own homes for longer and to help families know that their loved one is safe and well.'

The Supersense device gathers information about a person's movements and safety, shared with relatives by WhatsApp or text.

James explains, 'Our system identifies new behavioural patterns so that carers can provide support at the right time.'

Theora 360

Theora 360 uses football pitch sensor technology to prevent falls. Existing devices alert carers when a fall has happened. But this smartwatch uses technology that maps how a football moves on a pitch to predict when falls are likely.

Stephen Popovich is CEO of Clairvoyant Networks, the US company developing the product.

He explains, 'We know that people living with dementia are more likely to fall, so it made sense to focus on a solution that could help to accurately detect and predict falls.

'Not only will Theora 360 increase independence, but it will give family members peace of mind knowing how their loved one is doing even when they can't be there with them'

AUTONOMOUS

Family member struggles inspired the Portuguese team behind AUTONOMOUS. This system uses a smartwatch, smartphone and home sensors to learn daily routines by measuring temperature, distance and sound direction.

The person gets step-by-step prompts for tasks with pictures, texts, sounds or vibrations. If something is missed, a carer can be alerted through an app.

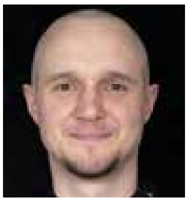
Cristina Mendes Santos, at Associação Fraunhofer Portugal Research, says, 'Through our research

and lived experience, we found being able to complete daily activities autonomously was most meaningful to people with dementia.'

Fellow researcher Filippo Talami says the system supports independence.

'We designed the system with the family in mind and wanted the system to communicate with caregivers, but only when needed,' he says.

CrossSense



People with dementia value being able to go about their daily lives, and that's what the CrossSense device hopes to support.

London co-operative Animorph developed lightweight glasses with technology to identify objects around the home.

The glasses use text and a voice to name objects or potential dangers and answer questions. Hopefully the device will identify people in the future too.

Szczepan Orlins, Software and Business Developer, says, 'This is a tool to allow people to live their life how they wish.

'We are working on overlaying colours, shapes and sounds to help reinforce memory and hopefully even delay the progress of dementia.'

MemoryAid

MemoryAid, designed to look like a phone, offers reminders of daily activities through screen prompts. It can also be used to video call family and friends.

People can use an app to design personalised prompts, using photos from their home and recording instructions in their preferred voice and language. However, the main function is to make it easier for people to stay in touch.

To make a video call, users simply need to touch an image on the screen.

Celia Harris, Associate Professor at Western Sydney University, Australia, helped develop MemoryAid.

She says, 'A lot of technology designed for people with dementia emphasises safety monitoring, but we wanted to design something that fosters independence and which removes barriers to social connection.'

For more about the Longitude Prize on Dementia, see **dementia.longitudeprize.org**

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

- Using technology to help with everyday life (437) factsheet.
- Making your home dementia friendly (819) booklet.
- Using equipment and making adaptations at home (429) factsheet.

Donate

Your donations help us work with other organisations to improve the lives of people living with dementia. Visit **alzheimers.org.uk/give** or call **0330 333 0804**.

Still in the pack

Wolverhampton Wanderers FC and its charitable arm, the Wolves Foundation, want fans affected by dementia to know they still belong. Luke Bishop finds out how they're including people.

Quick read

Wolverhampton Wanderers and its charitable foundation are finding how best to include people affected by dementia.

The Wolves Foundation runs weekly Molineux Memories sessios, as well as talks, visits and other activities.

The club makes match days accessible to people affected by dementia, tailoring the experience to their needs.

Alison, whose husband Frank has Alzheimer's, says football clubs can play a vital role for fans with dementia and their carers.

When Alison Littleford first considered attending a dementia support group with her husband at Wolverhampton Wanderers Football Club, she felt hesitant.

Alison had been Frank's main carer since his Alzheimer's diagnosis in 2020. She was unsure the weekly group would help either of them, and worried the atmosphere might be depressing or gloomy.

However, once they started attending Molineux Memories – named after club's stadium – she found it to be a lifeline. It led to a new group of friends and wider support network, as well as being an entertaining diversion.

'We have something to look forward to every week,' she says. 'I know that, when we go there, we're going to have a catch-up with friends and I am going to see the very supportive staff there.

'I have made a lot of new friends and, while I don't want our life to just be centred around dementia, it is great to be in a situation where we're with people who just understand and get it.

'They understand if someone with dementia behaves in a certain way or says certain things. It is just accepted, and that means we can just relax knowing that everyone there understands.'

Weekly activities

Molineux Memories is run by the Wolves Foundation, the charitable arm of Wolverhampton Wanderers (Wolves). It's proven so popular with supporters like Frank – a lifelong fan and former season ticket holder – that it now holds two weekly sessions, each for around 30 people.

The foundation also organises activities such as football-based quizzes, visits to the club's museum and talks with previous Wolves footballers via the Former Players Association.

Jasmin Patel, Senior Health Officer at the foundation, helps to run the weekly groups.

'We try and tailor the sessions as much as possible to what the group say they're interested in,' she says, 'as well as organising the activities around certain events.

'So, for St George's Day we will talk about the England team and previous England players and tournaments.

'While it started as a group of supporters, it has expanded to include people with dementia in the wider Wolverhampton community – including fans of other football clubs like Aston Villa.

'It might be the one time in a week that people go out together as a couple, or as father and son or father and daughter, and you really notice the impact it can have.

'For example, when we have the music activities, it might be the first time the person with dementia has smiled in a long time.'

Match days

Molineux Memories attendees also sometimes see the Wolves Men's or Women's teams play. The club has made significant efforts to make matches accessible to fans affected by dementia, tailoring the experience to their needs.

This is partly down to the efforts of the late Wolves fan Cath Owen, who had dementia and continued attending the club's games into her mid-90s. Cath worked closely with club staff to make the match day experience more dementia friendly.

Laura Wright, Disability Access Officer for Wolves FC, explains Cath's legacy.

'We recognise that dementia can affect different people very differently,' she says, 'but Cath really helped lay down the path for how we accommodate people.

'Based on her feedback, we make sure they have the same seats every time. We put stickers on the seats so they can easily identify and find their way back to them. We give them the option of choosing their half-time food and drink in advance, so they don't have to deal with the queues and crowds.

'We have also developed a pack for carers with maps and directions to the main facilities, as well as making sure the stewards are aware of people with dementia, their carers and where they're sitting.

'It's about taking a person-centred approach to our supporters with dementia.'

Something greater

Alison believes football clubs can play a vital role in reaching out to the growing number of people affected by dementia.

'Football clubs are so central to the towns and cities where they're based, and they have such a loyal base of supporters.

'They can help give people with dementia a focus and make them feel like they still have something to contribute to their community.

'It makes them feel like part of something greater, which is really important when they can often feel like they don't have very much to offer.'

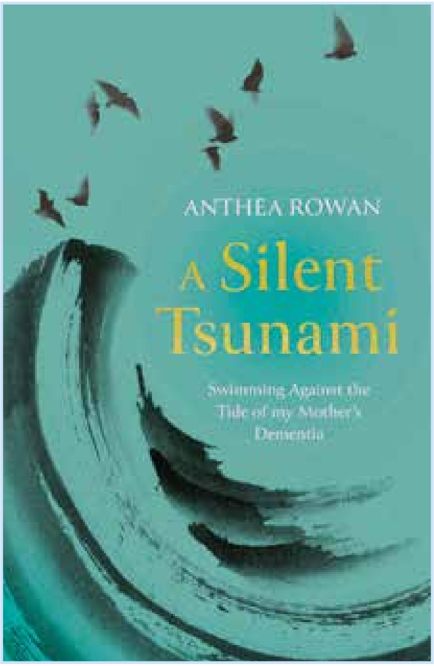
To find out more about Molineux Memories in Wolverhampton, visit **foundation.wolves.co.uk/healthy-aging** or call **07971 900257**.

Support The Supporters is our partnership with The FA – find out more at **alzheimers.org.uk/fa**

For our How can a person with dementia stay healthy and active? (HS8) and other one-page helpsheets, see **alzheimers.org.uk/helpsheets** or call **0300 303 5933**.

Book group:
A Silent Tsunami

We read a book that's part memoir of a mother's dementia, and part interpretation of the science.



A Silent Tsunami, by Anthea Rowan (Bedford Square, 2024), 336 pages, £20.00, ISBN: 9781835010570. Also available as an ebook, and paperback due out in July.

Anthea Rowan is an award-winning journalist who's written extensively about her late mother's experience of Alzheimer's.

In A Silent Tsunami, she reflects on the impact of dementia on her mother and their relationship, relating this to what's known about the science.

Unique journeys

Donna Stephens in Hampshire says, 'It is a very personal account threaded through with scientific findings, that makes for a very moving and informative read.

'The book's title refers to "the long, silent period of this disease before dementia develops, but it's only silent because we are not listening properly."'

SeaSwallow says, 'As a child the author says she could see and understand that her mum had depression, but it took her a long time to see the dementia developing.'

The author's account resonated with Amanda's experiences of her mother's Alzheimer's, despite many aspects being different.

'This highlighted to me how everyone's journey is unique,' says Amanda, 'and how dementia's progression may also be influenced by the environment the person lives in, support available, whether or not the person themselves believes that they have dementia, and the multitude of symptoms that can be exhibited.'

Donna adds, 'She raises a lot of questions, and this makes for a very thought-provoking read which has stayed with me long after I turned the last page.'

For Jim Marshall, a dementia adviser in Dorset, the book felt quite different.

'I'm from a similar situation as the author in that my own mother was bipolar for all my life, and she was living with dementia towards the end.

'The first thing that struck me when I was reading the book was a feeling of distance – it felt a bit detached, as if she was talking about her mum as a patient.'

In contrast, SeaSwallow felt, 'There was something endearing about the author's mum, and it was hard reading about her depression, stroke and decline as a result of dementia.'

Difficult and emotional

Donna found Anthea's account evocative and engaging.

'There comes a stage when her mother no longer recognises her, and this is a difficult and very emotional part of their story.

'When a longstanding friend no longer recognised me, I felt a stab to my heart. I felt diminished myself, as if by her forgetting me, my own memories were being diminished. And this was a friend, not my mother.'

Amanda says, 'I found the frequent links to science and research interesting, but I also felt these explanations led to the flow of the story being a bit disconnected and having to think where I was in the story.

'The story would often go back and forward in time, leaving me a bit confused.'

SeaSwallow says, 'The book has clearly set out chapters, which chart the author's journey whilst she tries to understand her mum's dementia and

> **I would recommend the book to anyone who is interested in knowing if there is a link between depression in early life and dementia.**

tries to link it with her past history of extreme depression.

‘Within some chapters she goes backwards and forwards in time and place, and I found this very disconcerting.

‘However, when the author was writing about a particular aspect of her care for her mother or her mother’s decline, her writing flowed well and was so heartfelt.’

Donna notes that many carers would relate to the story.

‘Anthea looked after her mother for such a long time and with such love and caring, but after her mother’s death, she still expresses carer’s guilt.

‘This is a theme that is returned to again and again on the Dementia Support Forum by anguished carers.’

Different ideas

Our reviewers had different ideas about who’d benefit most from A Silent Tsunami.

Amanda says, ‘I think this book would be useful to read for those who may be at the beginning of their journey with dementia, as it gives some idea of what one might expect.

‘People who are at later stages may find another type of book more useful – one that looks more specifically at coping strategies, both practical and emotional.’

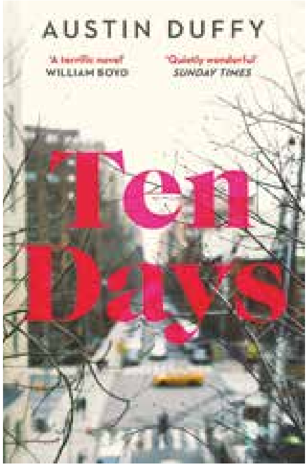
SeaSwallow says, ‘I would recommend the book to anyone who is interested in knowing if there is a link between depression in early life and dementia.

‘Although it is hard to read at times, if a reader wants to know more about the devastating effect of dementia, the book does not hold back.’

This makes Jim hesitant to recommend it without reservation.

‘It’s not a book for the fainthearted,’ he says. ‘I’d usually point carers to something with a warmer feel. I would recommend it to professionals though.’

Donna says, ‘This book holds a wealth of experiences and information. Anthea researches every stage of her mother’s dementia, and the end of life chapter I found not only very moving, but very informative and helpful.’



Your turn

For our next book group, we invite you to read Ten Days, by Austin Duffy (Granta, 2022), 272 pages, £8.99, ISBN: 9781783786312. Also available as an ebook.

Tell us what you think of this novel about a widowed man and his daughter connecting with his conservative Jewish in-laws in New York. Alzheimer’s ends up playing a significant role.

Email **magazine@alzheimers.org.uk** or write to the address on p2 by the end of 2 March so we can share your comments in the April/May magazine.

Book giveaway

We have 10 copies of Ten Days to give away – email **magazine@alzheimers.org.uk** or write to the address on p2 by the end of 16 February quoting ‘Days’ for a chance to win (see p39 for terms and conditions).

A grand breakfast

Billy Geary, the world's oldest rotary club president at 101, shares how Belfast East Rotary Club raised £11,000 for Alzheimer's Society.

Photograph: Belfast Telegraph

Every two years we hold a big event as a club to raise money for a charity of our choice, and we were delighted to be able to raise money for Alzheimer's Society on this occasion.

We held a charity breakfast at the Stormont Hotel in Belfast, and we were able to raise £11,000 for Alzheimer's Society.

It was one of the most successful events we've ever held as a rotary club, and very enjoyable, helped by the fact that the breakfast itself was unbelievable! Roisin McAuley, a locally well-known BBC personality and author, was our main speaker.

We had around 300 people attend, who filled the room we were in. The atmosphere was great and there was plenty of chitchat. Those who couldn't come were kind enough to still make a donation.

The success of this event has really galvanised us as a group and motivated us to continue to help our community.

Personally affected

Over the years we've raised money for various charities. We chose Alzheimer's Society for this event as some of our members have been impacted by Alzheimer's, including myself, who have known people personally affected by the disease.

This meant we were very aware of the devastation caused by dementia, not just those with it but their families as well.

We were well supported by our local Alzheimer's Society representatives, who provided a wealth of information and who were able to participate at our fundraising event, providing leaflets on our local services and information on dementia itself.

We are now a relatively small rotary club, with 15 members, but we are very active in our community and there is great fellowship within our club. We meet weekly and have a rotary lunch on Tuesdays.

We are very lucky we have great support from the other rotary clubs in Belfast and elsewhere in the whole of Ireland.

Thankful and blessed

I've been a member of our club for 50 years now, and this is the second time I've been President.

I was very flattered to become the first person in the world to be a centenarian president of a rotary club. I've had a lot of attention about it and congratulations, and I've got a lot of enjoyment out of it!

What's my secret? Well, my habits are quite normal, I try and keep myself fit by going for some wee walks. I do some gardening, play bridge three times a week, take on some Sudoku puzzles and always played golf up until a year ago.

I'm very well looked after, as I have friends and family who live close by, and I have thankfully always been blessed with good health. What more can I ask for?

Get a free fundraising pack to help organise your own fundraising – visit **alzheimers.org.uk/fundraising-support** or call **0330 333 0804.**

Create and engage

Sharon Daltrey from Kent wants others to benefit from the creative ways she found to connect with her late father.

My dad Brian was diagnosed with Alzheimer's in 2002 and he died 17 years later, so his dementia journey was a slow one.

I always say that caring for him was like parenting a teenager. Teenagers go through stages and what was appropriate to say to them before suddenly isn't any more. And it was same with Dad.

But because we had the chance to spend lots of time with him, we had the opportunity to meet him at each of his stages.

Through Dad's eyes

As Dad's dementia progressed, it became harder to connect with him and it became impossible to give him presents. He remembered that you're supposed to open them but that's about it.

A chance incident when Dad had forgotten that the trees blossom in the spring got me thinking that, if I looked at the world through his eyes, perhaps we could connect.

Our grandson was three at the time. I was talking with my husband Chris about how maybe Dad would respond to things our grandson liked.

So I bought Dad a wooden train set. We looked at it, we took it apart, we investigated it, we put it back together and we played with it. He wasn't reticent about whether he had the ability to do it. He felt empowered by it.

After this positive experience, we tried colouring books too and we bought a second-hand wooden box to store trinkets that had meaning for Dad. He loved it. We would take it everywhere.

Spark of inspiration

I managed to keep a connection going with Dad up until he passed away in 2019.

But not everyone's so lucky. Care homes can be a sterile environment and the thought of people just sitting and waiting for some engagement and stimulation troubled me.

After he died, I started thinking about how I could give the connection Dad and I had to other people.

New chapter

Chris and I had an idea to design gifts that would help other people find moments of shared joy. We wanted to share what we had learned with Dad.

Our research showed that there was plenty of evidence to back us up and gave us insights that helped us design better.

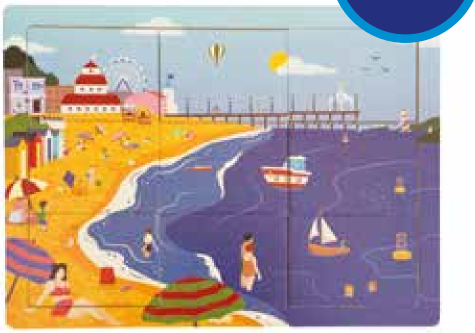
We thought, 'Why hasn't anybody done something?' and decided we'd do it.

Timeless Presents officially started trading in September 2023. We're a great team and have complementary skills. At a time when we could be winding down, Chris and I are entering a new chapter.

We've got too much to do. We've got three products so far, all things Dad would have enjoyed, and we have big plans. We'd love to bring our train set to market.

I'll be honest – I'm looking to share our message with the whole world!

Win
See p39



Timeless Presents' Curiosity Box and Sentimental seaside puzzle are available from the Alzheimer's Society shop – visit **shop.alzheimers.org.uk** or call **0333 366 0035**.

Quick read

Maria Newson, in London, has learned how important it is to reach out for help as a carer.

Maria retired in 2016 to care for her husband Roy, who'd been diagnosed with Alzheimer's.

Maria's very glad her daughters encouraged her to find out more about support, after seeing her struggling.

Maria encourages other carers to prioritise their own wellbeing and to find out what's on offer locally.

Stay connected

After her husband's dementia diagnosis, life changed irrevocably for Maria Newson, in west London. Antonia Kanczula hears how important it's been for her to stay open to others.

Maria Newson was born in southern Poland, not far from its second largest city Krakow. Now 74, she first came to the UK when she was 21.

'I came to learn English and lived with my aunt in west London, who was my guarantor.

'At the time, Poland was still under communist rule and very closed off, so I wasn't very well travelled – I'd only been to Hungary and Czechoslovakia before. It wasn't easy to come over and I was nervous.'

Maria first met Roy in 1973, through mutual friends in west London's Polish community. Roy is 10 years older than Maria, and she says his spirit, kindness and wit shone through.

'He was chatty, kind and he was principled – he campaigned for the things he really cared about and for the underdog. He was involved with trade unions and went to anti-apartheid demonstrations.

'On top of that he was very cultured. He was a brilliant photographer and loved music, particularly jazz and classical. He wouldn't miss the Proms!'

They bonded over art. Maria was keen to soak up London's vibrant cultural scene and they spent lots of time visiting the capital's galleries together.

In 1976, on a memorably snowy but sunny January day, they married in Krakow.

'He was a handsome guy and my family and friends treated him like a rock star. They hadn't met an English guy before and Roy had also learned Polish, which impressed them all.

'My mother adored Roy. On our wedding day, she said to me, "I hope your life is as beautiful as today."'

Shared wanderlust

Maria describes married life with Roy as busy, sociable and fabulous.

'We were always full-on, doing so many things – it wasn't a party without Maria and Roy! Roy was the life and soul.'

They went on to have two daughters, who now live close by, and also have two grandchildren.

Roy rose to a senior role in industry and eventually became director of his own consultancy company, while Maria worked at Heathrow Airport.

Travel was their great passion.

'We went all over Europe but further afield too, including India, Japan, South Africa, Canada, the US and Guatemala.

'We loved learning and experiencing different cultures. We couldn't pick a favourite place, there are so many.'

Noticing changes

It was after Roy's retirement in 2015 that Maria noticed some subtle changes in him.

'No one else would have realised, but I knew him so well,' she explains.

Despite knowing their local area like the back of his hand, he got lost picking Maria up from her monthly hair appointment.

'I was standing on the street, waiting and waiting for him. Eventually he turned up, but he was over an hour late and told me he'd got lost.

'It didn't add up. He was such a clever man – all he usually needed to do was look at a map and he knew instantly where he was going.'

Although Maria thought it was strange, she didn't think it was anything to worry about.

But later in 2015, during a trip to the US, there was a clearer sign that something was wrong.

'We are both Elvis fans and decided to do a themed tour, including a trip to Graceland. We took our daughter and had an amazing time.

'During a stop in place called Chattanooga to see an outdoor sculpture exhibition, Roy took some pictures and said, "I've been here before!"

'My daughter laughed and said, "Dad, you've never been here before. What are you talking about?" And he got so angry with her.

'I knew then that there was something wrong, it wasn't like Roy.'

Getting a diagnosis

Back in the UK, Maria spoke to their GP, who Roy had known for 40 years. He was sent for an MRI and memory tests, then diagnosed with Alzheimer's disease.

Although Roy didn't show much emotion, Maria describes it as a huge shock for her.

'He'd always been a very physically healthy man. His whole family has got the longevity gene. His mother was diagnosed with dementia at 90 but lived until she was 101.'

In 2016, Maria retired from her job to be Roy's carer.

At first, she didn't reach out for support and tried to manage as best she could on her own.

'But it was difficult and often upsetting, especially when Roy went through a phase of being quite aggressive,' says Maria.

Her daughters saw that she was struggling. They encouraged her to call Alzheimer's Society to help make sense of what support was available.

Stimulating activities

Over time, Maria has built up a weekly schedule of activities that keeps Roy stimulated and that she enjoys too.

This includes joining their local Singing for the Brain group.

'I love it so much. The people are so warm and welcoming, and you've all got something in common.

'It's almost like my second family now. When someone passed away earlier this year, it was such a shock to us all.'

Maria and Roy also go to weekly music therapy sessions, where he loves to play the cymbals and to a local dementia café for games and bingo.

'I'm a friendly person, I love to get out, so staying sociable helps me as well as Roy.'

Help for carers

Although she's naturally upbeat, her experiences have left her feeling very angry about the lack of financial support available for carers.

'I do feel very strongly about it. Roy's always been a very healthy man. He's never been ill before – he wouldn't even take a tablet for a headache.

'We don't come from rich families, we come from working-class backgrounds. We've worked hard all our lives to get where we are and paid our taxes.

'Now, we need some help, and it's so hard. I don't expect the state to pay for everything, just any help would be good.'

Recharging batteries

As well the emotional toll of seeing her once energetic and chatty husband change, Roy's daily care is physically challenging for Maria.

Looking after herself, so she can support Roy as best she can, is something Maria now prioritises.

'Everything came to a head and I realised that I needed a break,' says Maria.

For the past couple of years, while Roy stays in respite care for two weeks, Maria has rekindled her love of travel. She's been back to Poland, to Spain, and is planning a trip to Lake Garda in Italy.

It's heartbreaking to leave Roy, but Maria says it's so important to recharge her batteries.

'It does me lots of good mentally and physically. I come back completely full of energy,' she says.

Sharing moments

Maria's relishes her moments of connection with Roy.

'He still absolutely loves music and enjoys listening at home, particularly to Leonard Cohen. Sometimes he's very cheerful because it reminds him of something.

'I will often just put on a CD and I dance with him in the front room.'

Her family and loved ones still come together for important social occasions, including new friends made at their dementia activities.

'Last year, we celebrated our 48th wedding anniversary and a lady from our Singing for the Brain group, who's a carer for her own mum, sang You're the Best Thing That Ever Happened to Me.

'Roy and I danced for the whole song. There was not a dry eye in the in the hall.'

Although wanting to withdraw from the world is understandable, Maria's advice to other carers is to stay sociable and open to new experiences.

'Try not to sit at home and dwell on it. Try to find out what is available locally because it really does change the outlook.

'You find that you're not the only one – there are so many people in the same position as you. And it is so rewarding to see your loved ones enjoy themselves.'

> “I’m a friendly person, I love to get out, so staying sociable helps me as well as Roy.”

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

Our dementia advisers can talk to you in other languages – call **0333 150 3456**, say the English word for your language, end the call and an interpreter will call you back.

For dementia information in languages other than English, visit **alzheimers.org.uk/information-in-your language**

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

‘I’ve ended up providing more personal care for my mum than I can cope with. But the local authority won’t increase her homecare. What can I do?’

Needing help at home

Ask the local authority for a review of your mum’s care and support plan (in Northern Ireland you’d need to ask the trust).

If her needs have increased, the authority may have a duty to provide the additional help that she needs.

Perhaps her needs haven’t changed, but the current care package isn’t meeting all of them. In that case, tell the authority exactly which needs it isn’t meeting. Include why and how she would like to be supported.

Assessing needs

The local authority must consider your mum’s wellbeing when it’s planning her care.

See our factsheets about assessment for care and support for useful information. They detail which needs are classed as ‘eligible care needs’ – the needs the authority may have a duty to meet.

If the authority believes your mum’s needs are being met, it could decide not to increase her care package. It does have the power to offer more than this, but many won’t provide more than they legally have to.

‘Willing and able’

The local authority doesn’t have to meet needs that you’re already covering as a ‘willing and able’ carer.

It’s important to tell the authority clearly if you’re no longer able and willing to meet her needs yourself. It may increase its care package if these are ‘eligible care needs’.

Set realistic boundaries about what care you can provide. It’s especially important to say what personal care you don’t feel comfortable providing. This can be an emotional decision, but you need to act in your own best interests as well as your mother’s.

It could help to ask the authority for a carer’s assessment. This can highlight any ways your needs are not being met – for example, activities or work you can no longer do. The authority might be able to help meet your needs by providing replacement or respite care.

Making a complaint

The local authority might insist that your mum already gets the most homecare that it will fund. Or it might say she’d need to move into a care home to get more support. You could make a complaint to challenge this.

The local authority can’t impose a blanket policy or arbitrary limit that forces a person to go into a care home when they don’t want to. It must consider the individual circumstances in each case.

If your complaint to the local authority doesn’t succeed, you may want to take it further. This would be to the Local Government and Social Care Ombudsman in England, Public Services Ombudsman Wales or the Northern Ireland Public Services Ombudsman.

The ombudsman can check that the local authority followed the law when it made its decisions.

More information

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

- Assessment for care and support in England (418).
- Assessment for care and support in Wales (W418).
- Assessment for care and support in Northern Ireland (NI418).

Readers share experiences and tips on what to do when a person with dementia keeps turning things off around the house.

Turning things off

'My father wants to turn all lights off except the room he's sitting in and he has an obsession with plugged-in appliances – especially those with lights such as the TV.

'The TV and internet were resolved by moving the cupboard at such an angle that he can't reach the sockets. For other equipment, we've put insulating tape over the plug to 'hide' the light. We bought him a touch bedside lamp, but he turns that off at the plug at night.

'I think it's fear of something catching fire. He lived by himself for 20 years and, of course, if anything like that happened when by himself, it would be disastrous.' **Felinefan66**

'Luckily my mother doesn't have a clue how to work the central heating control on the wall. But during spring or autumn, if the radiators don't feel hot, she will fiddle with the control on the radiator, usually changing it from 5 to 0. Trying to explain the futility of this is useless. It's just a matter of remembering to check the radiators.

'As for lights, she used to get up during the night and turn the upstairs lights on and off. A few months ago, I taped all the upstairs light switches in the off position using white insulation tape. When needed, I remove the tape on the landing light switch and then reapply. Thankfully, she hasn't attempted to remove the tape.

'She has two nightlights in her bedroom, and we have a plug-in lamp on all the time through the night on the landing.' **Neveradullday!**

'My mother always used to turn the thermostatic control knobs on her radiators off. I was at my wit's end when one day I thought maybe I could tape them so she couldn't move them.

'I set them at the level I thought best, then wound white insulation tape round them so she couldn't see the numbers. To my relief, it worked.' **Lida**

'We used a smart thermostat, so I controlled the heating from my mobile phone. It was easy to set up and meant I could see how hot the house was and set timings or boost it if necessary.

'For lights I got some sensor lights, then if lights had been turned off and it was dark when Mum walked past, the lights on the floor came on. They were magnetic. I think you can also get remote operating lights.' **daisy93**

'My partner's mother has dementia and is constantly turning things off. We used socket covers to prevent her, which are locked with a key. They are quite expensive, but worth it in my opinion. I've also combined these with smart sockets so they can be controlled remotely.

'She would turn the thermostat when coming in or leaving the house. We got a smart thermostat and I bought a cheap dial analogue ones that's just stuck on the wall and connected to nothing.

'I've also wired in the fridge and washing machine with fixed fused supplies, so they don't have a plug. And I bought a smart infrared heater – you can turn it on remotely and she can't pack it away as it's fixed to a wall.

'I find anything that requires a change of behaviour or learning something new inevitably doesn't work, so it's all about augmenting things in a way that don't require that.' **rlphillips630602**

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

Next time: Care home guilt

Do you have any advice on dealing with feelings of guilt when a relative or friend with dementia moves into care home? Email **magazine@alzheimers.org.uk** or write to the address on p2 by the end of 2 March.

Noticeboard

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

Bristol art exhibition

Photographs: Alice Hendy

An exhibition of art by people with dementia and their carers opens in Bristol on 4 February.

'More Than Memory: dementia, art and caring for loved ones' is running at the Royal West of England Academy art gallery until 23 March.

The exhibition features drawings, paintings and sculpture, and it's supported by Bristol Dementia Action Alliance (see page 17).

There'll also be a series of stories and photographs of carers produced by Invisible Army, a community interest company that highlights the joys and challenges experienced by unpaid carers.

Find out more about the exhibition at www.rwa.org.uk or call 0117 973 5129.

Follow us on social media

Find Alzheimer's Society on Facebook, Instagram, YouTube and LinkedIn for the latest stories and news.

Touching Dementia

A former carer is sharing his thoughts and experiences through a blog, in the hope that it could provide help to comfort to others.

Len Tunnicliffe's wife Tina died over a year ago after living with young-onset Alzheimer's for eight years.

He says, 'I have emerged from this ordeal in an interesting place, so I have started a blog about my experiences.

'I offer no advice or guidance, organisations like yours already do an excellent job in that area, but I hope anyone reading it will find some comfort or use in what I share.

'It was the worst time of my life, but it was not all bad and I want to give a little hope to those who probably can only see pain and trauma.'

Read more from Len at www.touchingdementia.com

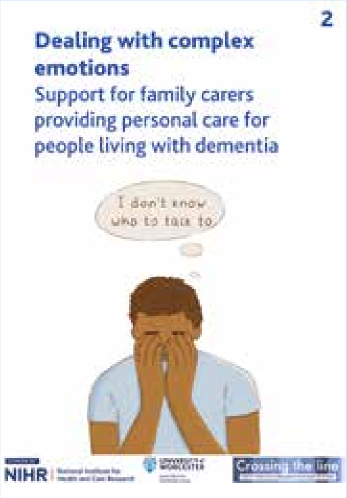
Crossing the Line

A new website shares advice about providing personal care that was developed with carers who've been there themselves.

Crossing the Line includes advice and strategies on areas of personal care such as dressing, washing, mealtimes and using the toilet. There are top tips and video clips from carers, as well as a set of 15 booklets to download.

The website was created through a study led by the Association for Dementia Studies at the University of Worcester. Researchers surveyed nearly 300 people with experience of providing personal care for a family member with dementia. They also interviewed around 30 carers to gather deeper insights.

To find out more, please see www.caringhelp.on.worc.ac.uk



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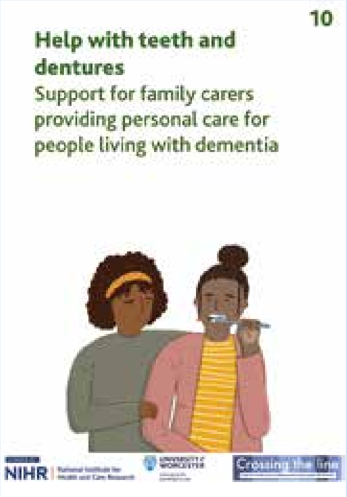
Dealing with complex emotions

Support for family carers providing personal care for people living with dementia



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Help with teeth and dentures

Support for family carers providing personal care for people living with dementia

My Life TV

My Life TV, the dementia-friendly streaming service, continues to add new content to help provide moments of calm, joy or stimulation.

This includes an intergenerational singalong series called Songs & Smiles. This brings together parents, babies, toddlers and older care home residents with music and playful energy.

There are also new quizzes, with topics, questions and format chosen with residents of a Norfolk care home.

These add to existing Singing for the Brain films created in partnership with the Society, and many more specially created activities and programmes.

My Life TV can be watched on TVs, tablets and other devices, and subscriptions for families and individuals are available for just £3.89 a month.

To find out more, search 'My Life TV' at shop.alzheimers.org.uk

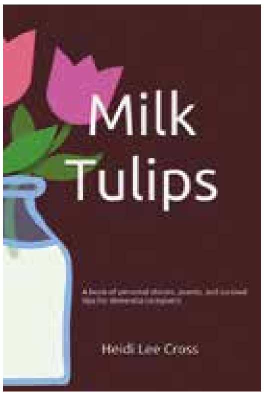
Carers Card UK

Do you know about the Carers Card? It aims to support, recognise and reward carers in the UK, whether they're unpaid or paid.

Alongside receiving an ID card, signing up to the dedicated app gives you access to a range of discounts and a digital wellbeing hub to help you look after yourself.

If you share the caregiving with other people, they can join too. The app includes the Carer Circle tool so you can bring everyone together virtually, helping you feel more connected and informed.

Visit www.carerscarduk.co.uk/promocode/as to get a two-year Carers Card membership for £6 (usually costs £8).



Milk Tulips

A new book includes tips, anecdotes and poems for other carers of people with dementia.

Milk Tulips was inspired by Heidi Lee Cross's experience of caring for her mum, who has Alzheimer's. Heidi, a copywriter and poet, describes writing it as a personal release for her.

Heidi also runs an Instagram account @dementiatalkwithM&H with Marielle Molette (pictured), a friend whose mother also has dementia. They aim to support fellow carers with tips and inspirational messages.

Milk Tulips, by Heidi Lee Cross, is available in paperback, hardback and as an ebook from Amazon and elsewhere.

Share

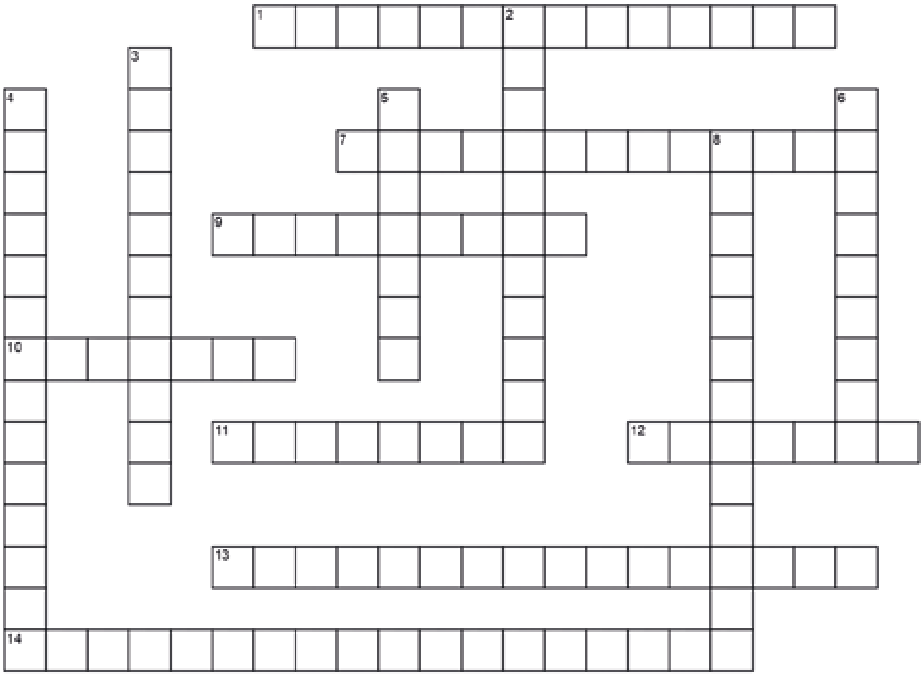
Share your views, feedback and news – email magazine@alzheimers.org.uk or write to the address on page 2. We can consider contributions received by 3 March for the April/May issue (wording may be edited).

Puzzles and competitions

See p39 for answers to last issue's puzzle.

Anagramword

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



Pete Middleton

ACROSS

1 Technic mastery! (10,4)
7 Alley cat scrap turns into an exhibition site (7,6)
9 That Monet turned out to be a football team! (9)
10 Saw them once... (4,3)
11 Big thorn on the South coast (8)
12 Leaches in swinging London (7)
13 Tense match ruined, but maybe an oasis for fans (10,6)
14 Defy Leeds fans? We hid! (9,9)

DOWN

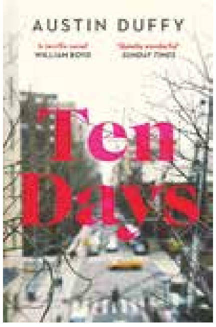
2 On a hot stump but no cricket played here (11)
3 Cow with spin on the ball here (7,4)
4 Slang or swagger from these Caledonian giants? (7,7)
5 Ran sale for these cup winners (7)
6 Sweet clan of the North East (9)
8 Electric yetis here in the midlands (9,4)

Brain workout

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.



Book giveaway

See p27 for a chance to win a copy of Ten Days, by Austin Duffy.

Landline phones

We have landline phones (see pages 20–21) for two lucky winners drawn from correct entries, a Big button corded telephone for one and Cordless telephone with answer machine for another.

Q: These specially designed landline phones have:

A. Rotary phone dials for when you're feeling retro.

B. Buttons with photos for people you want to call most easily.

C. A speaking trumpet for when you want to be heard more clearly.

Timeless Presents

We have Timeless Presents (see page 29) for two lucky winners drawn from correct entries, a Curiosity Box for one and Sentimental Seaside puzzle for another.

Q: After seeing what helped her late father, Sharon set up a company called:

A. Gifts Forever.

B. Nows Without Time.

C. Timeless Presents.

Send us your competition answers with your name and address by end of 3 March – email **magazine@alzheimers.org.uk** or write to the address on p2.

Terms and conditions: 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.

December/January winners and answers

Cognitive Books

H Courtney in Hertfordshire won a copy of each Cognitive Book – Looking back at... Classic Coronation Street, The Beatles and the 1966 World Cup, while L Appleby in Tyne and Wear, B Mistry in West Yorkshire and J Fenlon in Hampshire each won a Cognitive Book of their choice. Answer: The latest Cognitive Book is about the world's longest running TV soap.

Memory calendar 2025

M Creasey in Essex, E Thorn in Greater London and E Bridgewater in Staffordshire each won a Memory calendar 2025. Answer: The Memory calendar has a page for each day, with space to add reminders and notes.

Book giveaway

A Hanscomb in Wiltshire, J Hillier in Berkshire, a reader in Lincolnshire, D Brown in Greater London and S Moore in Leicestershire each won a copy of A Silent Tsunami, by Anthea Rowan.

Anagramword

Across: drummer boy, anticipation, tinsel, Santa Claus, Melchior, Bethlehem, stuffing, North Pole. **Down:** midnight, ornaments, baubles, naughty, nostalgia, baby Jesus, Dickens, sweater, menorah.

Alzheimer's Society

Let your legacy be the breakthrough.

Give a gift in your Will to end the devastation of dementia.

If you have experienced the heartbreak of dementia, you'll understand that lasting change can only come from research. You can trace the path of any dementia medication and treatment back to the lab.

And you can also trace this pioneering research back to kind people like you, who chose to give a very special gift in their Will.

Will you include a gift in your Will to Alzheimer's Society and help end the devastation caused by dementia?

Your legacy will be the discoveries and breakthroughs pioneered by research. Your determination will be realised through funding early career scientists like Dr Ryan West, who go on to devote their careers to dementia research.

And your generosity will be appreciated by the families whose lives are no longer devastated by dementia.

You can ensure your legacy lasts, with a gift in your Will to Alzheimer's Society.

Request your free guide to gifts in Wills

Your guide to leaving a gift in your Will

Visit
alzheimers.org.uk/willguide

Phone
0370 011 0290

☐ Please send me my free guide to leaving a gift in my Will

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We'd love to send you updates on our life-changing services and research, as well as our fundraising, campaigning and volunteering activities.

Please tick below to let us know you're happy for us to stay in touch.

☐ **By email** ☐ **By phone** ☐ **Please don't contact me via post**

Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.

We will never sell your details to any third parties, please see **alzheimers.org.uk/privacy** for more information. If you'd like to change what you receive from us at any time, please call Supporter Care on **0330 333 0804**

Post in your own envelope to:
'FREEPOST ALZ SOC WILL GUIDE'
You do not need a stamp or any other address details.

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