

ISSUE 9 12/2015 Newsletter

GUERNSEY ALZHEIMER'S ASSOCIATION



Finding Ways to Help and Support Carers of People with Dementia.

Guernsey Alzheimer's Association

Alzheimer's Research UK in Guernsey



On 19th August we were pleased to welcome representatives of Alzheimer's Research UK to Guernsey. Annie Neild, Philanthropy Officer, and Dr Laura Phipps, Science Communications Manager, came across from Cambridge to meet friends and contacts of Guernsey Alzheimer's Association and talk about the progress being made in dementia research.

The evening of the 19th saw around seventy guests gather in the Harry Bound Room at Les Cotils to enjoy the view and listen to a presentation given by Laura. The audience heard about the main causes and symptoms of dementia, and about how there is still a great deal of misunderstanding about the condition. Laura spoke about the work

of Alzheimer's Research UK and the current main areas of investigation in the field of dementia research. Guests then had the opportunity to ask questions before the evening drew to a close.

The following day Annie and Laura joined committee members, service users and carers at The Delancey Centre for the Association's Monthly Lunch. They enjoyed a meal served by our fantastic volunteers from Deutsche Bank, whilst talking to fellow guests about life in Guernsey and their connection with the Association. They were also treated to a surprise singalong led by two volunteers.

After lunch Laura and Annie were delighted to receive a cheque for £2,000 on behalf of Alzheimer's Research UK. The Committee and volunteers recently agreed that some Association funds should be donated to the charity, to be invested in vital



Left to Right Anna Neild, Barbara Giles and Dr Laura Phipps

dementia research projects taking place across the UK, and internationally.

"We are very grateful for the support that the Guernsey Alzheimer's Association gives to Alzheimer's Research UK," Annie told us. "There are clearly many people in Guernsey whose lives have been shattered by this terrible condition, and who want to see better treatment options reach patients sooner."

"A key part of my role is going out and talking to people about dementia research, but I've rarely had such a warm welcome as this," said Laura. "It's been a real pleasure to visit Guernsey and to meet such an engaged and interested group of people. We're looking forward to working more closely with the Guernsey Alzheimer's Association going forward."

Songsmiths Jersey



We were thrilled to be at Les Capelles Methodist Church on Friday 19th June where "The Songsmiths Jersey" a mixed voice choir presented a Musical Evening of entertainment. The first guest soloist was Rodney Le Poidevin playing the tenor horn and the second guests were baritone soloist Aindre Reece-Sheerin and his wife Kim who sang a medley of songs. Entrance to this event was free, but a retiring collection was taken on behalf of the Guernsey Alzheimer's Association. Refreshments of home-made cakes, tea and

coffee were served at the end of the evening and the total raised was an amazing £374.00. During the course of the interval community singing of a very unusual "My favourite things" was sung by the audience and choir. On the following afternoon the Choir boarded the boat to Sark to repeat their performance again. On the Sunday morning their finale was to sing to the residents of Maison de Quetteville, before returning exhausted but happy to Jersey.

My favourite things.

Botox and nose drops and needles for knitting
Walkers and handrails and new dental fittings
Bundles of magazines tied up with string
These are a few of my favourite things.

Cadillacs and cataracts, hearing aids and glasses
Polident and Fixodent and false teeth in glasses
Pacemakers, golf carts and porches with swings
These are a few of my favourite things.

When the pipes leak, when the bones creak
When the knees go bad
I simply remember my favourite things
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions
No spicy hot food or food cooked with onions
Bathrobes, heating pads and hot meals they bring
These are a few of my favourite things

Back pain, confused brains and no need for sinnin'
Thin bones and fractures and hair that is thinnin'
And we won't mention our short shrunken frames
When we remember our favourite things.

When the joints ache, when the hips break
When the eyes grow dim
Then I remember the great life I've had
And then I don't feel so bad.

Acknowledgement Julie Andrews on her retirement

Cake Sale at Beechwood School

Anna Ensink and her friends Carys, Amelia, Freya, Ellie and Ella of Beechwood School wanted to help someone who has Alzheimer's and they decided to make cakes and sell them in school to raise money for the Guernsey Alzheimer's Association.

Some days later Bryan Mauger of the GAA was invited to attend morning assembly and in front of the whole school Anna handed him a cheque for an amazing £202.

We know that music is a wonderful aid to recalling memories of younger days and an i-pod loaded with the music of those days is a good way to do this. So this is what we plan to do with the money. It will bring a lot of happiness to people whose memory is badly affected by the illness.

So thank you very much to Anna and her five friends and the whole school for thinking of people who are not well and doing something to make things a little better for them.



Bryan Mauger and Beechwood pupils

16 mile walk



£469
RAISED

Jennifer Creed aged 13 made a decision after watching people with Dementia on Red Nose Day to do something to raise funds for the Guernsey Alzheimer's Association. So on 24th May at 09:00

Jennifer, together with her parents, Caroline and Paul and siblings Annabel 9 and Adam 16 set off from the Imperial Hotel and finished at the hill climb seven hours later at Les Val des Terres, having walked a total of 16 miles. Her aim was to raise £400 for Dementia UK and the GAA. Jennifer said they received a lot of donations along the way with some people even stopping their cars to give money. Later in the month Jennifer arrived at the centre with yet another envelope of cash from this event raising the total to £469.00 Mrs Creed said that she was very proud of Jennifer for organising this all by herself including her own Just Giving page.

Deutsche Bank Interns



Andrew Inder, Emily Atkinson, Sophie Caseby & Rachel Hart

Once more we were delighted to welcome the 2015 Deutsche Bank interns as our helpers at Delancey centre in August. Emily Atkinson, Andrew Inder, Sophie Caseby and Rachel Hart spent much time talking to our lunch guests, assisting with lunch serving duties and of course clearing up at the end of the afternoon.



We're here for you

We are an independent local charity, here to help those caring for people with dementia.

Helpline 01481 245121 alzheimers.gg info@alzheimers.gg





Terry Loveridge and Sid Smith



Betty le Breton and Norma Moss

Hog Roast at Maison de Quetteville

Once again the committee volunteers and our usual lunch guests attended what has now become an annual event at Maison de Quetteville. The week started with much drizzle, mist and rain, so imagine our delight to wake up on Thursday morning to brilliant sunshine. Whoever ordered the weather for this event needs to let us in on their secret. This year a Hog Roast was on the menu, cooked by Maison De Quetteville chefs, and served up with a selection of salad dishes. This was followed by ice creams all round and a raffle. All the residents plus our guests totalling around 70 enjoyed the sunshine and food. One of our sponsors Deutsche Bank lent us six of their interns to assist at this event, and whilst they did not have to wash up on this occasion, they spent their time mingling and talking to residents and guests alike. Thanks must go to the staff of Maison De Quetteville for what turned out to be a brilliant lunch, and also to Le Friquet Garden Centre, without whose approval to park our cars would have left us with a massive parking problem. All in all a brilliant day.

Why a good singalong is a cure for loneliness

The decline of churchgoing and traditional festivals may be increasing loneliness and social isolation because people no longer sing together, a study by Oxford University suggests.

Although scientists have long known the emotional benefits of a singalong, new research has shown it can also be a great icebreaker and can get groups of people to bond far more quickly than other social activities.

The study, published in the prestigious Royal Society's Open Science journal, looked at how people in adult education classes grew closer over seven months. They concluded singing groups bonded more quickly than creative writing or craft classes, for example.

The Daily Telegraph 27th October 2015

Alderney Dementia Awareness Week

Our Chairman Barbara Giles and Vice Chairman Christine Birkett were invited to join Alderney during Dementia Awareness Week to support Millie's Foundation in their work in the Island. On a rather dismal day we boarded our little Joey for the short hop across the water. We spent some of our time at a location called "the hub", (actually an art gallery that had been loaned to Millie's Foundation for the day) where we participated in their drop in sessions welcoming carers and

loved ones with Dementia. After a short lunch break we arrived at the New Connaught Care Home for a tour around the facilities and then to participate in a singing session with the residents and a skiffle group headed by Colin Williams. All in all a great insight into the work being done by Millie's Foundation in Alderney. It was a shame that we ended up fog bound up at Alderney airport for a couple of hours, but all ended well when, rather later than expected, we arrived back in Guernsey.

HSSD Carers Support Group

We reported in our last newsletter about the HSSD Carers Support Group Seminars. These seminars have continued throughout the year on a weekly basis with a different topic each week. They have been very well supported, but there is always room for more people to attend. Either contact the centre or Susan

Steer direct at ssteer@hssd.gov.gg 725241 ext 3339. Due to the success of these weekly talks HSSD have decided to continue these Wednesday afternoon sessions until the end of 2015, last one on 9th December 2015, However we will be recommencing these in the first week of January 2016.

Specsavers Search for a Star

When it comes to putting on a spectacular event, Specsavers have perfected this in every way. The Beau Sejour sports hall was filled with 50 plus tables of 10 people all ready to enjoy a beautiful three course meal and the best of our local talent in the grand finale of the Search for a Star event 2015. The eight very varied acts all sang or performed their hearts out trying to win this event which Specsavers have sponsored for the eighth year. The judges together

with the audience chose an amazing young lad called Toby Falla, whose singing and technical ability on guitar and equipment culminated in a long standing ovation from all present. A truly talented youngster who should go very far in the entertainment business. A huge raffle of prizes donated by local businesses also featured some wonderful prizes. A truly spectacular event and well worth attending on a future occasion.

Tower to Tower Walk



Anyone would have been forgiven for thinking it was the middle of October rather than 12th July when we held our annual Tower to Tower walk. Wind, mist, drizzle and then rain, the elements threw them all at us. A very hardy band of walkers braved the atrocious weather to walk the eight miles from Tower number 12 at Vazon to Tower Number 5 at the northern end of L'Ancrese. A very warm welcome awaited them thanks to Darren Mescus and his colleague who despite the wind and rain still managed under cover of

our tent to produce BBQ'd burgers and sausages. Even our VIP Dame Mary Perkins DBE and Mr Doug Perkins completed this rather damp event. Stephen Ainsworth and Stephen Collas also provided tea, coffee and biscuits inside their tower which proved to be a welcome relief from the wind and rain. Of course later that day the sun shone but just a little bit too late for our walk. Preparation is everything for any event, whether ordering the weather is unfortunately outside of our control.

Open Garden



Wilf Cochrane, Joan Machon and Barbara Giles

£1170
RAISED

On Sunday August 2nd in beautiful sunshine, the Guernsey Alzheimer's Association were delighted to assist Mrs Wendy Dorey with her lovely open garden in St Peters. Peter Rabbit made an appearance and cream teas were served all afternoon together with the most amazing selection of home-made cakes. In the vine house children planted seeds, and we could not have asked for a better afternoon. As always

this would not have been possible without the help of our wonderful volunteers, who not only turned up to work all afternoon, but made cakes as well. A big thank you to Mrs Dorey for nominating us as the charity to receive the proceeds of the afternoon, to our volunteers who always turn up and help out and to Pat Johnson from Floral Guernsey for assistance with transportation and general organisation.

Annual Flag Day

What a beautiful day for our annual Flag Day. A truly heartfelt thank you to all you amazing volunteers who stood outside the 14 venues during the course of the day. We had over 70 volunteers out on 23rd May, and as always the public of Guernsey were not shy in placing cash in our collection buckets. To everyone who was involved we thank you. All the funds raised will go to assist our carers and their loved ones in the Bailiwick. The sum raised in 2015 was an improvement on our previous year.

Talk To Generali 21 SEPT 2015

We were privileged to be invited to talk to some of the staff of Generali in September.

I began by outlining the beginnings in Guernsey of the Alzheimers Society and later the Guernsey Alzheimers Association.

On her retirement from Hong Kong Lady Cater discovered that there was no support for people with Alzheimers in Guernsey and in particular for her husband Sir Jack Cater.

She founded a branch of the Alzheimers Society in 2002 and later went on to begin the Guernsey Alzheimers Association in 2009 where she is still honoured as the Founder. She was supported in all these endeavours by the elected Chairman Michael Tanguy, now Jurat Michael Tanguy MBE.

Very soon Lady Malbon, the wife of the then Lieutenant Governor Sir Fabian agreed to be our patron and when she left the island Mrs Lynda Walker became our Patron and Jurat Tanguy is now co-patron. Sadly Mrs Walker will soon leave Guernsey.

The purpose of the Association is "Caring for Carers". We found that little was being done to support carers of loved ones with dementia and we determined to make this care available. On many days of the week we welcome to our excellent Centre at Delancey many carers and those they look after. The afternoons provide support and company and understanding of their worries and concerns. A Grant Scheme is available to help overcome unexpected costs and a sitter service to enable the carer an hour or two of free time. Our dedicated free library is offered and the Centre also

hosts a weekly seminar run by HSSD experts for carers looking after loved ones with dementia.

Singing Down Memory Lane led by Cathy Gill is very popular in the Centre and she takes her music and warm personality to several care homes each week.

Last July we brought to the Island Prof. Laura Phipps a lecturer from Alzheimer's Research UK who spoke to seventy professionals and interested parties at Les Cotils. We were able to give them a substantial donation towards their research.

Early next year we will fund the visit of a trainer in occupational therapy and our Centre will again be the focus of this whole day course for HSSD staff and managers of island care homes.

We are now working with others to promote a dementia friendly community in the Parish of St Peters with the hope that this will be extended to the whole island in due course and Alderney is much to the fore due to our good relations with Milly's Foundation there.

Needless to say fund raising is a necessary feature of our work and the two main events are a Flag Day in May and a sponsored Tower to Tower Walk in July. These form the core of fundraising for the year but others add substantially to our funds and are equally demanding on the hard work of our many volunteers.

Other generous benefactors have been BWCI Foundation and their staff, Deutsche Bank, the Guernsey Press, Rothschild, Aindree and Kim Reece-Sherrin, Specsavers, HSBC Private Bank, Betley Whitehorne Image who assemble this Newsletter and last but not least Generali whose staff have

arrived to help at the Centre on numerous occasions.

We owe them all a great debt of gratitude.

My colleague Joan Machon then brought to the assembled group a more personal view of her experiences with dementia.

It was a privilege to join Bryan at the Generali Office. I volunteered to go with him as I thought it was important to speak to the employees about my own and my husband's personal experiences during the last 18 months. I explained to them that neither doctors or HSSD had told us about the Guernsey Alzheimer's Association, but it was after our son decided to make a few enquiries, that he found the telephone number of the Delancey Centre and spoke to David Bichard, who invited us to the following Monday social afternoon. We were a bit nervous at first about walking into a room of complete strangers. From day one we were made to feel so welcome, it was like joining a huge new family. But the real message that I wanted to get across was the importance of having somewhere to go in Guernsey, where you can meet socially with other people either caring for someone with Alzheimer's, or maybe just to talk to people there experiencing memory loss themselves. I have spoken to a lot of the Generali Staff members who are volunteering at the centre every Monday afternoon, and they are truly amazed about everything that happens there. I think they were expecting it to be just a very quiet friendly afternoon just sitting chatting to our members. They are really surprised by all the activities that take place, but

I explained how important it is to keep the brain active which they began to understand. One member of Generali actually spoke to me personally, after my presentation to tell me about her mother, suffering from Alzheimer's, who had just gone into a home. She said she would like to have known about our centre earlier as it could have helped her mother and their family to cope and have the support that is there for us all at GAA.

This is a testimonial from one of the volunteers who joined us at the Centre from Generali.

Earlier this week I did something I never thought I would do, and it took me right outside of my comfort zone, but was hugely rewarding. I didn't ride at 100 mph on a crowded motorway (done that), I didn't walk into a bar full of rowdy raucous bikers (I do that every opportunity I get!) I didn't jump out of a perfectly good aeroplane (done that) and I didn't do 100mph on a zip wire.

On Monday of this week my work gave me the time to volunteer for the Guernsey Alzheimer's Association. I had no idea what to expect, and to be fair was pretty nervous, so I thought I would share my experience. I am slightly ashamed to say that I underestimated our senior population.

I was taught to play Rummikub and then schooled in the game by a 92 year old lady! I managed to take one game back off her, so was invited to come back for a rematch some day! Others in the room were playing Scrabble, Euchre, Pool and some other games. Everywhere was

competitive, with a load of laughter. My workmate was schooled at Scrabble by a 95 year old lady.

After we had tea and cakes (the real reason I went!) and loads of chat. I was lucky enough to be taken though a load of photos of the 1951/2/3 island Snooker and Billiards teams by the only surviving member, Mo. Apparently they were quite unbeatable at the time, and the Muratti was a cake-walk! Mo and his mate then

showed me their wedding photos, explaining this was the reason he finally gave up the Snooker, as to play at their level required a huge amount of practice away from his wife. Mo also had some photos of him in his mid-teens in 1945 when his Merchant Navy ship was in the same port his older brother and brother-in-law were stationed at pending return to Guernsey. As his brother had been POW he had a load of back pay, so got permission from his

CO to take his little brother out for a load of drinks. His brother in law, although he looked quite the card in the picture, 6 months later died as a result of injuries he was carrying from the war. Others chatted to me about everything from catching the last boat out of Guernsey in 1940 with only a few hours' notice, to the current states and the seafront fiasco. In no time my 3 hours with this great group of people was over, but I will go back. Yep some of these people

have dementia or early Alzheimer's but they have huge resources of memories and are great fun to spend time with.

So people, if you have a bucket list or any kind of ambition to do something different, look at your local charities. There is something for everyone, and they all need your help. Plus you never know, one day it may be you needing the help of a charity.

The importance of singing

Our lovely Cathy Gill, who takes Singing Down Memory Lane to many of our excellent care homes in Guernsey, always sings with the residents rather than to them and here in her own words is the story she told us.

"Last week my experience was a clear reminder why singing is so important in the lives of the elderly. As usual I split my singing between the two lounges in the home. After a good session I said my goodbyes and began setting up in the other lounge to begin the second part. Just before I was about to start one of the staff said that one of the families needed to speak to

me urgently. Next moment an elderly gentleman's daughter came and asked me if I would sing Sarnia Cherie to her father. The daughter explained that whilst I was singing in the first lounge the sound of my singing travelled through the corridor to her father's room. Her father had been unable to communicate for several weeks. They thought they had lost him. When I sang Sarnia Cherie apparently he responded and started singing the words. To the amazement of the daughter and her mother the gentleman became conscious and they were able to converse with him.

When I arrived in the gentleman's room he was talking to his wife. And was very happy for me to sing Sarnia Cherie with him after they explained what I was going to do. He was with me for every word of the song. The daughter and wife were clearly overcome and tearful. They had thought they would not be able to speak with him

again. We all held hands whilst we sang together. The exchange of looks between the gentleman and his wife didn't need words and I found it very difficult to keep singing, but believe me I felt so privileged to have been invited to join a family at this very intimate time and that gave me the strength to keep going"

Future dates to remember

Annual General Meeting - April 28th

Flag Day - May 21st

Tower to Tower Walk - July 10th

Sponsorship Opportunity

The annual Tower to Tower walk is an important fundraising event for GAA. It is certainly well organised and supported. We believe it has the potential to be even bigger, with the help and guidance of a suitable sponsor.

If you know a company who you think might be interested, please do share this with them.

If anyone is interested, please contact Barbara Giles on 255520.



Guernsey
Alzheimer's
Association

DATES FOR YOUR DIARY JAN-JUN 2016

JANUARY

Friday 1st		BANK HOLIDAY
Monday 4th	1:45 - 4:30	Carers Afternoon
Wednesday 6th	2:00 - 4:00	Carers Support Group/Social Afternoon
Friday 8th	2:00 - 4:00	Singing Down Memory Lane
Monday 11th	1:45 - 4:30	Carers Afternoon
Wednesday 13th	2:00 - 4:00	Carers Support Group/Social Afternoon
Monday 18th	1:45 - 4:30	Carers Afternoon
Wednesday 20th	2:00 - 4:00	Carers Support Group/Social Afternoon
Thursday 21st	11:30 - 2:00	Monthly Lunch
Friday 22nd	2:00 - 4:00	Singing down Memory Lane
Monday 25th	1:45 - 4:30	Carers Afternoon
Wednesday 27th	2:00 - 4:00	Carers Support Group/Social Afternoon

FEBRUARY

Monday 1st	1:45 - 4:30	Carers Afternoon
Wednesday 3rd	2:00 - 4:00	Carers Support Group/Social Afternoon
Friday 5th	2:00 - 4:00	Singing down Memory Lane
Monday 8th	1:45 - 4:30	Carers Afternoon
Wednesday 10th	2:00 - 4:00	Carers Support Group/Social Afternoon
Monday 15th	1:45 - 4:30	Carers Afternoon
Wednesday 17th	2:00 - 4:00	Carers Support Group/Social Afternoon
Thursday 18th	11:30 - 2:00	Monthly Lunch
Friday 19th	2:00 - 4:00	Singing down Memory Lane
Monday 22nd	1:45 - 4:30	Carers Afternoon
Wednesday 24th	2:00 - 4:00	Carers Support Group/Social Afternoon
Monday 29th	1:45 - 4:30	Carers Afternoon

MARCH

Wednesday 2nd	2:00 - 4:00	Carers Support Group/Social Afternoon
Friday 4th	2:00 - 4:00	Singing down Memory Lane
Monday 7th	1:45 - 4:30	Carers Afternoon
Wednesday 9th	2:00 - 4:00	Carers Support Group/Social Afternoon
Monday 14th	1:45 - 4:30	Carers Afternoon
Wednesday 16th	2:00 - 4:00	Carers Support Group/Social Afternoon
Thursday 17th	11:30 - 2:00	Monthly Lunch
Friday 18th	2:00 - 4:00	Singing down Memory Lane
Monday 21st	1:45 - 4:30	Carers Afternoon
Wednesday 23rd	2:00 - 4:00	Carers Support Group/Social Afternoon
Monday 28th		BANK HOLIDAY- EASTER MONDAY
Wednesday 30th	2:00 - 4:00	Carers Support Group

APRIL

Friday 1st	2:00 - 4:00	Singing down Memory Lane
Monday 4th	1:45 - 4:30	Carers Afternoon
Wednesday 6th	2:00 - 4:00	Carers Support Group/Social Afternoon
Monday 11th	1:45 - 4:30	Carers Afternoon
Wednesday 13th	2:00 - 4:00	Carers Support Group/Social Afternoon
Friday 15th	2:00 - 4:00	Singing down Memory Lane
Monday 18th	1:45 - 4:30	Carers Afternoon
Wednesday 20th	2:00 - 4:00	Carers Support Group/Social Afternoon
Thursday 21st	11:30 - 2:30	Monthly Lunch
Monday 25th	1:45 - 4:30	Carers Afternoon
Wednesday 27th	2:00 - 4:00	Carers Support Group/Social Afternoon
Friday 29th	2:00 - 4:00	Singing down Memory Lane

MAY

Monday 2nd		BANK HOLIDAY
Wednesday 4th	2:00 - 4:00	Carers Support Group/Social Afternoon
Monday 9th		BANK HOLIDAY – LIBERATION DAY
Wednesday 11th	2:00 - 4:00	Carers Support Group/Social Afternoon
Friday 13th	2:00 - 4:00	Singing down Memory Lane
Monday 16th	2:00 - 5:00	Carers Afternoon
Wednesday 18th	2:00 - 4:00	Carers Support Group/Social Afternoon
Thursday 19th	11:30 - 2:30	Monthly Lunch
Monday 23rd	2:00 - 5:00	Carers Afternoon
Wednesday 25th	2:00 - 4:00	Carers Support Group/Social Afternoon
Friday 27th	2:00 - 4:00	Singing down Memory Lane
Monday 30th		BANK HOLIDAY

JUNE

Wednesday 1st	2:00 - 4:00	Carers Support Group/Social Afternoon
Monday 6th	2:00 - 5:00	Carers Afternoon
Wednesday 8th	2:00 - 4:00	Carers Support Group/Social Afternoon
Friday 10th	2:00 - 4:00	Singing down Memory Lane
Monday 13th	2:00 - 5:00	Carers Afternoon
Wednesday 15th	2:00 - 4:00	Carers Support Group/Social Afternoon
Thursday 16th	11:30 - 2:30	Monthly Lunch
Monday 20th	2:00 - 5:00	Carers Afternoon
Wednesday 22nd	2:00 - 4:00	Carers Support Group/Social Afternoon
Friday 24th	2:00 - 4:00	Singing down Memory Lane
Monday 27th	2:00 - 5:00	Carers Afternoon
Wednesday 29th	2:00 - 4:00	Carers Support Group/Social Afternoon

Patrons:

Mrs. Lynda Walker
Jurat Michael Tanguy MBE

Founder:

Lady Cater

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Vice Chairman:
Christine Birkett

Hon Treasurer

Bryan Mauger

Centre Co-ordinator:

David Bichard

Hon Chaplain:

Rev George Lugton MA, BD

Committee members:

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