

ISSUE 2 05/2012 Newsletter

GUERNSEY ALZHEIMER'S ASSOCIATION



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

Guernsey Alzheimer's Association

Of our many sponsors these are two who are particularly generous with time and money

BWCI Group

The BWCI Group is a leading actuarial consultancy and employees benefits administration firm which has been established in Guernsey for over 30 years. It provides a full range of pensions and insurance consultancy services to companies both in the Channel Islands and internationally. It includes specialist pension and employment benefit trustee companies and provides the Blue Riband range of retirement solutions for



companies and individuals locally. For many years the BWCI Group has supported the community through volunteer work and it's charitable trust, the BWCI Foundation. Each year the staff agree which charity should have their support for the year and for the last three years the Guernsey Alzheimer's Association has been chosen.

"We have been delighted to assist the GAA through its formative years, both financially and through active support for it's fund raising activities", says Stephen Ainsworth (pictured), Managing Partner of BWCI. These have included the Tea at the Tower event, the Tower to Tower Walk, Flag Days and other collections and several cake making activities. Behind the scenes we have been able to assist with printing, including the printing of this Newsletter. We look forward to continuing our association with the GAA and wish them every success in this important social work.

Deutsche Bank

In 2011, Deutsche Bank was delighted to add the Guernsey Alzheimers Association to its portfolio of Community Partners when the Bank agreed to underwrite the costs of the monthly lunches.

During their ten week programme with the Bank, our summer interns helped to serve the guests at the monthly lunches and learnt firsthand about the impact of Alzheimer's on local families. In her feedback to the Bank, 20 year old Claire Cherry commented that this was amongst the highlights of her time with Deutsche Bank "..... our two lunches with the Guernsey Alzheimer's Association were inspiring, both to hear their (guests) stories and to see exactly what DB's sponsorship is going towards"

Around the world, the Bank supports the communities in which its 100,000 employees live and work by forging partnerships with a range of organisations to achieve positive,



sustainable change. In Guernsey, Deutsche Bank aims to align its activities with key areas outlined by its parent Group. Brian Conway (pictured), Global Head of Deutsche Bank's Global Trust Solutions, explains:

"Locally, our focus is on five key areas - education, sustainability, social investment, fostering creativity and volunteering.. We also firmly believe our community activity should not just be about giving money – it is about working alongside partner organisations, offering them support, resources, expertise and time. We are looking forward to helping develop the outside space at The Delancey Centre into a tranquil haven for the members to enjoy as part of our Volunteering activities".

BARBARA'S PAGES

What's happened & what's to come



Barbara Giles is our cheerful and highly motivated Honorary Secretary. Here, Barbara highlights some of the happenings of the year, past, present and future.

Fouracres' Pennine Way Walk

In 2011 we were lucky enough to receive over £1,000 from Mark & Teresa Fouracre. The 190 mile trek through the Yorkshire Dales was completed by them in just 12 days. Whilst they were prepared for the rain that the area is so well known for, they in fact ended up struggling with the heat.

The walk was a lot of fun and they met some amazing people along the way. The views alone were worth the pain, although had they not been walking for charity it would have been easy to give up along the way.

Donation from the Freemasons

Jim Martin of the local branch of the Freemasons joined us for lunch during 2011 and gave us a cheque for £1,000 donated by the Freemasons. We cannot thank them enough for their support of the Association.

Film Afternoons

Every alternate Wednesday we hold a film afternoon at Delancey Centre. We are showing a selection of old and not so old classic films together with afternoon tea. If you and your loved one could benefit from an afternoon spent in the company of others in a similar position then please contact us on 245121 to find out more.

Tower to Tower 8th July 2012

We have set the date for our next Tower to Tower walk. On 8th July we will be gathering once again at Vazon Tower number 12 and walking the easy route along the coastal path to Tower number 5 at L'Ancrese. Last year a truly amazing total of over £5,000 was raised, with all of the funds staying locally to benefit our carers and their dependents. Make a note in your diary, with further details to follow in due course.

Tower to Tower 2011



We were fortunate last year to have Country Butchers providing us with our end of walk refreshment. We were also delighted to discover that Darren and his team were actually donating the profits to help boost our funds. They will join us again this year on 8th July



Lloyds TSB team of walkers. Picture courtesy of Guernsey Press

BARBARA'S PAGES

What's happened & what's to come



Singing Down Memory Lane

Lydia Grammer, centre, Elsie Goodson and Irene Walton, left and right, who run the singing afternoons which go from strength to strength.

Installation of new lights

New lights have been installed to improve our lighting of the Centre's kitchen, lounge and office. Guernsey Electricity has done an excellent job and the Centre is grateful to the electricians for completing the work and to ES&M for providing the new light fittings. Replacing the lights really has made a huge difference for those using the Centre.



Left to right: Guernsey Electricity commercial contracting manager Vince Smith, Tom Fallaize and Joe Quinn, both from Guernsey Electricity, David Richard, committee member of the Guernsey Alzheimer's Association Centre and ES&M manager Dave Malledent. (Image courtesy of Guernsey Electricity Ltd.)

Flag Day 26 May 2012

Our annual Flag Day has been set for Saturday 26th May. Make a note in your diary and please let us know if you would be able to spend some

time helping us at the many and varied locations around the island, please phone the secretary on 245121.

Christmas Party

15th December was the date of our first Christmas party back at the Centre since we became the Association and one that was enjoyed by some 40 attendees. An amazing traditional lunch was produced by our chef Mark Keeling and was very well received by our guests. After lunch the

school choir of St Mary & St Michael School entertained us with a selection of traditional and non-traditional Christmas carols. Silly games were played and all who attended went home with a gift from under the tree, kindly donated by Deutsche Bank.



MAISON DE QUETTEVILLE

Care home for Dementia sufferers

The Facilities



The sensory room, or Snøezelen uses light and sound as stimulants in the care of residents.



Above: Pergola feature in the garden

Right: Maison de Quetteville courtesy of RG Falla

Soft tranquil colour schemes, spacious bedrooms each with its own bathroom, a choice of elegant sitting and dining rooms, glamorous hair dressing facilities, draught games on offer, bat and ball in the well ordered garden, friendly willing staff...no, not a new five star hotel in Guernsey but the now well-established state of the art Methodist home for men and women suffering with Alzheimer's and other forms of dementia.

Ever since the Methodists here planned this ambitious new facility adjoining Maison L'Aumone, we have

been in close touch with developments, helping as much as we could with the fund-raising. Paul le Boutillier, leader of the project, is also a staunch member of the GAA committee.

Now, under the capable management of Moira Boyd and her deputy Tania Russell, Maison de Quetteville is running at full capacity. Moira and Tania with a group of their residents are regular visitors at our social lunches. It is hoped that we will be entertained during the summer at a barbecue in the Maison de Quetteville's delightful garden.

As the number of us likely to suffer with dementia in the future is increasing at an alarming rate, Guernsey is fortunate to have such a well equipped home to deal with our needs.



Methodist Homes for the Aged (Guernsey) Chairman Paul Le Boutillier, MBE



visit volunteer.gg

It provides an easy and convenient online platform for volunteers and charities



Charities such as the Guernsey Alzheimers Association can utilise this site to request help where they might need

it. In the instance of the Maison de Quetteville, it might be used to post fund raising events to support the home, asking for help

with the upkeep of the gardens in their new home to requesting the help of someone to come round to the home on regular basis.

MEDICAL MATTERS

By Doctor Michael Mowbray

What are the signs of dementia?

You should speak to their GP if someone you know begins to exhibit the following signs of dementia:

- They have difficulty remembering recent events, but not events that occurred long ago.
- They have difficulty following conversations or TV programmes.
- They keep forgetting the names of friends or common objects.
- They are not able to remember things heard, seen or read.
- They keep repeating things they've already said, or have difficulty remembering what they were saying.
- They have difficulty with thinking and reasoning.
- They have mood changes, such as feeling anxious, depressed or angry about their memory loss.
- They feel confused in familiar environments.



Our medical adviser Dr Michael Mowbray draws attention to the UK Government initiative urging people to recognise the early signs of dementia and encouraging them

What exactly is dementia?

Dementia is not a single condition; it's a range of progressive conditions that affect the way in which the brain works. People with dementia generally experience a decline in functioning, memory, thinking, language and judgment abilities. The underlying

Services to support people with dementia and their families or carers include:

- The Memory Clinic aimed at supporting people and helping them to live healthy, independent and productive lives for as long as possible.
Ask your doctor.

to speak to their doctor if they detect the signs.

Many news sources have focused on the estimate that 6 in 10 people with dementia go undiagnosed, and that there may be up to 400,000 people in the UK who have not had their condition formally assessed.

The Department of Health campaign also highlights how the fear of dementia

can put people off seeing their GP, which can stop them receiving the medical support that is most effective when started in the early stages of the disease. While dementia is not curable, getting an early diagnosis is essential, because there are services and treatments that can slow its progression and help people with dementia to enjoy a better quality of life.

causes of the diseases behind dementia are still largely unknown, but there is a significant amount of research being conducted to discover the causes and develop treatments.

There are several types of dementia, but the most common is Alzheimer's disease. Alzheimer's disease is the cause of around two-thirds of UK dementia cases. The condition is caused by small groups of proteins (or plaques) developing in the brain and disrupting its

functioning. Other types of dementia include:

- **Vascular dementia:** where problems with blood circulation leave parts of the brain without enough blood or oxygen.
- **Dementia with Lewy bodies:** where abnormal structures develop in the brain. It's not known exactly how these structures develop or how they interrupt normal brain functioning.

- Medication and treatments for managing symptoms.
Ask your doctor

- Interventions that help people with milder dementia in their everyday life. For example, simple steps such as placing a sign by the front door reminding them to take their house keys before going out.

SEE YOUR DOCTOR.

The GAA is here to help:

Call the Centre and Helpline on 245121 or email info@alzheimers.gg

VOLUNTEERS

What some of our volunteers do

Do you have a little time that you could spend helping others? We are always looking to increase our volunteer base and would welcome as few or as many hours as you are able to offer. Please call the Centre on 245121 for more information.



David & Anne Harvey

David & Anne Harvey have been helping at the Centre for the last 8 years. They have been married for 50 years this coming June. David enjoys playing the game of Petanque (French Boule), walking and reading. Anne enjoys walking, helping out with the Church lunches once a month and doing Meals on Wheels with David



Mark Keeling

Mark Keeling our chef, employed to help with the monthly social lunches at the Delancey Centre, has enjoyed an interesting army career with postings in Germany, Gibraltar & Northern Ireland as well as places in the UK. Now a prison officer in Guernsey, he helps out in our kitchen when needed. We are fortunate that he has agreed to spend some spare time helping us, giving our members the most delicious food, and the benefit of his cheerful disposition.



Esther Tolcher & Henry Farnworth

Esther has been volunteering for Alzheimer's for about seven years, and with the Guernsey Alzheimer's since inception. She enjoys sewing for cross stitch cards, table linen, pictures and cushions. Esther loves

to travel and loves all music from jazz to classical.

Henry enjoys singing in the Vale Church music group, classical music and overseas travel. Henry also enjoys walking with his canine companion for the last 14 years, Nikki.

Val & Don Bailey

Val and Don have been married for 51 years. Don has spent most of his working life in the taxi business and has been retired for 12 years. His wife Val is a retired teaching assistant, having spent 15 years teaching at Mont Varouf School. Both have been volunteers at the Centre for the last 7 years.



GRATEFUL THANKS...

to Advocate Chris Bound our legal adviser who gave us so much of his time to help us through the minefield of breaking away from The Society.



Now that we are in calmer waters Chris is there with his wise counsel when it is necessary.

ANECDOTES

Better to Laugh than Cry

Please tell me that this won't happen to us!

Three sisters ages 92, 94 and 96 live in a house together.

One night the 96 year old draws a bath. She puts her foot in and pauses...

She yells to the other sisters, "Was I getting in or out of the bath?"

The 94 year old yells back, "I don't know. I'll come up and see."

She starts up the stairs and pauses... "Was I

going up the stairs or down?"

The 92 year old is sitting at the kitchen table having tea listening to her sisters.

She shakes her head and says, "I sure hope I never get that forgetful," she knocked on wood.

She then yells, "I'll come up and help both of you as soon as I see who's at the door."

Old Friends

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and

adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day, they were playing cards when one looked at the other and said, "Now don't get mad at me... I know we've been friends for a long time but I just can't think

Mixed up thinking

An elderly lady calls 999 on her mobile phone to report that her car has been broken into.

She is hysterical as she explains her situation to the operator: "They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!" she cries.

The operator says, "Stay calm; an officer is on the way."

A few minutes later, the Officer radios in: "Disregard..." He says, "She got in the back-seat by mistake..."

of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her.

Finally she said, "How soon do you need to know?"

"I can hear just fine!"

Three retirees, each with a hearing loss, were playing golf one fine March day.

One remarked to the other, "Windy, isn't it?"

"No," the second man replied, "it's Thursday..."

And the third man chimed in, "So am I. Let's have a beer."

Senior Driving

As a senior citizen was driving down the motorway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Vernon, I just heard on the news that there's a car going the wrong way on M25. Please be careful!"

"Help," said Vernon, "It's not just one car... It's hundreds of them!"

Who's Driving?

Two elderly women were out driving in a large car - both could barely see over the dashboard. As they were cruising along, they came to a major crossroad. The traffic light was red, but they just went on through.

The woman in the passenger seat thought to herself "I must be losing it. I could have sworn we just went through a red light."

After a few more minutes, they came to another

major junction and the light was red again. Again, they went right through. The woman in the passenger seat was almost sure that the light had been red but was really concerned that she was losing it. She was getting nervous.

At the next junction, sure

enough, the light was red and they went on through. So she turned to the other woman and said, "Mildred, did you know that we just ran through three red lights in a row? You could have killed us both!"

Mildred turned to her and said, "Oh! Am I driving?"

A FEW WORDS

From the Chairman



I must first thank the brilliant team we have as our committee. The Guernsey Alzheimer's Association, now in its third year, is prospering, thanks to the first class support from volunteers both on and off the committee, and the generous backup from sponsors.

Our volunteer base is strong but as our work expands we are always looking for more. Please if you can make some time (no-one has any to spare these days) will you offer your help to give companionship at our social lunches, input at fundraising events or donating any other skills you feel may be useful.

We are continually striving to find new, inexpensive ways of getting our name out into the public domain. Our adverts are in church magazines and other publications. We have recently linked our name and website www.alzheimers.gg

to alzheimers.gg sites including volunteer.gg, thisisguernsey.com and holidays-guernsey.com.

The invitation to His Excellency, the Lieutenant Governor and Mrs Walker has been accepted for the social lunch on Thursday September 20th. The Walkers have shown a keen interest in our work.

We have close links with HSSD and recently had a brilliant meeting with Selena le Page who is taking over on the elderly/dementia related area of the services. We are doing all we can to maintain a mutually beneficial relationship.

Donations continue to come in on an almost daily basis and our finances are strong under the astute guardianship of our treasurer Bryan Mauger.

I wish you all a happy and healthy year.

Important dates for your diary

Mon 14th May	Carer Afternoon
Thur 17th May	Monthly Lunch
Fri 18th May	Singing Down Memory Lane
Mon 21st May	Carer Afternoon
Wed 23rd May	Film Afternoon 1:45 – 4:30
Sat 26th May	Flag Day
Mon 28th May	Carer Afternoon
Fri 1st June	Singing Down Memory Lane
Mon 4th June	Queens Jubilee Bank Holiday
Wed 6th June	Film Afternoon 1:45 – 4:30
Mon 11th June	Carer Afternoon
Fri 15th June	Singing Down Memory Lane
Mon 18th June	Carer Afternoon
Wed 20th June	Film Afternoon 1:45 – 4:30
Thur 21st June	Monthly Lunch
Mon 25th June	Carer Afternoon
Fri 29th June	Singing Down Memory Lane

Patron:

Mrs. Lynda Walker

Founder:

Lady Cater

Committee Members

Chairman:

Jurat Michael Tanguy

Hon Treasurer:

Bryan Mauger

Deputy Chairman & Medical Adviser:

Dr. Michael Mowbray

Honorary Secretary:

Barbara Giles

Newsletter:

Liz Head, Juliette Christian

Committee members:

Paul le Boutillier MBE,
Christine Birkett,
June Wright,
Carers Co-ordinator,
David Richard

Helpline

01481 245121

Health Information Exchange
01481 707470

Respite Care

01481 725241 (ext. 3313) - Social Work Dpt.

Sitting Service

01481 725241 (ext. 3313) - Community Services

The Centre
Rue Des Monts
Delancey
St Sampsons
GY2 4HU

T 01481 245121
Info@alzheimers.gg
www.alzheimers.gg

