

# ISSUE 4 03/2013 Newsletter

GUERNSEY ALZHEIMER'S ASSOCIATION



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

Guernsey Alzheimer's Association

## Royal Recognition is Well Deserved

Kay Leslie celebrates Jurat Mike Tanguy's recognition in the New Year's Honour's List

When MBE recipient, Jurat Michael Tanguy, was described recently as "an impressive driver", a group of well-wishers was fully aware that the description had nothing to do with his motoring skills. Whatever the popular chairman of the Guernsey Alzheimer's Association applies his considerable ability to, does well and develops in a way that sometimes was never even thought of. He plays down his efforts for the Association, Les Bourgs Hospice, Le Platon and Les Cotils but there is no doubt that he is often the main driver, if not the initiator, behind many impressive schemes and developments.

Having been awarded the MBE for public and voluntary services here in the island, he suggested that it was actually recognition for the teams

of people around him, but much of what has been achieved is the result of his long term effort and focus. That, coupled with an ability to think broadly about what will provide most benefit to the island in any situation, has made him much in demand in the charitable sector.

On a personal level, Mike is particularly pleased that the GAA negotiated some tricky political waters to emerge from the large, mainland society. "We have always wanted to be able to assure our supporters that we are using any funding directly to help as efficiently as possible. There are no third sector salaries here," he said proudly.

He hopes that the award will raise the profile of the GAA generally, and is especially keen to see the medical

profession build on earlier approaches and work closely with the Association to ensure that those in need of care and support can benefit from help available.

Those who invite the former Jurat to become involved with any organisation know that, if he accepts after a considered response, he will maintain that link for as long as needs be. That can have an interesting effect on projects outside voluntary work as his wife, Elizabeth, knows well.

"We were building a house when he joined (Les Bourgs) Hospice and Alzheimer's (GAA) so things were rather hectic," she recalled. As chairman of the Board of Governors at Les Bourgs Hospice, he recently oversaw a comprehensive £4 million rebuild of the charity's site in St Andrew, and is in discussion about some interesting changes for Le Platon and Les Cotils. The bad news for Elizabeth is that there is also another fairly major house project in the wings.



Photos: John Fitzgerald

# OUR STORY

## The Guernsey Alzheimer's Association

---

### Bryan Mauger, our indefatigable Honorary Treasurer, tells the tale

Sir Jack Cater KBE, the leading British administrator in the Hong Kong government for forty years, and Lady Cater chose Guernsey as the place to enjoy their retirement.

However, soon after their arrival, Sir Jack was sadly diagnosed with Alzheimer's. Lady Cater noticed the lack of support for carers of loved ones with dementia so she founded a branch of the Alzheimer's Society and Jurat Mike Tanguy was invited to become Chairman.

The group thrived until a separation from the Society came about and the Guernsey Alzheimer's Association LBG was formed, still with the majority of the same committee and volunteers. Lady Malbon agreed to become Patron and, after Sir Fabian's retirement, Mrs Lynda Walker kindly took over.

Now, with the theme of "Caring for Carers", the excellent centre at Delancey welcomes visitors seeking companionship and help, sometimes during or after having cared for a loved one.

Monday and Wednesday afternoons are enjoyed by many carers and, on alternate Fridays, others come to "Singing Down Memory Lane" sessions.

Monthly, our resident chef produces an excellent lunch, usually for more than 40 guests. Generous support from Deutsche Bank International enables us to offer all of these events without charge.

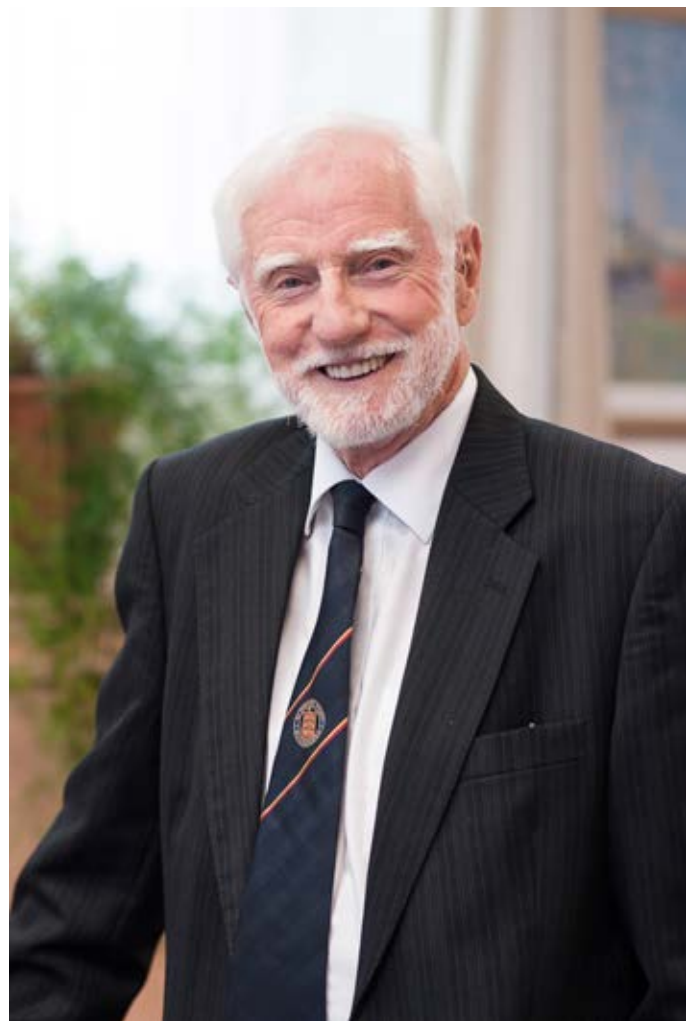
In 2010, the Guernsey Alzheimer's Association was honoured by the "Queen's Award for Voluntary Service" and this year Jurat Tanguy was awarded the MBE

for his years of service to charities in Guernsey.

With the generous funds which we receive we are able to offer practical and financial support to carers struggling with unexpected costs and we have informed 90 organisations of this available benefit. All of our activities and this twice yearly newsletter are generously supported by the BWC Group, Betley Whitehorne and a great number of benefactors,

both corporate and private. The Association and all our volunteers invite carers and those seeking help or advice to our centre at Delancey, where a warm welcome will always await.

We are always seeking volunteers to help us in our work so if you think you could help, even in a small way, then please call 245121. The answerphone is attended daily.



Photos: John Fitzgerald

# DEMENTIA CONFERENCE

21 November 2012

## “World’s most challenging illness” says leading authority on dementia

The dementia conference was held at Holy Trinity Church and attracted speakers and 200 delegates from across the UK and Channel Islands. Dr Subee Banerjee, who was a tour de force behind the UK Dementia Strategy and was the author of the government report into reducing the use of anti psychotic medication on people with dementia, gave a lively presentation about developing a dementia strategy. Anne Rollings (South West Dementia Partnership) discussed the importance of ensuring people with dementia had a voice in planning and developing services and introduced

a resource pack she had been instrumental in developing so that people with dementia could be supported and be involved. Professor Bob Woods detailed how the making and maintaining of relationships can improve the person with dementia’s quality of life and enhance their quality of care. Rachael Thompson talked about her research regarding the quality of care people with dementia receive when they came into the acute general hospital; sadly, people were often left bewildered and frightened by the experience. She did, however, say that much work is being done

nationally to introduce dementia-friendly environments and to equip staff with the skills and knowledge to ensure a high standard and quality of care.


Although the conference attracted several eminent national speakers, it was the “real” people who stole the show. Edna Smith gave a very moving and personal account of caring for her husband, John, who had Alzheimer’s disease and the highs and lows she encountered during her husband’s journey. During the day there were also two videos from a local person who has dementia and his

wife describing the lived experience of dementia. Delegates commented on how powerful hearing someone’s personal account was and made the experience of dementia more real.

This account has been written for us by Di Birch, Practise Development Lead (Older Adults, Mental Health Services). Di is hoping to keep us up-to-date with happenings in the HSSD World of Alzheimer’s.



charities



Helping charities to find volunteers, and people to find charities they can help.  
Visit us at [volunteer.gg](http://volunteer.gg)



 [volunteer.guernsey](http://volunteer.guernsey)



VoLunTEeR.gg  
VOLUNTEER IN GUERNSEY



volunteers

# BARBARA'S PAGES

## Recent Happenings



I was invited to Les Ozouets Campus for a Christmas Fete on 13th December 2012. The Year Two Administration students, under the leadership of Martine Ellis, had chosen the Guernsey Alzheimer's Association as the charity to benefit from the proceeds of this Fete.

The students had decided the stalls they were to run, produced literature and advertising both inside and

outside of the Campus in order to make as much money as they could.

The literature produced by Rhiannon is just perfect as a leaflet to benefit our carers at Delancey Centre, and several copies are now on display for anyone who wishes to take them. All the students should be praised most highly for their work and initiative in making this event such a huge success.

The grand sum of just slightly above £300 was raised, which is absolutely amazing considering all the proceeds were raised by the students and tutors of the college.

A huge thank you is extended to all the students and tutors, who together made this event a very memorable occasion. Well done to you all.

---

## Spearpoint Raises more than £7500 for GAA

Spearpoint Limited, the investment and wealth management firm based in Guernsey, has raised £7,680.29 in just one day for the Guernsey Alzheimer's Association.

Spearpoint raised the funds by donating their commission on all trades carried out on Friday 30th November 2012. The business chose the Guernsey Alzheimer's Association after asking clients and friends to nominate a Guernsey charity that they felt should benefit from the initiative.

Spearpoint, which is part of the Brooks MacDonald Group, supports a number of community and sporting projects, teams and events in Guernsey including the island senior hockey teams and the High Performance Programme and Centre at Footes Lane.

Matt Wilson, Head of Stockbroking said:

"Spearpoint and the wider Brooks MacDonald Group are committed to supporting local organisations and we feel this has been a very tangible way of demonstrating that

commitment. To have raised such a significant sum for the Guernsey Alzheimer's Association is terrific."

Jurat Michael Tanguy MBE, Chairman of the Guernsey Alzheimer's Association, said:

"We are extremely grateful to Spearpoint for this fundraising initiative. The Guernsey Alzheimer's Association's fundraising and work is solely for the benefit of people in the Bailiwick of Guernsey. Having the support of a Guernsey-based firm like Spearpoint is extremely important to us."



Matt Wilson, Spearpoint's Head of Stockbroking

---

## A Remarkable First

Teresa Garnham, a Maison de Quetteville carer, has become the first person in Guernsey to complete a specialist dementia pathway

diploma. Teresa is shown holding the Level Two Diploma in Health and Social Care (Adults) for England, Dementia Pathway.



# BARBARA'S PAGES

## Gifts of Time

### BWCI Support for GAA

As part of the marvellous support given by BWCI to the GAA since its foundation, BWCI have sent groups of personnel on four successive working days to paint and decorate the Delancey Centre.

Alison Trump, PA to the Managing Director, was in charge of arrangements. All four groups were at the Centre from 9am to half noon on the mornings of Tuesday 26th February to Friday 1st March.



Chris Drake shown handing the cheque to committee member Christine Birkett

### Great North Run

Guernseyman Chris Drake joined tens of thousands of runners in the Great North Run to raise £2,000 for the Guernsey Alzheimer's Association.

"My wife will never forget the support and understanding given by the volunteers at the Delancey Centre when she visited with her late father. The opportunity



### Specsavers Help

Specsavers sent a large team to renovate and decorate our extended storeroom in November under the leadership of

Ellie Knowelden. They did very important work which enables us to re-organize the working of the Centre.

of spending quality time with a loved one in a relaxed, warm and safe environment is a memory that will remain with her for many years to come."

Mr Drake wanted to thank everyone who helped including the BWCI Foundation who matched the amount of money donated by its staff.

### Off-Duty Decorating

On one of the days when the airport closed, five energetic members of Aurigny's airport staff chose to visit the Delancey Centre. They knew that the cloakrooms needed brightening up and arrived determined to get the job under way. After some hours' work they had made a big difference to the area and we are grateful to them and to Aurigny for their efforts.



# OPEN GARDEN

in the Beautiful setting at La Bigoterie



The beautiful sunny garden at Sarah and Huw Evans' home



## 11th August 2013

Following the success of the open garden afternoon in 2011 at the St Peter Port home of Sarah and Huw Evans, we are delighted to be offered a repeat date on 11th August 2013.

The outstandingly beautiful garden at La Bigoterie, Berthelot Street, will be open from 2pm until 5pm – parking at The Odeon or wherever you can find it. Home made teas will be available. All proceeds will go to the Guernsey Alzheimer's Association.



The team of volunteers who helped out at the Open Garden. Pictured with Huw and Sarah Evans, back row, centre.



# THROUGH HER EYES

## “What do you see, Nurses?”

---

This poem was written by an old lady living in a nursing home. It was found amongst her possessions when she died.

Supplied by Pat Devenport, member of St Joseph's Catholic Church

“What do you see, Nurses? What do you see?  
What are you thinking when you look at me?  
A decrepit old woman, not very wise,  
Uncertain of habit, with faraway eyes,  
Who dribbles her food and makes no reply,  
When you say in a loud voice “I do wish you'd try.”  
And forever is losing a sock or a shoe,  
Who, unresisting or not, lets you do as you will,  
With bathing and feeding, the long day to fill.  
Is that what you think? Is that what you see?  
Open your eyes, Nurse! You're not looking at me.

I'll tell you who I am as I sit here so still,  
As I move at your bidding and eat at your will.  
I'm a small child of ten with a father and mother,  
Brothers and sisters who loved one another.  
A young girl of 16 with wings on her feet,  
Dreaming that soon now a lover she'll meet.  
A bride soon at 20, my heart gives a leap,  
Remembering the vows that I promised to keep.  
At 25 now I have young of my own,  
Who need me to build a secure, happy home.  
A woman of 30, my young growing fast,  
Bound to each other with ties that should last.  
At 40 my young sons have grown and have gone  
But my husband's beside me to see I don't mourn.  
At 50, once more babies play round my knee.  
Again we know children, my loved one and me.

Dark days are upon me – my husband is dead.  
I look at the future and shudder with dread  
For my young are all rearing young of their own  
And I think of the years and the love that I've known.  
I'm an old woman now and nature is cruel.  
Tis her jest to make old age look like a fool,  
The body, it crumbles, grace and vigour depart,  
There is now a stone where I once had a heart.

But inside this old carcass a young girl still dwells  
And now and again my battered heart swells,  
I remember the joys and I remember the pain  
And I'm living and loving life over again.  
I think of the years – all too few – gone too fast,  
And accept the stark fact that nothing can last.  
Open your eyes, Nurse, open and see  
Not an empty old woman – look closer, see me!”

# FUTURE DATES

## Important dates for your diary

| APRIL          |              |                          |
|----------------|--------------|--------------------------|
| Monday 1st     |              | Easter Monday            |
| Friday 5th     | 2:00 - 4:00  | Singing down Memory Lane |
| Monday 8th     | 2:00 - 5:00  | Carers Afternoon         |
| Wednesday 10th | 2:00 - 5:00  | Social afternoon         |
| Monday 15th    | 2:00 - 5:00  | Carers Afternoon         |
| Thursday 18th  | 11:30 - 2:00 | Monthly Lunch            |
| Friday 19th    | 2:00 - 4:00  | Singing down Memory Lane |
| Monday 22nd    | 2:00 - 5:00  | Carers Afternoon         |
| Wednesday 24th | 2:00 - 5:00  | Social afternoon         |
| Monday 29th    | 2:00 - 5:00  | Carers Afternoon         |
| MAY            |              |                          |
| Friday 3rd     | 2:00 - 4:00  | Singing down Memory Lane |
| Monday 6th     | 2:00 - 5:00  | Carers Afternoon         |
| Wednesday 8th  | 2:00 - 5:00  | Social afternoon         |
| Monday 13th    | 2:00 - 5:00  | Carers Afternoon         |
| Thursday 16th  | 11:30 - 2:00 | Monthly Lunch            |
| Friday 17th    | 2:00 - 4:00  | Singing down Memory Lane |
| Monday 20th    | 2:00 - 5:00  | Carers Afternoon         |
| Wednesday 22nd | 2:00 - 5:00  | Social afternoon         |
| Monday 27th    | 2:00 - 5:00  | Carers Afternoon         |
| Friday 31st    | 2:00 - 4:00  | Singing down Memory Lane |
| JUNE           |              |                          |
| Monday 3rd     | 2:00 - 5:00  | Carers Afternoon         |
| Wednesday 5th  | 2:00 - 5:00  | Social afternoon         |
| Monday 10th    | 2:00 - 5:00  | Carers Afternoon         |
| Friday 14th    | 2:00 - 4:00  | Singing down Memory Lane |

| Monday 17th    | 2:00 - 5:00  | Carers Afternoon         |
|----------------|--------------|--------------------------|
| Wednesday 19th | 2:00 - 5:00  | Social afternoon         |
| Thursday 20th  | 11:30 - 2:00 | Monthly Lunch            |
| Monday 24th    | 2:00 - 5:00  | Carers Afternoon         |
| Friday 28th    | 2:00 - 4:00  | Singing down Memory Lane |
| JULY           |              |                          |
| Monday 1st     | 2:00 - 5:00  | Carers Afternoon         |
| Wednesday 3rd  | 2:00 - 5:00  | Social afternoon         |
| Monday 8th     | 2:00 - 5:00  | Carers Afternoon         |
| Friday 12th    | 2:00 - 4:00  | Singing down Memory Lane |
| Monday 15th    | 2:00 - 5:00  | Carers Afternoon         |
| Wednesday 17th | 2:00 - 5:00  | Social afternoon         |
| Thursday 18th  | 11:30 - 2:00 | Monthly Lunch            |
| Monday 22nd    | 2:00 - 5:00  | Carers Afternoon         |
| Friday 26th    | 2:00 - 4:00  | Singing down Memory Lane |
| Monday 29th    | 2:00 - 5:00  | Carers Afternoon         |
| Wednesday 31st | 2:00 - 5:00  | Social afternoon         |
| AUGUST         |              |                          |
| Monday 5th     | 2:00 - 5:00  | Carers Afternoon         |
| Friday 9th     | 2:00 - 4:00  | Singing down Memory Lane |
| Monday 12th    | 2:00 - 5:00  | Carers Afternoon         |
| Wednesday 14th | 2:00 - 5:00  | Social afternoon         |
| Thursday 15th  | 11:30 - 2:00 | Monthly Lunch            |
| Monday 19th    | 2:00 - 5:00  | Carers Afternoon         |
| Friday 23rd    | 2:00 - 4:00  | Singing down Memory Lane |
| Monday 26th    | 2:00 - 5:00  | Carers Afternoon         |
| Wednesday 28th | 2:00 - 5:00  | Social afternoon         |

### Patron:

Mrs. Lynda Walker

### Founder:

Lady Cater

### Committee Members

#### Chairman:

Jurat Michael Tanguy, MBE

#### Hon Treasurer:

Bryan Mauger

### Vice Chairman & Medical Adviser:

Dr. Michael Mowbray

### Carer's Co-ordinator:

David Bichard

### Honorary Secretary:

Barbara Giles

### Newsletter:

Liz Head, Joanna Richards

### Committee members:

Paul le Boutillier MBE,  
Christine Birkett,  
& June Wright

## 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

Guernsey Alzheimer's  
Association LBG  
The Centre  
Rue des Monts  
Delancey  
St Sampsons  
GY2 4HU

T 01481 245121

Info@alzheimers.gg

www.alzheimers.gg

