

ISSUE 10

06/2016

# Newsletter

GUERNSEY ALZHEIMER'S ASSOCIATION

Guernsey  
Alzheimer's  
Association

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



## Helping elderly in care live well

When the Guernsey International Insurance Agency (GIIA) gave us a grant towards a project, at the time to be decided, the committee set about discussing how best to use these precious funds in a way that would benefit the maximum number of people with Dementia.

It didn't take us very long, in conjunction with Susan Steer of the HSSD Adult Mental Health Team, to come up with the inspired idea of arranging a training seminar. The project was aimed at training a large number of employees from the care homes in how best to provide occupational therapy for the people with Dementia who they care for. So with Susan's guidance and knowledge a program was put together, a trainer arranged and pre-training sessions commenced.

At our Delancey Centre on the 14th January the actual training session started at 9:00 and went on until after 4:00. A variety of topics were covered during

the day, with the overall aim being to encourage occupational therapy in the care home environment using a toolkit supplied by the trainer Karin Orman. Karin an occupational therapist is quoted as saying "keeping elderly care home residents active is essential for their mental wellbeing". Karin also spoke of the importance of activities taking place in care homes to prevent the resident from "just existing".

The toolkit which was used by Karin and given to all who attended took the form of leaflets and included key elements for staff, residents and their family and friends to consider such as "Am I making the most of living in a care home?", "Why is being active important to me?" and "What are the key elements to ensure a good home life?"

We would like to again thank the Guernsey International Insurance Agency for providing these



Karin Orman and Susan Steer

funds which enabled us to bring Karin Orman over from the UK, and to Susan Steer and her team who

made the whole event possible. The seminar was greatly appreciated by all who attended.

# Naftel Associates Christmas Card funds donation

£500  
RAISED

The power of social media is a force to be reckoned with! Instead of sending out Christmas cards in 2015, Naftel Associates invited their friends on Facebook to vote for the charity they wished to be the recipient of £500. You can imagine how delighted

we were to be one of the charities considered by the architectural company. We were absolutely thrilled to receive the highest number of votes and at our Christmas party Jo Williams of Naftels joined us briefly to present the cheque.



Jo Williams and Barbara Giles

## We're here for you

Are you caring for a person with dementia?

We are an independent local charity here to help those caring for dementia

Guernsey  
Alzheimer's  
Association

## TOWER TO TOWER WALK

On Sunday 10 July, start from 10:00am onwards at Vazon Tower No. 12. Finish at L'Ancrese Tower No. 5 north end of the bay where delicious hot dogs and hamburgers await.

### What route does the walk take?

All on the level, we follow the coastal path from Vazon to L'Ancrese. Beautiful views and only a short climb at the end. Marshals will be there to assist you at road crossings.

### Is the walk sponsored?

We hope your walk will be sponsored – we want to make even more than we did last year for the work we do for carers and the people with dementia they look after.

We look forward to seeing you, old and young and of course your dogs. We hope you have a happy family day out. There will be water available in handy bottles at the start, just make sure you have clothes to suit the weather forecast (and shoes to match the terrain!).

### How do I register?

You've 3 easy options for registering to do the walk, you can visit our site [www.alzheimers.gg](http://www.alzheimers.gg) and register, alternatively call Barbara Giles on 255520 to get signed up or helpers will be available **on the day** to sign you up for the walk.

START

Sun 10 July  
Vazon Tower  
10:00am

FINISH

L'Ancrese  
Tower

Kindly designed by Betley Whitehorn Image

Helpline  
01481 245121

Email [Info@alzheimers.gg](mailto:Info@alzheimers.gg)  
visit [www.alzheimers.gg](http://www.alzheimers.gg)



# Cathy Gill's Visit to Jersey Alzheimer's Association

Cathy was kind enough to write us an article on her visit to Jersey. "In February I spent the day with members of the Jersey Alzheimer's Association. I met Mark Blamey (Association Manager) and we spent the first hour discussing the work of the Associations in our respective islands. Whilst the main purpose of the trip was to learn about the musical activities offered by the JAA for dementia residents on the island, it was advantageous to learn about the background of the Association in Jersey.

The head office is situated in St Helier and makes a corner in a busy part of the town. The number of people dropping in for information has increased greatly since they moved their office to St Helier. The receptionist/secretary Beverly, is present 5 mornings a week for 'drop in' chats, advice and coffee.

The JAA has forged close links with art therapists, occupational therapists and swimming facilities to offer clients and carers diverse opportunities for activities. They offer lunches on a Saturday. They also employ an educator/facilitator Michaela, who goes into educational establishments and organisations to tell people of what the JAA has to offer. In the short time that Mark has been working for the JAA the volunteer base has expanded greatly.

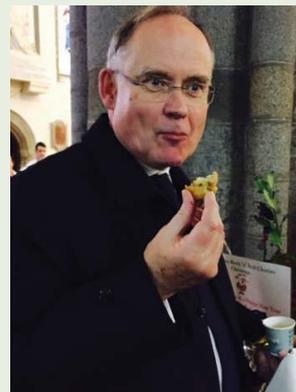
The JAA hold a Musical Memories afternoon every Friday from 2-3.30pm. The afternoon starts with tea and social time followed by the music session which lasts one hour. It takes place in a beautifully renovated church in St Saviour, in the centre of the Island. The Musical Memories afternoon is the

only music session the JAA offers to the community. Mark was interested to hear that the GAA take their Singing Down Memory Lane sessions into residential homes, nursing homes and Day Centres and agreed it may be a way forward for the expansion of music into the Jersey community. The JAA is very keen to get active in the community on a parochial level.

The Musical Memories afternoon session is taken by Fiona Speller, an experienced music therapist and former special needs teacher. Fiona works on a freelance basis and is employed by various establishments all over the island in her specialist role.

A meeting with her over lunch was very informative and I had the privilege of attending a JAA music session run by her. Obviously there were differences in the way that the Jersey and Guernsey music sessions are set up and the range of clients differ, but essentially our sessions operate along similar lines in terms of repertoire, action songs and percussion. It was a very interesting and different experience for me to be present as a participant rather than as a leader.

My day with the JAA was valuable indeed and I gained so much seeing first-hand what is happening in our sister island. We agreed that as both islands are geographically so close it would be advantageous to both the GAA and the JAA to have a closer relationship. We felt this would help us keep more informed and provide a broader service to the ever increasing demands of our respective communities."



## Soup Kitchen

The soup kitchen was once again held at the Town Church. This year Sarah Griffith MBE contacted the Guernsey Alzheimer's Association to enquire if we would like to assist her with what has become a very popular annual event. With our own volunteers and others from BWCI, Generali and Richmond Associates we made and manned the cake stall supplying beautiful home-made cakes and tea and coffees. The event on 1st December 2015, opened by the Bailiff, Sir Richard Collas and Major Marco Ciotti, ADC to the Lieutenant Governor, saw 12 local restaurants supplying the most delicious soups for purchase at £5 for a large cup. After a secret vote the winner was announced as Colin Sampson of La Fregate.

# Our Centre Christmas Party



Christmas would not quite be the same if we didn't have our very own Christmas Party for our carers, their loved ones and of course our volunteers and committee at the centre. Once again, the dining room at the centre was filled with laughter, fun and silly games. We had the most delicious traditional Christmas lunch, which was enjoyed by more than forty people. Our volunteers had decked the whole

centre out in Christmas decorations and we were delighted to welcome the choir from St Mary and St Michaels who sang a medley of Christmas songs. Deutsche Bank very kindly supplied us all with a present from under the Christmas Tree, wine on the tables and Christmas crackers which all in all made this a fitting end to our very busy year at Delancey Centre.

## The Secret Garden

Sarah and Huw Evans invite us to visit their beautiful Secret Garden in Clifton, St Peter Port on Sunday afternoon 7th August where

refreshments will be served. Parking is in Elizabeth College by kind permission of the Bursar.

# Flag Day

We know that the Island is behind everything that is being done for Dementia, but this becomes a reality when once again we had an amazing result to our Annual Flag Day which took place on Saturday 21st May. Our 70+ volunteers at 12 different venues island wide weathered the most appalling conditions, namely Liberation Monument, where shelter was not easily found from the continual rain that plagued us all day. However despite having to dry some of the many notes off on radiators, the final cash was counted and banked. The

magnificent sum of £5034.13 was raised, a small increase on the funds raised in 2015. We cannot thank the people of Guernsey enough for their continued generosity, and our amazing volunteers who brave whatever the elements throw at them to assist us on this very important day. Thank you one and all. All funds raised from our Flag Day will be used for the benefit of our local Carers and their loved ones.

OVER  
£5,000  
RAISED

## Collas Crill

Christine Birkett and Barbara Giles were delighted to join the "MAD" (Making a difference) team at Collas Crill in March to discuss fund raising for the year. Collas Crill have very kindly made the Guernsey Alzheimer's Association their Charity of the year for 2016. Many events have been scheduled in for the year, with lots of assistance from members of the team at our various events, including our lunches, flag day and who knows maybe more. Watch this space for further information of what the "MAD" team get up to during the course of the year.

## Our AGM on 28th April

Once more we were very fortunate with a good attendance at our Annual General Meeting in April. We were very sorry to hear that two of the committee were unable to stand for a further year, David Bichard (Centre Co-Ordinator) and Christopher Bradshaw. We would like to thank them most sincerely for all the

hard work that they have put in during their term in office. On a more positive note we are delighted to announce that Maura Stacey MBE was voted into office, bringing with her a wealth of experience and knowledge in the charitable sector to the Guernsey Alzheimer's Association.

# L'Ancrese Golf Club



Barbara Giles and Alan Collenette

£2,600  
RAISED

On the 21st of January, at our monthly lunch, our invited guests, Mr Alan (past captain) and Mrs Jane Collenette joined us for lunch to present the final sum of cash raised by the golf club members in 2015. We were delighted to be nominated by the members in 2015, together with the

Pink Ladies, another very deserving local charity. In total, the club raised £2,600 for the GAA, which was donated in various ways throughout the year. Our sincere thanks to Alan and the team for all the hard work put in to raise this huge sum of money.

## Light Up Guernsey with La Fraternelle Insurance and Island FM

The first indication that we were to receive benefit from the Island FM competition sponsored by La Fraternelle Insurance, was an email from Brandy at the radio station. Their annual competition to "Light up Guernsey", with

the top prize of £1000.00, was to be shared by The Guernsey Alzheimer's Association and The Ron Short Centre. We wish to thank everyone involved with the Light Up Guernsey competition for this wonderful donation.

## Cycle Ride St Malo to Pointe De Corsen

Two years ago Chris Dyer, Peter Lucas and Nick Whalley cycled from St Malo to the Eiffel Tower. That ride was approximately 250 miles, covering 122 miles on the longest day. Thanks to generous sponsors they raised £2,104 in aid of Les Bourgs Hospice and the Guernsey Alzheimer's Association.

This time they would like to try something bigger and better. On Saturday 11th June, they are cycling 162 miles in one day, from St Malo to Pointe De Corsen - the most westerly point in Brittany.

The guys are paying for all travel and accommodation costs, so 100% of your donations will go to two very worthwhile charities that have personal connections for them and many other families in Guernsey.

To donate via the just giving website please use the following link

<https://www.justgiving.com/teams/cyclingforGAAandLesBourgs>.

We once more wish Peter, Nick and Chris the very best of luck with this latest fund raising effort.



Here to help  
those caring  
for people  
with dementia



Helpline 01481 245121  
[info@alzheimers.gg](mailto:info@alzheimers.gg)  
[alzheimers.gg](http://alzheimers.gg)

Guernsey  
Alzheimer's  
Association

# Carers Support Group

We are pleased to announce that the weekly Carers Support Group meetings on Wednesdays will continue for the foreseeable future in our Centre at Delancey. The Older Adult Mental Health Team will provide speakers on all the subjects which are relevant to your particular needs as a carer. At the same time our volunteers will provide refreshments and a warm welcome to your loved

one who comes along but might not wish to take part in the seminar.

We look forward to meeting friends old and new. For more information call us on

Guernsey Alzheimers Association  
01481 245121

The Older Adult Mental Health Team  
01481 725241 Ext 3515

## 4 Half Marathons in 8 hours

People of Guernsey are renowned for being very generous and supportive of the local charities. We have learnt that Carl Thomson is to run 4 half marathons in 8 hours on 19th June with all proceeds for the Guernsey Alzheimer's Association. Carl is a staunch supporter of our Flag Day and this year was one of the many collectors at the Liberation Monument, the only venue without any shelter at all.

Thank you Carl for your wonderful support. It is always greatly appreciated.

A link to Carl's Just Giving page

<https://www.justgiving.com/fundraising/4halfmarathons>

# Visiting



It became so hard to visit you  
Even though I loved you best  
I'd make excuses not to go  
I'd leave it to the rest  
Let them visit, let them see  
Let them have the horror  
As long as it's not me

Your eyes were so misty  
that once were so blue  
I had to look deeply  
But couldn't find you  
I could see you and feel you  
And call you my own  
But being with you  
Was like being alone

There was nothing there  
You weren't there  
Just a physical being  
A mannequin  
Where were you Daddy  
Where had you gone

So I started stop coming  
It grew less and less  
Until I only would come  
Under Mother's duress  
She'd ask if I'd been

I'd say that I had  
Then make an appearance  
So she would be glad

She said "He still is your  
Father  
Remember that  
Don't abandon him now  
He doesn't need that  
If you look really deep  
I know you will see  
Underneath it all there's HE"

I didn't believe her, I have  
to admit  
But did what she said and  
took a good look  
I desperately, desperately  
wanted to see  
But try as I may I couldn't  
agree  
Then just when I thought I'd  
have to go

I saw, I saw the same as she  
I saw my Dad as HE  
should be.

Jan McGrory

# Tower to Tower Walk

A date for your diary. The annual Tower to Tower walk commences from Tower number 12 at Vazon and follows the picturesque walk along the coastal path ending up at the northern end of L'Ancrese at Tower number 5. This privately owned Tower will be open and available for anyone to take a look around on the day for a small donation. To refresh you after your walk we will have a BBQ where delicious butcher's sausages and burgers can be bought, and tables and chairs available for you to rest. Registration at Vazon commences at 9:30, and we hope you will all gather for the official start at 10:00. You can of course start at any point along the coastal path should the eight miles be too far, and of course your canine friends are more than welcome to join us.

Flyers, registration forms and sponsorship forms are available from our website [www.alzheimers.gg](http://www.alzheimers.gg) or by calling 255520.

Guernsey  
Alzheimer's  
Association

# Folk Museum Opening for the season



Barbara Giles, Bryan Mauger, Rosemary Smale, Rev George Lutgton & Joan Lugton

Every year the Guernsey Folk Museum chooses a local charity to be involved in the opening of the museum for the season. This year we were delighted to be invited by Christian Morris, the curator of the museum to be present at the opening of this little gem of a tourist attraction. A small group of us were given a warm welcome by Christian and then a guided tour of the museum. It is worth noting that there are in the region of 20,000 artefacts within the museum, and it is well worth a visit should you find yourselves with an hour or two spare. We would like to offer our thanks to Christian and the team for inviting us to join him on this beautiful sunny March morning.

## Alzheimer's Research UK - House of Lords reception



Our Chairman was very privileged to be invited to a reception in April at the House of Lords in Westminster Palace. This is her account of her visit. "I arrived at 'Black Rod's Garden Entrance' just before 3:30pm where my identification was checked more than once before I was allowed to enter the inner area of the Palace of Westminster, a very grand and stately looking building. All the guests were then shown into the Cholmondeley Room and Terrace with beautiful views overlooking the Thames ready for the reception. Champagne awaited everyone together with very dainty sandwiches and miniature desserts.

Guests at the reception probably numbered around 100, so I mingled with Lords and Ladies for a while until we were all informed that the afternoon interview would commence. Baroness Susan Greenfield, who was sponsoring the afternoon, thanked Quilter Cheviot Investment Management for supporting the event. After a short introduction by a member of the Alzheimer's Research UK team, I sat to hear Mariella Frostrup, a well-known journalist and broadcaster, interview Prof John Hardy. In November 2015 Prof Hardy was the first UK researcher to be awarded the \$3 million Breakthrough Prize in Life Sciences for his pioneering work on the genetic causes

of Alzheimer's disease, other dementias and Parkinson's disease. Prof Hardy recently became one of the Lead Academic Scientists at Alzheimer's Research UK's Drug Discovery Institute at UCL. Prof Hardy talked about his experiences of dementia research and gave the attendees his thoughts on how far away we are from new dementia treatments, providing everyone with a unique opportunity to hear from one of the world's most renowned dementia scientists. He has been conducting a study on Amyloid proteins for some considerable time, the results of which should be available by either the end of the year or early next. It

is interesting to note that no new drugs have been brought onto the market for nearly 10 years."

On 1st May it was reported that Alzheimer's Research UK is to put £50,000,000 into a new research institute dedicated to defeating Dementia. The Alzheimer's Society will put in a similar amount and the government a further £150,000,000. The Institute will be staffed by hundreds of scientists. The science minister said "the institute will pull together the UK's world-leading scientists and cutting edge research tools".

We end our Spring Newsletter on a sad note. Due to the sudden death of the Lieutenant Governor Air Marshall Peter Walker, our patron, Mrs Lynda Walker, has left the island earlier than expected. Lynda has been our patron since her arrival to the island and has always been the kindest and most caring friend. We shall miss her greatly and wish her a happy retirement in her new home.

# DATES FOR YOUR DIARY JUL-DEC 2016

## JULY

Monday 4th	2:00 - 5:00	Carers Afternoon
Wednesday 6th	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 8th	2:00 - 4:00	Singing down Memory Lane
Sunday 10th	9:30 Registration	Annual Tower to Tower Walk
Monday 11th	2:00 - 5:00	Carers Afternoon
Wednesday 13th	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 18th	2:00 - 5:00	Carers Afternoon
Wednesday 20th	2:00 - 4:00	Carers Support Group & Social Afternoon
Thursday 21st	11:30 - 2:30	Monthly Lunch
Friday 22nd	2:00 - 4:00	Singing down Memory Lane
Monday 25th	2:00 - 5:00	Carers Afternoon
Wednesday 27th	2:00 - 4:00	Carers Support Group & Social Afternoon

## AUGUST

Monday 1st	2:00 - 5:00	Carers Afternoon
Wednesday 3rd	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 5th	2:00 - 4:00	Singing down Memory Lane
Sunday 7th	t.b.a.	Open Garden – Sarah & Huw Evans
Monday 8th	2:00 - 5:00	Carers Afternoon
Wednesday 10th	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 15th	2:00 - 5:00	Carers Afternoon
Wednesday 17th	2:00 - 4:00	Carers Support Group & Social Afternoon
Thursday 18th	11:30 - 2:30	Monthly Lunch
Friday 19th	2:00 - 4:00	Singing down Memory Lane
Monday 22nd	2:00 - 5:00	Carers Afternoon
Wednesday 24th	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 29th	-	BANK HOLIDAY
Wednesday 31st	2:00 - 4:00	Carers Support Group & Social Afternoon

## SEPTEMBER

Friday 2nd	2:00 - 4:00	Singing down Memory Lane
Saturday 3rd	t.b.a.	Guernsey Changes
Monday 5th	2:00 - 5:00	Carers Afternoon
Wednesday 7th	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 12th	2:00 - 5:00	Carers Afternoon
Wednesday 14th	2:00 - 4:00	Carers Support Group & Social Afternoon
Thursday 15th	11:30 - 2:30	Monthly Lunch
Friday 16th	2:00 - 4:00	Singing down Memory Lane
Monday 19th	2:00 - 5:00	Carers Afternoon
Wednesday 21st	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 26th	2:00 - 5:00	Carers Afternoon
Wednesday 28th	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 30th	2:00 - 4:00	Singing down Memory Lane

## OCTOBER

Monday 3rd	2:00 - 5:00	Carers Afternoon
Wednesday 5th	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 10th	2:00 - 5:00	Carers Afternoon
Wednesday 12th	2:00 - 4:00	Carers Support Group & Social Afternoon

Friday 14th	2:00 - 4:00	Singing down Memory Lane
Monday 17th	2:00 - 5:00	Carers Afternoon
Wednesday 19th	2:00 - 4:00	Carers Support Group & Social Afternoon
Thursday 20th	11:30 - 2:30	Monthly Lunch
Monday 24th	2:00 - 5:00	Carers Afternoon
Wednesday 26th	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 28th	2:00 - 4:00	Singing down Memory Lane
Monday 31st	2:00 - 5:00	Carers Afternoon

## NOVEMBER

Wednesday 2nd	2:00 - 4:00	Carers Support Group & Social Afternoon
Monday 7th	1:45 - 4:30	Carers Afternoon
Wednesday 9th	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 11th	2:00 - 4:00	Singing down Memory Lane
Monday 14th	1:45 - 4:30	Carers Afternoon
Wednesday 16th	2:00 - 4:00	Carers Support Group & Social Afternoon
Thursday 17th	11:30 - 2:30	Monthly Lunch
Monday 21st	1:45 - 4:30	Carers Afternoon
Wednesday 23rd	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 25th	2:00 - 4:00	Singing down Memory Lane
Monday 28th	1:45 - 4:30	Carers Afternoon
Wednesday 30th	2:00 - 4:00	Carers Support Group & Social Afternoon

## DECEMBER

Monday 5th	1:45 - 4:30	Carers Afternoon
Wednesday 7th	2:00 - 4:00	Carers Support Group & Social Afternoon
Friday 9th	2:00 - 4:00	Singing down Memory Lane
Monday 12th	1:45 - 4:30	Carers Afternoon
Thursday 15th	11:30 - 3:00	Monthly Lunch

BREAK FOR CHRISTMAS AND NEW YEAR

SEE YOU ALL AGAIN ON Wednesday 4TH JANUARY 2017

### Founder:

Lady Cater

### Hon Treasurer

Bryan Mauger

### Patron:

Jurat Michael Tanguy MBE

### Hon Chaplain:

Rev George Lugton MA.BD

### Committee Members:

**Chairman/Hon Secretary:**  
Barbara Giles

### Committee members:

Rosemary Smale  
Stella Newbould  
Joan Machon  
Maura Stacey MBE

**Vice Chairman:**  
Christine Birkett

**Newsletter:**  
Barbara Giles

Printing kindly sponsored by  BWCI

# Helpline

## 01481 245121

Health Information Guernsey  
01481 707470

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

Sitting Service  
01481 725241 (ext. 3313) - Community Services

Guernsey Alzheimer's  
Association  
Delancey Centre  
St Sampsons  
GY2 4HU

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

or visit our facebook page

