

# Newsletter

Alzheimer's  
Society

Leading the  
fight against  
dementia

Jersey Office

Spring 2008

Welcome to the latest Newsletter from Alzheimer's Society Jersey

## Open Day

Our next Open Day will be at the **Poplars Day Centre at Overdale Hospital on Saturday 7 June from 10.30am until 12 noon.**

This gives people an opportunity to look round the Day Centre, visit our Saturday Club and find out more about the services offered to people with dementia and their families by the Alzheimer's Society and Health and Social Services.

There will be an opportunity to talk to health care professionals from the Memory Clinic and we also provide a wide range of information sheets and booklets that you can browse through or take away.

If you, or somebody you know, has problems with short-term memory loss and confusion our Open Day is the ideal first step to finding out more.

## Campaigning

Our aim is to raise awareness of Alzheimer's and other types of dementia; and to offer support and help to improve the quality of life for families, friends and carers as well as for the person with dementia.

It is estimated that there are currently over 1,000 people in Jersey with some form of dementia and this number is increasing.

The Alzheimer's Society in Jersey is the voice for those who are unable to speak out for themselves; we are determined to ensure that they have the best quality care possible and that the families who care for them are given the support they need.

We are currently campaigning for more funding and improved health care in Jersey for people with dementia.

At the end of 2007 we met with Ben Shenton, Minister for Health, to discuss the issues concerning people with dementia and their carers' in Jersey and at the beginning of 2008 our chairman, Mike Tomkinson, wrote to States Members and Chief Officers outlining our concerns.

As a result of this he has already met with Deputy Anne Pryke to discuss housing needs and will be having a meeting with the Scrutiny panel in the near future to discuss our concerns in detail.

Alzheimer's Society  
Helpline 443075

Did you know that more than 1 in 10 people over 65 suffers from depression and that dementia affects 1 in 20 people over 65 rising to 1 in 5 in people over 80?

# Education

Our young people are very important; many will be choosing a future career in health care and they may also be the 'carers' of the future. By educating them we can also start to remove the stigma of dementia.

Branch Co-ordinator, Jo Cummins, has been working on a programme for young people aged 10 - 16 discussing how our brains work and how important our memories are.

The youngsters are encouraged to treat people with dementia with dignity and respect, and through story-telling and role-play they learn how an unforeseen event can change a situation and affect the entire family structure.

The course also discusses bullying and how our behaviour affects other people. They are all given a certificate at the end of the workshop.

Jo has already tested her newly acquired skills on the Mountbatten Cadets, part of the St. John Ambulance organisation, and pupils of Beaulieu School with great success.

**If you are interested in learning more about the workshops, or know of a youth group who may be interested, please contact Jo.**

# Fundraising



**Trish Irving trekking the Great Wall of China**

When Trish Irving lost her dad to Alzheimer's she decided to do something special in his memory so, in October 2007, she and her friend Sallie Scott attempted and completed the Great Wall of China Trek to raise funds for the Alzheimer's Society.

Trish said: "It is quite simply one of the most amazing challenges I have participated in. The scenery was breathtaking and the 70 mile trek provided the most challenging physical adventure I have ever undertaken."

The girls raised in excess of £6,000 and the team as a whole raised £160,000 which will be donated to much-needed ongoing research into dementia.

The Alzheimer's Society have organised many varied and interesting challenges for 2008. Have a look on the website [alzheimers.org.uk](http://alzheimers.org.uk) and see what takes your fancy.

Test yourself and raise money for a well deserving cause at the same time.

Like all local charities, we rely on donations and bequests from the public and we would like to take this opportunity to give heartfelt thanks to all those who have supported us and who continue to do so.

**Donations to the  
Alzheimer's Society Jersey  
may be sent to our treasurer:**

**David Bridge  
Icho View  
La Grande Route des Sablons  
Grouville  
JE3 9BB**

# Friendship Group



## Friendship Group 1st Birthday party in full swing

Photo courtesy of the Jersey Evening Post

In March 2008 we celebrated the First Birthday of our Friendship Group and are delighted that it is proving so popular.

The group was set up for families, friends and non-professional carers of people with dementia to give them an opportunity to share their experiences with others.

We have a wonderfully diverse mix of people: some are full-time carers, some have loved ones in full-time residential care and others have been bereaved.

The group gives carers the chance to relax among friends in a very informal setting and to talk about the challenges that are being faced on a daily basis and we also have occasional guest speakers.

Meetings are held at the Poplars Day Centre from 11am on the second Saturday of each month.

More information is available by phoning our Helpline on 443075, or please contact Kim or Jo.

If you would like to join us but feel unable to leave a loved one on their own, please bring them along to our Saturday Club where they can enjoy all the activities on offer, including a three-course lunch.

# Singing for the Brain

Singing for the brain is a weekly singing group for people with dementia and their carers which we are hoping to start running shortly.

The aims of the group are to increase communication and to provide a social network for people with dementia and their carers.

Singing for the Brain has many health benefits woven in the fun of singing. It is enjoyable, friendly and uplifting, giving many people a much-needed boost in confidence.

We are in the process of organizing a weekly Friday afternoon session at St. Saviour's Parish Hall from Friday 6th June.

The sessions will start at 2pm with refreshments and singing will be from 2.30pm - 3.30pm. There is plenty of parking and access for wheelchairs and there will be no charge to join the group. NO musical experience is necessary and rusty voices are welcome!

Fiona Speller B.Ed (Hons), SRAST (Music) will be running the programme on our behalf and she is looking for volunteers to help with this project.

If you are interested in joining the group or being a volunteer please;

Call our Helpline on 443075

or

E Fiona at [jeffs@localdial.com](mailto:jeffs@localdial.com)

## Alzheimer's Society Helpline 443075

Did you know there are over 100 types of dementia? The most common are Alzheimer's disease, vascular dementia and dementia with Lewy bodies. Symptoms include loss of memory, confusion and problems with speech and understanding.

# Ongoing Local Services

## Saturday Club

At the **Poplars Day Centre from 9am until 3.30pm.** People with dementia can spend the day in a safe, caring and stimulating environment and a hot lunch is provided but if you just want to pop in for an hour or two, you are more than welcome.

More information is available by contacting Pat, our Daycare Co-ordinator, on **07829 700 099**

## Helpcard

Help Cards are about the same size as a credit card and there are two types - one for people with dementia which explains a little about the illness and has space for emergency contact addresses and phone numbers should the person get lost or need help.



The second card for carers is in a similar format and is useful if the carer needs assistance in case of emergency.

The cards can be collected from the Poplars and Parish Halls, or please phone our Helpline.

## Telephone Helpline

We have a 24-hour answerphone service on **443075** that is checked daily, so please don't hang up! The Local Co-ordinator or a suitably qualified professional will return all calls.

## Yesterday, Today, Tomorrow Care Course

This is a course provided by the Alzheimer's Society and is aimed at staff working in the residential sector, day centres or the hospital. Approximately 50 people are trained each year.

## Leaflets

Our Do You Need Help? Leaflets contain information about our services and the help that is available from other local agencies. These are available from doctors' surgeries, pharmacies, the Library, Parish Halls and other outlets or call our Helpline

## Website

Our national website, address [alzheimers.org.uk](http://alzheimers.org.uk) is well worth a visit and contains a host of information about dementia. A great number of leaflets on various subjects are available to download.

## Contact Details

Please contact any of the staff or committee members below if you have any questions or would like to know more about the local branch or National Society:

### Jersey Office Helpline

T **443075** leave a message and someone will get back to you

### Branch Co-ordinator

Jo Cummins Tel 736845  
E [jobacummins@hotmail.com](mailto:jobacummins@hotmail.com)

### Daycare Co-ordinator

Pat Hampson  
T **07829 700 099**

### Chairman

Mike Tomkinson T 734424  
E [miketomkinson@hotmail.com](mailto:miketomkinson@hotmail.com)

### Secretary

Kim Averty Tel 862334  
E [kaverty@hotmail.com](mailto:kaverty@hotmail.com)

### Treasurer

David Bridge Tel 855676  
E [david.bridge@jerseymail.co.uk](mailto:david.bridge@jerseymail.co.uk)

### National Contacts

Helpline: 0845 300 0336  
Website: [alzheimers.org.uk](http://alzheimers.org.uk)  
E [enquiries@alzheimers.org.uk](mailto:enquiries@alzheimers.org.uk)