



Memento

The newsletter for Alzheimer's Support

Issue 57 Summer 2023



A toast to the King!

There was a double celebration at Scots Lane as the club marked its first six weeks of opening with a special lunch for the King's Coronation. Club member Derek made the toast (left).

Earlier Derek chatted to visiting journalists about his time at the club.

"I feel lucky to be here. You can talk to people and it makes living with the problems we have easier."

Delight for Salisbury as new Scots Lane day club opens

Scots Lane Club in Salisbury is open!

Alzheimer's Support's newest day club welcomed its first members and volunteers at the end of March and the space was filled with life and laughter from day one. The ambitious project to create a dementia centre serving the south of Wiltshire was completed as our fundraising appeal topped £100,000.

Now the National Lottery has agreed to support part of the club's operating costs for the next three years, donating £76,604 in all.

Alzheimer's Support chief executive Sarah Marriott said: "We are absolutely thrilled that the lottery has made this award. It is a brilliant opening present for the club and a real vote of confidence in our project.

"Creating this purpose-designed club and the whole Scots Lane centre has been the work of many hands and we have had huge support from the Salisbury community to get this far."

Creating Scots Lane, centre pages



WELCOME to our Summer newsletter

Once again there is much to report!

First up we are so pleased to have members in and enjoying our new day club in Salisbury. We have had great support from the local community during the long months of the Scots Lane project and it's wonderful to start to deliver the services which we know will become a lifeline for many in the city.

Elsewhere, it's great to be relaunching face-to-face carer training and our discussion group for people living with dementia, and to see our Understanding Dementia sessions take off in Wiltshire.

Whether you have come to our organisation to find support for yourself or a family member, or because you'd like to support us as a charity, I hope you enjoy reading all our news. **Stephany**

Alzheimer's Support is a Wiltshire charity that supports people living with dementia to lead active, independent and meaningful lives.

We run innovative day clubs, a national award-winning home support service, more than 40 community groups and extra support for family carers.

We welcome volunteers and donations!

Contact us: 01225 776481
office@alzheimerswiltshire.org.uk
alzheimerswiltshire.org.uk

as alzheimers
support

NEWSLETTER SEEKS A SPONSOR

If your company or organisation would like to sponsor this newsletter please get in touch on 01985 624005



Recognition for a brilliant teacher

Music for the Mind teacher Caroline Radcliffe has won Teacher/Coach of the Year at the Wiltshire Life Awards.

Caroline has led dementia singing groups at Bradford on Avon and Westbury for more than 10 years, bringing her musical talents, humour and encouragement to hundreds of people affected by dementia.

Alzheimer's Support CEO Sarah Marriott said: "This is so deserved. Caroline is an amazing musical leader and her groups are a real highlight of the week for so many. She approaches her groups like any other choir, teaching new material and developing her singers, while fully understanding the challenges they face."

Receiving her award, Caroline told the audience at Devizes Corn Exchange how her groups were currently learning Sailing by Rod Stewart in three-part harmony, adding: "Because that is what adults with dementia can do."



Caroline Radcliffe

A chance to have your say

People living with dementia in Wiltshire and their families are invited to take part in developing the county's new dementia strategy.

Wiltshire Council and NHS are working with providers including Alzheimer's Support to ensure the views of people directly affected by dementia have their say in creating new aims and standards for the future.

They want to know what is working well with current services, how people find their way to information and advice, and what could be improved. People taking part will be able to talk in depth, and in confidence, to a member or Alzheimer's Support staff. They will be asked about their experience of getting a diagnosis, finding support and any difficulties they have experienced along the way. They can also give views on to how they feel dementia is perceived by others in their communities. To take part call us on 01380 739055.

‘Shoulder-to-shoulder with others who understand’

As face-to-face carer training returns next month, Ellen Bothwick explains why she turned from participant to facilitator, and why she is glad the in-person sessions are coming back.

“Attending Alzheimer’s Support’s training course for carers came at just the right time for me.

“My mother had just moved in to our home a couple of weeks before. Not only was the course interesting and useful, I also enjoyed sitting shoulder to shoulder with other people who understood what life was like caring for someone with Alzheimer’s.

“That was six years ago, and I have kept in touch with people from the group and have become good friends with one of them.

“Through my family experience and from what I knew from my job working for care home selection, I was approached and asked to become one of the trainers on the course. I now facilitate the session on care at home and the evaluation of homecare.

“During the sessions, I am able to talk through the complete journey I took, helping my mother from the early signs of her dementia through to requiring support from occasional carers, on to assisted-living accommodation, arranging packages of care when she moved in with us, right through to finding the right care home for her, as her illness progressed.

“I think the people attending the course can see I’ve travelled the road they are currently on.

“I don’t pretend that it isn’t tough, but I show how it can be possible to navigate if you know how and where to access help.”



Above, Ellen Bothwick and friend. Ellen attended the course as a carer and now leads a regular session on navigating the care system

The face-to-face Training Course for Carers runs on Monday mornings from 26th June to 31st July at St John’s Parish Rooms in Devizes.

Topics include what is dementia, safer moving and assisting, ideas for managing at home, looking after yourself as a carer, the financial and legal aspects of caring, and Ellen’s session on evaluating a care home.

To book your free place call 01380 739055 or book online at www.alzheimerswiltshire.org.uk

Discussion group returns - why not join them?

The day club may not be open on Mondays, but every second Monday morning at Sidmouth Street the club room is alive with conversation and laughter.

Our Living Well discussion group for people recently diagnosed with dementia restarted earlier this year, with just five members.

The group is facilitated by Kay Sharpe and Juliet Bonser.

Kay said: “We are very small still but very friendly and informal. People can talk about whatever they wish to and we are just getting to know each other.”

The discussion group ran for several years before the pandemic when members found it a supportive way to share experiences with others who were in a similar situation.

To join the group or find out if it will be right for you please call Kay on 01380 739055 or email office@alzheimerswiltshire.org.uk

Glowing report from the care watchdog

The Care Quality Commission undertook a routine inspection of Alzheimer's Support's Home Support Service at the end of last year and found the service to be 'good in all areas'.

The service scored good outcomes across all measures with inspectors finding it to be safe, consistently well-led, and delivering high-quality, person-centred care.

More than 270 people living with dementia in Wiltshire use the service, including eight who receive personal care. It involves visits at home or trips out with one of Alzheimer's Support's trained support workers, with visits lasting at least two hours.

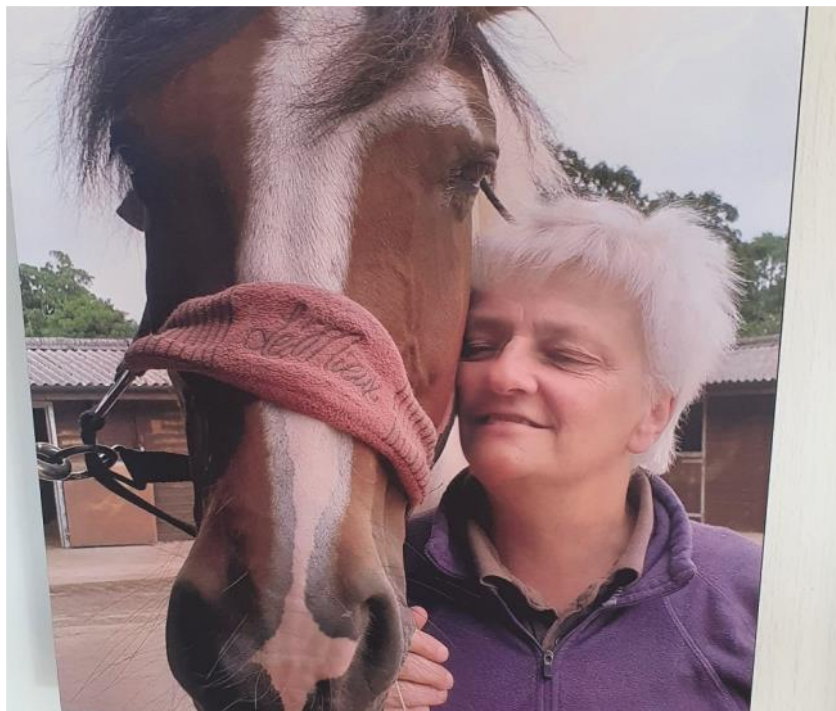
Alzheimer's Support CEO Sarah Marriott said: "We are very proud of our Support at Home service and it is gratifying to have our strengths recognised.

"The inspection process is open and transparent and inspectors talked to our staff, to families and to external colleagues. All gave high praise for the benefits of the service and the positive impact we make.

"Whether we are providing companionship at home or supporting someone to go bird-watching, meet old friends in a café or collate a life story book, our support workers will always spend time doing the things their companions enjoy most."



Barry and support worker Layla, who share a love of birdwatching



Supporting George's love of horses

George has always been adventurous.

Before being diagnosed with early-onset dementia at the age of 54, the Women's Royal Army Corps staff driver loved horse-riding, skiing, and windsurfing. She trekked to Everest Base Camp, hiked in Tanzania and climbed Kilimanjaro.

Four years on, George has retained her sense of adventure. She has a supportive family, a strong network of friends and support workers, and if she does get disorientated when out with her dog Mattie, people in her village know her and can help her back home.

A key member of Team George is our support worker Paula Kearney and the couple are often out and about in the Wiltshire countryside. Paula knew George loved riding so when she heard about Wiltshire & Swindon Sport's equestrian stable experience, she got her involved.

Paula said: "I told her about the horse sessions and straight away she wanted to do it. It's evident that hugging, stroking and smelling the horses, or just simply being around them triggers happy memories. It gives her an emotional connection and puts a smile on her face. Spending time with the horses is an absolute joy for her."

George's sense of balance has deteriorated so at the first session she groomed the horses, cleaned their hooves and helped with feeding them. As her confidence grew she was able to lead a horse by its reins. Finally, she topped it all by riding - she even stood up on the stirrups while the horse was walking along.

Paula said: "George sometimes gets frustrated with herself and that's why I'm super proud of her for getting on that horse and just going for it, just like she used to."



Paula, Mattie and George



Reconnecting Eileen with friends from the past

Getting to know a new client is one of the joys of the job for our home support workers.

West Wiltshire support worker Mandy Bird has been out and about with Eileen for the last few weeks, supporting her to make the most of the spring weather (between showers) and helping her reconnect with the people and places that are important to her.

The highlight so far was a visit to Trowbridge Police Station — for all the right reasons! Eileen worked in the station as a counsellor for 14 years and wanted to drop in some cakes for the current staff, who were delighted to see her and made them both very welcome.

Mandy also took Eileen to visit her friend and former colleague Brenda, enabling them both to reminisce over old photographs.

Meanwhile support worker Debbie Fitchen had a feeling that a trip to Larkrise Community Farm would help build an even better connection with her new client Sharon. She was right, and they both had a lovely morning meeting the animals.



Can you make someone's day?

Join our team!

We need caring men and women to spend quality time with people in the early to mid-stages of dementia.

You'll be supporting people to do the things they have always enjoyed doing in visits of at least two hours, at home and with trips out and about.

- Flexible hours, no weekend or evening work (minimum contract of 10 hours weekly)
- Time to engage people in meaningful activities
- Ongoing training and support
- Know that you'll be making a difference every day
- Opportunities throughout Wiltshire

You'll be working for one of Wiltshire best-loved charities and for a home support service that is nationally recognised for its excellent care and rapport with clients.

"I love getting to know my clients and learning so much from them. I love my job!"

Our support workers come from all walks of life (just like our clients) so experience in the care sector is not essential.

Apply online or call 01225 776481
www.alzheimerswiltshire.org.uk
 registered charity 1048314



Finding inspiration in nature, at art groups...

You don't need to be an accomplished artist to find joy, fulfilment and friendship at one of Alzheimer's Support's art groups.

The groups in Pewsey, Warminster and Bradenstoke meet weekly and complete projects under the guidance of a professional artist. A wide range of techniques are tried out, including plenty of craft activities alongside painting, sculpture and collage.

At Pewsey, a conversation about 'blank paper anxiety', a feeling known to all artists, led to group member Mary (pictured top right) recalling the blue tits in her garden and going on to paint them.

Meanwhile members at Bradenstoke in North Wiltshire produced some beautiful daffodil-inspired watercolours. At Warminster, Marjorie marked her centenary year by creating her own workbook of seasonal arts. Group organiser Cathy Lawrence said: "It was lovely to see Marjorie's enjoyment and sense of achievement as her project grew. She is rightly very proud of it."



Main picture: watercolours at Bradenstoke. Above Pete with artist Fran. Left, Marjorie with her centenary book



...and at Muddy Boots

Each of our Muddy Boots groups is different — but all focus on fresh air and taking their lead from nature.

In Bemerton Heath, members enjoy craft activities alongside their gardening projects, moving inside to the hall when the polytunnels prove too cold.

Our Kennet group loves getting out and about 'on location'.

Here they are on at West Woods, where they admired the bluebells before a picnic together under the trees. They have a summer of outings and activities ahead, and both groups have space for new members!





Sharing the cuddles:
Faye with Marjorie (left),
Jean, and proud parents
Elliott and Alex

Introducing Faye, the 'Old Silk Works baby'

When Old Silk Works support worker Alex married Elliott in 2012 she had the wedding live streamed into the club and now, on maternity leave, she regularly brings her lovely baby Faye in for cuddles.

When Faye started crying on a recent visit, club member Joan, who had been feeling a bit unsettled herself, knew just what to do. She asked to hold the crying infant, cuddled her expertly and walked her around the club. It helped them both to feel happy and calm again, and proved yet again that some instincts are never lost!

Coronation crowns, crafts and royal recollections

Our day clubs approached the King's Coronation with a respectful mix of reflection, fun and mischief.

The King himself was a popular figure at Sidmouth Street, where members took turns to pose with him between the crown-making and coronation-themed crocheting.

All the clubs rolled out the bunting for coronation teas and invited families to join in the celebrations.

Some of our members remember the late Queen's Coronation and everyone at Old Silk Works was enthralled by volunteer Jean's photograph of herself as a child at a Coronation party in 1953.



The funders and supporters who made Scots Lane happen

Our thanks to:

Belinda Vohra. The club came too late for her mother but she fundraised to make it possible for others to benefit, raising more than £5,000 in a Half Ironman Challenge.

The pupils of Godolphin School who raised £1,100

Salisbury Area Board, who donated £5,000

South West Area Board, who donated £2,500

Garfield Weston Foundation, who gave £25,000

Sally Boyle and everyone at Starry Eyes, who paid for the club's juke box

The Salisbury and District Darts League who donated £4,000

Visitors to St Thomas Church Christmas Tree festival, who donated more than £5,000

Annette Martin who sold her treasured sewing machine

Frognall Trust who gave £2,000

Children, staff and parents at Sandroyd School who gave £1,811

Olivia Marchant, who asked for donations in memory of her husband Tim

Timsbury Lodge Freemasons who gave £265

Our plumber Norman Bedford who skydived for us

Linda Baker who donated £448 raised in her birthday fundraiser



Coming together to create Scots Lane

Creating our new day club was the work of many hands, as the Salisbury community volunteered their time and raised more than £100,000 to make the project happen.

As early as September 2021, Alzheimer's Support staff in South Wiltshire donated their time for a clear-up day ahead of the renovations.

Then the fundraising began in earnest and we were bowled over by the enthusiasm for the project in the city, which had been without specialist day care since 2019.

The project involved completely renovating the ground floor of Scots House in Scots Lane to create a purpose-built day club with an indoor garden area and open-plan kitchen, two offices and a meeting room.

Specialist ventilation and plumbing solutions had to be fitted and the after-effects of Covid led to delays with sourcing materials and contractors. We were lucky to have a volunteer project manager in Alan Sharpe, husband of our head of community services Kate Sharpe, and a very supportive landlord in Alan Munro.

Community fundraiser Rachel Fear 'flew the flag' for the project in Salisbury, inspiring local businesses and community groups to get involved, while our local dementia advisers began letting people know about the club and how it could benefit them.

Enquiries and funds rolled in throughout 2022, and we were delighted to appoint club manager Heidi Bradley at the end of the year, followed by the rest of the staff and our first volunteer team.

And to finally welcome our first club members to the newly kitted out club in March 2023. **To find out more about joining the club as a member or volunteer please call us 01722 442050.**





Giving their time: Alan Sharpe with Neil Gordon.
Above: fundraiser Rachel Fear gets stuck in with the silicon-gun

Continued from previous page...

Chris Thomas who cycled from Land's End to John O'Groats and all who sponsored him

All who gave in memory of Sheila Russell and Dave Waterman

Thanks also to:

- Fulmer Charitable Trust
- Girdlers Company Charitable Trust
- Brothers in Arms Masonic Lodge
- Waitrose shoppers
- Players of Salisbury City Lottery
- Employees at Blakes Envelopes
- Stonehenge Chambers of Commerce
- City Lodge Freemasons
- Wilson's Solicitors,
- St Thomas & St Edmund's Charity
- DreamWeavers line dancers
- Stratford sub Castle Community Café

Thank you Jan, founder member and fundraiser

Of all our fundraisers, none is more appreciated than Jan Marks, who asked for donations instead of birthday gifts and raised more than £1,200.

Jan was diagnosed with early-onset Alzheimer's at the age of 64 and is now a founder member of Scots Lane club.

Her husband Graham said: "This wasn't how we expected to spend our retirement. I feel I'm losing Jan steadily and our goal is to keep her independence and feeling of normality for as long as possible.

"You can read a lot about dementia, but until you experience what we're going through you



Jan and Graham visiting the club space while work was in progress

don't know how desperate things can be and how badly carers need respite. This club is so necessary. There is so much need in this area - help and companionship are vital."

*And to **everyone** who fund-raised, donated or supported in another way. We couldn't have done it without you!*



The businesses that help out



Rob Maddocks of NFU Mutual Giving Agency dropped in to Old Silk Works Club with a cheque of £3,189.

He said: " It is a really lovely part of our job to be able to make such a positive difference to local charities.

Alzheimer's Support really leapt out as a charity for us to support because of the amazing work that they do both in Warminster and around Wiltshire."

* * *



We are also delighted to be chosen as charity of the year by the staff at Swindon-based QuickMove Properties(above)

The team are staging their own Walk to Remember in June and several skydived for us last month, raising more than £3,000 to date.

* * *

Thank you to the terrific team at The Manor House in Castle Combe. During their year of fundraising they did everything from challenge events to a Christmas jumper day, raising more than £4,000.

Special mention to Helen and Gaius for their amazing individual efforts!

Teeing off some great partnerships

So many thanks to the captains at Cumberwell Golf Club who have chosen Alzheimer's Support as their charity of the year.

The partnership tee'd off in December and the club has already held several fundraising events with more planned.

We were also delighted to be chosen as charity of the year by Marlborough Golf Club and Ogbourne Down Golf Club, and to be supported by The Wiltshire Golf Club for a second year.

Huge thanks to captain Tim Connolly, pictured right with fundraiser Laura, for choosing us once again.



Hair today.... Sarah braves the shave!

Alzheimer's Support's North East Care Coordinator Sarah Tyler has done her share of fundraising over the years, taking part in running events and A Walk to Remember, manning stalls and raising funds with Devizes Town Band,

Now she is going a big step further with a personal challenge that will see her sacrificing her hair to raise funds to take Home Support clients on a special outing.

She is planning a buzzcut in June and has arranged to lose her locks publicly in the window of her Devizes hairdressers Diffusion while supporters collect outside.

Sarah said: "My hair will grow back, but the brain cells damaged by dementia do not. In Braving the Shave, I would love to raise some money for Alzheimer's Support. All donations received will help to fund our Grand Day Out in September which is being organised by Home Support and Community Services for the benefit of our service users."

Sarah has had great support from friends and colleagues, three of whom have agreed to dye their hair blue in solidarity if she reaches her £1,5000 fundraising target.

If you'd like to give Sarah some moral support do pop along to Diffusion in Devizes at 11.30am on 9th June.



Thank you Mathew!

Once again special thanks are due to Mathew Hendricks-Birtles. Mathew has been supporting our charity for many years and has donated more than £7,000 raised through the sale of his homemade greetings cards at stalls in North Wiltshire and Bath.

He has also raised funds for the national Alzheimer's Society in the past, bringing his total contribution to £10,000.

Community Fundraising manager Rachel Fear said: "This is an amazing achievement. Mathew has a real talent for upcycling cards to create original images for every occasion. We are so grateful to him."



Mathew with his stall — all items homemade and for sale in aid of Alzheimer's Support!

Jumping out of a plane to raise vital funds



"The most amazing feeling!"

The words on the lips of everyone who jumps out of a plane for Alzheimer's Support.

Our skydives adventure days at Old Sarum are into their third year now and the many brave souls who have taken part have raised many thousands of pounds for dementia care in Wiltshire.

The first team day of 2023 included jumps by our former dementia adviser Tara and her son George, Jodie, Laura, Debbie and Joseph from QuickMove and friends Tom Luke and Ryan.

Earlier Emily Beck had taken the plunge while Anthony Searle below, chose the event more terrifying challenge of a bungee jump!

Our enormous thanks to them all!



Our next team jump day is Saturday 2nd September.

To sign up or to find out more, call us on 01985 624005, or go to alzheimerswiltshire.org.uk



Chris's epic cycle ride for dementia care

If Chris Thomas reaches his goal of raising £1 for every mile of his cycle challenge, he will have raised £1,007 for Alzheimer's Support.

Chris set himself the challenge of cycling from Land's End to the very tip of Scotland in two weeks after turning 70 last year.

He had seen first hand the work of our charity as a member of Navy Larks, a sea shanty group who are regular visitors to the Salisbury memory café, and he wanted to help. "Many of my friends, family and colleagues in the Navy Larks have been affected by Alzheimer's disease in one way or another so I would like to raise funds for the for centre in Salisbury. " Good luck Chris!



Well-deserved recognition for long-serving volunteers

"Our club wouldn't run without the support of amazing volunteers like Vicki, Sue and Rachel."

The words of Sidmouth Street club manager Becci Field who nominated the trio to receive dedicated service awards from the Mayor of Devizes.

Vicki Gaiger has volunteered in the club for 11 years, bringing warmth and fun to the lives of many members. Mother and daughter Sue Mason and Rachel Deakin have given their time as volunteer gardeners, tending the plants in the club's walled garden and maintaining it as a tranquil space. Thank you all!



Above: Sue and Rachel with deputy mayor Peter Corbett, right, Vicki receives her award

'We never dreamed that it would all get so big!'

Sheila and Carole first met as volunteers for Alzheimer's Support in the early 1990s. Three decades on they still man stalls and bake their famous cakes, with no plans to retire...

It was three decades ago that Sheila Jennings and Carole Archer first came across Alzheimer's Support.

Sheila joined us in 1991 after volunteering in a dementia hospital in the United States. Carole had recently lost her mother to Alzheimer's, so when she saw an advert for volunteers in 1993, she knew she needed to respond.

In 1994, the ladies formed the Friends of Alzheimer's Support and their fundraising adventure in West Wiltshire began.

Sheila said: "It all started when we wanted to raise a bit of money for a few extras. We never dreamed it would be so big!"

The pair have run cake, jam and bric-a-brac stalls at markets, fun runs, open gardens and carnivals, and organised carol concerts, coffee mornings and fashion shows.

"Many a time we've been in the park, struggling to put up a gazebo, with everything blowing everywhere! We'd wear fingerless woolly gloves when it was really cold," said Carole.

"We'd bake our socks off. I can remember a May Day carnival when I had to quickly nip home and bake some more scones because we'd run out."

In 1996, Sheila, a keen runner with Avon Valley Runners, asked the club to organise a charity run. In return she agreed that the ladies would lay on refreshments. Twenty-five years on, the club's annual Over the Hills run continues to raise thousands of pounds for Alzheimer's Support.

Carole said: "It's a big event and we make about ten large cakes each for it. It's always quiet on the stall once the runners have set off but it gets so busy when they all start coming back in and it's a wonderful atmosphere."

Sheila and Carole thoroughly enjoy that they do but they are very aware that more helper are needed.

"We're the old guard now," said Carole. "We need some more volunteers come on board to bake, make drinks, cut cakes and take the money. It's great fun."

● To find out more about volunteering at Alzheimer's Support contact Annie Clayton on 01985 624005.



Carole and Sheila, left, Carole with fundraiser Rachel Fear at the Avon Valley Run 2021



The day ITV came to Old Silk Works

Duncan Baxter, a member at Old Silk Works Club in Warminster, has won the annual Dame Barbara Windsor Award for supporting others living with dementia.

The accolade was part of ITV's One Million Minutes campaign that recognises heroes in the community.

Duncan, a retired police officer, was devastated when he was diagnosed with dementia and says going to the Warminster club helped him to come to terms with it. He spends his time at Old Silk Works helping other members, whose dementia is further along, to have the best time they can.

He also a tireless fundraiser for Alzheimer's Support, He continued fundraising after a daring skydive in 2021, has recently smashed his £10,000 target.

The Dame Barbara Windsor award was presented by Eastenders star Jake Wood in a video link during a day of filming at the club. Duncan and his wife Lyn were also interviewed live on Good Morning Britain by Kate Garraway and Ben Shephard.

Duncan said: "This award is for everyone who is here at Old Silk Works. They are not just people who come along, they are all friends of mine now. I wouldn't change a thing. They have made me feel at home here. The club is a second home to me."



Top: Duncan and Lyn live on TV and filming at the club. Above: with Westbury White Horse editor Ian Drew after also winning paper's local hero award.

Dementia is not the 'end of the road', says Wendy

When Wendy Mitchell was diagnosed with early onset dementia at the age of 58 she found a new purpose in life campaigning for the rights of people living with dementia.

She was guest speaker at a fundraiser for Alzheimer's Support in Salisbury, telling her audience: "I'm not saying it's plain sailing because it isn't. But if you look at the diagnosis as the start of a different life, it makes life so much calmer and less stressful."

She said she treated her dementia as an adversary to stay one step ahead of, making adaptations all the time and trying to avoid letting people do things for her. Thanks to Jane Ebel and the Salisbury Memory Group who invited Wendy to Wiltshire.



Wendy with our CEO Sarah Marriott

New Understanding Dementia sessions to help find out more

More than 150 people have taken part in Alzheimer's Support's new Understanding Dementia information sessions.

The hour-long sessions are designed to help anyone find out more about what someone with dementia might be experiencing and how they can help - as a relative, friend, or neighbour.

The session was developed by Alzheimer's Support's Trainer and Volunteer Manager Annie Clayton who has over a decade's experience as a dementia trainer. The workshops are now being taken up by businesses and voluntary groups and Annie has recruited a team of volunteer trainers to roll out the programme further.

Annie said: "It's great to feel we have developed something that is helping people understand what they, or the people they support, are going through.

"The sessions are interactive and people often share and learn from each others' experiences.

Annie also delivers a more in-depth training, Learning to Live with Dementia, an award-winning two-day programme developed by Buzz Loveday of



Finding out more: the first Understanding Dementia session

Dementia Trainers. It's based directly on the experiences and words of people living with dementia and is also available to professionals and anyone who wants a more in-depth understanding.

To find out more about our training sessions, how you can get involved or to book a session for your organisation, please call Annie on 01985 624005.

Helping people find out more about dementia support

Alzheimer's Support's dementia advisers spend most of their time supporting individuals affected by dementia and their family carers.

With a caseload of more than 200 families each, and with referrals growing by 20 per cent each year, their knowledge, skill and advice is greatly in demand.

They check in with their families at least every six months, and work to ensure everyone can find the support that's right for them at the time.

But there is another aspect to their role — meeting the public and other professionals at events and gatherings where they can talk to anyone concerned about memory loss and raise awareness about the support that is available in Wiltshire.

It's an important role and one that is shared with others across the organisation.

Our memory awareness volunteers Wendy Clayton and Frances Lythell run regular drop-in sessions in GP surgeries, and so many members of staff, from Home Support workers to fundraisers, are seen out and about spreading the word and signposting to further help.

If you have an event coming up do let us know.

And if you see us out and about, bring us your questions, or just come and say hello!



Talking about dementia: Above dementia adviser David Burton and fundraiser Rachel Fear, Left Annette at Morrisons supermarket.



Right, the North East Home Support team at Calne Duck Race



Choose from three beautiful routes

Join us for A Walk to Remember 2023!

Our fundraising walk promises to be better than ever this year!

We have added a additional route around the Bowood Estate at the kind invitation of our patron Lady Lansdowne, so we now have a choice of three beautiful circular walks on Saturday 10th June.

- Bowood Estate: Seven miles from the grounds
- Battlesbury Hill: 8.5 miles up and around the Iron Age hill fort, from Warminster Park
- Meadow Mile: A gentle route around the nature reserve, also starting at Warminster Park

A Walk to Remember is a great day out for all the family and a major fundraiser for our charity. It's always wonderful to see the families we support, our staff, volunteers and walkers from the general public come together to support our work and have a great day out.

Please join us if you can

Sign up at www.alzheimerswiltshire.org.uk
or call us on 01985 624005



Saturday 10th June 2023
Supporting people with dementia with every step

Join Alzheimer's Support's sponsored walk up Battlesbury Hill near Warminster

8.5 and 1-mile routes starting and finishing at Warminster Park

A great day out for all the family!

Fundraising for



Sign up online at alzheimerswiltshire.org.uk
registered charity no 1048314



A Walk to Remember
Bowood

Saturday 10th June 2023
Supporting people with dementia with every step

Join Alzheimer's Support's beautiful North Wiltshire memory walk

Seven miles starting and finishing at Bowood Estate

A great day out for the whole family

Join Alzheimer's Support's beautiful North Wiltshire memory walk

Seven miles starting and finishing at Bowood Estate

A great day out for the whole family

Sign up online at alzheimerswiltshire.org.uk
or phone 01985 624005 for more info
Registered charity no 1048314

Fundraising for

Our Community Groups in Wiltshire

Memory cafes

Amesbury

2nd Monday of each month, 2pm,
Methodist Hall

Chippenham

Fortnightly on Thursdays, 10.30am
Sheldon Road Methodist Church

East Grafton

Fortnightly on Mondays, 2pm
East Grafton Village Hall

Harnham (Salisbury)

4th Thursday of each month, 10.30am
St George's Hall, Harnham

Warminster

4th Monday, 4.30pm
Lakeside Community Centre, Warminster Park

Westbury

2nd Wednesday, 4.30pm, Grassacres Hall

Music for the Mind

Amesbury Mondays 2pm, Methodist Hall (alternates with Movement for the Mind)

Bradford on Avon

Mondays 10am, Wiltshire Music Centre

Chippenham

Thursdays fortnightly 10.30am, Methodist Church

Harnham (Salisbury)

Thursdays 10.30am, St George's Hall
(alternates with Movement for the Mind)

Mildenhall Tuesdays fortnightly 10.30am, Village Hall

Malmesbury Mondays monthly, 1.30pm Riverside Centre

Lockeridge (nr Marlborough)

Thursdays 10.45am, Kennet Valley Hall

Seend (nr Devizes)

Wednesdays 2pm, Seend Village Hall

Trowbridge Mondays 3pm, Town Hall

Westbury Thursdays 2pm, Westbury Leigh Village Hall

Carers' groups

Our four support groups for family carers and friends who are caring meet monthly for conversation, information and mutual support. Formats and venues vary and several groups like to meet for a pub lunch in different locations.

East Wilts Last Friday of the month

North Wilts Last Wednesday of the month

Amesbury Last Wednesday of the month

Salisbury Last Thursday of the month

West Wilts Last Wednesday of the month

Movement for the Mind

Amesbury Mondays 2pm, Methodist Hall (alternates with Music for the Mind)

Bowerhill (nr Melksham) 2nd & 4th Wednesdays 10.30am
Bowerhill Village Hall

Chippenham Tuesdays fortnightly 10.30am
King Alfred Hall

Devizes Tuesdays fortnightly 2pm
Quaker Meeting Room

Harnham (Salisbury)

Thursdays 10.30am, St George's Hall
(alternates with Music for the Mind)

Ludgershall 2nd and 4th Wednesdays 11am
St James' Church Hall

Malmesbury Mondays monthly, 1.30pm Riverside Centre

Mildenhall Tuesdays fortnightly 10.30am

Art groups

Bradenstoke Mondays fortnightly 2pm, Village Hall

Chippenham Thursdays monthly, 2pm King Alfred's Hall

Pewsey Wednesdays 10.30am, Bouverie Hall

Warminster Wednesdays fortnightly 2pm, Lakeside Community Centre

Muddy Boots groups

Kennet Kennet Valley Hall and on location in East Wiltshire, 2nd & 4th Mondays

Salisbury St Michael's Church, Bemerton Heath, 2nd & 4th Mondays

Memory Shed

Brunel Shed, Corsham Wednesdays, 2pm

Discussion group

Devizes 1st and 3rd Monday of each month, 10.30am 5, Sidmouth Street

Carer Training

Six weekly sessions on Monday mornings from 26th June
St John's Parish Rooms, Devizes

Sessions on dementia, day-to-day life at home, legal issues, care options and safer moving and assisting.

Call 01380 739055 or book online.

For more details about all our groups, or to sign up online, go to:
www.alzheimerswiltshire.org.uk Or call us on 01380 739055



AlzheimersSupportWiltshire

www.alzheimerswiltshire.org.uk



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