

# for dementia

training ■ development ■ admiral nurses

Newsletter Issue Number 16 / 2008

## Admiral Nursing launched in East Kent



Geraldine and John Ravenhill (centre) with Joy Watkins (left) and Admiral Nurse, Pat Brown

The Lord Mayor of Canterbury, Councillor Carolyn Parry joined more than 100 guests at Canterbury Cathedral Lodge, for the launch the new Admiral Nursing service for Eastern and Coastal Kent, on 18th September 2008.

Opening the programme, Ann Sutton, Chief Executive of the Eastern and Coastal Primary Care NHS Trust said, "I am honoured to be given the opportunity to open this event. The PCT board is committed to this worthwhile service and I believe that the health and wellbeing of carers is a vital part of improving the overall health of the local population."

Barbara Stephens, Chief Executive of **for dementia** spoke about the charity's partnerships locally, thanking Linda Caldwell from the PCT and Jon Parsons from Kent & Medway Partnership NHS Trust for their contributions, and acknowledged the generous support of BUPA's Corporate Social Responsibility programme. Dr Clive Bowman, Medical Director of BUPA Care Services, said, "BUPA understands the important

contribution Admiral Nurses make in helping families to navigate the system and cope with the challenges presented by dementia."

Katrina Hurley, family carer, vividly described her experience of coping with her father-in-law's condition, and John Ravenhill spoke movingly about his personal battle with Alzheimer's Disease and how it has affected him and his family. Both were full of praise for their Admiral Nurses. John commented, "from the moment of my first contact with the Admiral Nursing service I have been treated with immense kindness, thoughtfulness and understanding. I feel I now have a future." Pat Brown, Jackie Tuppen and Linda Carroll, talked about their work as Admiral Nurses. Pat Brown, Clinical Lead said, "We are very proud to be part of this unique service for carers and to be supported by *for dementia* and our Trust."

Other speakers included Consultant Psychiatrist, Dr Bastiaan Veugelers, Admiral Nurse, Joan Devenny and Jane Jason OBE, Andrea Gover and Joy Watkins from *Uniting Carers for dementia*.

### Contents...

• Training	2-3
• News	4-5
• Carers	6-8
• Fundraising	9-11
• Dementia Strategy	12

*for people who care*

## Circle dancing for people with dementia – a training programme for staff

The first ever training session on the provision of circle dance as an activity for people with dementia was held on the 24th September 2008, in Dorking, Surrey.

This programme has been developed by Cynthia Heymanson and Kath Kershaw who are circle dancers and dementia care workers and trainers. Their passion for circle dance as an activity for people with dementia and their experience of leading groups has prompted and inspired this creative training programme.

Circle dance has developed from traditional folk dance from around the world, it emphasises relationships, group belonging and emotional and physical aspects of being, and it is this emphasis which underpins the programme.

I was one of 23 participants to take part in this first in a series of training sessions; fellow participants were care staff, activities co-ordinators and unit managers, from a range of providers of services for people with dementia from across the sector, though we were also joined by a couple of experienced circle dancers and volunteers.

Relevant topics were covered in detail, with particular emphasis given to the skills



Hilary Woodhead

required to enable communication and promote the wellbeing of people with dementia through circle dance as an organised stood or seated activity.

At the end of a busy and fun day participants departed with comprehensive handout packs, instructions for each taught dance and a CD of 12 tracks of music. The range of music chosen demonstrates how important it can be to have music that all participants are able to identify with in some way.

Feedback at the end of the course was very positive. Within a week, the trainers received a number of comments from participants sharing how they had begun using circle dance straight away.

Inspiring, practical and productive and facilitated by skilled and passionate trainers, this one day training programme would be of value and interest to all those currently providing activities for people with dementia or those who are thinking about having a go!

Cynthia Heymanson and Kath Kershaw have been invited to deliver this programme on behalf of **for dementia**, as guest trainers on the 1st April 2009.

*Hilary Woodhead, Dementia Pioneer*

*For details on how to book a place on this course please contact for dementia training on 020 7874 7222 or email [training@fordementia.org.uk](mailto:training@fordementia.org.uk)*

Hilary Woodhead has recently been appointed as Dementia Pioneer for the South East focussing on developing learning partnerships. Hilary can be contacted via *for dementia* at [info@fordementia.org.uk](mailto:info@fordementia.org.uk)

# Working with People with Dementia and Their Carers

This modular programme, accredited by the Open College Network, covers the following dementia subjects:

- Understanding Dementia
- Normal Ageing
- Communication with People with Dementia
- Person-centred Care
- Loss, Stress and Change
- Enabling Approaches to Activities of Daily Living



The programme is suitable for frontline care staff working with older people and people with dementia in any setting. It is particularly appropriate for people who may have been working in the field of care for many years but who have no recognised qualification in dementia. The training is high quality and interactive, enabling learners to build on their existing knowledge and develop new skills. Learning is assessed and moderated and completion of the programme results in credits from the awarding body. The programme is mapped to NVQs and enables learners to demonstrate evidence of underpinning knowledge for NVQ awards.

*For further information please contact for dementia training on 020 7874 7222 or email [training@fordementia.org.uk](mailto:training@fordementia.org.uk)*

## Dementia Congress

**for dementia** was pleased to be able to support the **3rd UK Dementia Congress** on **28th – 30th October 2008** at Bournemouth International Conference Centre. Around 30 delegates from the charity attended and many contributed by chairing sessions and delivering presentations.

A full report from the Congress will be included in the next issue of the newsletter. In the meantime, preparations have begun for the **4th UK Dementia Congress** which will be held at Harrogate Conference Centre from **3rd – 5th November 2009**.

*For more information visit [www.ukdementiacongress.co.uk](http://www.ukdementiacongress.co.uk).*

## Forthcoming Courses

**Fancy Footwork**  
19th Jan 2009

**Working with Unusual Behaviour**  
23rd Jan 2009

**Person-centred Communication**  
26th January 2009

**Management, Leadership and Team Building**  
28th January 2009

**Meeting the Needs of Older Lesbians, Gay Men and Bi-sexual People**  
29th Jan 2009

**My Cultural Diversity or Yours?**  
30th Jan 2009

**Developing Positive Relationships with Relatives and Carers**  
5th Feb 2009

**Dementia: Advanced Skills**  
20th Feb 2009

**Supervision Skills for Managers**  
26th Feb 2009

**How to Manage your Stress**  
4th March 2009

*All the above one-day courses cost £90 per learner – or £70 if booked before 9th January 2009. Please contact for dementia training on 020 7874 7222 or email [training@fordementia.org.uk](mailto:training@fordementia.org.uk)*

# Admiral Nurse gains PhD

Admiral Nurse, Dr Juanita Hoe was awarded a Doctorate in Mental Health Sciences, University College London (UCL) in October 2007. Barbara Stephens, Chief Executive of **for dementia**, was delighted to be able to attend the graduation ceremony at which Juanita was presented with her PhD on 5th September 2008.



Juanita's research focused on *Quality of Life in Dementia*. Her thesis aimed to assess the validity of measuring Quality of Life (QoL) in severe dementia and to investigate determinants both of QoL

and of change in QoL in dementia. She discovered that people with severe dementia (MMSE>2) can comment on their QoL and that the person with dementia's perception of QoL frequently differs from their caregiver's perception. Many people with dementia

experience a decline in QoL predicted by deterioration in mood or cognitive function.

Juanita has recently take up a new position as Senior Clinical Research Associate at UCL which involves co-ordination of a £2million research programme investigating psychosocial interventions for dementia, called *Support at Home – Interventions to Enhance Life in Dementia (SHIELD)*.

*For more information about Juanita's PhD research or the SHIELD project, please email [info@fordementia.org.uk](mailto:info@fordementia.org.uk)*

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## Lord Mayor chooses for dementia



The Lord Mayor of Westminster, Councillor Louise Hyams, has chosen **for dementia** as her charity for her term of office 2008/9. Speaking about her reasons for supporting the charity,

Councillor Hyams said, "My mother has dementia and her illness has tragically robbed her of all her precious memories. Caring for my mother, over many years, has taken an enormous toll on my family, and this is all the more distressing since my mother no longer recognises her close family relatives, and her quality of life is diminished"

The charity is planning an exciting programme of events to raise awareness and funds. The Lord Mayor will be doing a sponsored skydive, on 1st April 2009 and she is looking for others to join her.

Indeed, since Councillor Hyams is the 44th Lord Mayor of Westminster, she plans to put together a team of 44 skydivers! So, if you can handle a challenge, why not sign up?

To register to take part in this skydiving extravaganza, please call the Events Office on 020 7874 7203 or email [events@fordementia.org.uk](mailto:events@fordementia.org.uk).

*If you would like to sponsor the Lord Mayor of Westminster and her skydiving team, please visit [www.justgiving.co.uk/louisehyams](http://www.justgiving.co.uk/louisehyams)*

# Care for Tea?



## A Tea Party to Remember

On Monday 2nd February 2009 we will be hosting 'A Tea Party to Remember' and we hope that people across the country will join in and hold one of their own!

We are delighted to announce that TV personality Fiona Phillips has agreed to be our Patron for this national fundraising event. Our aim is that this will become a permanent fixture on the charity's events calendar, taking place annually on the first Monday in February.

Tea brings people together and the aim of these tea parties will be to give people an opportunity to meet each other, break down barriers and spread awareness about the effect of dementia on people's lives. By hosting a tea party, whether in your home, office, local hall or tea shop, you can share experiences, knowledge, take a break and raise funds for the charity.

However big or small, your tea party will make a valuable contribution. Please fill in the registration form inserted in this newsletter and post it to **for dementia**, FREEPOST LON12637, London, NW1 2YZ and we will send you a pack with ideas, suggestions and even a few recipes. Alternatively, you can download a registration form from our website: [www.fordementia.org.uk](http://www.fordementia.org.uk) and email it to us. If you require any further information please contact the Events Office on 020 7874 7203 or email us at [events@fordementia.org.uk](mailto:events@fordementia.org.uk).

**Together we can make a difference**

## Sue, Angie & Sara stroll the 'Do It For Charity' 5k Run

On Sunday 11th May 2008 Sue Whiteman, Angie Williams and Sara Atchamah raised £523 in support of **for dementia**. Sue, Angie and Sara did this on a hot, summery Sunday morning in Regent's Park, London. It was a glorious setting, where many other runners were also participating for their own charities. They were supported on the day by their family members, who were

there to give encouragement (and laugh at them). Several experienced runners overtook them, but the joy for them was in the taking part and being able to raise money for the charity that supports Admiral Nurses. Sue and Angie (Admiral Nurses, Brent) wish to thank Sara (Dementia Nurse, Memory Service, Brent) for being part of the 'Brent team' on the day. They would all like to thank their families,



colleagues at Belvedere House, Park Royal Centre for Mental Health (older adults), and *for dementia* for their support in this achievement.

# Uniting Carers for dementia

We now have over 700 members around the country who have joined our network of family carers – people who want to use their experience of caring for someone with dementia to make a difference. Our aim is to raise awareness and challenge the stigma and fear that often surrounds dementia. Giving carers a voice to share their stories can have a real impact leading to a shift in the understanding of what people with dementia and those that care for them need.

These are some of the ways in which family carers have become involved:

## Carers as Educators and Trainers

By talking about their experiences, family carers can have a real impact on others. We are extending our group of carers who are already sharing their experiences of caring for someone with dementia. Giving professionals the opportunity to learn from carers, hearing about what has and hasn't worked, in terms of services, can make a real difference to a home carer, social worker or doctor. It can lead to much greater understanding and an improvement in the services offered and hopefully better relationships with carers and people with dementia.



Uniting Carers meeting in Worcestershire

"I have been speaking to groups of professionals through Uniting Carers and believe it is a powerful way to deal with the support I didn't get and the poor standard of care my mother received. Sharing the experience with service providers gives them the closest thing to hands-on practical knowledge about what carers face and what services and facilities would most benefit them... and I hope will bring about change!"

Jaleh Van Wagner

## Research

There are various opportunities for carers to take part in research. This may involve joining a focus group, reading and giving feedback on material or being interviewed on the phone about an aspect of caring. We are also often asked to find carers to take part in surveys and consultations, to contribute to policy and

"Speaking about my father and my feelings about caring to the training group of care home staff, for me took care out of the Institution and into the personal. Knowing the person is the key to good care and making my father come alive to the group illustrated how important it is to look at people with more enquiry rather than as a series of tasks to be done"

John Sprange

strategy proposals. This could involve joining a small group or being interviewed individually on the phone, or by post or email. Carers interested in this area of our work do not need to have previous experience with research. A willingness to contribute is all that is required.



Carers deliver Dementia Strategy response to Department of Health

## Media

**for dementia** is often contacted by the media looking for someone to talk or write about their experiences of a particular aspect of caring. This is a real opportunity for carers to have their views heard and for their experiences to improve people's understanding of dementia and the impact on the lives of carers. We are developing our ability to respond to these requests by building up a team of people who feel able and confident to speak or write about their experience. Training and support is available.

Members of **Uniting Carers** are also involved in campaigning locally and nationally and have been involved in the consultations to inform the Carers Strategy and National Dementia Strategy.

*Joy Watkins, Resource Co-ordinator  
Uniting Carers for dementia.*

"Taking part in Penny's PHD research looking at the positive aspects of caring made me realise that my experience as a carer could count for something... and it made me more confident. At first I felt when my husband died that caring had nearly destroyed my health but contributing to the research really helped get me going again, being myself again. Since then I've given a talk to my local pensioners group on my experiences of caring and the Dementia Strategy. I'm swimming four times a week and am about to start studying again doing an open University course."

Vera Zissimos

*If you would like to find out more about  
Uniting Carers for dementia, please contact  
Joy Watkins on 020 7874 7209 or email  
carers@fordementia.org.uk*

# Why I became involved



I joined **Uniting Carers for dementia** last year when my Admiral Nurse, Pam, gave me lots of useful literature to read and suggested I might find it helpful. She was right, I did and I have made so many friends

as a result. I am very grateful for all the support I received when I was caring for my Dad. He sadly died earlier this year.

I'm an occupational therapist and for many years I've been passionate about improving services for older people. So when my Dad showed early signs of dementia in 2003, I thought I knew exactly what to expect. Little did I know how life would progress for Dad, me and my husband.

I live in West Yorkshire and Dad lived on his own, 26 miles away in Lancashire. There are no Admiral Nurses in the area where Dad lived but I was very fortunate, through my work, to meet the team in Manchester and Pam agreed to provide me with support. Dad was diagnosed in February 2006 and for two years I struggled through the maze of health and social care to get the right treatment and care for him. Because of my background I was able to assert myself to chase up all the necessary people but it was so time-consuming and I was regularly left in a state of sheer frustration and anger.

The support of my Admiral Nurse was my lifeline. Pam was there to listen to me, often ranting on about my frustrations; she supported me through my tears and provided expert knowledge on dementia as my Dad declined rapidly. Pam supported me in finding a care home for him, near to where I live, and this enabled me to spend quality time with him towards the end of his life.

Last Autumn Pam introduced me to *Uniting Carers for dementia* and this resulted in my being asked if I would be willing to speak at a national conference about my experiences as a carer. I didn't hesitate and initially felt quite confident, as I had presented at many conferences in recent years. Once I had seen the programme, however, and understood that it was aimed at an audience of more than 100 professionals, I realised that this would be different from all my previous experiences. This would be personal.

I was determined to tell my story, even though I was a little daunted. Writing about the journey along a timeline, prompted by my diary entries, brought all the details back to me and I found myself getting quite tearful at times. Re-living the frustrations was bad enough but remembering how quickly Dad had declined was really distressing.

On the day of the conference, feeling somewhat nervous, I told the audience of my journey as a carer. About half way through I did get rather emotional and had to take stock as the tears arrived, but I was able to continue. At the end two delegates came up to me and said that mine had been the best presentation of the day as it had been a genuine carer's journey, fraught with problems which they could learn from.

I shall continue to offer to speak about being a carer if it raises the profile and gets people thinking about dementia as a common condition that needs to come out of the shadows and lose its stigma. I hope my account will encourage other carers to talk about their experiences and become involved with *Uniting Carers*.

*Jean Tottie*

## *In memoriam*

In memoriam donations are a lasting way to remember a loved one. We would like to extend our heartfelt thanks to the friends and families of those listed below for the donations received in their memory:

*Mrs Hilda Armstrong*  
*Mrs Patricia Mary Bailey*  
*Mr Albert Charles Ball*  
*Arthur Blezard*  
*Mr Tomas Francis Bonington*  
*Mr Alan Brien*  
*Walter Brook*  
*Ivor Brooks*  
*Mrs Evelyn Brownsell*  
*Mrs Victoria Butterworth*  
*Sidney Carr*  
*Joyce Mona Clement*  
*Mrs Wendy Irene Cocup*  
*Mr Harry Cook*  
*Mr Cranmer*  
*Mrs Margaret Anne Crotty*  
*Mr Norman Derham*  
*Norma Edmonds*  
*Mrs Mary Elsie Egan*  
*Mrs Doris Ellen Ellams*  
*Antony "Tony" Odell Fowler*  
*Mrs Helena Margaret Frisell*  
*Mrs Marjorie Philomena Gaynor*  
*Mrs Brenda Elsie Gibbons*  
*Robert Gibson*  
*Mrs Dorothy Godsave*  
*Muriel Graham*  
*Tommy Harmer*  
*Mrs Daphne Hawksfield*  
*Dorothy Helme*  
*Dora Alice Holden*  
*Dr Paul Hooper*  
*Mrs Doreen Hudson*  
*Mrs Annie Donaldson Jones*  
*Mrs Ethel Jones*  
*Mrs Sherry Judd*  
*Ms Pamela Grace Kipping*  
*Mrs Mary May Kirkham*  
*Mrs Lilian Knowles*  
*Mr Godfrey Lander*  
*Mrs Lucy Lussignia*  
*Mary McManus*

*George Melly*  
*Mr William Henry Monk*  
*Mr George Moss*  
*Mrs Freda Edna Murtagh*  
*Mrs Vera Narroway*  
*Mrs Annie Elizabeth Norman*  
*Mr Paterson*  
*Dr F Jeff Penrose*  
*Mr Raymond Phoenix*  
*Mr Owen Henry Porter*  
*Mrs Nora Price*  
*Mrs Alice C Rainger*  
*Mr Raymond Albert Ransom*  
*Miss Miriam Rennie-Brown*  
*Mr Ernie Percy Reynish*  
*Mrs Ivy May Reynolds*  
*Mrs Louise Rose Florence Reynolds*  
*Elizabeth Robertson*  
*Alma Rogers*  
*Mrs Marie Elizabeth Ross*  
*Mrs Evelyn Emily Russell*  
*Mr Gunter Julius Sandmeier*  
*Mrs Marion Savage*  
*Miss Barbara Scott*  
*Mrs Hazel Elizabeth Scott*  
*Marjorie Sharp*  
*Kathleen Mary Sharpe*  
*Mr Bernard Shires*  
*Frances Silcock*

*Mr Robert Sinclair*  
*Violet Smethurst*  
*Grace Smith*  
*Mr Frederick Edward Frank Smith*  
*Mrs Ruth Mary Smith*  
*Mr Richard Snape*  
*Mrs Jean Snell*  
*Mrs Millicent Spooner*  
*Mrs Sheila Mary Summerton*  
*Maud Tarrier*  
*Mrs Marjorie Doris Taylor*  
*Olive May Towndrow*  
*Mr James F Turner*  
*Mr Ronald Albert Tyler*  
*Mr Micheal George Upex*  
*Nevyn Doreen Vaughan*  
*Mr J S Walmsley*  
*Mrs Betty Warr*  
*Mr Lewis John Watkins*  
*Betty Eileen Watson*  
*Mary Elsie Watson*  
*Mr Jack Whitaker*  
*Mr Charles Willard*  
*Mr David Alfred Willis*  
*Mrs Elsie Wilson*  
*Mrs Rosalie Anne Woodhall*  
*Mrs Pamela Margaret Wootton*  
*Mrs Rosaline Worrall*  
*Mr Ronald Edward Worsley*



# Carol Concert 2008



The charity's 2008 Carol Concert will be held again this year at St George's Church, Hanover Square, London W1, on Thursday, 11th December 2008. Tickets, priced £30, can be purchased by telephone from the Events Office (020 7874 7203). Alternatively, ticket application forms can be downloaded from the **for dementia** website.

The Carol Concert Committee is also inviting supporters of the charity to **Remember a Star** this Christmas by making a donation to the charity of £20. This is to recognise the impact

that dementia has had on someone's life, whether directly or through caring, or in some other way. *for dementia* will acknowledge all donations and the names of those remembered will be published in a future issue of the newsletter and listed in a special area of the *for dementia* website.

If you would like to make a donation to **Remember a Star** please complete the enclosed form and return it to *for dementia*; alternatively you can download a form from [www.fordementia.org.uk/us.htm](http://www.fordementia.org.uk/us.htm)

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## Easy fundraising

Support **for dementia** by using the easysearch search engine which is powered by Yahoo!. Every time you search the internet using our unique page you will be raising money for the charity. Why not also ask your family, friends and colleagues to support us simply by setting their home page to <http://fordementia.easysearch.org.uk>.

As Christmas is fast approaching why not take advantage of the fantastic offers available on **easyfundraising.co.uk**?

Easyfundraising is part of easysearch and donates a percentage of your online shopping to the charity at no extra cost to you. All you have to do is register for free and choose *for dementia* as your registered cause.

Make your budget go further with these great savings: Amazon is offering free delivery on all purchase over £5.00 as well as a 2.5% donation to the charity. Woolworths has 10% off all toys and the Early Learning Centre is offering 10% off everything! If it's clothes you're after, Boden is offering 10% off plus free delivery. There are over 600 retailers to choose from including Marks and Spencer, Currys, Expedia, Waterstones and the Carphone Warehouse.

Over the last few months the *for dementia* staff have already raised over £200 so please register today and help us raise even more!

*If you need help with the online registration process please call the Fundraising Office on 020 7874 7203.*

# Raminder's Iceland Trek

One of our very brave and ambitious Admiral Nurses, Raminder Sarna, undertook the challenge of a lifetime last year by trekking across Iceland in order to raise money for the charity. Her efforts raised over £5000, which is a phenomenal achievement.



In August of last year I set off on a sponsored trek in Iceland to raise money for **for dementia**. The journey was challenging and I ended up tackling mountains and volcanoes, traversing vast plains, and sleeping under

the stars for five whole days. The weather was changeable to say the least, varying from sunshine to storms in a matter of minutes. But this did not spoil the breathtaking scenery, and made the hard trek all that more worthwhile.

All in all it was a fantastic experience, and thanks to the hard efforts of all my family, friends and colleagues, a huge amount of money was raised for a very worthy cause. *for dementia* aims to establish an Admiral Nurse Service in the community throughout the UK, giving carers the support they deserve. With continuing help this will be an achievable ambition.

*Raminder Sarna  
Admiral Nurse, Harrow*

**If Raminder's story has inspired you then why not undertake your own adventure? In partnership with Skyline we can offer you the chance to trek across the Sahara, trek through Peru, China, Cuba and many more. If trekking is not your thing why not cycle from London to Paris instead? It's a great way to keep fit, travel and raise money for for dementia!**

*For further information please contact the events office on 020 7874 7203.*

# National Dementia Strategy

The Government will soon publish the first National Dementia Strategy, designed to transform the quality of dementia services over the next five years. The Strategy is expected to focus on the key recommendations outlined in the consultation document published in June 2008 (Department of Health) which was informed by the work of an External Reference Group and data gathered from a series of listening events held across the country.

The Strategy has three main aims:

- improved public and professional awareness of dementia
- early diagnosis and intervention
- high-quality care and support

The consultation document articulates 12 recommendations across these three themes, and three additional recommendations addressing delivery of the Strategy, recognising the need for a clear picture of research evidence and the importance of effective support for implementation.

Respondents to the consultation were asked a number of questions in relation to each aim and organisations were offered the opportunity to identify ways that they could contribute to implementation. **for dementia** submitted three responses, one each on behalf of *Uniting Carers for dementia* and Admiral Nurses, and an over-arching response from the organisation as a whole.

For more information on the National Dementia Strategy, visit [www.dh.gov.uk/en/SocialCare/Deliveringadultsocialcare/Olderpeople/NationalDementiaStrategy/index.htm](http://www.dh.gov.uk/en/SocialCare/Deliveringadultsocialcare/Olderpeople/NationalDementiaStrategy/index.htm)

For a summary for the charity's responses to the consultation process, visit [www.fordementia.org.uk/press.htm](http://www.fordementia.org.uk/press.htm)

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## NEWS IN BRIEF...

### George Melly CD now available

A limited edition CD has been produced to commemorate the life and work of George Melly. **George Melly: First & Last – a musical life** is available from *for dementia* for £20. All proceeds from the sale of these CDs will support *for dementia* in continuing to develop Admiral Nursing services.

### Golfing achievement

Mr Eric Rankin BEM raised £6,294 for the charity during his year as Captain of Sutton Coldfield Golf Club. Mr Rankin was inspired to support *for dementia* by his daughter, Rachel Marshallsay, who is an Admiral Nurse in North Warwickshire. *for dementia* would like to say a huge 'thank you' to Mr Rankin and Rachel, and everyone involved in raising this impressive sum.

The trustees and staff of **for dementia** would like to wish all colleagues and supporters a very Happy Christmas and peace and prosperity in the forthcoming new year.

