



Nannies 4 Grannies Ltd

Newsletter Issue 2 May 2018

## Looking back.....

### Coffee Morning with music

On 18 April, a group of Nannies 4 Grannies clients joined other older people in the community, at a musical coffee morning organised by the **Kimpton Folk Events charitable trust**. Together with representatives from **Herts Musical Memories**, who provide a lifeline for people with dementia and their carers through music and song, and the **Root Source Garden Club**, we had a thoroughly enjoyable morning of both listening to music and songs and music making with our very own egg shaker 'instruments'.

A big thank you to all who joined us and also to those involved in the baking of the delicious variety of cakes on offer during the morning!



## Extend Exercises

On 24 April, Kay gave a talk and demonstration of chair-based exercises to a group at Southdown Methodist Church. Kay is a trained teacher of **Extend Exercises**, which is a system of chair-based exercises and other exercises to music.

The aim of these is to promote health, increase mobility and independence, improve strength, co-ordination and balance and to counteract loneliness and isolation.



## Emergency First Aid

On 5 May N4G staff attended a one-day emergency first aid course, learning a variety of useful potential life-saving techniques.



## Looking forward.....

Let's talk  
about  
dementia

### Dementia Awareness Week 21 – 27 May 2018

Dementia Awareness Week is supported by the Alzheimer's Society - a UK charity which provides support and research for those affected by dementia.

In the UK, there are about 800,000 people with dementia - around 400,000 of whom have it but do not know it. By raising awareness about this condition, it is hoped that more people will be diagnosed earlier, giving more time for them to come to terms with future symptoms



Thursday 24 May 2018

### Broadcasting the importance of poetry as a therapy for memory loss.

Memory loss is often the first and most distressing part of dementia. Dementia can disrupt all aspects of a person's life, as well as that of their families and friends. It is progressive – the ability to remember, understand, communicate and reason declines over time.

#### Forthcoming local events:

- 8 June: Opening of the new St Albans Museum & Gallery
- 9 June: Harpenden Carnival
- 8 July: Harpenden Highland Gathering
- 7 & 8 July: Wheathampstead Village weekend



## ....Dementia

- During Dementia Awareness week (May 21 – 27) thousands of fundraising events will take place up and down the country.
- The first National Memory Day last year was prompted by the personal experience of Tracey Guiry, Director of the Poetry Archive. Tracey's mother, diagnosed with dementia, responded miraculously to poetry and so a group of friends got together to see how poetry could be used at Memory Cafes (places where people with dementia meet socially with family or carers). This year it will take place on Thursday 24 May during Dementia Awareness week.
- At Nannies 4 Grannies staff received training from Dementia Friends (An Alzheimer's Society initiative), to learn more about dementia and the small ways we can help the many clients we visit who experience dementia in any one of its forms.

[illegible]

'Has the snow stopped yet?' My father asked one warm day in July.  
Then ushered to the doctors, so that tests could tell us why  
A whispered diagnosis and 'Dementia' by his name.  
I didn't know it then but Dad would never be the same  
We used to catch up once a week, it went to thrice a day.  
But everything about my dad began to slip away.  
Night and day were all the same, conversations gone  
He searched the house for nothing; and the grill would be left on  
I made him all his favourite foods, but if I looked away,  
He'd eat the napkins, chew the plates and overturn the tray  
Naked in the kitchen, but fully dressed in bed.  
He didn't live in my world so I moved to his instead.  
Now there's babies in the kitchen drawer, a cart horse in the hall.  
His long dead mother in the porch, and birds behind the wall.  
He thinks they're all inside this home but who am I to say  
That none of them exist because, for him they're here to stay.  
When he talks about the old days we head out for merry jaunts  
To see his friends, to reminisce and visit favourite haunts.  
TV shows and photographs, whatever we can find  
To thank our blessings; raise a smile; and keep it all in mind  
We've walked this road together; but for me, it's funny how  
It gifted us with closeness that we've never had 'til now  
Even though I know there's only one ending ahead.  
Dementia didn't steal my dad; it brought him back instead.

**Alzheimer's Society Helpline:** 0300 222 11 22  
**Dementia friends:** [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)  
**Herts Musical Memories:** Kerry Brabant 0208 9505757 (providing a lifeline for people with dementia and their carers through music and song)  
**Extend (regional) 01582 832760** [www.extend.org.uk/classes\\_classesbyregion](http://www.extend.org.uk/classes_classesbyregion)