

Newsletter

No. 31

Bath's Own Big Society



Lucy Mitchell, Claire Green and Natasha Rowbotham.

Lucy Mitchell and Claire Green are students at Bath Spa University. Lucy is a first year Business and Management student and Claire is in her second year of Health Studies and Psychology. Lucy helps in the Fundraising office and is not a stranger to volunteering, "I've previously worked at a Sue Ryder shop, but now I'm in Bath I want to become more aware of the business side of running a charity. In the Fundraising office I get involved in many different areas. I knew a little about dementia but since being at RICE I have learnt so much more and realise how worthwhile the research is and how my volunteering can help." Claire assists the office team in the busy reception area to keep the Memory Clinic running and ensuring everything is in its place. "I also have the chance to observe what happens in a research environment; gaining experience whilst giving something back is a great thing to do."

Natasha Rowbotham is a recent graduate in Psychology from the University of Bath. She was very keen to gain experience with older adults, in particular those with dementia. She volunteers in the Memory Clinic, assisting with assessments. "In my final year of study at the University of Bath as a part of my clinical psychology module, I studied Dementia and Quality of Life in Older Adults and knew this was an area of research I would like to pursue. Volunteering is very much an accepted step in career progression. I give my time to a charity which might not otherwise be able to hire extra staff and in return I get excellent, supervised, clinical experience. Working for RICE is a rewarding way in which I can progress in my chosen career of Clinical Psychology, gain training and meet new friends and contacts."

The heart of the Government's Big Society is encouraging social action; asking people to give their money, skills and time to support good causes. A key element is volunteering, a concept upon which most charities already rely.

At RICE people can volunteer in many ways; by helping at the RICE Centre, fundraising and by participating in research programmes. In the past most of our volunteers have been 'of a certain age' but increased awareness of dementias such as Alzheimer's disease has resulted in younger people wanting to support charities focused on older people. We have 3 such volunteers at RICE.

COME TO: our
Charity Concert
Thursday 19th
May [page4]

HELP WITH: our
collections in
Trowbridge,
Frome, Bath,
Wells, Shepton
Mallet &
Bradford on Avon

JOIN US: on our
Memory Trail
Sponsored Walk
on Sunday
18th September

Local Business support for RICE

The Bath Business Women's Association held their evening network event at the RICE Centre in February. RICE was picked as their charity of the year for 2010/2011 and hosted this last event as a thank you for all the support the BBWA members had given RICE throughout the year, from raffles to donations for the Auction Party.

A cheque for the year's fundraising will be presented to RICE at the AGM in March.



Members network in the Day Room at RICE

Britain's Top Doctors

Sir Terry Pratchett has gone public on his gratitude to the doctor helping him live with Alzheimer's, RICE Director Professor Roy Jones. The interview was part of an article on Britain's top doctors in The Times Magazine in which 140 eminent specialists were named and celebrated.

"I'm glad I have a young, open-minded doctor ...I am lucky"

Sir Terry has a form of Alzheimer's called Posterior Cortical Atrophy (PCA), which attacks the back of the brain and therefore affects the way the brain interprets what is seen rather than the more usual problems with memory. After first being diagnosed, the Alzheimer's Research Trust put him in touch with Professor Jones who has specialist knowledge of PCA. Their relationship is important, "I'm glad I have a young, open-minded doctor. There are other sorts. I am lucky. Most people don't have the luxury of choosing their doctor."

In the interview Professor Jones highlighted how important providing simple, practical pastoral care is, not just for Alzheimer's patients but for their families too, explaining that drug treatment is only a small part of helping people live as normal a life as possible.

Sir Terry and Professor Jones at the opening of the RICE Centre in 2008



Interview by Ben Machell, appeared in The Times Magazine on Saturday 13th November 2010

RICE Research Update

Dementia research is not something carried out in isolation; the sharing of expertise and resources allows for effective research. At RICE we work with many partners from around the world, and the exchange of results and ideas in the research community is important to solve what is a truly global problem.

We are currently recruiting volunteers for four such studies; if you are interested in helping with any of the following then please phone 01225 476420 for more information.

The Abbott study is evaluating the effectiveness and safety of a new medication for Alzheimer's disease over a 12 week period. We need volunteers with mild to moderate Alzheimer's disease who are not currently on any treatment. The Abbott study is also being carried out in Russia, South Africa and Ukraine.

The GERAS study is looking at the resource use and associated costs of Alzheimer's disease for both patients and carers over an 18 month period. Several European countries are involved and it will be interesting to see the similarities and differences between countries.

Categorising Alzheimer's Disease and Related Disorders is a study in partnership with Bristol University. It is about creating benchmarks for the differing attention levels in individuals with various forms of dementia. This will allow more accurate diagnosis, resulting in targeted and more effective treatment plans. We need volunteers with dementia (not on any tablets to help memory) and Mild Cognitive Impairment who are willing to travel to Bristol for 2 hours testing.

Frontotemporal Connectivity and Memory is a study in partnership with Cardiff University. Recent studies suggest that the white matter connections (the "wiring" of the brain) are important in allowing different areas of the brain to work together to help memory. This study involves new brain scanning techniques using MRI to look at how damage to the blood supply in the brain can affect memory. We need volunteers with Mild Cognitive Impairment who are able to travel to Cardiff and are willing to have a MRI brain scan.

IMPORTANT DATE FOR YOUR DIARY

Our 18th Memory Trail sponsored walk will take place on Sunday 18th September. Make sure you put that date in your diary to join us. The route this year will be in the beautiful countryside around Devises. Full registration details will be in the Summer Update.

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10 complete the Bath Half for RICE

The 2011 Bath Half Marathon looks set to be the most successful yet for RICE. 10 dedicated runners competed to raise money including the Director of RICE, Professor Roy Jones. Contestants came from Bath and as far away as London. Sponsorship is currently at just over £5,000 and will go higher, with everyone having beaten their targets.

Professor Jones set himself a total of £1,000 and has surpassed that; however top fundraiser will be Karen Dumine, running in memory of her mother Jeannette Husbands who died only 8 days before the race. She has raised over £2,000 and hopes more will be pledged before sponsorship closes at the end of April. She explained, "Mum had dementia from her stroke for such a short time but it was still a heartbreaking experience seeing her struggle. Only research will find ways of helping everyone involved. I'm so pleased to be able to donate this money in mum's memory."

RICE would like to thank all of the runners who have made it a winning year: Professor Roy Jones; Dr Chris Dyer; Karen Dumine; Wendy Blacker; Adam Hulme; Alison Allen; Ella Kelly; Jo Fear; Zoe Clark; Loretto Lacey



A fresh Professor Jones after finishing in 2 hours 19 minutes



Adam on his circuit of Queen's Square – still smiling!

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Auction Party comes to Bath

A brand new ITV1 programme for charities, Auction Party hosted by Laurence Llewelyn-Bowen, picked RICE and local singing charity Golden-Oldies to battle out the Bath leg of the first series. Both teams had 7 days to find and renovate 15 lots which were auctioned at the Assembly Rooms on 9th February. The programme follows the charities and their experts through the challenges that brought.

Each charity kept the money raised by their lots as the invited guests bid for the privilege to own some unique pieces! Many thanks to everyone who helped RICE by donating skills, items and their time. If you want to know who wins this battle of the charities, the programme is due to be shown in June, so watch out for the name – Auction Party.



The RICE Team of Sybil Mansfield, Amanda Farrell, Tina Hughes and Gina Caddick with the suave Mr Llewelyn-Bowen



Research Volunteers needed

We need volunteers to help us improve the service provided in the Memory Clinic.

We use special kits to test the progression of each person's dementia. We can do this by comparing their results against a table which shows results by age group. One of our current testing kits only gives this data for those under the age of 75. A large proportion of people seen at the Memory Clinic are over 75 so by getting comparisons for older age groups we will be able to provide a more accurate diagnosis for everyone.

We intend to collect data from 80 healthy older adults and 80 individuals with dementia. Tests will be carried out with four different age groups: 76-80; 81-85; 86-90; and 91+. If you would like to be involved contact Louise Pryer or Rachel Elliman on 01225 476433

We're also recruiting volunteers who have concentration and attention problems, but have not been diagnosed with dementia. Full details of the EUREKA study are on the enclosed leaflet. If you are interested in taking part and would like some more information, contact Jan on 01225 476420.

COME TO THE CHARITY CONCERT

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American Jazz vocalist Joan Davis returns to Bath for a fabulous evening of jazz and soul, accompanied by some very talented friends, in a benefit concert for RICE. Joan Davis is a prolific jazz vocalist and writer from Washington DC. She has played with some of the greatest jazz musicians of our time and is now turning her extraordinary talents to help raise money for RICE at Komedia, Bath on Thursday 19th May.

Joan became involved at the request of one of her students from her Truevoice singing workshops, Sybil Mansfield. Sybil understands first hand the challenges of living with dementia as her husband Harvey has been diagnosed with one form of the disease.

"I have received tremendous support from RICE. Thanks to the information, advice and help provided by them, especially through the Carers Course, Harvey and I have been able to continue to enjoy an independent life for longer than I thought would be possible."

One of her great loves is singing, and she approached her friend Joan Davis about helping. They came to RICE with a proposal to put on a special concert to raise as much money as possible to go towards our research programme. Joan and her band of professional musicians will perform two sets, with Sybil opening the second set with a personal tribute. Tickets are £29 for cabaret seating, including wine and canapés or a seat in the balcony for £15. There will also be a pay bar for the evening. Please see the enclosed flyer for details on how to get your tickets – don't miss out!



Donate your car to charity!

Got an old banger? Help us raise money by donating your car. "Giveacar" is a social enterprise that organises the donation of cars to charity. They will come and collect any car, regardless of condition, anywhere in the UK. Donated cars are collected free of charge and either scrapped, or sold at auction. Whatever happens Giveacar guarantees a donation, either based upon the value of scrap metal, or the sale price at auction.

The Bick family from Bath have been supporting RICE for a number of years. Their latest venture was to donate the proceeds from the sale of son Mark's car through Giveacar. His father Robert explained how easy the whole process was, "Disposal of a vehicle at the end of its useful life can seem a burden, but using Giveacar ensures that the vehicle

is properly disposed of with due regard to environmental regulations. It can be collected from a place of your choosing and there is not only no cost to the owner but it results in funds being raised for the charity of your choice. What's not to like! The whole procedure was very efficiently handled by Giveacar; they explained what would happen and when it would happen, in all a most efficient and friendly service. Best of all, we were able to donate nearly £100 to RICE."

To donate a car, visit www.giveacar.co.uk, or call 020 0011 1664 and quote RICE as your preferred charity.



A Big Thank You

The Institute would like to thank the following for their recent support:

The Gwyneth Forrester Trust; The Annett Trust; The Smith Charitable Trust; The Empire Owner's Association; Women's Guild Central United Reform Church; Murphy-Neumann Charity Company Ltd; Newton St Loe Village Hall; Stella Symons Charitable Trust; Edgar E Lawley Foundation; The BBWA; The Raven Pub; MOD Care; Wiltshire Farm Foods; Friends of St Martins; Fosseyway Townswomen's Guild; Somer Valley Singers; St Mary's Church; The Cunning Artificer; Sir Terry Pratchett; Mr & Mrs Roger Smith; Brigitte Jennewein; Tessa & Andrew Kirby; Costco; Sainsbury's.

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