

# Newsletter

No. 33

## 25 Years for the RICE Memory Clinic

One of the first of its kind in the UK, the RICE Memory Clinic opened in Bath in 1987 at St Martin's Hospital. 25 years later we are still seeing patients, mainly from Bath and North East Somerset on behalf of the NHS, making us the longest continuously running Memory Clinic in the South West. In 2008 the Clinic moved to the new RICE Centre in the RUH grounds and now provides a modern and welcoming environment for anyone attending the Memory Clinic – including free parking!

In the early days funding for the Clinic was from charitable trusts and research funds, but everything changed in 1997 with the licencing of Aricept, a drug developed specifically for Alzheimer's disease. The introduction of 3 more drugs meant more effective treatment plans were possible for people with dementia and the NHS focused on providing dedicated centres for the assessment of memory and related problems.

Higher awareness of dementia means our specialist medical team now regularly see over 500 people a year, accompanied by their carers. Whilst there is still no cure for dementia, for many a significant improvement in their quality of life can be achieved through targeted drug and non-drug treatment plans. An added bonus is the chance to participate in research projects to find ways for more accurate diagnosis and better treatments. Around 10% of those who attend the RICE Memory Clinic are able to help in this way.

## What is a Memory Clinic?

A Memory Clinic is a dedicated diagnosis and treatment centre to assess people with memory and related problems and to identify those with conditions like Alzheimer's disease. It is commissioned by the local NHS who look for expertise to provide the best service possible for residents in their area. A GP can expect to see around 3 to 4 new cases a year with possible dementia, so referring them to the RICE Clinic is a great support.

At the Clinic, individuals receive an in-depth assessment of their memory and thinking processes. After diagnosis, if dementia is confirmed, they will receive an appropriate treatment plan and future care for as long as needed. Memory Clinics work closely with other NHS departments and support services to ensure the best treatment for everyone.

## Who pays?

RICE is a registered charity and the NHS pays a fee to us for providing the extensive Memory Clinic service; this amounts to about 15% of our yearly income but does not cover all of the services that we provide to people with dementia and their families. The rest of our income is raised from trusts, academic and commercial research studies and from within the community. This is needed to fund our work, including the free community services such as therapy groups and carer and family education programmes. In 2012 that means raising an additional £550,000, so your support is greatly appreciated. At RICE we also see private patients; the fee paid goes towards running costs and to support our community services.

## It's good to have Friends!

Congratulations to The Friends of RICE who celebrate 20 years of raising money for RICE.

Chairman Dr Bruno Bubna-Kasteliz has laid out the goals for their celebratory year,

*"our main strategy will be raising our profile in the Bath area and recruitment of new active members, so that we can enhance the support we can give to RICE."*

See page 3 for a full report on what they're planning for 2012.

**JOIN US:**  
on our Memory Trail  
Sponsored Walk  
Sunday 16th  
September

**GOLF WITH US:**  
at the Lions Charity  
Golf Day Friday 22nd  
June

**HELP US:**  
by becoming a  
research  
volunteer



Thursday 12th April is the big launch day for the new RICE website. It's 12 years since we were first on the internet and have decided now is the time to redesign and launch in a more easily managed format which will allow us to update the site on a regular basis. The address remains the same - so pay us a visit and find out more about our work and how you could become involved!

## A New Study - Volunteers needed

One of the hallmarks of Alzheimer's disease is the accumulation of amyloid plaques between nerve cells in the brain. In a healthy brain plaque fragments are broken down and eliminated; in Alzheimer's disease, the fragments accumulate to form hard, insoluble lumps. We are currently recruiting for a study of a new drug hoping to delay and prevent progression of symptoms associated with Alzheimer's disease, caused by this plaque build-up.

We are looking for people aged between 50 and 80 years, with a diagnosis of Alzheimer's disease, who are able to travel to the RICE Centre each month for medication to be administered. Participants can remain on their current treatment. If you would like more information then please contact Jan on 01225 476420 and ask about the Genentech study.

## Join our Healthy Volunteer Panel

At RICE we maintain a healthy volunteer panel to aid our research, made up of healthy older adults who have agreed to be contacted regarding future participation in research studies. People on this panel are under no obligation to take part in any studies, however many volunteers have participated in multiple research projects and have found it to be very rewarding. One of our longstanding members comments:

*"Taking part in RICE's research gave me an insight into some of the things I take for granted each day, like being able to remember day-to-day events, and being able to understand language and the things I see and hear around me. I think we often forget how important these things are - we just don't think about them. I found it very satisfying that by contributing to the research going on at RICE I was ultimately helping individuals who had dementia"*

If you would like to know more about how to join our Healthy Volunteer Panel, are aged 50 or over and have no history of head injury or stroke, please contact **01225 476420**. And remember - **YOU'RE NEVER TOO OLD!**

## Carers' Course

Thanks to Steve Vick International, the first Carers' Course took place during March. It was booked to full capacity, which goes to show how necessary these courses are to help carers and families combat the challenges that a diagnosis of dementia can bring.

Steve feels that it's important for companies to support their local community,

*"I understand how confusing it can be when you first learn about what dementia can do. Helping a charity such as RICE provide something people need is our way of sharing our success."*

The next course starts in June. If you'd like information on attending or how you or your business could help fund a course, please contact the Fundraising office or visit our website.



## After Diagnosis; A Handy Guide

Dementia web

After Diagnosis  
A Handy Guide



Guideposts

Receiving a diagnosis of dementia can be a challenging time for everyone involved. RICE has worked together with Guideposts to develop a booklet designed to help someone who has recently been diagnosed with dementia or a carer of someone with dementia. The local Alzheimer's Society and NHS B&NES have been involved in its development, ensuring that it delivers a fully comprehensive guide with advice on day-to-day matters and information on all of the organisations in the area which can offer support.

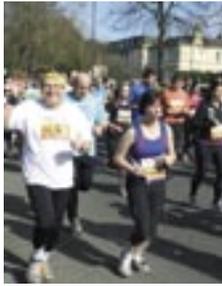
From May, everyone who receives a diagnosis of dementia at the RICE Memory Clinic will have a copy of the booklet.

If you, or someone you care for, have recently been diagnosed with dementia and you would like a copy, please phone 0845 1204048 or Email [info@disc.org.uk](mailto:info@disc.org.uk) Guideposts also have a very informative website called Dementia web which lists local support, along with advice on dementia:

[www.dementiawebath.org.uk](http://www.dementiawebath.org.uk)



Becca & Tasha, RICE  
psychologists



Professor Roy Jones



Mike Spencer



Steve Hocking  
from At Your Home  
carers



Alison Allen  
from Stone King  
Solicitors

A huge thanks to all of our runners in the 2012 Bath Half marathon, which took place on Sunday 11th March. In spite of the warm weather, all runners finished in record times. Together they raised over £5,000 through generous friends, family and work colleagues.

Currently, Professor Roy Jones is leading the individual sponsorship table with £880, but the largest amount donated is from Mike Spencer, Senior Director at research-based pharmaceutical company Janssen-Cilag Ltd. They have a great policy of matching any money employees raise for charity; Mike hit the £500 needed for the match, making a £1000 donation for RICE.

Many thanks to everyone involved: Professor Roy Jones; Dr Chris Dyer; Natasha Clarke; Becca Thomson; Alison Allen; Loretto Lacey; Mike Spencer; Dr Jenny Scott; Dr Murray Hawkins; James Chantry; Maggie Cressey; Steve Hocking.

If you would like to run for RICE in 2013 check out our new website for information on how to apply.

## The Friends of RICE are 20!

2012 is the 20th Anniversary of the inauguration of the Friends of RICE. There are plans afoot to make it a successful year of fundraising with Chairman Dr Bruno Bubna-Kasteliz and coordinator Teri Florance galvanising ideas and support for 20 fundraising events. The Chairman explained,

*"As with many volunteer organisations, The Friends of RICE benefits from the active support of a few individuals with other less active members! Teri joined us last year and undertook the valuable task of carrying out a membership survey. This showed that many people had originally donated and were registered as members but now take no active part! Teri agreed to take on the role of Co-ordinator for the Friends and this led to the formation of a small group of members who were to carry out a review of how The Friends fitted into the aims and objectives of RICE."*

Already planned for 2012 are Craft Sales; Raffles; Open Gardens; the Partis College Fete; Widcombe Rising Festival; Bath Flag Day; a Magic Show and the 19th Memory Trail. If you would like to know more about any event, or to contribute in any way, no matter how small, please contact the Fundraising Office or visit the new website.

Photo by Steven Trodd



## The 19th annual RICE Memory Trail Sunday 16th September

The Friends of RICE invite you to join us on our 19th annual Memory Trail with routes of 8, 5 or 3 miles taking you through the beautiful Somerset countryside, enjoying magnificent views and ancient earthworks. Starting from Newton St Loe Village Hall at 10.00am, participants pay an entry fee and can raise sponsorship if they want to, with a prize for the highest total. It will be an excellent day out for all the family – and the dog can come too!

For details look on our website or phone 01225 476435 or email [g.caddick@bath.ac.uk](mailto:g.caddick@bath.ac.uk).



## 300 club lottery

If you like a flutter with your charity giving then why not join the RICE 300 Club; our very own monthly lottery where both lucky supporters and the charity are winners?

300 club members pay £12 a year to be entered into a monthly draw. Each month, £1 from every member goes into the draw pot. This is divided between the charity and the members, two thirds goes to RICE and the remaining third is awarded as three monetary prizes to members.

You can have as many numbers as you like. Just send £12 for each one; you can pay by cheque or standing order. If you'd like to join in the fun then use the donation form and envelope enclosed with this Newsletter. If you'd like to know more then please phone the Fundraising Office on 01225 476435 or Email: [info@rice.org.uk](mailto:info@rice.org.uk)

## Anyone for Golf?

The Bath Lions are holding an open charity golf tournament on Friday 22nd June. If you'd like to enter a team all details are on the Lions flyer.



## Charities of the Year

Three local groups have chosen RICE as Charity of the Year and are focusing their efforts on raising funding for 2012.

Dave Larcombe is the new captain of the Cumberwell Golf Club Seniors Section and tradition allows the captain to choose a charity to support. "I was aware of RICE through my Rotary Club (Bath) membership, and given your local presence in Bradford and Trowbridge, plus the affinity of your work with the age group of our Cumberwell golfing members, decided it would be an ideal opportunity to make a contribution. We have already raised £330 at our Christmas raffle and, whilst we'll be focusing on other possibilities throughout the year, our main event will be a charity golf day on Tuesday 29th May. At that event we hope to be able to present a cheque to RICE for our fundraising efforts thus far."

Two community groups, The Weston Townswomens' Guild and the Batheaston Ladies Group, have also chosen to support RICE in 2012; our thanks go to everyone involved.

If your group is interested in choosing a charity to support and you would like to hear more about RICE, please phone the Fundraising Office on 01225 476435 or Email: [info@rice.org.uk](mailto:info@rice.org.uk). We're very happy to come along and talk about ourselves!

## A BIG Thank You

RICE would like to thank the following for their support:

The Probus Club of Westbury and District; The Raven Pub; The Lillystone and Cameron Dragon Boat Team; Mr and Mrs Brian Roper; Sir Terry Pratchett; the Cunning Artificer; Friends of St Martin's Hospital; Smith Charitable Trust; Stella Symons Charitable Trust; Murphy-Neumann Charity Company Limited; Bath Round Table & Mogers Solicitors; MOD Care; Ray Harris Trust; and the many other individual and community donors and Gifts in Memory we have received.

### The Research Institute for the Care of Older People

The RICE Centre, Building 8, Royal United Hospital, Bath BA1 3NG.

Tel: 01225 476420 Email: [info@rice.org.uk](mailto:info@rice.org.uk) Website: [www.rice.org.uk](http://www.rice.org.uk)

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