

RICE

*Challenging Dementia:
Through Research, Treatment and Care*

THE RESEARCH INSTITUTE
FOR THE CARE OF OLDER PEOPLE

Newsletter

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Thank you from RICE

Autumn 2014 ♦ No. 38

RICE wins Health and Social Care Partner Award

At the Bath and North East Somerset Carers' Centre Annual Awards on June 18th, RICE won the award for Best Health and Social Care Partner.

During their second annual awards ceremony, the Carers' Centre hosted a night of recognition and celebration for those who have provided exceptional support to local caregivers.

Twenty-two awards were presented to people and organisations from across the area that had been nominated by members of the Carers' Centre's team.



Dr Ruth Grabham, Prof Roy Jones & Sonia Hutchison

"We wanted to bring together carers, volunteers and partners who have 'gone the extra mile' to help others, pushed personal boundaries, learned new life-changing skills or made a contribution that supports local carers and the work of the Centre," explained Sonia Hutchison, Carers' Centre Chief Executive.

RICE won the Health and Social Care Partner Award, which is presented to an organisation for their work with and for carers and the Carers' Centre. The award was presented by Dr Ruth Grabham, Clinical Director of the Bath and North East Somerset NHS Clinical Commissioning Group.

On presenting Prof Jones with RICE's award, Dr Grabham remarked; "For a number of years, the Carers' Centre has worked closely with the Research Institute for the Care of Older People... Carers' first experience of RICE is usually through Memory Clinics – where the views of carers and patients are given equal status. The commitment to supporting carers is seen throughout – with many (RICE) staff members going beyond what are expected of them... The organisation has made over 100 direct referrals to the Centre in the past 2 years. This is a staggering achievement and places RICE as one of the top referrers."

This award is great recognition of the care and support RICE offers carers as well as patients.

**Next year RICE will be 30!
Look out for special events and celebrations!**

The IDEAL Study



Improving the experience of dementia and enhancing active life: living with dementia - the IDEAL study.



RICE is proud to be part of a £4m research project aiming to improve the life of people with dementia, first announced at the G8 summit in December 2013. Funded by the Economic and Social Research Council and the National Institute for Health Research, IDEAL hopes to answer questions about how people with dementia can be supported to live well, what affects their ability to do this and when support should be offered? Drawing together expertise from a wide range of disciplines, the project is

led by Professor Linda Clare at Bangor University together with RICE (RICE Director, Professor Roy Jones, will be responsible for overall recruitment to the study), Brunel University, Cardiff University, King's College London, The LSE, Sussex University, the Alzheimer's Society and Innovations in Dementia.

IDEAL, will examine the effect of lifestyle factors on how people live with, and adapt to, dementia. Factors reviewed as part of the study could include: access to community services and amenities, contact with family and friends, hobbies or regular exercise. It aims to identify changes that could result in improved well-being, life satisfaction and quality of life for people with dementia and their carers.

We will find out how the extent to which people with dementia are able to engage in activities and participate in the community affects the way that they adapt to the condition, the challenges it presents and how this changes over time as dementia progresses. Living well with dementia, whether as a person with dementia or as a carer, is a key UK policy objective. Accordingly, a vital part of the IDEAL study is to better identify at what stage individuals, communities, health and social care practitioners, care providers and policy-makers can intervene to improve the likelihood of living well.

1,500 people with dementia will be recruited (at least 80 of whom will be from RICE led by Dr Krist Noonan), and at least a 1,000 primary carers. Everyone will be visited on at least 3 occasions over 3 years and asked about factors that influence their well-being, quality of life and satisfaction with life.



The study should have a major impact on the lives and experiences of people with dementia and family carers not only in the UK but internationally. It will involve around 30 centres across the UK and will help develop the skills of researchers in the dementia field and stimulate new developments. The results will provide a unique resource and focus for social science research on dementia. Professor Jones said "We have been committed to improving life for people with dementia and their families for more than 25 years. We are delighted to be part of the IDEAL project team that will try and learn how best we can all help people affected by dementia to live as well as possible."

If you are interested in finding out more about this project, or if you are interested in taking part, please contact Eleanor Triggs or Thomas Ingram at RICE on 01225 476 420. Additional information about this project can also be found on the IDEAL project website (<http://idealproject.org.uk>).

The GREAT Project Update

Goal-oriented cognitive rehabilitation in early-stage Alzheimer's disease: multi-centre single-blind randomised controlled trial: Living well with memory difficulties.

GREAT which featured in our previous newsletter, is now in full swing across England and Wales. Since it began in April 2013, 175 participants have been recruited across the six sites. Here at RICE we have had 48 people taking part in the study, 13 of whom have already completed the nine-month long trial and our recruitment is going well.



GREAT focuses on how the person with memory difficulties can improve their performance in particular activities or aspects of life through setting targets and goals. Achieving targets and the rewards that come from doing so are key components of GREAT. Each goal is personalised to the individual depending on their needs, meaning they can range from employing methods to help remembering peoples' names to learning to cope alone for certain amounts of time.

Due to the fantastic effort from the RICE team we are well on track to meeting our site target of 90 participants by September 2015. Since April last year our researchers and occupational therapists have conducted over 350 home visits, and over 120 goals have been set.

The GREAT trial at RICE has now expanded to include Wiltshire patients, even featuring in the local Alzheimer's Support newsletter, so we can offer participation in our research to people further afield.

If you would like to take part in the GREAT project it's not too late! To participate, you must have a diagnosis of Alzheimer's Disease, Vascular Dementia, or Mixed Dementia, and have a friend, relative, or carer who is willing to help during the course of the study.

For those of you who are already involved with the GREAT project, look out for our official 'Living Well with Memory Difficulties' newsletter, which will keep you updated on all things GREAT!

To find out more, contact India Hart at RICE on 01225 476420 or info@rice.org.uk



RICE Research Update

It's been a busy Summer on the research front at RICE – not only due the various studies we are currently running, but also because of a lot of activity and planning for some exciting new studies of potential new treatments that will be starting here in the near future!

September will see RICE open recruitment for the Forum study, which will look at the effects of a new drug on patients with mild to moderate dementia due to Alzheimer's Disease. If you are between the ages of 55 and 85 years, this may be of interest to you and we would be happy to hear from you.

We are still recruiting patients with mild or moderate Alzheimer's Disease, between the ages of 55 and 90 to take part in the LZAX study that is looking at the effect of Solanezumab, which is a type of immunisation.

Additionally, the Elan study is currently looking for patients who need treating for agitation and aggression.

RICE Research Update - Continued

As always we are delighted to hear from potential research participants and those who care for them, but there are always a few hoops to jump through including whether your medical history or any medication that you are taking means you are unsuitable for a particular study. However, if you are not eligible for one, it doesn't mean you won't be ideal for another! We can always keep you on our research list and let you know as soon as new opportunities arise.



It is only with the support of RICE patients and carers that we can continue our research programmes. We plan to open another two studies soon and will include their details in our next Newsletter. If you would like more information about current or future studies, we provide an extensive Information Sheet for each programme. Furthermore, the RICE team are always happy to answer any questions you may have.

If you would like to participate in our research studies and have been diagnosed with Alzheimer's Disease, please contact Vanessa Bishop, Clinical Research & Quality Administrator on 01225 476420.

Mnemonic Neglect

It is often assumed that the main reason people diagnosed with dementia sometimes do not appear to be aware of their illness is because lack of awareness can be a symptom of the illness itself. However, recent research indicates that other factors may also be at play.

One possibility is that because dementia is so worrying, people affected instinctively avoid thinking about the illness. Yet it can be important for them to better understand what is happening so that they and their families can deal with the disease and its implications.

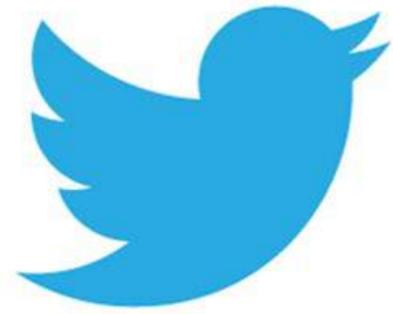
Research starting in December 2014 at the RICE Centre will study this, which is called 'mnemonic neglect'. The study will look at how well people with dementia remember threatening information and whether any anxieties that people have about dementia results in them having a poorer memory for words connected to the illness. All participants in the study will have had a diagnosis of Alzheimer's disease (AD), vascular dementia (VaD) or a mixed form of AD and VaD.

"If we want people who are affected by dementia to remember more about their illness, then we need to know more about how to talk to them about what is happening" explains Professor Richard Cheston, Professor of Mental Health Research (Dementia) at University of the West of England, who is leading the project. "The psychological research suggests that if we change the way in which we talk to people about upsetting things, then we may be able to help them to remember more about it and how to deal with the issues it will raise" he adds.

Professor Cheston, who works at both RICE and also the University of the West of England, is collaborating with Professor Constantine Sedikides of Southampton University and Dr Gary Christopher from the University of the West of England. The study is funded by the Alzheimer's Society and will go on for a year.

Have you ever tweeted?

The Twitter website:
www.twitter.com



Have you ever tweeted or even re-tweeted? If the only tweeting you're used to is of the bird variety, you may find Twitter a useful way to stay up to date with what your favourite charities are doing and events in your area. You may even find your family and friends tweeting already!

Twitter is an online social networking site that allows users to circulate short informative notes (known as 'tweets') and create a personalised newsfeed of tweets from fellow users of whom they are interested in.

When you join Twitter you create your own username that starts with an '@' symbol. This is your twitter name, and means that people can 'follow' you, and you can also follow other users. By following somebody, their tweets automatically show up on your newsfeed. Any tweets users write will appear on the feed of people following them which they can respond to if they choose. Each tweet must be under 140 characters long, and is typed in to the box on the top left of your homepage. You can also send tweets to other people so that they know you are talking to them, by including their username in your tweet. For example if you typed '@RICE_Bath how do I register for one of your Carers Courses?' we would see this and be able to respond.

RICE joined Twitter in April 2012 and since this time we've gained over 475 followers at the last count. That's 475 people, organisations and other charities who may not have otherwise heard about our work challenging dementia. Some of our followers include prominent Universities conducting vital research, dementia charities promoting issues around dementia, local newspapers and magazines, and even some Members of Parliament! Not only are we able to promote our work locally, nationally and internationally at the click of a button, but we also stay up to date on news including advances in the field of dementia, possible funding opportunities for our research programme, and issues important for carers. Why not give it a go?

Follow RICE on Twitter:
[@RICE_Bath](https://twitter.com/RICE_Bath)

Steps:

1. Go to www.twitter.com and register. It's free!
2. In the search bar type RICE Bath and click on our logo when it pops up.
3. This will take you to our Twitter page. To the right of the page there is a button that says 'Follow'. Click on this.
4. When you click on the 'Home' link at the top left of the page, this takes you to your 'Twitter Feed'. This is where every tweet from people you are following is visible, so you can create your own feed full of news and updates from people you are interested in!

Other people on Twitter you may like to follow:

- Age UK Bath & North East Somerset (@AgeUKBathNES)
- Alzheimer's Society (@alzheimerssoc)
- Alzheimer's Society for South West England (@AlzSocSWEngland)
- Alzheimer's Support (@AlzheimersSupp) – a charity to help people with dementia, and their carers, based in Wiltshire
- Carers' Centre (@CarersCentre1) – BaNES charity supporting carers
- Carers Help Carers (@CarersHelpCarer)
- Citizen's Advice Bureau BANES (@Banescab) – for advice on legal and monetary issues
- Don Foster (@DonFosterMP) – MP for Bath
- Dementia Friendly Bath (@DementiaBath)
- Dementia Journeys (@DementiaJourney)
- Dementia Videos (@dementiavideos) – informative, short videos on dementia
- Golden-Oldies (@GoldiesCharity) – singing and activity sessions in BaNES

Vitality BATH HALF 2015

Race for RICE!

There's just over 4 months left to train for the BATH HALF 2015! If you're thinking of taking part, we'd be very grateful if you would consider running for RICE to help us tackle the challenges of dementia.

The race is taking place on Sunday 1st of March. Taking participants through the beautiful city of Bath, the half marathon is one of the most popular city centre road events in the UK.

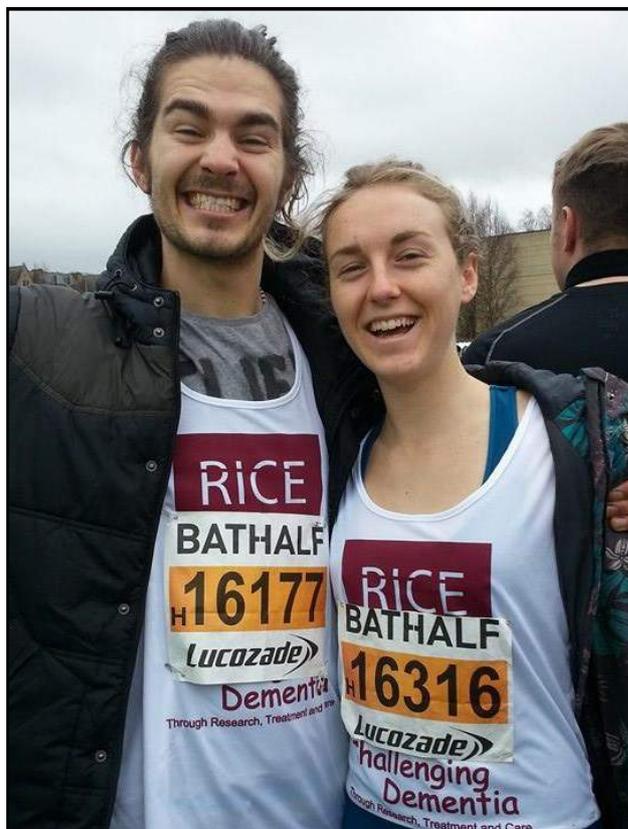
If you would like more information about running to support RICE, please contact Rhian Townsend;

| **Email:** fundraising@rice.org.uk |

| **Tel:** 01225 476 435 |

| **Website:** www.rice.org.uk |

Thank you.



RICE Christmas Cards!

The sale of these cards will support RICE's vital programme of research in the field of dementia to improve the quality of life of older people.



Catalogue and order form enclosed.



Mixed packs for £2.00!



RICE Meets Royalty



As one of Cllr Neil Butters' (first on the right) nominated charities throughout his Chairmanship of B&NES Council (2013/2014), RICE representatives, Charmaine Holbrook (second on the right) and Gina Caddick (third on the right), met with HRH Prince Edward and the Countess of Wessex. At a special reception for the Chairman's charities, Charmaine and Gina explained about the work of RICE and the importance of the research and treatments the centre provides.

'Just Keep Swimming'!

Well done to Natasha Lock (left) and Melissa Vause (right) for completing a 1,000m sponsored swim for RICE! The pair raised over £700 at the Paulton Swimming pool where they both work.

Both Natasha and Melissa's families have felt the effects of dementia; Natasha's grandfather has dementia and Melissa's grandmother, who sadly passed away in 2011, had dementia with Lewy bodies. Everyone at RICE is very thankful for their support, which will help us to continue our work.



Congratulations to Karen and Joolz!

In our last Newsletter we featured Karen Dumine and Joolz Matthews who requested donations to be made to RICE in lieu of wedding gifts. We are incredibly grateful for their support and continued fundraising efforts. Karen also ran the Bath Half Marathon fundraising for RICE in 2011.

She explains, "For us getting married was a wonderful occasion. Sadly my mother died following a stroke and the onset of frontotemporal dementia. It was Joolz's idea to ask for donations instead of wedding gifts. We were delighted by our family and friends' generosity and managed to raise over £2,000 for this wonderful Bath-based charity."

Bath Spa Uni Skydive

Raising nearly £3,000 for RICE, sixteen students from Bath Spa University took part in a sponsored skydive earlier this year. This was the third time that students from the university have undertaken this challenge.

Fiona Gordon, who jumped last year and organised the 2014 Skydive, explained "It is so exhilarating I couldn't resist having another go... I'm really happy we raised so much for RICE."

The sixteen jumpers were: Fiona Gordon, Ben Eva, Olivia Morgan, Sarah Huggens, Jessie Dunne, Beth Bradford, Beth Cartwright, Connor Hayles, Gemma Dummett, Victoria Markland, Kate Burden, Becca Boulton, Steph Hetherington, Beth Kerridge, Hannah Ward and Flo Sidery. Thank you all!

Thank You Gina & Amanda

Everyone at RICE would like to say a huge thank you to Gina Caddick and Amanda Fisher for all their hard work in our Fundraising office. Gina retired last year after working as RICE's Fundraiser for a number of years, however she continues to help out voluntarily providing invaluable pearls of wisdom. Amanda worked as our temporary Fundraising Administrator until July overseeing the installation of a new database and ensuring a smooth transition for her successor. An additional congratulation is due to Amanda on the birth of baby Noah. We are incredibly grateful for all that Gina and Amanda have done during the past year. Our new Fundraising Administrator, Rhian Townsend, started in July and hopes to continue their excellent work!

The RICE Memory Trail 2014

RICE's 21st annual Memory Trail took place on Sunday 21st September, World Alzheimer's Day. Based at Iford Manor, this year's walk travelled through the beautiful Iford valley and the surrounding villages.

We would like to extend our great thanks to the Cartwright-Hignett family for allowing RICE to host the Memory Trail in the grounds of Iford Manor and for all their help and support.



Matthew and Sarah Tearle (pictured on the right) joined us again, making this year their 21st and 17th Memory Trails respectively! Mr Tearle, started walking the Memory Trail with his mother in 1994 and has continued ever since!

It was wonderful to see so many people raising money and supporting all the work of The RICE Centre.



A BIG Thank You!

RICE would like to thank the following for their support: Bath and North East Somerset Council, Bath Spa University Student's Union, Beechen Cliff Methodist Church Men's Club, Cross Manufacturing Company Ltd, Donald Forrester Charitable Trust, Dora Rebecca Fine Charitable Trust, Partis College, The Appleyard Welfare Trust, The Discworld Emporium, The Discworld Foundation, The Edgar E Lawley Foundation, The Essex Trust, The Medlock Charitable Trust, The Robert Roaf Charitable Trust, The Roger Vere Foundation, The Smith Charitable Trust, The Stephen Clark 1957 Charitable Trust, The University of the Third Age in Norton Radstock, The Verdon-Smith Charitable Trust, Weston Methodist Church and all of our regular supporters for their donations, participation and time given to RICE.

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 Website: www.rice.org.uk

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