

Leeds



@AlzSocLds



January 2017



Winter is here with a bang! Rain, snow, floods and very dark nights! Roll on Spring!

Please keep warm this winter and think of your elderly neighbours who may live on their own. Check to see if they are okay and eating plenty of hot food and keeping warm – it only takes 5 minutes, but you could save a life!

Leeds Memory Walk 2017



The annual Leeds Memory Walk will be taking place again at Temple Newsam on Saturday 23 September 2017. To register please log on to our website www.memorywalk.org.uk/find-a-walk-leeds.

Last year we broke £6 million for the first time ever! £6,122,491 to be exact.

This incredible achievement is the result of 31 National Flagship walks and over 1000 locally organised memory walks. *We had 79,000 supporters, 18,000 children, over 4,000 dogs, one horse and a chicken, helped along the way by over 3,000 volunteers.*

Thank you to everyone who organised, participated and promoted the Walks.

Elf Day in the Leeds Office

On 9th December 2016 we took part in Alzheimer's Christmas Fundraiser run by our Regional Fundraising Team in York. Everyone was encouraged to dress up in festive attire and host a range of festive fundraising activities, as you can see Neil (our Dementia Support Manager) got totally engrossed in the event and wore his outfit for the whole day!



Lots of money was raised and all the events were enjoyed by all members of staff in Leeds.

Sad farewell to.....

Megan, Marie and Samantha
Hello Yadie and Zoe

We said farewell to Megan Lane, Memory Support Worker and Samantha Dean, Day & Community Support Manager in December and also waved goodbye to Marie Walker, Community Support Worker. We wish them all luck as they begin a new chapter in their lives.

We would like to welcome Yadie Mbewe and Zoe Gordon-Oxford to the Memory Support Team.

Investing in a future without dementia

Thanks to the generous support of people like you, we've invested £6.6 million in research in 2016 – covering an exciting range of projects looking into the cause, care, cure and prevention of dementia.

One of these projects is PREVENT, which aims to find if there are very early signs of dementia in middle-aged people.

Understanding the earliest signs could help scientists find ways of dementia being prevented.

For more information, go to www.preventdementia.co.uk.

Subscribe to Living with dementia magazine today

40 pages of real-life stories, support, information and ways to get involved. Delivered to your door every two months.

There's no subscription fee. We just ask that you consider making a donation, towards our work.

Visit www.alzheimers.org.uk/withus. Or call 0330 333 0804 (local rate) for further information.

You should try.....

Memory jogging for someone with dementia can be a great way to engage friends and family in conversation while they're visiting for Sunday Lunch, evening dinner or just for a coffee and a chat.

Simply take some quiet time out to sit down with a newspaper article that you think might interest them or a magazine, even a short story. By encouraging conversation, you can help jog memories about something they love or have felt strongly about in the past.

You could use photographs of past events to remember grandchildren when they were younger, funny and happy events. Another example is if the person with dementia is a football fan, read them a recent match report, then ask them their opinion about a high-profile signing or transfer fees....!

Emmerdale

'Emmerdale is breaking my heart': Soap fans are left in floods of tears over dementia special as much-loved vicar Ashley Thomas fails to recognise his family' were the comments printed in a recent newspaper article. Soap fans were left in tears watching Emmerdale's special dementia episode.

It was told solely from the point of view of vicar Ashley Thomas, played by John Middleton, who has been battling stroke related early onset vascular dementia in the ITV soap for the past two years.

Viewers witnessed how he was unable to recognise his close friends and onscreen wife Laurel and it sent them on an emotional rollercoaster.

Regular actors were replaced by unfamiliar faces in the thirty minute special, to replicate how difficult it was for the character to recognise those who loved him.



John Middleton and Tracy Brierley, Service Manager on a recent visit to Armley Grange, Leeds

Dates for your diary

Keep your eyes peeled for this year's Cupcake Day – and don't forget you can walk off your cupcakes at the Leeds Memory Walk. Last year we raised £323.00!

Dementia Awareness Week 2017 from Sunday 14th May until Saturday 20th May 2017.

Great North Run 2017 get your shorts on and run for Alzheimer's Society – Sunday 9th July 2017.

1st National Memory Day – 18th May 2017

Contact details to discuss any items in this newsletter: -

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