Welcome back to the Winter Edition of the Humber Memory Assessment Service Newsletter. We hope you had a fantastic Christmas and a very happy new year!

This issue of the Newsletter will focus on our partnership working with the Alzheimer’s Society, as well as other voluntary organisations. We will inform you on new and upcoming research studies and other great things that have been happening here at the Hull Memory Clinic.
We are proud to announce that the Hull Memory Clinic and the Alzheimer’s Society are now working in partnership to support people with dementia and their carers.

Since May 2015, Alzheimer’s Society and the Hull Memory Clinic have worked together to run a ‘Creative Group’, an arts and crafts group designed to help people with dementia to:

- Maintain feelings of self-esteem by stimulating a person’s memory of creative activities & skills
- Provide the opportunity to meet other people with similar interests who may also have memory problems
- Provide encouragement to try new activities which may give people a sense of accomplishment

We are pleased to have received some fantastic feedback from people who have used this group. Well done to Elaine Twidale, Sheryl Kennedy and Alzheimer’s Society, for working really hard to make it such a success! Here are some examples of the lovely artwork people have created:
Dementia Adviser Service

The Hull Memory Clinic and the Alzheimer’s Society are proud to be working together to provide a Dementia Adviser Service to support those living with dementia and their carers.

Rachel Chaffe, Dementia Adviser, supports people by providing personalised information and advice and signposting to services. She supports people and families who have been recently received a diagnosis from the Memory Clinic. Dementia Advisors provide useful information about activities and groups that can help people to remain involved in their community, give practical information for daily living inside and outside of the home and talk about the services that the Alzheimer’s Society offer.

People who have accessed the service have said:

“The information was provided in layman’s terms so it made sense to me”

“Very useful information that was tailored to what we needed at that moment and it really helped”

“structured and not overwhelming – the service was 10/10”.

Rachel stated: “I am not a member of the Memory Clinic Staff but I am always made to feel like I am. Everyone is warm and friendly and I think that comes across when you walk through the doors. I really enjoy being a part of the Memory Clinic’s wider team and we all work really hard to make sure that anyone who could benefit from any extra support is given the opportunity to access it.”

People who wish to access the Dementia Adviser Service can do so via staff at the Memory Clinic or by ringing the Alzheimer’s Society office on 01482 211255. A referral to the Dementia Adviser Service will not be made without consent from the person first.

Reading Well with Dementia

Libraries across the East Riding are taking part in a reading scheme to support people with dementia and their carers. The Reading Well Books on Prescription Scheme for dementia will enable GPs and other health professionals to recommend helpful reading from a list of books available to borrow free from local libraries.

The list includes a range of books offering information and advice about dementia and ageing, support with living well after diagnosis, practical advice for carers, personal accounts and suggestions for shared therapeutic activities.

The Hull Memory Clinic donated 618 individualised Cognitive Stimulation Therapy self-help manuals, and since the scheme launched on 3rd February 2015, 1482 people have borrowed these books from the scheme!

For more information and for a full list of recommended books, please visit the Reading Well website: reading-well.org.uk
Partnership Working

Lairgate Hotel, Beverley

Management at the Lairgate Hotel in Beverley have kindly allowed us to use their facilities in running a Cognitive Stimulation Therapy group for people with dementia. Not only have they let us use their lovely room for free, but they have been very supportive in the smooth running of the group and to those accessing it. We would like to express our deepest thanks to them for making it possible and for their support to us and our clients—thank you.

Cognitive Stimulation Therapy (CST) is a government recommended intervention for people with mild to moderate dementia. CST is a group programme consisting of ten weekly sessions of themed activities. Sessions aim to actively stimulate and engage people with dementia, whilst providing an optimal learning environment and the social benefits of a group.

Above: Members of a previously run CST group in Cottingham—we called ourselves the Bright and the Brilliant’s group!
MAS – evaluation of Memory Assessment Services  
Congratulations to Hull Memory Clinic and the Research Team. Out of 73 sites across England, they were the first site to begin recruitment for MAS and the first site to complete the research study. This study was commissioned by the Department of Health to evaluate different models of memory assessment services in terms of health related quality of life of the patient, their carer and also carer burden.

AD-Genetics – Alzheimer’s Disease Genetics  
The Cardiff University School of Medicine have been collecting blood samples since 2004 and interviewing people to try and understand more about how certain genes affect the likelihood of developing Alzheimer’s disease. So far, they have been successful in finding many previously unknown genes that are involved in Alzheimer’s disease. However, there are more genes to find and much more to understand about how they work which is the rationale for conducting the AD-Genetics research study. The Humber Research Team, along with Dr Chris Rewston as local Principal Investigator, will be inviting individuals with early onset Alzheimer’s Disease to help with this research. Recruitment is due to begin early 2016.

VALID – Valuing Active Life in Dementia  
We have now finished recruiting for VALID. Overall the Humber team recruited 151 participants (people with dementia and their supporters) into the randomised controlled trial. People who receive the occupational therapy intervention will now be compared to those who receive usual care. Humber was the first site in England to begin recruitment and the first to reach its recruitment target. Thank you to all those in the Trust that referred people to this study, and to the occupational therapists that have delivered the intervention. At a recent national VALID meeting the Trust received high praise for their hard work on this study.

For further information on the above studies, please contact the Research Team on 01482 301844.
Congratulations!

Memory Walk 2015

Congratulations to Laura Jones, Rosie Dunn and Alison Williams for raising almost £1000 for Alzheimer’s Society!

On 12th September 2015, Laura, Rosie and Alison (right) walked over the Humber Bridge and back as part of a national campaign to raise money for a fantastic charity.

People of all ages and abilities joined in, from grandparents to grandchildren, and even furry four-legged friends. We all came together to celebrate loved ones affected by dementia, and raise money for a wonderful cause.

Staff Awards!

Special congratulations to Janet Woodhouse for winning the ‘Improving Patient Safety’ Award at the Humber NHS Foundation Trust’s Staff Awards Ceremony on Wednesday 2 December 2015 at the Best Western Willerby Manor Hotel.

Janet was recognized for her exceptional standards in undertaking complex serious incident investigations.

Root cause analysis methodology is applied in a detailed and accurate way to meticulously examine events to find out why something occurred based on best practice standards in what are often extremely complex and at times distressing circumstances.

She is committed to delivering a quality report on time, recognizing the need for families to have closure as soon as possible.

Janet is a Nurse Consultant at Hull Memory Clinic and has worked for the Trust for many years. Well done Janet!
Useful Contacts

Referral to Single Point of Access

You can make a referral to the Memory Clinic via Single Point of Access by:

- Telephone: 01482 617519
- Fax: 01482 617590
- Post: Single Point of Access, Older People, Miranda House, Gladstone Street, Hull, HU3 2RT

In your referral please provide the following information:

- Full summary of medical history
- List of current medication
- Blood results within the last three months (FBC, U+E, LFT, Glucose, Calcium, Folate, Vitamin B12, TSH)

If we do not receive the above information within your referral, this may delay a patient being seen by the Hull Memory Clinic.

Alzheimer’s Society
- Telephone: 01482 211255
- Email: hull&eastridingservice@alzheimers.org.uk
- Website: http://www.alzheimers.org.uk/
- Resources for professionals: http://www.alzheimers.org.uk/healthprofessionals

Hull Memory Clinic
- Telephone: 01482 336617
- Fax: 01482 336913
- Address: The Hull Memory Clinic, 39 - 41 Coltman Street, Hull, HU3 2SG

Dementia Research & Development Team
- Telephone: 01482 301844
- Email: HNF-TR.ResearchTeam@nhs.net
- Address: Trust Headquarters, First Floor, Willerby Hill, Beverley Road, Willerby, HU10 6ED

References
