

ISSUE 15 12/2018 Newsletter

GUERNSEY ALZHEIMER'S ASSOCIATION

Guernsey
Alzheimer's
Association

caring for carers

Finding Ways to Help and Support Carers of People with Dementia.



Tower to Tower Sponsored Walk



Tower No. 5, L'Ancrese

Glorious sunshine accompanied an exceptionally enjoyable sponsored walk this year. The Tower to Tower walk from Vazon to L'Ancrese has grown over several years to become a must-do-event for hundreds of people annually. This year was no exception and everyone who undertook the walk experienced sunny warm weather making light clothing essential for comfort.

His Excellency, the Lieutenant Governor, Sir Ian Corder and Lady Corder arrived at Vazon Tower No. 12 to be welcomed by our chairman Stephen Collas. Our honoured guests eschewed formality and set forth with Milo the dog and Stephen, joining crowds of walkers.

It was inspiring that so many youngsters were present to support our charity, including children under ten. The journey was very pleasant walking in sunshine with just a very light breeze, perhaps only noticeable when moving. In times past registrations were conducted through car windows due to wind and rain! This year Anne Mauger and her team sat in a neat row, smartly attired in their yellow tabards. There was barely the wind to ruffle the pages. However, true to form Bryan and Anne provided for every eventuality, so that all the formalities and procedures worked efficiently.

Our thanks are due to all our volunteers and others who undertook tasks on the day and indeed in the days preceding the event. There is a small army involved in such an undertaking. Bryan Mauger was as usual, in overall charge, but assisted by several committee members, Joan Machon, Steve Gillman, Stella Newbould to mention just three. All secretarial and some organisational tasks were accomplished by Marie Cummins.

Our deputy chairman Christine Birkett, apart from participating in the walk herself organised the reception at the walk's terminus, beside Tower No. 5. All the humping of gear, the construction of the tent and more besides was undertaken as usual by the Smith family. The committee wishes to thank them heartily for doing these essential heavy-weight tasks.

We are seeking a sponsor for this event.

Participants will run and walk from Vazon to L'Ancrese Tower, raising money to fund respite hours provided by our experienced Sitters. This service offers much needed support to carers who are caring for their loved ones at home.

Contact info@alzheimers.gg or Stephen on sacollas@gmail.com

Continued >>

Tower to Tower Sponsored Walk - continued from front page

Hundreds of walkers experienced Guernsey's wonderful coastline in conditions that can only be described as perfect. The Charity wishes to thank everyone who took part thus supporting its essential work in caring for the carers of those living with dementia. The whole focus of The Delancey Centre activity and the Sitters Service is to relieve and

support carers who hold the well-being of their loved one entirely in their hands every day of every week. The Guernsey Alzheimer's Association is indeed fortunate to have such stalwart and generous support right across the age range of life.

It was with considerable pride that we also welcomed the CEO of Credit-Suisse Paul Annegarn with his four-year-old daughter at the start line. Paul is a great supporter with Credit-Suisse having nominated our charity as their Charity of the Year. We are truly grateful for this honour and for their financial support which by any measure is substantial.

Hel(l)vetia Triathlon Challenge



Check in volunteers

Photo courtesy of Guernsey Press



Participants in Hel(l)vetia Challenge

One hot afternoon in July, Credit-Suisse held its Hel(l)vetia Challenge. The event was inspired by triathlons and this event mirrored a triathlon except for the distances of the constituent parts. All the proceeds raised by teams from the bank, as well as any other collections from employees, were remitted to the Guernsey Alzheimer's Association. This is all because of the remarkable generosity of the bank, its employees and its energetic CEO Paul Annegarn in choosing our charity as their charity of the year.

Stephen Collas, Bryan Mauger, Steve Gillman, Bella Mahy and Joan Machon attended the event as non-participants to cheer the athletes on. There were teams from thirty-two firms or organisations. Some participants, Paul Annegarn included, completed five full events of swim, cycle and run. This is amazing and inspiring too!

St Peter Port's Havelet Bay looked beautiful in the afternoon and evening sunshine. The sheer colour and variety of sportswear and the excellence of the performances made it utterly startling to be present.

Our thanks go to Credit-Suisse, the employees and Paul in equal measure. Paul promised to raise £25,000 for our charity which is an amazing amount from a single sponsor.

Late in the afternoon a number of us from GAA joined Paul, his family, staff and guests at Coco Brasserie, South Esplanade. People spilled out onto the pavement to enjoy a warm summer's evening. Drinks were generously provided free by the bank. Joan and Ronnie were present, and we all wound down from the day's excitement together.



Credit Suisse Staff and participants in the Hel(l)vetia Challenge

All the proceeds raised by teams from the bank as well as any other collections from employees were remitted to the Guernsey Alzheimer's Association.

AGC Government House Charities Fete

The Association of Guernsey Charities once again hosted its Charities Fete at Government House on Saturday 21st July. This year the weather was sunny and hot, unlike previous years. Indeed after 2016 was rained off and 2017 was missed out entirely, it was a great pleasure to bask in hot sunshine all day long.

Hundreds of people visited the fete between 2pm and 5pm. The event was superbly managed and was a terrific success. The arena formation of stands gave a large area in which various entertainments took place. These included the Island Dog Training Club, the Majorettes and the Hope Choir. Our Lt-Governor Vice Admiral Sir Ian Corder and his wife Lady Corder toured the ground visiting stands and talking with everyone around. We are grateful to them for welcoming us onto their home turf.

Twenty-eight charities were present but surely the best stand was the Guernsey Alzheimer's Association decked out with bunting with memory-and-mind facts inscribed on it and the Memory Wall on which post-it-note-memories were attached progressively throughout the afternoon. Three sorts of memory were

recorded by passers-by who were asked: What is your favourite memory of all? What is your earliest memory? What did you eat for breakfast? This demonstrated three categories of memory and led to many interesting conversations as people struggled with the concept and with what the questions had triggered in their minds.

A complete record of memories from the Memory Wall have been compiled by Julie Bulpitt whose particular project this was.

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Stephen Collas, Stella Newbould and Julie Bulpitt at Government House.
Photo courtesy of Chris George

ITV Channel visit to Delancey

GAA volunteers, Committee members and guests were stars for one afternoon, appearing in the production of an ITV Channel news item. The visit took place one Monday afternoon in September. Our charity is Charity of the Year for ITV Channel along with the Jersey based JAA [Jersey Alzheimer's Association]. We became newsworthy on the publication of a Press Release issued with the hope of recruiting fresh volunteers. It happened to coincide with World Alzheimer's Day and clearly struck a chord in the public mind.

Stephen and others were interviewed. Joan had a lot to say! The story which unfolded that afternoon highlighted our service to carers of loved ones with dementia. The gamesters in the dining room appeared in several shots and the final piece was aired on the evening news occupying a 90 second slot.

Our thanks are due to ITV Channel for treating our Charity to first-class exposure on the world's most popular medium - The Telly! The kindness and professionalism of the ITV personnel helped everyone to shine as the camera whirred and the microphone hovered all about the two rooms.

There was even a reprise with a second visit, this time to show Singing Down Memory Lane. Bryan made a star performance as interviewee with an amazing back-drop of St Peter Port, such are the wiles of technology that hid his living room [where the interview actually took place].

Owing to this exposure to the viewing public the GAA is now richer with at least fourteen extra volunteers. We breathe a huge sigh of relief that our work is secure for the future. THANK YOU ITV CHANNEL!!

Our thanks are due to ITV Channel for treating our charity to first-class exposure on the world's most popular medium - The Telly!

Summer Fundraiser Garden Parties



The garden of Stephen Collas and Stephen Ainsworth decorated beautifully in anticipation of the summer parties

Two garden parties at the home of Stephen Collas and Stephen Ainsworth made a new entry on this charity's calendar. An amazing sum of £6,000 was raised over two days when a total of 149 people packed the garden to enjoy food and entertainment. While the event has a history of several years past, hosted for a different charity then, the fundraiser now and in future is dedicated to the GAA.

A champagne reception kicked off the Saturday evening in July, on the upper terrace lawn. This was followed by the Starlight Carvery, a three-course meal with entertainment in a spacious covered area on the lower lawn. Scrumptious seafood and charcuterie were consumed while listening to a light repertoire provided by the Mariposa String Quartet. Following on, the robust baritone of singer song-writer Greg Harrison accompanied the hog roast main course. There was of course dessert, and then coffee was served leading in to the auction and a raffle.

A unique ambience had been achieved, which led one to imagine a smart restaurant with candlelight glittering on glass and tastefully matching cloths and napkins.

Sponsored as always by the two Stephens and by John Hurst and Country Butchers (who donated the Hog Roast) every penny of cash received benefited the charity.

Despite light rain showers on the Sunday, a BBQ for all the family was attended by 73 guests, many of whom were children. An Indie Folk Band named BeanJamBand entertained the guests while they tucked in to burgers, sausages and salads. Many homemade desserts were quickly despatched before the raffle was called.

Our particular thanks are due to Mr & Mrs M Heath who permitted parking in their field next to Hillgay Villa along the road. Their generosity enabled the organisers and their guests to have peace of mind over traffic issues. The roadside was strikingly decorated with bunting, charity banners and signs.

The events were hugely popular and everyone went home happy, promising to attend next year's party. It is an easy date to remember because it always falls on the last Saturday and Sunday of July!

Volunteers Retirement

Sixty-eight years is the combined total commitment to Guernsey Alzheimer's Association by Val and Don Bailey, Anne Harvey, Esther Tolcher and Jean and Mike Weysom. This is an amazing contribution to the GAA which truly deserves our praise. Taking the opportunity of a Monday's Social afternoon, we invited the recipients of our gratitude to come to the Centre for a little ceremony with gifts.

Several times before, at their Volunteers Meetings, these dear folk and others too, had flagged up the need to recruit some fresh volunteers. Not generally an easy task but we were fortunate that, with the help of a well written Press Release that was distributed widely to the media, we received a staggering fourteen positive replies from potential volunteers, all of whom were happy to join our team.

This was the signal that the long-serving volunteers could begin to extricate themselves from their duties. We are all sad to lose familiar and beloved friends but grateful in the extreme that their wish to retire could now be granted without affecting our services to Carers and their loved ones at the Centre.

Stephen said a few words to the effect that volunteers are the charity and without their actions the service could not run at all. This led to some nostalgic reminiscences being shared amongst this group of GAA veterans, very poignant for those of us who have only recently joined this wonderful charity.

Gifts were given and Stephen revealed to the curious recipients and gathered crowd alike that the envelopes contained a voucher for Le Friquet Garden Centre. It was a heart-warming scene, all together celebrating past, present and future. Stephen assured those retirees that they would always receive a friendly welcome, should they drop in and indeed they are expected to do so.

Royal Wedding Celebrations at GAA



Cathy Gill with guests, volunteers and children from Butterflies pre-school

Meghan Markle and Prince Harry were married on May 19th, a spectacle enjoyed by millions of viewers around the world. Here at Guernsey Alzheimer's Association, it was decided to hold our own party to celebrate the occasion. Pat and Wilf Cochrane transformed the dining room with union jack bunting and photos of the happy couple on each table. Cathy Gill sang an astounding array of wedding themed songs. Our regular Singing Down Memory Lane guests were joined by the children from Butterflies preschool who looked very regal in their home made crowns. Young and old sang and danced together to celebrate this historic occasion. It was truly a beautiful moment to behold. Afterwards everyone enjoyed an afternoon tea together, with the little ones being treated to an

ice-cream. Our thanks to Pat and Wilf for organising, to Cathy for giving a wonderful performance as always and to the teachers at Butterflies for bringing their little people in to join in the fun.

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Dining room decorated by Pat and Wilf Cochrane

Lions Club Golf Ball Drop

Lions Club of Guernsey conducted a unique event, in aid of the GAA this September. The name of their event was a Golf-ball Drop with tickets for the raffle sold to raise funds principally for Guernsey Alzheimer's Association. Hedley Watson, of the Lions Club explained "One of our members wife was, and still is making use of GAA facilities at Delancey and I volunteered to organise the golf ball drop with this charity in mind. Initially it was a question of getting the appropriate licence, designing the tickets, deciding where and how we could organise the golf ball drop. Through my membership of the Royal Guernsey Golf Club they agreed for us to use the practice field for the event and would also supply up to 1000 golf balls if required free of charge. We then received an offer of help from Ray Lowe of Event Services Ltd who agreed to provide the Cherry Picker and driver free of charge. We were under way. Tickets went on sale from 1st May enabling us to sell them at the Liberation Day Pedal Car Challenge, and also at the Donkey Derby. Members also sold tickets to friends, work colleagues and family together with those sold by Guernsey Alzheimer's Association and at the Golf Club. As each sold ticket stub came in, I stencilled the number on to a ball".

The drop took place on 15th September when Orlando Ornelas of Event Services Ltd extended the Cherry Picker to a height of approximately 70 feet before sending the balls to the ground as near to the flag as possible. On hitting the ground, they splayed out in every direction and in some cases rolled a long way. The focus however was close to the drop point and was of course the hole, complete with its pole and flag.

The judges were equipped with a measuring tape and carefully selected the ball that was the closest to the hole. After this task was successfully completed, the assembled crowd retired to the bar for much needed refreshments with which to inspire their recall of the extraordinary scene witnessed outside. Everyone agreed it had been a spectacle, both unique in their experience and magnificent. Dozens of video clips and still shots had been collected with which to regale friends with accounts of the startling sight of six hundred balls falling like rain or possibly hail, pounding down and spreading out everywhere as their energy dissipated towards every compass point. The winning ticket for £1,000 was won by number 0887. Second prize 0008 and third prize 0907.



Cherry Picker dropping the golf balls from 70ft

The event was followed by a meal at the Golf Club with a cheque for £1,250 presented to the GAA Committee. Lions Club have demonstrated their firm support and we at Guernsey Alzheimer's Association are so grateful to them all for focusing on our charity and its good cause. The tremendous work of Hedley Watson is particularly recognised not only in organising the event but also in writing a number indelibly on every ball!

A Frightfully Good Halloween Fundraiser



A Frightfully Good Halloween Fundraiser

A very special thanks to Debbie Duport for her *Spooktacular* Halloween event *witch* raised in excess of £1,600 for the Guernsey Alzheimer's Association. Debbie very kindly opened her wonderfully decorated house to the public for seven days in exchange for voluntary donations from visitors. Her superb efforts certainly did the *trick*, with an amazing treat in store for adults and children alike. As well as a tombstone and ghoulish garden, there were all sorts of creepy surprises inside that would make you scream for your *Mummy*. A *Fangtastic* effort from Debbie that is so very much appreciated.

Raised in excess of
£1,600 for the Guernsey
Alzheimer's Association

Joan's 80th Birthday



Left - Right: Stella, Maura, Bella, Joan, Marie and Stephen at La Grande Mare

Six committee members gathered in a wonderfully secluded part of the dining room at La Grande Mare Country Club and Hotel on October 25th to celebrate a significant birthday. Joan Machon was the celebrant and accompanying her were Marie, Maura, Bella, Stella and Stephen. Sadly, some dear GAA friends were absent due to ill-health, but we know they were there in spirit as they nursed their various ailments and broken bones (Christine and Bryan were missed for this reason!). The remaining committee members unable to attend were, as far as known, unscathed by calamity but unfortunately committed to alternative plans.

Marie had supplied balloons to mark out the table, and I am sure their decorative impact was also appreciated by staff and diners alike. Despite it being Tennerfest time, we were fortunate that the restaurant was relatively quiet,

and that really enhanced the occasion. Stella provided the combined gifts which Stephen presented to our octogenarian member. A goodie bag, card and a fondant iced cake completed the offering and was gratefully received. Our party together was for Joan and was only one of many celebrations that family and friends lavished upon her. But then eighty is a big number, and for someone special in many ways, she is definitely worth it. Joan had recently worked diligently, talking to and meeting and introducing to our cause, at least fourteen new volunteers. We are very grateful to Joan for this effort. Her contribution to the committee has been, and promises to continue to be, significant in what may be a momentous year with 2019 being our 10th Anniversary.

Joan had recently worked diligently, talking to and meeting and introducing to our cause, at least fourteen new volunteers.

Dates for your Diary December 2018 - June 2019

December 2018

Monday 3	Social Afternoon	2:00 - 4:30
Wednesday 5	Carers Support Group & Social Afternoon	2:00 - 4:00
Monday 10	Social Afternoon	2:00 - 4:30
Wednesday 12	Carers Support Group & Social Afternoon	2:00 - 4:00
Friday 14	Singing down Memory Lane	2:00 - 4:00
Monday 17	Social Afternoon	2:00 - 4:30
Wednesday 19	NO CARERS SUPPORT GROUP	
Thursday 20	CHRISTMAS PARTY	11.30 - 2.30

BREAK FOR CHRISTMAS AND NEW YEAR

January 2019

Monday 7	Social Afternoon	2:00 - 4:30
Wednesday 9	Carers Support Group & Social Afternoon	2:00 - 4:00
Friday 11	Singing down Memory Lane	2:00 - 4:00
Monday 14	Social Afternoon	2:00 - 4:30
Wednesday 16	Carers Support Group & Social Afternoon	2:00 - 4:00
Thursday 17	Monthly Lunch	11.30 - 2.30
Monday 21	Social Afternoon	2:00 - 4:30
Wednesday 23	Carers Support Group & Social Afternoon	2:00 - 4:00
Friday 25	Singing down Memory Lane	2:00 - 4:00
Monday 28	Social Afternoon	2:00 - 4:30
Wednesday 30	Carers Support Group & Social Afternoon	2:00 - 4:00

February 2019

Monday 4	Social Afternoon	2:00 - 4:30
Wednesday 6	Carers Support Group & Social Afternoon	2:00 - 4:00
Friday 8	Singing down Memory Lane	2:00 - 4:00
Monday 11	Social Afternoon	2:00 - 4:30
Wednesday 13	Carers Support Group & Social Afternoon	2:00 - 4:00
Monday 18	Social Afternoon	2:00 - 4:30
Wednesday 20	Carers Support Group & Social Afternoon	2:00 - 4:00
Thursday 21	Monthly Lunch	11.30 - 2.30
Friday 22	Singing down Memory Lane	2:00 - 4:00
Monday 25	Social Afternoon	2:00 - 4:30
Wednesday 27	Carers Support Group & Social Afternoon	2:00 - 4:00

March 2019

Monday 4	Social Afternoon	2:00 - 4:30
Wednesday 6	Carers Support Group & Social Afternoon	2:00 - 4:00
Friday 8	Singing down Memory Lane	2:00 - 4:00
Monday 11	Social Afternoon	2:00 - 4:30
Wednesday 13	Carers Support Group & Social Afternoon	2:00 - 4:00
Monday 18	Social Afternoon	2:00 - 4:30
Wednesday 20	Carers Support Group & Social Afternoon	2:00 - 4:00
Thursday 21	Monthly Lunch	11.30 - 2.30
Friday 22	Singing down Memory Lane	2:00 - 4:00
Monday 25	Social Afternoon	2:00 - 4:30
Wednesday 27	Carers Support Group & Social Afternoon	2:00 - 4:00

April 2019

Monday 1	Social Afternoon	2:00 - 4:30
Wednesday 3	Carers Support Group & Social Afternoon	2:00 - 4:00
Friday 5	Singing down Memory Lane	2:00 - 4:00
Monday 8	Social Afternoon	2:00 - 4:30
Wednesday 10	Carers Support Group & Social Afternoon	2:00 - 4:00
Monday 15	Social Afternoon	2:00 - 4:30
Wednesday 17	Carers Support Group & Social Afternoon	2:00 - 4:00
Thursday 18	Monthly Lunch	11.30 - 2.30
Friday 19	BANK HOLIDAY	
Monday 22	BANK HOLIDAY	
Wednesday 24	Carers Support Group & Social Afternoon	2:00 - 4:00
Thursday 25	AGM with refreshments	6:00
Monday 29	Social Afternoon	2:00 - 4:30

May 2019

Wednesday 1	Carers Support Group & Social Afternoon	2:00 - 4:00
Friday 3	Singing down Memory Lane	2:00 - 4:00
Monday 6	BANK HOLIDAY	
Wednesday 8	Carers Support Group & Social Afternoon	2:00 - 4:00
Monday 13	Social Afternoon	2:00 - 4:30
Wednesday 15	Carers Support Group & Social Afternoon	2:00 - 4:00
Thursday 16	Monthly Lunch	11.30 - 2.30

Friday 17	Singing down Memory Lane	2:00 - 4:00
Saturday 18	ANNUAL FLAG DAY	ALL DAY
Monday 20	Social Afternoon	2:00 - 4:30
Wednesday 22	Carers Support Group & Social Afternoon	2:00 - 4:00
Monday 27	BANK HOLIDAY	
Wednesday 29	Carers Support Group & Social Afternoon	2:00 - 4:00
Friday 31	Singing down Memory Lane	2:00 - 4:00

June 2019

Monday 3	Social Afternoon	2:00 - 4:30
Wednesday 5	Carers Support Group & Social Afternoon	2:00 - 4:00
Monday 10	Social Afternoon	2:00 - 4:30
Wednesday 12	Carers Support Group & Social Afternoon	2:00 - 4:00
Friday 14	Singing down Memory Lane	2:00 - 4:00
Monday 17	Social Afternoon	2:00 - 4:30
Wednesday 19	Carers Support Group & Social Afternoon	2:00 - 4:00
Thursday 20	Monthly Lunch	11.30 - 2.30
Monday 24	Social Afternoon	2:00 - 4:30
Wednesday 26	Carers Support Group & Social Afternoon	2:00 - 4:00
Friday 28	Singing down Memory Lane	2:00 - 4:00

Founder

Lady Cater

Patron

Jurat Michael Tanguy MBE

Chairman

Stephen Collas

Vice Chairman

Christine Birkett

Hon Treasurer

Bryan Mauger

Carers Co-Ordinator

Maura Stacey MBE

Secretary

Marie Cummins

Committee members:

Joan Machon
Stella Newbould
Bella Mahy
Stephen Gillman
Julie Bulpitt

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Stephen Collas
Marie Cummins

Designed by BWI



Printing kindly sponsored by



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