

September 2006

*'What do we live for, if it is not to make life less
difficult for each other'* George Eliot

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Plus loose insert for Theatre Trip bookings

I had to wait at some traffic lights the other day underneath a horse-chestnut tree, and no fewer than seven conkers dropped on the car. That really brought to my attention that Autumn is here and with it another newsletter. I hope you all managed to enjoy some of the sunshine this summer, and stay out of the torrential showers.

We had a beautiful day for the now traditional August picnic, held once again at Tubney Farm. It was nice to see so many new faces there, including a Japanese nurse who had heard Elizabeth King at a conference in Japan, and had come over here to look at Specal and The Clive Project. He has now gone back to Japan, and is hoping to start "Clive Japan" – he wrote to say he has started "nagging" the powers that be.

The Alzheimer's Society conference on Younger People with Dementia is taking place in Oxford this year. Details are on p.12, and I hope many of you will be able to attend. I have been going to this conference for several years, and last year I gave a seminar on The Clive Project. The first few conferences mainly reported on research, but in recent years there have been many heartening reports on services which are available around the UK. There are still areas where there is no help, but conferences like this help spread the word of what can be done, and increase the pressure on those authorities who don't provide any. And this Year The Clive Project is helping to host the conference. Attendance is free to people with dementia, and current carers, and we are hoping to be able to show The Clive Project photographic exhibition again. I'm looking forward to seeing that, as unfortunately I missed it in May, and I hope to see many of you there.

Helen Beaumont



new Trustees, Granam Snaw and Helen Mann, and introduced a third person, Alison Blight, who will be confirmed as Trustee in Autumn 2006. As you know, The Clive Project is forever growing and extending its work at the request of all of you who shape the services. So, to have three new Trustees bringing with them business and marketing skills and relevant experiences as well as a wonderful blend of personal qualities, is absolutely essential to take us all safely into the next exciting phase of growth. Helen Baker and Jean Ware-Morphy stepped down as Co-Chairs – a brilliant job-share – and we now have Alison Talbot, who with her quiet competence, incisive mind, and warm humour, has all the makings of an excellent Chair. And by the way, if you ever wonder about the formal bits and pieces behind the charity/company, just ask us and we can let you know how it all works.

Director's Role

What does she do all day I hear you cry! Anna is now taking great care of the One to One Service and so I am able to fully launch (conjure up that picture for a moment!!) myself into a more conventional Director's role (arrgh! We'll see about that!!). I'll be looking at new areas of development for the charity such as Clive Homes, developing the fundraising, supporting the Trustees and taking an overall management role with the services, especially in terms of the quality of our work. That's just a brief look at the role and I am very much looking forward to cracking on with it. Although there will be a slight pause

Personal Stuff

I am taking some time out from 'normal' working for cancer treatment now and hope to be back fully fit and in peak condition (crikey – what does that feel like I wonder?) when the time is right. In the meantime, there is a brilliant and highly committed team to keep everything moving forward in positive mode.

Cassington village Hall. Watch out for them and go and say hello. We're also hoping to be joined by Jim Campbell, the Lord Mayor of Oxford, and Rob Merchant, who is a trustee of one of our key funding trusts.

SO

One to One Service

Latest News

The last few months have been hectic while I have been finding my feet! We are now supporting 41 people, having started 10 new relationships and second sessions to a further 11 people. Sadly six relationships have come to an end as people have moved away or are no longer able to benefit from our support.

Rather than give my own impressions, I thought I would ask Reuben, a new support worker, to write of his experiences with The Clive Project.

Reuben writes: "How can I best, or ever, describe my experience of this in only 100 words? Actually, I'm not sure words will do it at all. To see the joy of a moment fully lived, and the sadness of its loss, and to be there when a carer has the strength to admit their weakness, these are priceless observations. It is sometimes funny, and sometimes tragic, but always rewarding. Oh, and what about a Clive Project guide to tea-rooms and/or walks?!"

I think Reuben speaks for all of us in finding it impossible to accurately describe the experience of being part of The Clive Project. I have been amazed at the inventiveness and creativity of the support workers in enabling the person they are supporting to find the most enjoyable things to do and how strong the relationships become.

been in touch with a great many of you over the summer. You may be interested to know that the Family and Friends Service now extends to 67 families, including 13 new people. Some of you we see regularly in your homes, others we visit occasionally as the need arises. Some of you prefer regular telephone and email contact. It really is up to you to make what use of the service you need, in the way you are most comfortable with. Social events and Exchange meetings provide a less formal way for us to keep in touch with you and offer our support, and we are always delighted to see how much friendship and mutual support you provide to one another at these gatherings.

Learning Together Workshop

The Learning Together Workshop on Relaxation in July was a perfect example. Helen Bloomfield demonstrated some relaxation, breathing and stretching techniques, and we all gave and received neck, shoulder and head massage – not only learning new skills, but enabling us to share the benefits with each other. Helen ended the session with a guided meditation in a world of calm where our bodies felt as if we floated in space where worries, tiredness and anxiety didn't exist.

We shared a relaxed lunch afterwards, feeling a new awareness of our own bodies, which many of us feel we often take for granted! Thanks to Helen, and everyone who took part, as well as those who helped set up and clear away lunch.

Future Events

Check the Newsletter Diary page for details of future events, but make sure you flag up two special dates for everyone: the Exchange meeting on Wednesday 4 October when we are lucky enough to have Colin Cosgrove, the Alzheimers' Society's Information Officer for Younger People with Dementia as our speaker; and the Special Annual Lecture

Thanks to your frank and informative responses to our questionnaire, we now have a better idea of your priorities and what you would like from the Friends and Family service over the coming months. We are trying to put your requests into our Winter programme, which will be mailed out as soon as all the venues, speakers and arrangements have been confirmed.

DL

Summer BBQ

PE was kind enough to write a lovely letter after attending the Summer BBQ. It reads:

'The Family and Friends Summer BBQ was held at the Abbey centre, on Audlett Drive, Abingdon. The evening was hot with a slight breeze and on arrival we were met by the lovely smell of BBQ food. Everyone was sitting outside and relaxing. New faces were quickly made welcome and soon everyone was chatting, as it is just like a big family.

We enjoyed cold drinks and a lovely buffet, with salads, bread, cheese and grapes, which went down well with the BBQ and was very much appreciated. Ice cream was served – soon going round again for seconds, if you wanted.

Thanks to everyone who went we all had a lovely evening and went home relaxed.'

Contact the Family and Friends Service by phone or email:

the usual venue – the United Reformed Church Hall in Risingshute. As usual, all CP folk are welcome. However, if you would like to go to Christmas lunch, booking is essential, so please phone Meg Barbour (Tel: 01865 872433) to reserve your place, and on the day, remember to allow plenty of time to get there through the major roadworks at the Headington roundabout.

Trustee Profile

Graham Shaw

Unlike other trustees who have long experience with early onset dementia, my background has been very much in the business sector. I've worked with large and small organisations both in the UK and overseas (France and USA) and spent much of my time climbing the career ladder and helping to bring up my two children – Lizzi and Robert. In more recent years, I've thought more and more about how I might 'give something back' and use my business skills to work with charities who are going through growing pains or, at the other end of the scale, looking for cash simply to survive.



I came into contact with The Clive Project and felt drawn by the invaluable help that The Clive Project provides to younger people who are still full of life but face losing control of their own destiny. For me, this is the sadness of early onset dementia. Since becoming a Trustee, I've been looking at the fundraising side of things (already managed with great success by Tessa) and taking the lead on a major project – Clive Homes - to establish long-term residential care for younger people with

to help me gain a greater insight into how we can continue to make a difference.

I look forward to meeting you soon.
Graham

Staff Profiles:



How I Came To Work For The Clive Project, by Terry Carpenter, One to One Support Worker

Life can at times deal us some very strange hands; perhaps it is its way of making us aware of our fears if that is what they are. When someone has mentioned dementia to me in the past I must admit it made me very nervous. Why? It was quite simple, I did not understand it, nor did I want to.

That was all to change in 1998 when my mother was diagnosed as having Alzheimer's disease. This changed both of our lives in a way that I would have not considered possible a year before. The truth was that I had to face my ghosts and take responsibility for my mother's future.

I considered myself very lucky from the start that the carer assigned to mother by Age Concern was very helpful and supportive. C was always there with advice and encouragement. I felt she was not only caring for my mother; she was caring for me as well. C helped me to face a future with a mother who was changing from the person who had looked after me when I was young to someone whose actions went against everything I knew her to be. Life with mother became a whole new

At about this time I took early retirement and was at a loose end. Going from full time employment to nothing can make one restless – nice as it might seem having nothing to do. C phoned me one day and hearing that I had retired asked me if I would like to do some voluntary work for Age Concern. I agreed and began by taking people for hospital appointments, shopping or just out to give them a break, or sometimes just sitting with them and talking. Eventually I joined Age Concern as a carer, working with older people, some with dementia, but the job was no less enjoyable. They can have a wicked sense of humour!

I had not heard of The Clive Project until C mentioned that they were looking for people to train as support workers and she thought it would suit me to work with younger people. I didn't think I stood much chance, and when I got to the interview I was convinced I had no chance. On being shown into the interview room I was confronted by a long table at which were seated three ladies. A lone male – *me* – sat in front of three ladies waiting to be grilled, or so I thought. I suddenly understood how the young boy felt in the famous W.F. Yeames painting "When did you last see your father?" as he faced his inquisitors. But I need not have worried. I think they understood, I was a poor, nervous, helpless male and treated me gently. A few days later Tessa phoned to offer me the position I had applied for! I have now worked for The Clive Project for over 18 months. Perhaps I am lucky in the partnerships I have, because they give me as much pleasure as I hope I give them. As one person I support said, "We make a good team." A vote of confidence, I hope!

TC





years. Some of you will have met them at the Family and Friends Barbeque.

We have some animals, including two lurchers, chickens, geese and a goat called Hanna. I enjoy gardening, cooking and music. Whenever possible I like to go and watch live music - by the time you read this I will have seen The Rolling Stones and be setting my sights on tickets for Glastonbury!



I was an advocate with Age Concern before coming to work with The Clive Project. I worked in residential homes and in the community. I was drawn to advocacy because of my own personal experience of caring for my sister and my father who both developed dementia around the same time. It came as such a shock to me and I found it very hard to cope. I wanted to try and make a difference for other people who were struggling to find their way through the system (pushing treacle uphill!) by offering support and information.

Since I started working for The Clive Project, in June, everyone has made me feel so welcome. I think The Clive Project has a real 'feel good' factor about it. The support is ongoing, positive and there when it's needed most. I am so pleased to be a part of it.

SH

The Clive Project Follow On Group

The **Follow On Group** continues to meet regularly and share experiences

few hundred people saw the exhibition. Many wrote such positive comments, which was very encouraging. The review in the Oxford Times was particularly complementary. Most of The Clive Project Reports were taken away by the visitors so even more people have become informed about dementia and the wonderful work carried out by The Clive Project.

Hopefully many of the images will be re-exhibited at the forthcoming Alzheimer's Conference due to be held in Oxford in November, so I may be asking you if you will allow your work to go on show again. I so enjoyed working with The Clive Project that I was delighted when Tessa asked me to continue to shoot photos at events and functions during this coming year. I think I'm becoming part of the wallpaper, which is an ideal situation for a photographer! I'm looking forward to seeing you regularly and keeping in touch with you all.



With very best wishes,
Judie

Clive Project to Chair Alzheimers' Society National Conference for Younger People with Dementia

Thursday 16 November, 2006 at The Oxford Hotel, Oxford. (just off the A34/A40 roundabout on the northern ring road)

We hope some CP members, staff and trustees will be able to attend this important conference. There is no charge for people with dementia and their family members, who should **book direct with the Alzheimers Society** (by 13 October) by phoning **020 7306 0606**, or emailing **www@alzheimers.org.uk**

The Clive Project with a spectacular cake. It was wonderful that Helen Beaumont, Betty Rostance and David Birch were all able to join us and reflect on how The Clive Project has grown and developed as a result of their vision and commitment. Developments such as the recent expansion of the One to One Service and the first anniversary of the Family and Friends Service provided the spark to thank them publicly for their determination and hard work.



Cutting the Founders' Cake

(L-R): David Birch, Elizabeth King, Betty Rostance, Helen Beaumont, Jean Ware-Morphy

The setting for our celebration was again the lovely garden of Gwyn and John Goss, at Tubney Farm House. Their warm welcome and the fine weather set the tone for about 50 guests to enjoy a first-rate lunch, a few games of croquet and boules, and a good old chinwag, while being treated to the keyboard music of a local peripatetic music teacher, Simon Handley. The only flies in the ointment (so to speak!) were the wasps, who seemed to think that the lunch was provided especially for ..

The day had provided good food, lots of fun and – perhaps most importantly – good company and a few hours away from the usual routine. Many thanks are due to Gwyn and John Goss for so generously sharing their home – not to mention the hours spent helping to erect gazebos, set out chairs, manicure the garden and generally see that everything was right for us. Special thanks are also due to Vaughan for his tireless work setting up and clearing away, as well as to trustees and members of the support team who did countless little things which helped the day run smoothly. Thank you all!

SO



The Clive Project Library

Don't forget, we're always looking out for new additions for The Clive Project Library, so if you've come across something you think might be worth adding to our stock, let Diana, Sue or Tessa know and we'll do our best to obtain a copy. For those who don't know, the Library items (books, leaflets, and the odd video) are usually available at Exchange meetings. You may borrow items freely to take home, but please return them once you have finished with them so that they are available for others to use. A complete list of the resources is included in the library box which is brought to Exchange meetings.

If you'd like to recommend a book for the library, or to review a book you've found helpful, contact Sharman for more information on

Clive Homes Update

Negotiations are continuing with planners and a possible partner organization, but, unfortunately, at present nothing is at a stage which we can share with you.

HB

Readers' letters, contributions and suggestions

You're still being a bit shy about sending us your news, views and ideas. Perhaps you've seen a gadget or gizmo that you'd recommend for someone with dementia – or for any of us! Or maybe you have an idea for a future event we could set up for The Clive Project?

Copy deadline for the next newsletter is Thursday 28 December, so post your offerings to: Sharman Oldham, 39 Palmers, Wantage, Oxon OX12 7HA, or email them to sharmanoldham@thecliveproject.org.uk.



Society.

Thurs 12 October 7.00pm – Clive Project Club Annual Get-Together with supper, entertainment and consultation, at Cassington Village Hall. Invitations to follow – all welcome.

Thurs 9 November 7-9.00pm – Friends & Family Service Special Annual Lecture. Simon Sholl of Well Being Services, will talk about the importance of laughter, at Oxford Spires Four Pillars Hotel, Abingdon Road, Oxford. Invitations to follow.

Weds 13 December, 7-9.00pm – Clive Project Club Christmas Party, at Cassington Village Hall. A Bring & Share supper for everyone to enjoy. Invitations to follow.

Thurs 21 December 2.30pm – Clive Project Club Theatre Trip to see CATS at The New Theatre, Oxford. All Welcome - see booking slip enclosed.

Weds 3 January, 4.30pm – Clive Project Club Pantomime Trip to see Mother Goose at The Theatre Chipping Norton. See booking slip enclosed.

Details of the Family & Friends Exchange Programme for the coming months will be published and mailed to you separately.

Please book me _____ tickets @ £10 each for '**CATS**' at The New Theatre, Oxford, on Thursday 21 December 2006 at 2.30pm (*usual ticket price £20.00*)

Please book me _____ tickets @ £6.50 each for '**Mother Goose**' at The Chipping Norton Theatre on Wednesday 3 January 2006 at 4.30pm (*usual ticket price £13*)

*(Please note that availability is limited and tickets will be allocated on a 'first come, first served' basis. There are more tickets for CATS than for Mother Goose. **You will be billed through your monthly bill for January or February 2006.**)*

Your Name: _____

Address: _____

Tel No: _____

Complete and return slip to: Sharman Oldham
Admin Support Worker

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