

ALL SAINTS NEWS

14th May 2023
Easter Six

Dementia Awareness Week 15-21 May 2023

Dementia Awareness Week is an awareness raising campaign supported by the Alzheimer's Society, a UK charity that provides support and research for those affected by dementia. The campaign aims to encourage people to 'act on dementia' and seek help if they or someone they know may be experiencing dementia symptoms.



By raising awareness about this condition, it is hoped that more people will be diagnosed earlier, giving more time for them to come to terms with future symptoms.

Understanding Dementia

It's not called
getting old, it's
called getting ill.



Dementia is a term that describes a range of symptoms affecting memory, thinking and behaviour. There are over 100 different types of dementia, caused by various diseases that damage the brain, two of the most common being Alzheimer's disease and vascular dementia.

Whilst dementia is more common in older people, it is **not** a normal part of ageing and can affect anyone.

According to the latest statistics from Alzheimer's Research UK, there are around 900,000 to 944,000 people living with dementia in the UK. This number will increase to over one million by 2030 and over 1.6 million by 2050. Whilst prevalent in the over 65s, some people develop young or early onset dementia and in the UK, over 17,000 people under the age of 65 have the condition. Indeed, it's no longer uncommon for people in their 50s to have dementia. The estimated prevalence of young onset dementia is 92 per 100,000 of the general population, with prevalence rates for young onset dementia being higher in black and minority ethnic groups.

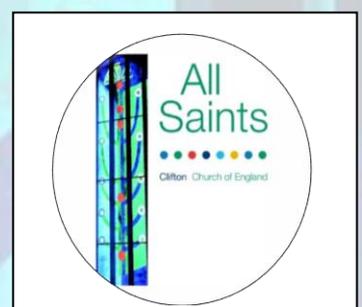
A diagnosis of dementia can be devastating, not only to the person concerned but to their friends and family, too, since the symptoms of dementia are progressive and on an unknown time scale: it could be months or many years before the symptoms become advanced, and can often vary hugely depending not only on the type of dementia the person has but also varying according to each person's essential character and personality.

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There is also a huge misconception that dementia is all about memory loss and that it only happens to old people. It's not, and it doesn't.....

Some Symptoms of Dementia

- **Memory Loss** – problems with short-term memory can often be the first sign of dementia.
- **Communication Problems** – linked to memory loss, communication problems often arise when a person is unable to recall a particular word or phrase in conversation.
- **Changes In Mood** – dementia symptoms can have a profound effect on a person's life, which can give rise to varying emotions such as sadness, anxiety, anger, and depression.
- **Physical Changes** – the mind controls our bodies and in the later stages of dementia, physical changes become more noticeable. Problems eating and swallowing can develop, causing weight loss.
- **Dementia symptoms are progressive** – symptoms worsen over time. Advanced symptoms usually mean that a person is unable to look themselves without assistance.

There's Good News Too!

Despite the challenges posed by dementia, there are also reasons for hope and optimism. Indeed many people with dementia can live full lives with little or no assistance.

Scientific Advances

Research is advancing our understanding of the causes, diagnosis, prevention and treatment of dementia. There are currently over 300 clinical trials and studies on dementia in the UK, aiming to find new ways to improve the lives of people affected by the condition. Indeed, after twenty years with no new drugs, in just twelve months there are now two potential new drugs being trialled for treating early stage Alzheimer's disease. The most recent of these, Donanemab, has shown to slow the progression of the disease by 36% over 18 months of treatment.

Remember The Person

Each year 'Remember The Person' is the recurring theme for Dementia Awareness Week. In an advanced stage, a person with dementia may not be able to communicate and express themselves, so people are encouraged to 'remember the person' behind the dementia.

Sadly, in some cases where symptoms of dementia have advanced, friends of people with dementia no longer visit them; they want to remember how that person used to be. However, whilst the 'wall of dementia' is in front of them, they should be held in the same regard, and treated in the same manner as they were, before they had the condition. Even at an advanced stage, people with dementia can indicate they are aware of those around them; they are still 'there'. **Remember: the person is more than the dementia.**

Community Support

Living in the present, keeping active and participating in activities specially designed for those living with dementia is a strategy which helps some people cope with the condition – and certainly can help the carers supporting them.

All across the UK there are many initiatives and organisations that support people with dementia and their carers, such as the Dementia Friends programme and the National Dementia Helpline.

In Bristol we are very lucky to have a wealth of information, support and activities aimed at those living with dementia and their friends, families and carers. One professional body, unique to Bristol is the [Dementia Wellbeing Service](#), which provides a personalized package of care, tailored to the individual, and includes continuous, one-to-one support local to one's home and the creation of a personalized wellbeing plan.

The best way to find out about everything is via the ['Get Support/Find Support Near You'](#) pages of the Alzheimer's Society website. You can enter your postcode, to find a many support groups and activity providers all close to home.

Friends Together Café at All Saints, Clifton



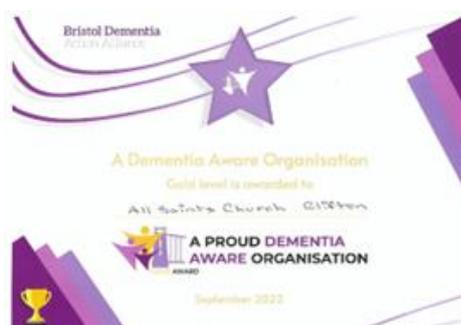
Our Café at All Saints is just one example of the many volunteer-led dementia support initiatives in Bristol. The Café – originally called Friends on Friday – launched in May 2017 to coincide with that year’s Dementia Awareness Week. Following a break during the Covid Pandemic, the Café was relaunched as Friends Together, now on the first Thursday of every month from 10am-12pm, and six years’ on it’s going from strength to strength. The Café is totally free, and whilst aimed at those living with dementia, their friends, family and carers, it’s essentially open to everyone and anyone, providing activities, information, conversation, and friendship, along with tea/coffee and delicious home-made cakes!

BDAA – All Saints’ Giving Fortnight

Bristol Dementia Action Alliance (BDAA) is a non-profit organisation that aims to make Bristol a dementia-friendly community. It was launched in 2013 and became a registered charity in 2016. BDAA works with various partners and stakeholders to raise awareness and understanding of dementia, support people living with dementia and their carers, and campaign for better care and services. Some of the activities and projects that BDAA undertakes include:

- Using the Purple Angel Campaign and Dementia Friends as tools to increase dementia awareness and train staff in local businesses and organisations.
- Running roadshows, stalls, events and workshops in strategic locations in Bristol to reach out to different groups and communities.
- Visiting schools, youth clubs and faith groups to educate young people about dementia.
- Supporting the launch of other Dementia Action Alliances in the region.
- Creating the Avon & Somerset Dementia Forum to facilitate collaboration and communication among dementia stakeholders.
- Supporting local people with dementia through initiatives such as the Happy Days Memory Cafe, the Dementia Friendly Church and the Dementia Wristbands.
- Providing free resources and useful contacts for people affected by dementia, such as GP packs, legal advice, music therapy and scam prevention guides.
- Recognising and rewarding individuals and organisations that make a positive difference for people with dementia through the Dementia Aware Awards.

Friends Together would not have started if it hadn’t been for the advice and support from the team at BDAA, led by Tony Hall, Chair, and in September 2022, All Saints was delighted to be the recipients of a BDAA Gold Award in recognition of our status as ‘A Proud Dementia Aware Organisation’



BDAA relies on donations, grants, gifts in wills and volunteers to carry out its mission. It welcomes anyone who wants to get involved or support its work. BDAA believes that people with dementia have the right to live well, engage in and contribute to their local community.



We continue to work with and get support from BDAA and hugely value the work they do, which is why we're announcing a fortnight of targeted giving in aid of BDAA. Please do make a donation to this very worthwhile organisation, so that by raising awareness and promoting action, we can make a real difference for people living with dementia and their families. Thank you!

How to donate to BDAA – please fill in our 'giving' envelopes and mark BDAA on the envelope
or
pay via card, then put a giving envelope into the collection box, marked up with 'BDAA' and the amount of your donation

The Parish Retreat Friday 12 – Sunday 14 May 2023



The Parish Retreat is taking place this weekend at Llangasty Retreat House. The Conductor will be Fr Neil Kelly – who is the Vicar of St Laurence Chorley – and the theme is 'Homecoming'.

Fr Charles and Retreatants will be away this Sunday.



Burundi Education Foundation

Dear Members of All Saints Church in Clifton,

On behalf of the Burundi Education Foundation, I would like to express my deepest gratitude for your unwavering support of our cause. Your contribution has helped us in achieving most of our important goals of providing quality education to the children of Burundi.



As you may know, the Foundation was started on the inspiration of my father, late Professor Emeritus Joseph Katihabwa, who believed that education is the key to a brighter future for our country. With his vision and guidance, we started the Foundation to bring our contribution to the development of Burundi.

The efforts the Foundation was embarked in started paying off and we are proud to see our first successes.

With the support of UNICEF, we built a school in the small village of RUSAGA, RYANSORO Commune, GITEGA Province, one of the poorest in Burundi. The school opened in 2018 and currently has 250 pupils enrolled.

Moreover, we have been providing teaching materials, uniforms, and other necessities to all the pupils studying there every year for the past 5 years.

We are proud to have been able to provide these children with access to quality education, and we are committed to continuing our efforts to ensure that every child in Burundi has access to education.

In addition to our efforts at RUSAGA, the foundation has also donated various equipment to different schools in the country.

Our Foundation is also committed to fight school absenteeism and gender inequality. We firmly believe that every child, regardless of their gender, should have equal chances to succeed. To this end, we have taken various measures to alleviate factors that lead to girls being at a disadvantage compared to boys. One such initiative was the donation of sanitary pads to schoolgirls in various schools all over the country. This small gesture has had a tremendous impact on the lives of these young girls, enabling them to attend school regularly and with confidence.

We are committed to supporting the academic success of our children and have committed to reward the best students in some schools and Universities with various things to support their further education.



Now I would like to take this opportunity to share with you some of our future plans for the Burundi Education Foundation.

We are now working on improving access to education and the quality of education for children and young people under the age of 25, from poor communities, girls and women who missed an education.

One of our projects is to open a health centre at the RUSAGA School. We believe that access to quality healthcare is just as important as access to education, and we are committed to ensuring that the children and families in the community have access to important healthcare services.

In addition to the health centre, we also plan to establish digital centres all over the country. These centres would provide opportunities for school teachers to receive training and improve their computer literacy skills.

This is an essential component of our mission to provide quality education, as we believe that access to technology and digital resources is essential in today's world. The first of these centres is planned to start at KIGANDA Commune, MURAMVYA province.

We also want to help parents of pupils in schools generate an income using agriculture, farming, and arts.

Other plans are in the pipeline and the journey continues.

None of this would have been possible without your support. Your generous contributions have enabled us to continue our mission of providing quality education to children in Burundi. On behalf of the Burundi Education Foundation, I would like to express my sincere thanks to you for your continued support and generosity.

Kind regards.
Chantal Ndikumana

Bristol Early Music Festival Workshop for Singers

Saturday 13th May 10:00am – 5:00pm

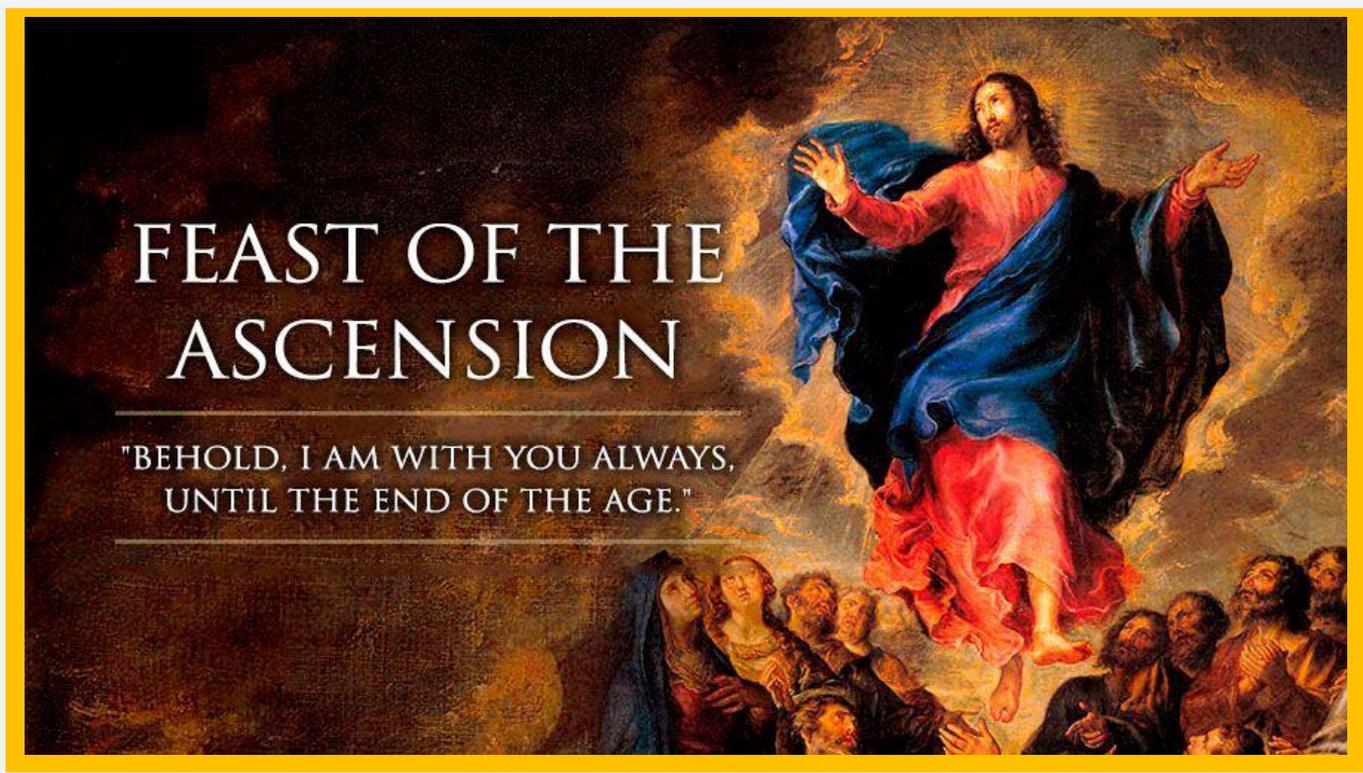


Bristol Early Music Festival



This year, the Festival consists of one large-scale event: **The 2023 Festival Workshop for Singers**, led by Robert Hollingworth, performing Marc-Antoine Charpentier's *Mass for Four Choirs and Instruments*

For more information and to purchase tickets, see the leaflet in church, or visit the Festival website: www.bristolearlymusicfestival.uk



Ascension Day Festival Mass
Thursday 18 May at 7.30pm



**The ASC Saturday morning Walks
for Everyone are
on the 2nd Saturday of every month
Everyone is most welcome to join our walks
and friendly dogs are very welcome!**

Our next Walk is on Saturday 13th May Led by Tim Dowling, leaving from All Saints at 10.30am

We are planning to follow the Granny Downs Tree Trail. There is a thirty-minute walk to get to the start of the Tree Trail.

However, some people might prefer **to meet at the start of the Tree Trail** which is on Westbury Road, which leads from the roundabout at the top of Blackboy Hill (near the Spire Hospital) towards the White Tree Roundabout. We can meet there **at around 11.15am**, by the bus stop halfway along Westbury Road, by the Pelican Crossing that marks the start of the Tree Trail.

The Tree Trail takes us around the area on the eastern side of Westbury Road and takes about an hour to get round and the Trail ends at the same starting point.

Those walking from All Saints Church will need to do a fairly steady walk to get to this starting point, with no distractions along the way!

This is the best time of year to do the Granny Downs Tree Trail, as there should still be plenty of blossoms to enjoy.



Children from St John's Primary School re-enact the Ceremonies of the Coronation

PILGRIMAGE TO WALSINGHAM: 5th - 8th SEPTEMBER 2023

Holy Trinity, Horfield, are organising the above pilgrimage and have a few spare places available. If you are interested, please contact Caroline Plance in the first instance on cjplance@gmail.com

Coronation Weekend – Thank You!

Coronation Exhibition and Bank Holiday Cream Tea



What a successful weekend! Thank you to all those who put so much thought, energy and activity into everything that took place.

The exhibition was very much appreciated by all who went through the door – nearly two hundred over the weekend. A great deal of thought had gone into the structure and the way things were displayed. Thanks, Georgina, Caroline and Marney.

Thank you also to all who lent such a wide variety of artefacts and memories to the event. The Sacristy location with the new lighting (partly in) gave a great sense of future possibilities for this space.

And, of course, the Cream Tea! Monday was an afternoon of non-stop service - of tea, coffee and yet more scones (with cream and jam). (The author discovered that there are many more scone recipes than he'd imagined – and all great with jam and cream!). Thank you to the tea team, the furniture movers and the scone bakers. The Atrium was 'jam-packed' and had a great atmosphere – brilliant.





**Thank you to Father Charles,
clergy and serving team for
allowing the transformation of
the Sacristy into exhibition hall.
We hope we left it as you would
wish to find it!**



Thank you

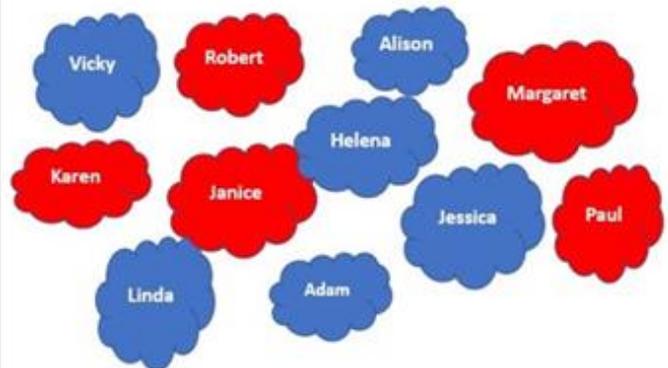
**to all those who lent us
their mementoes and their
memories and made this**

Exhibition possible

**and a special thank you to our
'All Saints Flower Team'
for their contribution**



**Thank you
to all the people who
kindly volunteered to act
as hosts for the exhibition**



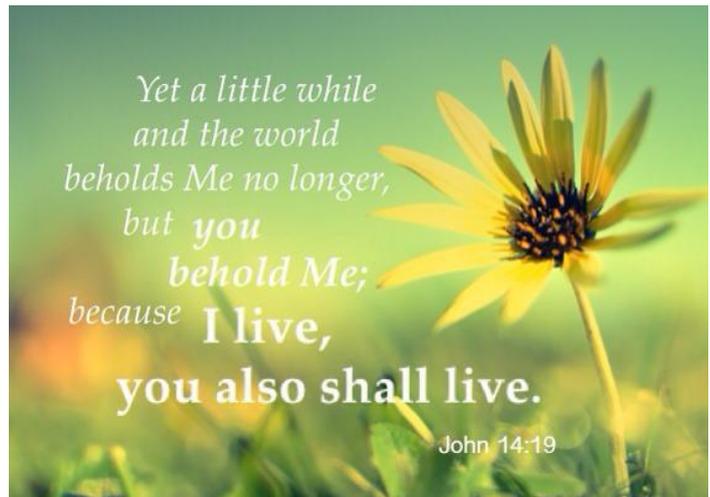
**And WENDY - for her
great help with
*everything!***

Prayers Requests

'In a little while the world will no longer see me, but you will see me; because I live, you also will live.'

(John 14: 19).

Please let Fr Charles know of anyone who would like to be remembered within the weekly prayer list or anyone who you would like to be remembered in prayer.



Those who we remember in our Prayers.

Sunday Tabitha Clark, Ruth and Richard Harding, Katie Norman, Neal Gordon, Joyce Shepherd, Cynthia Ashford Sarah Bradley Sue Hilliar Steve Cooper Ruth Marson Ryan Lindsey Joanne Cooper Mary Greenacre

Monday

Tuesday. Diana Verity

Wednesday , Katrina and Katherine King, Philip Miles, Samantha Tucker, Hugh Farry Shamin Azad

Thursday

Friday Charlotte Hopkins, Andy & Gina Ford, Elisabeth Morgan, Caroline Semon

Saturday

The Departed

Malcolm Davis Jeanne Callow Mileno Graca Rory Young
Ros Hawkins Ron Gale Valerie Donkin Hugh Barron

Years' Minds - this week we remember

Dorothy Wookey Tony Crabbe Kathleen Verity Gloria Harrison George Ford Derek Graham
Meg Grimes Rachel Jardine Rita Perrot Christopher Langford Savery Winifred Babb

