

September 2005

*Friendship is born at that moment when one person says to another:  
"What! You, too? I thought I was the only one."* C S Lewis

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*(Plus Reply Slip insert)*

ever. It certainly shows the different activities of The Clive Project, and how much we have grown.

This is a difficult letter for me to write, as for the first time since The Clive Project began, I am not one of the trustees. It became very clear to me in my time as Chair that the project is now a sizeable business, and I am not a businesswoman. I felt very much that I was not doing the job of Chair as well as I had hoped to, and that the project was suffering as a result. Consequently I resigned at the last AGM, and left the job of the daily running of the project in the very capable hands of the Director and the other trustees.

But it is still The Clive Project, and I am still (and always will be) Mrs Clive. I shall still be coming to Exchange meetings, editing the newsletter with Sharman's assistance, and talking endlessly to anyone who will listen about young-onset dementia, and the toll it takes on the people who have the illness, and their families and friends.

I hope to see many of you at the October Get-Together, the November talk (Hugh Marriott of 'Selfish Pig' fame), or the Christmas party.

*Helen Beaumont*



the service. These changes result from the situation, the network of care and support needed, and the family situation. We aim to be alongside to help you adapt as well as possible to new circumstances and really to just be there for you.

The service continues to be in high demand with around a quarter of people involved requesting additional sessions, and others hoping for an introduction to the service. The team has shared 2100 hours with you from April 1<sup>st</sup> 2005 and spent time doing so many different activities – hope you continue to find the sessions enjoyable and interesting.

Kathy Yorke is retiring from the One to One team. We all wish her well, and hope she has many happy and healthy years. Kathy's sensitive support and contribution to the team and to the Project will be much missed. She has written a short farewell which appears later in this Newsletter.

TG

Yoga?



Would anyone be interested in joining a Clive Project yoga group? Bernard Pottle, an experienced Yoga teacher from Cumnor, has offered time and tuition on a voluntary basis either individually or to a small group from The Clive Project. I know some yoga enthusiasts and they highly recommend yoga as an excellent form of relaxation. Times, days and location can be to suit within limits. Why not let Sherman know if you are interested – you would be a founder

team. It would be lovely to exhibit some of the photographs from your collaboration with Judie, with your agreement and we'll be in touch about that when the time comes.

This will be the first time we have participated in Artweek so .... what would you like to show off?!



If you would like to contribute to The Clive Project's Artweek then please let Sharman know and we will send out more details when they are published.

*TG*

### **Permission to use photographs**

Just a quick note on why we tend to flash around with a camera at gatherings! We very much want a lively visual diary of our get-togethers, big and small. When there is a spare moment (!), we would like to put them into albums and bring them along to the 'do's'. Do you have a spare moment? (Old fashioned I hear you mutter – but, in my defence, it seems the best ways of viewing – it's not quite so relaxing to look at a computer screen). The photos are an excellent trigger for all our shared memories and they really do show others, including potential funders, what we get up to in a much more stimulating and powerful way than a written report. We

we are just about to develop a local, community groups database for fundraising purposes. Groups such as rotary, lions club, parish councils, amateur dramatics and operatics and so on may be willing to include us as beneficiaries of their fundraising efforts – if they know about us. We would like to mail them all with our latest news and review, and this is where you could help. Please could you let Sharman know the contact details of any local groups that you know raise money for charities.

Many thanks

TG

## Family & Friends Service

### **An Update - Five Months On**

*from Diana and June, Family & Friends Support Workers.*

We can hardly believe we have been in post for five months!

The time has passed quickly; first our induction, training, getting to know the One to One support team, learning the ropes, and last – but far from least – making contact with as many Family and Friends as possible.

New social events and Exchange meetings are planned until the New Year so far. We are looking at Spring 2006 now, so please let us know if you have a burning desire to do something interesting and we will do our best to plan ahead with your interests in mind.

We are enjoying our new role and it has been lovely to meet some of you at home, in a place of your choice, or at social events. Thank



In keeping with finding interesting and enjoyable things to do for our Family & Friends Support Group, July found us at the Cumnor United Reformed Church Hall for a pottery painting morning and lunch. As usual with Clive Project events the lunch was delicious, but it was the pottery painting that was the real hit. Blank slipware plates, bowls and mugs were provided together with an array of painting implements and vibrant pots of paint.

Maggie Sheehan, of The Pottery Place, in Witney, talked us through producing our own design and demonstrated some helpful techniques for decorating our chosen piece of pottery. She made it look so simple and easy!

Strangely for a Clive Project event, despite the steady murmuring of conversation and regular bursts of laughter, a mood of quiet concentration descended as we became totally absorbed in painting and decorating our pots and plates. Time flew by and it was a race to complete our designs before Maggie was due to leave, taking our pottery away for glazing and firing. For some it was the first time since school that we had done anything creative like this, and it was both satisfying and amusing to sit back, scrutinise our efforts and think 'I made that!'

SO

### **Our Summer BBQ – Damp But Undeterred!**

Our sincere thanks to Peter Bolongaro, Michael Wall and Brian Moody for inviting us to share a BBQ in their lovely garden in

**Contact the Family and Friends Service by phone or email:**

**Diana** (North Oxfordshire) Tel: 01993 891955 (Mon, Weds, Thurs)  
Email: [dianaletchford@thecliveproject.org.uk](mailto:dianaletchford@thecliveproject.org.uk)

**June** (South Oxfordshire) Tel: 01865 301636 (Tues, Weds, Fri)  
Email: [silversmith1992@btinternet.com](mailto:silversmith1992@btinternet.com)

The Clive Project Club



**A Summer Picnic**

The borders at Tubney Farm House had all been weeded and the lawns newly mown in readiness for 40 or 50 people, due to arrive from midday for The Clive Project annual August picnic. Vaughan Billings and our wonderful hosts Gwyneth and John Goss had rounded up and delivered tables, chairs, gazebos and sun umbrellas, to provide shelter from the (much prayed for) sun and a comfy setting in which to enjoy the tasty food and friendship the picnic always seems to provide. This year there were pegs set out for croquet, skittles for bowling and a football for good measure – so no excuse for idleness! The scene was completed when support worker Jo Davies and her husband Dave arrived to entertain us from beneath the shady apple trees with their own special brand of 'lounge jazz'.



and most importantly a chance to make and share friendships and take a little time out from the pressures of everyday.

Amid all the chatter the hours flew by and all too soon it was mid-afternoon and time to bring the picnic to a close. Gwyneth and John had made us so welcome to their home that I think lots of folk didn't want to leave. However, after many rounds of thanks for their kindness we all went away looking forward to the next time and left our hosts to the peace and tranquillity of their delightful garden.

SO



## The Clive Project Library

Our library contains a collection of materials related to dementia. There are books written by people with dementia, by the families and friends of people with dementia, and by social workers, doctors, nurses and researchers who deal with younger people with dementia. It is available at most Exchange meetings, and people connected with the Project can borrow books for free for as long as they want.

If you would like to recommend a book to be added to the library, please let us know. If you would like to borrow or return a book in between Exchange meetings, please contact Helen Beaumont (01235 200360). A complete library list will appear in a forthcoming newsletter.

For over 30 years, the author has practised a communication-based form of care. She shows how, by following a few straightforward and simple ideas, the quality of life for people with Alzheimer's can be dramatically improved, and their dignity and self-respect renewed. Perhaps as importantly, it also suggests ways that their carers can care for themselves.

**Who will I be when I die?** – Christine Astley Boden

ISBN 1863717331 (196pp) May 2004

Christine Boden presents an inspiring first-hand account of what it's like to experience Alzheimer's.

*HBe*

## Making Images – the latest phase

*Judie Waldmann*



Once more I must thank all the people who have become involved with my long-term photographic project. Since I last wrote several new people have joined in and not only are you taking photos on our long walks you are also beginning to photograph those special items you have saved and collected through the years. This is particularly easy for those of you who are 'hoarders' rather than 'chuckers'. Some of the objects and collections are raising very special memories. In addition they make very interesting and individual images. I would like to congratulate the three gentlemen who agreed to let their images from Bridewell Organic Gardens be displayed and sold at the various Open Days, talks and teas. They raised over £50

the Annual Review. This was a wonderful opportunity for me to meet more people and to recruit more individuals to the photographic project, which will continue until mid-October. The editing process will take place from then until February. As mentioned in the last newsletter, the aim of this project is to provide an opportunity for all of us to express ourselves in a creative way, and to work together towards a larger project, the Exhibition. Your permission will be sought for any images you have taken that may be chosen to use again in the Exhibition.

Slowly I am beginning to have ideas as to how some of our images may come together for that Exhibition. In the coming months I will be discussing these ideas with a variety of people involved in The Clive Project. I will know more about the venue in October. I am inspired not only by the visual content of an image, but also by phraseology that is used by individuals and by people who have worked in the field for a long time.



I am learning a great deal about the experience and process of dementia and hopefully I will be able to communicate this, both through the photographers' images and my own images, which may at times be sculptural. Maybe the general public who come to the exhibition, will become more informed about dementia and perhaps their stereotypical image of a person with dementia, like mine, will be broken down. Video and audio may also be elements in the Exhibition. I would also like the images to emphasise the importance of the individual within a group. To this end there may be a hand-

## Trustees wanted!

*Helen Baker talks about being a trustee of The Clive Project.*

The Clive Project is looking for some new trustees at the moment so we thought this might be a good time to give you an idea of what the trustees actually do when not enjoying summer lunches in Tubney or Christmas parties in Cumnor!

There are currently five of us, though we are planning to build up to about ten now that the charity has expanded so much. Our trustees have come from all kinds of backgrounds – general practice, research, social care, the voluntary sector, banking and the law to name a few, and we have also really benefited from the direct experience of family carers who have joined the Board. All trustees work on a voluntary basis and donate their time for free. Few can have given more generously of their time and experience than Helen Beaumont, Sally Bradbury and David Birch who all stepped down recently.

As The Clive Project has been set up as a 'company limited by guarantee' as well as being a charity, the trustees are also directors of the company. These titles might sound different, but the responsibilities of trustees and directors are really very much the same. We work very closely with Tessa and all the staff, but it is the trustees/directors who are ultimately responsible for running the organisation – not the day-to-day running which is delegated to the executive Director ( Tessa ) but building the strategy for the future

us a chance to show everyone involved with The Clive Project, including the funders, what has been achieved at the end of every year.

This may sound very formal and daunting to some of you – and is, of course, just as likely to be very familiar to others of you! There are very few limitations to who can become a charity trustee as long as you are over 18. The Clive Project, for example, needs a whole range of skills and experience from its Board and it is putting all those individual skills together in the team of trustees which makes it effective. The very close working relationships with Tessa, the wider staff team and all of you who use the services also makes the job a lot easier - definitely one of the main reasons why the Project has grown so strongly and confidently from the beginning.

We hold formal trustees meetings five times a year; four regular quarterly meetings and an annual general meeting in the summer. We may also meet in smaller, more informal groups to progress topics such as finance and fundraising or staffing. One big bonus of being part of The Clive Project is being able to join in so many of the social events with you all during the year, and of course being able to play such a direct role in supporting and developing a resource which is clearly so important to so many people.

Becoming a Clive Project trustee may not be right for you – but there is no shortage of other ways to be involved! However, if you would like to know more, including the kind of induction and support which would be available, either phone me on 01865 310585 or e mail me at [jhjbaker2@aol.com](mailto:jhjbaker2@aol.com).

*HBa*

Helen Baker	(01865) 3130585
Vaughan Billings	(01869) 340857
Elizabeth King	(01865) 249579
Alison Talbot	(01295) 750133
Jean Ware Morphy	(01295) 720019

## Readers' letters, contributions and suggestions

Remember, we'd love to hear from **you** if you have something to pass on or a tale to tell. What do you feel strongly about? Do you have something you'd like to share in print?

Please email or post your handwritten or typed copy to Sharman by

Wednesday 4 January

and your name could be in print in our January 2006 issue! Why not start writing now, and send your items to:

Sharman Oldham  
Admin Support Worker  
The Clive Project  
39 Palmers  
Wantage  
OX12 7HA



Phone: 01235 763968

Email: [sharmanoldham@thecliveproject.org.uk](mailto:sharmanoldham@thecliveproject.org.uk)

*retirement from The Clive Project One to One Service...*

Today is the 31<sup>st</sup> August and it is the first Wednesday I have not worked for The Clive Project in nearly 5½ years. As a result there is a significant bit of me that doesn't really think it is Wednesday.

Until today I had seen one of my clients every week for the whole of that time. She is so special to me. It is hard to break away, and 'breaking' is a bit how it feels, as we can't say goodbye in the conventional way. But the fact that little of the time we spend with our people is conventional has been, for me, one of the main pluses of the work. Although I never saw more than three different people in a week, the variety in the work was great – in the personalities, in what we did, and in how we did whatever it was.

The 'how' could present great challenges, but armed with humour, imagination and a keen sense of the ridiculous, much can be achieved. An abiding memory – and hugely rewarding experience – involved Jill Cowland and me helping a Clive Project member in a residential home to prepare for and take part in her daughter's wedding. It was touching, fun,





Gwyneth Goss's home at Tubney, near Abingdon.

On our arrival, feeling a little stressed from the morning, we were welcomed with fruit punch. The gardens were relaxing and beautiful and we were soon chatting to friends and meeting new people.

We have never played boules, skittles or croquet, but soon we were laughing and enjoying the day. There was a guitarist and a violinist playing in the background, and the weather was fine.

The buffet lunch was really tempting – we now have to walk the inches off! I left feeling as if we had been on holiday for the day, thanks to The Clive Project.

Thanks too to (Clive Project member), for the conversation and useful ideas – they helped a lot and I will pass them on.

If anyone is not sure of going to the events arranged by The Clive Project, all I can say is that on my first experience, last year, I was frightened of what to expect. There is no need to be. You will make new friends who all understand and help each other, and you will know that you are not alone any more.

See you all at the next meeting

## MAKING A TRAINING VIDEO

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*Friends & Family Support Worker Diana Letchford collaborated in the making of a video which will be used in the training of social workers.*

In June 2004, I was invited to a meeting by Jane Hope, who was responsible for co-ordinating Service User and Carer input into the new Social Work degree course for Oxford Brookes University and Ruskin College.

It is a government recommendation to offer carers the opportunity to contribute directly to the course – either by training students, interviewing students, or providing teaching material. The purpose is to enable students to hear voices from a wider range of experience, from the carer's perspective. This may be achieved through making videos, tape recordings, written pieces of work, or art work and interviewing.

Jane and I started informally talking with partners, families and friends of people with dementia who were willing to share their experiences for a training video funded by Oxford Brookes University and Ruskin College. We also received support from the Alzheimer's Society and The Clive Project, enabling us to complete the video working one day a week for approximately ten weeks.

The film company we used was OFVM (Oxford Film & Video Makers), which is a non-profit-making charity. Seven people, plus Jane and I, embarked on a video making course to learn how to write a story board; use the camera, lighting and sound effects; and to plan the content ourselves. Our tutors were professional, patient and extremely sensitive to our needs and feelings. We laughed and cried a great deal together. It was an experience none of us will forget.

Age Concern and Oxfordshire Advocacy Group have requested copies of the video for training purposes. If anyone from The Clive Project is interested in seeing the video, please contact June or myself or send the request slip from this newsletter to Sharman.

*DL*

## The Younger People with Dementia Network

*Vaughan Billings shares his thoughts on this support network*

In April 2004 I registered with the Younger People with Dementia Network through the Alzheimer's Society. The publicity quotes, "The network matches people in similar circumstances and puts them in contact with each other". Matched members can share information, advice, or experiences, and can generally be a good support to each other.

The first contact I made did not work. However, the second time it was very different and I have remained in contact with a lady who lives many miles away but who shares very similar experiences to mine. Initially the contact was made via the web, allowing one to give out as much or as little information as one chooses, but subsequently we made contact on the telephone and we have met on a few occasions at different venues.

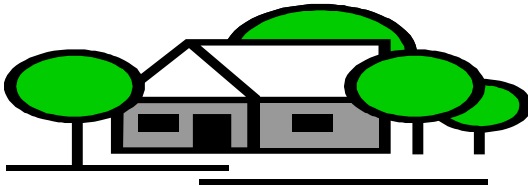
For me the network has worked and offered another contact to help me overcome the various problems that occur in the form of another friendly person who understood the position from first-hand experience.

Colin Cosgrove  
Information Officer for Younger People with Dementia  
Alzheimer's Society, Gordon House  
10 Greencoat Place  
London SW1P 1PH  
Tel.020 7306 0606  
Helpline 020 7300 0808  
Website [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

VB

## Clive Homes Update

The Clive Homes project is still high on our priority list, though there is little we can tell you at present due to the highly confidential nature of negotiations about possible sites with potential partners in the venture. However, rest assured that we are working hard to turn this project from a wish into a reality.



## Take a Walk on the Wild Side?

Clive Project members are invited to join a *guided* charity walk around Banbury with local historian Brian Little on **Sun 16 October 2.30pm** – organised by Banbury & District Branch Alzheimer's Society. There is a

**Thurs 13 October 7.00-9.00pm** – The Clive Project Annual Get-Together at Cassington Village Hall – details & map coming separately.

**Wed 16 November 7.00- 9.00pm** – Annual Special Lecture with Hugh Marriott, author of 'The Selfish Pig's Guide To Caring', at the Thames Four Pillars Hotel, Sandford-on-Thames – invitation & map to follow.

**Wed 14 December 7.00- 9.00pm** – Christmas Party – 'Bring & Share' supper and seasonal entertainment at Cassington Village Hall – invitation & map to follow.

**Wed 4 January 4.30pm** – 'Puss in Boots' pantomime at The Theatre, Chipping Norton (£10pp) book your place using reply slip enclosed

**Thurs 19 January 7.00-9.00pm** – Family & Friends Bring & Share Supper and a chance to chat, in Kidlington – details to follow.

**Wed 1 February 2.30pm** – 'Scrooge' at The New Theatre, Oxford (£10pp) book your ticket using the reply slip enclosed.

**Wed 9 March (evening)** – Family & Friends social evening – details to follow

**Exchange Programme 2005/6 – advance notice** (full programme published separately)

**Please note new venues**

**Thursday 24 November**

Justine Jarvis, dietician with Oxfordshire Mental Health Care Trust, will present some novel ideas on food in **The Florey Room, Wolfson College, Oxford.**

**Thursday 9 February**

# NEWSLETTER RESPONSE SLIP

September 2005

Please complete the relevant sections overleaf, and return it to Sharman at the address below if you would like to:

- Borrow the **training video** made by Oxford Brookes University/Ruskin College, with help of The Clive Project
- Book a place for the theatre trips to '**Puss in Boots**' or '**Scrooge**'
- Register your interest in starting a **Yoga group**
- Join the **photographic project**

Sharman Oldham  
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help of The Clive Project.

Please book me \_\_\_\_\_ tickets @£10 each for **'Puss in Boots'** at The Chipping Norton Theatre on Wednesday 4 January 2006 at 4.30pm (*usual ticket price £12*)

Please book me \_\_\_\_\_ tickets @£10 each for **'Scrooge'** at The New Theatre, Oxford, on Wednesday 1 February 2006 at 2.30pm (*usual ticket price £24.50*)

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

I am interested in joining a Yoga group.

I am interested in joining the Photography Project

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tel No: \_\_\_\_\_