



The Research Institute for the Care of the Elderly

No. 24

*Newsletter*

Autumn 2007

## NEW HOME NEW NAME

The picture shows that our new building is almost complete and staff are making final plans to move to the Royal United Hospital site (RUH). We hope to take over the building at the end of the year ready to start work there in January 2008. Some of you may have been given appointment dates for next year and we look forward to seeing you then.



The Institute has come a long way since we first opened in 1985 and soon realised that there was a need for us to have our own purpose-built facilities. It has taken many years to achieve our goal but RICE now has the modern 21st century building it deserves and needs to continue its important research work. The new building will ensure that the future of the Institute is secure for many years to come whilst maintaining its status as a centre of excellence, but with better patient and research facilities and using the expertise of the staff.

The decision to move from St Martin's was not easy: not only have we been here for more than 20 years but we have received excellent support and encouragement from everyone associated with St Martin's throughout this time. However it is the right decision for RICE to move to the RUH as it is the main hospital site in Bath. There will be more opportunities for collaborative research in a wide range of areas relevant to older people and the Older Persons Unit (the main medical facility for older people in Bath) moved to the RUH in 2002.

As well as moving, RICE plans to formally change its name to The Research Institute for the Care of Older People and a new logo is being prepared. To avoid confusion we will continue to be called RICE. This change may seem small but it is to reflect changing times and the fact that we, and many other people including older people themselves, prefer the term "Older People" to "The Elderly".

## BATH HALF MARATHON 2008

**PLEASE RUN FOR US!**

We have 10 guaranteed places for the Nationwide Bath Half Marathon on 16th March 2008.

For more details and an entry form telephone 01225 835866  
or email [t.mugridge@bath.ac.uk](mailto:t.mugridge@bath.ac.uk)

## Healthy Volunteers response – Thank you

Back in the spring we were looking for people to help us in our research programme. We needed healthy volunteers to act as 'controls' for a number of our research studies. There was an amazing response resulting in us recruiting over 60 new people who offered to help.

We want to thank all those who responded, we were quite overwhelmed with so many enquiries and 1 or 2 people may be wondering why they didn't hear from us. As we explained at the time we needed healthy people whose ages matched our patients and some of you were just too young to help! Your time will come!

We do however still need to find 3 men between the age of 77 – 80 so if you would like to help us please contact Louise Pryer at RICE.

The Psychology Department is also undertaking a study to examine ways of improving learning and memory in healthy people and people with memory problems. If you decide to take part in this research we will ask you to learn four lists of words. The words will be shown to you on a computer and you will have to recall them immediately after you learned each list and after a week's delay. In addition, we will ask you to do a few tasks looking at language and reasoning.

The findings of this study will be beneficial to people with memory problems and healthy people, helping us to understand more about the way we learn and retain information.

Please contact Dr Claudia Metzler Baddeley or Louise for more information.

## CONGRATULATIONS AND WELL DONE AMANDA

Amanda Salter recently graduated from the University of Bath with a 1st class honours degree in Psychology. As part of her degree she carried out her research at RICE and was awarded the Department of Psychology Prize for Best Dissertation. We are delighted that she has agreed to join us as a member of staff.



Her study was entitled '*Is a self-generated errorless learning technique effective in the rehabilitation of face-name associations in people with Alzheimer's disease?*' and involved 20 people with mild to moderate Alzheimer's who were recruited from RICE to take part in the study. They were shown photos of famous people and asked to name them. Some of those that they could not name were then divided into 3 groups. Then using different learning techniques for each group, participants underwent two therapy sessions per week for five weeks.

During the week after the final session, participants were again tested on the photos. Amanda found that one technique in particular helped them more than the others, suggesting that people with Alzheimer's disease can benefit from this therapy.

Amanda would like to thank the patients and relatives who took part in this study and helped her to achieve her degree result. To learn more about this study please contact Amanda at RICE

## RICE Carers Course

The Carers course took place over 4 weeks in July. Topics covered included, What is dementia? Caring and Coping, Who cares for the Carer? Legal aspects of Caring, Benefits and Allowances, What is memory, Assistive Technology. Our thanks go to all our speakers including Anthony Nash from Mogers, Jan Letchford from CAB and Cheryl Thomas (see photograph) from the Carers Support Network.

*Cheryl Thomas (far left) speaking at the recent carer's course*



# Holidays 2008...Have you booked yours?

Start planning your own adventure holiday and help research into Alzheimer's disease.

By taking part in one of our challenge events you can enjoy the experience of a lifetime and help RICE. Examples include Cycling in Cuba 14th - 24th February, a trek across the Sahara 8th - 16th March and one in Kilimanjaro 22nd Feb - 2nd March.

Details at [www.rice.org.uk](http://www.rice.org.uk) ; email [t.mugridge@bath.ac.uk](mailto:t.mugridge@bath.ac.uk) or tel. 01225 835866

## High Sheriff Visits RICE

Earlier in the year we were kindly visited by the High Sheriff of Somerset, Mr David Medlock and his wife Jacky. We thoroughly enjoyed their company and were pleased to tell them about the new building and future plans for RICE.

Mr and Mrs Medlock particularly asked to meet some of our volunteers and were introduced to Mrs Clare Hine and Mrs Bobbie Gore, who are both Friends of RICE and were once healthy volunteers; Clare had been one of our first volunteers and recalled some of the early RICE research projects.

Also present were Mr and Mrs John and Cora Brodey who have been healthy volunteers for many years and told them about various studies that they had taken part in over the years.

Our special guests were delighted to meet four people whose help and support has been vital to the work of the Institute.

If you would like to be a healthy volunteer or become a Friend of RICE and help organise events to support our important work, we would love to hear from you.



*Mr David Medlock and his wife Jacky meeting RICE Director and volunteers.*

**THE LASTING POWER OF ATTORNEY REPLACES THE ENDURING POWER OF ATTORNEY ON 1st OCTOBER. EXISTING DOCUMENTS ARE STILL VALID.**

**FOR DETAILS ABOUT SOLICITORS FOR THE ELDERLY CALL IN OR TELEPHONE RICE ON 01225 835866 FOR SOLICITORS IN YOUR AREA**

## Nationwide Bath Half Marathon



In the summer we invited Team RICE runners to join us at the Institute to say thank you for taking part this year. We were pleased to welcome Sue Phillips, Rachel Meagor and Paul Crossley pictured below

with our Director who was a team member.

Congratulations to all our runners who took part; we have already raised over £3,500. Our thanks also go to Scott Fulton and Nigel Hamilton supporting RICE for a second time, Rachel's husband John Meagor, Allen Crossley, Daniel Rainbow, Professor Roy Jones and Colin Peters and his sons Nick and Andy.

We are recruiting for 2008 and need 10 runners to join team RICE. You need to raise a minimum of £200. Please contact us for more information.



*From left: Sue Phillips, Rachel Meagor, Paul Crossley and Roy Jones all part of this years team RICE*

## FRIENDS OF RICE UPDATE

The annual **MEMORY TRAIL** on 16th September had a record 136 walkers taking part, with many 'old' friends and a few new ones joining us for the first time. Special mention must go to Romany Lester (see opposite) who at 7 years old was one of our youngest walkers.

Thank you to everyone who took part with special thanks to Lord and Lady Hylton who kindly allowed us access to the Ammerdown estate, Roger Catte whose company Cascade Drinks provided water for our walkers and the Bath Spa Hotel who have again provided a meal for the person who raises the most sponsorship. We are also very grateful to all our stewards and Cherry Gillam who as the village hall contact person helped us enormously.

**COMMITTEE UPDATE** – Frank Clinick has been on the committee for many years and has in recent years stood as Chairman, he is now standing down although we hope he will still be a 'Friend' and we wish him a speedy recovery from his recent illness. Dr Bruno Bubna-Kasteliz, the new Chairman is a local consultant Geriatrician who has for many years supported RICE as a Trustee - you may have seen



*Tricia Mugridge with Romany and Miranda looking at the Memory Trail route*

him taking part in the Memory Trail or collecting for us in Bath.

**CHRISTMAS RAFFLE** – Each year local groups organise the Bath Annual Charities Fayre which raises money for local charities, it will take place at the Guildhall in Bath on Wednesday 14th November when the raffle will be drawn. Prizes include £75 cash, a case of wine, and a Christmas Hamper; RICE keeps all the money it raises through ticket sales. Please call in or contact us for tickets.

## A BIG THANK YOU

*The Institute would like to thank the following for their recent support:-*

Bath Clinic Physiotherapy Department; Bath Health District Social and Sports Club; Bath Rag; Bath Sequence Dance; Castle Combe Lardy Fair; Center Parcs; Stephen Clarke 1957 Charitable Trust; Company of Actuaries Trust, Cotton Trust; Coutts Charitable Trust; Councillor Paul Crossley; Donald Forrester Charitable Trust; Friends of St Martin's Hospital; Friendly Brothers of St Patrick; Fosseway Townswomen's Guild; Froggnal Trust; Fuller, Smith and Turner; Good Neighbours Trust; Keynsham Town Council; Lions Club of Bradford on Avon; Lions Club of Radstock and Midsomer Norton; Lynn Foundation; MOD Care; Moore Stephens; John Rayner Trust; Rotary Club of Frome Selwood; St John's Church; St Phillip and St James Church; TOC H (Street and Glastonbury); Verdon-Smith Charitable Trust, W G Edwards Charitable Foundation; Westbury PCC,

## CHARITY COLLECTIONS

Thank you everyone who helped collect this year we have raised over £4,700 and are very grateful to all those who have given an hour or more of their time to help. If you haven't helped before please consider joining us - dates for next year are:-

TROWBRIDGE TESCO	6th February
KEYNSHAM	8th March (TBC)
TROWBRIDGE	12th April
FROME	3rd May
BATH	10th May (TBC)
WELLS	7th June
BRADFORD ON AVON	27th September

Please telephone RICE to help us collect or help coordinate a collection in your town.

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