

DEMENTIA MATTERS HERE **fordshire**

July 2024

Here we are then! Welcome once again to the Dementia Matters Herefordshire fortnightly newsletter, keeping you in touch with your community. We are all about



supporting dementia friendly communities in Herefordshire and helping to reduce stigma. If you have any comments or suggestions, please let us know -

newsletters@dementiamattershere.org.uk

Our services

Ongoing Contact/Support through advice, referral, and access to services.

Telephone Support Line

9 a.m. to 5 p.m. Monday to Friday
01432 804480

One to One Support

Support to adjust to change, access opportunities, advice and information.

Carer's Support Group

Monthly online support group for carers of people with dementia to access peer support and information and advice.
"At last, something specific for me and my situation."
- Carer

Face to Face Carers Support Group

Second Tuesday of each month, 10.30am at the Council Offices within the Tourist Information Centre, Leominster.

Memory Cafe

Leominster - Fourth Tuesday of Every Month at Grange Court, Leominster 10.30am-12pm
Hereford - Fourth Thursday of every month, St Johns' Methodist Church, St Owens Street, 10.30am-12.00pm

Newsletter

Fortnightly newsletter with quizzes, activities, recipes, useful information and available opportunities.

Please contact us at:

referrals@dementiamattershere.org.uk or ring us on 01432 804480

Working with Herefordshire and Worcestershire Clinical Commissioning Group

UK organisations release new dementia manifesto ahead of General Election



UK dementia organisations have joined forces to publish a new dementia manifesto ahead of the General Election on 4 July 2024. Alzheimer's Society, alongside Dementia UK, Alzheimer's Research UK, the UK Dementia

Research Institute, and Alzheimer Scotland have joined forces to create 'Dementia: a manifesto' calling on the next UK Government to make dementia the priority it needs to be.

Dementia is the UK's biggest killer and is the defining health and social care challenge of our time. However, despite what many believe, dementia is not an inevitable part of aging. There are currently 982,000 people living with 'dementia' in the UK, yet hundreds

Spot the difference

Another for you to mull over - Our mad scientist is busy experimenting!! We've made 7 changes to our cartoon picture of him - how many can you find?

Answers at the end of the newsletter!!



of thousands of people do not have a formal diagnosis, remaining in the dark about their condition and locked out of care, support and the treatment opportunities that research brings.

For those who are diagnosed there remains no cure - the care and treatment options that exist are often disjointed, inaccessible and inadequate for people with dementia and their families and carers.

Together, we are calling on the next UK Government to:

- Better understand how to prevent, reduce and delay dementia
 - Increase access to diagnosis and treatment
 - Help people living with dementia navigate support systems
 - Create a care system that works for everyone
- Invest in the future of dementia research.

Join us and show the next UK Government that they have the chance to take action. Share our calls and help us transform the course of dementia over this next Parliament and beyond.
#DementiaCoalition

Cooking on a budget! Sausage, mustard & apple hash



With the cost of living crisis making us all money-conscious, let's see if we can find interesting, tasty budget meals.

What's your favourite recipe? Please share it with us – send your yummy recipe to newsletters@dementiamattershere.org.uk

Looking for a healthy dish that's good for your wallet too? This sausage, mustard & apple hash costs less than £1 per serving and is perfect for a family

Ingredients

- 450g white potatoes, peeled and cut into 2cm cubes
- 30g butter
- olive oil, for frying
- 2 small Cox's apples, cored and cut into wedges
- 4 herby pork sausages, cut into chunks

- 2 tsp wholegrain mustard
- 3 thyme sprigs, leaves picked
- watercress salad, to serve

Method

STEP 1

Bring a large pan of salted water to the boil. Add the potatoes and cook for 4 mins. Drain and leave to steam dry in a colander.

STEP 2

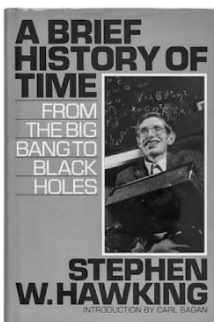
Heat half the butter and 1 tbsp olive oil in a large frying pan or shallow casserole dish over a medium-high heat. Add the apple wedges and fry on each side for 5 mins or until golden brown and starting to caramelise. Remove with a slotted spoon and set aside on a plate.

STEP 3

In the same pan, heat the remaining butter and a little more oil over a medium heat and add the potatoes and sausage chunks. Fry for 10-15 mins, turning every so often until the potatoes and sausage are crisp and golden brown. Season to taste. Stir through the mustard and the apple wedges, then scatter over some thyme leaves, and serve with watercress salad.

This week in history – July 2nd, 1992

A brief history of time is published



Theoretical physicist Stephen Hawking broke British publishing records on July 2, 1992 when his book *A Brief History of Time* remained on the nonfiction bestseller list for three and a half years, selling more than 3 million copies in 22 languages.

A Brief History of Time explained the latest theories on the origins of the universe in language accessible to educated lay people. The book was made into an acclaimed documentary in 1992, which focused largely on Hawking's own story. Diagnosed with Lou Gehrig's disease in his 20s, Hawking was told

he had only two years to live. Despite the sobering prognosis, Hawking pursued his studies in theoretical physics, married, and had a son. Eventually, his disease left him paralyzed except for his left hand. He was able to speak, although his speech was difficult to understand, until he underwent a tracheotomy in 1985 during a bout with pneumonia. Afterward, he relied on a mouse-controlled voice synthesizer, which improved the clarity of his speech. His familiar, synthesized voice can be heard in the Brief History of Time documentary, a popular Pink Floyd song and an episode of The Simpsons.

A recipient of the Presidential Medal of Freedom and numerous other honours, Hawking wrote several additional popular science books, including Black Holes and Baby Universes and Other Essays (1993) and The Grand Design (2010), which he cowrote with fellow physicist Leonard Mlodinow. He was known for his scientific contributions to cosmology and quantum gravity and was affiliated with the University of Cambridge and the California Institute of Technology, among other institutions. He died on March 14, 2018, in Cambridge, England.

Benefits of a person with dementia going on holiday

A well-planned holiday can have a positive impact on the wellbeing of the person with dementia and those around them.

Stimulation through new experiences

A holiday offers the chance to have new and stimulating experiences. These could include talking to different people, going to new places or doing different types of activities. This can build the confidence of a person with dementia and help them feel able to try things that they wouldn't usually do.

There are ways to try new experiences while keeping some of the familiarity of the person's usual routine. This is very important for people living with dementia.

Creating shared experiences

Holidays can also create new shared experiences for the person and those around them. Some carers find that their relationship with the person they care for gets better after some time away together.

Reminiscing about past experiences

As well as enabling people to try new things, a holiday offers the chance to revisit familiar places. This can be beneficial for a person living with dementia as it can allow them to reminisce about past holidays or places they used to live.

For example, if they used to go to the seaside, the sights, sounds and smells of the beach could bring back happy memories – this could include the smell of sun cream, the sound of waves crashing or the taste of a particular food.

Reconnecting to important aspects of identity

Visiting family and friends, or spending time in a country or place can be important to the person's cultural identity. This can also support a person with dementia to reminisce. For example, if the person grew up speaking a different first language, they might benefit from visiting a place where that language is spoken.

Engaging in mindful activities

Many holidays include some time spent in nature, which can help to improve mood in people affected by dementia. Spending time outside can also increase a person's sense of wellness. The sensory experience of being in nature allows people to feel more present and connected to the world around them. This can be beneficial for people affected by dementia.

Factors to consider when planning a holiday

How you plan your holiday will depend on your interests, personal preferences and budget. When planning a trip for a person living with dementia, you should also consider how the

person's dementia affects their daily life. This will help you to decide on the right type of holiday for you and for the person you care for.

Some things to consider are listed here.

- Length of stay. Shorter trips may be better for some people living with dementia. If they have memory problems or find it hard to concentrate, longer trips can be tiring and harder to appreciate. Day trips can be a nice way of getting away from home without having to stay the night somewhere unfamiliar.
- Destination. Some people with dementia may prefer a more familiar destination. It could be nice to visit somewhere they have been before that brings back happy memories and is less overwhelming for them. It could also be a nice way for you to connect with the person through an experience that has been important to them in the past.
- Type of transport. How you travel is likely to depend on what is most practical and affordable. It's sometimes possible to make the journey an enjoyable part of the trip. For example, if you are travelling by car you could stop off at interesting places on the way to break up the journey. Or you could travel in a form of transport that feels more unusual and exciting – for example, travelling by ship could be interesting if the person is not used to it.

Things to do

Think about what type of activities the person enjoys or used to enjoy. You may be able to shape the holiday around these. For example, if the person has always enjoyed camping you could consider a holiday in a cabin or yurt. This would give you access to useful facilities, while having the benefits of nature nearby.



Budget

The cost of a holiday is likely to be an important consideration when you're planning a holiday. There are ways to reduce the cost of travel and get financial support for holidays.

Thinking about the person's individual needs

Deciding to book a trip away can be a big step. It can be difficult to know if someone with dementia will benefit from a holiday or struggle to settle into their new surroundings. For some people with dementia, going on holiday can be confusing. They may need extra support when coping with a new environment or changes to their usual routine. To help you work out if the person with dementia would benefit from a holiday, ask yourself the following questions:

- Some people find travelling and holidays quite stressful. Has the person enjoyed going on holiday previously?
- How does the person usually manage in new surroundings?
- Would they become confused and distressed with the change in location, food, language or clothing?
- Travelling can sometimes involve big changes in environment. How do you think the person would respond to a change in temperature or time zone? For example, the person may need to dress differently to adapt to a place's weather or culture.
- Getting to and from places can involve long journeys or several types of transport. Would the person be physically comfortable during the journey? Will they need help to get on and off whatever transport is used? If the journey involves passing through security checks (for example, in an airport), would the person understand the need to remove personal items, like jewellery or a turban?
- How will the person move around where they are staying? If they have mobility issues, is the accommodation on the ground floor, or are there accessible lifts? Is the surrounding area accessible?

If the person needs extra support with going to the toilet, or if they have incontinence, will it be possible to manage this during the journey and on holiday?

Thinking about your needs

You may also find it hard to relax while providing support to a person with dementia on holiday. It's important to think about yourself as well as the person you care for when making

holiday plans. Supporting a person away from home can present more challenges. For example: Will you be able to contact your usual support network if you need advice or help while you are on holiday? If you are unwell while on holiday, will someone else be able to support the person?

Involving the person in the planning

When deciding whether or not to take some time away, it's important to think about what kind of holiday is right for everyone. Talk to the person you're caring for about whether they would like to go on holiday and involve them in the planning as much as possible. A person with dementia may not be able to make this decision for themselves. This is known as lacking the 'mental capacity' to make that decision. If this is the case, you should consider whether going on holiday is in their best interests.

If you're not able to travel

For some people with dementia a holiday may not be a good idea for a range of reasons. The thought of being away from a familiar setting or routine may make them anxious because of mobility or other needs. A person with dementia may also find the changes too confusing, or they may just not want to go away.

Try not to feel guilty if it isn't possible to arrange a trip away from home. There are still ways to enjoy some of the benefits of a holiday without travelling. Some ideas are included here.

Ideas for bringing the holiday to the person

- It may not be possible to travel. If this is the case, you may still be able to bring the benefits of a holiday to the person.

- Look for ways to have new experiences closer to home. For example, you could check if anywhere local offers some of the activities that you might have tried on holiday, like a dancing class. It may be possible to go on a day trip to somewhere nearby, instead of going on holiday.

- See if a particular food that the person associates with a holiday is available to order or buy.

For example, if the person used to go on holiday to a particular country, check if there are nearby places that offer food from that region.

- Some tourist websites (such as museums) offer virtual 'armchair' sessions, where you can explore what they have to offer without leaving home.

If a holiday would have helped the person to connect with their culture, it's worth checking whether there are any culturally-specific groups or events held near you that the person could attend. There are also ways you can bring the culture to the person. For example, you could:

- ask family members to visit or set up video calls for them to spend time together that way

- look at books and photographs with the person

- share food that is important to their culture

- listen to or play music that the person can relate to.

Quick quiz!!

Our quiz is this time on our science theme. How will you do? Quiz on!



1. Roughly how long does it take for the sun's light to reach Earth

- A. 8 minutes
- B. 8 hours
- C. 8 days

2. What modern-day country was Marie Curie born in?

- A. Australia
- B. Brazil

You know the song

O! blue eyes - Frank Sinatra - was a legend of course, and one of his most famous songs sounded more about science than it really was, as it was a lovesong in reality - if you can't remember the tune, you can find it on either YouTube or Spotify

Fly me to the moon
Let me play among the stars
Let me see what spring is like
On a-Jupiter and Mars
In other words, hold my hand
In other words, baby, kiss me

C. Poland

3. What is the hardest natural substance on Earth?

- A. Granite
- B. Ice
- C. Diamond

4. What does a Geiger Counter measure?

- A. Volcanic activity
- B. Radiation
- C. Brain waves

5. Where in the human body can the smallest bone be found?

- A. Foot
- B. Hand
- C. Ear

6. Lightning hotter than the surface of the sun: true or false?

- A. True
- B. False

7. What metal is the best conductor of electricity?

- A. Silver
- B. Nickel
- C. Aluminium

8. In which year did the Apollo 11 moon landing take place?

- A. 1969
- B. 1979
- C. 1989

Answers at the end of the newsletter!!

How many words?

We hit the theme earlier on, with science and technology. How many words of **three** letters or more can you find from the word

Science

Just to give you a clue, there are just 29!!

Fill my heart with song
And let me sing for ever more
You are all I long for
All I worship and adore
In other words, please be true
In other words, I love you

Fill my heart with song
Let me sing for ever more
You are all I long for
All I worship and adore
In other words, please be true
In other words, in other words
I love... you



Word search – Politics!

You know by now we try and follow a theme in the newsletter, so can you find the names of or key words from the world of politics?

Vertical, horizontal or diagonal, how many can you find in this week's grid?

Politics



BLAIR
BOOTH
PARLIAMENT
MAJOR
PARTIES
MANIFESTO
SECRET
HEATH
ELECTION
GREEN
WILSON
LABOUR
LIBERAL
MINISTER
SWINGMETER
VOTING
CONSERVATIVE
THATCHER
BALLOT

Do you remember? Things we no longer see!

Digital watches first became available in the 1970's but were so expensive and rare that few people owned one. It wasn't until the 80's that the technology became widely available and it was common place to see people wearing digital wristwatches with red LED screens. As the technology moved on, the grey LCD screens became more popular and manufacturers like Casio started adding more and more features to the watches. From humble beginnings, the digital wristwatch stopped being just a way of telling the time and became a calculator, computer games console, alarm clock, stopwatch, calendar and even TV remote control.

The technology behind digital watches is based on electronic circuitry and digital displays. Digital watches are powered by a battery and use a quartz crystal to keep time. They feature a digital display that shows the time in numbers or digits, and often have additional features such as stopwatch, alarm, and date functions.



One of the main benefits of digital watches is their accuracy. Because they are powered by a quartz crystal, digital watches are extremely accurate, with an error rate of less than one second per day. They also have a much longer battery life than mechanical watches, which means they need to be serviced less often.

Another benefit of digital watches is their functionality. Digital watches often have additional features such as stopwatch, alarm, and date functions, which make them extremely practical and versatile. They are also perfect for outdoor activities, sports, and other outdoor activities as they are often water-resistant.

When it comes to the key players in the digital watch market, there are a variety of companies that specialize in producing high-quality, accurate, and reliable digital watches. These companies use the latest technology and materials to create watches that are durable, long-lasting, and stylish.



Technology research project for elderly launched

A research project to see if technology can boost the wellbeing of older people has been launched in East Sussex. The Living Lab aims to look at whether using digital technology can help improve the mental and physical health of elderly adults.

The results of the 12-month trial project will help shape East Sussex County Council's adult social care services and local public health commissioning decisions. The project was launched at a sheltered housing facility in Peacehaven following the installation of an interactive digital games table.

Through interactive light projections, residents can experience physical, social and cognitive activities at the 'Magic Table', such as solving puzzles, playing games and tactile challenges. The project also includes virtual reality headsets which offer residents virtual day trips and experiences.

Mark Stainton, adult social care and health director at the council, said he hoped residents enjoyed the "innovative" project.

"The feedback gathered from the pilot scheme will enable us and our partners at the University of Brighton and NHS Sussex to learn how internet-connected devices could help improve the health of older people living locally, as well as see first-hand the positive impact this technology can have on their quality of life," he said.

In addition, clients can opt to have heat sensor fall monitors installed in their apartments or try a sport Smartwatch to monitor their health. It is hoped the technology will also help ease the pressure felt by carers by providing talking points and encouraging interaction between clients and carers, the council said.

The pilot project is being delivered in partnership with the council, NHS Sussex and the University of Brighton.

Dr Theo Fotis, lead researcher at the university's School of Sport and Health Sciences, said: "The Living Lab concept allows us to work with all the relevant stakeholders to co-create and conduct the testing of these technologies in a real-world setting, gathering valuable insights from the residents themselves."

Word search - Science

You know by now we try and follow a theme in the newsletter, so can you find the names of or key words from the world of science?

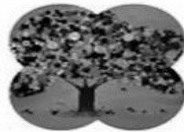
Vertical, horizontal or diagonal, how many can you find in this week's grid?

SCIENCE



ASTRONOMY CHEMISTRY DATA ECOLOGY EINSTEIN ENGINEER
EXPERIMENT EXPERT GEOMETRY INTELLIGENCE KNOWLEDGE
NEWTON PHENOMENA PHYSICS PROGRAMMING SPACE SYSTEM
TECHNICAL THEORY ZOOLOGY

Leominster Meeting Centre

Join Our Volunteer Team Join our team as a volunteer. Volunteers make a huge difference to the support we give to our members and their families. Leominster Meeting Centre supporting people living with Dementia	Leominster Meeting Centre 
	The meeting centre is open Monday to Friday between 10am & 3pm. We are looking for volunteers to join us for a few hours a week to support our members with a variety of activities from walks, cooking, crafts or even just a friendly chat. Register your interest and we will call you back. 01568 368180

Think Brain Health

Alzheimers Research UK have recently been announced as the new charity partner for John West, one of the UK's leading seafood brands. The company will be supporting the mission for a cure for dementia by donating £75,000 to support our Think Brain Health campaign, and featuring it on 13 million packs in shops across the UK.

Think Brain Health is based on research which shows that up to four in 10 dementia cases could be linked to preventable factors. Despite this, our most recent survey of public attitudes reveals that only three in 10 people in the UK realise it's possible to reduce their risk of dementia.

We need to change that. Through Think Brain Health, we're helping to educate and empower the public about the steps they can take to look after their brains and reduce their risk of developing dementia.

Think Brain Health has three pillars. Two of them – ‘Stay sharp’ and ‘Keep Connected’ – are about encouraging people to look after their brains by looking after mental wellbeing and staying connected to the people around them.

The third pillar is ‘Love your heart’ – we know what’s good for your heart is good for your brain. And it’s this that links to our partnership with John West, because one of the best ways to look after your heart is by eating a healthy, balanced diet, as this helps keep our heart and blood vessels healthy.

Why is a balanced diet important for brain health?

Our brain relies on a constant supply of blood, delivering oxygen and nutrients which help brain cells to function. If this gets disrupted, problems can occur – and these can get worse over time. Research has now shown a clear link between problems like high blood pressure, a stroke or damaged blood vessels, and a higher risk of developing dementia.

So, things that lower the risk of heart and blood vessel diseases have an added benefit of helping to keep our brains fighting fit too. And our diet plays an important role in this.

Does following a Mediterranean diet help?

Research suggests that adopting a healthier diet – for example the Mediterranean diet – can help to maintain overall memory and thinking abilities. And although the evidence is still building, some studies suggest that following the Mediterranean or a similar healthy diet could reduce dementia risk.

As a result, the World Health Organization (WHO) recommends a healthy diet to reduce the risk of cognitive decline or dementia.

In practice, this means a diet that contains high levels of foods like:

- White and oily fish, such as mackerel and sardines.
- Fruit and vegetables.
- Nuts, seeds and olive oil.
- Grains and legumes.

And lower levels of foods that are high in saturated fat and salt, such as:

- Red meat – such as beef, pork and lamb.
- Dairy products like cheese and butter
- Cakes and biscuits.
- Processed foods like pies and pizza.

How specific foods, or substances in foods, affect our brain health is less clear, and a subject of ongoing research. One of many aspects of our diets that researchers are studying are omega-3 fatty acids – found in oily fish. It is a popular belief that omega-3 boosts brain health and is important for staying sharp. But what does the evidence say?

What are omega-3 fatty acids, and do they boost brain health?

Omega-3 fatty acids are a family of similar molecules found in nature, many of which are important for keeping our cells – including our brain cells – intact, working and healthy. But our bodies can’t make omega-3 fatty acids directly, so we must get them from the foods we eat.

A well-known source of omega-3 is oily fish, such as mackerel and sardines. Some plant-based foods, such as seaweed, chia and flax seeds, also contain some types of omega-3. These dietary sources seem to be most important for omega-3 intake. There are also a variety of omega-3 supplements available in health shops – evidence that these are beneficial is much less certain.

But does omega-3 in our diet protect our brain health? In short, the answer isn’t clear yet.

Researchers have been studying how omega-3 affects the brain and dementia risk for many years. They have focussed on the effects of eating fish regularly or adopting a diet containing more omega-3, or whether taking omega-3 supplements affects dementia risk. While the picture is still incomplete, there are tentative positive signs that eating oily fish (a source of omega-3) and/or having more omega-3 in the diet could be beneficial.

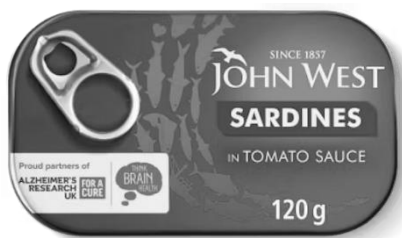
A study from November 2021 found that people who ate fish more regularly had healthier blood vessels, which could, in theory, reduce risk of Alzheimer's and vascular dementia – although the study didn't directly measure this.

Studies have also shown that people who had higher levels of omega-3 in their blood (regarded as a sign of a diet higher in omega-3) had higher scores on thinking tests and healthier brain structures than people who had lower omega-3 levels.

But there's still a way to go before we have enough evidence which proves conclusively that omega-3 in our diets can protect our brain health and decrease risk of dementia. And the WHO doesn't regard the evidence around omega-3 supplements as sufficiently robust to recommend them for protecting brain health.

So, what's the bigger picture?

Overall, the exact role of omega-3 in dementia risk is still unclear. However, if you are torn between a greasy cheeseburger or a mackerel fillet, your heart and brain might thank you for choosing the fish. It could have less saturated fat and salt, whilst supplying us with the omega-3 that could keep our cells healthy. It's sensible advice that, by eating a healthy balanced diet, including foods rich in omega-3, people can help keep their hearts and brains healthy. Although the potential benefits of omega-3 for brain health are not yet fully understood, incorporating foods like oily fish, walnuts, seeds, and seaweed into a balanced diet could benefit both your heart and your brain.



Remember – our brain health depends on many factors, some of which we may be able to influence, whilst others we cannot change. We do know that loving our heart, staying sharp and keeping connected are all ways to protect our brain health. Eating a balanced diet is one way to achieve this, alongside an active lifestyle and staying socially connected to the world and people around us.

Memories of Herefordshire

In the 19th century not everyone could read (it was not until the Education Act of 1870 that schools were set up) and weekly papers were read out loud in public houses in Hereford, such as The Grapes in Castle Street.

In 1815 Benjamin Fallowes set up the Hereford Permanent Library in St. John Street. This library was open to those members of the public who could afford the annual subscription of £1 10s, which was not many of the population of the city.

In 1836 a library was opened for the working classes that was attached to St. Peter's Literary Institution in Commercial Street. There the ordinary man could read the London and provincial papers, as well as other periodicals. However, at this time Hereford was still without a public library that could be used by all without charge.

The Public Libraries Act of 1850 authorised towns such as Hereford to use the revenue from a half-penny rate to provide public libraries. In 1855 this was increased to one penny, however the city fathers of Hereford did not rush to provide library facilities as they had more pressing problems - such as sanitation and living standards - to deal with, which were taking up all the public time and money. The public interest in literature continued to grow steadily and hundreds of people would turn out at "Penny Readings" held in Hereford to hear humorous and serious lectures given by the intellectuals of the county.

In 1869 James Rankin, who was President of the Woolhope Naturalists' Field Club (a local history and natural history society), offered to help with the foundation of a public library. He was willing to provide the capital needed to purchase a site and erect the building that would house a combined library and museum, provided that the Woolhope Club would have a private reading room within the building.

By 1871 the idea of a free library with attached museum was officially agreed between the Woolhope Naturalists' Field Club and Hereford City Council, and land in Broad Street was bought by James Rankin for £1,750 from Mr William Beavan. The library was designed by Mr. F. R. Kempson, a local architect and a member of the Royal Institute of British Architects. It was to be a distinctive and ornate building featuring intricate carvings of animals, plants and signs of the zodiac.

Whilst the new library was being built, temporary rooms were opened in King Street for reading purposes. These were well attended and often averaged over 100 visitors a day. The new building eventually cost £7,600, of which James Rankin gave £6,115 and the City Council raised the rest. The foundation stone of the new library and museum was laid in 1873 and the library first opened for business in October 1874. Initially the front half of the ground floor was reserved for shops and a committee room but these were soon converted into library use. The museum was on the second floor with the third floor kept for librarian's accommodation, which included a kitchen, scullery, sitting rooms and bedrooms.

The opening ceremony of the Hereford Free Library and Museum was held on Thursday 8th October 1874, and all the shops and businesses in Hereford closed for the day to join in the celebrations. Hundreds of spectators turned out to watch the opening ceremony, and there was a procession of all the school children in the county. A commemorative service was held in the Cathedral, performed by the Bishop, who also led the opening ceremony as he was Chairman of the Free Library Committee. James Rankin was handed the key to the building by Mr Kempson, the architect. After unlocking the building to cheers and applause the Town Clerk read an address followed by speeches. Then 160 invited guests went into the building for a feast provided by the Mayor.

The school children in Hereford celebrated with tea which required 3,600lbs of cake, 4 cwt of



sugar and 56lbs of tea. The children were also given a special commemorative medal by the Mayor to wear at the ceremony. On one side of the medal was a depiction of the Hereford Library with the date of its opening and the name of Mr Rankin and on the other side was the City Arms with the name of the Mayor.

At 7pm there was a fireworks display on the Castle Green, at the end of which the National Anthem was sung before the

spectators marched back to High Town.

By the end of the century over 60,000 books were being borrowed each year from Hereford Free Library. Between April 2002 and March 2003 Hereford Library issued 359,345 items to the public, showing just what a valuable public resource the library remains.

In 1912 a bequest from Sir Joseph Pulley and a gift from his nephew Charles meant that the library could be extended further back onto Aubrey Street to create a new lending library, reference library and art gallery. Visitors now had open access to the books and the number of acquisitions was rising. By the 1950s a mezzanine floor had been added over the old lending library. In 1974 a further mezzanine floor was created over the reference library and a lift was installed.

Plans are currently proposing that the library moves from its' permanent site to the Shire Hall.

Picture with thanks to the Herefordshire History website.

Did you know? Little known facts and folklore about Herefordshire!! The Knights Templar in Herefordshire ...

Up in the air

Solar farms are increasing in popularity in the UK – within recent years, it's likely you've driven past one of them while travelling through the

If you've ever explored the beautiful area around Garway in Herefordshire you may have discovered the wonderfully historic church of St Michaels and its links to the Knights Templar, a Catholic military order founded in 1118.

Templar Knights, in their distinctive white mantles with a red cross, were amongst the most skilled fighting units of the Crusades and remained active until 1312. Non-combatant members of the order, who made up as much as 90% of their members, managed a large economic infrastructure throughout



Christendom, which could now be considered an early form of banking. There was a threefold division of the

ranks of the Templars: the noble knights, the non-noble sergeants, and the chaplains. The Templars did not perform knighting ceremonies, so any knight wishing to become a Knight Templar had to be a knight already. All three classes of brother wore the order's red cross.

It is told that the Knights Templar built a church on the Garway site after Henry II granted them 2000 acres of land in what was known as Archenfield in 1187. Being a resourceful kind of group the Templars managed their farming and other interests from this estate and an administrative hub called a Preceptory was created. Their presence however in Herefordshire was not just limited to Garway they held other estates across the county. These were also places that cared for Knights who were ill or injured in battles or the Crusades, acting as a safe place for them to return to and recuperate. At the time of its foundation Garway was the most powerful Templar church in the Welsh Marches.

History records that the churches built by the Templars were always round and fashioned on the Holy Sepulchre Church in Jerusalem, in fact archaeologists found that the site at Garway was indeed linked to the Templars after uncovering the foundations during excavations in the late 1920's. It was concluded that a Templar church had once existed on this site.

countryside. But what actually are they and how do they work? Read on to find out everything you need to know.

What are solar farms?

Solar farms, also known as solar parks or solar fields, are large areas of land containing interconnected solar panels positioned together over many acres, to harvest large amounts of solar energy at the same time. Solar farms are designed for large-scale solar energy generation that feed directly into the grid, as opposed to individual solar panels that usually power a single home or building.

What are the different types of solar farms?

There are two main types of solar farms in the UK. Utility-scale solar farms cover huge stretches of land – an example is Shotwick Solar Park, based in Oxfordshire. This is the biggest private wire solar park in Europe and the largest solar farm in the UK. The other type is community solar farms. These are smaller in size and are designed to meet the needs of local homes and businesses. You'll find them in open areas of the neighbourhood that have good exposure to sunlight. Community solar farms are able to generate 5MW of energy for everyone who signs up to the scheme – in result, participants will see a notable reduction in their energy bills.

Are solar farms harmful to animals and wildlife?

Solar farms actually have a much lower impact, both environmentally and visually, than more traditional methods of generating power such as power plants. Any environmental risks will be taken into consideration before the construction of a new solar farm, and the terrain below these farms is still viable for grazing livestock.

Can solar farms be incorporated into our electricity systems?

The UK's first transmission-connected solar farm was energised in May 2023. This was the first PV solar array to feed electricity directly into the UK's transmission network, allowing it to be transported over greater distances. Previously, UK solar farms were connected to the country's distribution networks – the lower-voltage regional grids that carry power from the high-voltage transmission network to homes and businesses. Located near Bristol, this solar plant is expected to generate over 73,000 megawatt hours (MWh) annually – enough to power the equivalent of over 17,300 homes – and will displace 20,500 tons of CO₂ each year compared to traditional energy production.

As the battle of the Crusades was lost and the purpose of the Knights diminished, the order became a force that were feared by not only the King of France but indeed the Pope himself. For the Knights had become both very rich and powerful during their tenure. So in a bid to discredit and disband them the Templars were accused of despicable crimes against the church, rounded up and arrested by those who they had once fought to protect. The English Grand Master James de Molay was captured and taken to Paris where he endured a terrible fate and a very slow death.

Many of the most powerful Templars were taken to the Tower of London where they were imprisoned for their 'crimes' and tortured mercilessly. Philip de Mewes and William de Pokelington, two of the Knights located at Garway were arrested, charged with heresy and subsequently tortured. Surprising they publicly confessed, were immediately absolved and re-entered the church.

As you can imagine all of the Templar estates were ransacked and confiscated and eventually handed over to their rivals the Knights Hospitaller by the Pope, which included the Preceptory at Garway. Following the dissolution of the Knights Templar, the Order of Christ was created in 1319 in Portugal and absorbed many of the Knights Templar into its ranks. This lovely church is well worth a visit, in particular look out for the exterior walls of the nave and the chancel arch which have some amazing carvings. We do love a bit of Herefordshire History.

Have you got any obscure facts or little-known things about our lovely County? Please email me at:
newsletters@dementiamattershere.org.uk

Pictured below is Court Farm Solar Farm in Herefordshire.



Quiz questions - the answers

1. Roughly how long does it take for the sun's light to reach Earth
A. 8 minutes
2. What modern-day country was Marie Curie born in?
C. Poland
3. What is the hardest natural substance on Earth?
C. Diamond
4. What does a Geiger Counter measure?
B. Radiation
5. Where in the human body can the smallest bone be found?
C. Ear
6. Lightning hotter than the surface of the sun: true or false?
A. True
7. What metal is the best conductor of electricity?
A. Silver
8. In which year did the Apollo 11 moon landing take place?
A. 1969

How did you do??

Scams aware - Telephone digital switchover

The UK's telephone network is changing. By 2027, most telephone providers will be moving their customers from analogue landlines to new upgraded landline services using digital technology. The reason for this is to provide a future-proof, more reliable broadband service that

will support the UK in the coming years. Services that rely on the old landline system such as home phones and healthcare devices will be switched over.



This switchover is giving fraudsters an opportunity to scam vulnerable people, tricking them into providing personal information including bank account details and passwords.

Around 1.8 million people use healthcare devices, and the reports of scams are set to increase as the January 2027 switchover date approaches. It is important to be aware of callers who say they are working with the NHS and say that you will be disconnected unless they handover their personal details such as bank details. Scammers are using emails, text message and telephone calls to solicit these details. The deadline date has changed on several occasions over the past few months, so we recommend always checking in with reputable sources to see the latest deadline, should it move again, including the BBC, or official government websites - not cold callers.



How to avoid Digital Switchover Scams

- Be wary of unsolicited calls or messages about the digital switchover.
- Never give out financial or personal details to anyone contacting you about the switchover.
- If you use healthcare devices, such as fall pendants connected to the phone lines, you may need new devices when switched to a digital landline but contact your device manufacturer or supplier for advice.
- Remember that the digital switchover is completely free of charge and the council, social care providers and telephone providers will never ask for personal or financial information.
- Apply for a free call block device that prevents unsolicited calls – these devices are future-proofed for digital switchover and officers can install and demonstrate how they work. To apply contact your local Trading Standards office or call Citizens advice on 0808 223 1133.

For further information visit:

<https://www.actionfraud.police.uk/>

<https://takefive-stopfraud.org.uk>

Spot the difference – solution



Word search solution – Science!



How many words

did you find from the word

Science

cee	cees	cense	cine	cines	cis
ens	ice	ices	ins	nee	nice
niece	nieces	scene	scenic	science	sec
see	seen	sei	seine	sen	sene
sic	sice	sin	since	sine	

Everyone loves a conspiracy theory!! Covid 19!!

Probably no event since 9/11 has spawned more conspiratorial thinking than the COVID-19 [pandemic](#). There are conspiracies about the origin of the [virus](#) as well as basically every government's reactions. Many people even believe doctors are lying about COVID-related deaths, blaming the virus for deaths with other causes.



A distrust of "Big Pharma," fomented for years by "alternative medicine" advocates like Kevin Trudeau (bestselling author of "Natural Cures They Don't Want You To Know About" — a textbook conspiratorial title if there ever was one), have also fed into conspiracies about medical treatment and vaccination.

One of the odder conspiracies mixes long-standing fears of 5G wireless technology with fears about the virus. According to the COVID 5G conspiracy, electromagnetic frequencies from cell phone towers undermine the immune system, making people sick with COVID, researchers reported in 2020 in the journal Media International Australia.



Another conspiracy theory claims that the COVID-19 vaccines contain tracking chips that connect to 5G networks so that the government, or possibly billionaire and vaccine philanthropist Bill Gates, can surveille everyone's movements. As [CNBC points out](#), 5G chips are too large to fit through a vaccine syringe, and even the smallest RFID chips that could fit require a power source that couldn't make the squeeze.

Because the pathogen first emerged and began infecting people in Wuhan, China, President Donald Trump has claimed—without evidence—that it started in a laboratory there. Some conspiracy theorists have even speculated it was engineered as a bioweapon, although U.S. intelligence agencies have categorically denied this possibility, stating that the intelligence community “concurs with the wide scientific consensus that the COVID-19 virus was not manmade or genetically modified.” No credible evidence has emerged to support an accidental lab release either. As Scientific American reported earlier this year, Chinese virologist Shi Zhengli—who studies bat coronaviruses and whose laboratory Trump and others had suggested was COVID-19's source—compared the pathogen's sequence against that of other coronaviruses her team had



sampled from bat caves and found that it did not match any of them. Zhengli also explained in detail why her lab could not have been the source of the virus in a lengthy response in Science. In reaction to calls for an independent, international investigation into how the virus originated, China has invited researchers from the World Health Organization to discuss the scope of such a mission. But the evidence suggests SARS-CoV-2 was not created in a lab.



Although not a conspiracy theory, the hype around hydroxychloroquine started on March 14 when a Google word document was circulated on Twitter touting the potential use of repurposing the old anti-viral Malaria drug hydroxychloroquine for COVID-19.

The document claimed to be written in consultation with prestigious medical schools and scientific institutions, and by March 16 it had gone viral on Twitter. Unfortunately, it was only realised much later that the author of the document was actually a blockchain investor, who had inaccurately claimed to write it in consultation with medical schools and scientists.

The global hype around hydroxychloroquine had already been set in motion before the first clinical study testing it on COVID-19 patients was even published, on March 17, with the study only finding a 50% improvement in the extremely small sample size of 14 patients with COVID-19 taking hydroxychloroquine alone. These authors have now been criticised for not randomly assigning patients to treatment groups, their small sample size and lack of a control group (to compare the treatment groups with), meaning that the positive results could easily have occurred due to chance.

While studies done within cell dishes in labs show that both hydroxychloroquine and chloroquine can inhibit the virus, as with any medicine, studies in humans tend to be much more inconsistent.

The largest study of the drug was published in The Lancet on May 22, stating that the drug increased the risk of death in hospitalised COVID-19 patients. This paper has now been famously retracted because of serious concerns about the verification of the data sources, study design, and analysis used.

Please contact us at:

referrals@dementiamattershere.org.uk or ring us on 01432 804480.

Thanks for reading the newsletter - hopefully you have enjoyed reading it and it has been informative. If you have any thoughts or ideas, or contributions, please email them to me, David Pearson - newsletters@dementiamattershere.org.uk

Take care, and above all keep safe and well!

Best wishes
David

