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News release

New “Singing for the Brain”® group for people with dementia in Oxted

A new singing group for people living with dementia is being launched by Alzheimer’s Society, in Oxted.

Singing for the Brain ® is a programme developed by Alzheimer’s Society for people with memory problems. The programme promotes communication through singing which can help with articulation, concentration, focus and motivation. Specially trained facilitators deliver a varied programme of vocal, rhythmic and gentle physical exercise and dance, along with songs from different eras and styles.

Lauren Merrison, Alzheimer’s Society Services Manager for East Surrey, said:

“Even when many memories are hard to retrieve, music can sometimes still be recalled - if only for a short while. The sessions help people with dementia communicate improving their mood and leaving them feeling good about themselves.

“There are 1,269 people living with dementia in Tandridge. With the right support people can live well with the condition in their communities.”

This group is a partnership with Tandridge Trust, Alzheimer’s Society and Surrey County Council’s Members Allocation fund from county councillor Nick Skellett CBE.

Nick Skellett CBE, Chairman of the Local Committee and Vice-Chairman of the County Council, said: “Having seen the Singing for the Brain sessions last Christmas, in Lingfield, the Local Committee are delighted to be able to help the Alzheimer’s Society in extending this brilliant service into Oxted and north Tandridge. We look

forward to involving more carers and people with dementia at these popular and lively events.”

Sessions run fortnightly in Oxted on Fridays between 2 and 3.30pm at Oxted Community Hall, 53, Church Lane, Oxted, Surrey, RH8 9NB. The first session will be on Friday 21 October. Sessions also run on Mondays in Lingfield at 10.30am to 12.00pm at Lingfield and Dormansland Community Centre, High St, Lingfield, Surrey RH7 6AB.

There is a £3.50 charge per person per session which includes refreshments.

To find out more about attending Singing for the Brain ® and other services in the area call 01932 855582, email surrey@alzheimers.org.uk or log on to alzheimers.org.uk/localinformation

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Notes to Editors

About Alzheimer's Society

- Alzheimer's Society is the UK's leading dementia support and research charity.
- Alzheimer's Society research shows that 850,000 people in the UK have a form of dementia. In less than ten years a million people will be living with dementia. This will soar to two million people by 2051.
- 225,000 will develop dementia this year, that's one every three minutes.
- Dementia costs the UK economy over £26 Billion per year. This is the equivalent of more than £30,000 per person with dementia.
- Alzheimer's Society funds research into the cause, care, cure and prevention of all types of dementia and has committed to spend at least £100 million on research over the next decade.
- Alzheimer's Society champions the rights of people living with dementia and the millions of people who care for them.
- Alzheimer's Society works in England, Wales and Northern Ireland.
- Alzheimer's Society supports people to live well with dementia today and funds research to find a cure for tomorrow. We rely on voluntary donations to continue our vital work. You can donate now by calling 0330 333 0804 or visiting alzheimers.org.uk.

- Alzheimer's Society provides a National Dementia Helpline, the number is 0300 222 11 22 or visit alzheimers.org.uk.
- Alzheimer's Society YouTube channel www.youtube.com/AlzheimersSociety
- Follow us on Twitter: @AlzSocSWEEngland
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