



Carers wanted for dementia project

By Daphne Chamberlain

Are you caring for someone with dementia? If so, you are invited to take part in a project which aims to identify your needs and improve the support you can call upon.

The pressure on carers is enormous. Very many are tormented by having to make decisions for their loved ones without fully understanding all the pros and cons. All too often, as their loved ones' condition deteriorates, carers are uncertain about what to do for the best. This can bring about terrible guilt and anguish.

Fara Hamidi is a researcher in the Mental Health Sciences Department at University College, which trials therapies for people with dementia. Talking to carers, she found many of the same dilemmas cropping up again and again. And, again and again, carers told her they were not being given adequate support.

Understanding the impact

Fara is now writing a thesis at King's College, which is examining carers' knowledge and understanding of dementia, and the impact this has on their day-to-day decision-making. Her thesis should be submitted in August of next year.

In Fara's words, "NHS and voluntary sector organisations often rely on findings in academic journals when they report on a particular topic.

I'm hoping that if my findings are published, they will serve as a wake-up call to health and social care services to provide a more comprehensive package of support and assistance to informal carers."

Carers' feedback sought

She needs a minimum of 80 carers to complete a questionnaire, none of which can be the people she encounters in the course of her work. So she is depending on organisations such as Age UK and the Alzheimer's Society and on members of the general public.

If you would like to take part, please contact Fara Hamidi on 07910 998915 or email f.hamidi@ucl.ac.uk for a questionnaire and freepost envelope.

Traditional fete supports hospice

Avenue House hosted the North London Hospice traditional summer fete on Sunday 24 July. The fine weather and beautiful setting helped to make the fete a great success.

There were plenty of activities, from maypole dancing



Muswell Hill Brass Band. Photo by Ondro Polacek

Big, brassy and in your backyard

By Janet Maitland

Do you like brass band music? Have you dreamed about joining a brass band, but can't play a note? North London Brass Muswell Hill is looking for new recruits of all ages, backgrounds and experience, including absolute beginners.

North London Brass was launched in January 2010 with just two founder members. It now has local bands in Muswell Hill, Edmonton, Enfield and Southgate.

"We're flexible, performance-based, friendly, supportive and dedicated to your musical success," said Martyn Stogden, director. "Even if you're not a brass player, but fancy having a go, we guarantee to have you playing something recognisable in a few weeks."

The Muswell Hill group was set up only in June but already has 16 members. They played their first gig at Muswell Hill Methodist Church's Charity Garden Party in July with the help of reinforcements from the other bands.

It costs £7 a week to be a member of North London Brass. Members can attend just the Muswell Hill band or any of the three other weekly bands as well. Instruments can be hired for £5 a week. The Muswell Hill band rehearses every Wednesday at the Methodist Church, 28 Pages Lane, London N10 1PP, between 7.30pm and 9.30pm.

If you are interested, contact Martyn preferably by email on martyn@fourhillsltd.com or ring him on 020 8366 0657. For further information, have a look at www.fourhillsmusic.co.uk

Folk traditions celebrated at Phoenix

By Tim Plester

I've lived in Finchley for almost 15 years, but I hail from greener pastures. *Way of the Morris* is my heartfelt documentary film about the much-maligned native dance-traditions of a once-and-eternally fabled kingdom, what those dances mean to the people of my bloodline and how all of that connects to the unforgivable horrors of the First World War.

Way of the Morris features contributions from the iconic singer/songwriter Billy Bragg and from Fairport Convention's Chris Leslie. The film had its world premiere at this year's prestigious SXSW festival in Austin, Texas, and was recently selected by the UK Film Focus as one of the Breakthrough British films of 2011. This month it will be released on DVD, quite an achievement for an almost entirely self-funded project made outside the mainstream. There'll be a screening of the film on 25 September at our local cinema, the Phoenix in East Finchley. Alongside the screening, there will be live music, a Q&A hosted by comedian Phil Jupitus and a chance to see some short folkloric films from the BFI archives. More information at www.wayofthemorris.com and <http://goo.gl/jSrLE>

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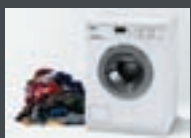
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Walk in the Woods

Sunday 25th September, 12.30pm

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