

YPWD Book List – May Newsletter

If you would like to borrow any of the books listed below from the YPWD Library, then please email contact@ypwd.info

Reminiscence

Born in the Fifties - Jane Maple

Take a stroll down Memory Lane with this wonderful collection of photographs of Britain in the 1950s, a time when everybody knew their neighbours, kids made their own fun playing out on the streets, and pram racing and roller skating were all the rage. Over 90 photographs are accompanied by a witty and moving commentary describing a golden decade when the British were discovering a new sense of fun and freedom. Rationing came to an end; Butlin's holiday camps were hugely popular, and kitchens came with 'all mod cons'. In 1957, Prime Minister announced that the British had never had it so good, and this book illustrates just what he meant. This is guaranteed to produce a golden glow in every reader, and a perfect family gift.

Remember When: A Nostalgic Trip Through the Consumer Era - Robert Opie

Robert Opie presents a fascinating picture of life in 20th century England -- from the late Victorian era to the present day -- exploring society as reflected by the packaging, advertising, magazines and newspapers, toys and games and royal and commemorative memorabilia that has accumulated over the century. These items bring English history to life and evoke the tastes, smells, sights and sounds of the past.

Carers

My Bonnie: How Dementia Stole the Love of my Life - John Suchet

After a whirlwind romance and a marriage that spanned decades, former face of ITV news, John Suchet, revealed on breakfast television that his beloved wife Bonnie was suffering with dementia, eliciting a huge response. Described by readers as 'astonishingly honest' and a 'personal, beautiful love story', John's moving account of how his wife, barely past middle age, was diagnosed out of the blue with dementia, a disease usually associated with the elderly, remains full of joy, despite the tragedy. They looked forward to their golden years when they could finally be with each other without distractions or obstacles. But the bewildering and gradual seizure of Bonnie's mind stole away their hopes of growing old together and made each day a struggle. And yet Bonnie's sense of humour and natural warmth constantly triumphs.

Keeping Busy: A Handbook of Activities for Persons with Dementia - J R Dowling

In *Keeping Busy*, James Dowling describes a variety of activities designed to bring meaning and enjoyment to the lives of persons with dementia. The activities are organized by general categories such as music, exercise, horticulture, pets, humour, and social events. The largest section deals with communication and includes word games that help people strengthen their remaining verbal skills. The description of each activity includes step-by-step instructions, as well as tips on how to adapt it for small or large groups, for individuals at home or in an organization, or people who are bedridden.

Children's

This is My Family - Barbara Chambers, Karen Harborow & Eddie Mort

This kids' book tells the story of 13-year-old Jack whose father lives with younger onset dementia. An engaging tale for any child who knows a younger adult with dementia, it has been written by dementia care specialists, Barbara Chambers and Karen Harborow, with characters by renowned children's animator Eddie Mort.

Professional

Using Technology in Dementia Care: A Guide to Technology Solutions for Everyday Living - Professor Arlene Astell

Many new pieces of technology can be beneficial to individuals living with dementia, including both hardware and software. This straightforward guide summarises the current research on this growing topic and gives practical advice on how available technology can be used to improve the everyday lives of people with dementia. Looking at a range of available products, such as off-the-shelf computers and smartphones, to dementia specific applications and programs, it also addresses some common obstacles and barriers faced when introducing technology in dementia care. The past twenty years have seen an array of technologies developed to improve the day-to-day lives of people with dementia; this guide shows how they can be effectively used.

Young Onset Dementia: A Guide to Recognition, Diagnosis, and supporting Individuals with Dementia and Their Families - Hilda Hayo, Alison Ward, and Jacqueline Parkes

The book explores the experiences of people living with a diagnosis of young onset dementia through detailed case studies and gives learning points to implement in practice for the better provision of appropriate support and care. It explains the need for adapting services which are often designed for older people, and how the complicated diagnostic process can lead to misdiagnosis among younger people. Key issues are considered, including at-risk groups, work and dealing with potential loss of employment, changes in personal and family relationships, readjusting life expectations and plans, and social isolation.

Living with Dementia

Somebody I Used to Know - Wendy Mitchell

Brave, illuminating, and inspiring, *Somebody I Used to Know* is the first memoir ever written by someone living with dementia. When she was diagnosed with dementia at the age of fifty-eight, Wendy Mitchell was confronted with the most profound questions about life and identity. All at once, she had to say goodbye to the woman she used to be. Her demanding career in the NHS, her ability to drive, cook and run - the various shades of her independence - were suddenly gone. What do you lose when you lose your memories? What do you value when this loss reframes how you have lived, and how you will live in the future? How do you conceive of love when you can no longer recognise those who are supposed to mean the most to you?

Welcome to Our World: A Collection of Life Writing by People Living with Dementia - Edited by Liz Jennings

This collection of life writing came out of a series of sessions facilitated by Liz Jennings in partnership with Kent's Dementia Envoy and Alzheimer's Ambassador, Keith Oliver. Poetry and prose written by eight people living with different types and stages of dementia takes readers on a journey through life's weird and wonderful moments, its joys and pains, the hilarious and the tragic. Join these courageous writers, as they welcome you into their world and share some of the stories of their lives with honesty, humour, and warmth.

Good Reads

Dear Mrs Bird - AJ Pearce

London, 1941. Emmeline Lake and her best friend Bunty are trying to stay cheerful despite the Luftwaffe making life thoroughly annoying for everyone. Emmy dreams of becoming a Lady War Correspondent and when she spots a job advertisement in the newspaper, she seizes her chance – but after a rather unfortunate misunderstanding, she finds herself typing letters for the formidable Henrietta Bird, the renowned agony aunt of *Woman's Friend* magazine. Mrs Bird is very clear: letters containing any form of Unpleasantness must go straight into the bin. But as Emmy reads the desperate pleas from women who may have Gone Too Far with the wrong man, or cannot bear to let their children be evacuated, she decides the only thing for it is to secretly write back...

The Beekeeper of Aleppo

In the midst of war, he found love. In the midst of darkness, he found courage and in the midst of tragedy, he found hope. Nuri is a beekeeper; his wife, Afra, an artist. They live a simple life, rich in family and friends, in the beautiful Syrian city of Aleppo - until the unthinkable happens. When all they care for is destroyed by war, they are forced to escape. As Nuri and Afra travel through a broken world, they must confront not only the pain of their own unspeakable loss, but dangers that would overwhelm the bravest of souls. Above all - and perhaps this is the hardest thing they face - they must journey to find each other again.

Moving, powerful & beautifully written, *The Beekeeper of Aleppo* is a testament to the triumph of the human spirit.

A Day at the Park – Jamie Stonebridge

Jamie Stonebridge books are written in collaboration with people that have direct, positive experience of working with loved ones and patients that have a dementia diagnosis. They understand the enjoyment that can be gained from the simplicity of everyday events and the calming effect of a satisfying ending. The aim is always the same: to produce books that bring a smile. There is no mention of dementia anywhere on the cover or inside the book, so no indication to the reader that this is in anyway a 'special needs' book. Yet inside is where the magic happens. Over 6 chapters our central character explores their day. They meet and talk to people and make simple discoveries. An enjoyable and relevant story is told.