

Church Stretton Library Dementia Collection

A collection of loanable resources to support individuals affected by memory loss or dementia.

Please ask a member of library staff if you would like to borrow any of the items in this catalogue.

This collection was funded by Friends of Church Stretton Library and Church Stretton Dementia Friends.



Church Stretton Library Dementia Collection

This collection contains resources useful for people affected by dementia and memory loss including:

Reading Well Books for Dementia: This book list has been approved by the NHS and Dementia Charities to provide information & practical advice about living with dementia, as well as inspiring personal stories written by people affected by dementia. This list has been developed by the [Reading Agency](#) in partnership with [Libraries Connected](#). Visit reading-well.org.uk for more information.

Recommended Books: recommended by local people as being particularly helpful.

Books for children and young people: aim to increase understanding about dementia and how children can help if one of their relatives has dementia.

Picture to Share & Cognitive books: beautiful high quality pictures combined with short, large print texts to help stimulate memories and conversation with people in the mid to late stages of dementia.

Relish Jigsaws & Games: jigsaws with a small number of pieces and pictures to stimulate memories and spark conversation and games with visual cues and large pieces suitable for people with dexterity difficulties.

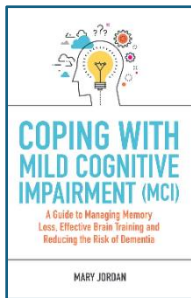
Contents

Reading Well Books: Information	3
Reading Well Books: for carers	4
Books: Recommended by local people	6
Reading Well Books: Personal Stories	7
Books: For Children & Young People	8
Cognitive Books	11
Pictures to Share	12
Jigsaws	13
Relish Games	16

Factsheets: There is also a reference folder with factsheets from the Alzheimer's Society. Do pop into Church Stretton library to have a browse.

The factsheets can also be downloaded or ordered for free direct from the Alzheimer's Society. www.alzheimers.org.uk or Telephone 0333 150 3456

Reading Well Books: Information

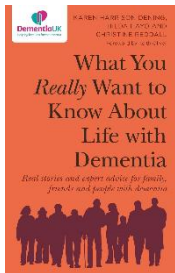
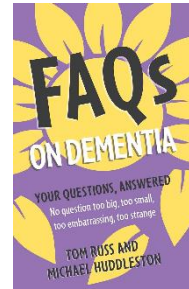


Coping with Mild Cognitive Impairment (MCI) by Mary Jordan

Adults are being increasingly diagnosed with Mild Cognitive Impairment (MCI). This book provides strategies to help slow the onset of the condition. Around 50% of adults with MCI go on to develop dementia, but research shows that self-help through early intervention and preventative measures can hugely slow this down.

FAQs on Dementia by Tom Russ and Michael Huddleston

You left the doctor's surgery before you could ask the things you really wanted to know. You have so many questions, but no idea where to start finding the answers. In this book you'll find the definitive, expert responses to all your *FAQs: On Dementia*.

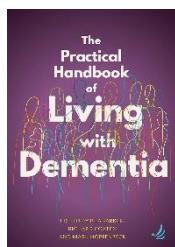
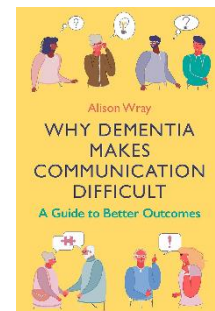


What You Really Want to Know About Life with Dementia by Karen Harrison Dening, Hilda Hayo and Christine Reddall

Supporting families and carers in their day-to-day life with dementia, this unique resource combines real stories from families with expert responses and advice for specific issues and concerns.

Why Dementia Makes Communication Difficult by Alison Wray

Dementia brings many challenges, not least its ability to disrupt effective communication. As well as considering why communication goes wrong in day-to-day conversations, the chapters offer advice on dealing with awkward moments, the question of deception, and the things we can and can't control in dementia.

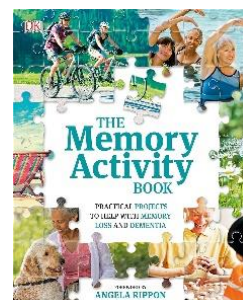


The Practical Handbook of Living with Dementia by Richard Coaten, Mark Hopfenbeck and Isla Parker

This wide-ranging book takes a person-centred approach to supporting the person and their families/carers to live with dementia and challenge the stigma attached to the condition.

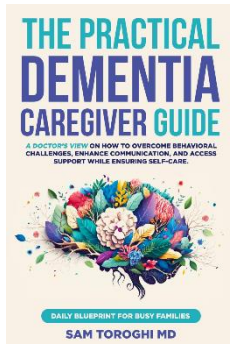
The Memory Activity Book by Helen Lambert

Slow and delay the symptoms of Alzheimer's disease and other forms of dementia, from memory loss to disorientation, with this practical activity book. Each activity contains hints and tips that include ways to adapt the various physical exercises, games, and craft projects for different abilities, or to include family and friends.



Reading Well Books: for carers

Practical Dementia Caregiver Guide by Sam Toroghi MD



The Practical Dementia Caregiver Guide: A Doctor's View on How to Overcome Behavioral Challenges, Enhance Communication, and Access Support While Ensuring Self-Care.

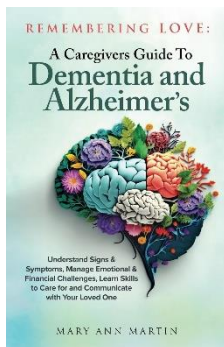
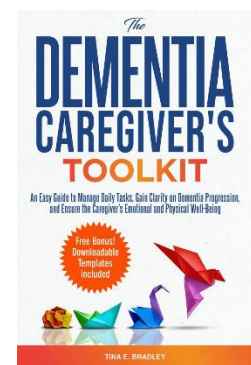
Daily Blueprint for Busy Families

This guide helps you understand your loved one's condition and offers specific tips and strategies to manage dementia symptoms without burning out.

The Dementia Caregiver's Toolkit by Tina E. Bradley

The Dementia Caregiver's Toolkit: An Easy Guide to Manage Daily Tasks, Gain Clarity on Dementia Progression, and Ensure the Caregiver's Emotional and Physical Well-Being

Caring for a loved one with dementia can feel like an impossible task, but it doesn't have to be. With "The Dementia Caregiver's Toolkit," you'll discover simple, practical strategies that make caregiving manageable, even on the toughest days.



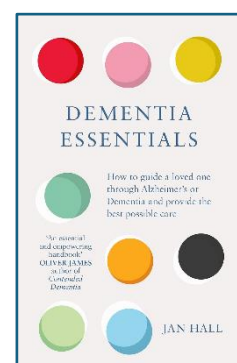
Remembering Love: A Caregiver's Guide to Dementia and Alzheimer's by Mary Ann Martin

Remembering Love: A Caregiver's Guide to Dementia and Alzheimer's: Understand Signs & Symptoms, Manage Emotional & Financial Challenges, Learn Skills to Care for and Communicate with Your Loved One

Uncover the secrets to providing compassionate care for your loved one with dementia – even if you feel overwhelmed and don't know where to start.

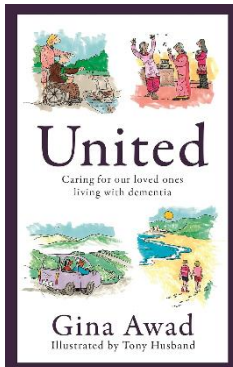
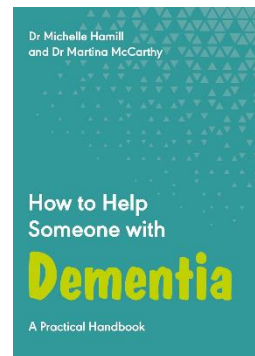
Dementia Essentials: How to guide a loved one through Alzheimer's or Dementia and provide the best care by Jan Hall

'Dementia Essentials' offers a realistic and reassuring guide to help you and the person affected navigate the complexities of dementia and Alzheimer's, and face anything that these conditions might place your way. Written by real carers with first-hand experience, this book is updated with the latest research coupled with essential advice, personal insights and helpful strategies:



How to Help Someone with Dementia by Dr Michelle Hamill and Dr Martina McCarthy

This is an incredibly supportive, compassionate and practical guide for those caring for a relative living with dementia. This book provides insights and ideas to improve quality of life for both you and your loved one, drawing on the experiences of people who are caring for a person with dementia from our services.

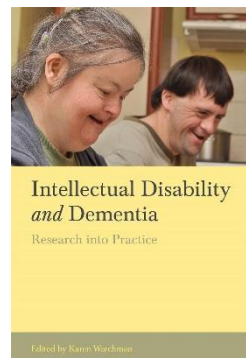


United: Caring for our loved ones living with dementia by Gina Awad

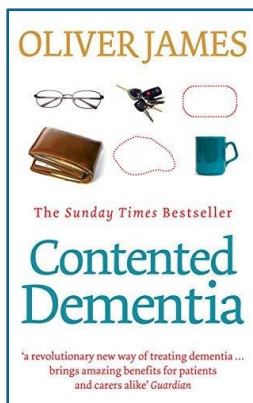
A moving and beautifully illustrated book that captures the real life tales of people living with dementia, as told by their loved ones caring for them. The stories reflect on the impact of receiving a diagnosis, the importance of person-centred care and social inclusion, the power of meaningful engagement, partnerships, peer support and much, much more.

Intellectual Disability and Dementia: A Guide for Families by Karen Watchman

Practitioners, managers and commissioners will find this to be an informative resource for developing person-centred provision for people with intellectual disabilities and dementia and their families.



Books: Recommended by local people

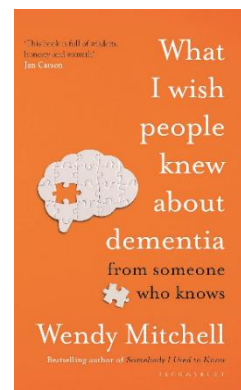


Contented Dementia by Oliver James

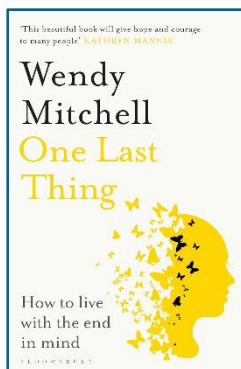
'*Contented Dementia*' by clinical psychologist and bestselling author Oliver James outlines a groundbreaking and practical method for managing dementia that will allow both the person living with dementia and their carer to maintain the highest possible quality of life, throughout every stage of the illness.

What I wish people knew about dementia: from someone who knows by Wendy Mitchell

Wendy Mitchell was diagnosed with young-onset dementia at the age of fifty-eight. Wise, practical and life affirming, '*What I Wish People Knew About Dementia*' combines anecdotes, research and Wendy Mitchell's own brilliant wit and wisdom to tell readers exactly what she wishes they knew about dementia.



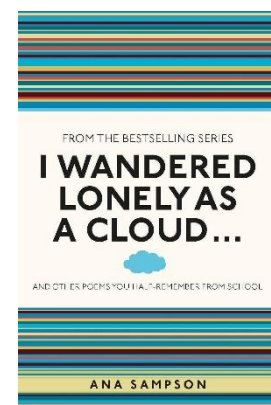
One Last Thing by Wendy Mitchell



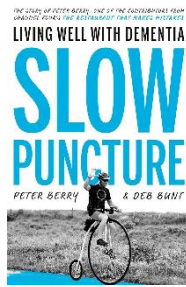
After her diagnosis of early onset dementia in 2014, Wendy spoke affectionately about the liberating feeling that came with having open conversations and confronting life's obstacles head on. So, in the years leading up to her death, Wendy set out to have what would be her most important conversation: to explore what options are available – and what options are denied – at the end of life.

I Wandered Lonely as a Cloud; and other poems you half remember from school by Ana Sampson

Poetry can be a beautiful way to connect with people living with dementia. Many older people learned poems by heart during their younger years. When they recognize and join in with a familiar poem, it can trigger positive memories and a sense of connection.



Reading Well Books: Personal Stories

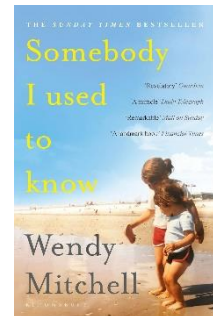


Slow Puncture: Living well with dementia by Peter Berry and Deb Bunt

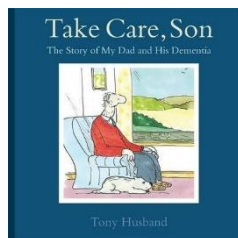
Happily married and running a successful business, Peter's life changes when, at the age of fifty, he is given a terminal diagnosis of early onset dementia. This is an inspirational look at both living in the present and coping with dementia.

Somebody I Used to Know by Wendy Mitchell

A phenomenal memoir, *Somebody I used to know* is both a heart-rending tribute to the woman Wendy Mitchell once was, and a brave affirmation of the woman dementia has seen her become.



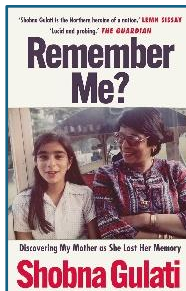
Take Care, Son: The Story of My Dad and His Dementia by Tony Husband



When Ron Husband started to forget things - dates, names, appointments ...daft things, important things - it took a while to realise that this was 'a different form of forgetting'. This is the touching, illustrated story of Tony's father and how dementia slowly took him away from his family.

Unforgettable: rugby, dementia and the fight of my life by Steve Thompson

In 2003, England won the Rugby World Cup. But triumph came at a cost. Steve has been diagnosed with early onset dementia, and serious progressive brain damage. This tale of hope and courage stands as testament to the ultimate strength of the human mind - and to a man no longer pushing himself to the limit for competition, but for his own place in the world.

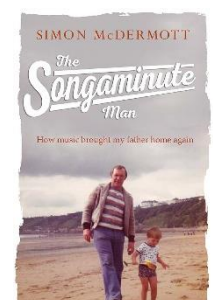


Remember Me?: Discovering My Mother as She Lost Her Memory by Shobna Gulati

Shobna Gulati sets out to reclaim her mother's past after her death, and in turn, discovers a huge amount about herself and their relationship. '*Remember Me?*' captures the powerful emotions that these memories hold to both Shobna and her mother.

The Songamminute Man: How music brought my father home again by Simon McDermott

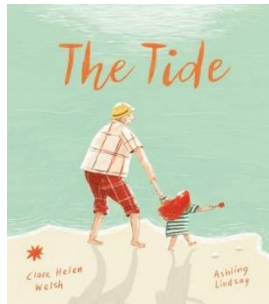
The nostalgic memoir of a young man, eldest of fourteen, growing up in 40s Wednesbury. The heartbreaking true account of his son struggling to come to terms with his father's dementia. A tribute to the unbreakable bond between father and son.



Books: For Children & Young People

that aim to increase understanding about dementia and how they can help.

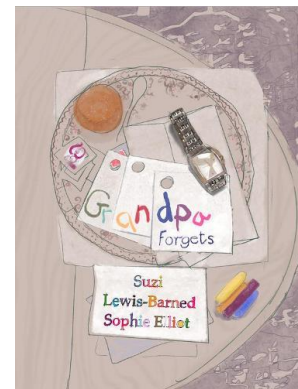
The Tide by Clare Welsh



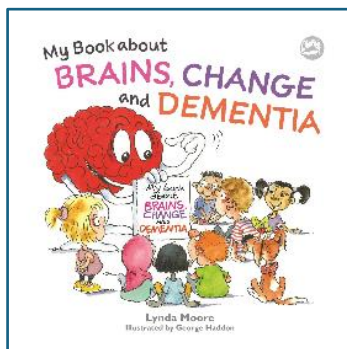
An award-winning and vividly illustrated story about families, laughter and how we can help a loved one with dementia live well. For ages three to six years.

Grandpa Forgets by Suzi Lewis-Barned

A picture book with a simple story about caring for a relative who has dementia, including positive ways of relating to them. Aimed at ages three years and above.



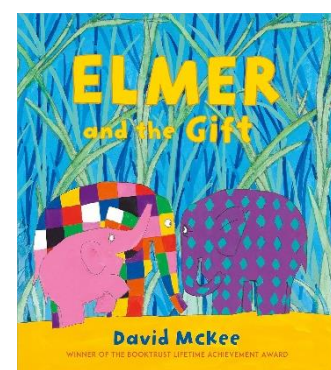
My Book about Brains, Change and Dementia by Lynda Moore, illustrated by George Haddon



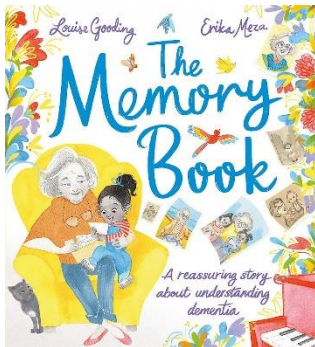
This book breaks down misconceptions about dementia and speaks directly to children aged under 5 about the realities of the disease, using age-appropriate language in an engaging and informative way. Age 3-5

Elmer and the Gift by David McKee

Elmer's love, patience and respect for his Aunt Zelda and Grandpa Eldo makes for a heart-warming depiction of family life with elderly relatives, and deftly deals with themes relating to dementia with love and respect. Age 3-5



The Memory Book: A reassuring story about understanding dementia by Louise Gooding, illustrated by Erika Meza

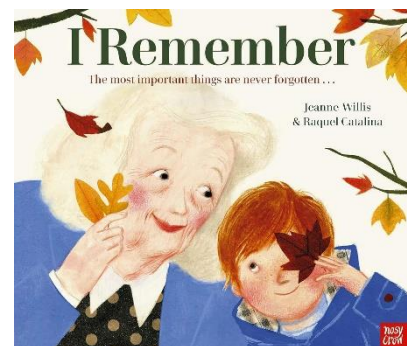


A reassuring story about the love between a little girl and her grandma, with practical information to help young children understand dementia and the changes it can bring. Age 4-6

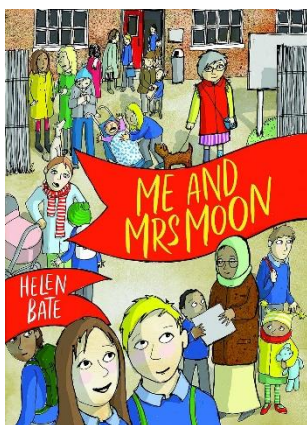
I Remember by Jeanne Willis

George's granny is quite forgetful. Sometimes, she can't even remember George's name. But George doesn't mind. Together they play in the garden, dance, and share chocolate biscuits. Granny might not always remember the little things, but George knows she loves him more than words can say.

A celebration of the unforgettable love between a grandparent and grandchild, proving that even though the mind can sometimes forget, the heart will always remember. Age 3-5



Me and Mrs Moon by Helen Bate



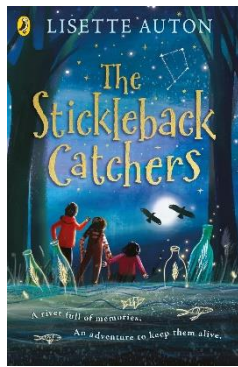
Maisie and Dylan love Mrs Moon. She picks them up from school every day and they have great fun together. But then things start to get strange: a coat without sleeves, old socks as Christmas decorations, a missing dog, an imaginary folk band...

The children want to help, but what should they do for the best?

Love, loyalty and resilience shine through this powerful graphic story of two children determined to help their friend, Mrs Moon.

Ages 7-10

The Stickleback Catchers by Lisette Auto



Mimi adores her wild, fun, full-of-life Gran. Then Gran starts forgetting things. Suddenly there are cracks appearing all around their home - and a mysterious black crow - both of which only Mimi seems able to see.

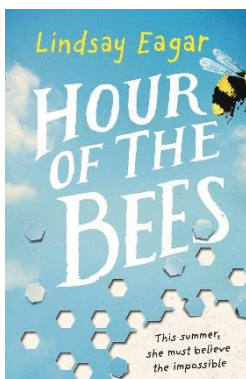
Mimi is determined to solve the mystery. Luckily, she has new friends to help: Titch and Nusrat. Together, they're the Stickleback Catchers: solvers of puzzles and seekers of adventure. Age 9-12

Talking to the Moon by S.E. Durrant

Iris's grandmother, Mimi, has started to put jam on her scrambled eggs and tie blue ribbons around her fingers to remind her of stuff. Her house, always full of things, is becoming harder and harder to navigate, and when Iris goes to stay, she feels as if a whole life is becoming muddled up. As her grandmother's memory fades, a mystery is uncovered. Who is Coral, and what happened to her? Age 9-12



Hour of the Bees by Lindsay Eager



When Carol and her family move to his deserted ranch to transfer her grandfather to a care home, Carol struggles to cope with the suffocating heat and the effects of her grandfather's dementia. Bees seem to be following her around, but the drought means this is impossible. She must be imagining things. Yet when her grandfather chooses her as the subject for his stories – tales of a magical healing tree, a lake, and the grandmother she never knew – Carol sees glimmers of something special in what her parents dismiss as Serge's madness. Age 11-12

The Stories Grandma Forgot (and How I Found Them) by Nadine Aisha Jassat

Twelve-year-old Nyla's dad died when she was four, or that's what she's been told. So when Grandma Farida insists she saw him in the supermarket, Nyla wonders if she is 'time-travelling' again - the phrase she uses when Grandma forgets. But when Grandma asks Nyla to find her dad and bring him home, Nyla promises that she will.

As Nyla sets out on her journey, she hopes that uncovering the past will help her to understand the mystery at the heart of her family ... and to work out who she is. Age 9-11



Cognitive Books

Books that everyone can enjoy and suitable for people living with dementia or other cognitive difficulties – see <https://www.cognitivebooks.co.uk/>

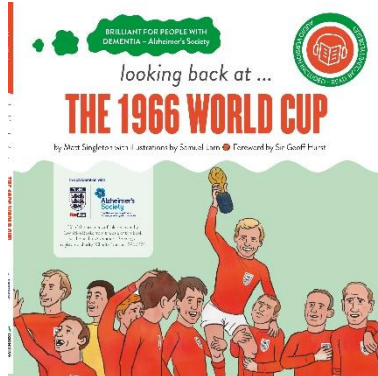
Looking back at Classic Coronation Street written by Matt Singleton and illustrated by Simon Reid.

Relive the classic moments of Coronation Street between the first episode in 1960 and Christmas 1990.

The book contains a 'Supporter's Guide' designed for loved ones and carers so they can help the reader living with dementia and enjoy the book together. There are suggested activities and a fun quiz centred around the book to encourage social interaction and there is an audio download which will help the reader enjoy the book even more.



Looking Back at The 1966 World Cup written by Matt Singleton and illustrated by Samuel Larn.



Relive the finest moment in English men's football to date.

The book contains a 'Supporter's Guide' designed for loved ones and carers so they can help the reader living with dementia and enjoy the book together. There are suggested activities and a fun quiz centred around the book to encourage social interaction and the audio download includes well known theme tunes from sports TV shows of the past.

Looking Back at The Beatles written by Matt Singleton and illustrated by Simon Reid.

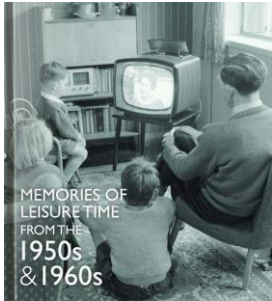
Take a rhyming Magical Mystery Tour with The Beatles, tracking their early days performing in Hamburg, right through to their eventual breakup ... all whilst creating some of the most popular music in history!

Includes a free audio download.



Pictures to Share

These beautiful high-quality pictures combined with short, large print texts help stimulate memories and conversation.

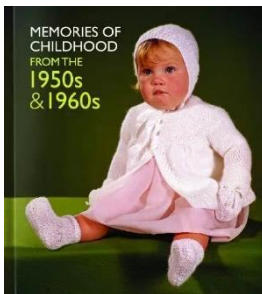
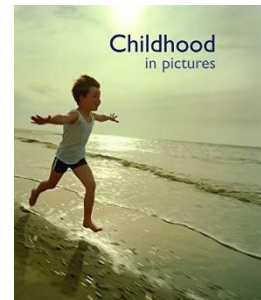


Memories of Leisure Time - 1950s & 1960s

by Michelle Forster

Childhood Days

by Helen J Bate

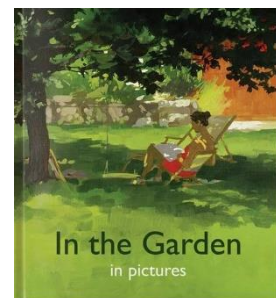


Memories of childhood -1950s & 1960s

by Michelle Forster

In the Garden in pictures

by Helen J Bate

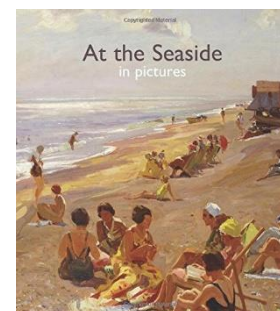


Women's work in pictures

by Helen J Bate

At the Seaside in pictures

by Helen J Bate

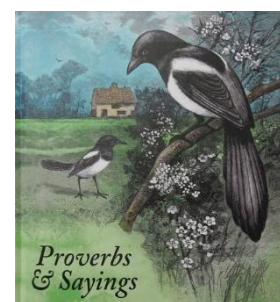


Travelling in pictures

by Helen J Bate

Proverbs & Sayings

by Helen J Bate



Jigsaws

with pictures to stimulate memories and spark conversation and a small number of pieces suitable for those with dexterity difficulties. Can be purchased from Relish at <https://relish-life.com/>

Jigsaws – 13 piece



Blooming Lovely

Prize Possession



Jigsaws – 35 piece



Spring Picnic

Cats Whiskers



Jigsaws – 35 piece



Fairs in town

Autumn Market



Jigsaws – 63 piece



Dancing Shoes

Jigsaws – 63 piece



Burano Island (Venice)

London City Dusk



Jigsaws – 100 piece



Sunset in Paris

Relish Games –

Can also be purchased from Relish at <https://relish-life.com/>

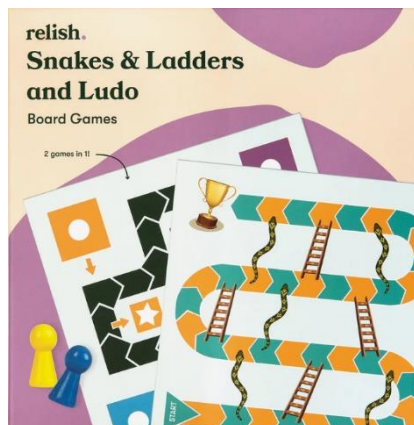
Circuit maze

Calming and engaging activity.
Challenging dexterity and coordination.

High Colour contrast for visibility



Snakes & Ladders and Ludo



A great way to spend time with loved ones and improve engagement. Large dice, cards and counters for dexterity difficulties. Visual cues guide players. Play with up to 4 people.