1. Summary

A total of 63 people registered and a further 37 registered to join the meeting online. WebEx enabled people from as far away as California and Iran to join in. Nine presenters contributed from Japan, the USA and the UK, chaired by two presenters from LU. Christine Milligan opened the event. Presentations covered non-pharmacological treatment approaches: Nature & Outdoors (Garuth Chalfont, FHM), Horticultural Therapy (Kenshi Nishino, Japan), Nutrition for Brain Health (Sandra-Ilona Sunram-Lea, Psychology, LU), Culinary Medicine (John La Puma, California), Ayurvedic Nutritional Medicine (Eleni Tsioomanou, UK & Greece), Brain Fitness (Majid Fotuhi, Virginia), Hypnotherapy (Dan Nightingale, Arizona), Medium-chain Triglycerides (Kaori Nakajima, OilliO Group, Japan) and Data & Healthcare (Hamish Hayes, Karmacorp, Lancaster). A roundtable discussion addressed ideas and questions from the audience in the theatre and online about ways to take this forward. Local people attended from two NHS Trusts, Lancashire CC, St. John’s Hospice, Age UK, Age Concern Central Lancs, Extracare Charity, Sheffield Hallam, University of Cumbria, Queen’s University Belfast, Sheffcare, St. Wilfrids NH, Dolphinlee House, Alexandra NH, Oakfield NH, Julie Stirpé Associates, Claire Moore Ltd., Life Change Care, Home Instead and the LU Continuing Learning Group. Since the event, participants have begun projects with people they met on the day. One presenter has volunteered to build an online social networking tool for the group to use to stay in touch and move things on. The IT (sound, visual and web management) was handled by A J Greenwood. Healthy snacks were offered during the break and samples of MCT jellies and puddings were flown in from Japan and evaluated by the audience. Three ushers helped the event run smoothly.

2. Feedback

Many thanks for the great seminar and sharing these online resources. I will explore all further. It is so powerful to see international collaboration with this level of intent and sharing for world health. Teresia (LGS Rehabilitation Services, Portland Oregon, USA)

I admire your skill, energy, enthusiasm & dedication to work & Research project. Please inform me of similar events in future. Yashwant (LCFT)

It was a very good event indeed and pleased to have been involved, if only at the very last stages. Our Gofer jobs ran smoothly because of your prior organisation and attention to detail ..... Hazel (LU)

I just want to say thank-you for a very interesting and enjoyable afternoon, I will pass on some of the Information to Laura and Ideas that I came up with because of this Seminar. Well done it went very smoothly 😊 Thank you for the Information it looks great and will be helpful and I hope I will be able to do something with the information. Margaret (Nurse, Oakfield Nursing Home)

There’s a huge amount of interest here so far in just the few I did see and have mentioned, so I’m looking forward to viewing the others and sending notes around to everyone. The topic for the day was a great idea! Susan (Research Adviser, Age UK)

I attended the above extremely interesting event last Thursday as one of the senior learners attending the Continuing Learning Group at Lancaster University... I found all the sessions interesting and informative but particularly Dr Dan’s session on his experience of using hypnotherapy with people suffering from dementia. I would like to thank you for this innovative and exciting work you are doing regarding non-drug interventions for this perplexing condition about which we understand so little. I am quite concerned about how much we have come to rely on drug regimes in the western world which seem to have swept away a lot of wisdom available to our forebears. Whilst I am sure that drugs can be helpful for some conditions, I think that they are too readily prescribed (at vast expense
often) and can also “cause” other conditions especially when they are combined in the sorts of cocktails that some people end up taking on a daily basis. It is wonderful that, as you so ably demonstrated last Thursday, there are people around the world who are looking at other ways and options for assisting and supporting people to try to prevent the condition in the first place and, if not, to find ways to support them and even reverse some of the effects of dementia and I wish you continued success with your valuable work. Jill (LU CLG)

Just wanted to take time out for thanking you for organising such an amazing event. It has already created several links with people, Julie and the wonderful NHS Dr. are going to do some work together, and Michelle and I will be talking to Hamish and Neil re their logging system, as we are both in the process of starting a Company based in Lancaster to give domiciliary care to implement the holistic approach with correct stimulation to try to begin to make a difference and spread the word. We have ambitions to create our own dementia cafe in area where we would like to help stimulate and educate what could possibly make a difference to theirs and their families lives.

Exciting time indeed. Let’s get this research on the road, we can’t change the world but we can try and make a difference to others!

Thanks again we took away so much. Debbie (Unique Homecare)

Garuth, the pleasure was mine. Thanks for inviting me and for assembling such a terrific group of people. The audience looked really happy and that’s always a plus….if I can help in any other way going forward, please feel free to reach out.
John La Puma MD FACP drjohn@chefclinic.com

Just wanted to say how much I enjoyed the day. It was a fascinating insight into the many varied ways in which dementia can be treated and hopefully prevented if we are willing to listen and make a change. It was very moving to watch the sensitive and respectful way in which the Japanese patients were treated and encouraged to participate and to feel valued. The presentations were very interesting and certainly gave us an insight into a holistic approach.
I would like to thank you and your colleagues for such an interesting and thought provoking afternoon.
Sent from my iPad Catriona

What a wonderful conference, Garuth. Ron and I learned so much and really enjoyed the international array of speakers. You did a masterful of orchestrating everything and of managing the complicated technology. Also, thanks for calling on me and inviting me to contribute a few words. That was really fun! If I can support this work in any way, do let me know. I hope to share some of this meaningful information on my blog. Ron Zoglin and Deborah Shouse (Family Caregivers, Dementia Advocates, Writers, and Speakers www.DementiaJourney.org Kansas City, Missouri)

Thank you so much a very enjoyable 4 hours. I have taken away a lot from today and will disseminate whenever I can. If there are any notes or presentations slides from today’s session, could I possibly have a copy? Again thank you. Deborah (Project Leader, Dementia Adventure)

I should have written earlier to let you know how impressed I was with the seminar – I was able to watch nearly all the webinar – it was really inspiring! The presentations by you and Dr. Nishino are of great interest to me, and I only caught the tail end of them – will go in and watch, when the video is
available. It was surprising how relevant most of the other speakers were, in areas I had not thought enough about – you are developing an impressively broad-based approach to dementia prevention and care.

There is a student I’m working with this year (Taylor Dedeke) who plans to develop a dementia care centre as his Final Study for the master of Architecture degree. I told him about you, and suggested he check out the resources you are developing at Lancaster. Congratulations on putting together such a successful and comprehensive programme – I think it will have some valuable applications.

Susan Rodiek (Professor, landscape architect, Texas A&M University)

3. Photos

Photo 1 - Making bamboo leaf dumpling – Kashinomori Program (Japan)

Photo 2 - How the “Kashinomori” program works
Photo 3 - The audience enjoys watching the “I appreciate your sincerity game”.

Photo 4 - “This patient joyfully taught the staff how to string dumplings. The staff call her teacher, she was smiling from ear to ear.”
Photo 5 - Yashwant and Harsha join in tasting medium-chain triglyceride (MCT) jellies and puddings sent from Ms. Kaori Nakajima, Nisshin OilliO Group, Tokyo, Japan.

Photo 6 – Elley Sowerby and daughter Matilda trying the MCT pudding and jelly.
Photo 7 - Alex Stirpé (Life Change Care) and colleagues from Julie Stirpé Associates evaluate the MCT products by filling in a customer survey.

Photo 8 - Yashwant Shukla (Lancashire Care NHS Foundation Trust) and Harsha Shukla (Chair of Community Together, President of Hindu Society Lancaster and Morecambe) join in with questions and comments while Janet Ross-Mills (Age UK Lancashire) and others listen.
Photo 9 - Brian and Susan Gara (C4AR Continuing Learning Group), Neil Waring & Hamish Hayes (Karmacorp) and others listen to comments from Rita Gerrard (C4AR CLG).

Photo 10 - Questions and comments from Elley Sowerby (IOELC, DHR, FHM, LU) and Matilda.