

# NEWSLETTER



Issue 002

April 2024

## Research News

We are one of the leading sites delivering research into dementia with Lewy bodies (DLB). Around 100,000 people are living with DLB in the UK. It is a rarer type of dementia that is often misdiagnosed. Dr Jay Amin is a chief expert in DLB. Jay combines his clinical practice with the latest cutting edge research. There are no treatments to stop or slow down the progression of the disease, but researchers like Jay are working hard to change this.

Similar to Alzheimer's disease, DLB affects thinking ability. However, unlike Alzheimer's, individuals with DLB can experience sleep disturbances, visual hallucinations and slowed movement. We are currently running 3 clinical trials involving people with DLB. Read on to find out more.



## Dementia with Lewy bodies Trials

**BRIC** is an observational trial investigating the role of inflammation in cognitive problems by examining cognition, blood, and brain scans among adults with and without DLB.

**COBALT** is a drug trial investigating whether Memantine (versus a placebo) improves health and functioning. Individuals must already be taking a cholinesterase inhibitor, like donepezil.

**REWIND-LB** is a drug trial investigating whether Neflamapimod (versus a placebo) helps with memory, sleep, movement and hallucinations in DLB.

In collaboration with,



The Newcastle upon Tyne Hospitals  
NHS Foundation Trust

In collaboration with,



Cumbria, Northumberland,  
Tyne and Wear  
NHS Foundation Trust

In collaboration  
with,  
commercial  
partners



A study partner taking part in  
COBALT and BRIC says:

**I think the team goes  
beyond my expectations. So  
friendly and informative.**

Without volunteers there will be no research, and without research there will be no cure. We are in the race against dementia. So, thank you for your support. We hope our collaborative efforts will help us better understand the disease and in treatments that work. To read more, find Dr Amin's recent publications here:  
<https://doi.org/10.1016/j.jnbd.2022.105698>  
<https://doi.org/10.3390/cells12182283>

# iACT4CARERS



Scan the QR code to watch their video or click the links below:

<https://iact4carers.com>

<https://www.facebook.com/iact4carers>

## Acceptance & Commitment Therapy for Carers

An internet-based trial is investigating whether Acceptance and Commitment Therapy for family carers of people with dementia helps their psychological well-being. iACT4CARERS focuses on helping people manage difficult or troubling thoughts and feelings, while still trying to do activities that really matter to them.

**UEA** University of East Anglia

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**NIHR** | National Institute for Health and Care Research



Ground-breaking programme, **Time for Dementia**, is looking for families living with dementia to spend time with our next generation of doctors. 3 times a year medical students from University of Southampton are visiting families in their homes to learn more about their experience living with the condition. If interested, please contact Duncan Salkeld on 07834 406272 or [duncan.salkeld@alzheimers.org.uk](mailto:duncan.salkeld@alzheimers.org.uk).

Duncan says...*"This is about shaping attitudes before students begin their career in medicine. The feedback we have had so far has been amazing. Families feel they are giving back, and students gain confidence."*

## Team News

### Acts of kindness

A special mention to Penny Rainbow, her family and friends. We received a generous donation which will help support our future work. To celebrate, we held an afternoon tea with meaningful conversation on the topic of dementia and our upcoming research. Thank you again, Penny.



### Upcoming event



Alice Oliver, PhD, is doing a talk at the annual Pint of Science festival, which brings scientists to your local pubs and cafes.

## Achievements



A big congratulations to Dr Claire Gee, our Clinical Research Fellow, who won the Royal College of Psychiatrists South East Division Higher Trainee of the Year Award, 2024. What a fantastic achievement. Well done, Claire.

**What?** "At the cutting edge of dementia research - what does it take?"

**When?** Monday 13th May 2024, 19.30-21.30

**Where?** The Bridge, Building 42, University Road, Highfield, Southampton, SO17 1BJ

Follow [this link](https://pintofscience.co.uk/event/neurodegeneration-24) to book your place <https://pintofscience.co.uk/event/neurodegeneration-24>