

# Words Worth Reading Ltd

August 2015 ISSUE 72

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Welcome to the August edition of the Words Worth Reading Ltd newsletter. The summer has continued to be busy for everyone at WWRL. We have been continuing our work with healthcare clients, completing mid-year Information Governance audits. We have also been working with clients who are completing their bids for NHS and private tender opportunities, since we re-launched the services earlier this summer.

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## Take part in the WWRL annual customer satisfaction survey

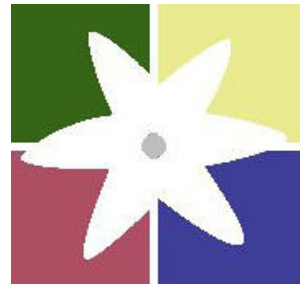
Our annual customer satisfaction survey is currently open.

The link below will take you to the survey, which only takes 5 minutes to complete.

<https://www.surveymonkey.com/r/S5PBGLJ>

We would be grateful for your feedback on the services we provide and how we can continue to improve them.

Thank you!



## The Next Big Event in the Literary Calendar: The Cheltenham Literature Festival

As the Edinburgh International Book Festival draws to a close this month, it is time to look to the next big event in the literary calendar. The Cheltenham Literature Festival takes place from 2<sup>nd</sup>-11<sup>th</sup> October.

Each year a theme is chosen to keep the festival new and exciting. The theme for 2015 is Defining Moments: the pivotal occurrences that conclusively alter life, as we know it, be they global, cultural, social or personal.

The line-up this year includes:

- Christos Tsiolkas
- Jane Smiley
- Alexander Gorchakov
- George the Poet

To find out more about what is on at the festival and to book your tickets, [click here](#).

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## Spotted on Twitter

**Edinburgh Book Fest** @edbookfest  
Taste isn't fixed; we learn it and, by implication, can unlearn it. We can be tricked, @StevenGaleBooks says of @JoannaBlythman's book.



**Nuffield Trust** @NuffieldTrust  
How does UK care quality compare with 15 countries across 27 indicators? Our research w @HealthFdn explores <http://goo.gl/WFys8x>



**Publishers Weekly** @PublishersWkly  
Author-Editor In Conversation: Gabriel Urza and Sarah Bowlin Talk About the Editorial Process <http://pw-ne.ws/f453a>



**Carers UK** @CarersUK  
Celebrating the positive side of caring, Roxanne talks about caring for her "mischievous" & "giggly" big sister Kelly <http://bit.ly/1OMM8RH>

## Charity of the Month



The Urology Foundation is committed to transforming the lives of people with a urology condition through ground-breaking research, training and education.

## Cambridge Study Reveals Dementia Levels are Stabilising



A report published this month reveals that the number of people living with dementia is levelling off in parts of Western Europe.

The University of Cambridge study shows the proportion of elderly people with the condition in the UK has fallen, despite predictions that cases would increase.

The report, **in the Lancet Medical Journal**, analysed twinned dementia studies that were conducted in the same way, but decades apart. Data from five studies from the Netherlands, UK, Spain and Sweden showed that the proportion of people with the condition had stabilised over the periods covered by the studies - which ranged from nearly 20 years to almost 30. But in the UK and among Spanish men, it had fallen. In the UK, the data from 1991 suggested that 8% of over-65s would have dementia in 2011, yet the team in Cambridge said the figure was in fact 6%.

It means there are around 670,000 over-65s with the condition rather than the 810,000 figure regularly cited.

Risk factors for dementia include:

- Diabetes
- Vascular disease
- Stroke
- Hypertension
- Depression
- Smoking
- Lack of exercise

This however, does not detract from the fact that the condition is already a huge social and economic problem, with a quarter of hospital beds filled with dementia patients.

Dementia is still common in the older age group. It still doubles every five years after 65.

It is hoped that this research will provide more evidence for focusing research beyond drug discovery. The findings also suggested there may be a preventable component within individuals, and across whole populations. It may be possible that we can defer dementia rather than prevent it entirely - it's very unlikely that we can prevent it entirely. – Prof Carol Brayne.

Source: BBC News

## In other news...

- The life of Jane Austen is set to be the subject of a new film called "Jane by the Sea", based on the novel by Carolyn V Murray.
- A review of the care of newborn babies that need additional support is being carried out to look at how infants with deteriorating health are cared for by hospitals and by community services. [Read more here.](#)
- Student opts to live on trains rather than pay high rents. [Read Leonie's story on the ITV News site.](#)

## Things that we like this month



### How about trying a new destination in Europe?

Check out the top 10 "under the radar" destinations featured in this Pure Wow article, for somewhere new and exciting to discover.

<http://www.purewow.com/travel/10-Insanely-Gorgeous-Under-the-Radar-European-Destinations>



### Homemade remedies for a bee sting

Check out these handy homemade tips for bee stings.

Wasps and bees seem to be everywhere at the moment, so these could be very helpful.

<http://tipnut.com/quick-tip-bee-sting-relief/>



### For all you busy people out there!

Check out this latest cookbook, well preparation book. The recipes show you what ingredients to include in one freezer bag, and then when you want to cook a quick and easy meal, all the prep has been done.

<https://newleafwellness.biz/2015/08/17/31-freezer-prep-sessions-that-will-change-your-life/>

## Contact us:

If you wish to find out more about the services we offer or want to get in touch with us about anything then please do not hesitate to contact us in any of the following ways:

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