

Tayside Locality



Newsletter

March 2023



Here we are at the end of March already! Spring is just around the corner hopefully bringing a nice bit of warmth our way.



Each year, Dementia Awareness Week (DAW) is held with the aim of raising awareness of dementia and helping improve the lives of people with dementia, their families and carers. This year Dementia Awareness Week will run from Monday 29 May until Sunday 4 June. We will be holding events, sharing stories and information across our website and our social media channels. More details of the week will be posted closer to the time.

Making a **real** difference every day



Prevent. Care. Cure.

Watch out for local events in Angus

We hope you will join us to mark Dementia Awareness Week, your support and involvement is greatly appreciated in helping us raise awareness in your local community.

Making sure nobody faces dementia alone.



Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE
Tel: 01241 431770 | Email: angusservices@alzscot.org | Website: www.alzscot.org

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognized as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ 0131 243 1453

Tea with a pony

Alzheimer Scotland in Tayside were recently contacted by staff at Kinfauns Stables to make us aware of an exciting new potential resource that they are planning to develop.

After speaking with staff member Stuart Brown, he made us aware that they are planning to develop "Tea with a Pony" whereby people with any disability, including dementia, along with their carers, can actually have a cup of tea and some cake with one of their ponies.



Tea With a Pony

Stuart explained that people with disabilities may not be able to or want to ride the ponies, but they can still engage with them.

The staff are hoping that this activity will be up and running in the Spring and are happy to answer any calls about this.

There will be a charge for this activity, but no details of exact cost were available at present.

For more information telephone 01738 630040

Boogie in Arbroath



The Arbroath Boogie has been on the go since October last year. Held once a month, on the last Thursday, much fun is had by all who attend, laughing, dancing, singing, just getting involved and enjoying the atmosphere.

A suggested donation of £3 per person is gratefully received to help cover costs this includes tea, coffee and biscuits. Drinks can be purchased from the bar.

The Royal British Legion in Helen Street, Arbroath is great location where there is plenty of room to move around the dance floor.

For more information contact Rosemary Moncur - 07585700902 - rmoncur@alzscot.org

Bring a friend!



Tell a friend!

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Boogie in Dundee – Craigie & Lochee

The BOOGIE music afternoon activity is going from strength to strength. Supported by our band of volunteers; this activity takes place on the last Friday of the month, alternating between both Craigie & Lochee Bowling Clubs. Dancing starts at 1.30pm and runs for 2 hours. Attendees enjoy an eclectic mix of music from 1950's through to the 80's and our DJ Conor welcomes requests! Whilst tea/coffee is provided, the bar is open for the sale of drinks – what's not to enjoy! To find out where the next BOOGIE is, please get in touch with **Dundee Resource Centre – 01382 210200**



SMILE at Dundee Rep

We were delighted to be invited along to the Dundee Rep by the Dundee United Supporters Foundation (DUSF) to fundraise, during the current run of SMILE – The Jim McLean Story. The DUSF have been supporting Alzheimer Scotland for a few years and our attendance at the show raised awareness of the condition (Jim McLean passed away in Dec 2020, having been living with dementia for a number of years). The evening also incorporated the Dode Fox Podcast, whereby supporters asked Dundee United legends an array of questions, an entertaining time ensued with the former players offering at times a hilarious insight into life at Tannadice under the clubs longest serving manager. The images show “Buddy” cosying up with legend United goalkeeper Hamish McAlpine.



The **Dode Fox** is a weekly Dundee United **podcast** from born and bred Arabs @ronnycostello and @theboymcnicoll. Follow us on social media, @dodefocast.

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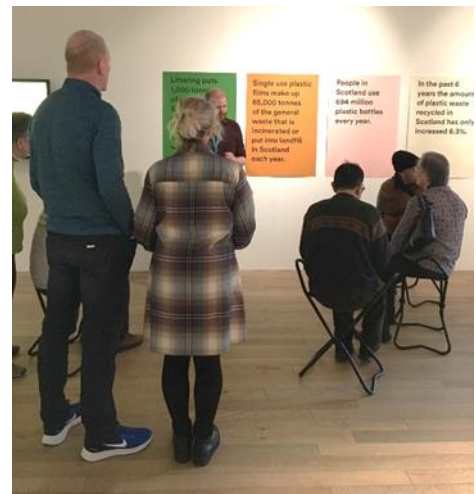
V & A Dundee

Inventive. Invaluable. Invasive. The journey of a material in need of change.

An interesting afternoon was had by those attending a private tour of the recent - Plastic: Remaking Our World exhibition at V&A Dundee.

Facilitated and guided by Peter Nurick at V&A Dundee, we were given a great insight into the history of plastic and how it has changed the world since its conception. The exhibition looked at the highs and lows of the material and how it was invaluable during the recent COVID pandemic.

Alzheimer Scotland are delighted to have a close working partnership with the museum, and we look forward to the forthcoming Tartan exhibition in the late Spring, which will feature exhibits from the fashion world, museums & culture, and The Peoples Tartan – a changing exhibition of artefacts from the general public.



Walking Groups – Dundee



In partnership with the Steps to Health Project, we have two walks in the Dundee area; the walks run weekly, incorporating a walk & talk idea, which includes a short walk (all abilities catered for) and a chat & a cuppa.

Come join us at one of our walking groups:

Broughty Ferry walk is on the 1st, 3rd & 5th Wednesday of the month.

Stobswell walk is on the 2nd & 4th Wednesday of the month.

Both groups run from 10.30am – 12noon.

The image shows some of the group on a beautiful crisp Broughty Ferry walk

For more information please contact, Jeni Sinclair - 07917 241024 - Jenisinclair@Alzscot.org

Walking is good for us.

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Thank you to Lidl



For the kind donation of plants for our day Care service in Dundee, it is so nice to have a bit of green indoors.

For more details of our Dundee Day Care Service contact:

Carol Houston – 01382210015 - chouston@alzscot.org



Volunteer Christmas Get-Together

It was great to have our first Volunteer Christmas gathering post covid. Taking place during the festive period, much merriment was had with a few laughs, a quiz, and a few games. Volunteers are an integral part of Alzheimer Scotland and support us in so many ways.

To find out more about volunteering with us, please contact:

Jeni Sinclair (Dundee) – jenisinclair@Alzscot.org - 07917241024.

Rosemary Moncur (Angus) – RMoncur@alzscot.org - 07585 700902



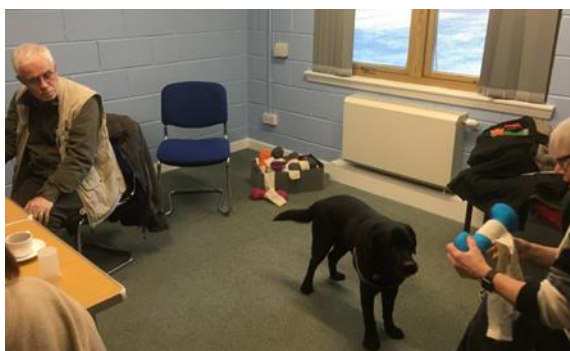
BECOME A VOLUNTEER - MAKE A DIFFERENCE

Dementia Dog Visit to Birkhill Drop-in



Imke and Webb, the Dementia Dog, came along to the last monthly Birkhill Drop-in. It was lovey to see them, we even managed to squeeze in a game of Dog Bingo, which was enjoyed by all.

Our Birkhill drop-in takes place on the 3rd Friday of each month in the Birkhill Millennium Hall, 2pm to 3.30pm.



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We have been busy at the Angus DRC

We had the cutest little visitor at our Dementia Resource Centre in Arbroath - Amanda Kopel popped in with her new puppy Arrow 😊 at our weekly Tea & Blether.



We had a very interesting morning with Garry from Home Energy Scotland who shared lots of tips on how to save money on our energy bills.



The attendees at our monthly Arts and Crafts group made these lovely pictures with buttons ❤️ The Group is held on the 2nd Tuesday of each month.



Come along and join us at our Football Memories Group at Arbroath Football Club. Lots of fun and laughter, reminiscing about Football over the years. We meet on the second Wednesday of every month 2pm-3.30pm in partnership with Football Memories Scotland and Arbroath Football Club.

For more information, please contact Rosemary on 07585 700 902 or email rmoncur@alzscot.org

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