



Dementia in Scotland



Inside this issue

- Facing dementia together: successful post-diagnostic support
- ADI Conference Toronto – a carer reports
- Christmas Card brochure
- Dementia Community Roadshow on its way

Chief Executive's **comment**



Alzheimer Scotland has always provided vital local services and essential support for people with dementia and their families. More recently, thanks to the generosity of many individuals and businesses in Scotland, we have also been able to provide major funding contributions to help tackle key problem areas in dementia care and support.

Over five years ago, we funded and piloted the first Alzheimer Scotland Dementia Nurse working in an acute general hospital. This was in direct response to our serious concerns about the number of people with dementia and their families reporting extremely poor experiences of hospital care. At that time, the size and scale of the problem was not well understood and it has taken much ongoing campaigning and lobbying for the extent of the issue to be fully appreciated. It would have been difficult to predict five years ago the level of commitment, understanding and desire to tackle this issue that exists in Scotland

today and the central role that the growing network of Alzheimer Scotland Dementia Nurses will play in this.

The growing acknowledgement of the need to tackle the problem of inadequate hospital care was added to by reports from the Mental Welfare Commission and colleagues in England. The fact that many people with dementia and their families were also brave enough to share their experiences and concerns contributed to acute hospital care being made a key priority area for the National Dementia Strategy. The personal commitment made by the Deputy First Minister and the new responsibilities of the Chief Nurse and her team for introducing the new Dementia Standards in Acute Care should satisfy us all that, at a policy level at least, this problem is now understood and is being tackled. It will take some time before real change is felt by everyone, but the early signs are good.

By the end of this year, we hope to see an Alzheimer Scotland Dementia Nurse employed in every NHS Board in Scotland, an achievement only made possible through the immense and consistent efforts of all our members and supporters and the commitment of our Dementia Nurse Champion, Lady Hamilton. Our model for this vital role has been fully supported by the Scottish Government who have injected significant funds to make this happen, and the new nurses will have the full backing of NHS Education for Scotland (NES), who will be providing a leadership framework and facilitating a National Action Group that every nurse will be part of, alongside the three Allied Health Professional Consultants.

Alzheimer Scotland Dementia Nurses will play a critical role in supporting the implementation of the new Dementia Standards and *Promoting Excellence*, the new Knowledge and Skills framework. I am delighted to report that we will also be working with the University of the West of Scotland to develop over 200 Dementia Champions in Acute Care.

These developments, together with a new online training course developed by NES for all Accident and Emergency Staff and Acute Hospital Staff and the resources produced by our colleagues at the Dementia Services Development Centre, should leave no-one in any doubt that there is both a meaningful strategy in place and a leadership commitment to achieving real change in acute hospital care for people with dementia in Scotland.

Everyone involved with Alzheimer Scotland should be very proud of the contribution we have made. All of this is only possible because we have built such a solid base of core services and through the continued efforts of all our campaigners and supporters. Working together, we can achieve great change; but there is much still to do and many other areas to tackle to ensure that people with dementia and their families are always treated with the dignity, respect and support that they deserve in every environment.

Henry Simmons
Chief Executive, Alzheimer Scotland

Jan Killeen speaks to the UN



Jan on the platform at the UN

More needs to be done to protect older people's rights, but whether this means a convention or better use of existing international treaties remains a topic of keen debate. This was the outcome of the second session of the UN Open-ended Working Group on Ageing in New York on 1-4 August 2011. The Working Group was set up following the adoption of a landmark resolution on older people's rights at the UN General Assembly in October 2010. Its main purpose is to identify gaps in the existing international framework in relation to older people's human rights and recommend how to strengthen and protect their rights.

Government representatives, UN agencies and global alliances of voluntary organisations discussed violence and abuse against older people, social exclusion and the rights to health, social security and freedom from discrimination. I was invited to present evidence on behalf of Alzheimer's Disease International (ADI), of which Scotland is a member. My presentation covered:

- a brief description of what ADI is and the current scope of its activities
- why Alzheimer's Disease and related disorders (ADRD) are so connected to age
- findings from the ADI funded study into the global economic impact of dementia
- information about how people with ADRD are an example of real and potential age discrimination
- Alzheimer Scotland's work with rights issues in our community e.g. in relation to the National Dementia Strategy and Standards of Care for Dementia
- promising policies that support rights.

There was a consensus that older people's rights have been neglected, and their rights are not adequately protected. However, there is still disagreement about what needs to be done. Some governments, mainly from Latin America, strongly support the creation of a convention of rights for older people, whilst others, including the European Union and UK, believe that existing mechanisms can be used more effectively - that there is an implementation gap.

Agreement emerged on the need for the Open-ended Working Group to meet again; and for the appointment of a special rapporteur to assess the evidence and possibly gather more, including the outcome of the forthcoming 10-year review of the Madrid International Plan on Action on Ageing in 2012.

Find out more at <http://social.un.org/ageing-working-group>; to read the full text of my presentation, follow the link from our website at www.alzscot.org

Jan Killeen
Policy Director, Alzheimer Scotland

Congratulations Edward and Eddie

Edward McLaughlin MBE



Edward McLaughlin, former chair of the Scottish Dementia Working Group, received an MBE in this year's Queen's Birthday Honours List. The award comes in recognition of Edward's ongoing work in raising awareness of dementia and demonstrating the many ways in which people can live well with the illness.

Edward has worked tirelessly for the Scottish Dementia Working Group, motivating and inspiring new members as well as taking a lead in the Group's campaigning. He has been active on Scottish Government work streams and groups leading up to the Dementia Strategy and those that have followed on to implement it. He has appeared on countless conference platforms, at home and abroad, and appeared on television, radio and numerous press articles.

Henry Simmons, Chief Executive of Alzheimer Scotland said: "Edward has never shied away from discussing his illness and helping others to improve their understanding of it."

Congratulations, Edward, from all at Alzheimer Scotland.

Eddie McCluskey MBE

Another well deserved MBE has been awarded to Eddie McCluskey, a support worker with our Inverclyde Services. Eddie received his award for his services to disabled swimming, having given over 20 years to coaching and helping at least one of his swimmers to achieve a gold medal in the Paralympics. Well done Eddie!

Events

Exhibition: The Force and Form of Memory



Michael McVeigh, Anamals

Compass Gallery in Glasgow is curating this fascinating exhibition by 65 specially invited artists from across the UK, each of whom has been presented with the challenge of creating a work based on the theme of memory.

The exhibition, in collaboration with Alzheimer Scotland, enlists the skills of some of today's most creative and influential artists to present a very timely and topical show. Today, memory loss-related illness touches all of us in one way or another. This exhibition is designed to stimulate and inspire the creative minds of both the artists and the public, raising awareness of the importance of our memories for recording our experiences and forming our identity.

Each specially chosen artist has his or her own individual response to the topic, creating a lasting sensory and visual experience for the onlooker. There is humour, melancholy, pathos, fear, happiness, joy and all the emotions that make up the human spirit.

This free exhibition will start with a private view on the evening of 27 October 2011 and will then open to the public and continue until 19 November 2011. Thereafter it will tour to several venues, including The Scottish Football Museum and the MacLean Gallery, Greenock.

To view this fascinating exhibition, visit:
Compass Gallery
178 West Regent Street
Glasgow
G2 4RL
0131 221 6370
mail@compassgallery.co.uk
www.compassgallery.co.uk

Gallery opening times
Monday to Friday 9.30 – 5.30;
Saturday 10 – 5.30
The gallery also open some
Sundays and late nights – phone
for further details.

Compass Gallery is a registered charity, established in 1969 to support the careers of newly emerging and established artists.

West Lothian Golf Event

The Golf Day organised by our Lothian Early Onset Support Service (LEOSS) took place at Uphall Golf Club, West Lothian on 28 July. Because it was the height of our Scottish summer, naturally it poured with rain for most of the day but the 70 stalwart players didn't let it spoil their game. Sadly the more "fun" plans for the day like the putting and pitch and putt competitions had to be called off because of the weather.



Unlike other golf events, this was not just a fundraiser and an awareness raising opportunity – it also enabled people with a diagnosis of dementia to play alongside other people over a competitive game. Some players with dementia played with family members, others with their usual golf "cronies", and some with their Alzheimer Scotland support worker. It was great to hear one player talk about the continuing support he gets from his regular golf partners – yes, he needs a bit of help but they all still enjoy going out together and having a good time. Sadly, that isn't everyone's experience.

There were two prizegiving sessions on the day. In the morning, former footballer Peter Cormack did the honours, with some junior players almost sweeping the board. The evening presentation was particularly moving when two people with dementia made speeches to say how much they had enjoyed their day. They thanked people for coming to support them, which was good to hear and gave people a chance to reflect.

Alan Midwinter
Service Manager, LEOSS

Facing Dementia Together: a successful post-diagnostic support project



This pilot project, funded by the Scottish Government between 2009 and 2011, set out to provide support to people with a recent diagnosis of early stage dementia and their families. Project Manager Tracy Gilmour explains how the project worked, how participants benefited and what lessons have been learned.

Working in partnership with East Renfrewshire Community Health & Care Partnership, Renfrewshire Community Health Partnership, and Renfrewshire Council, the project supported 56 people with dementia and 77 family members.

An independent evaluation was carried out by Dementia Services Development Centre (DSDC).

Why did we set up this pilot project?

Post-diagnostic support for people with dementia and their carers is one of the two key areas of the national Dementia Strategy in Scotland. The widespread lack of post-diagnostic support denies people the opportunity to develop their understanding of the illness, enhance their coping skills and improve their chances of being

cared for in their own homes for longer. Early identification and intervention in dementia has been shown to improve quality of life, and delay the need for institutionalisation.

What did we do?

We offered different levels of input, according to need. This included one-off enquiries, individual support, attendance at workshops, ongoing low level contact and attendance at regular drop-in cafés. We provided information, advice, signposting, and emotional and practical support to help the person and their families/supporters to understand and come to terms with living with dementia.

We helped people to put in place financial and legal arrangements to maximise their control over future decisions made on their behalf (e.g. powers of attorney, advance statements).

We supported people to maintain the important relationships in their lives and remain involved in their communities, continuing to enjoy social and recreational activities. As the project evolved, we developed

opportunities for peer support including informal drop-in cafés and a series of weekly workshops delivered over six consecutive weeks for people with dementia and family members. For those who were able to and wished to do so, we facilitated more detailed advanced planning using person centred planning tools. Many people felt unable to think or plan ahead too far in the future.

How did the project help people?

Participants said they felt better informed and better equipped with skills to manage better the challenges of living with dementia,

“I was terrified when I first heard of mum’s diagnosis but I’m not so scared now.”

“Coming to the groups has opened my eyes. I’ve realised that I was wrapping her in cotton wool and that there is still lots my wife can do for herself.”

Through the project, people made contact with, and benefited from, the support of other people in the same situation, through dementia cafés, workshops and occasional social events. This was very highly valued.

“It has definitely changed my outlook. The minute I was told, it was like a death sentence..... coming here I realise it’s not like that at all... I appreciate coming along and talking to other people and realising there are a lot of people in the same boat..... it’s been very useful meeting other people.... It has helped me to come to some sort of acceptance. I feel like I’m now at the end of a very long tunnel.” (person with dementia)

The project helped people with dementia and their families to take control of the supports they needed not only now but also for

the future, enabling them to live at home as independently as possible. The information we provided included information on self-directed support. For families who wished to plan ahead, we used person centred planning tools and family members were fully involved in the process.

“The person centred planning meeting helped everyone to focus on what mum wanted to do in her life - not what I or anyone else thought she should be doing. It gave mum the opportunity to air her views and her feelings. I think it helped me to realise that although someone has dementia, especially at the stage my mum was at, they are still capable of voicing their opinion and should be listened to when deciding what support is required now and in the future. Before becoming involved with the project, I hadn’t even heard about self directed support and knew nothing about individual budgets or what support we were entitled to.”

What did we learn?

There is a clear need and demand for post-diagnostic support.

People with dementia and their families/friends need significant support, and want ongoing low level input and continued contact with a dementia specialist, who they can ask for information, advice and guidance.

People need time to come to terms with and understand their diagnosis and its implications for the future

This needs to happen before they are able to plan ahead for their future support needs. The value in future care planning has been clearly demonstrated. Person centred planning tools have been successfully adapted for use with people with dementia.

Peer support, knowing where to get information when it is needed, and signposting/referral to services when required is important

Attending cafés and workshops as a couple or family helped people adapt to the challenges of living with dementia, as each person was able to develop insight into how the other person experienced life with dementia. For people with dementia living alone, transport to attend cafés or workshops is important.

Where people had lost community connections and natural supports, re-establishing old connections was right for some people but others preferred to establish new connections, due to their awareness of changes in their abilities and self-esteem.

The project has shown that there are five key pillars of post-diagnostic support which are all essential in a post-diagnostic service:

- understanding the illness and managing symptoms
- supporting community connections
- peer support
- planning for future care
- planning for future decision-making.

Recommendations for good post diagnostic support

1. A comprehensive post-diagnostic service should be a mainstream part of the support offered to people with dementia and their partners and families immediately after diagnosis.
2. The post-diagnostic service should incorporate all five key pillars of post-diagnostic support.
3. The service should offer the opportunity for a short period of intensive support for those who need it, but also an ongoing point of contact for light-touch advice, information and support.

4. The person with dementia and their family members should be offered education courses/information sessions that they can both attend. Attending as a couple or family helps people to adapt their relationship to living with dementia.
5. Dementia cafés should be provided to offer ongoing access to peer support for both people with dementia and their partners, families and supporters. Help with transport may be needed for some, particularly for people with dementia living on their own. It may be beneficial to organise these for people with dementia and their families who are at the same stage of the illness.
6. Forward planning needs to be offered at the right time, once the person with dementia and their families have been able to cognitively and emotionally process the diagnosis and come to terms with it, and what it means for their future lives.

East Renfrewshire Community Health and Care Partnership have funded continuation of the work of the project in East Renfrewshire.

For more information:

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ADI conference March 2011, Toronto – a carer’s perspective

Ann Pascoe, whose husband has a diagnosis of dementia, has been a member of support groups facilitated by Highland Carer Services and is one of the carers on NHS Health Scotland’s DVDs *Coping with dementia* and *Living well with dementia*. As well as caring for her husband, she is a Care Attendant with Crossroads, providing respite to carers in the community. Ann was the caregiver delegate representing Alzheimer Scotland at the conference. This is an edited version of Ann’s report to our International Committee.

On 26 March 2011 - despite below freezing temperatures and lots of snow - delegates from all over the world converged on Toronto for the 26th Alzheimer Disease International (ADI) Conference. Four days and many presentations later, we emerged exhausted but exhilarated, having learned from peers and colleagues alike about a variety of subjects, from the clinical to the ethical, from self-management to what’s happening in rural areas, a particular interest of mine since I live in the Highlands.

Here is a flavour of some of the exciting ideas I found out about.

Self management

Self-management is about allowing people with dementia and their carers to move away from the expert-based model and assist them in taking control and responsibility for their own lives and their own health, while building relationships with their primary care providers. It’s giving those facing the disease and their caregivers a voice and the ability to be active within their care via information, tools and support to help improve self-care. Examples include:

- offering courses or information via DVD to caregivers in which many issues are discussed by professionals and by the carers themselves. Topics might include understanding the disease, discussion of the family caregiver perspective, review of community support services or strategies on coping, as well as discussions of the legal and financial issues
- using art and music as recreational therapy as well as day programmes uniquely designed for people with dementia
- encouraging “Memory Pals” where participants are matched into pairs and encouraged to spend time with one another to facilitate a connection between people with dementia
- developing partnerships between dementia support organisations and the police to help them find people who are lost or missing and return them home.

Other rural communities were fascinated with our Highland Carers’ email support group and couldn’t believe they hadn’t thought to do the same in their regions.

Protecting your brain

Heads up for Healthier Brains reminded delegates how important it is to challenge your brain every day to keep it active by reading, playing matching games like Snap, having hobbies, doing everyday things in different ways, playing computer games that need memory and problem-solving techniques, playing musical instruments, painting, doing photography or solving riddles, Sudoku, puzzles.

A healthy lifestyle with plenty of exercise, a healthy diet and protecting your head by wear a seatbelt and a helmet when playing sports or riding a bike are also important.

Seeing the person, not the illness

Marie-Jo Guisset-Martinez from the Fondation Mederic Alzheimer in France highlighted some of the simple yet effective projects listed in her book *Regaining identity: new synergies for a different approach to Alzheimer’s*, including:

- mobile memory cafes which are run in the rural villages of France. Each cycle includes regular monthly afternoon meetings in different villages with a team of experienced professionals to lead the sessions. As well as gaining information, family caregivers and people with memory problems get the chance to meet other people, to speak and be heard. They initially come for information, but eventually stay to get to know each other and have fun.
- a horticultural therapy programme in a care facility in Toulouse. Many activities began to develop around the garden which included ‘private’ spaces as well as communal spaces. The private spaces had raised flower boxes that ‘belonged’ to residents and families who planted to the tastes of their

resident relative. Residents not only recognised their own flower boxes, but also enjoyed working in them.

- a song workshop to help restore the bond between generations. People with dementia worked in pairs with a family member and wrote songs based on family memories, with the help of a musician. Set to music, the songs were rehearsed and then recorded by each duo and eventually by the whole group on a CD, so that a larger group of family and friends could listen to it. In one case, a son who had been distant from his mother formed a duo with her and became much more involved. The song talked about him, among other subjects, and he was able to find himself again as his mother's son, a role he thought was lost in her memory.

- introducing finger food meals in care settings. One relative began to bring in pre-cut food like cheese and fruit for her mother who was refusing to eat at mealtimes. Her mother began to enjoy eating again. After some initial resistance, the idea was adopted more widely and finger food meals are now served regularly, with only a dozen people eating at a time for a more convivial atmosphere in the dining room. The table is always set in case people want to use a knife or fork and residents can get up and walk around during meals if they feel like it.

Projects like these show the difference that can be made by taking simple ideas, observations and experiments and putting them into new practices.

Working with children

There was a lot during the conference about educating children and, in some countries like Korea, children are even educated to be included in the caring role.

The general consensus, however, was that children are part of whatever is happening in a family and need to be brought into the family discussions in a way that will not unnerve them, but rather will prepare them somewhat for the health challenges emerging in the life of someone they know well and care about.

J C Sulzenko is a Canadian writer who has adapted her play for children of families affected by dementia into an excellent storybook *What my Grandma means to say*. It's also on You Tube and is really worth a read! <http://jcsulzenko.com/jc-and-what-my-grandma-means-to-say-on-youtube/>

Caregivers and grief

Canadian research suggests that much of what caregivers express as burden is actually unresolved grief originating from losses in the quality of the relationship, roles, control, well-being, intimacy, health status, social interaction, communication and opportunities to resolve issues from the past.

Two excellent papers on this theme aimed to raise awareness by identifying how grief can affect caregiving and to find a compassionate solution.

It was suggested that the caregiver suffers enough having to come to terms with so many different losses, but the worst factor is that a caregiver's reaction to this loss is not socially sanctioned, meaning that the loss cannot be openly acknowledged or publicly mourned. So the caregiver continues to care, but is not supported to express this overwhelming burden, which means the caregiver struggles

with unresolved feelings of grief i.e. watching the gradual departure of the loved one while still trying to cope with the person living there.

Hooray for our CPNs!

As a closing note, delegates were surprised to hear from research conducted in the Scottish Highlands of the excellence of our Highland Community Psychiatric Nurses, both in awareness and assistance with all forms of dementia, particularly during the early onset stages. This does not appear to happen easily in most other rural areas around the world.

I came away from the Toronto Conference incredibly motivated by all I heard and saw and from all the people I met. What an experience!

Ann Pascoe, Portgower

The huge and diverse range of presentations from the 2011 ADI conference are available to view online at: www.alz.co.uk/adi-conference-2011-presentations

The 27th International Conference of Alzheimer's Disease International will be closer to home, taking place in London from 7-10 March 2012.

For more information, visit www.adi2012.org/en/home.aspx

Our **Dementia Advisor network** is growing



Thanks to our many generous donors and funders, we have been able to extend our network of Dementia Advisors to cover even more parts of Scotland. Five new advisors are now in post, with another two posts currently being advertised in Moray and North Highland and a new advisor due to start very soon in Shetland, our first island authority to have an advisor in post. We are well on our way to reaching our goal of having at least one Dementia Advisor in each local authority area.

We are pleased to welcome back Vaughan Jones, who was previously an Involvement Officer with Alzheimer Scotland. Vaughan is covering North Ayrshire, allowing Katy Hawker to concentrate her work in East Ayrshire. Also joining the team are Fiona Kane who is covering West Dunbartonshire and Margaret Richmond who works in East Renfrewshire.

Based in Paisley, Fiona Gordon has just taken up her post as advisor for Renfrewshire, while Mary McKenzie now tackles West Lothian. Other new faces include Andy Crabb, who replaces Kevin Champion in Oban, while Justine Davidson (Falkirk), Polly Mark (Glasgow

South East, South West and West) and Carole Pascal (Stirling and Clackmannanshire) are providing temporary cover for colleagues on maternity leave and secondment.

Dementia Community Roadshow

The Dementia Community Roadshow is an exciting new three year project Alzheimer Scotland is launching in October. Using funds raised through the Tesco Charity of the Year partnership we, together with the Alzheimer's Society, aim to give 100,000 people easy-to-access support and information about dementia.

Whether you have been recently diagnosed, are living with dementia and want to find out more about local services in your area or are worried about your own (or someone else's) memory and would like to learn more, the Roadshow is there to help. We'll have free publications, trained staff and volunteers, as well as local service information to provide assistance appropriate to you.

Following the national launch in Dundee, the first three month tour for the Roadshow vehicle will take

in selected Tesco stores in Ayrshire, South Lanarkshire, East and Midlothian, Fife and Edinburgh. Roadshow visits will be advertised in Tesco stores, in local media and on our website www.alzscot.org so keep an eye open for the Roadshow coming to a store near you. You can also request a visit to your local store and we will try to fit it in to a future itinerary. To request a visit, go to: www.alzheimers-tesco.org.uk/request_the_dementia_community_roadshow

Here's hoping for a milder winter!

Tea for Two

Lanark Dementia Café volunteers Miryam Gibson and Sandra Flemington were honoured guests at the Queen's Garden Party at Holyrood Palace in July. Nominated by Teeda Boyd, South Lanarkshire's Dementia Advisor, in recognition of their support for the Café in its first year, both were delighted to be able to attend.

Sandra said "We had a fantastic day that we'll never forget." Miryam, originally from Paraguay, said: "It was like a fairytale to me to be at the palace and to be so close to the Queen!" Dressed beautifully for the occasion, they are seen here with their companions Maureen Gibson and Margaret Flemington.



Miryam (left) with her mother-in-law Maureen



Sandra, in pink hat, with Margaret

Fundraising News

Summer Appeal 2011 - Dementia Helpline



Thanks to everyone who has so kindly donated to our summer appeal to raise funds for the Dementia Helpline. To date, we have raised just over £17,000 but we'd love to raise more to keep this vital service going!

Our freephone Dementia Helpline provides information and support to callers concerned about dementia. People call the helpline day and night for lots of reasons, ranging from legal and benefit queries to looking for a "listening ear" - someone impartial and understanding to talk to. Just knowing that someone is available 24 hours a day gives assurance to carers and people with dementia that they are not alone. With no government funding, this important lifeline relies totally on the generosity of people like you.

Please support our Dementia Helpline this year - it's your call! To donate, you can give the fundraising department a call on 0131 243 1453 or go online and donate securely via our website at www.alzscot.org

Martin Currie Rob Roy Challenge 2011



A relieved Sarah Geoghegan (right) at the finish line

Brave Alzheimer Scotland supporters faced heavy rain (and midges) to successfully complete the Martin Currie Rob Roy Challenge on Saturday 18 June 2011. This is the first year that the challenge, where participants walk or run 16 miles and cycle a further 39 along the Rob Roy Way from Drymen to Kenmore, has supported Alzheimer Scotland. The money raised will help support our £1.5m Dementia Nurse Appeal and will fund specialist dementia nurses in NHS hospitals all over Scotland. A huge thank you to all the participants, who are helping Alzheimer Scotland make sure that no one goes through dementia on their own.

Well done to Dementia Advisors Kevin Champion and Sarah Geoghegan, Development Worker Davy MacDonald and Assistant Service Manager Fran Kelly who completed the challenge with times of 9 hours and 47 minutes (Kevin and Davy), 10 hours and 13 minutes (Fran) and 10 hours and 35 minutes (Sarah).

While everyone who took part deserved a huge cheer, a special welcome was extended to Jamie Graham, his son Magnus and daughter-in-law Roz. Jamie was diagnosed with dementia five years ago but he didn't let that stop him completing the challenge in a gruelling 12 hours and 51 minutes. And he was still grinning at the end! You can watch Jamie being interviewed at the finish line on **YouTube at www.youtube.com/watch?v=ESdwZabY5E0**.

If you would like to take part in the 2012 challenge, or volunteer as a marshall, email events@alzscot.org or call 0845 2600 789.

Mountain ball challenge ... and more



The staff at Nestlé's factory in Girvan, South Ayrshire have been raising funds for us in lots of exciting ways, from Mountain Balling to scaling Goat Fell to a sponsored cycle. Two teams of staff took part in a challenging 125 mile cycle from Girvan to Carlisle as one leg of a 500 mile site-to-site challenge from Scotland to the company head office in Croydon. This event alone raised £1250.

The funds they have raised will go towards funding new services for people affected by dementia in the Girvan area - thanks all!

Ross going the distance for Alzheimer Scotland

Most people who take part in our running, walking, jumping and cycling events have a very personal reason for doing so and Ross Mackay is no exception. Ross took part in the Aberdeen 10k to raise funds for Alzheimer Scotland, which was tough enough, but he carried on to do another two 10k runs (raising over £1400 for the three 10k events alone), **then** a triathlon, **then** went on to secure one of our charity assured places in the Bupa Great North Run on 18 September.

Why is he doing this? Well, Ross's Granma has dementia as did her father before her and Ross has seen at first hand the debilitating effect of the condition on someone he is close to.

Not content with doing these events in 2011, Ross plans to increase his distance next year by going for three marathons, including the Loch Ness Marathon.

Loch Ness Marathon Gladiator

Spectators at the Baxters Loch Ness Marathon on 2 October might well do a double take at the sight of a runner dressed as a gladiator but don't worry – you don't need your eyes tested. Michael Golding, from Rockfield Village in Ross-shire, will be running the marathon in gladiator armour that he has made from sheet metal, leather and cloth.



Apart from the physical challenge of the marathon and the beautiful scenery involved, Michael is motivated to raise funds for Alzheimer Scotland because he had witnessed the effects of the illness on his family, this year sadly losing his granddad to Alzheimer's related illness.

Why the gladiator outfit though? In Michael's own words:

"In aid of the cause I decided to create the "Loch Ness Marathon Gladiator", the marathon symbolising the consistent hard work of carers, and the armour the struggle of the sufferer against constant adversity."

Good luck on the day Michael.

We still have charity assured places for the Loch Ness Marathon – please contact the events team on 0845 260 0789 or events@alzscot.org if you are interested.

Tesco update

The BIG collection at Tesco stores all over Scotland in May was a BIG success, raising over £26,000 for the Dementia Community Roadshow and our Dementia Advisors (see page 9). Nearly 400 volunteers took part – many thanks to all our supporters and staff who gave their time for people with dementia, and to all who donated.

Our partnership with Tesco is going from strength to strength, with in store fundraising, daredevil challenge events, and fantastic product promotions all contributing to the funds raised. For example, Tesco recently held a "Round Pound" event in stores, with selected health and beauty products on offer for £1 or £2. For each product sold, Tesco donated 5p to Alzheimer Scotland and Alzheimer's Society. The total raised across the UK through this event alone was £377,300 – a successful campaign indeed!

You can continue to help us by using Tesco ATMs or purchasing a unique Tesco forget-me-not badge in store. Look out for other exciting fundraising activities in your local store and for a visit from the Dementia Community Roadshow in your area.

Dementia Awareness Week 2012

**Creativity and Dementia
18 – 24 June**

Our Awareness Week for 2012 is later than usual to avoid clashing with the public holidays around the Queen's Diamond Jubilee celebrations and Carers Week

Our theme for 2012 will focus on the contribution that the arts can make to the well-being of people with dementia and their families. We will

- hold workshops on painting, pottery, poetry, photography, sculpture, dancing, and singing, as well as performances and exhibitions throughout Scotland
- hold a national conference to present research evidence on how arts activities can reinforce a sense of personal identity and self confidence as well as enhance cognition. The conference will also give health and social care staff the opportunity to explore the relevance of arts activities to their own dementia care practice
- raise public awareness and reduce stigma
- keep people informed about progress via Dementia in Scotland, local newsletters, our website, and e-newsletter. Meantime, anyone wishing to get involved locally should contact their local Alzheimer Scotland service.

A highlight of the week will be an amazing performance of an opera produced by Scottish Opera with people with dementia and their families. Based in Glasgow,

Diary dates



Lanarkshire Service Manager, Arlene Crockett, after the Great Scottish Run

**Events hotline
0845 260 0789**

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| Wednesday 21 September (World Alzheimer's Day) | Launch of Alzheimer Scotland Dementia Research Centre, in place of the World Alzheimer's Day Lecture |
| Saturday 24 September | British Gas Great Scottish Swim |
| Sunday 2 October | Loch Ness Marathon Festival Bupa Great Edinburgh Run (incl Junior & Mini Runs) Forth Rail Bridge Abseil |
| Sunday 23 October | Big Fun Run – Edinburgh (5k) |
| Friday 28 October | Alzheimer Scotland Sportsman's Dinner, Scottish Football Museum, Hampden Park |
| Saturday 29 October | Big Fun Run – Glasgow (5k) |
| Sunday 6 November | New York Marathon |
| December | Challenge Scotland (winter) Events - Edinburgh Christmas Walk Edinburgh Christmas Run Edinburgh Golden Tinsel Mile Walks |

the work towards this exciting partnership project with Alzheimer Scotland will start in January 2012.

We are seeking people with dementia and a family member/partner to take part in developing the story and songs that will make up the opera, which is to be performed by participants along with professional opera singers. It will involve coming to regular workshops. If you don't want to

sing, we still need people with dementia/family members/partners interested in staging and costume.

If you are interested in taking part in the opera workshop or would like further information please contact: Maureen Thom, Information Manager, mthom@alzscot.org or ring 0131 243 1453.