



**Alzheimer Scotland**  
Action on Dementia

## Angus Services Newsletter

*Wishing all  
our readers a*

*Merry  
Christmas*

### *Something Wonderful*

New CD released by well-known soprano to raise funds for her favourite charity.



One of Angus's best-known soprano's Maggie Findlay, has just released her first CD. Entitled 'Something Wonderful' the disc costs £10 and includes such favourites as 'Ae fond kiss', 'I dreamed a dream', 'Beautiful dreamer' and the poignant poem 'Do not stand at my grave and weep'.

All proceeds from the CD are to go to Alzheimer Scotland Angus Services Maggie's favourite charity.

Born in Burns country Maggie, from a very early age, developed a love of singing. With her husband, Ron, she moved to live in Angus and settled in Carnoustie. Word soon

spread of her talent and she was quickly asked to join several musical organisations including Carnoustie Musical Society and the Angus Minstrels where she became and still is one of their star performers.

Over the years Maggie has been in demand as a guest soloist with almost every musical organisation in Angus and this year will join Arbroath Male Voice Choir at their Christmas concert. She is one of the friends who get together every year to present a seasonal concert to raise funds for Alzheimer Scotland Angus Services.

Many years ago Maggie released a cassette and since then her dream has been to make a CD with profits going to a local charity. Her dream has now come true with the help of a good family friend Stuart Hanna of Stage 2000 Dundee.

Maggie said "I have enjoyed immensely the time spent recording the CD and hopefully with your help by purchasing a copy we can go some way to easing the burden of people with dementia and their families affected by this disease".

The CD which would make a perfect Christmas gift is available from Alzheimer Scotland Angus Services, 1c Millgate, Arbroath, Tel 01241 431770; G.B. Business & Print, 1 Millgate, Arbroath, Tel 01241 872631; and Fin & Co. 49 High Street Carnoustie, Tel 01241 852321.

Copies can be ordered by e-mail at [angusservices@alzscot.org](mailto:angusservices@alzscot.org) or from Maggie at [maggiesings@blueyonder.co.uk](mailto:maggiesings@blueyonder.co.uk)

*"Christmas is doing a little something  
extra for someone." - Charles Schulz*

Angus Services 1c Millgate, Arbroath, DD11 1NN.

Telephone 01241 431770. e-mail [angusservices:alzscot.org](mailto:angusservices:alzscot.org)

## Prestigious fundraising award

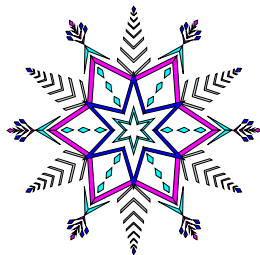
Alzheimer Scotland was delighted to receive a trophy at the Scottish Fundraising Awards held in Glasgow recently beating off stiff competition from Cancer Research and NSPCC.

The award, in the Corporate and Trusts category, recognised the success of the recent partnership with Tesco and Alzheimer's Society, and was accepted by Corporate Fundraiser Gillian Messelink and Gloria Coats from Tesco.

Gillian said, 'We are honoured to receive this prestigious award and we would like to thank all the staff and customers at Tesco, our sister charity Alzheimer's Society, and all our supporters who got involved in making the partnership and huge success.' The partnership with Tesco has raised £7.5m UK wide. The money raised is enabling Alzheimer Scotland to fund the Dementia Community Roadshow, new Dementia Advisor posts, our e-Helpline and research.

## Festive Information Sheet

The festive season is something most of us look forward to. With excitement and expectations running high, special meals to be prepared, gifts to be bought and guests to entertain, it can be a stressful time. For people with dementia and their carers there is the additional challenge of coping with the disruption of established routines, of dealing with unfamiliar environments and of managing without the full complement of support services. Alzheimer Scotland's information sheet – "Celebrating the festive season with someone who has dementia" - is aimed at carers of people with dementia, whether they are caring at home, planning for a visit from a person with dementia, or caring for a person who now lives in a care home. Let us know if you would like a copy and we will send it out to you.



With winter fast approaching, it's important that everyone in Scotland who is eligible for the flu jab receives it as early as possible to give them the best possible protection against the dreaded virus. If you're over 65 years old you're in an 'at risk' group



so catching flu doesn't just mean a few days in bed – it can cause severe symptoms that can last for a week or more. In some cases it can even develop into something much worse such as being hospitalised with pneumonia.

Chills, fever, nasal and sinus congestion, sore throat and extreme fatigue are all common symptoms of flu but you can help to protect yourself against this by getting the flu jab at your local GP surgery or health centre.

## Carer Groups

We currently have Carer Support Groups running in Arbroath, Brechin, Forfar and Montrose.

## Information Sessions

Pat will be running information sessions early in the New Year covering "What is dementia", "Changes in communication", "Looking after yourself" and other topics as identified.

If you would like to come along to either of the above groups please contact Pat at the office.

Angus Services held a very successful Service of Thanksgiving and Celebration at the East & Old Parish Church, Forfar on Friday 21<sup>st</sup> September to celebrate World Alzheimer's Day. The event

was attended by Provost Helen Oswald who cut a special cake; Angus Councillors, local ministers, carers, people with dementia and friends. The Rev. Barbara Ann Sweetin conducted the service during which Pat



gave a short talk and the “Forget-me-not Waltz” composed by Sandy Ingram, Glamis, was played by Sandy who was accompanied by Alan Morrison. Favourite hymns of people who attend Angus Services weekly Music Café in Forfar were included in the Order of Service.



## Music Café



Our **music café** provides an opportunity for people with dementia and their carers to join in song and, at the same time, meet new friends in a similar situation. Tea and coffee will be served.

The music café meets every Monday in the East & Old Parish Church, East High Street, Forfar, from 2 – 3.15 p.m. and you are assured of a very warm welcome.

If you would like further information please contact: Pat Brodlie, Dementia Resource Worker, Alzheimer Scotland, Angus Services on 01241 431770 e-mail: [angusservices@alzscot.org](mailto:angusservices@alzscot.org) or the Rev. Barbara Ann Sweetin on 01307 248228; e-mail [barbara.ann17@talktalk.net](mailto:barbara.ann17@talktalk.net)

## Friday Fling – Let’s dance...

Our new dance sessions for people with dementia and their carers which are held in the B.B. Halls, Queen Street, Forfar, have proved very popular and we are to continue this project. The dance sessions take place every second and fourth Friday from 2 p.m. – 4 p.m.

The first session of 2013 will be on Friday 11<sup>th</sup> January. Tea and coffee will be served. If you are interested in this project further details can be obtained from Pat Brodlie, Dementia Resource Worker - Tel: 01241 431770 or Rev. Barbara Ann Sweetin – Tel: 01307 248228.

## Festive Arrangements

The office will close on Thursday 20<sup>th</sup> December and reopen on Monday 7<sup>th</sup> January 2013. Our 24-hour answering service will be in use - leave a message and we will contact you when the office reopens.

If you require to speak to someone urgently you can call the Dementia Helpline on 0808 808 3000.

## Thank You

Once again Angus Services has had a busy, but successful, year.

Many carers, friends of carers, individuals, senior citizen groups and numerous other organisations have presented us with donations, raffle prizes biscuits and sweets and we thank everyone concerned for their support and generosity. Our fund raising events have been well supported by carers and friends and we are grateful for their contribution. Thanks also go to those who have gifted biscuits, soup, tea, coffee and monetary donations to our two Drop-in Centres at Carnoustie and Forfar, our Dementia Café, Music Café and Carer Groups. –

*“Caring certainly never goes unnoticed.”*

## How to keep warm this winter

As energy bills rise, do you feel nervous about turning up the thermostat at home? Well, take heart, because there are lots of things you can do to get a handle on the heating this winter.

**Make yourself warmer:** Wear several thin layers, rather than one thick layer.

Go for clothes made from wool, cotton or fleecy fabrics, if possible

Draw your curtains, as soon as it gets dark to stop the heat escaping

Your body keeps warm by burning food you've eaten, so make sure you have regular hot meals that contain carbs, such as potatoes, pasta, bread and rice. Try porridge with hot milk for breakfast and soups and stews for lunch and dinner.

If you're sitting down, a shawl or blanket will provide extra warmth. You should also try to keep your feet up, because air is cooler at ground level.

Wear warm clothes in bed. When it's really cold, wear thermal underwear, bed socks and even a hat.

## What to stock up on:

If you can afford it, you'll feel more relaxed if you stock up for the winter months. Try to have a store of these, in case you have trouble getting out of the house.

Batteries for your smoke alarm  
Salt or sand for icy steps and pathways

Tinned fruit and veg – it's just as nutritious as the fresh kind

Cold and flu medicines, as well as any repeat prescriptions

Pasta and rice will last through the winter months, so stock up now. Further information is available at:

[www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)

(Source Age Scotland)

*“Like snowflakes, my Christmas memories gather and dance - each beautiful, unique and too soon gone”. - Deborah Whipp*

## Christmas Cards

We still have Alzheimer Scotland Christmas cards for sale. The attractive cards, in packs of ten, range in price from £3.50 to £4.00.

We also have packs of Christmas giftwrap. All cards are available from the office or from Pat who carries a selection in her car.

## Christmas concert

Tickets are still available for our popular at Arbroath Town Mission on Friday 21 December.

Please contact the office if you would like to come along.

Coffee, tea and shortbread will be served during the interval. You

can be assured of a wonderful evening of Christmas music and verse.



*Wouldn't life be worth the living; Wouldn't dreams be coming true; If we kept the Christmas spirit all the whole year through?*

*Author Unknown*

## Web Site

The Alzheimer Scotland web site at [www.alzscot.org](http://www.alzscot.org) is designed to be as accessible as possible and allows users to sign up for e-mail lists, action alerts or new information plus lots more.

If you or your family have access to the web the site is well worth a visit. Why not look up Angus Services – you will find lots of information on local services.

**If you have e-mail and would like to receive your newsletter by this method please let us know.**

As 2012 draws to a close, we thank you for your friendship, support and generosity and sincerely wish you all the happiness that a New Year can bring.



Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered Office: 22 Drumsheugh Gardens, Edinburgh EH3 7RN. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315.

We rely on fundraised income to help us to campaign and to provide services for Scotland's 83,000 people with dementia and their carers.

[www.alzscot.org](http://www.alzscot.org)