



Alzheimer Scotland
Action on Dementia

Issue 63

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Dumfries & Galloway **Newsletter**

Local MP visits Dementia Resource Centre

We were delighted to welcome Dumfriesshire MP David Mundell to the Dementia Resource Centre recently. Mr Mundell met with Rosemary McCrae, Service Manager, and Mandy Pool, Dementia Advisor who showed him round and explained the work that the centre does on a daily basis.

Mr Mundell spoke highly of the Centre and said “The work done by the Dumfries Dementia Resource Centre is making such a difference to the day-to-day lives of hundreds of people across this area”.

Mr Mundell also talked about the services provided and said, “I was very impressed by the services they offer and the commitment and dedication of their staff. All the evidence suggests that early diagnosis and treatment can make a big difference to those who are suffering from dementia.”



Stranraer Dementia Resource Centre

Friday 3 May saw the official launch of the Stranraer Dementia Resource Centre. Russell Brown MP kindly agreed to conduct the official opening by saying a few words and cutting the ribbon. He was aptly supported by Sheila Sloan and her mother Jean McNally who uses the centre. Also in attendance were key people from health and social work, Kate Fearnley, Deputy Chief Executive of Alzheimer Scotland and Findlay McQuarrie Vice-Convenor of Alzheimer Scotland as well as local staff, volunteers and supporters who have worked really hard to turn the empty shop into a lovely, welcoming and homely environment which we hope will be a well used resource for the community.

To enable more people to visit the Resource Centre we will be hosting an Open Day on Tuesday 28th May from 11am to 3pm. Everyone is welcome to attend to see the new premises and have a chat with the staff to find out what support we can offer.

Dementia Champions

Gladys Haining, who is the Alzheimer Scotland Dementia Nurse Consultant, will be bringing together as many of the Dementia Champions as possible for Dumfries & Galloway on 28th May to discuss how we can continue to improve care for people with dementia in acute settings.

Also, there will be an information stand at DGRI during Dementia Awareness Week from Monday 3rd June and Judi Shaw and Mandy Pool, Dementia Advisors, will be helping with this.

Recycling Appeal

If anyone has any old mobile phones or ink cartridges that they are going to throw away, please keep them and bring them into the Dumfries Office as we are able to recycle them, which helps raise further funds to assist those with dementia, their carers and families.



Football Memories collection at Palmerston Park

Volunteers and staff joined the Queen of the South Youth Team for a joint bucket collection at Palmerston Park on Saturday 13 April. Queens were playing Stranraer, so it was a local derby day. The Palmerston faithful have had a great season, what with winning the league and the Ramsden Cup already this year, and it was good to see a couple of our Football Memories members enjoying the game.



The weather was kind to us and the supporters generous. We raised in excess of £260 at the ground and supporters, who were working on that day, added a further £40+ to the funds.

The funds will be used to support the Football Memories Project-“how many pies will that buy?” Joking aside Helen and I would like to thank everyone who helped or contributed in anyway, we now look forward to our closed season fixtures from May to August-with maybe some new signings for next year.

For further information contact Helen Smith or Isobel Tinning Dementia Resource Centre, 8 Gordon St, Dumfries, DG1 1EG
Tel: 01387 261303

Guid Nychburris Cafe

Event hosted by Dumfries Free Church of Scotland on Saturday 15th June from 12pm-3pm at Dumfries Free Church Hall, 20 George Street. Entrance through Charlotte Street car park. No entry fee. Join us for tea, coffee, sandwiches and home-baking. All profit from Café donations will go to Alzheimer Scotland.



Living Well with Dementia

A networking event for carers, family members and people with Dementia

- Do you want to find out about services available for people with dementia in Nithsdale?
- Do you want to share experiences with other carers?
- Do you want to know more about topics like occupational therapy, continence and communication support?

This event takes place on Wednesday 5th June from 10am to 3pm at St. Georges Church Hall, George Street, Dumfries. To reserve a place or for further information please contact Lindsay Murdoch at NHS Dumfries & Galloway on 01387 244401 or by email at lindsay.murdoch@nhs.net

If support for carers is required to enable them to spend the day at the event please contact Lindsay as help may be able to be provided.

Donations

We are very grateful for all the donations received from a variety of sources and these are just a few we have received recently.

- **Rhoda's Hair Design** raised £400.00
held a raffle
- **Mr & Mrs Beeton** raised £770.60
held the annual Annandale Model Exhibition
- **The Thistle Inn** raised £2200.00
held a triathlon
- **The Solway Cafe in Annan** raised £1040.00
in their Cafe/Restaurant
- **Kirkcudbright Golf Club Ladies & EGGS members** raised £250.00

These are just some of the donations we receive into the office and we would like to give a big thank you to them and also to everyone who faithfully donate money from their forget-me-not boxes and all other donations, small and large, they are all very much appreciated.



Community Activities in Dumfries & Galloway

Musical Minds is now successfully operating across the region, with groups in Annan, Dumfries, Moffat, Castle Douglas, Newton Stewart, & Stranraer. The initial trial sessions have proved so successful that we have now been able to establish groups on a permanent basis with attendances ranging from 15 - 30 people.



Crafty Fingers, our Arts & Crafts groups, are now proving popular with a waiting list for the Kirkcudbright group, however there are still 3 spaces available for the group in Dalbeattie. Following the success of these groups we are looking to establish something similar in both Lockerbie and Dumfries. If you or someone you know may be interested in these, please contact us.

Knit and Natter in Annan is proving popular with the opportunity to do tapestry, sewing or other related activities as part of this group. If there is a demand, then this activity could easily be expanded to other areas.

The Fishing group now meet most Wednesdays at Jericho Loch, and regularly have good catches. Thanks must be extended to the staff and volunteers that regularly support this group at the loch. Thank you.



There are also a few more groups that we are hoping to start in the near future, including Golf, Walking, Gardening / Allotment Care, Nature Trail Construction & Tree Planting. If you would be interested in attending any of the groups mentioned, or if there are any other activities that you would like to see developed, then please contact the Dementia Resource Centre to discuss them further. There is also a Community Groups Flyer detailing all the activity groups within the area available from the Dementia Resource Centre.

Helen Smith *Community Activity Organiser*

Free Carers Information Sessions

We have been fortunate to secure some funding through the Carers Strategy Fund to provide carers information days in your area. If you care for, or know someone with dementia then this is for you.

The sessions will take place one day per week from 12-3pm over a period of six weeks. On arrival a free lunch, with tea/coffee and cake, will be provided and this will give everybody an opportunity to meet each other. There will be information on a variety of subjects including what is dementia, living well with dementia, communication, benefits advice, moving and handling and personal care. We can also provide additional sessions on Mindfulness, a self management course which is training for the heart and emotions as well as the mind.

We are planning to hold the information sessions in Nithsdale, Upper Nithsdale, Annandale & Eskdale and the Stewartry area. If you would like more information and would like to put your name down for a place then please call Mandy Pool, Dementia Advisor on 01387 261303.

Actual dates and venues will be confirmed soon.

If you need someone to look after the person you care for to enable you to attend these days, then we may be able to help. Speak to Mandy 01387 261303.



Donation from Fundraising Day at Creca Village Hall

A huge thank you to Liz Sandford and everyone involved in the organisation of the fundraising day at Creca Village Hall on Sunday 14th April. There was lots of activities and things to do on the day. They managed to raise £2121 for Alzheimer Scotland on the day, making bacon and sausage rolls, soup, cakes, tray bakes and tea and coffee. This was a tremendous amount considering proceeds were split with Meningitis Trust.

Donation from Giant Table Top Sale

This very successful and very well supported event took place at the end of February at the Easterbrook Hall and gave a lot of people the opportunity to have a real good clear out and help raise funds for both Alzheimer Scotland and Cash For Kids. Thanks must go to everyone who organised the event and also to everyone who contributed items, large and small, and who came and supported us on the day to help raise over £2000, which is to be shared between the two charities.

VOLUNTEERS

Alzheimer Scotland are always looking for volunteers, so if you would be interested in giving up some of your free time to a worthwhile cause, then contact the Dementia Resource Centre for more information, or ask for an application form. You could apply to volunteer at day care or drive the minibus, or you could apply to volunteer at one of the many community groups that run throughout Dumfries and Galloway.

DON'T FORGET

For information, advice, support and details of all our services contact either:

Dementia Resource Centre
8 Gordon Street
Dumfries
DG1 1EG
Tel: 01387 261303
Web Site: www.alzscot.org
Email: Dumfriesservices@alzscot.org

or

Dementia Resource Centre
67 Hanover Street
Stranraer
DG9 7RX
Tel: 01776 889181
Web Site: www.alzscot.org
Email: Stranraerservices@alzscot.org



We rely on fundraised income to help us to campaign and to provide services for Scotland's 86,000 people with dementia and their carers.

Your legacy can make a difference - a gift in your will can help us to continue and maintain our work.

Alzheimer Scotland - Action on Dementia is registered as a charity and is recognised as a charity by the Office of the Scottish Charity Regulator

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