



Alzheimer Scotland
Action on Dementia

Charity of the Year 2012

**Making sure no-one goes
through dementia on their own**

June 2013

Edinburgh Branch Newsletter

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St LEONARD'S St NEWS

Can it really be a year since I was giving notice of the Branch AGM and inviting people to join singer and voice coach, Wendy Carle Taylor as our speaker? We were delighted by the number of people who came and I think everyone enjoyed Wendy's contribution. We are repeating this successful format. In the December 2012 newsletter we reported on the Edinburgh Branch Bursary given to the Alzheimer Scotland Dementia Research Centre at Edinburgh University. Dr Tom Russ was the first beneficiary of the bursary and I'm delighted that he has kindly agreed to speak about his research at the open meeting following the AGM.

The AGM will be held on Thursday 20 June at 6pm with Dr Russ speaking at 6.45pm, in Alzheimer Scotland National Office at 22 Drumsheugh Gardens, Edinburgh. Please accept this as your invitation to the AGM and subsequent talk but please let us know by contacting the office if you intend to join us.

The members of committee standing for re-election are myself as Chairperson, Grace Durham (Hon. Treasurer), and members Katrina Balmer, Kathleen Birchall, Alison Glen, Janet Ingleby and Fiona Robertson (co-opted during the year). Joyce Shepherd is retiring from the position of Honorary Secretary. Please get in touch with me if you are interested in joining the Branch Committee or in putting forward a nomination for the post of Honorary Secretary.

Joyce has been an invaluable member of the team for more than 10 years, seeing the committee through many changes with wisdom and a quiet charm. I, in particular, appreciated her knowledge and experience when taking over as chairperson. We are pleased and grateful that she will continue as an office volunteer, so that we can still rely on her for advice.

Dementia Awareness Week this year will run from 3-9 June. This reverts to its usual timing (last year it was held slightly later so as not to clash with the Jubilee celebrations) and the theme will be 'Community Connections'. Look out for more details of this event, both nationally, and at a local level.

I am delighted that the Branch has found accommodation which allows it to continue to offer holidays despite the closure of the house we have used for so many years. Details are on page two of this newsletter.

The office at St Leonard's Street continues to open from 10 am to 12 noon, Monday to Thursday at present, for anyone to make contact, thanks to the commitment of volunteers. A few people responded to our recent request for more volunteers so hopefully we might soon also open on a Friday. But we have room for more if you think you could join us. Please get in touch. Training and support is given and a warm welcome awaits.

Alzheimer Scotland's mission is 'making sure no-one goes through dementia on their own'. If you have ideas how we might do this better, please let us know. I would be very happy to discuss any ideas and suggestions with you. Please contact the office with your telephone number and I will return your call.

Barbara Mitchelmore, Branch Chair

PINGING INCREASES!

Thanks to those members who responded to the request to receive their newsletter by email. If you, too, would like to help to cut costs and receive yours with a 'ping' rather than a 'plop' through the letterbox, please email the office, with 'Newsletter FAO Jane' as the subject and include your name and address.

edinburghbranch@alzscot.org

D CAFE

The D café has been running for many years and during that time I hope that we have been able to give the sort of support and information that people need. Volunteers are there to offer this (and make the tea) but it is the mutual support that seems to be at the heart of things. If you have not visited us before, please think about calling in.

The café is for people with dementia, their families and carers. We offer a varied programme of talks and activities throughout the year, with a break in August and December. But from what I hear, the very valuable part of the café is to be with others, sharing experiences and supporting each other, all in a relaxed and safe place and over a cup of tea!

The D Café meets at the Quaker Meeting House at 7 Victoria Terrace (above Victoria Street) Edinburgh at 1pm to 3pm on the last Thursday of each month. Anyone with limited mobility who needs to arrive by taxi, can be dropped off at the lower end of Upper Bow, adjacent to the Quaker Meeting House.

On **May 30** we have our annual outing on the Seagull Trust barge at Ratho. This is one of only two occasions in the year when it helps if we know you are planning to attend as we use transport to take us from our usual meeting place to Ratho. Please ring the Branch if you would like to come with us but have not been to the D Café before – just to be sure we don't go without you! We will meet on **June 27** (speaker yet to be confirmed) and on **July 25** we will have our picnic in Saughton Park – again transport provided from the Quaker Meeting House. If you would like any further information, please contact the office on 667 6289.

STRATHYRE HOLIDAYS

We are extremely delighted that we have been able to book fully catered accommodation at Auchenlaich Farmhouse near Callander for three separate weeks this summer. As usual, volunteers will be there offering support, organising outings and activities and, importantly, we will be the only guests in residence. The cost has risen, but we feel confident that this venue will allow us to continue to provide happy and relaxing holidays. At present we are contacting people on the waiting list, to arrange the guest list. Referrals can still be made by contacting the office, and although a holiday cannot be guaranteed for this year, names will be kept on the waiting list for next year.

If you are interested in helping as a volunteer or to find out more information, or to refer for a holiday, please contact Fiona Ashton at the Edinburgh Branch Office on 667 6289.

DONATIONS

From the beginning of January to mid April we have had donations totalling £1400 (excluding 100 Club donations. We are very grateful to those who have been so generous in donating to the Branch.

100 CLUB WINNERS

Jan	B Mure	A Arthur
Feb	A Burrows	R Watts
Mar	S Ness	A Eddison
Apr	C MacMillan	C Guthrie
May	N Nelson	M Hutchison
Jun	M Cherrie	M Stenhouse

It is not too late to join the 100 Club. All you need to do is to send a cheque for £10 to the Edinburgh Branch and your name will be entered in the draw.

<p>Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069.</p>	 <p>Dementia Alzheimer Scotland Action on Dementia Helpline 24 HOUR Freephone 0808 808 3000 Email: helpline@alzscot.org</p>	<p>Registered Office: 22 Drumsheugh Gardens, Edinburgh EH3 7RN. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315</p>
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We rely on fund-raised income and donations to help us to campaign and to provide services for Scotland's 85,000 people with dementia and their carers

www.alzscot.org