

D CAFE

It's always good to see new faces at the D Café and you will be assured of a very warm welcome if you join us between **1pm and 3pm on the last Thursday of the month at the Quaker Meeting House at 7 Victoria Terrace (above Victoria Street) Edinburgh**. 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.

It is an informal gathering for people with dementia, their family and carer where there is time for a blether, sharing experiences and supporting each other all in a relaxed and safe place and over a cup of tea! We welcome speakers, enjoy the fun of a barge trip or a picnic in the park but at the heart of the D Café is the mutual support it can offer.

On 27 March a speaker from the Edinburgh Community Alarm Telecare Service will join us to let us know how technology might assist to maintain independence or keep someone safe. On 24 April Dr Clafferty from the Royal Edinburgh Hospital will talk with us and answer questions. For any further information or the full programme for 2014, please telephone the Edinburgh Branch office and ask to be sent a copy.

100 CLUB WINNERS

Jan	A Todd	G Findlater
Feb	J Jones	K Garrett
Mar	A Clarkson	C Anderson

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.

DEMENTIA FRIENDLY COMMUNITIES

City of Edinburgh Council has made a commitment to make Edinburgh a Dementia Friendly City. Dementia Friendly Communities are areas where everyone with a diagnosis of dementia will feel welcome, comfortable and well supported in their community whether it is in the shops, libraries, banks, post offices, community centres, churches, etc.

Cramond/Barnton and Portobello are two areas in Edinburgh which are working towards becoming dementia friendly communities. In each neighbourhood a steering group of interested people have been brought together in order to move this work forward.

Local businesses sign an agreement that they wish to become a dementia friendly business. Members of staff are then sent on an awareness training course. Once this has been completed the business receives a sticker rather like a tax disc to put in their window. Members of staff are given a small booklet of hints and tips of how to work with people with dementia. Training is refreshed annually and new members of staff are trained. From the information gained from the Cramond/Barnton and Portobello pilots a toolkit will be put together in order to cascade this across the city.

It will take some time to complete the task of making Edinburgh a Dementia Friendly City, due to its size. However, the first steps have been taken and with commitment from everyone we will succeed.

Teresa Straczynska, Dementia Advisor

<p>Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069.</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 88,000 people with dementia and their carers

www.alzscot.org