



Alzheimer Scotland
Action on Dementia

Issue 66

April 2014

Dumfries & Galloway *Newsletter*

The Sensory Programme

The Sensory Programme is a day care programme designed for the specific needs of people in the later stages of dementia who are no longer able to benefit from traditional services. The programme is run by Alzheimer Scotland in Dumfries and is the first of its kind in Scotland. One year's funding has been provided through Putting You First which is a programme for health and social care services in D & G.



The programme will be tailored to each person's individual needs and abilities and will focus on the sensory stimulation as a means of communication, including touch, smell, hearing, taste and sight. Special attention will be given to nutrition and the programme will also help with elements of personal care which families may find difficult to do, i.e. shaving, cleaning teeth or washing hair.

The programme is being delivered two days per week by a small team of staff with a ratio of 5 people with dementia to 2 members of staff. Staff will be trained to the Enhanced level of the Promoting Excellence Framework. Volunteers will support the staff and have been carefully recruited and trained. This is a new and exciting initiative and we want to learn from this pilot therefore staff from the Alzheimer Scotland Centre for Policy and Practice at the University of the West of Scotland will carry out an evaluation of the programme.

The above picture shows Staff and Volunteers involved in the programme.

Jaqueline Aitchison Retirement

Jacqueline has worked with Alzheimer Scotland as a Support Worker since March 2005 and recently took the decision to hang up her boots and retire. Her last working day was 15 March 2014. A retirement party was held in her honour on the Friday, prior to her last day, at The Cottage and was attended by staff, volunteers and the people we support, who thanked Jacqueline for the years of dedicated service that she had given to Alzheimer Scotland. There was also a farewell meal with the day care staff from Dumfries after her last day. Everyone associated with Alzheimer Scotland wishes Jacqueline a long, happy and healthy retirement.



Charity Shop Sale

A sale in aid of Alzheimer Scotland will be held in the shop next to McKenzies in Dalbeattie on Thursday 29th, Friday 30th and Saturday 31st of May 2014. Any donations of clothes, books, etc. are very welcome and should be handed into the Dementia Resource Centre by Friday 16th May.

Volunteers

We are currently looking for people to volunteer in the Annan area at the Football Memories Group or the Musical Minds Group. If you would be interested in helping out at either of these groups, or any other groups in the Annan area, then please contact Helen or Judi on 01387 261303.



New Dementia Advisor for Wigtownshire

I took up post as Dementia Advisor for Wigtownshire in January this year. So far it has been an exciting time getting out and about seeing what services are available locally and catching up with colleagues who are already providing services in the local area. Trying to establish where there are gaps in service provision and seeing where Alzheimer Scotland and myself as the Dementia Advisor can improve things. My plan is to chat to local communities and ask them what services they would like to have access to as it is different in more rural areas to the towns.



I have been leaflet dropping all over the region and have put an editorial in the Stranraer Free Press about my new appointment. As a result I have been in to Leswalt Primary School with my colleague Judi Shaw promoting the story writing competition that Alzheimer Scotland has launched this year in Wigtownshire and saw all the wonderful work the children had done on dementia and raising their awareness. Judi and I have also organised a training session for Wigtownshire GP reception staff to increase their awareness of dementia and how to best help individuals with a diagnosis when they come into their surgeries. I have also been invited to talk to the local hard of hearing group and attend a fundraising coffee morning organised by the Inner Wheel Club Newton Stewart. As well as meet and greet sessions with local GP practices.

Future plans include a Memory Bus tour of Wigtownshire to promote the organisation and gain information on what services people would like to have access to. Bingo fundraising evening in the Machars area, and Alzheimer Scotland Christmas Stall and Newton Stewarts Christmas Market to promote the services and sell hand knitted Christmas stockings, baubles, blankets etc.

Currently I offer 1:1 support, drop-in support, awareness raising talks, presentations, and a monthly carer support group in Stranraer. We also provide Forget-me-not lunch groups in Wigtown and Stranraer and the Football Memories Group. Please contact me at the Stranraer Resource Centre for more information.

Shona Sneddon *Dementia Advisor—Wigtownshire*

Dementia Link Worker

I have recently taken up the post of Dementia Link Worker for Stewartry.

I have worked in dementia care for over 20 years, and have always enjoyed the social side of working

in this field. However, a community based post is new to me, and I'm just glad that I've managed to find everyone so far, although I have got lost on the odd occasion!

I am employed by Alzheimer Scotland but based with the Community Mental Health Nursing Team in Castle Douglas. Everyone has been extremely friendly and welcoming and I am really looking forward to getting to know everyone better, and to developing my knowledge and skills further in this role.

Sharon Murray *Dementia Link Worker—Stewartry*



Carer Information Course

We are running a free 4-day Carer Information Course at Heathhall Bowling Club, Dumfries on Friday 16th, 23rd, 30th May & 6th June from 11.45am-3pm. Lunch and refreshments will be provided. If you would be interested in attending this event, or would like further information, then please contact Judi Shaw, Dementia Advisor on 01387 261303.



Care Inspection Report

The Care Inspectorate recently visited the Dumfries & Stranraer Resources Centres to carry out an inspection. This is the summary of their report:

We gave the service these grades:-

Quality of Care and Support 5 Very Good

Quality of Environment 4 Good

Quality of Staffing 5 Very Good

Quality of Management and Leadership 4 Good

What the service does well

The service was very good at involving service users and carers in assessing and improving the quality of the service provided. There was evidence of good communication between the service and carers. There was a lot of good interaction between the staff, and service users throughout the inspection. The service was provided at several bases throughout Dumfries and Galloway. Some bases provided a very good environment for service users.

What the service could do better

On sampling personal plans, we noted that information within initial assessments was often brief and contained insufficient detail and this should be improved. The service should also improve the internal quality assurance process to include ongoing audits of key performance indicators.

What the service has done since the last inspection

Since the last inspection the service continued to operate well.

Conclusion

The service is continuing to provide a very good level of care, putting the service users and carers at the heart of all they do. If you would be interested to reading the full Care Inspection report there is a copy in the reception of both Dumfries and Stranraer Resource Centres or available online at www.careinspectorate.com

Carer Legislation Consultation Meeting

In January we were supported by the Dumfries and Galloway Carers UK Branch in an application to receive funding from the ITV Text Santa fund. We were thrilled to get £350 to cover the cost of carer events including some respite cover if required to attend the events. The first event was the successful 'Putting the Carer First' lunch on the 9th of January. We were also able to cover the cost of running a Carer Focus Group to discuss and give feedback to the Scottish Government on the proposed Carer Legislation documentation.

The focus group met on 13 March and we discussed the proposals for this new carer legislation. Thank you to all who took part or expressed interest in this event. A small group of carers discussed the relevant areas of change proposed and answered a series of pre-set questions from the Carers Trust Scotland. The feedback has been collated and sent forward for consideration. The chocolate biscuits were well deserved! There was considerable documentation to support the discussions, eighty pages; therefore we couldn't send it out to people who expressed interest. I will however take feedback to the carer support groups over the next month.

It is really important that carers and people with a diagnosis of dementia have the opportunity to be involved in the decision making process for all issues around their support and care services. We will therefore be looking to hold more consultation events to enable this to happen.

If you would like to be involved in future events please make sure we have your contact details including email address if available. For further information please contact Judi Shaw Dementia Advisor telephone 01387 261303 or email jshaw@alzscot.org



Children's Story Competition

The Wigtownshire Story Competition has reached an exciting stage. We now have some 240 children registered to take part and their stories are arriving every day. There are 9 schools who have supported the project using the information pack, trying out the activities and encouraging children to write their stories. Shona Sneddon, the new Dementia Advisor for Wigtownshire, and I were invited to visit the children at Leswalt School to talk about our role as Dementia Advisors and to see their display of all the work they had done for the competition. It was very exciting to see and talk about their exhibition. The children said they had enjoyed being part of the project and had learned a lot from it. We are now looking forward to reading the stories; however, it is obvious that choosing the prize winners is going to be very difficult. All of the children entering the competition will receive a certificate and each school who entered will receive a trophy, the prize winners in each age group will receive a small prize. There will be a presentation evening during Dementia Awareness Week in June at the County Buildings in Wigtown. If anybody would like to sponsor a trophy please contact Judi Shaw on 01387 261303



Football Memories

Following an approach from Border Television, our Football Memories group in Dumfries was invited to be part of "Border Life", a weekly TV documentary about life in the borders, and SW Scotland. We managed to co-ordinate most of the team, volunteers, Michael White, the Football Memories founder, and the "Under 19's" squad from Queen of the South Football Club to a meeting at the end of January, where with the film crew and interviewer Gilly Fraser, we were able to put together a 10 minute piece about the benefits of reminiscing about football. The article was featured in the programme at the end of February and all agreed it was very well portrayed. Thanks to all those members of the team who helped to make this possible, and those who managed to record it for posterity, and have shared this. As a direct result of the feature, we have not only raised the profile of Alzheimer Scotland's great work, but also acquired new members to the team. If you, or someone you know enjoys chatting and reminiscing about football and would like to meet others in a similar situation, or you would like information about any of our other community groups then please contact me at the Dumfries Resource Centre.

Helen Smith *Community Activity Organiser*

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

Registered in Scotland 149069. Scottish Charity No SC022315