



Alzheimer Scotland
Action on Dementia

*Making sure nobody faces
dementia alone*

June 2014

NEWSLETTER

Edinburgh Branch

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St LEONARD'S St NEWS

Welcome to all those who might be reading this newsletter for the first time as a new member of Alzheimer Scotland. You will receive the magazine *Dementia in Scotland* but we are your area Branch and like to keep you up to date on more local matters. I hope you will enjoy reading this and perhaps join us in some of the activities mentioned. Certainly feel free to get in touch and let us have your ideas as to what the Branch might do to better support people with dementia, their families and their carers. Please contact the office with your telephone number and I will return your call.

The Edinburgh Branch office is in St Leonard's St (opposite Homebase) and we have volunteers at the office on Mondays to Thursdays from 10am to 12 noon, to answer queries, provide information or just for a chat. Teresa Straczynski, the Dementia Advisor for Edinburgh also has her base in the office. To mark Dementia Awareness Week in 2014 we are holding an Open Day at the office on Monday 9 June from 11am to 7pm. There will be information about branch activities and the wider support of Alzheimer Scotland. There will also be the opportunity to speak privately if you would find this helpful.

The Edinburgh Branch AGM will be held on Thursday 26 June at 6pm and you are warmly invited to join us. The AGM will be followed at 6.45pm by Sarah McGrory speaking about her recent research work in Sydney. Sarah is a beneficiary of the Edinburgh Branch Bursary given to the Alzheimer Scotland Dementia Research Centre at Edinburgh University. Both events will take place at 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 current committee is myself as Chairperson, June Henderson (Hon Secretary), Grace Durham (Hon Treasurer), and members Joyce Shepherd, Kathleen Birchall, Alison Glen and Janet Ingleby. Andrew Gillie and Allison Littlejohn were co-opted during the year. All offer ourselves for re-election. If anyone else is interested in joining the Branch Committee please let me know. It would be good to welcome some new faces and new ideas.

Barbara Mitchelmore, Branch Chair

INTRODUCING LINK WORKERS

In 2011 Alzheimer Scotland first described their 5 Pillar Model of Post-Diagnostic Support: understanding the illness and managing symptoms, supporting community connections, peer support, planning for future decision-making and care. A Link Worker would work alongside the person, their partner and family and ensure that the person is given the opportunity, help and support to develop a robust personal plan enabling each person to live well and independently with dementia for as long as possible.

Six Link Workers took up post in Edinburgh in December 2013. We come from a range of backgrounds: Social Work, Social Care and Occupational Therapy and bring an eclectic and complementary skill mix to these posts. We are set up in bases throughout the city - Pilton, Leith, Niddrie and Wester Hailes.

As part of Dementia Awareness Week, three of us in the south of the city will host a stall outside Peacocks Fashion store in Cameron Toll Shopping Centre on Thursday 5 June. Please do come along and speak to us to find out more about what we do. *Fiona Robertson, Link Worker*