



These free courses are run by VOCAL at 8-13 Johnston Terrace, EH1 2PW.

“UNDERSTANDING DEMENTIA”

A course for carers on six Wednesdays from 1st October to 5th November, 10am-12.30pm. The course aims to provide information on the key aspects of dementia, and how it can affect people we care about. It is tailored specifically to carers supporting someone with moderate dementia. This course is offered in partnership with a CPN who has extensive experience of supporting people with dementia and their families.

“FEELING GOOD ABOUT CARING”

A series of courses helping carers explore and develop strategies to manage their feelings about their caring role. These will take place over various dates and times so please contact VOCAL to find one that suits you. Courses include 'Stress Management', 'Connections, Choices and Change', 'Dealing with Guilt', 'Letting Go and Moving On', and 'Changing Relationships'.

“LEARNING AND SUPPORT FOR CARERS”

Are you concerned about falls, wandering, taps or the cooker left on? Edinburgh Council Telecare Team have a range of gadgets and equipment to help the person you care for live safely. Thursday 30th October, 10.30am-12pm.

For more information contact: Jane or Debbie at VOCAL Carers Centre on 622 6666 or to book a place on any course register online at: www.carerstraining.co.uk. If you require support to attend any of these events please telephone. Financial and practical assistance with replacement care and transport can be provided.

Art in the City - Autumn 2014

We meet to provide an opportunity for people whose lives are affected by dementia to share a gallery visit with other interested people. All meetings are from 10.30am – 12 noon.

Sept: Thur 11 American Impressionism at Modern Two

Oct: Thur 9 Art of Golf at the National Gallery

Nov: Thurs 13 Remembering the Great War at the Portrait Gallery

Before coming, please contact Fiona Campbell, Social Worker: 469 6222 or email: fiona.campbell@edinburgh.gov.uk

EDINBURGH SINGING GROUPS

The new group at Craightinny starts on Monday 22nd September at St Christopher's Church Hall, 77-79 Craightinny Road, EH7 6QL. It will meet on the 2nd and 4th Mondays of the month from 2 – 4pm. Please contact Sheila Hardie 551 1229, Kate Walker 554 4940, Diana Kerr 552 3857, Pam Robertson 553 7239 for more information. The groups at Fairmilehead (phone Anne Sommerville 447 5132S) and St Serf's (phone Sheila 551 1229) also continue to meet.

DEMENTIA INFORMATION CAFES

Cafes are held at Cramond Kirk from 1-3pm on the 1st Monday of the month; at Ratho Community Centre Cafe from 10am-12pm on the last Wednesday of the month; at the Haven, South Queensferry from 1-3pm on the 3rd Thursday of the month. For more information, please contact Teresa Straczynska, Dementia Advisor, tel: 0131 662 1204, email; tstraczynski@alzscot.org

100 CLUB WINNERS

Jul	E Couper	M McGillveray
Aug	M Stenhouse	M Pettigrew
Sep	E McFarlane	C Guthrie

<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