

Dementia in Scotland



Autumn 2014 – Issue 84



Membership: spread the word!

**Our members come
from all walks of life.**

**They help us make sure
nobody faces dementia alone.**





Membership: spread the word!

It's amazing! We now have close to 7,000 Alzheimer Scotland members who offer such a wonderful source of support to the organisation. However, to continue to grow our influence and continue to improve the lives of people with dementia, we need to add substantially to this number.

As a member you become a part of something special – plus, you get to have your say on important issues and receive invites, discounts and promotions for events and prize draws. If you know someone who isn't an Alzheimer Scotland member, let them know about it. The more members we have, the greater influence we have to help those with dementia.

This year, we have refreshed our membership offering. We've made it easier for members to engage with us and to share their thoughts, experiences and aspirations. We've also enhanced the benefits of membership and made payment easier too.

What's new for our members:

- we now have Members' Advisory Forums which take place in different venues around the country. The forums allow our members to get together and discuss important issues with us. We then take this information and use it to shape our organisation
- we've introduced monthly direct debit payment options to spread the cost of membership across the year
- there are discounts and priority bookings for many different events throughout the year including the annual conference and the newly introduced Christmas lecture
- you'll be automatically entered into our annual Christmas prize draw
- you'll have the opportunity to take part in surveys and give your opinion on a range of different issues
- benefit from promotions with partner organisations.

If you, or anyone you know, would like to sign up as a member or find out more about membership, please visit:
www.alzscot.org/membership



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Autumn 2014 – Issue 84





Southernness golf day, page 22



Grandhome garden party, page 27



Ann Hill, baton bearer, page 6



Dalkeith Country Park Memory Walk, pages 12 & 13



Young onset dementia, page 16



Relative Values, page 14



London Marathon, page 26

Welcome!



Dumbarton allotment, page 18



Kerry's Commonwealth race, page 6



Swan boat trip, page 27

This edition of Dementia in Scotland is a celebration of the summer, and on the following pages we have featured some of the many projects our staff and volunteers have been involved in over the last few months. Appropriately for the time of year, there are plenty of outdoor activities, with gardening projects, the Commonwealth Games, a golf tournament and even a trip on a restored herring boat all included.

We start this edition of the magazine with a feature about the vital role our members play in supporting us. Over the past year we have been working hard to find new ways of engaging with the almost 7,000 people who are members of Alzheimer Scotland. We have introduced a range of new events, including regular Members' Advisory Forums, to enable people like you to tell us what is important to you. We are now asking our members to help us spread the word. Your support in helping to recruit new members will enable us to increase our reach and influence. This in turn will give us a more powerful voice to speak out on behalf of people with dementia, their families and carers. If you think a friend, relative or colleague would be interested in joining us, please pass on your copy of Dementia in Scotland to them once you have finished reading it. They can find out all about the benefits in the membership feature, along with how to join.

This edition of the magazine includes the latest article in our 'Relative values' feature, focusing on the impact – both positive and negative – that a diagnosis of dementia has on members of an individual family. We are very grateful to the families who have agreed to contribute to this feature, and believe that being able to hear their experiences will make it easier

for others to live well with a diagnosis of dementia.

We are very proud that so many of our supporters contributed to the Commonwealth Games. You can read about staff-members and volunteers who took part as athletes, baton bearers and Clydesiders. They helped ensure this global sporting event was a huge success for Glasgow and Scotland. And as you would expect, they also used the opportunity to tell others about Alzheimer Scotland and the vital work we do.

Our feature on younger people with dementia and the impact this has on their ability to stay in work reflects an important issue that is often overlooked. It describes research that is being carried out to enhance the ability of people with dementia to return to work following a diagnosis. People with dementia should be enabled to remain part of their communities and to continue to make a contribution to society. Too often stigma or a lack of understanding makes it difficult to achieve this.

Elsewhere in the magazine you can also read about examples of the therapeutic benefits of gardening, with details of a variety of successful projects hosted by Alzheimer Scotland and supported generously by volunteers.

Finally, we look towards the winter months with details of our Christmas lecture, to be presented by Baroness Greenfield. We do hope you will consider coming to this event on the theme of 'Dementia: current and future prospects.'

Henry Simmons
Chief Executive
Alzheimer Scotland



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Study reveals low awareness of dementia among employers

Dementia in the Workplace is an innovative study that is being led by the University of the West of Scotland (UWS). It began in 2013 and has involved interviewing employers and health professionals about their attitudes towards dementia in the workplace, as well as carrying out case studies of people with dementia who have been in employment at the time of diagnosis.

An increasing number of younger people are being diagnosed with dementia, and many of these are likely to still be in work. With more people now working beyond the age of 65, there are likely to be increased numbers of people who are diagnosed with dementia while still employed.

The researchers – from the Institute of Older Persons' Health & Wellbeing (UWS) and Heriot-Watt University – interviewed people with dementia, employers, healthcare professionals and employment specialists.

Researchers have highlighted the importance of people with dementia being able to stay in work if they wish. Two interviewees described how work – or an alternative form of activity if work is not an option – can be one of the main therapeutic methods for supporting a person with dementia.

The research also identified that the ability of a person with dementia to return to, or remain in, work, depends on a variety of factors. These include

how advanced their condition is; the type of work; and whether colleagues can support them day-to-day. Six people out of 11 with a cognitive impairment identified by the study have continued to work after their diagnosis. Four of these have been employed for between 4 and 9 years post-diagnosis.

Several responses to the study also highlighted the Access to Work programme, which assists employers in adapting their workplaces to suit people with disabilities. Only 3% of applications to Access to Work are made on behalf of people with mental health disabilities. The research has suggested that low awareness of dementia in the workplace is a national issue among UK employers.

Get involved!

Interviews for this study are continuing until later this autumn. If you would like to get involved, please email Dr Louise Ritchie for more details (louise.ritchie@uws.ac.uk)

Diagnosed with dementia and in work? Working Health Services Lothian can help.

Have you recently been diagnosed with dementia and are still in work? NHS Lothian's Working Health Services offer a local service which assesses anyone with a new health condition that affects their working life, including dementia.

The service is tailored to the individual and their job, and aims to support them to stay in work. They will help review the workplace to see if adjustments can be made, and also ensure that employers are meeting their obligations under the Equality Act. The service examines 12 different aspects of a person's situation. These include the demands of their job; their

physical and mental capacity; their aptitudes and skills; the work environment and their employment rights.

The project is managed by occupational therapist Gerry McFeely: 'The service considers the person's functional capacity in relation to their ability to do their job and looks at their lived experience to see if they can still manage their job. We assess this in partnership with other healthcare professionals

We will work with the person and their family – and, with the appropriate consent, their employer – to see what the best possible outcome is for them and to help them stay in work if they wish.



More info

If you know someone in Lothian who is off sick or struggling at work, they can contact Working Health Services Lothian in confidence by phoning 0131 537 9579

Students across Scotland benefit from Alzheimer Scotland bursaries



Left: Ruth Mantle (at right of picture), photographed with fellow Alzheimer Scotland Dementia Nurses. Below: students from the University of Stirling who have benefited from bursaries, left to right: Lynda Hutton, Yvonne Kelly and Claire Podmore.

In 2012, Alzheimer Scotland made a five-year commitment to fund scholarships at three Scottish universities so that mature or working students could gain additional skills in dementia care. The funding is available to prospective students at the University of the West of Scotland, the University of Stirling and the University of Edinburgh.

This year, five students have been awarded a scholarship from the University of Stirling's Dementia Fund, which was set up to support a variety of bursaries, prizes and awards for students studying dementia. The university would like to congratulate Claire Podmore, Yvonne Kelly, Claire Morgan, Linda Hutton and Kelly Brown on their success.

Kelly Brown, who received one of the scholarships, described the importance of the funding: 'I am extremely grateful for this amazing opportunity; without this

funding I wouldn't be able to complete this course. I believe that postgraduate education is not just a personal or professional choice but an important part of providing continued evidence-based practice.'

Claire Morgan talked about the importance of undertaking further studies in dementia: 'I value the opportunity to study the condition at a time when dementia is at the forefront of local, national and international policy agendas. I personally aspire to evaluate and promote current best practice, contributing to service delivery within the NHS; therefore ultimately enhancing the care and support for individuals throughout their unique dementia journey.'

The University of Stirling are currently offering bursaries for their MSc in Dementia Studies.

Ruth Mantle, Alzheimer Scotland Dementia Nurse Consultant for NHS Highland,



finished her scholarship-funded course with the University of Edinburgh this year: 'The Alzheimer Scotland scholarship has enabled me to achieve my long-held goal of undertaking a Master's Degree in a topic I feel connected to on both a personal and professional level. As the family breadwinner, I would not have been able to take my MSc in Dementia: International Policy and Practice at the University of Edinburgh without

this funding.'

This year, the University of Edinburgh is offering bursary-funded places on a new Dementia and Counselling course. The course is aimed at both dementia practitioners (to provide counselling skills) and counsellors (to provide an understanding of living with dementia). It fits closely with Alzheimer Scotland's 5 Pillars Model of Post-diagnostic support, as well as the 8 Pillars Model of Community Care.

Staff and volunteers celebrate the Commonwealth Games



The 20th Commonwealth Games was the landmark sporting event of the year, and Alzheimer Scotland's staff and volunteers truly got behind the Games.

Ann Hill with a self portrait of herself on a quilt also featuring the Commonwealth Games mascot Clyde. (Clyde is sporting the Alzheimer Scotland logo in the middle of his saltire).

Ann Hill, quilter in residence

I was hugely honoured when I was asked to be a Queen's Baton Bearer for the Commonwealth Games. I was nominated by Hampden Park for my work as Alzheimer Scotland's Quilter in Residence. Last year I organised the 'Stitching the Pitch' challenge, and with the help of thousands of volunteers, we successfully covered Hampden Park with over 5,000 quilts. The event helped raise awareness for Alzheimer Scotland, along with funds to support its work.

Being a baton bearer was one of the most thrilling experiences of my life. Following registration at Kirkcudbright and a briefing from the Queen's Baton Relay team, I boarded the shuttle bus which delivered me to the

starting point for my segment. A police motorcyclist appeared and talked me through the baton handover procedure. As I stood in position to receive it I felt the anticipation building. Then the previous baton bearer approached, our hands met and the handover was complete! I thought to myself, 'This is my moment in history!'

Kerry MacPhee, Dementia Advisor

'Wow! Who knew that when I started my post with Alzheimer Scotland as a Dementia Advisor, I would be taking a sabbatical to race at the 2014 Commonwealth Games! Even more incredible is the fact I wasn't even a mountain biker when I started the post, and only transitioned from triathlon a matter of months before the Commonwealth

Games. But what a few months they have been. The Games were, for want of a better superlative, AMAZING!

The year has been a rollercoaster of camps, races, training, and then the Games. I stayed in the village the whole time, soaking up the atmosphere and learning from fellow athletes. Race day is still a bit of a blur! I raced six laps of a specially designed course at Cathkin Braes on the Southside of Glasgow and will never forget the sea of posters, t-shirts and banners all bearing my name. For a first games I was delighted to finish 13th and excited about my future in the sport. Preparations for the Gold Coast will start in earnest very soon! I am very grateful to Alzheimer Scotland for allowing me to take time off to fulfil a dream and race on such an incredible stage.'

Audrey McIntosh, ultra-runner

I discovered I'd been nominated for the Queen's Baton Relay last November, just after my return from Antarctica. Shortly beforehand I'd completed the Antarctic Ice Marathon and Antarctic 100km Ultramarathon, which I ran to raise funds for Alzheimer Scotland.

I carried the baton in Glasgow, on a stretch of the route near Hampden Stadium. What a section! A glory leg that was important to me as it was where the track and field events would take place.

It was the last day of the relay, before the baton would be taken to the Games opening ceremony, so there was a bit of a party atmosphere. I was part of a small group of 11 bearers ranging from school age to 90! When my moment arrived I jogged with my head held high, grinning and waving. All too soon I had to slow, stop and pass the baton over for its journey into the stadium. The briefness didn't matter, I had been part of the relay and a proud bearer of the baton.'

Kerry MacPhee powers round the mountain bike track.



Angi Inch, Dementia Advisor, and Natalie Faccenda, Helpline Volunteer

'Natalie and I were both Clydesiders during the Games, and it was the most amazing experience I have ever had. My role was to make sure people made it to the venue safely on the 'final mile'.

It was my birthday during the Games and that was the only day I was in a venue. It was the judo hall and Scotland won three gold medals in a row. Everyone in the hall had a tear in their eye as the piper played Flower of Scotland each time!

At the end of the Games we were lucky enough to get tickets for the Athletes' Parade. Natalie had been in a different team during the Games so we hadn't seen much of each other, and it was brilliant to spend the afternoon welcoming the athletes and applauding their feats. It was sad putting on the uniform for the last time, but we even made it on to the evening news! A perfect end to an amazing time in my life.



Photo courtesy of Chris Radburn, for Glasgow 2014.

Above: Audrey McIntosh proudly carries the baton. Below: Natalie Faccenda (seated) and Angi Inch in their Clydesider uniforms.



Marek's iconic photo sells out twice

Photographer Marek Malecki recently held a sell-out exhibition at the Harbour Café in Tayport to raise funds for Alzheimer Scotland.

Marek Malecki, who was born in Tayport, Fife, recently held an exhibition of his photos to raise funds for Alzheimer Scotland.

Marek has a diagnosis of dementia and has been assisted by his Alzheimer Scotland support worker, Alex Weir, to rekindle his love of photography. This has included helping him to start using his camera again, download images to his computer and organise saved images into folders.

A former technician at Duncan of Jordanstone College of Art, Marek is an accomplished photographer with a large back catalogue of work. Since the onset of his dementia he has found it difficult to copy images from his camera on to his computer.

When local Alzheimer Scotland staff saw the extent of Marek's portfolio,

they suggested he held an exhibition. His favourite café, the Harbour Café in Tayport, turned out to be the perfect venue. The café is run by the Tayport Community Trust, which agreed to display his pictures during May.

One of Marek's most iconic images, a picture of the Larick Beacon (opposite) formed the centrepiece of the exhibition. The beacon is a local landmark which can be seen from the harbour. The café sold out of copies of the photograph twice and staff suggested using it as a postcard to support Alzheimer Scotland and the Tayport Community Trust. Copies have now been printed and are on sale at the café.

Staff at the cafe said: 'We are very excited to have Marek Malecki's beautiful "Larick Moonlight" postcards and greetings cards on sale.'



Marek Malecki, with the postcard of the Larick Beacon in the background.



Hearts & Minds Artistic Director receives £250,000 Breakthrough Award

Magdalena Schamberger (right), Artistic Director of Edinburgh-based charity Hearts & Minds, has recently been awarded a £250,000 Breakthrough Award from the Paul Hamlyn Foundation. Hearts & Minds works to improve the experience of people in hospital, hospice, residential



and respite care by using the performing arts to encourage communication, interaction and laughter. Its Elderflowers, pictured below, engage creatively with people living with dementia across Scotland.

The Breakthrough Award will be used to research and develop an experiential training programme for artists across all art forms. This will include developing tailored performances that are designed

for people living with dementia, their families and carers.

Magdalena will collaborate with musicians, dancers, singers, designers and other artists on the new programme. She is particularly keen to involve family carers and those who are living with dementia as experts and collaborators. Their suggestions and expertise will be incorporated into the development of the programme.



More info

If you are a person with dementia, a carer or family member and you would like to take part in conversations, workshops or development days with Magdalena, please get in touch. By showing interest at this stage, you are not committing yourself to anything and can change your mind at any time! To find out more please email Magdalena@heartsminds.org.uk or phone 0131 270 6055. To find out more about the Elderflowers programme visit www.heartsminds.org.uk/the-elderflowers

GLOBAL



World Dementia Council announces next steps

The World Dementia Council has announced the next steps in its drive to speed up dementia research and increase investment. Four areas are being pursued to tackle the lack of effective treatment and sufficient funding to find a cure: integrated development (optimising the path of medicines from research through to market by reducing barriers and encouraging regulatory flexibility); finance and incentives; open science; and public health/prevention.

The Council is also beginning an evidence review into existing research on how risk factors such as diabetes

and heart disease relate to dementia, as well as looking into public health messaging on lifestyle and prevention.

The creation of a World Dementia Council was one of the main commitments made at the G8 dementia summit in December 2013. The council aims to stimulate innovation, development and commercialisation of life enhancing drugs, treatments and care for people with dementia, or at risk of dementia, within a generation.

More info

<http://dementiachallenge.dh.gov.uk>

USA



Film: The Genius of Marian

In 2008, Pamela White began writing a book about her mother, renowned US artist Marian Williams Steele. Marian had died in 2001, with Alzheimer's disease. A year into her project, Pamela was herself diagnosed with Alzheimer's, at the early age of 61. Pamela's son Banker has now picked up the baton by helping his mother as she tries to write her book, at the same time recording on film their conversations, allowing Pam to share her memories of her childhood and of her mother.

Those recorded conversations have been turned into a film, The

Genius of Marian, which gives a powerful and emotional portrait of the impact of Alzheimer's disease, on Pam and everyone around her, and the struggle they all have in coming to terms with the illness and their changing roles within the family.

More info

To find out more about the film, visit <http://geniusofmarian.com>. To watch the trailer, visit www.vimeo.com/42894949

USA



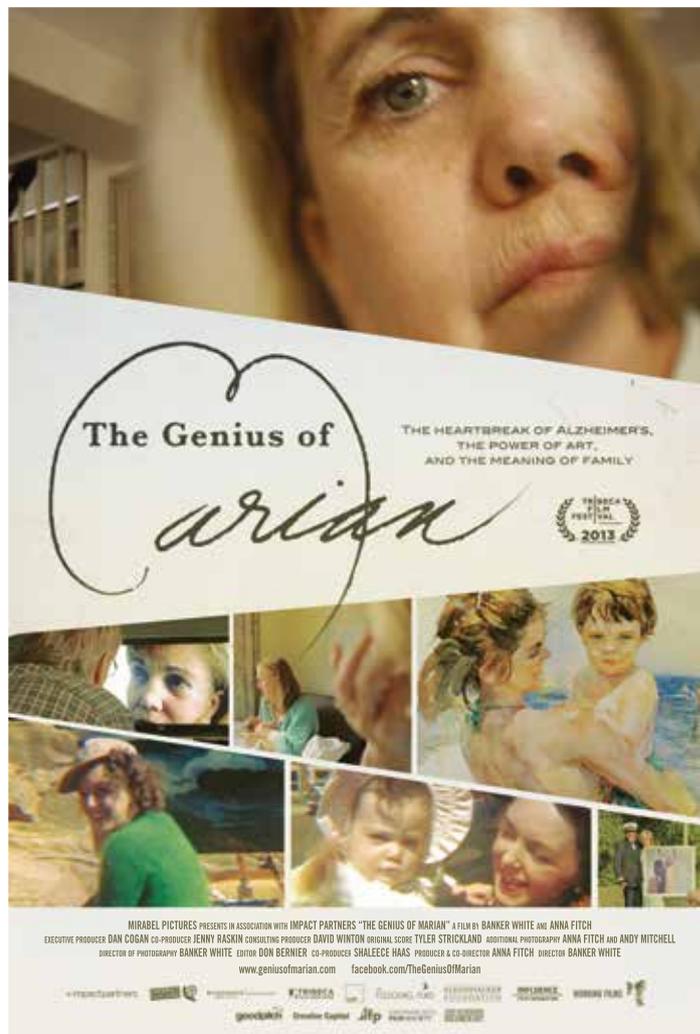
Father with dementia gives away daughter in care home wedding

A woman in Michigan, USA, last month decided to move her wedding 50 miles, from a traditional church to an Ohio care home, so that her father who has Alzheimer's disease could walk her down the aisle.

Miriam Davis's father, Bernard Reeves, is a 64 year old Vietnam War veteran who was diagnosed with Alzheimer's disease eight years ago. He moved to the Foundation Park Alzheimer's Care Center in Toledo when his symptoms worsened in 2012. Bernard can recognise his daughter fully but rarely talks and needs help with daily care.

Miriam and her fiancé Mark Davis planned to marry at their local church in Ypsilanti, Michigan. Worried that her father might become confused

in an unfamiliar environment, Miriam and Mark made the decision to move their wedding across a state line so her father could give her away in the comfort of his home. Bernard, beaming, walked her down the aisle as many of the nearly 40 wedding guests watched the emotional scene.



Memory Walk 2014 powers through Dalkeith Country Park



Our flagship 2014 Memory Walk saw 439 walkers of all ages stride, strut and saunter through Dalkeith Country Park on 7 September, raising funds to help ensure nobody goes through dementia on their own. Over the coming weeks at least £20,000 is expected to be generated from sponsorship.

The family event took place in the beautiful surroundings of Dalkeith Country Estate near Edinburgh. It consisted of a gentle 5.6 kilometre walk, with a shorter 2.6 kilometre option. In addition to the fundraising walk, the day was packed with other attractions and events. These included live music, vintage hair and make-up sessions, fairground rides, face-painting, a bouncy castle and inflatable obstacle course. There was also a range of delicious home-baked

goods. The event was part of Midlothian's Festival of Arts, Midfest.

Stephanie Davidson, a care assistant working with people with dementia, took part in the walk: 'I signed up for the Memory Walk because of my personal experience of dementia through my husband's granny. Alzheimer Scotland helped my husband's family in Alva, near Stirling, providing respite care whenever they needed it. Their work has really helped, so when I heard about Memory Walk 2014, I signed up myself and some of my family. We all had a great time; it was lovely relaxed event and day.'

Kate O'Brien walked for her grandfather: 'It's great to see a different kind of fundraising like the Memory Walk, especially when it's for a unique charity



like Alzheimer Scotland that is close to the hearts of many. I loved seeing so many people, all in great spirits and obviously proud to be supporting such a good cause. Everybody is sharing their own reasons why they're here, it has been a really special day.

We would like to thank all participants, volunteers and staff who took part in the Memory Walk for their dedication and fundraising. This year, for the first time, we also introduced regional Memory Walks across Scotland. You can see pictures of all our Memory Walks on our Twitter and Facebook pages.



See pictures of our other Memory Walks online. Visit our Twitter and Facebook pages!



AlzheimerScotland



alzscot

Register now!

Staff, members' and volunteers' conference

Including awards ceremony and AGM

Friday 7 November 2014, 10am–4pm

Radisson Blu Hotel, Argyle Street, Glasgow G2 8DL.

The programme will include a range of presentations, along with a series of workshops and exhibits that will give delegates an insight into areas of our work.

Register online at www.alzscot.org/agm or complete and return the registration form which was previously posted to you.

If you have any queries, please email agm@alzscot.org



'My work in community care helped me recognise dementia in myself'

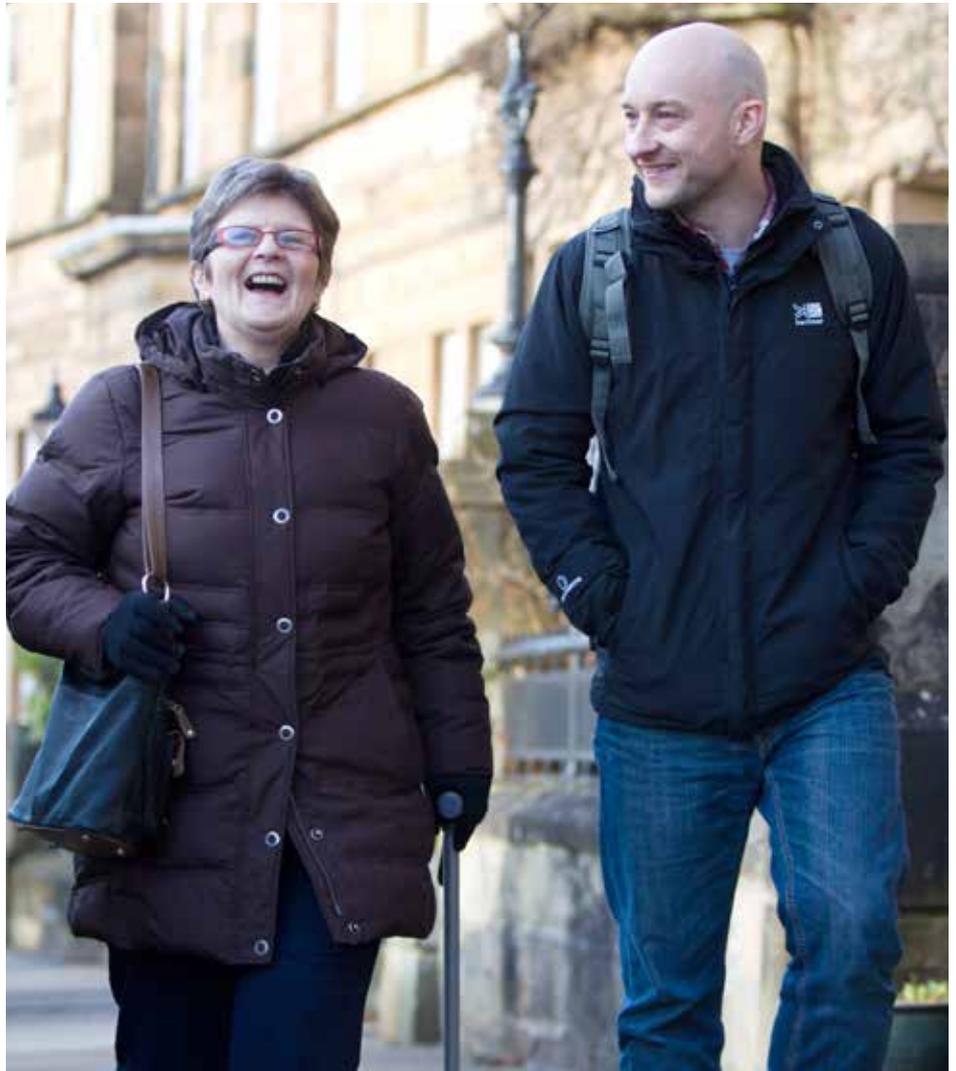
Eight years ago, Frances McCann was diagnosed with young onset dementia, resulting in big changes for her and her family. Here, Frances and her son Sean talk about the impact of dementia on their lives.

FRANCES

I've always had a patchy memory, but in the year before I was diagnosed I knew something was different. I began doing things like leaving my house, then forgetting what I was doing and going back inside over and over again. My neighbour would ask me if I was alright. He must have thought I was mad. I knew things were getting worse, and I quickly became convinced that it was dementia. I've known about dementia and what the signs are for a long time: several members of my family have been diagnosed with it. Almost 50 years ago I experienced it first-hand in my older auntie. We didn't even have a name for dementia then, it was just put down to old age. She was eventually put into Foresthall Home and Hospital. Can you believe back then we called it 'the loonie'.

My work in community care helped me recognise dementia in myself. I worked in elderly people's homes for several decades, and in many cases I watched people's dementia develop: forgetting names or days and then progressing on to more severe symptoms. When I recognised the pattern in myself, I went to the doctor saying, without any doubt in my mind, 'I have dementia'. The doctor didn't think that I could be right, being so young at 57, but I just knew. I even began telling people I had it before the diagnosis was given!

After I was diagnosed, my family were incredibly supportive. My son lives locally and is my carer. My other two children live in England and Germany. My daughter



has been in Germany for 25 years, and the people in her neighbourhood know me very well. I still manage to fly out to see her and my grandchildren despite my dementia, and the people there speak very good English, so I can communicate fine. I just got back from a two week holiday there.

The best reaction someone can have to my dementia is to talk about it with me, even if we just have a laugh about it. The worst reaction is when people don't know what to say or say nothing. One member of my family didn't believe my diagnosis because I was so young, and she was older than me. I suppose it must have been a shock for her, and possibly made her worry about her own future. For a long time she just brushed it off, which was

hard, but eventually she came around.

Support from my family has helped give me the confidence to go to groups and meetups, even if to begin with I didn't always feel comfortable getting involved. I'm still a lot more hesitant with people I don't know. I go to two groups that Alzheimer Scotland run in Glasgow; a dementia café and the Glasgow Younger Persons Support Service day care.

For me, it was actually a relief receiving my diagnosis. I have lost many members of my family to cancer, so my whole life I was afraid that I would ultimately be diagnosed with something terminal like that. At least I can still talk and walk and get out and enjoy myself. It's not a death sentence. You just have to face up to it, get on and thank your lucky stars.

SEAN

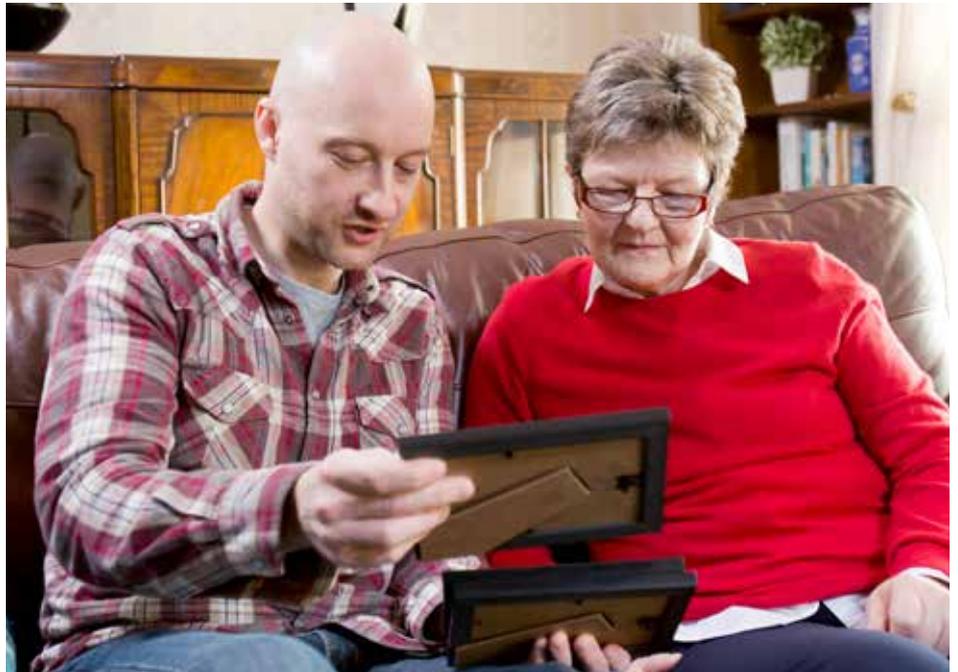
We first knew something was the matter with mum the year she forgot me and my two sisters' birthdays. She has always been a bit scatty and often forgot a birthday until it was just around the corner, but this time she missed all of them and didn't realise.

Mum's diagnosis has had a big impact on my life. In some ways our roles have reversed as a result. I was a musician in a band and was quite wrapped up in my own world. Mum always took care of me, and I didn't have any plans to settle down. For a while mum was even my roadie and took our gear to and from gigs in a taxi! After her diagnosis everything changed. Now I provide much more care for her, which is really important to me, and I think it's had an impact on other aspects of my life too. In the last few years I have settled down, bought a house and got married. It was a real wake-up call.

Mum's dementia has had an influence on me in other positive ways. This year I retrained as a cognitive behavioural therapist. I probably wouldn't have developed an interest in this if it weren't for my family's experience of dementia.

We are fed a stereotype of dementia on TV and in films which I think has a really damaging effect. People with dementia are normally only portrayed as being very old and infirm. That's the typical impression you get in a soap opera. This is only one side of dementia. I've never seen a film that shows the beginning of the dementia journey, probably because it wouldn't make good drama! We're never shown the gradual process of forgetting and the illness developing, or how it affects everyone in a different way.

Something about dementia which people forget is that it evolves. It doesn't stay the same for long. For a while you'll deal with it one way and then it'll change and you need to alter how you respond to it. Initially we helped mum cope with her dementia by writing things down, putting notes everywhere and using a whiteboard in the kitchen. That doesn't work any more!



Below: Frances (pictured right) enjoying a coffee and catch-up with friends at the monthly dementia cafe she attends. Other images show Frances and her son Sean.



Now she cleans and tidies religiously, wiping the whiteboard and binning the notes which are supposed to remind her of what she's got planned that day.

This means we've had to change our habits: now she phones me whenever she gets confused or can't remember what to do. I'll get a call at work and mum will be saying 'I'm up and down and don't know what I'm supposed to be doing'. I'll remind her and talk to her about her day plan. She often phones me and frankly I wouldn't want it any other way. If anything, I wish she would call more often, instead of worrying she's disturbing me. My work are very good about it. They know I'm a carer. They don't mind me calling to speak to her or booking time off to go to appointments with her.

When I was studying to become a cognitive behavioural therapist, it was sometimes a struggle combining studying with my day job and caring for mum. I began going to a support group for carers, which ran once a month for eight months. Being able to share things with other carers really helped ease the stress. I'm still in touch with several people from the group and being able to share experiences with them has been great.

My entire life has changed following mum's diagnosis, but it certainly hasn't been all bad. Mum is still the bubbly and chatty person she always was. I'm also very proud that she contributed to a resource pack for younger people with dementia, which will help others cope with the things we've been through.

DVD and booklet to support younger people with dementia

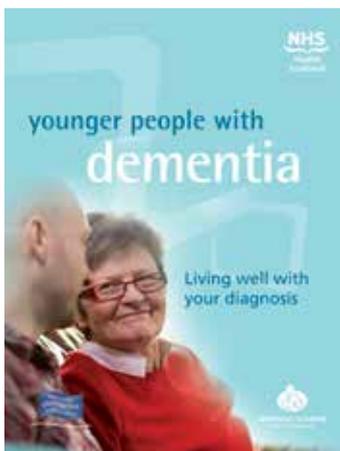
NHS Health Scotland, in partnership with Alzheimer Scotland, has produced a publication and DVD called 'Younger people with

dementia: living well with your diagnosis'. The resource provides younger people with dementia and their families with clear, accessible and accurate information about dementia and the support they can access. The entire resource is available online, with a DVD and printed version also available.

While most people with dementia are over 65, in Scotland there are over 3,000 people under the age of 65 who are affected. Until now there has been no comprehensive information specifically tailored for people with younger onset dementia

in Scotland. The new resource features the voices of people with dementia and their carers, describing their experiences in their own words. The videos show how different people respond to their diagnosis in different ways, and how with the right support it's possible to live well with dementia.

Feedback about the resource from people with dementia has been very positive, with comments including 'it's just like my story' and 'it provides very helpful information'. The resource has had a very positive feedback from as far afield as Australia and Taiwan.



More info

To download a copy of the resource and to view the videos, visit www.alzscot.org/younger_persons

24th Annual Conference of Alzheimer Europe Glasgow, 20–22 October 2014

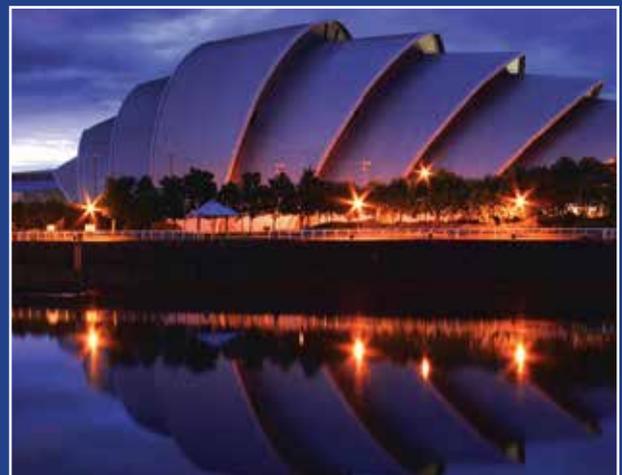


Last
chance to
register!

The theme for this year's conference is '**Dignity and autonomy in dementia**'. Discounted places for Alzheimer Scotland members can be booked using this link: www.alzscot.org/europe

Masterclasses: 23 October 2014

Conference delegates are invited to attend one of five masterclass events on Thursday 23 October. These will provide insights into specific changes and strategies that have been implemented within Scotland and England. Masterclasses are **FREE OF CHARGE** but places are limited. To find out more visit www.alzscot.org/masterclasses



Fun in Fife at volunteer social

On Wednesday 23 July, an afternoon social event themed around the Commonwealth Games was held for local volunteers at Fife Dementia Resource Centre in Kirkcaldy. The social provided the perfect opportunity for people to meet others who volunteer in different roles, and to have a cup of tea, socialise and share their experiences.

The Kirkcaldy centre hosts volunteer socials every six months. This one included an afternoon tea to help volunteers get to know each other, followed by a quiz and games based on the Commonwealth Games. The group was split up into four teams – 'Chris Hoy', 'David Wilkie', 'Alan Wells' and 'Liz McColgan' – and everyone got certificates and medals for participation.

June Locke came along to the social: 'I've been a volunteer for just over two years, and I attend the craft group every Thursday at the resource centre. I've been to most of these social get-togethers in the past. It's a great way of getting to know the other volunteers who you might not see daily. This time, I sat beside a younger woman who was just thinking about volunteering and was a bit nervous about the prospect,

but she really enjoyed the group and got welcomed into the fold.'

Helen MacKenzie helps with admin at the centre: 'I have been a volunteer for several years, and ran the London Marathon on my 50th birthday, raising £7,000 to support people with dementia. At the social I was in the Chris Hoy team and we won in the end.

The quiz was quite difficult, including questions like 'When was the first Commonwealth Games held?' and 'What was the name of this year's mascot?'. After the quiz we played some sports-themed games like indoor putting, Velcro darts, and throwing balls into a bucket.

I feel genuinely valued here and it was great to see all the local volunteers. I come in on Tuesday mornings and help out with admin work, like staffing the reception desk and taking phone calls.'

Local Volunteer Co-ordinator Lynette Johnstone added: 'The work of all our volunteers is hugely appreciated, and I'd like to thank June, Helen and all the other volunteers who support our services. Everyone is looking forward to meeting up again at the Christmas social in a few months time!



Above, left to right: Liz Lindsay, Jean McIntosh and Diane Ness, members of the Chris Hoy team. **Below (left):** Craft group volunteers Liz Litster, Sheila Campbell and June Locke with their medals. **Below (right)** Helen MacKenzie on volunteer duty at the reception desk.



Volunteer survey shows satisfaction with Alzheimer Scotland

We sent out a survey to our volunteers in June, aiming to find out more about how we can improve our support for their important work.

Across Scotland, around 700 people volunteer for Alzheimer Scotland in many different ways. Survey responses from the volunteers were very

positive, showing a satisfaction level of 93%. The survey revealed almost a third of our volunteers had been with us for five years or more.

The information gathered from the survey will be reviewed by senior management, with the goal of seeing how we can improve the

way we work with volunteers, and to make changes based on responses to the survey. The results will be used as a benchmark in coming years. Alzheimer Scotland would like to thank everyone who participated in the study, which has been published on our new Intranet.

Dumbarton gardeners serve up healthy meals with allotment produce

In 2013, West Dunbartonshire Day Care and Home Support Services took over a large allotment in Dumbarton. This is linked with the Alzheimer Scotland Dementia Resource Centre in Clydebank, and has quickly become the focus of a range of new activities for the centre's users, combining opportunities for gardening with access to the open air. Being able to spend time outside has been shown to have many benefits, including improved mental and physical wellbeing and improved diet.

When staff became aware of the opportunity to rent the allotment, they discussed the idea with the people who used the day care services. Many said they had personal experience of looking after their own allotments and vegetable plots. They felt that having an allotment would be of great benefit to both the day centre and the local area.

After a team of volunteers helped tidy up the allotment space, people who use the service and Alzheimer Scotland staff began using it to grow produce, as well as somewhere to relax. They are



now successfully growing a variety of fruit and vegetables, including tomatoes, peppers, peas, onions, potatoes, cabbages, carrots, turnips and strawberries. The team also grows some flowers, which are used to brighten up the day centre or are taken home by people with dementia who tend the allotment. All the

edible produce is used in the day centre kitchen to provide a nutritious daily two-course meal, meaning even those who can't use the allotment can participate in planning menus or serving food.

The allotment has provided a tranquil space where people with dementia can escape the noise and bustle of the

modern world. Case studies have shown that people with dementia who work on the allotment feel useful and active, as well as interacting more with other people who attend. The allotment has proved to be an invaluable resource for the service, and a big hit with the local community.



Find out more

To find out more about the Dumbarton allotment, contact Lorraine Robertson (lrobertson@alzscot.org). To find out more about the Bellahouston allotment, including arranging a visit, contact Polly Mark (0141 410 1076 or pmark@alzscot.org).

Bellahouston allotment becomes community mainstay

For the last three years, Alzheimer Scotland services in Glasgow have been using an allotment in Bellahouston Park to enable people with dementia, their family and friends to enjoy the benefits of outdoor space and gardening. The project has been funded by various local and national groups, including the gardening group Urban Roots, Community Food, Health Scotland and the Bank of Scotland.

The allotment is located in the newly created Bellahouston Park allotments, an area which was previously used as a large tree nursery by the city parks department. Unlike many allotment sites it is flat and paved, and there is vehicle access. This means

there is excellent accessibility, particularly for less mobile people or wheelchair users.

The allotment is very well used. Six beds have been raised for growing a range of vegetables and herbs, and there is also a shared portacabin with toilets; a shared tool-shed; and space in a nearby shared polytunnel for growing soft fruit like strawberries.

The people with dementia who attend the garden come with relatives for a few hours each week. Being at the allotment provides opportunities to take part in meaningful activity, but people are also free to simply relax in the surroundings. Gardening itself has physical



Volunteers from Bank of Scotland at the allotment.



Above: The allotment photographed before March 2014 and **below,** after the Bank of Scotland volunteers session in March.



and therapeutic benefits, for example reducing stress and isolation and promoting a sense of wellbeing – especially when the sun shines to top up Vitamin D.

The allotment also creates social benefits. People with dementia get great peer support while visiting, and enjoy the chance to meet others from the wider community. Having a physical presence in the neighbourhood has made local people more aware of dementia and how it's possible to live well with the condition.

Over the last few years the allotment has gone from strength to strength, and great friendships have been made in the community. In 2011 Iceland Foods gifted apple trees and benches. The trees are now bountiful with apples. This year, the fundraising partnership with Bank of Scotland has been a great asset: friendly staff from

the bank have offered their time to help clear and tidy the allotment ready for planting.

Polly Mark, Dementia Advisor, helps organise the allotment project: 'At the start of each year, we ask everyone what they might like to grow. This year's planting has already started to crop: every week people have been able to take something home from the garden, including potatoes, courgettes, peas, runner beans, beetroot and shallots. There have been reports of tasty soups and stir fries!

'Visitors are very welcome to the site and this year we have welcomed guests from NHS Lanarkshire, Glasgow University and Conservation Volunteers. The allotment group themselves have become more than just a group: friendships have blossomed, and coming to the garden each week is making a positive difference to people's lives.'

Glasgow hospitals benefit from therapeutic outside spaces

New gardens have recently opened in the grounds of four Glasgow hospitals, creating therapeutic outdoor spaces that are benefiting staff, visitors and patients, including people with dementia. The project to create the gardens was developed by Sandra Shields, Dementia Nurse Consultant and Christine Steel, AHP Dementia Consultant. Their roles are both supported by Alzheimer Scotland and they are based within NHS Greater Glasgow and Clyde.

'There is a lot of evidence to show that gardens can reduce a person's sense of confinement, as well as improving their sleep patterns and providing valuable exposure to sunlight,' Sandra explained. 'Gardens also provide opportunities for a wide variety of activities. Sadly, some people with dementia can only be supported in hospitals, so may not benefit from access to safe outside spaces. This project to create four new gardens means that people with dementia in these hospitals can now enjoy the therapeutic benefits of safe, well-designed outside spaces.'

At the start of the project, we identified four sites with

areas that were suitable for conversion to gardens. These were at the Royal Alexandra, the Southern General, Drumchapel and Lightburn Hospitals. Thanks to generous funding from the Royal Voluntary Society, all four gardens are now complete and in use.

There are lots of different elements to the gardens, and creating these was a key part of the design process. Our goal was to maximise every opportunity and include as many of the positive aspects that researchers have identified as possible. Examples include covered seating areas, a clothes pole and line, and a small shed containing wonderful reminiscence materials.'

Christine Steel described the huge benefit the gardens are having: 'These new spaces are about so much more than just fresh air. Gardens often have memories and meaning for us relating to our family life and childhood. They provide opportunities for person-centred care and to work in partnership with relatives, carers and communities.'

The key to the success of the gardens has been taking

a stepped approach and ensuring everyone involved feels confident to use them. It was critical for relatives and carers to feel they could enjoy them too. The social element means people with dementia can spend time alongside others. The gardens encourage children to visit by providing them with somewhere safe to play, and this also has the benefit of teaching a new generation about dementia.

One of the wonderful things about being outside is the reduced pressure to talk. It's not like sitting at a bedside where the focus is on the people in the room. Outside there can be a comfortable silence as you watch the plants and wildlife. The team at the Southern General have already embraced the community element, with a school band coming to play there. At the Royal Alexandra Hospital they are already planning how they can engage local school children.

This has been an incredibly exciting project, which has enabled us to create safe, stimulating spaces for people with dementia who may otherwise find it very difficult to spend time outside.'



Argos managers give ‘secret garden’ new lease of life

On Saturday 5 July, 31 managers from Argos stores travelled from all over Scotland for a day’s voluntary work in Kilmarnock. They were laying the groundwork for a new dementia-friendly intergenerational garden linked to Alzheimer Scotland’s Kilmarnock Dementia Resource Centre.

Staff identified the derelict space, which is located behind Kilmarnock’s Howard Centre, at the beginning of this year and dubbed it the ‘secret garden’. The nearby Dementia Resource Centre already uses the Howard Centre for several groups which it can no longer accommodate, including the 180-person strong Musical Minds singing group. Staff at the two centres jointly agreed that the garden should be developed into a dementia-friendly space for use by local community groups, including Musical Minds.

Home Retail Group (which includes Argos) selected

Alzheimer Scotland as their charity partner of the year for 2014. For their seasonal team-building event, the Scottish Argos managers decided to give something back to the community. They chose to help rejuvenate the secret garden, which included rebuilding and redecorating the garden sheds and cleaning the space from top to bottom. In addition, the managers collectively raised £1,500, which went towards paint, tools, a new summerhouse and a barbecue for the garden. Home Retail Group are very proud about what was achieved by the managers, and are using it in their training materials.

The summer house will be used to run a gardening club for people with dementia, and the garden will also have an area for reminiscence and other activities. As well as being used by the resource centre, the garden will be shared with a variety of local groups.



New hospital gardens at (above) Royal Alexandria Hospital, (far left) Lightburn Hospital and (left) Drumchapel hospital.



Going, going, gone! Argos staff (pictures below, left) demolish an old shed in the secret garden and give a second one a welcome coat of paint.



Golfing event funds day-care minibus



1st prize: Jamie Allison, Mitchell Lowie, Corrie Brown, Lewis Fraser

Alzheimer Scotland held a golfing competition in Dumfries & Galloway on 22 June to raise funds for a minibus for the local day care service. 17 teams from across Scotland converged on Southernness Golf Club, where a buffet lunch, a silent auction and a raffle were held. The event raised almost £8,000.

It was a glorious day to enjoy the links course on the beautiful Solway coast, with views to the Lake District. The teams of four played in a Stableford Rules Competition, with prizes for first, second and third places, the longest drive and a 'beat the pro'

competition. Very close final scoring saw the first and third prizes go to junior teams, with three teams tying for fourth place. Local lad Fraser Cairns, aged 16, won the longest drive challenge on the 18th hole, with a drive of 346 yards.

The funds are being used to support Alzheimer Scotland's Dumfries & Galloway services, with the goal of buying a minibus to transport people with dementia to and from day care services. The bus will provide transport seven days a week for up to 80 people, bringing a major benefit to the people being supported and their carers.



2nd: Robert Kennedy, Donald Harris, Doreen Walker, Donald Robertson



3rd: Daniel Robinson, Fraser Cairns, Thomas Robinson, Andrew Kennedy

Golf Memories launches in Dumfries

Following the success of Alzheimer Scotland's Football Memories reminiscence programme, a new project has been launched with a focus on golf.

Our first Golf Memories project is now underway in Dumfries where the local Rotary Club has been a key partner. As well as talking about old players in photographs, members also have a putting competition and this physical aspect is attracting a lot of interest. "It's

amazing how quickly the confidence comes back and the line and length returns" says Michael White, Football Memories Manager.

We are also hoping to pilot Golf Memories projects in Angus, Fife, Perth & Kinross and Aberdeenshire over the next few weeks. In the meantime you can follow progress on Twitter @memoriesgc



Alzheimer Scotland volunteers at the Southernness golf competition

Alzheimer Scotland supporters get behind Scottish Half Marathon



Supporters of Alzheimer Scotland came out in force for the first ever Scottish Half Marathon, held near Edinburgh on 6 September. Almost 3,000 runners began their journey at Meadowhill Sports Centre in Tranent, running a 13 mile route past East Lothian Golf Course and ending at Musselburgh Racecourse.

As well as the participants, thousands of supporters took to the streets to show their support in the bright and sunny race conditions.

Gemma Gibbons, Edinburgh resident and silver medallist at the Olympic and Commonwealth Games, was the official race starter. The winner of the race was local man Bryan Mackie, who

completed the route in 1 hour and 11 minutes.

Alzheimer Scotland was one of three premier affiliate charities associated with this new event. The support shown by participants running in our colours (see pictures above!) and raising funds for us was overwhelming. Thanks to the many teams and individuals who raised money at the run. An estimated £500,000 has been raised in total for the charities affiliated with the race.

Registration for next year's Scottish Half Marathon is already open, so if you'd like to participate, don't delay!

Register for 2015

www.scottishhalfmarathon.com

Edinburgh Marathon Festival of Running – thank you!

Alzheimer Scotland would like to thank the many volunteers and 300 runners who showed their support at the Edinburgh Marathon Festival (EMF) on 24 and 25 May. The weekend's activities raised £115,000 for Alzheimer Scotland and were enjoyed by all. We hope those who took part are proud of their amazing efforts.

Second only in size in the UK to the London Marathon, the EMF 2014 weekend includes a full marathon, half marathon, 10K, 5K and various other races. More than 30,000 runners hit the streets over the weekend. Alzheimer Scotland was proud to be one of the events top five

affiliate charities

We are always looking for ways to grow our running team and next year will be no different. If you are interested in taking part in Scotland's biggest and fastest marathon we would be delighted for you to join team Alzheimer Scotland. We have Charity Assured Places in 5 different EMF events, and in return we will provide support and encouragement throughout your fundraising journey, along with a running top or vest.

Find out more

www.alzscot.org/apply_to_run

Argos pendant raises funds for Alzheimer Scotland

Argos has launched a new sterling silver pendant which is helping to raise funds for charity partners, including Alzheimer Scotland. The 'From the Heart' pendant is made of sterling silver, with the message 'The best thing about memories is making them' engraved on the back.

Alice Rigby of Argos explained: 'The pendant has been designed to have wide appeal across generations, and has particular resonance with Alzheimer Scotland supporters. The "From the Heart" range is already incredibly popular and we hope this pendant will help to really make a difference.'

The pendant is priced at £22.99 making it an ideal gift. Alzheimer Scotland will receive a proportion of the profit from each one sold (along with other charity partners).

Alzheimer Scotland is one of Argos's charity partners



for 2013-2015. Money raised by Argos colleagues and customers will fund Dementia Cafes and Dementia Support services both in Scotland and across the rest of the UK.

Order online

To order your pendant visit www.argos.co.uk and search for 'memory pendant'.

Perth pensioner abseils Forth Bridge



On 18 May, Susette Walker, from Perth, abseiled down the Forth Bridge to raise money for Alzheimer Scotland. To date, Susette has raised over £1,200 in sponsorship. She has been a member of Alzheimer Scotland for several years, after caring for her late husband who was diagnosed with dementia, and now volunteers at our Perth branch.

A community psychiatric nurse told her about Alzheimer Scotland and the ways in which it could support both her and her husband. Receiving a flyer about the abseil was enough to convince Susette that the 165 foot drop would be a thrilling and memorable challenge. The abseil also coincided with her late mother's birthday.

Great Wall of China trek raises over £8,000

Between 13 and 22 May, intrepid Dementia Nurse Consultants Sandra Shields and Anne Hutchison trekked the Great Wall of China with two friends to raise money for Alzheimer Scotland.

Following the 5,000 mile journey to north-east China, the fundraising team, which included Sandra's sister Janice, began their six day hike. The trek started with the 4,000 steps at the base of Mutianyu – the lowest segment of the wall – and continued with five to six hours of hiking per day. The team were joined by 11 other globetrotters from places as far-flung as the USA, Germany

and Australia.

Having gathered donations from sources including family members and the Scottish Enterprise staff charity, the group successfully raised over £8,000.



Clare Florist's Alzheimer Scotland bouquet makes an ideal gift

UK flower arrangers Clare Florist have created a special Alzheimer Scotland bouquet which is being used to raise funds for the organisation. 10% of the sale price of each bouquet will be donated to Alzheimer Scotland. It is available to buy from their website.

'To help this charity which is truly close to our hearts, we've created this new bouquet. It is bursting full of gorgeous pink blooms peeking from a beautiful spray of green foliage. Full and fragrant, the bouquet gathers sweet pink roses with pale pink alstroemeria, accented with stargazer lilies

and expertly arranged by our team of florists.'

Order a bouquet

To order your bouquet, visit www.clareflorist.co.uk and search for 'Alzheimer Scotland'.



Baroness Susan Greenfield to deliver Christmas lecture

Alzheimer Scotland is delighted to welcome well known British scientist,



writer, and broadcaster, Baroness Susan Greenfield CBE to deliver our first ever Christmas lecture at The Hub in Edinburgh on 15 December (see advert below for details).

Baroness Greenfield's distinguished academic career began at Oxford University and has seen her being awarded 31 honorary degrees from British and foreign universities as well as honorary fellowship of the Royal College of Physicians.

For 12 years, she was Director of the Royal Institution of Great Britain, a post held jointly with her chair at Oxford University. She currently holds a senior research fellowship at Lincoln College and is founder and CSO of a biotech company (www.neuro-bio.com) that is developing a novel anti-Alzheimer drug based on her research exploring brain mechanisms linked to neurodegeneration.

Baroness Greenfield has written widely about the brain, regularly gives public lectures, and appears on radio and television, becoming the first woman to give the Royal

Institution Christmas lectures. In January 2000, she was awarded a CBE for her services to the public understanding of science. She has caused some controversy in interviews, at public speaking events, and in her writing over her concern about the potential impact of modern digital technology on our brains, synthesized in her recent book "Mind Change: how digital technologies are leaving their mark on our brains" Her lecture is sure to be stimulating.

More info

Find out more at www.susangreenfield.com

Alzheimer Scotland annual Christmas lecture

Dementia: current and future prospects

Delivered by Baroness Susan Greenfield, CBE, FRCP (Hon)

The Hub, Castlehill,
Edinburgh, EH1 2NE
15 December 2014

Ticket price: £12

Alzheimer Scotland members: £10

Doors open at 3:30pm. Lecture begins at 4pm.

Festive drinks and treats and a chance to mingle and discuss the lecture: 5pm-6pm

Register online at www.alzscot.org/christmaslecture

If you have any questions regarding this event please contact us on **0141 410 1072** or email externalevents@alzscot.org



London Marathon runners raise a record-breaking £80,000

On 13 April, Claire McGinty and Mary Parker competed in the London Marathon as part of a 33-strong Alzheimer Scotland team. Collectively they raised a staggering £81,350. Mary and Claire, from Clydebank, are keen fundraisers for Alzheimer Scotland, and have previously run marathons in Edinburgh (2009), Barcelona (2012) and Brighton (2013). Talking about the London Marathon, Mary explained: 'The run was always on our bucket list, and what better way to get inspired than to continue raising funds for Alzheimer Scotland. London 2014 topped all our other marathons and was the most incredible experience ever!' Claire added: 'The support from the crowds lining the street from start to finish was overwhelming!'



'Clydebank's Finest', Mary and Claire, pose with their medals after completing the London Marathon

Book a FREE home fire safety visit and make sure you're 'as safe as houses'!

Did you know that the Scottish Fire and Rescue Service provides free home fire safety visits? They will also fit smoke alarms free of charge if your home needs them. It's easy to book a home fire safety visit. You can get in touch using the details below.

The Scottish Fire and Rescue Service is also encouraging community members to think about anyone they know who could be at risk from fire. It could be a friend, relative, or neighbour. If a fire does start, having working smoke alarms could provide vital time for everyone to get to safety and call 999. If you know anyone who could benefit, please get in touch.



Book a visit

- phone 0800 0731 999
- text 'check' to 61611
- fill out a form at www.firescotland.gov.uk
- contact your local fire station

Elgin branch chair receives British Empire Medal

Pam Ross, Chair of Alzheimer Scotland's Elgin Branch, has been awarded the British Empire Medal. 2014 marks Pam's 40th year of volunteering, with many local organisations benefiting from her support over the years.

'In the 1970s I was working as a home care manager, which brought me into contact with lots of older people. Over the years I have been involved in a lot of voluntary work supporting older people.

In 1998, after I'd retired, I became a volunteer for Alzheimer Scotland, supporting several people in their homes and volunteering at the Keith Day Care Centre. Around the same time my

93-year-old aunt, who had dementia, moved to Elgin from England to live with



me and my family. That's how I got involved with Alzheimer Scotland's Elgin branch, which I now chair. It's a really busy branch, with activities including weekly socials, a drop-in session twice a month, and monthly afternoon outings from April to September. We also organise two holidays a year for people with dementia and their families.

It's wonderful to receive the medal, especially for something I enjoy so much!

Magical afternoon at Grandhome House supports Aberdeen Dementia Resource Centre

On 20 July, Juliette and David Paton welcomed guests to Grandhome House in Aberdeen for a garden party in support of Alzheimer Scotland. The event was held to raise funds for a new Dementia Resource Centre in Aberdeen.

Juliette is a well-known charity fundraiser in north-east Scotland. She and her husband David regularly open the gardens of Grandhome House as part of Scotland's Gardens Scheme, although this is the first time the couple have held an event for Alzheimer Scotland. Grandhome House has been the home of David's family since 1673.

Rosie Leavett, manager of Alzheimer Scotland's Seize the Day Project, helped organise the garden party: 'Juliette generously offered to host an event to raise funds for our planned new resource centre in Aberdeen. The afternoon was a great success and we sold nearly 150 tickets. Guests enjoyed wonderful home baking courtesy of Juliette's team of volunteers, and got the chance to explore the beautiful gardens. The sun shone and we had a great day.

Entertainment was provided by magician Gary Seagraves, accompanied by Basil the rabbit. Gary stood outside the hall where the teas were being served and did tricks for people as they passed by. Basil was a big hit with everyone, especially the children!

Two of our volunteers, Shirley Bowden and Annette Tait, sold Alzheimer Scotland merchandise, including quilts from last year's Stitching the Pitch event. There was also a tombola. One of our Memory Buses was on hand to provide information about dementia and the services we offer.

We're currently looking for a suitable property for a Dementia Resource Centre in Aberdeen. We know from past experience that having a centre on the high street makes it easier for people to get information and access our services, so this is an important goal for us. The garden party raised over £1,100, bringing us another step closer to the new centre.

It was a wonderful afternoon and I would like to thank Juliette and David again for being such generous hosts.'



Above: Magician Gary Seagraves with Basil. Below: Alzheimer Scotland volunteers Shirley Bowden and Annette Tait.



Shetlanders set sail on the Swan

On 25 June, our Shetland Carers and Sporting Memories Groups teamed up for an adventurous outing on a restored fishing boat. The group embarked on a three-hour trip aboard the Swan, a herring boat dating from 1900. A member of the Swan Trust had previously come to talk at a group meeting, and some of the men in the group said they missed their boats. Laura Whittall, our local Community

Activities Organiser, arranged the trip which was funded by the Shetland Rotary Club.

The Swan was crewed by young volunteers who served tea and cake on deck ('They were fabulous!'). The crew also spent time explaining the different techniques they were using as they sailed. After leaving Lerwick Harbour, the Swan sailed south to the tip of Bressay – the island opposite Lerwick – giving those on

board a view of the famous Orkneyman's Cave.

The trip was physically challenging and everyone expressed their satisfaction at having accomplished something they didn't previously think they could do. Ann Williamson, local Dementia Advisor, said: 'The trip sent out a positive message that those living with dementia can achieve and take on new challenges.'

Dates for your diary

Whether you are interested in dancing the night away, taking part in a 5k run, listening to some excellent music, or attending a conference, there is an event coming up to suit you over the next few months. Visit our website www.alzscot.org for more information or call our Events Hotline on **0300 303 7777** if you would like to know more about any of our physical fundraising events.

October 2014

Fri 3 October	Football Memories Project – Sports Dinner, Glasgow
Fri 3 October	Scottish Conference on Dementia in Younger Adults, Glasgow (www.alzscot.org/dementia_in_younger_adults)
Sat/Sun 4&5 October	Bank of Scotland Great Scottish Run, Glasgow (Junior events on Saturday 4th)
Mon 6 October	Music to Remember concert, Glasgow
Sat 11 October	Glasgow Big Fun Run
Sun 12 October	Edinburgh Big Fun Run
Sun 12 October	Memory Walk, Perth
Sun 19 October	Forth Rail Bridge Abseil
Sun 19 October	Survival of the Fittest
Mon–Wed 20–22 October	Alzheimer Europe conference, Glasgow (see page 16)
Thur 23 October	Alzheimer Scotland & Scottish Dementia Clinical Research Network Symposium: European Perspectives on Dementia Research, Edinburgh (http://edin.ac/1l6Cv6j)

November 2014

Fri 7 November	Alzheimer Scotland's Staff, members' and volunteers' conference and AGM, Glasgow (see page 13)
Sat 15 November	Forget-Me-Not Ball, Edinburgh

December 2014

Mon 15 December	Alzheimer Scotland Christmas Lecture (see page 25)
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January 2015

Sat 10 January	Bupa Great Winter Run, Edinburgh
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Shop early for Christmas

Members will find a copy of our latest Christmas card brochure with this issue of Dementia in Scotland. If you would prefer to shop online, go to our website www.alzscot.org and click on Shop

Alzheimer Scotland
Action on Dementia

Christmas Cards 2014

A Arrival at Bethlehem
208 x 158 mm Pack of 10 cards - £3.00

B Highland Cow
126 x 172 mm Pack of 10 cards - £4.00

C Edinburgh Castle
137 x 127 mm Pack of 10 cards - £4.00

All profits from sales go to Alzheimer Scotland

24 HOUR Alzheimer Scotland Action on Dementia
Dementia Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org