



Alzheimer Scotland
Action on Dementia

Issue 68

October 2014

Dumfries & Galloway

Newsletter

21st Birthday

In November 2014 Alzheimer Scotland will have been providing support and services for people with dementia and their carers and families for 21 years. To mark this occasion we will be hosting a social event for the people we support and key representatives from the statutory sector. Invites will be sent out for this in the near future but in the meantime we are looking for prizes for a raffle we would like to hold on the day. If you would like to contribute a prize please hand it in to the Resource Centre at 8 Gordon Street, Dumfries.

Minibus Appeal

The Dumfries service is currently undertaking a fundraising drive to purchase a much needed minibus for the day care service which operates seven days per week in the Resource Centre. So far we have organised a successful golf event in Southernness and received a number of individual donations.

If you would like to support us with this, either by organising a fundraising event, supporting us with fundraising events, or making a donation we would be delighted to hear from you. Please contact the Dumfries Resource Centre.

Quilt Sale

We will be hosting a Quilt sale at The Old Baker's Shop, 135-139 High Street, Dumfries on Friday 17th and Saturday 18th October from 10am to 4pm.

The quilts were on display at Alzheimer Scotland's 'Stitching the Pitch' event at Hampden Park last year. If you want to own a part of history please go along and purchase a quilt.

All money raised will go towards our fund to purchase a minibus for the Dumfries day care service.





Members Engagement Event

On Monday 18 August the Dumfries services held a successful event for members of Alzheimer Scotland in the Dementia Resource Centre in Gordon Street. The aim of the evening was to inform our local members about services and community activities provided in Dumfries & Galloway, to enable people to see our Resource Centre and to highlight areas which members could support the local service with. The areas we are looking for people (not just members) to be involved with are:

- **Fundraising** - we are looking to establish a local community fundraising group of people who would be willing to help us out with our fundraising activities or organise a fundraising event for Alzheimer Scotland.
- **Volunteering** - we are always looking for volunteers to help at our day care centres, community groups, resource centres or be a volunteer driver.
- **Involvement** - we want to develop a network of people with dementia and carers who would be willing to be consulted on local and national strategies.
- **Media Ambassadors** - we would like to recruit some local people with dementia and/or carers who would be willing to share their stories with the local press.

If you are interested in any of these areas please e-mail Julie Sinclair, Regional Manager jsinclair@alzscot.org, by telephone on 01387 261303 or call into the Resource Centre.

Let's Cook

Let's cook is about easy recipes to make and about making mealtimes special which helps us all to eat healthy, affordable home-cooked food.

Let's cook sessions are friendly and fun, with cooking in groups, in pairs or individually, depending on what's needed. They last for approx. 2 hours and it's a great way to meet new friends.

The session gives time for discussion and allows participants to build skills and confidence in the kitchen.

The sessions are being offered through NHS Dumfries & Galloway.

If you would like more information about Let's cook, or would like to participate in a session then please contact the resource centre.

Donations

We are very grateful for all the donations received from a variety of sources. Over the last few months people have done a triathlon, held a charity disco, held a raft race and held various other fundraising events, as well as giving donations in lieu of birthday presents and funeral collections.

These are just some of the ways people are supporting our services locally. We would like to give a big thank you to them and also to everyone who faithfully donate money from their forget-me-not boxes and all other donations, small and large, they are all very much appreciated.



Join Us - Become an Alzheimer Scotland member

With the help of our members and supporters we provide networks of Dementia Advisors and Dementia Nurses across Scotland, a Freephone 24 hour Dementia Helpline, the Alzheimer Scotland Dementia Research Centre and campaign for the rights of people with dementia, their partners and families.

If you become a member of Alzheimer Scotland you will receive a quarterly copy of Dementia in Scotland magazine, receive a copy of our Annual Review and stay up to date with regular newsletters. You will also receive priority invitations to national, regional and local events and priority booking and discount for the annual conference.

Our members come from all walks of life. Join us and help make sure nobody faces dementia alone. To become a member visit www.alzscot.org/membership, call 0131 514 0007 or call into the Dumfries Resource Centre and pick up a membership leaflet.

Stranraer Dementia Resource Centre

Victory for Violet!

On Saturday 19th July a group of 14 cyclists set off on a 16.5 mile cycle from Wigtown to Carty to Mochrum Park and back to Wigtown.

5 walkers also walked 10 miles from Wigtown to Carty and back. The event was organised by Anne Heron and done in memory of her mum Violet who had Alzheimer's disease and used our day care services at Ashgrove Court in Newton Stewart. All money raised will be spent on resources for day care in Newton Stewart as the family requested.

Total amount raised has still to be announced.





Criffel Everest Challenge

On Saturday 2nd August in horrendous weather conditions Team Sneddon along with 28 other brave souls completed the Criffel Everest Challenge. A huge thank you to my wonderful family for doing this and raising approximately £300 (money still coming in).

A further big thank you must also go to



Gary Dalrymple from the Thornhill branch of Bank of Scotland for organising the whole event.

Despite the awful weather conditions spirits were high and the level of commitment and dedication amazing.

A HUGE THANKS TO ALL WHO TOOK PART.

Shona Sneddon—*Dementia Advisor Wigtownshire*

Stranraer Cattle Show

On Wednesday 30th July Shona, Dementia Advisor and Caron, Service Administrator Co-ordinator, set up an information stand at the local Stranraer Show, raising awareness and selling hand knitted blankets, Christmas Cards and Hampden Quilts. The weather was kind and a good day was had by all.

A total of £90 was raised at this event.





Carer Support Groups

Carer support groups meet every month across Dumfries and Galloway and each group is facilitated by a member of Alzheimer Scotland staff. Some of the groups have speakers at their meetings and others prefer a more informal atmosphere and the opportunity to chat with others who are experiencing life caring for a person with dementia.

We would love to see some new faces at all our groups so please come along, meet new people and find out what is going on in your area.

Meetings are held in the following areas:

- **Annan** - 2nd Thursday in the month 10am - 12 noon
Nursery Place, Annan
Contact Judi Shaw, Dementia Advisor on 01387 261303
- **Dumfries** - Last Monday in each month 1pm - 2.30pm
Church of Jesus Christ and the Latter Day Saints, Edinburgh Road, Dumfries
Contact Judi Shaw as above
- **Lockerbie** - 2nd Thursday in the month 10.30am - 12 noon
King's Arms Hotel, Lockerbie
Contact Lesley Muirhead, Practice Team Leader on 01387 261303
- **Stewartry** - Last Thursday in the month 10.30am - 12 noon
Greyfriars House, Kirkcudbright
Contact Dot Fairbairn or Judi Shaw on 01387 261303

Mailing List - We are always trying to identify ways of reducing costs therefore if you have an email address and would be happy to receive this newsletter electronically please let us know. Also if you no longer wish to be on our mailing list, then please contact the Dementia Resource Centre in Dumfries.

Volunteers

Alzheimer Scotland are always looking for volunteers, so if you would be interested in giving up some of your free time to a worthwhile cause, then contact the Dementia Resource Centre for more information, or ask for an application form.

You could apply to volunteer at day care, drive the minibus, or you could apply to volunteer at one of the many community groups that run throughout Dumfries and Galloway, or help with fundraising.



Promoting Excellence Framework

The following members of staff have completed their Promoting Excellence Framework training in dementia care and received their certificate:

Kate Tait, Sandra Sanders, Dot Fairbairn, Lesley Muirhead, Brian Brown, Caron Kennedy-Stewart, Crawford Primrose, Joe Little, Geraldine McDermott, Robert Marshall, Irene Morris, Stuart Rae Stuart Oberheim Derry Robertson, Nicola Sanders, Jessica Sweeney, Heather McNeil and Judi Shaw.

Kate, Sandra, Dot, Lesley and Brian are pictured (left to right) with their certificates.



Recycling Appeal

If anyone has any old mobile phones or ink cartridges that they are going to throw away, please keep them and bring them into the Dumfries Office as we are able to recycle them, which helps raise further funds to assist those with dementia, their carers and families.

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
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