

Dementia in Scotland



Winter 2014/15 – Issue 85





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2015 will be a busy year for Alzheimer Scotland, with many exciting projects in the pipeline. This edition of *Dementia in Scotland* looks back at some of the highlights of the last few months, as well as forward to some key initiatives for the coming year.

Shortly before Christmas, we celebrated the launch of three new reports featuring the innovative work that allied health professionals (AHPs) are doing to support people with dementia. These showcase the invaluable contribution AHPs make at every stage of the dementia journey. We look forward to continuing to champion the role that the AHP community can play in the lives of people with dementia and their families in 2015.

2014 finished on a high note with our inaugural Christmas lecture, presented by Baroness Susan Greenfield. This provided a fascinating insight into new approaches to understanding dementia, and was a wonderful opportunity to meet with friends and supporters in the festive atmosphere of The Hub on the Royal Mile.

In the middle of this magazine, you will find a feature on our new campaign to improve the early diagnosis of dementia. The earlier we are able to support someone with a diagnosis, the more we can do to help them maintain a good quality of life and put support strategies and self-management plans in place. We believe that now is the right time to promote this, given the Scottish Government's commitment that anyone diagnosed with dementia will receive a minimum of one year's post-diagnostic support from a named link worker. Please consider supporting the campaign. The article provides more information and explains how you can get involved.

Our Christmas fundraising campaign was a great success, and I would like to personally thank everyone who contributed. Hundreds of you sent Christmas decorations back to us with details of the person with dementia you were thinking of. These were used to decorate our Christmas tree and created a beautiful and moving tribute to everyone named on the decorations.

Our spring fundraising appeal focuses on the innovative Dementia Assistance Dogs pilot. You can read more in the magazine, and will receive additional information in the post very soon. It is becoming quite clear from our research and pilot work that Dementia Assistance Dogs have huge potential to improve quality of life for people with dementia and their carers. We are excited to be pioneering this novel approach to dementia care in Scotland.

In October we jointly organised Alzheimer Europe's annual conference, which took place in Glasgow. One of the high points was the launch of the Glasgow Declaration, calling on the European Commission to develop a European Dementia Strategy and for all member states to commit to fully promoting the rights, dignity and autonomy of people living with dementia. Scotland has led the way in promoting a rights-based approach to dementia policy, and we were very pleased that the Cabinet Secretary Alex Neil was the first European Minister to sign the declaration and support it.

We held our staff and volunteer awards on 7 November as part of our AGM and staff, members' and volunteers' conference. The awards recognise some of the wonderful work being done across Scotland by so many dedicated colleagues and volunteers. You can read more and see photos from the event inside. I would like to thank and congratulate everyone involved. The main message from the conference was just how many extraordinary staff and volunteers we have throughout Scotland who every day help support people with dementia lead ordinary lives.

Thank you for your continued support and best wishes for 2015.



AGM and Staff Conference, page 22



Alzheimer Europe conference, page 10

Henry Simmons
Chief Executive
Alzheimer Scotland



New reports showcase the work of AHPs



On 15 December, Alzheimer Scotland launched three new reports showcasing the work of allied health professionals (AHPs). AHPs play a key role in supporting people with dementia and their families and carers. They work in hospitals and care settings, as well as in the community. The AHP disciplines include arts therapists, dietitians, occupational therapists, paramedics, podiatrists, physiotherapists and speech and language therapists.

The new reports highlight the different ways that AHPs are supporting people with dementia across Scotland. The first one focuses on their role as agents of change.

It features case studies on AHPs who have trained as Dementia Champions and the work they are doing to share their knowledge and spread good practice. The second report focuses on how AHPs are helping to deliver the Scottish Government's commitment to at least one year's post-diagnostic support for anyone who is diagnosed with dementia. The final report looks at ways in which AHPs are enabling people with dementia to live well within their communities. This work is based on Alzheimer Scotland's 8 Pillars Model of Community Support.

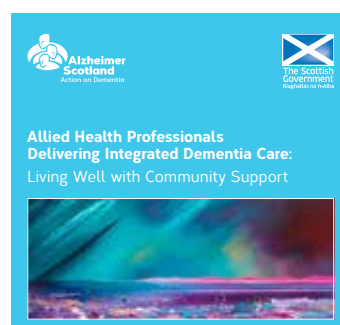
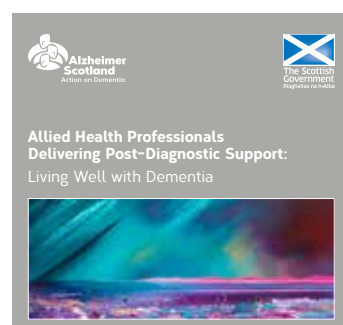
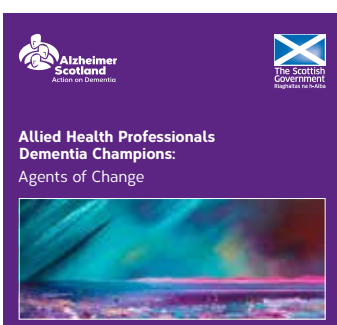
The reports were commissioned by Elaine Hunter,

the National Allied Health Professions Consultant, who is based within Alzheimer Scotland. Her role focuses on bringing the skills of AHPs to the forefront of dementia practice and linking these skills to the needs of people with dementia, their carers, partners and families. Across Scotland, there are also three AHP consultants working within individual health boards: Sandra Shafii (NHS Lanarkshire), Jenny Reid (NHS Lothian) and Christine Steel (NHS Greater Glasgow and Clyde).

Professor Maggie Nicol from Queen Margaret University launched the reports at Alzheimer Scotland's National Office in Edinburgh, saying

what a great way they were to celebrate the work of AHPs. She added that they demonstrated the strength of leadership within the profession, and featured many examples of innovative and high quality services.

Elaine Hunter asked all the AHPs at the launch to make a New Year's resolution to share the reports with colleagues and to spread the word about how they too could implement some of the ideas that they featured. Henry Simmons congratulated everyone on the reports, highlighting how the work of the AHPs was focused on the outcomes that really matter to people with dementia.



More info

You can download copies of the reports by visiting: www.alzscot.org/ahps

Baroness Greenfield speaks at Christmas Lecture

Alzheimer Scotland's inaugural Christmas lecture took place at The Hub in Edinburgh on 15 December. The sell-out event attracted over 300 people on what was a crisp winter evening shortly before Christmas. Baroness Susan Greenfield gave the lecture, which explored the theme 'Dementia: current and future prospects'. Susan Greenfield is a highly respected scientist whose academic career began at Oxford University. She is Chief Scientific Officer and Founder of Neuro-Bio, a biotech company that is researching triggers for neurodegeneration, with the goal of developing

therapies for Alzheimer's, Parkinson's disease and motor neuron disease.

Following an introduction by Henry Simmons, Baroness Greenfield began by explaining that her team at Neuro-Bio were taking 'a novel approach to neurodegeneration'. She described how current approaches to understanding and treating Alzheimer's disease didn't strike at the heart of the problem and didn't explain what causes cells to die.

Susan Greenfield explained that she was interested in an 'anticipatory approach' and acknowledged there may well be a 20-30 year gap between



degeneration starting in the brain and the person receiving a diagnosis of dementia. If a biological marker can be identified that indicates this early degeneration, there may be scope to identify people with dementia when they are pre-symptomatic. Furthermore, if a drug for stopping further cell degeneration could be identified at this early stage, this would raise the tantalising possibility of permanently preventing the onset of symptoms.

The Neuro-Bio team is looking at how the damage that causes neurodegenerative illnesses – including those associated with dementia – relates to a particular area of the brain they call the 'hub'. Neurons in the hub behave in a different way to those in other parts of the brain, sending their messages more widely. These have been labelled 'global' neurons. Her team has made exciting progress in identifying other notable characteristics of these neurons, including a particular sensitivity to substances called 'trophic factors' that aid and sustain growth.

Although technical in parts, Susan Greenfield's lecture was riveting and prompted many questions from the audience afterwards. It described fascinating new avenues for research that may help us understand – and potentially treat and prevent – dementia in the future. Baroness Greenfield concluded by saying that new models like the ones being pioneered by her team were vital to 'rethink' the mechanisms behind dementia and gain meaningful understanding of how it works.

After the lecture, guests enjoyed festive refreshments in the beautiful setting of The Hub, decked with Christmas decorations, and there was a real sense of excitement in the air as discussions continued about this exciting scientific work and its potential.



Below: John Laurie, Baroness Susan Greenfield, and Henry Simmons.



More info

www.susangreenfield.com
www.neuro-bio.com

Members share their thoughts at advisory forum

Our second Members' Advisory Forum was held on 30 September at the Highland Hotel in Stirling (pictured, right). 44 members came along and had the chance to take part in sessions which explored important topics in dementia care.

The meeting took the same format as the first forum in April 2014. Each session featured a 15 minute presentation by a speaker, half an hour of discussion, and then 15 minutes of feedback from the groups. There was an Alzheimer Scotland member of staff or trustee at each table who recorded the members'

thoughts and ideas and reported these back to the room at the end of the session.

The first session was about early diagnosis, and members talked about how to encourage people with dementia to come forward and discuss the illness with family. The second session looked at the cost of care and how to pay for it. In Scotland, care costs would double if the contribution made by unpaid carers had to be met through formal services. A third, final session discussed research priorities in dementia. This has become a hot topic in the wake of the 2014 G7 Dementia Summit,

which placed a new emphasis on dementia research.

The thoughts and ideas which members shared in this forum have been compiled into an internal Alzheimer Scotland document. This has been distributed to our board and members of staff to inform future policy and care. We would like to thank everyone who attended the Members' Advisory Forum, and are looking forward to our next event in Glasgow in April.



Spring Members' Advisory Forum

We are holding our third Members' Advisory Forum on Tuesday 28 April 2015 at The Trade Halls in Glasgow.

The forum will enable Alzheimer Scotland members, stakeholders and advisers to explore and better understand current issues and to test new ideas. We aim to capture key thoughts, discussion and themes emerging on the day to feed into future planning.

To book your place (members only), go to www.alzscot.org/maf. If you do not have internet access, contact Laura Gallagher, Events & Marketing Administrator, on 0141 410 1072 or write to her at 81 Oxford Street, Glasgow, G5 9EP.

We had a wonderful response to our previous two forums in Edinburgh and Stirling last year. Places are limited so we recommend that you book early.



Programme for 28 April 2015

09:30-10:00	Arrival tea, coffee and a chance to meet other Alzheimer Scotland members
10:00-10:15	Welcome remarks
10:15-11:15	First session: Volunteer Strategy Alzheimer Scotland
11:15-11:30	Comfort break.
11:30-13:00	Second session: Advanced illness model Anticipatory care planning & decision making
13:00-13:45	Sandwich lunch and networking with other Alzheimer Scotland Members
13:45-14:45	Third session: Design & Dementia How design can help people with dementia stay independent for longer
14:45-15:00	Closing remarks

Maureen Taggart reflects on a career in dementia care

Since 1976, Maureen Taggart has been a driving force in dementia care in Lanarkshire, and until recently she was the local Alzheimer Scotland Dementia Nurse Consultant. In December 2014, she retired from NHS Lanarkshire, and in January took on the role of National Dementia Nurse Consultant with the Scottish Government and Alzheimer Scotland.



My 38-year career in nursing began with a temporary summer job. I'm from Shotts, a rural town in North Lanarkshire, and when I joined NHS Lanarkshire as a nursing assistant in Hartwood Hospital, I enjoyed it so much I immediately applied to stay on! That's the reason I've been working in older adult mental health care for so long: I simply love doing it and feel like I still have a lot to give.

For the vast majority of my career I have worked with older adults who have a mental illness, including dementia. From day one I found it especially rewarding and fulfilling to help older adults, their families and carers. I believe we need to be involved in their care from the word 'go', as it is crucial to get the right outcome at the right time and in the right place.

This ideal stood me in good stead as my career became increasingly centred on dementia. In 2011, I took on the role of Dementia Nurse Consultant for NHS Lanarkshire: a position which I am grateful

for, as consultancy represents the pinnacle of a nursing career. The role was funded by the Scottish Government and Alzheimer Scotland, with very specific key objectives and focused areas for improvement in dementia care. I'm incredibly proud to have reached this level in my time with the NHS and am pleased with what I achieved, though there is always more to do!

I was the fourth Dementia Nurse Consultant in Scotland, and our goal was to improve the quality of care for people with dementia coming into our acute general hospitals. I worked at a local and national level in a very strategic sense. Dementia care was already a priority in NHS Lanarkshire, so I worked to maintain professional leadership in caring for people with dementia by introducing new policies to achieve best practice in our care. This included supporting the local Alzheimer Scotland Dementia Champions – which has been the highlight of my career. We have 30 Dementia Champions

across NHS Lanarkshire, and another eight graduated in January. They have been remarkable: they are our real agents of change in dementia care. They do so much exciting work, from driving environmental improvements, to piloting exercise and mobility groups, to providing reminiscence or stimulation therapy. They have helped personalise dementia care through projects like 'Getting To Know Me', the document we produced in NHS Lanarkshire to help hospital staff get to know the people they care for, ensuring the delivery of person-centred care.

In January I took on a new role: National Dementia Nurse Consultant. This involves taking my overview and expertise to a new national level, and I am incredibly excited about this new role. There is a still a long way to go in our journey to improve dementia care. Ultimately we want to ensure that every single person with dementia is treated with the utmost dignity, respect, and compassion, with their family

and carers engaged every step of the way. It has been an honour and a privilege to be an Alzheimer Scotland Dementia Nurse Consultant, and I look forward to continuing my work as National Dementia Nurse Consultant.

'I'm so proud of our work and I love doing it'. 'Working with our Dementia Champions has been a highlight of my career'

My family are all proud of me and how much I love my work. In fact, as I leave the organisation, my daughter Lorraine has joined it: as NHS Lanarkshire's Head of Information Management. Although I'm moving on to new pastures, I have loved my time with the NHS, and look forward to watching the bright future of dementia care.

Dementia Friends in Scotland



A group of students from Coatbridge College are among the latest to become Dementia Friends

Dementia Friends Scotland is now fully up and running, with training underway across Scotland. The project is helping a wide range of people develop practical skills to support people with dementia. Participants begin by gaining a basic understanding of dementia, then learn how they can use this to support people with the illness in their local communities. Dementia Friends Scotland is being led by Anne McWhinnie, and our team of Dementia Advisors are enrolling and training groups in your neighbourhood!

There are two ways to become a Dementia Friend: online and face-to-face. Online training is based around a series of videos on the Dementia Friends Scotland website (www.dementiafriendsscotland.org), which should only take a few minutes to watch. These provide an insight into the difficulties people with dementia can experience in their daily lives, with themes including 'On the phone', 'Getting around', 'Paying for things', and 'Reading and writing'.

You can also become a Dementia Friend by taking part in hour-long, fun, face-to-face information sessions. The aim of these is to help all of us think about the impact of dementia and the negative perceptions which can surround the illness. The sessions feature tips on supporting people with dementia who may be struggling with day-to-day activities. An example might be helping someone in a supermarket to pay for their shopping, or encouraging others to have patience with them.

Dementia Friends Scotland is rapidly building up steam, and plans are underway to work more widely with schools and other organisations to spread the word. Anne adds: 'We have been approached by numerous businesses and organisations across Scotland, including British Red Cross and Bank of Scotland, which are interested in participating. So whether you're a member of the public, or want to get involved as part of a group, we would love to hear from you!'

We have been overwhelmed by the interest from schools




Thank you

You are now a Dementia Friend

Wear your badge and raise awareness within your community

www.dementiafriendsscotland.org



Making sure nobody faces dementia alone.



The first Dementia Friends Scotland video shows how Dementia Friends can help people with dementia in important, everyday ways.

and their enthusiasm to get involved. Pupils are encouraging their friends to become Dementia Friends through social media. A large group of students at Uddingston Grammar School held a 1950s-themed day which raised £1,000 for our work. They also jointly participated in a Dementia Friends information session, which led to a total of 490 pupils becoming Dementia Friends.



A young volunteer from the Centrepoint Community Centre in Wishaw takes part in a Dementia Friends session

You can also become a Dementia Friend by taking part in fun, face-to-face information sessions, featuring tips on supporting people with dementia.



Alzheimer Scotland tartan takes shape

Professor Paul Rodgers of Northumbria University School of Design is helping to develop an Alzheimer Scotland tartan, with the input of many people with dementia from across Scotland. The project is a collaboration between Northumbria University School of Design and Alzheimer Scotland, and is part of a larger Arts and Humanities Research Council (AHRC) Design Research Fellowship that runs from November 2014 to November 2015.

Between November and February, Paul ran tartan design workshops with people who have a diagnosis of dementia. The workshops took place at Alzheimer Scotland Dementia Resource Centres and dementia cafés, and involved explaining the tartan design process to participants, and helping each of them create a design.

One of the benefits of the tartan design project is that it is enabling people living with dementia to contribute to the

creative process. The aims of the Design Research Fellowship include changing people's perceptions surrounding conditions such as dementia. Taking ownership of projects, like the tartan design project, illustrates how people with dementia can fully participate in the creative process.

Scores of tartan designs have been developed during the workshops, and one of these will be selected, officially registered, and used in a range of products. In coming months, details of the selected tartan will be announced and the related products will be available to buy across the world.

More info

You can see the designs which have been created so far on the tartan project's blog: <https://alzheimerscotlandtartan.wordpress.com/>



Glasgow hosts Alzheimer Europe conference



Left: Members of the European Working Group of People with Dementia.

Below: Agnes Houston

Alzheimer Europe's 24th annual conference took place in Glasgow from 20–22 October. More than 800 delegates made the journey to Scotland from across the world, including 44 people with dementia. The theme of the conference was 'Dignity and autonomy in dementia'. Alzheimer Scotland was honoured to play a significant role in the conference, presenting sessions and helping with practical aspects.

The main presentations covered topics including 'Promoting a rights-based approach to dementia' and 'Innovation and care in dementia'. There was also a round-table discussion on dementia strategies and policies across Europe. In addition, delegates could choose from a selection of 28 parallel sessions, including four dedicated to Alzheimer Scotland's activities, which included 'Making dementia

everyone's business' and 'Creating a rights-based National Dementia Strategy'. Among other topics, speakers from Alzheimer Scotland, NHS Scotland, and the Scottish Government presented on the importance of dementia-friendly communities in care, and the role of Dementia Champions in hospitals. They also discussed the current progress of Scotland's innovative National Dementia Strategy.

Agnes Houston elected to European Working Group

During the conference, Agnes Houston was elected as one of the vice-chairs of the European Working Group of People with Dementia (EWGPWD). Agnes was diagnosed with dementia in 2006 at the age of 57 and has been an active member of the Scottish Dementia Working Group (SDWG) ever since.

Both groups campaign to raise standards of care and improve quality of life for people living with dementia.

More than 800 delegates made the journey to Scotland from across the world



‘Glasgow Declaration’ calls for European strategy

One of the highlights of the conference was the launch and signing of an influential new international policy statement. Called the ‘Glasgow Declaration’, the landmark document commits everyone who signs it to fully promoting the rights, dignity and autonomy of people living with dementia. While enormous progress has been made in the quality of care and treatment for people

with dementia in recent years, it is widely accepted that there is still a long way to go. The Glasgow Declaration emphasises the key role that human rights legislation, such as the European Convention on Human Rights, must play in upholding the basic human rights of people with dementia. During the conference the declaration was signed by more than 120 people, including senior figures from the Scottish Government, people with dementia, and representatives from Alzheimer Scotland.

Jim Pearson elected to AE Board of Directors

During Alzheimer Europe’s annual general meeting, Jim Pearson, Deputy Director of Policy at Alzheimer Scotland, was elected to Alzheimer Europe’s board of directors, along with several others. The new board members will complete a two year term, and were elected by representatives from Alzheimer Europe’s member associations. The new board held its first meeting in December 2014.

Below: Amy Dalrymple, Head of Policy, Alzheimer Scotland. Bottom: Jim Pearson, Director of Policy, Alzheimer Scotland.



Left: Geoff Huggins signing the Glasgow Declaration accompanied by (left to right) John Laurie, Jeanette Maitland, Henry Simmons and Heike von Lützu-Hohlbein.

'I worked for almost five years with dementia'

Stewart and Megan Black have been married for 25 years, and in 2010 Stewart was diagnosed with vascular dementia. Despite this, he has continued to stay active, remaining in work for several years and supporting Alzheimer Scotland however he can. Here, the couple tell us their story.



STEWART

I've had diabetes since I was fourteen, and have had complications with my kidneys for many years. However, five years ago I started to get more unusual symptoms. I began starting sentences and not being able to finish them, and I became more frustrated and irritable than before – I started snapping back at people. My wife Megan noticed that the changes were getting worse, so I went to the doctor, who referred me to a psychiatrist. I received a brain scan and was diagnosed with young onset dementia at 51 years old in 2010.

Looking back, I'm surprised we didn't realise it was dementia. I was always getting confused in little ways. For example I would run into a room to get my mobile phone and come back with the TV remote. One time I got into the shower in the morning, and after a minute or two I looked down and noticed I had my socks on!

At the time of my diagnosis, I wasn't actually too bothered by it. It didn't really worry me – maybe I was being naive. I felt like I should just get on with my life, and I didn't even tell my family, except for Megan.

My dementia didn't significantly impact on my work for several years. I used to work with Rolls Royce, where I had to accurately manufacture rotor blades for

jet engines. I had been in the role for 18 years, so I knew the machinery like the back of my hand, but four years after my diagnosis I started having to keep a little notebook to remind myself of the most simple things.

Immediately after I received my diagnosis, I contacted my online manager and informed him of my condition. He was incredibly understanding and supportive from day one, and helped me stay in work. As my kidney complications got worse it exacerbated my dementia and my employers moved me to slightly less demanding roles, and changed my shift pattern to help reduce stress. I continued to do high precision tasks, manufacturing to thousandths of a millimetre, and still felt like I was contributing a lot. Unfortunately at the beginning of 2014 I experienced more health problems and had to take early retirement from work.

After I retired I became increasingly involved with Alzheimer Scotland. I

started using their local services and even helping out on interview panels. This gave me a sense of purpose and helped keep my mind active. Alzheimer Scotland's staff are great and I try to support the organisation in any way I can.

I sit on the interview panel for Alzheimer Scotland's services in North Lanarkshire. Whenever they are recruiting new staff, I'm invited along to sit in on the interview. Afterwards we discuss whether the candidate is someone a person with dementia would be likely to relate to as support staff. This means I'm playing an active role in helping choose who would be best to employ for these roles.

I also go to a lot of Alzheimer Scotland events, for example their staff conference and AGM. These are fantastic and make a huge difference to a person with dementia like myself. NHS Fife's Dementia In Younger Adults conference in October was brilliant and very informative, and I wouldn't have known about this

without my connections to Alzheimer Scotland. One of the lectures was about how head trauma as a young person can potentially increase the risk of dementia later in life. When we heard this, Megan and I looked at each other in amazement. This was a real bolt from the blue, as I was assaulted by a gang when I was 21, and was concussed badly. We thought this may have contributed to my early onset dementia more than my kidney complications. After the lecture I even enquired about donating my brain to Alzheimer Scotland for medical research.

Being involved with Alzheimer Scotland has improved my wellbeing and helped me to live well with dementia. I have made many good friends in the organisation who I meet up with at lots of events. This year I am also one of the faces of the Dementia Friends appeal: keep an eye out for me in the appeal's film later this year!

MEGAN

This year is Stewart and my 25th wedding anniversary. We started dating 36 years ago when I was only 15 and Stewart was 19. Although Stewart has had type 1 diabetes for over 42 years he only started having complications with his health seven years ago. I first noticed he was struggling with his memory about five years ago, and I thought this might be linked to his kidney problems. He began forgetting to take his medication, which caused his kidneys to get worse, which would cause his memory to get worse – it was a vicious circle.

I work part time for the NHS and also practise privately as a podiatrist. When Stewart was diagnosed in 2010, I was working with someone called Lorna Hart, who is now Alzheimer Scotland's Dementia Advisor for North Lanarkshire. Lorna moved on to another job, but we stayed in touch. A couple of years later, we met for lunch, and at that time Stewart was very sick with his kidneys and dementia. I was upset and told her all about it – then remembered that Lorna worked for Alzheimer Scotland!



Stewart and Megan with Ruadh

Stewart and I had been managing for two or three years, just continuing as we were, but Lorna changed everything for us. She helped us understand that we were only just coming to terms with Stewart's diagnosis and, after much persuasion, talked him into going to a dementia café. It took a further year or two before Stewart actually went – but he loved it, despite worrying about the age gap.

After I met Lorna, we began taking Stewart's dementia more seriously. I reduced my hours with the NHS to two days and moved my private practice into our home. This really helped. We also told Stewart's mother, brother and aunt, who were very supportive – when Stewart's health is poor his brother comes and sees him in the daytimes to help him out.

'Staying active since my diagnosis has really helped me'

We live in Glenboig and the people here are really supportive. If the ambulance has been over, seeing to Stewart if he's been unwell, we'll get kind notes through the door and things like that. There's a network of friends and neighbours here who help us.

We also have our dog Ruadh, who is wonderful. He gets Stewart out and about on a daily basis. Although Stewart's mobility is poor he tries to take the dog out for a short walk, but often ends up being out for ages, chatting to everyone he meets or other dog walkers.

The message we want to get across is that younger adults can get dementia too, and it is vital to diagnose and treat the illness early. Dementia cafés and other services like those run by Alzheimer Scotland are great, and we'd like to see more people with young onset dementia at them. So far, we're managing well with Stewart's diagnosis, and are keen to continue supporting Alzheimer Scotland in the future. They've really helped us build a new support network since Stewart has retired from his job.

Winners of Scotland's Dementia Awards 2014 announced



On 25 September, the winners of Scotland's Dementia Awards were announced at a ceremony at the Marriott Hotel in Glasgow. The awards linked in with World Alzheimer's Day, which took place earlier in the week. Winners were chosen from over 90 applications, with awards in six categories. These recognise and celebrate the work of professionals and community groups who are committed to helping people with dementia and their families. We would



1. Winners in the 'Best dementia-friendly community initiative' category: Dumbarton Dementia Café.
2. Winners in the 'Best Innovation in Continuing Care' category: CrossReach, Inverness: - Cameron House Gaelic Initiative.
3. Winners in the 'Best acute care initiative' category: NHS Ayrshire and Arran: - Pocket Ideas... for a moment in time.

like to thank everyone who submitted an application and all those who attended the event. The awards are a partnership between Alzheimer Scotland, NHS Education for Scotland, NHS Health Scotland and the Scottish Social Services Council.

More info

To find out more about Scotland's Dementia Awards 2015 visit: sda.dementiascotland.org



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4. Winners in the 'Best community support initiative' category: NHS Dumfries & Galloway, Mental Health Occupational Therapy: - OT Home Based Memory Rehabilitation Programme.



5

5. Winners in the 'Best educational initiative' category: Alzheimer Scotland in West Dunbartonshire: - Alzheimer Scotland Education Initiative..



6

6. Winners in the 'Most innovative partnership' category: Alzheimer Scotland, NHS Shetland and Shetland Museum & Archives: - When I Paint I Remember.

Let's Talk about Dementia – having difficult conversations

Starting in February, Alzheimer Scotland's campaign, Let's Talk about Dementia, is asking the public to have difficult conversations.

The worry that someone, perhaps even you, might have dementia is one of the hardest issues any of us will have to face. However, having difficult conversations about dementia – with partners, with family and friends, or with medical professionals – can make a huge difference to someone's future quality of life.

Talking about dementia makes it more likely that someone will get a diagnosis, which can open doors to a variety of support from the NHS, social services and organisations like Alzheimer Scotland. This is especially relevant now as there is a guaranteed minimum of a year's post-diagnostic support from a named link worker.

Why are we running this campaign?

Each day, our 24-hour Dementia Helpline, Post Diagnostic Support Link Workers, Dementia Advisors and the staff in our services across Scotland speak with hundreds of people who have dementia, are caring for someone with dementia, or who are worried that they or someone else may have dementia.

One of the most common things people tell us is how difficult it can be to talk about their concerns that someone they care about may have dementia. People tell us that raising their worries with the person or with other family members is very difficult.

Often the person, or other family members, will deny that there is anything wrong, refuse to talk, or agree to seek advice from a doctor.

Not only can this be very physically and emotionally draining for all concerned,

it can mean that other, unrelated, health conditions which may be causing the symptoms go untreated. It can also prevent people who might have dementia from getting an earlier diagnosis and accessing the post diagnostic support which can help them to live well with the illness for longer, reduce unplanned hospital admissions, and unnecessarily early moves to care homes.

Our 'Let's Talk about Dementia' campaign will provide tips to help start those difficult conversations and is intended to :

- encourage families and friends to talk more openly about dementia
- break down some of the barriers such as the fear of dementia, stigma, and the worry that nothing can be done to help
- encourage people to seek help
- raise better awareness and understanding of dementia.

Look out for the Let's Talk about Dementia campaign in the Sunday Mail on Sunday 1 February and on Scotland's major commercial radio stations (Clyde 2, Forth 2, Northsound2, West Sound AM, Tay AM and Moray Forth Radio 2) for the first two weeks in February; particularly the Scotland's Talk In at 11am on Sunday 8 February.

As well as the media campaign, we will have case studies, information, and hints and tips on our website, which we will also share through Facebook and Twitter. We will also have an information leaflet which can be requested by calling our Dementia Helpline.



How you can help

One of the best ways that Alzheimer Scotland members and supporters can help this campaign is by writing to local newspapers. Letters pages in local papers are widely read, so this is a great way to reach people who may not hear about the campaign in other ways.

What you can do:

Please write a short letter for the letters page of your local newspaper, covering the following points, to make it helpful and interesting for readers:

1. Describe, briefly, why this is important to you:
 - Have you been in a situation with a family member or friend where it was difficult to have a conversation about getting a dementia diagnosis?
 - Did you find a technique or a source of support that was particularly helpful?
 - Remember not to mention anyone by name unless you have asked them if they're happy with that.
2. Say that Alzheimer Scotland know that this situation is far too common, and that this is why the 'Let's talk about dementia' campaign is so important.
3. Finish by saying that if others are experiencing similar difficulties, they can call the Alzheimer Scotland Helpline on 0808 808 3000.

Pointers to make it more likely that your letter will be published:

- Keep it short!
- Use your own words about why this is important

To find out where to write to, either visit the website of your local paper, or check their letters page – either will tell you both an email address and a postal address to send letters for publication. Or, see our website to find out which local papers there are in your area. Visit www.alzscot.org/conversation.

As well as writing to your local paper, please talk about the campaign in your local community – at your church, pub, walking group, choir, evening class – and get more people having a conversation about dementia.

Thanks for your help with this important campaign – it could really make things better for someone with dementia or their friends and family in your area.

'As well as the media campaign, we will have case studies, information, and hints and tips on social media and our website'

Join the conversation online



/alzheimerscotland



@alzscot

Case studies

Some people have already kindly shared their stories about their own difficult conversations and we will be gathering more as the campaign progresses, as well as providing suggestions for getting those conversations started.

'We didn't have a family discussion about it. We should have done.'

If I had the chance to do this all again, I would definitely have done things differently. I would have talked more openly with my parents about what was happening, especially in the early stages. It might have meant that my mum got a diagnosis earlier, or that my dad would have considered and accepted help.

My mother was 48 when we started to notice that something wasn't quite right. She worked fulltime in telesales and was always highly competent; good at thinking on her feet. Then we saw that she was starting to struggle. She was very house proud; always ran a tight ship. That was the mum we were used to, especially my dad. When things first began to slip, we got a bit frustrated and impatient with her. At first we thought it might be anxiety, depression or stress. So did her GP.

My brother and I didn't see it at the time, but my dad was really struggling to look after

my mum. My parents are very private people and we didn't want to interfere. It wasn't until her symptoms became much worse that we realised it wasn't just depression or stress. She would go out and get lost; going to the corner shop and not know why she was there. Or leave the house in her bare feet. She would phone me repeatedly – 10 or 15 times a day – and I admit I got angry and short-tempered with her. Something I am not proud of.

We didn't have a family discussion about it. We should have done. It would have been a difficult conversation, but a really important one. Eventually I went to the GP with my mum and dad to get some answers. My dad wasn't happy about it, but we had to find out what was going on. Eventually, and with some reluctance from her GP, my mum received a formal diagnosis of Alzheimer's disease at the age of 54.

Families have their own ways of doing things; rules we've always lived by, things we don't talk about. Dementia overwhelms all of that. You have to make time to listen and ensure others listen to you, as a family, to cope with it.

Diane Goldberg

'I knew there was something wrong with me and I kept asking questions until I found out what it was'

I was glad to get my diagnosis. It's not that I was glad to have dementia. I was just so relieved to finally know what was wrong. It meant I could start doing something about it. Everyone with dementia should have that right.

I started to notice memory problems in 2010, when I was 51. I was struggling to find words and had problems with my vision. I also had problems with numbers and calculations. At that time I was in a really stressful job and for a while I thought I was experiencing symptoms of stress.

It took a long time for me to get a diagnosis; I had a lot of tests and saw a lot of specialists before dementia was even mentioned. I have Posterior Cortical Atrophy (an atypical variant of Alzheimer's disease) and its unusual symptoms, along with my age, meant that I wasn't diagnosed until mid-2013.

Looking back, I don't think I would have done anything differently. I knew there was something wrong with me and I kept asking questions until I found out what it was. My family and friends have been wonderful – they support me in so many ways and I'm glad I can talk openly to them. Nobody should have to face dementia alone. Never be afraid to ask; ask people, ask questions and ask for help.

Anne



I'm the youngest in a big family and the only boy. Even though I'm in my 40's now with my own kids, my older sisters can still treat me like I'm their wee brother. We've never really been the kind of family to talk about problems. I didn't find out my mum had cancer until she had to go for an operation, although my oldest sister knew. So when I started noticing changes in my dad and tried to talk to them about getting him to go to the doctor, they said he was just getting older and missing mum who'd died the year before.

Day to day, they have more to do with him than me, especially my sister Moira – getting his shopping and making meals for his freezer, tidying the house – that kind of thing. I thought they probably had a better picture of how he was than me, so I left it for a while. I tried getting them to talk about it a few more times but nobody wanted to listen and we were starting to fall out over it.

But there was still something niggling in the back of my mind that things weren't right and it came to a head when Moira was away

on holiday. I went to see Dad to find him in a state because he'd burnt the bottom out of the electric kettle by putting it on the cooker and then he'd burnt his hand trying to tidy up the mess.

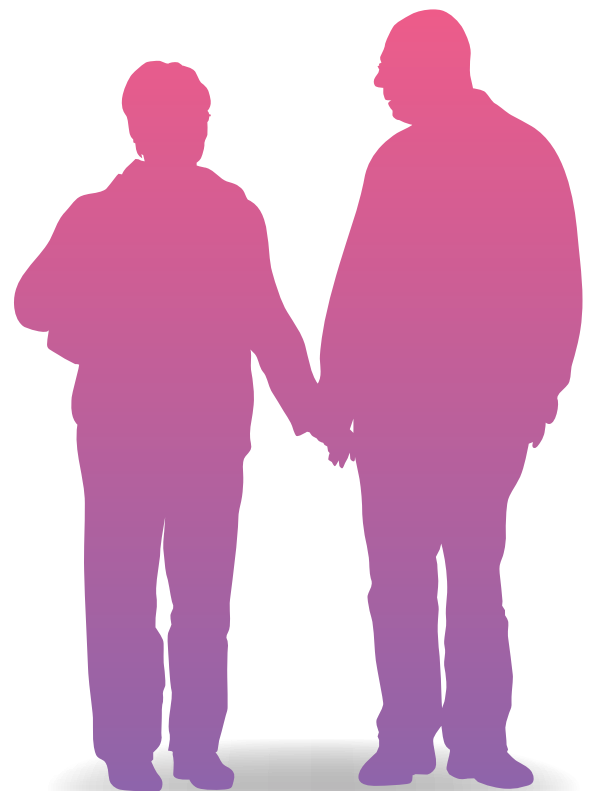
So I took him to the doctor to get his hand seen to and took the chance to explain to the doctor some of the things I was concerned about. It turns out Dad was worried too but hadn't liked to say anything as he didn't want me and my sisters to worry. That started the ball rolling and we found out that Dad had been having wee strokes which was what was causing his problems. He's on medication to try and stop that happening again but I wish I'd trusted my own instincts earlier and got us to sit down as a family and discuss it openly. If I had the chance again, that's what I'd do.

Ian

More info

For more information, visit our website at www.alzscot.org/conversation

'Dad was worried but hadn't said anything. He didn't want me and my sisters to worry.'



Preserving memories through music

Sally Magnusson spoke to Alex Shedlock, reflecting on the impact of her book, Where Memories Go, a year after its publication



My mother was diagnosed with dementia in 2009, although we noticed problems with her memory as early as 2001. Last year I published *Where Memories Go*, a personal account of the impact of dementia on my family, and an examination of what the illness means in our society today.

The reaction to the book has been phenomenal. I wrote it in the hope that my experience would resonate with other people whose families have been touched by dementia – it actually opened the floodgates. Everyone has their own unique story, but *Where Memories Go* provided a voice for people who may not always be able to find the words for their own experience.

Where Memories Go began as a private diary, almost as a therapy for myself. I would sit down alone and use words to

try and hold on to my mother, and all the words would just pour out. Eventually I realised that what I was writing – our story – had become more than just about my mother or our family. The narrative I was writing could easily have been the narrative of so many others who have had the same experience: trying to understand the disease, dealing with health and care services, and being with their loved one right to the end. All of our inboxes have been overwhelmed with responses from readers, and I am very proud of this.

Perhaps the most tangible outcome of publishing *Where Memories Go* is the UK charity I founded: Playlist for Life. Through my mother's dementia journey, my family discovered that music can be very important in dementia care. My mother needed songs

night and day to engage her and help her memory as the dementia progressed. She knew all the words far better than we ever did, even at the end of her life. Music was key to her care. After publishing *Where Memories Go* I found a lot of research showing that music that is personal to someone can be highly effective in recovering lucidity, memory, focus and communication. Following the model of the Music and Memory project in New York, I set up Playlist for Life, to help people with dementia engage with their families and memories by using technology like iPods.

The way people think about dementia has started to shift in recent years. We are beginning to look at what people with dementia can do, not what they can't. I'd like to see us, as a society, doing

all we can to continue this trend. Where we go wrong with everything in life is when we stop seeing people as individuals and instead see them as labels. See the person as a person and the right care will follow on from there.

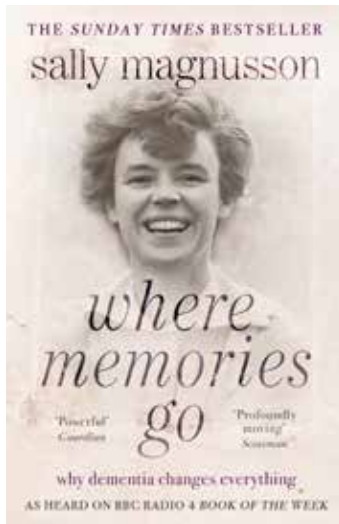
Photo: Sally Magnusson, left, with her mother and sisters.

More info

Visit www.playlistforlife.org.uk

PLAYLIST FOR LIFE
CONNECTING MUSIC. PEOPLE AND MEMORIES

Tell us about your 'good read' and win a copy of Where Memories Go!



If you were asked to recommend a book about dementia that you found helpful or moving, what would it be?

Send us your recommendation to enter a draw for one of five paperback copies of Sally Magnusson's book, 'Where Memories Go'!

It's easy to enter the competition: just tell us about a book you read on dementia, whether you thought it was a good read or you found it informative. Send your recommendation, plus your name and address, by post or email. Title your message 'My book recommendation'.

By email: info@alzscot.org

By letter:

Membership Officer, Alzheimer Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN

Closing date for entries is 27 February 2015. Winners will be selected based on their book recommendation and prizes will be posted on the week commencing 30 March 2015.

'Brave, compassionate, tender and honest portrait' – Metro

'I was bowled over by this book. Intensely moving and inspiring' – Joanna Lumley

'Moving, funny, warm' – Mail on Sunday

I realised that what I was writing – our story – had become more than just about my mother or our family.

Book review: Elizabeth Is Missing

A new mystery novel written in the voice of a person with dementia

Author Emma Healey wrote *Elizabeth Is Missing* based on her personal experience of dementia – both her grandmothers had the illness. She got the idea for the book from a conversation with her paternal grandmother, who announced one day that her friend was missing, when Healey knew she wasn't.

The story is told in the first person by Maud, a widow in her 80s who lives alone with the support of paid carers and her daughter Helen. Maud is worried about her good friend Elizabeth who has gone missing from her home, and everyone gets irritated by Maud's insistence that Elizabeth has vanished. The mystery of Elizabeth's

disappearance is combined with flashbacks to Maud's teenage years during World War II, when her older sister Sukey also disappeared without a trace.

Healey's portrayal of Maud as a person with dementia is very convincing. Maud constantly writes reminders, is obsessed with buying tinned peaches and eating toast – while denying doing either – and often has forgotten memories triggered by things in the present. Helen's struggle to be patient with her mother, her frustration and worry, and the sometimes humorous exchanges between them is very believable.

As an avid reader of crime fiction, I found the ending disappointing and a bit predictable. It wasn't the 'riveting psychological thriller' or 'gripping detective yarn'

described on the book jacket. I realised early on what had happened to Elizabeth and, although I wanted to know what had happened to Sukey, the denouement was pretty unbelievable.

Healey recently won the Costa first novel award 2014 for *Elizabeth Is Missing*, which is available in hardback and paperback, and is published by Viking.

*Maureen Thom
Information Manager,
Alzheimer Scotland*



Alzheimer Scotland volunteers recognised at awards ceremony

On 7 November, the Alzheimer Scotland Staff, Members' and Volunteers' Conference and Awards Ceremony took place at the Radisson Blu Hotel in Glasgow. The day-long event also included our annual general meeting. Around 250 people took part in the action-packed conference, which included a selection of workshops. The annual awards ceremony was a highlight of the day that provided an opportunity for us to recognise an array of initiatives from across the organisation. We were particularly pleased to celebrate the work of the many volunteers who put in so much effort over the last year, helping ensure nobody goes through dementia alone. We have included a small selection of photos featuring our award-winning volunteers opposite.

1. Volunteer individual award - William Barr.
2. Staff individual - Catherine McKenzie
3. Volunteer team - South Aberdeenshire volunteer team.
4. Volunteer team - Musical Memories volunteers.
5. Volunteer individual award - Lorna Walker.
6. Staff team - Dementia Advisors and Community Activity Organisers - Lanarkshire, Glasgow and East Dunbartonshire Services





Save the date!

Alzheimer Scotland Annual Conference

1 June 2015
Crowne Plaza, Glasgow

Global progress; Local Impact

We are anticipating a full house for an excellent programme of International, UK and Scottish speakers.

For further event details, including online booking, visit www.alzscot.org/daw2015 from mid-February.

Making sure nobody faces dementia alone.



New day centre opens in Bonnyrigg

In 2014, The Bungalow, our new day centre for people with dementia, opened in Midlothian. Alzheimer Scotland has been providing day care services in nearby Eskbank since 1994, and our previous Service Manager, Hazel Johnson, always had a dream to relocate the service to a bungalow. She searched tirelessly when our previous lease expired, and found a perfect location in Bonnyrigg.

The Bungalow was purchased in July 2013, and over the following six months we renovated it to create large and small community rooms, a kitchen, office, walk-in shower and conservatory. It was January 2014 by the time we moved in, and although the transition took a long time, our day care staff worked extra hard to maintain the highest

standards of care throughout.

People with dementia were involved at every stage of the design process. This even included going on an outing to Ikea to test out what size and shape of dining table they would like, which colours they would prefer for surfaces, and whether seats were low or high. We incorporated many dementia-friendly ideas into the design, and our dream vision of the day care centre has now been turned into a reality. The service operates six days a week, and it is a delight to see the positive benefits a dementia-friendly environment can bring.



Staff, service users and guests at the opening.



Joining the dots for dementia care



Henry Simmons at the Protected Learning Time event at Murrayfield Stadium.

In November, over 300 staff from North West Edinburgh GP practices met at Murrayfield Stadium to discuss ways of improving care for people with dementia. The 17 practices which participated are involved in a unique contract which enables each of them to

improve dementia care and engagement independently, while working collectively to achieve better outcomes for people with dementia.

Dr Tricia Donald is a GP in Cramond, and the lead for the project: 'A key goal of the initiative is to ensure

local dementia care is as interconnected as possible. We want to join the dots for our GPs, so that when a person with dementia is in their consulting room, they have the confidence to point them in the direction of all available support. These might include local Alzheimer Scotland services, social work support or a referral to a psychiatrist. Building confidence is key, so that everyone has all the information about a person with dementia and can draw from the same pool of support.'

Susan Duncan has been the practice manager at Stockbridge Health Centre's Blue Practice for 18 years. She chairs the network of practice managers involved in the project: 'An important

aspect of this initiative is that it's not simply clinical. Many of the problems faced are social. After diagnosis, we want to ensure we can help the person and their family get the care and support that they need. Before now, team-members might have been unsure about what's available in their local area for people with dementia. 'Dementia' used to be a vague term, even at diagnosis. Now we have the confidence to be open about it, and not be embarrassed to push ahead with offering support.'

Tricia Donald added: 'Everybody we speak to about the programme has been incredibly proactive and engaged, and we are looking forward to reviewing the results.'

Organise your own fundraising event. It's as easy as 1, 2, 3!

Fundraising for Alzheimer Scotland has never been easier with our range of 'create your own' event posters, flyers and leaflets. Go online or contact our fundraising team, and we will provide you with everything you need to organise an event. You can personalise great-looking posters like the ones below with the date and details of your event, then print them to publicise your event!

Step 1 → Step 2 → Step 3

Choose what type of event you would like to run

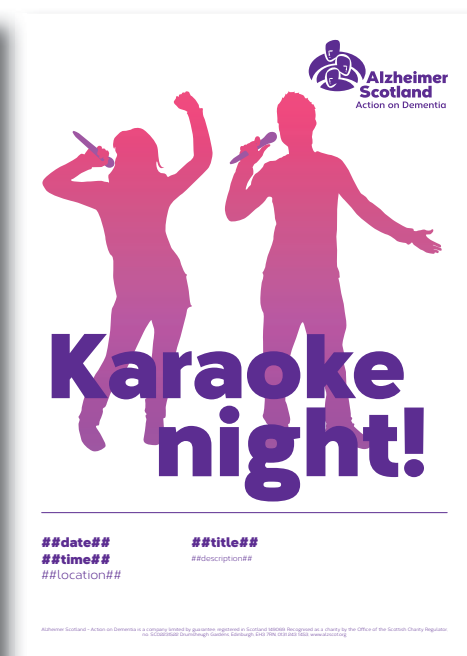
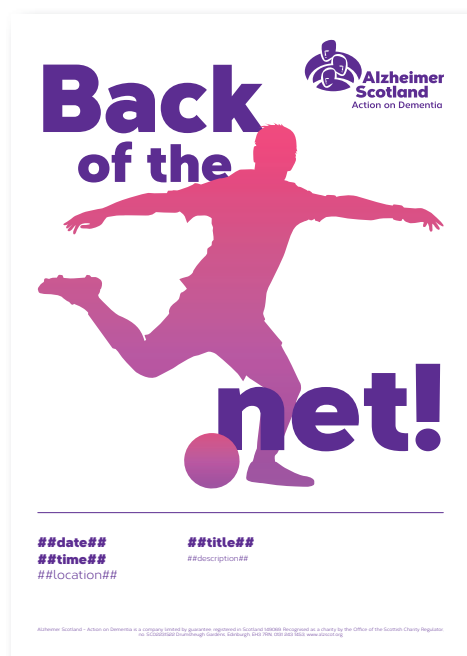
Our website provides a lot of options for events. Want to run a sporting day out? A dance? A bake off?

Organise your event

Create a master plan! This may include assembling a team, finding a location, and setting a date for the event. See our 10-step event plan online for more ideas.

Hold the event and follow up

Prepare as much as possible beforehand, and enjoy the day! Remember the last stages are key: keep cash donations safe, track your fundraising, and thank everyone who took part.



To get started organising your own fundraising event, and for further hints and tips, visit my.alzscot.org.

Our fundraising team are always happy to help. You can email fundraising@alzscot.org or call 0300 303 7777

Dementia Down Under



Dementia news from Western Australia

Creating an indigenous sensory garden

Alzheimer's Australia's western service (WA) recently invited staff and club members of the Moorditj Mia Day Centre in Western Australia to participate in the development of an indigenous sensory garden display. The display will be finished in time for April's ADI Conference in Perth. The people with dementia who attend the Moorditj Mia service were asked which images would have the most meaning for



them in a sensory garden, and if they would like to create a mosaic for the display. The convention centre has great significance for the Noongar people as it has a clear view to Perth's Swan River. The demonstration garden will be a key exhibit at the conference and the ladies who attend the service are also making handmade clay bowls as sensory items. The indigenous sensory garden will follow the principles of dementia-friendly design and will include space for workshops during the ADI conference, which will focus on dementia-friendly design.

30th Alzheimer's Disease International Conference



Perth, Australia will host the 30th Alzheimer's Disease International conference between 15 and 18 April. More than a thousand delegates – from health professionals and academics to people with dementia – are expected to attend the event, travelling from over 60 countries. The

meeting will discuss: 'Care, cure and the dementia experience – a global challenge'. Early bird registration ends on 7 February – be sure to plan your trip soon!

More info

For more information visit:
www.adi2015.org



World's largest dementia research centre announced

The Queensland Brain Institute (QBI), based at the University of Queensland, has joined forces with the Chinese Academy of Sciences' Institute of Biophysics (IBP) to create the world's largest dementia research centre. The centre will work to understand the causes of dementia in the ageing population, and will use these findings to inform dementia diagnosis and therapy. The aim of this new international partnership is to drive forward new discoveries and develop new treatments for dementia.

New app aids communication

Alzheimer's Australia WA is currently developing a touch-screen app for people with later stage dementia called CommunicAid. The app will help people who have communication difficulties to use a tablet to convey needs or problems, such as indicating they are in pain. The app is an evolution of a 2010 paper-based kit called CommunicAid, which enabled people with dementia and their carers to create their own album of pictures and captions for

gesture-based communication.

Research carried out in 2012 found that touch screen tablets can be effective communication tools for older adults. The new CommunicAid App will enable users to create unique interactive prompting tools to communicate their needs and choices to others.

Trials in 2014 found the app to be a success among people with dementia in community and residential care. CommunicAid has been designed to be completely

person-centred and can be tailored to each individual user. CommunicAid can be used in any environment, comes with simple step-by-step video guides, and features a calendar for medicines or important appointments.

More info

For more information visit:
www.communicaid.com.au

Dumfries and Galloway tea dance celebrates 21 years' success

On 5 November, our Dumfries and Galloway service held a tea dance to celebrate its 21st anniversary. 90 people put on their dancing shoes for the event at the Cairndale Hotel.

Regional Manager Julie Sinclair has worked at the service for all of the last 21 years. During that time, it has supported and helped to improve the quality of life for many people with dementia, their carers and families. There are now 43 volunteers supporting the service, which brings together day care, community activities, Dementia Advisors, and many other elements. In 2013, it

became home to the region's first Dementia Resource Centre in Gordon Street, Dumfries.

Julie Sinclair said, 'I'd like to thank all of the skilled staff and volunteers who have contributed to our work over the years. I would like to mention two volunteers in particular: Mary Hairstains and Jane Rafferty, who have supported the service since 1995 and 1996 respectively. We've come a long way since the service opened. We know the number of people with dementia will rise dramatically and we're here to ensure nobody faces dementia alone.'



Volunteers Jane Rafferty and Mary Hairstains photographed at the dance.

Put your best foot forward for Alzheimer Scotland!



We need brave-hearted runners to sign up for the Edinburgh Marathon Festival of Running and support our work helping the 88,000 people with dementia in Scotland, as well as their carers, partners and families. We want to make sure nobody faces dementia alone.

The Edinburgh Marathon Festival takes place on Saturday 30 and Sunday 31 May 2015.

To find out more and to join team Alzheimer Scotland, email events@alzscot.org or call 0300 303 7777.

Making sure nobody faces dementia alone.



Help raise funds for our Dementia Assistance Dogs!

This spring we are launching a new appeal to raise £30,000 to complete the pilot for our Dementia Assistance Dogs project. The face of the appeal is Alex 4Paws: the black-coated dog with a very big heart. Alex introduces the other two dogs, Kasper and Oscar, and shares the fantastic support they provide for their owners.

Kasper and Oscar have been working as full-time Dementia Assistance Dogs since mid-2013. They receive special training to support people who have a diagnosis of dementia and their carers. They assist people with dementia to stay safe, remember things and feel more confident. Dementia Assistance Dogs are good company for carers too, ensuring they feel less isolated and have help at hand when they need it.

Dementia Assistance Dogs also encourage people living with dementia and their carers to be more active: to get out for walks, visit the shops or go to the hairdresser – everyday things that many of us take for granted. The pilot is scheduled to end in spring 2015 and it has been a truly

life-changing experience for the couples involved.

'Kasper is like Ken's shadow – he's never far away'

Glenys is Ken's carer, and has watched the bond between Ken and Kasper grow since they were partnered a year and a half ago. Kasper has become more and more attuned to Ken's welfare, and Ken's confidence has also grown. Kasper's presence makes him comfortable being at home on his own.

Kasper has been trained to bring Ken his medication and to nudge Ken in response to certain alarms which remind him to make food or put the kettle on. However, Kasper now also does lots of things for Ken that he was never trained to do! He brings his paper through from the hall when it's delivered every morning. When Ken's walking down the stairs, Kasper won't follow him until he's reached the bottom, so he won't knock Ken over on the way down. If Ken takes a nap, Kasper will nudge him after 15

or 20 minutes, to make sure he's alright.

Kasper often brings a small bag containing either medicine or a bottle of water to Ken. This will be useful as Ken's dementia progresses, to remind him to drink regularly through the day. Glenys says, 'Kasper's like two different dogs: he's friendly and boisterous with most people, but with Ken he's so gentle and patient.'

Oscar helps Maureen in many ways on a daily basis: waking her up every morning and ensuring she takes her medication. Maureen's carer, Frank, says, 'Oscar is a very playful dog, but he knows when he has his jacket on he is working. He reassures Maureen and makes her feel more comfortable – especially when we're out and about.' Oscar is a watchful and comforting presence by Maureen's side when they leave the house.

It's not been all plain sailing with Oscar, who can be mischievous. He chews his way through a new tennis ball every fortnight and has been known to jump on fresh bed sheets with muddy paws! However, Frank is adamant that he wouldn't be able to manage without Oscar in the home.





'Kaspa's like two different dogs: he's friendly and boisterous with most people, but with Ken he's so gentle and patient.'

'When oscar has his jacket on, Maureen's wellbeing is first and foremost'

More info

Many of our readers will have already received our appeal mailing from Alex 4Paws. If you haven't, please donate at www.DementiaDog.org. You might also have seen our fundraising on Facebook or Twitter: send us a picture of your dog, tell us what they're thinking, and donate by texting ALEX04 £4 to 70070. We'll be having a Dog of the Day for each day of the appeal, plus a vote for the Top Dog at the end.



Above: Maureen and Oscar
Far left and centre: Kaspa
Left and right: Alex



Join the Dementia Dog project on Facebook



Follow us on Twitter @Dementiadog

Target-smashing partnership with Lloyds Banking Group comes to an end

In January, Alzheimer Scotland celebrated two years of target-smashing partnership work with Lloyds Banking Group as their Charity of the Year. Staff and customers raised an incredible £6.3 million for Alzheimer's Society and Alzheimer Scotland. Thanks to their incredible efforts, our Live Well partnership has been the most successful Lloyds Banking Group partnership to date, more than trebling the initial £2 million target. We also worked to raise awareness of dementia among Lloyds Banking Group staff and customers, promoting the Dementia Friends campaign and helping Bank of Scotland become Scotland's first



dementia-friendly bank. Kamel Hothi, Head of Responsible Business Projects at Lloyds Banking Group, said: 'Over the last two years, colleagues have

continued to go above and beyond to make a difference in our communities for people living with dementia and their families. I hope colleagues feel

proud of all they have achieved together for such a deserving cause.' Thank you to everyone at Lloyds Banking Group for your amazing support!

Thousands walk for dementia

Last autumn, more than 2,500 carers, families and people with dementia took part in 22 Alzheimer Scotland Memory Walks across the country. Over £100,000 was raised, and this incredible total will be boosted by a further £25,000 thanks to Gift Aid. Dalkeith Country Park hosted the flagship Memory Walk, which saw

nearly £29,000 raised by 439 walkers. Smaller but no less successful walks took place across the length and breadth of Scotland, from Dundee to Loch Ness, and Glasgow to Stornoway. We would like to thank the thousands of people and their families who supported the walks and made every event special



Laughter and tears at Forget-me-not Ball

On 15 November, around 170 guests graced the George Hotel in Edinburgh for Alzheimer Scotland's second Forget-me-not Ball. In total, the glamorous event raised more than £5,000. The highlight was a moving speech by Henry Rankin, chair of the Scottish Dementia Working Group, and his daughter Kirsty. They spoke very emotionally about how they have managed to store up their memories and how they have tried to enjoy every moment of their lives since

Henry was diagnosed with vascular dementia four years ago. They received a standing ovation from guests who were moved to tears. The evening's entertainment included Radio Scotland DJ Bryan Burnett, the Singing Waiters, and the band Big Night Out. We would like to thank generous sponsors including Enterprise Rent-A-Car, Baillie Gifford, and the Publishing Bureau. Everyone who came along said it was a wonderful evening and they would love to attend again next year!

News from the Western Isles



On New Year's Day, 13 people including Alzheimer Scotland staff, volunteers and fundraisers ran into the waters at Gress Beach on Lewis for the annual dementia dip. Participants in the freezing dip included Marion MacInnes, Service Manager, and Sonja MacLeod, Branch Secretary. The event exceeded its £1,000 target, raising enough cash to fund the island's dementia café for another year! One lady at the café said: 'I heard all about it and I think you are all very brave to go in the sea at this time of year!'

On New Year's Day, members of staff, volunteers and fundraisers ran into the waters at Gress Beach on Lewis for the annual dementia dip.

Lewis man receives WWII campaign medals

Alexander Campbell from Stornoway was recently awarded the new Arctic Convoy Star medal, along with several other medals, for his service during World War II. 92-year-old Alexander, known as Sandy, is a regular at the Solas Centre. His medals were presented by Lord Lieutenant Alexander Matheson at a small ceremony attended by his family.

During World War II, Sandy served on ships which transported essential wartime supplies through U-boat-infested seas. The dangerous convoy routes included the North Sea routes to allied North Russia and voyages across the Atlantic with food and goods from America. These ships were highly vulnerable to attack by German U-boats.



Providing day care on the Isle of Lewis

The Solas Day Centre is the Isle of Lewis's dementia-specific day care service based in Stornoway. It is run by Alzheimer Scotland staff and funded by the local authority. The service currently supports 24 people with dementia and operates six days a week.

Staff at the Solas Day Centre enable local people to live well with dementia, as well as supporting their carers and families. They provide named 'key workers' and offer activities including memory



improvement techniques and reminiscence therapy. There is also an innovative place-priority list, whereby free spaces on any given day are automatically circulated to people on a priority waiting list.

Marion MacInnes, Service Manager, said: 'We work very closely with our colleagues in health and social care to maximise the support available to people living with dementia and their carers, partners and families.' The Care Inspectorate recently gave the Solas Day Centre grade 5 and 6 for quality standards – the two highest possible scores.

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.

March 2015

Sun 15 March **Adidas Silverstone Half Marathon**

April 2015

Sun 12 April **Ladies Lunch, Alona Hotel, Strathclyde Park** (www.alzscot.org/lunch)
 Sat 18 April **Zipslide across the Clyde**
 Sun 19 April **Great Edinburgh Run**
 Sun 26 April **Virgin London Marathon**
 Tues 28 April **Members' Advisory Forum, Glasgow** (see p.6)

May 2015

Sat 9 May **Colour Me Rad 5k, Edinburgh**
 Sun 17 May **Great Women's 10K, Glasgow**
 Sun 17 May **City of Aberdeen Baker Hughes 10k**
 20-24 May **London to Paris Bike Ride**
 Sun 25 May **Bupa London 10k**
 30-31 May **Edinburgh Marathon Festival (EMF) of Running**

June 2015

Mon 1 June **Dementia Awareness Week Conference** (see p.23)
 Sat 6 June **Colour Me Rad 5k, Aberdeen**
 Sun 7 June **Rotary Club of South Queensferry Forth Rail Abseil**
 Sat 13 June **Isle of Skye Half Marathon**
 19-21 June **Ben Nevis Trek**
 20-21 June **Tough Mudder, Drumlanrig Castle**
 20-21 June **Edinburgh Night Ride**
 TBC **Challenge Scotland (Summer) Events -**
Walk for Scotland
Run for Scotland
Toddle for Scotland

July 2015

3-5 July **West Highland Way Trek**

August 2015

Sun 30 August **Women's Running 10k, Strathclyde**

September 2015

Sun 6 Sept **Pedal for Scotland**
 Sun 13 Sept **Bupa Great North Run**
 Sat 19 Sept **Scottish Half Marathon, Edinburgh**
 Mon 21 Sept **World Alzheimer's Day**
 Sun 27 Sept **Berlin Marathon**
 Sun 27 Sept **Loch Ness Marathon Festival**

October 2015

Sun 4 October **Bank of Scotland Great Scottish Run, Glasgow**
 Sat 10 October **Big Fun Run 5k, Glasgow**
 Sun 11 October **Big Fun Run 5k, Edinburgh**
 Sun 18 October **Forth Rail Abseil**

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