

March 2015

Falkirk Services Newsletter



Welcome to our Spring Newsletter Dementia Awareness Week 2015

Dementia Awareness Week in Scotland is 1-7 June 2015, and explores the theme of *Let's talk about dementia*.

During this week, Alzheimer Scotland and several other health and care organisations will hold information and awareness-raising events across the country.

Alzheimer Scotland will also be hosting its **flagship national conference** at the start of Dementia Awareness Week; 1 June 2015.

The week's theme '*Let's talk about dementia*' will encourage local and national decision-makers, health and social care professionals, frontline care staff and members of the public to speak openly about dementia and overcome the stigma that often surrounds the illness. It will also encourage people living with dementia, and those who care for them, to share their own experiences; helping to improve understanding of dementia and highlight best practice.

Visit our website at www.alzscot.org for further details.

Tickets now on sale!

Alzheimer Scotland Annual Conference

1 June 2015
Crowne Plaza, Glasgow

Global Progress: Local impact



Hogmanay Ceilidh 2014

Many thanks to everyone who supported our second Hogmanay Ceilidh. It was a great way to see in the New Year raising the grand total of £2188. Thanks to flights donated by British Airways the Luxury Raffle prize winners will be jetting off to Paris for a break later this year.

This year's Ceilidh will be held at Bowhouse Community Centre, Grangemouth so book early to ensure your place.



Annual Survey



Each year we ask for the views of the people who use our services and carers to see if there is anything we can improve on. If you have not received a survey and would like to give your views please give us a call. The closing date is 30th April 2015 and we will let you know the results in our next newsletter

Falkirk Services, 35 Johnston Avenue, Stenhousemuir FK5 4JZ Telephone 01324 559480
E-mail falkirkservices@alzscot.org Website www.alzscot.org

AlzheimerScotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 22 Drumsheugh Gardens, Edinburgh, EH3 7RN 0131 243 1453



Summer Fayre: 13/06/2015

Trinity Church Hall
High Street
Falkirk
10am – 2pm

Falkirk Services event for Dementia Awareness Week is our annual Summer Fayre.

Entry is £4.00, which includes home-made soup & bread plus home baking with tea/coffee.

Tickets can be bought from the Service office or paid at the door.

We are always very grateful to anyone who is able to help with this event, so if you are able to help on the day or with a donation of soup, baking or tombola prizes please contact Julie Drummond in the office on 01324 559480.

All funds raised at these events will help people with dementia and their carers in the Falkirk area.

Ladies Lunch

Alzheimer Scotland Ladies Lunch will be taking place on Sunday 12th April 2015 at The Alona Hotel, Strathclyde Park. It will be an afternoon of live entertainment, delicious food, a glass of bubbly, and Sunday glamour. Make sure you get your tickets now to enjoy a fabulous day with the ladies of Alzheimer Scotland!

The beautiful backdrop of Strathclyde Park will play host to what is set to be a brilliant afternoon of fundraising for Scotland's leading dementia charity.

Radio DJ Gina McKie will be hosting the afternoon of Sunday glamour and sharing a glass of bubbly (or two!) with the ladies. There will be on-site shopping on the day with beauty and jewellery stalls – a chance to shop without your other half! A No 7 beauty advisor will be on site offering mini makeovers and advice, adding more glamour to your day.

Visit www.alzscot.org/lunch

Tickets are £45 each.



Falkirk Branch

The Falkirk Branch committee is currently seeking additional (new) committee members. The committee meets every 4 to 6 weeks, in the evening, at the Alzheimer Scotland premises in Johnston Avenue, Stenhousemuir.

The main areas of regular activity relate to local fund raising and awareness raising.

If you are interested in joining the committee, or have any questions, please email your details, or questions, to the Branch Secretary, davidmcmenemy@blueyodner.co.uk who will get back to you.



Falkirk Services, 35 Johnston Avenue, Stenhousemuir Telephone 01324 559480
E-mail falkirkservices@alzscot.org Website www.alzscot.org

Can Collection

Morrisons Supermarket - Falkirk Store

Wed 8th April 2015 - 10.00am to 9pm

If you are able to offer your time to help us collect for an hour please email:

davidmcmenemy@blueyonder.co.uk



Dementia Friends Scotland

We are delighted to let you know that **Dementia Friends Scotland** is now live and rolling out across the country – and we want you to be one of the first involved. By giving us just a little bit of your valuable time you can make a world of difference to people living with dementia.

Becoming a Dementia Friend will help you understand what everyday life can be like for people with dementia. It will also provide you with the skills needed to interact with people living with dementia.

How do I become a Dementia Friend?

Becoming a Dementia Friend is as easy as 1, 2, 3. Simply visit our new website -www.dementiafriendscotland.org and follow the three steps.



What happens after step three?

Once you've completed step three we will send you a Dementia Friends Scotland badge and certificate. In the mean time you will also be encouraged to share your new found Dementia Friend status with your friends and on social media. The buttons on our website will do all the work for you – you just need to click them.

Information sessions

In addition to (or instead of) watching the videos on the website, you can register for one of our FREE information sessions taking place across the country. Each session is delivered by a trained

Dementia Advisor and lasts around one hour. We will be continually adding to the calendar over the coming months so don't worry if there is not one near you yet.

If you have any questions whatsoever, simply email: dementiafriends@alzscot.org

Falkirk Services, 35 Johnston Avenue, Stenhousemuir Telephone 01324 559480
E-mail falkirkservices@alzscot.org Website www.alzscot.org

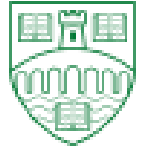
Day Care Study

Our day care at the Maples has recently been visited by Dr. Jane M Robertson, Lecturer in Dementia Studies at Stirling University.

Jane is conducting a project about dementia day services, focusing on user and carer experiences. The project hopes that their findings will inform the delivery of better day care services for people with memory problems across Scotland and Europe.

We will let you know of the outcomes at the end of the study.

UNIVERSITY of
STIRLING



Tartan Design Project

Alzheimer Scotland has been working in conjunction with Paul Rogers who is a Professor at the Arts and Humanities Research Council to design an Alzheimer Scotland tartan.

Paul has visited many of our Services Users at various sites across Scotland holding “Digital Workshops” to help people design a pattern and then producing a physical version by using different colours of ribbon.

We are delighted that a design made by one of our Service Users that attends our Maples Day Care has been shortlisted.

On, or around, Friday 27th March, the final shortlisted tartan designs will be announced and uploaded to our website for a vote.



What's On....

Carers Support Group:

St Francis Xavier Church Hall

1st Tuesday every month 10am - 12.00 noon

Football Reminiscence:

Maples, Stenhousemuir

1st Monday every month 11am - 12.00 noon

Last Monday each Month- 3.15pm-4.30pm

Corbie Inn, Bo'ness

Last Wednesday of each month 2pm-3.30pm

Garden Club:

Maples, Stenhousemuir

Every Monday & Thursday 10am - 12md

Musical Memories – Singing Group

St Francis Xavier Church Hall

1st Monday of the month

11am – 12 noon

New members welcome

Memories Cricket Club

The Maples, 33 Johnston Avenue,

Stenhousemuir - 1st Wednesday of the month

3.30pm – 4.45pm

10 Pin Bowling/Walking Group:

Redbrae Road, Camelon or Callendar Park
weather dependent.

Every Wednesday 2.00pm - 3.00pm

Drop In Cafes:

Every Sunday 12.30pm - 2.30pm

Maples, Stenhousemuir

Every Thursday 10.00am - 12 noon

Baristas Coffee House, Grahams Road, Falkirk

Supper Club:

Maples, Stenhousemuir

3rd Wednesday each month 6pm - 8pm

If you would like more information, please call the Falkirk Service office on 01324 559480.

Falkirk Services, 35 Johnston Avenue, Stenhousemuir Telephone 01324 559480

E-mail falkirkservices@alzscot.org Website www.alzscot.org