

May 2015

Angus Services Newsletter



Welcome to our Spring Newsletter.

The work on the new Angus Service Dementia Resource Centre may not yet have started but keep an eye on the premises as work is due to get underway very shortly. We will be in our 'new home' later this year and we will keep you informed of the progress.



Dementia Awareness Week 2015

Dementia Awareness Week in Scotland is 1st - 7th 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; 1st 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.

Let's talk
about dementia.

Why we are encouraging
difficult conversations.



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.

Birkhill Dementia Drop-in Café

Following interest from several people in Birkhill and the surrounding area we are now pleased to announce that we will be starting a Dementia Drop In Café in Birkhill. Lindsay Shaw, Dementia Advisor and Christine Beaton, Community Activities Organiser from Alzheimer Scotland will be on site to offer information and support and you will be able to meet and chat with other people with dementia, their carers, relatives and friends in an informal setting over a cup of tea or coffee.

Our first Drop In Café will be held in Dementia Awareness Week on Tuesday 2nd June from 2pm to 4pm at the Millennium Hall, Birkhill so please do come along and help us to mark Dementia Awareness Week with this new local resource.

If you would like further information please contact: Lindsay Shaw or Christine Beaton on 01241 431770

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Dementia Services in Angus

Dr Cesar Rodriguez, NHS Tayside Associate Medical Director for Older People and Consultant Old Age Psychiatrist, reassures patients and their families about changes to the psychiatry of old age and dementia services in Angus.



“Here in Tayside we are at the forefront of a new way of delivering dementia services for older people and their families,” he said. “This means that fundamentally the way in which people with dementia are cared for is changing”. “There is an established move away from the more traditional hospital-based inpatient units for dementia assessment to more person-centred, local care. Healthcare professionals including doctors and nurses are working in partnership with people with dementia and their families, local authority colleagues and partners from the voluntary and third sectors to deliver truly person-centred services for those living with dementia”.

“It is, in fact, better most of the time for people who require an assessment of their needs to have this done in their own home or place of residence, for example a care home. This means that the healthcare professional carrying out the dementia assessment can see the patient in a real life environment which reflects their day-to-day lifestyle”.

“We know from successes elsewhere in Tayside where patients are already benefiting from this new model of care that people with dementia, their families and carers would like more person-centred, local care and more opportunities to access different community groups and services. We also know we can provide this community-based model of care with the support of a number of healthcare professionals, local authority and all the partners. A good example of integrated care is the Older People’s Mental Health Teams in Angus”.

“I also want to reassure patients and their families that there will continue to be a hospital bed available to patients if this is needed. Here in Angus we are very well placed to deliver that hospital care as we have specialist dementia inpatient units which offer the more specialist care and treatment that is sometimes required.” These changes to the way in which we are delivering psychiatry of old age and dementia services also link with the bigger picture plans NHS Tayside has for older people’s services in Angus.



Red Grab Rails

Angus Care and Repair assists older and disabled people to remain independent by assisting them with repairs, improvements and adaptations. Our services include assisting people to carry out major adaptations to suit their needs, a home safety check to identify possible hazards or potential accidents in the home and we also fit all the grab rails, banisters and minor adaptations for Social Work in Angus. These services are all free of charge. We also have a small repairs service where we can assist people with minor repairs to their home with a charge for the materials used and £10 per half hour labour charge.



The grab rails supplied by the Council are however all white and not always suitable for people with visual impairment or dementia if placed on a white background.

We were fortunate enough to receive funding through the Integration of Health and Social Care agenda to purchase a selection of coloured rails and have opted for a deep red / burgundy colour.

We have purchased 40 x 12", 40 x 18" internal ribbed rails and 20 x 24" internal ribbed rails and will supply and fit them free of charge for people who feel they would be of benefit to them. The rails will be most commonly used in the bathroom or toilet area and will be fitted where the occupier thinks would suit them best however we are happy to assist in the positioning or to request an Occupational Therapist assessment if this would suit better. It is also hoped that through this project we may identify other possible adaptations to assist people with dementia to remain independent at home to work toward in the future. Meantime if anyone has any suggestions of adaptations or alterations in the home which would benefit someone with dementia to be more independent or comfortable at home we would love to hear from you at Angus Care and Repair.

Golf Memories Group Carnoustie

Memories Golf Club Carnoustie is ready to tee off after an initial training session was held in the Carnoustie Golf Centre on Wednesday April 22, 2015. The group of volunteers were given an introduction to dementia awareness by local Alzheimer Scotland Dementia Advisor, Lindsay Shaw.

Michael White of Alzheimer Scotland gave an overview of the Golf Memories project and stated that the initiative had the support of Scottish Golf's national governing bodies. The lessons learned from the related reminiscence project for Football were shared and proved useful.

The Carnoustie project is supported by the Rotary Club of Carnoustie and Lorraine Young was one of those who took part in the session. Lorraine said " The Rotary Club of Carnoustie are privileged to be involved in this innovative project and look forward to supporting people living with dementia now and in the years to come."



Nikki Christie Assistant Golf Professional said "It is important for Carnoustie Golf Links to support members who are living with dementia and their families. We hope to help these members to relive and enjoy their

past golf memories."

Christine Beaton..... added, "We had a very interesting session with Michael and Lindsay both helping us to understand what would be involved in making the Memories Golf Club meaningful to those living with dementia.

Lindsay provided us all with the opportunity to become a Dementia Friend following which the general mood of the Volunteers was buoyant. Our first group meeting was on Thursday 7th May, we are looking forward to our next meeting on Thursday 4th June. Anyone wishing to get a flavour of the kind of things we will be discussing you can visit

www.facebook.com/pages/Memories-Golf-Club/1525389671008357<<http://www.facebook.com/pages/Memories-Golf-Club/1525389671008357>>

Our Memories Golf Club is open to anyone in the Carnoustie area who is living with dementia. Each meeting is planned for the first Thursday of each month".

Drop-in Groups

Around all the groups Easter has been a big event, an egg decorating competition was held at Carnoustie Drop-in.



The Carnoustie Drop-in is held every Friday 11am to 1.30pm at the Panbride Church Hall on Arbroath Rd, Carnoustie.



The annual Easter Bonnet decorating was a great success at the Forfar Drop-in. The Forfar Drop-in is held every Wednesday 2pm – 4pm at Forfar Farmington, Market Muir.



Forget-me-not Belles
2 Week Charity Sale

Sale at bargain prices of:
Clothing (all sizes), Shoes & Bric-a-Brac

At - Masonic Lodge,
Coutties Wynd, Forfar
Monday 25th May
To
Saturday 6th June

From 10 a.m. until 4 p.m.

Finishing at 12 noon on 6th June

For more information Please contact:
Maureen on 01307 465397,
All proceeds to
Alzheimer Scotland Angus Services

Knitted Cake



Doreen Haddon presenting Christine Beaton with the Easter Cake she knitted covering a tin full of sweets for "Guess the Number of Sweeties" which raised a marvelous £78. Many thanks to Doreen for her creative work.

In the News

Bobby Campbell of Edzell has been raising funds for Alzheimer Scotland Angus Services for over a year. Bobby start off doing a sponsored Punch Bag Marathon, where he would spend 2 hours a day punching the at the punch bag. When he got the all clear on his hips Bobby went back to walking, he has walked 1,000 miles for Alzheimer Scotland Angus Services. Along with his friend Ian McDougal, who did a sponsored abseil at the Red Head just outside Arbroath, they raised over £1,300. On March the 21st Bobby ended his walking for our charity and presented me, Janet Quantock Service Administrator, with his walking diary and there was a small celebration at Bobby's home where his good wife Maria treated us all to "tea and a bun". Bobby and Ian are now raising funds for Save the Children. As well as raising funds Bobby helped to raise awareness of Alzheimer Scotland and dementia by involving the local press to take an interest in his sponsored events and publishing photographs and stories. Thank you to Bobby, Ian and all their sponsors, good luck with your work with the new charity.



Pictures courtesy of Ron Cathro photography for The Courier & Brian Smith photographer for The Brechiner

Tesco Fun Day in Forfar

On Saturday 13th June Dementia Resource worker, Pat Brodlie and Dementia Advisor, Lindsay Shaw will be present with the Memory Bus at the Fun Day being held at Tesco, Forfar store from 11am-3pm. The Memory Bus is full of useful information and also provides a private space in which you can sit down and have a chat with us. So if you are in the area please do pop down and meet us and enjoy all of the other activities that Tesco have organised.

Our Website

www.alzscot.org

Well worth a visit, for information, news and fundraising ideas checkout our...

Fundraising Tool Kit

Create your own.

Fundraising for Alzheimer Scotland has never been easier with our range of 'create your own' event posters, flyers and leaflets.

Simply choose the materials you need and personalise them to suit your event

Create an account online and get started!



Dementia Helpline

The 24 hour Dementia Helpline is a freephone Scottish service for people with dementia, carers, relatives, professionals, students and anyone concerned about dementia.



Call us at any time for information and support on:

- rights and entitlements
- coping with behaviour
- community care
- long-stay care
- anything else to do with dementia.
- understanding the illness
- Treatments
- how to get help locally
- maintaining independence
- financial & legal matters

Receive the Newsletter by email

If you would like to receive our newsletter by email please email Janet Quantock, our administrator, at:

jquantock@alzscot.org

Please provide your name and contact number and state you wish to be emailed our newsletter in the future.

Our next newsletter will then wing it's way to you by email.

Memory Walk

Just a reminder of this year's Memory Walk details:

Saturday 5th September 2015
At
Victoria Park
Arbroath

Registration at 10.30am
for an 11am Start

You will very shortly be able to register online on our website www.alzscot.org and get full details of the walk.

Last year's walk at the Keptie Pond was a lovely event and we hope that this year we can make it bigger and better.

We look forward to seeing you there.

If you have any queries about the walk contact Janet Quantock in the office on 01241 431770



Let's hope for some sunshine so we can enjoy our time by the sea. The 'Vicky Park', in Arbroath, is a lovely location and will make for an excellent Memory Walk.