

May 2015

Edinburgh Branch Newsletter



St Leonard's Street News

Welcome to an update on the Edinburgh Branch of Alzheimer Scotland. The eagle-eyed amongst you may have noticed that you didn't receive a newsletter in March! This is because we decided to publish only three editions a year - January, May and September. I trust this will still keep you in touch but it will significantly reduce the cost of production and posting. We can cut this further by sending more newsletters by email, so if you are happy to receive it in this way, let us know at the email address below.

Previously we held an AGM with a speaker but sadly numbers attending have dwindled and so we are not continuing this. The Branch AGM will therefore be held on Tuesday 23 June at 6.30pm in the office at St Leonard's Street. By our constitution, this is a public meeting so please let me know if you do wish to attend.

The current committee consists of myself as Chairperson, June Henderson (Hon Secretary), Grace Durham (Hon Treasurer), and members Kathleen Birchall, Andrew Gillie, Alison Glen, Janet Ingleby, Allison Littlejohn and Joyce Shepherd. Joyce Ferguson has also been co-opted onto the committee during the year. All offer ourselves for re-election. If anyone else is interested in joining the Branch Committee please let me know.

To mark Dementia Awareness Week, the Branch has the opportunity to be in Cameron Toll Shopping Centre on Friday 5 June. There will be information about branch activities and the wider support of Alzheimer Scotland. It will also be possible to speak privately if you would find this helpful. Please come and see us and let others know of this opportunity to find out more.

I am still hopeful that one day I will be able to report that we have a Dementia Resource Centre in Edinburgh! This really would help to raise the awareness of dementia, removing the stigma that still remains for some and to give a place where the people of Edinburgh could find support. A few premises have been looked at and I'm confident that we will find the right one. Watch this space!

Barbara Mitchelmore, Branch Chair

Introducing CPNs

Community Psychiatric Nurses

CPNs are more commonly called Community Mental Health Nurses nowadays. These nurses see people at home who have been diagnosed with a mental illness. CPNs can be seen as the mental health equivalent of a district nurse. Referrals are usually received from psychiatrists or other medical colleagues.

When someone is diagnosed with dementia, and if prescribed a "memory treatment" medication, this must initially be by a hospital doctor, and be monitored by a CPN for six months. CPNs can also offer advice regarding behavioural issues related to dementia, or general management and understanding of symptoms. The number and length of visits will depend on individual need, and might be daily if someone is acutely unwell, or every couple of months or so if an individual requires only low-key monitoring. CPNs invest a lot of time in developing good therapeutic relationships with the people they see.

My role as a Community Dementia Nurse, CDN, means that I have a specific remit to see those under 65 who are diagnosed with dementia, or those whose situation is deemed to be "complicated". This

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is very much based on individual circumstances. I also offer carer support. My training remit means I operate an Early Intervention Group as well as an ongoing support group – The Pioneers. I am also expected to contribute to the formation and maintenance of dementia services across Edinburgh. There are two CDNs in Edinburgh. I cover the south of the city, while my colleague Karen Ritchie is in the north.

All CPNs work very closely with other professions, including physiotherapists, social workers, and occupational therapists. I am happy to be contacted to discuss aspects of my role, but formal referrals must be initiated by a GP, hospital-based doctor, or a nursing colleague.

Andrew Gillie 0131 537 6003

D Cafe

The D Café continues to meet between **1pm and 3pm on the last Thursday of the month** at the Quaker Meeting House at 7 Victoria Terrace (above Victoria Street) Edinburgh. The really good news is that we now need a bigger room! It's been lovely to see so many people.

On **Thursday 28 May** we are going on the Seagull Trust barge at Ratho. We will make individual contact to finalise travel arrangements. The speaker for **Thursday 25 June** is to be confirmed and on **Thursday 30 July** we take a picnic to Saughton Park. **There is no D Café in August.** On **Thursday 24 September** Wendy Carle Taylor will be singing to us. Those who have heard Wendy in the past will know it's a real treat, not to be missed! **If you wish any further information, please contact the office on 0131 667 6289.**

Courses at the VOCAL Carers Centre Stress Management

Saturday 30 May 2015 10am – 2.30pm

or Thursday 23 July 2015 10am – 2.30pm

Understanding Dementia 6 week course

Tues 2 June–Tues 7 July 10am-12.30pm

or Wed 19 Aug–Wed 23 Sept 6pm-8pm

Dealing with Guilt

Thursday 25 June 2015 10am – 2.30pm

Remember Me

Thursday 2 July 2015 10am – 2.30pm

To book any course [w: www.carerstraining.co.uk](http://www.carerstraining.co.uk)

t: 0131 622 6666 e: centre@vocal.org.uk

Summer Outings for Art Lovers

Art in the City and Gallery Social are two separate organisations which run free guided tours open to anyone who is interested and whose life is affected by dementia. People are encouraged to come along with a relative, friend, or supporter.

Art in the City

People's Choice in the City Art Centre

Thursday 14 May 2015 10.30am – 12 noon

Lee Miller and Picasso - National Gallery

Thursday 11 June 2015 10.30am – 12 noon

Jean Etienne Liotard - Royal Scottish Academy

Thursday 9 July 2015 10.30am – 12 noon

No meeting in August

Escher – prints and drawings - Gallery of Modern Art 2

Thursday 10 Sept 2015 10.30am – 12 noon

For more information and to book contact

Rachel Henry t: 0131 469 6222

e: rachel.henry@edinburgh.gov.uk

Gallery Social

Jean-Etienne Liotard - Scottish National Gallery

Friday 26 June 10.30am - 12 noon

Lee Miller and Picasso - Scottish National Portrait Gallery

Friday 24 July 10.30am - 12 noon

No meeting in August

Bailey's Stardust - Scottish National Gallery

Friday 25 September, 10.30am - 12noon

For more information and to book contact

t: 0131 624 6560

e: communities@nationalgalleries.org

100 CLUB WINNERS

Jan	C Anderson	C MacGregor
Feb	G Findlater	N Nelson
Mar	A Smith	D Wilson
Apr	C Ure	G Parish

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