



Thank you Irene

At the November meeting, NDCAN members were very sorry to say goodbye to outgoing Chair, Irene Oldfather. Irene has led NDCAN for four years, and signalled last December that she would leave at the end of 2015.



L-R National Co-ordinator Marion McGowan, Jeanette Maitland, Christine Beaton, Chair Irene Oldfather, Myra Lamont and Vice-Chair Amanda McCarren

Irene has made a remarkable contribution during her period of office, and NDCAN is now known and respected by a wide range of organisations as providing the views of activist carers.

All NDCAN members and Friends will miss her warmth and wisdom and wish her well in the future.

Yokoso, Japan!



NDCAN welcome visitors from Japan

In September, NDCAN welcomed Japanese visitors to a seminar in Oxford Street. Chair Irene Oldfather, Vice-Chair Lorna Walker and Jeanette Maitland, along with National Co-ordinator Marion McGowan, made the visitors feel at home. After a warm welcome and introduction from Irene, Lorna described the Care Inspectorate Contingence Model, and Laura Finnan Cowan told the visitors about Self-Directed Support. Notwithstanding the challenges of simultaneous translation, an informative, fun time was had by all.



L-R Jeanette Maitland, Chair Irene Oldfather, National Co-ordinator Marion McGowan, Self-Directed Support Manager Laura Finnan Cowan and Vice-Chair Lorna Walker

Scottish Dementia Awards 2015

On Thursday 24th September 2015 the annual Dementia Awards were held at the Marriott Hotel in Glasgow. It was a great afternoon. A few members of NDCAN attended the event and thoroughly enjoyed seeing all the varied finalists and join them in celebrating all their achievements. As part of the opening remarks, our Vice-Chair Amanda McCarren welcomed everyone to this year's ceremony on behalf of NDCAN.



L-R Thea Laurie, Diane Goldberg, National Co-ordinator Marion McGowan, Muriel Reid and Vice-Chair Amanda McCarren enjoy the awards

NDCAN was delighted to be asked to participate in this worthwhile cause and was proud to be involved in the judging panels. Members firmly believe that human intervention is key in good dementia care and we were encouraged to see the wealth of innovation and support being offered to people with dementia and their carers.

The quality and standard of the entries that NDCAN reviewed were outstanding and we are pleased that Scotland's Dementia Awards recognise and reward the great work being done in our communities, providing a platform for all the finalists to get together and share in each other's success and development.

Congratulations to all the winners on the day

and to all of the finalists. As Amanda said, "You were all worthy winners in our eyes".

More information about the Dementia Awards at: <http://sda.dementiascotland.org/>

NDCAN in Slovenia at the Alzheimer Europe Conference

NDCAN members Diane Goldberg and Jeanette Maitland along with Vice-Chair Lorna Walker accompanied Chair Irene Oldfather to Ljubljana in Slovenia for the annual Alzheimer Europe conference in September. All four participants expressed their gratitude to the Life Changes Trust, who provided grants for NDCAN members to attend.



Irene commented that it had been a very positive experience, and a great chance to network with a wide range of people. Jeanette said that it helped her to realise how much progress had been made since the time of her husband's diagnosis. She appreciated the opportunity to reiterate the fact that you can live well with dementia and to spread the message of the great work being done in Scotland.

Diane agreed that the conference provided a great platform to meet people, build new relationships and strengthen existing relationships. It was important to her to hear what is happening and raise awareness of carers for younger people with dementia, as her mother was just 54 when she was diagnosed.

Lorna has always "shared the love" of the carer experience. She designed the heart centrepiece for the NDCAN table display, complete with love-hearts. (pictured)

Meeting with Jamie Hepburn MSP

On 27th October 2015, NDCAN Chair Irene Oldfather, along with members Christine Beaton and Jeanette Maitland, met with Jamie Hepburn MSP, Minister for Sport, Health Improvement and Mental Health. Jim Pearson, Director of Policy and Research at Alzheimer Scotland, was also at the meeting, as was David Berry from the Scottish Government and Marion McGowan, NDCAN National Co-ordinator.



L-R Jeanette Maitland, Chair Irene Oldfather, Jim Pearson and Christine Beaton meet Minister Jamie Hepburn

Jamie Hepburn re-enforced the message that campaigning organisations such as NDCAN are important, so that services can be designed with carers, rather than for carers. He encouraged NDCAN members to get involved in the Dementia Dialogue events, and was pleased to hear that the Network will be well represented.

A wide range of topics and issues were discussed at the meeting, including the implementation of Post Diagnostic Support. The Minister emphasized the importance of the new Integrated Joint Boards (IJB) in taking responsibility for moving this forward. Irene said that NDCAN will welcome the opportunity to identify where there are blockages in the deployment of Post Diagnostic Support Link Workers, and to campaign for consistency across Scotland. Other issues raised included quality standards in care homes, particularly when there are local

problems with provision of places. This prompted a discussion about the role of the Care Inspectorate and also the importance of Dementia Ambassadors. There was also a discussion about local authorities hearing the voices of carers and others. The Minister mentioned the Carers Bill, currently before the Scottish Parliament.

A later part of the discussion focused on the needs of those in the advanced stages of dementia, and their carers. The meeting heard from Jim Pearson about the newly published Alzheimer Scotland Advanced Dementia Model. NDCAN members have had considerable input into the research for this model, participating in focus groups and encouraging others to share good practice and concerns. We are delighted to see that it has been launched and also to hear that it is playing a key part in the Dementia Dialogue events.

You can find out more and access a copy of the Advanced Dementia Model by following this link: http://www.alzscot.org/campaigning/advanced_dementia_model

The next meeting with the Minister is scheduled for 15th March 2016.

News from the East

On 4th December, Policy and Engagement Manager Ruth McCabe hosted an East Coast Collaborative meeting. There were nine people with dementia in attendance, and 13 carers. Friends of NDCAN Katla Helgason and Muriel Reid enjoyed the day.

Muriel said, *"There was a great buzz. We had an interesting talk from Heriot Watt University students, who want us to get involved in designing interiors for dementia care homes"*. Katla added, *"We also heard about the project to make the Festival Theatre dementia friendly, and we are going on a site visit there in February"*.

The Collaborative will meet again on the 27th January at Drumsheugh Gardens, Edinburgh.

Making a difference locally

NDCAN members are aware that effective activism starts at home in the local community. Jeanette Maitland participates in a diverse range of activities in her area, as well as supporting NDCAN's national work. Through her local Aberdeen Branch of Alzheimer Scotland, she has given a talk about carers to staff at a local Health Centre, and also to employees at Shell UK about the impact of the carer role. Jeanette enjoys being part of the Musical Memories group and can be seen shaking a can at fundraising events as well as marshalling at charity fun runs. She has also modelled a couple of outfits at a fundraiser and is passionate about supporting the recently formed dementia café in her church.



Jeanette Maitland (above right)

For the past 3 years Jeanette has had the privilege of addressing undergraduate pharmacy students at Robert Gordon University, and has various involvements with first year social work students.

Jeanette also attended a workshop in Aberdeen where a number of stakeholders were working on a 'Statement of Intent' for the city, in response to the Scottish Government National Strategy. Jeanette says *"This was an exciting workshop – I felt people were really listening and keen for improvements to happen"*.

Date for your diary - Annual Members Meeting 23rd January 2016

Our Annual Members Meeting will be taking place on Saturday 23rd January 2016 in The Lighthouse, Glasgow.

Our guest speaker will be Anna Buchanan from the Life Changes Trust. We will also welcome Alzheimer Scotland National Dementia Nurse Development Lead Anne Buchanan (pictured), as well as Policy and Engagement Manager Ruth McCabe both of whom will help us with ideas and priorities for 2016-17.



All Members and Friends welcome.
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