

Dementia in Scotland



Summer 2016 – Issue 90



Celebrating **25,000**
Dementia Friends
...and counting

Contents



4-5

Take a look at what went on around Scotland during Dementia Awareness Week 2016.



14-15

Members of the Scottish Dementia Working Group and National Dementia Carers Action Network talk about what resilience means to them at the NHS Scotland Resilience Event.



7-9

Join us in celebrating our 25,000 Dementia Friends milestone.



19

Find out how Alzheimer Scotland members in the Lothians and Borders are making their voices heard locally.



20-21

Discover how our Allied Health Professional internship programme is equipping health and social care professionals to better understand dementia.

Welcome!



24-25

In this edition's Relative Values, Julie Duffus tells us what motivated her to become the first participant in a ground-breaking new Alzheimer's study.



29

Game of Thrones star, Kate Dickie, launches this year's Memory Walks.



30

Catch up on the latest from our fantastic Scotmid Co-operative partnership.

This summer I'm extremely pleased to be celebrating 25,000 Dementia Friends in Scotland. The Dementia Friends programme has been running for just over two years in Scotland and I am impressed that we have reached this remarkable milestone already. On average we've been signing up nearly 1,000 new Dementia Friends every month and in this edition of Dementia in Scotland we share some of the stories and successes.

Dementia Awareness Week is the biggest event in our annual calendar, and between 30 May and 5 June our staff, services, volunteers and supporters organised a huge variety of events to raise awareness and money to help support people living with dementia across Scotland. We are grateful to everyone who participated: your dedication and commitment is helping us to work towards our goal of making sure nobody faces dementia alone. You can read a round-up of Dementia Awareness Week on the following pages, including coverage of our annual conference.

In the run up to the Holyrood elections many of you joined us in campaigning for candidates to sign up to the Alzheimer Scotland Pledge on Dementia. The result was that nearly half of MSPs elected to the parliament have signed the pledge. Thanks so much to everyone who took time to ask their local candidates to pledge their support for the 90,000 people in Scotland who are living with dementia. Next year will see local elections which have incredibly important implications for all local health and social care services, and we will need your support more than ever before to ensure your candidates sign up to support local people with dementia and their carers. We'll keep you up to date on our campaigning activity and look forward to your continued support.

Finally, I am really looking forward to taking part in this September's Memory Walks. Memory Walks are our biggest fundraising event of the year and this year we aim to raise £250,000 to support our local services. There are 20 walks taking place all over the country and we hope you can join us to help raise awareness and vital funds for people living with dementia in Scotland and the partners, family members, carers and friends who support them. The walks are relaxed, fun, suitable for the whole family and also a great way to keep fit.

Dementia Awareness Week is the biggest event in our annual calendar, and between 30 May and 5 June our staff, services, volunteers and supporters organised a huge variety of events to raise awareness and money to help support people living with dementia across Scotland.

Henry Simmons
Chief Executive
Alzheimer Scotland



Dementia Awareness Week

From 30 May to 5 June, thousands of people across Scotland took part in seven days of awareness raising, conversation, fundraising, support and celebration to mark Dementia Awareness Week 2016 (DAW).

The theme of this year's DAW was 'Let's challenge dementia together!' and people in Scotland took to the streets, community hubs, shops, workplaces and social media to challenge stigma, misconceptions and raise funds.

There were information stands in public locations, concerts, takeover days in town centres and supermarkets, purple parties and some of Scotland's most famous landmarks were even lit up in purple – the internationally recognised colour for Alzheimer's.

In a collaboration between the University of the West of Scotland and Alzheimer Scotland, the inspiring Grace Notes project brought together students, people with dementia and their carers to create seven brand new songs exploring the theme of dementia. A song was released each day during DAW.

BBC Scotland created a season of programming to coincide with DAW, including the launch of the BBC Reminiscence Archive (RemArc) and a programme where Anne Macdonald of the Scottish Dementia Working Group spoke to Kaye Adams and John Beattie about her experience of dementia.

On Twitter, over 8,850 tweets were sent about DAW and over half a million people were reached through our messages on Facebook and Twitter.

Leanne Murphy from Cumbernauld (pictured bottom right) got involved in the week, holding a Purple Tea Party at her home and inviting friends. She commented: "My nanna Gertie passed away in February 2015 with vascular dementia and this was a really nice opportunity to remember her while also raising awareness. We had a memory wall where we wrote up special memories. At the Tea and Blether, we also highlighted the importance of talking, listening and giving someone the time of day and interest in their lives. It soon turned



Staff, volunteers and supporters zip-sliding near Inverness to raise funds during DAW



Members of the local Scottish Dementia Working Group held a Tea & Blether in the Gospel Church Hall in Perth to talk about how to involve people in their work and raise awareness of dementia



Leanne Murphy (right) with friend at her DAW Purple Tea Party



Yvonne Manson climbed munros Drieshe and Mayar to raise funds during DAW. Here she is with brother Billy and sister-in-law Jenny enjoying the view!



All four troops of the 32nd Scouts became Dementia Friends during DAW

into a garden party as it was so hot! I had a collection box and we raised £50 for Alzheimer Scotland. We had a lovely afternoon."

Reflecting on the week, Henry Simmons, Chief Executive of Alzheimer Scotland, said: "This was another wonderful Dementia Awareness Week and it was marvellous to see people right across the country getting behind the campaign and raising the profile of dementia in our workplaces, schools, the media and beyond. It was a wonderful coming together of the dementia community. A big thank you goes out to everyone involved."

Thanks to people with dementia, their carers, supporters, volunteers and staff, hundreds of important conversations about dementia took place this summer.

More info

Listen to the Grace Notes songs at www.alzscot.org/gracenotes
You can access reminiscence tools and dementia season programmes at www.bbc.co.uk/dementia
www.bbc.co.uk/memoriesandconversations
www.bbc.co.uk/taster/projects/your-memories
www.bbc.co.uk/taster/projects/remarc

The high rise flats in Anniesland Cross lit up purple for DAW Scotland



Police Scotland made a series of powerful videos for DAW, which got lots of attention on social media. This one features Henry Rankin of the Scottish Dementia Working Group telling the powerful story of his diagnosis. Watch all the films at www.alzscot.org/policevideos



Annual conference

On Friday 3 June, Alzheimer Scotland's annual conference brought together over 550 delegates at the world-class Edinburgh International Conference Centre, for an innovative programme with highly respected international, UK and Scottish speakers.

The conference explored the theme 'Global to local: research, practice, innovation'. Improving practice was an important theme and delegates heard how people across the world are focusing on the person behind the dementia and devising exceptional care led by people's unique needs. There was also a focus on how research is

advancing across all disciplines – from scientific and clinical developments to practice and delivery of care.

The conference included opportunities to meet with colleagues, debate, stroll through the vibrant exhibition hall and listen to live 'soapbox' sessions sharing the very latest products and ideas.

Speaking about the conference, Andrew and Beverley Norton said: "We enjoyed the conference very much. We particularly enjoyed, Kate Swaffer's emphasis on positivity; thinking about what you can do, rather than what you can't."

Dr Al Power, University of Rochester, travelled from the USA to present at the conference. He commented: "I was privileged to present an interactive role play with Kate Swaffer and Jan Dewing, to illustrate how stigma affects the person's outlook and wellbeing, right from the day of diagnosis."

More info

Third Force News was there on the day covering events and interviews with Dr Al Power, Kate Swaffer, Prof Debbie Tolson and Prof Craig Ritchie can be found at www.thirdforcenews.org.uk/alzscot



Soapbox sessions showcased innovative practice in non-pharmacological interventions



Bustling exhibition area which hosted 52 exhibitors from across Scotland

Sharing best practice



This April, Alzheimer Scotland and The University of Edinburgh welcomed Dr. Stephen Judd, Chief Executive of HammondCare, to speak about his charity's dynamic approach to caring for people with dementia.

HammondCare is an Australian charity which provides specialised dementia care, in both residential and community settings.

Their philosophy is that care workers are empowered to get to know each resident and tailor care to an individual's

needs. Dr Judd explained how the charity's Christian ethos is at the centre of their approach to caring for people with dementia, and gave an overview of their "Going To Stay At Home" programme which aims to increase the knowledge, coping skills and capacity of family carers so that the person with dementia can stay at home for longer.

More info

Find out more about HammondCare at www.hammond.com.au

Scotland's Dementia Friends reach 25,000 milestone

Bank staff, police officers, fire fighters, shop assistants, government workers, school pupils, trade union officials, NHS staff, lawyers, university students, tourist attraction staff and even traffic wardens are just some of the 25,000 people across Scotland who have become Dementia Friends.

Launched in October 2014, the Dementia Friends programme is the biggest ever national initiative to change people's perceptions of dementia. Employers have been particularly keen to participate in the programme as they recognise that businesses need to prepare to support customers and staff who may be affected by dementia.

The Dementia Friends programme is open to everyone and the hugely popular learning sessions help to increase awareness of

the condition and demonstrate the small changes that can often make a big difference, such as speaking clearly, helping someone find the right bus or simply being patient in a queue.

Many businesses and workplaces that have signed up to the sessions have gone on to make changes, such as adapting signage and interiors to make their environments more dementia friendly and reviewing their customer service policies for vulnerable people.

People who have participated have reported that they feel much more empowered and confident to support people living with dementia, whether in their personal or work life.



This year's Dementia Friends campaign is supported by the ScottishPower Foundation, which has contributed £35,000 funding to the project.

Led by Anne McWhinnie, Dementia Friends Programme Manager, the programme is going from strength to strength and hopes to continue to create thousands more Dementia Friends during its third year.

Anne says: "I am so proud of all that we have achieved in Scotland to support the implementation of Dementia Friends which further strengthens the organisation's vision to ensure that nobody faces dementia alone.

"I would like to say a huge thank you to all of the brilliant staff across Alzheimer Scotland who have delivered Dementia Friends sessions and who have helped us to reach this milestone in such a small space of time. We have a big journey ahead but we are on course to make big strides."

Stewart Black, a Dementia Friends Ambassador from Coatbridge, who is living with dementia, said: "I've been involved with the campaign pretty much from the beginning and enjoy sharing my experience of what it's like to live with dementia at the sessions."

He added: "The Dementia Friends campaign is helping people to become more patient and understanding of dementia and is also getting more and more people thinking about what they can do to help someone with a diagnosis.

"Often the small things can really help and mean a lot to people living with the illness. I know from my own experience that when someone takes the time to speak clearly, it does help when I'm out and about shopping. I'd encourage everyone to take the time to become a Dementia Friend, it doesn't cost anything and it makes a huge difference to people's lives."

Dementia Friends from across Scotland

Fire Service become Dementia Friends

The Scottish Fire and Rescue Service is proud to be signed up to Dementia Friends to help improve services for people with dementia.

A pilot partnership in North Ayrshire has delivered Dementia Friends sessions to ensure staff are better equipped to support members of



the public who may have dementia.

Alan Doyle, Scottish Safer Homes Officer from the Scottish Fire and Rescue Service, said: "We are doing a lot of work with our partners to keep people with dementia and their carers safe from fire. Our Community Firefighters and Community Advocates are becoming Dementia Friends or taking part in information sessions, which emphasises our commitment to the community."

Alan added: "Community Advocates and Community Firefighters across Scotland have taken part in Dementia Friends learning sessions which has offered many benefits including helping staff to understand what it is like to live with dementia and the challenges this brings to individuals and their families. This enables Community Firefighters to carry out

Anne McWhinnie, Dementia Friends Programme Manager, with Stewart Black, Dementia Friends Ambassador

This summer, Still Game star Sanjeev Kohli signed up to become a Dementia Friend and visited the Mind that Song group in Bearsden





home fire safety visits with more confidence and knowledge.

"With help from our partners we hope to further reduce the number of fires and casualties, specially with the most vulnerable members of our communities."

Moving forward, the Scottish Fire and Rescue Service is planning to build a 'safe house' which will demonstrate the small adjustments that can be made to traditional properties to make living at home safer for the growing number of people who are being diagnosed with dementia.

Dementia Friendly financial services

Elaine Traynor, from Coatbridge, became a Dementia Friend when she attended a session organised by her employer, First Direct, part of the HSBC group.

Elaine says: "I saw that my workplace was offering a Dementia Friends information session and decided to give it a go. My mum has dementia and lives on her own and I had been helping to support and care for her, along with my brother.

"The session was really useful and it opened my eyes to the illness and how it affects every person differently. The session also introduced me to Alzheimer Scotland's local support

services and to my local Dementia Advisor who has helped out so much.

"As well as learning a lot of practical information such as the numerous types of dementia and discovering ways to help people affected to live a full life, it really helped me to see things differently.

"Meeting Stewart Black was also really interesting, especially hearing his experiences of living with dementia and how small changes can make a difference. I learned a lot on the day and met some inspirational people, so I'm glad I decided to take part."

Encouraging more people to sign up to a workplace Dementia Friends information session, Elaine added: "Definitely do it. I learned so much from taking part. It makes a big difference hearing about and talking about the illness openly. This campaign is making big strides to challenge perceptions and I'm so happy that I'm part of it."

More info

Find out how to book a Dementia Friends Scotland learning session or complete the online learning at www.dementiafriendsscotland.org or email dementiafriends@alzscot.org



Celebrating the Edinburgh Branch

The Edinburgh Branch has played a vital role in the history, the effectiveness and the ongoing legacy of Alzheimer Scotland. This June 40 friends, members and colleagues gathered at the Bonham Hotel in Edinburgh to reflect upon, celebrate and to commemorate the work of the Branch at their final Annual General Meeting.

Edinburgh Branch members were instrumental in the formation of what became Alzheimer's Scotland in 1987. In 1994, the group amalgamated with Scottish Action on Dementia and, through their vision and ambition, created what is today Alzheimer Scotland.

At the event a founding member Glenda Watt, along with Evelyn McPake, gave an engaging account of the origins of the Branch, its early ambitions and innovations and its dedication to people with dementia, their families and carers.

Branch Chair Barbara Mitchelmore praised everyone who had been involved with the branch from 1980 up until the present day: "It is clear to see that services and support now accepted as essential and mainstream trace their beginnings back to the tireless work and commitment of the Edinburgh Branch members. Very sincere thanks are due to those who had the ideas – and to those who made the ideas realities and carried them through for so many years."



Former Edinburgh Branch Chair and first Alzheimer Scotland Chair, Alison Glen, MBE, cuts the commemorative cake

More info

For more information on the history of the Edinburgh Branch and the formation of Alzheimer Scotland visit www.alzscot.org/3into1. You can also find out more about our other branches on our website: www.alzscot.org/branches

Scottish carers invited to take part in Alzheimer Europe Carer Survey 2016

This autumn, people who are currently caring for someone with dementia in Scotland are invited to participate in an Alzheimer Europe research project: 'Diagnosis of dementia – a carers survey'.

The survey will look at various aspects of people's experience, including what factors encouraged the carer and/or the person with dementia to seek help, the diagnosis experience and the post-diagnostic support follow-up.

The survey will be open to participants in Scotland, Italy, the Czech Republic, Finland and the Netherlands. The countries were selected based on their varying levels of policy development, with Scotland identified as having progressive dementia policies and strategies in place. The survey will add to our understanding of the diagnostic and post-diagnostic

experience from carers' perspectives and help inform us where support and processes could be improved.

Professor Bob Woods from Bangor University has designed the questionnaire and will analyse the responses and produce the scientific paper with recommendations. The results of the survey will be published by Alzheimer Europe in February 2017.

More info

The survey will be available for completion from September to November 2016 at www.alzscot.org/carersurvey2016.

To request a paper copy of the survey please call the Alzheimer Scotland Dementia Helpline on 0808 808 3000



Scotland's top dementia researchers agree a roadmap

In April, top dementia researchers from across Scotland met in Glasgow to discuss how to define Scotland as a world leader in dementia research.

The conference, hosted by the Scottish Dementia Research Consortium (SDRC), brought together

over 100 people from more than 40 institutions, and included experts from the fields of basic science, clinical medicine, psychological, social and health care. Together, they shaped a strategic approach to working collaboratively which will ensure

Scotland has a global presence in the field of dementia research.

More info

Read more about the conference at www.alzscot.org/SDRC_conference



Glasgow unveils a new three-year dementia strategy

This June, as part of Dementia Awareness Week, the Glasgow Dementia Strategy was launched. The three-year strategy was designed by Glasgow City Health and Social Care Partnership (HSCP) and Glasgow City Council, with the support of Alzheimer Scotland. It outlines a range of commitments designed to improve health and social care services for people with dementia in Glasgow.

The strategy aims to encourage and develop resilience within communities so that the impact of dementia is recognised throughout all walks of life, whether that's a large organisation, a local service, a shop, a business, a neighbour or a friend. The intention is to create capacity in the community that will enable people with dementia to enjoy the best quality of life possible and to ensure they are treated with dignity and respect.



University of Edinburgh student wins dementia essay prize

This April, Louis Resnick, a fifth year medical student at the University of Edinburgh, was presented with the Jim Jackson Essay Prize.

Louis' essay explores the dynamics of the relationships healthcare workers have with patients. He was inspired to write his essay after experiencing some difficulties during an encounter with a person with dementia. On receiving the award, Louis commented: "It was a project that taught me a great deal, all of which I plan to bring to my future career in medicine. I'm pleased to say that dementia no longer frightens me as much. Now, when I encounter someone with dementia, I am curious to understand the person behind a condition that leaves far more behind than it takes away."



Louis (centre) accepts his award

More info

Read Louis' essay at www.alzscot.org/jimjacksonessay

More info

Read the full strategy at www.alzscot.org/GlasgowStrategy

Artful minds

Magdalena Schamberger is a woman on a mission. As Artistic Director and CEO of the arts in health charity Hearts & Minds, she has over 15 years experience in working with people with dementia. A Paul Hamlyn Foundation Breakthrough Award supported Magdalena to develop Artful Minds, a new innovative training initiative for artists.

Drawing on a range of disciplines including dance, music, drama and visual arts, the training is designed for artists already working with people with dementia as well as those who are curious to gain first insights.

Magdalena Schamberger explains: "I see huge opportunities and need. Over the years I have seen the positive effects of the performing arts on people living with dementia. I want to give artists the skills, insight and confidence to interact with people living with dementia in a meaningful way."

Magdalena's next step is to create a bespoke performance for people with dementia and their carers to enjoy

together. The audience will be at the heart of the piece with volunteers invited to watch the performers as the show is created, and to contribute their reactions and ideas.

Get involved

If you, or someone you care for, would like to find out more about how to be involved in development of the performance, please email vina@heartsminds.org.uk



More info

To find out more about Artful Minds training visit www.heartsminds.org.uk/hearts-minds/artful-minds/

To find out more about Hearts & Minds please visit www.heartsminds.org.uk

Remember me knot

For fashion designer Nadia Pinkney, red is the colour to remember. The designer from Dalkeith has created a fashion collection inspired by her grandmother and great grandmother who both had Alzheimer's disease.

Nadia (21), designed the Remember Me Knot collection for her degree submission and was awarded a first class honours degree in Fashion Womenswear from Heriot-Watt University. Her work was also chosen to feature in a catwalk event at Holyrood Palace as part of the Queen's birthday celebrations in June.

Speaking about the design process, Nadia explained: "Although both my grandmother and my great grandmother had Alzheimer's, I realised I didn't know much about it as an illness. I wanted to understand more about what happens to the brain when someone gets Alzheimer's.

"To help with my project, I spoke to Dr Tom Russ, a clinical research fellow at the Alzheimer Scotland Dementia Research Centre. He showed me images of the brains of people with Alzheimer's and pointed

out how it affects the pathways in the brain – the neurons become knotted and tangled. I reflected this in the collection through the use of hand knitted garments.

"All six pieces in the collection have red in them. In a brain scan, red represents where the brain has not been destroyed. That shows that the person is still there. It is also a vibrant colour that I felt reflected my great grandmother's personality."



"This is a project that is so personal to me and it was important to get the message across and still be tasteful. I think I've done that."

More info

You can see more of Nadia's designs at www.nadiapinkney.com

Leaving nobody behind in the Digital Age

Tablet technology is simple to use and extensive in its scope, which is what the members of the Scottish Dementia Working Group have been finding out in their recent round of iPad classes, run by Bob Gilmour and Maria Leahy of Access Technology Scotland (ATS).

The Community Interest Company won funding from the "People's Projects" competition, to provide classes to address the digital needs of older people. The Glasgow class is now halfway through its ten-week session of exploring a number of apps, like Google Earth, Spotify and more.

It was important to the group that they were treated like other learners. Bob explained, "I think the atmosphere, social with no pressures, makes the class enjoyable. We always adapt to the learners' needs, we adjust the pace and listen carefully to what they tell us they want to learn."

The group has been exploring "MindMate", an app designed especially for people with dementia. They have been finding it useful and are keen to explore a new part each week.

Enjoyment and a relaxed pace are at the heart of the class's success. Henry from the group pointed out, "I have really enjoyed what I've learned in four weeks because of the pace, there's no pressure." Another member of the group, Pat, registered his surprise



that "Computers can be fun!" In fact, all participants and volunteers reported a high level of enjoyment.

ATS first delivered iPad classes for older people some two years ago and, at that time, were interested in tackling social isolation through technology. Bob and his colleagues are now interested in using technology to aid people diagnosed with dementia and age-related conditions. Classes will soon be starting in Inverclyde and there are even plans to run an intergenerational music technology project which will see senior pupils work alongside people with dementia. Watch this space for more news!

The classes are just one example of exploring and using technology to help improve the lives of people with

dementia. In December 2015, Alzheimer Scotland joined a group of partners to create the Technology Charter. Among other things, the Technology Charter aims to make information and advice about technology available in clear, everyday language and in a variety of formats and ensure that routes to technology are simple, understandable and user-friendly.

More info

Find out more about the Technology Charter at www.alzscot.org/techcharter

NDCAN on Twitter



National Dementia Carers Action Network is now on Twitter. Sarah Gurney, National Co-ordinator said "We'll be sharing updates from events and conferences, and highlighting news and information that's useful to people who are caring for someone with dementia. Please give us a follow and join the conversation!"

twitter.com/NDCAN_Scotland

SDWG and NDCAN have moved

SDWG and NDCAN have moved! This June, SDWG and NDCAN moved from their offices at Hampden Park to the Alzheimer Scotland offices at 81 Oxford Street, Glasgow. Pop in and see us there! Our email addresses and phone numbers remain the same.

NDCAN look to the future

NDCAN is involved in a Healthcare Improvement Scotland project, ensuring that carers are involved in an improvement project across the Specialist Dementia Units in Scotland. Look for more information in the next edition of this magazine.

What does it take to stay resilient?

The annual NHS Scotland Event took place at the Scottish Exhibition and Conference Centre in Glasgow this June. This event brings together groups from different areas of the public sector to discuss the theme, "Leading transformational change for health and social care."

Members of the Scottish Dementia Working Group (SDWG) and National Dementia Carers Action Network (NDCAN) attended the event to talk about health and social care for people with dementia. Members of both groups were able to contribute their opinions on how the dementia strategy in Scotland is being implemented.

The dementia strategy aims to help support people with dementia to remain as part of their communities and avoid crises. Therefore, the dementia focus of the event was how to improve resilience, not only in people with dementia but in their carers, family members and the NHS staff who support them.

Members were involved in round table discussions in improving resilience on both days of the event. Tom Urquhart, a member of SDWG, explained how this session was different to those of previous events, "As a person living with dementia, it was interesting that they were focusing on resilience for the carers and care staff as well as ourselves. Normally, we focus on the person with dementia; it was a whole new experience for me to alter that focus onto the carers and the caring staff."

Bernard O'Hagan was one of a number of NDCAN members who described their resilience experience as carers at the event. Bernard commented: "It was a great day. The participants were very respectful and I felt at ease. The delegates were interested in what I had to say about my experience as a carer. We had positive discussions, and they also asked a few questions!"

"I shared my positive experience of caring. In our case, paid carers and family carers co-operated as a team. We had one social worker throughout the period, and good support from employers."

"I left the conference feeling that I had made a contribution and that the people attending generally had a positive attitude to caring and related matters."



More info

Find out more about the work of the Scottish Dementia Working Group www.sdwg.org.uk. Find out more about the work of National Dementia Carers Action Network www.alzscot.org/ndcan

SDWG and NDCAN members tell us how they nurture their personal resilience



“When caring full time, the need to maintain a balance of physical and emotional resilience is essential. From experience, I know the see-saw effect of physical wellbeing having a huge impact on the ability to remain emotionally resilient. With appropriate support, carers can maintain their physical and emotional wellbeing and continue to care.”

– Maggie Muir, NDCAN



“Resilience, to me, means having the ability to bounce back from any difficulties, worries and changes, and remaining true to myself whilst retaining a feeling of self-worth.”

– Jeanette Maitland, NDCAN



“I stay emotionally resilient by: being honest, asking for help when I need it, spending time with other carers, campaigning for people with dementia and, very importantly, taking some time out.”

– Muriel Reid, NDCAN

“I would not use the word ‘resilience’. For me, it’s about living life normally with the knowledge my family and friends respect my independence. We have clear communication, which is vital for harmony for all.”

– Anne Macdonald, SDWG

“I am determined to be the best I can be. Some of that, yes, is down to my own resilience but make no mistake, the momentum of that resilience is down to the people in my life who help to keep me on track. My wife, family, friends and the wonderful health care professionals, the doctors, nurses and Link Workers, who always try to have a cheery smile on their faces even when it seems that the whole world is conspiring against them – and how wonderfully they do that.”

– Tom Urquhart, SDWG

“I make a list of lots of lovely things in my life and how some of the difficulties could be turned around. I reflect on my expectations, on the people around me, on activities and information. Although this was initially sporadic and difficult it has become part of my ‘resilience strategy’. Even when there are no answers in sight, understanding the barriers is always a step in the right direction.”

– Katla Helgason, NDCAN

“Resilience means being able to cope the best I can with the various demands and strains of being a carer, and realising this will vary from person to person.”

– Angela Lombardi, NDCAN

“I left the conference feeling that I had made a contribution”



Dementia Friendly Scottish towns launched

Prestwick and St. Andrews are the latest Scottish towns setting off on their journey towards becoming dementia friendly, with initiatives spearheaded by local residents and volunteers who have taken to the streets, local press and social media to raise awareness of dementia, help reduce stigma and gather information and ideas from people in their towns. In both cases, becoming Dementia Friends was a key starting point.

Thumbs up for Dementia Friendly St Andrews

The iconic Byre Theatre saw the official launch of the St. Andrews campaign on 24 May this year. One of the key players is Dr Maggie Ellis, a Fellow in dementia care at the School of Psychology, University of St Andrews.

Maggie says, "I've been working on applied dementia research for 15 years and it shows clearly the benefits of maximising the retained skills and social connections held by people living with dementia. I found out about the Dementia Friendly Communities initiative via my links with Alzheimer Scotland and thought that this could be a great opportunity for St Andrews."

Maggie enlisted the help of local café owner Lisa Cathro



and graphic designer Sandy Mitchell, who suggested using a photo equivalent of a 'like' on Facebook, inviting locals to send in selfies of them giving a big 'thumbs up' to show their support. To find out more about the plans for Dementia Friendly St. Andrews, head to www.dementiafriendlystandrews.org.uk where you'll also find the thumbs up selfies and a video of Maggie talking about the background to the project and explaining how others can get involved.

Prestwick turns purple

Dementia Awareness Week ended in style, on 4 June, with a formal launch ceremony followed by a public gathering at Boydfield Gardens. They had great support from the local community, including people with dementia and their families, local politicians and the Provost, Helen Moonie. Local businesses and individuals took on the challenge to Go Purple on the day. Search 'Dementia Friendly Prestwick' on Facebook to see the photos.

More info

Journalism students from the University of the West of Scotland captured the gathering on film which can be viewed at www.youtube.com/watch?v=vxvAwkjdIjc



Dementia Resource Centre update

In April, the Shetland Dementia Resource Centre turned one! The staff at the centre celebrated the event by holding a birthday party with a cake baked by a local confectioner (bearing the Alzheimer Scotland logo). The party was an opportunity for staff to thank the hard-working volunteers and celebrate the year with volunteers, service users and their families. The event was also attended by Marcia Ramsay, Alzheimer Scotland Director of Operations, and Alison Jardine, Alzheimer Scotland Head of Operations, with music provided by the leader of the Musical Minds group.

Alzheimer Scotland's new Dementia Resource Centre for Angus was opened on 31 May during Dementia Awareness Week. The centre, at 262 High Street in Arbroath, is open Monday to Friday 9am to 1pm.

The centre will provide a drop-in service for anyone seeking information and advice and will stage monthly "Tea & Blether" events. Going forward, the centre will develop a full programme of support, activities and groups, including carer support and education.

Local couple Glenys Will and husband Ken, who will be supported by the Centre, added: "I'm so glad that this new Centre has opened in Arbroath. This new Centre means that even more people like us will be able to get the support we need here in Arbroath."

Henry Simmons, Chief Executive of Alzheimer Scotland, said, "I am



Provost Helen Oswald cuts the ribbon to open the new Dementia Resource Centre in Arbroath.

delighted to officially open our first Dementia Resource Centre in Arbroath. I would also like to extend a huge thank you to everyone who has made this opening a reality – the generosity of our supporters is what makes our vital work across the country possible."

This September, we're looking forward to opening a brand new Dementia Resource Centre in the Bridgeton area of Glasgow. The centre is in the heart of the local community, easily accessible and we look forward to welcoming people from across Glasgow. Our Director of Development Joyce Gray has collaborated with staff, people who use our services and designers to ensure the Resource Centre is dementia friendly in its design and we have a range of dementia friendly products

on display for people to try. We will be offering a range of groups, activities and services and a drop-in to individuals and their families across the city.

The finishing touches are being arranged just now but some of the people who use our groups visited the centre recently. Karen Lau, a carer for her husband who has dementia, said: "There's a lovely feeling, very airy and light which is fabulous and relaxing". Elaine Travers, also a carer, added: "it's a lovely bright airy space and we will definitely use it once the café and everything is up and running."



Celebrating the Shetland Dementia Resource Centre's first birthday.

More info

To find your nearest Dementia Resource Centre go to www.alzscot.org/DRC

Dementia Circle

The Dementia Circle 'Products on Display' (PODs) are becoming a familiar feature in Alzheimer Scotland Dementia Resource Centres across Scotland, from Dingwall to Dumfries.

There's lots of chatter building about the interesting looking things on display, like the "Ownfone", an easy mobile phone, and the handy keyring on a retractable chain.

The PODs prompt conversations about the products and ideas that people with dementia and their carers are using at home, or things that they would like to find and try out. Dementia Circle shares their stories and feedback with the dementia community through the website and social media.

This helps others to make informed decisions about products before they consider buying them from shops and online suppliers.

Service users in Helensburgh have formed a "testing circle" where discussions are beginning to take place around wristwatches and clocks, adult colouring books, puzzle books and board games.

More info

For more information, product reviews and recommendations visit our Dementia Circle website at www.dementiacircle.org



Alzheimer Scotland
Action on Dementia

Our members come from all walks of life and we'd like you to join us

Join today. Become a member for as little as £1 per month.

Visit: www.alzscot.org/membership or **Call:** 0131 243 1453

Local voices making a difference

What happens when you bring together people with dementia, their families and carers, and representatives from national campaigning groups? The opportunity to make a difference to the lives of people with dementia, both now and in the future.

Following in the footsteps of national dementia organisations, such as the Scottish Dementia Working Group (SDWG) and the National Dementia Carers Action Network (NDCAN) this local campaigning group, based in the Lothian and Borders, meets regularly to discuss and debate the current issues affecting people with dementia, their families and carers.

Ruth McCabe, the Alzheimer Scotland Policy and Engagement Manager who facilitates the group explains, "I started this group in September 2015 to give people in my local area a place to share their views with the premise of making real changes to the way services are designed and delivered."



The group gives people with dementia, their families and carers, a safe and welcoming place to voice their opinions and concerns with a group of like-minded individuals. Keith Chapman, whose father has dementia, has been coming to the group since retiring. "As a former GP I felt I could use my knowledge of dementia and the health service to help other group members with some of their questions. I understand how difficult it can be to



have a family member with dementia and feel very strongly about people with dementia having a voice and staying independent for as long as they can."

Within the group, there is an obvious desire to learn. Meetings are attended by various organisations who aim to help increase the attendees' knowledge of the strategic issues around dementia care in the community. Some previous visitors include members of NDCAN, Focus on Dementia and the City of Edinburgh Council, their main aim is to encourage members to keep learning and stay involved in their communities, to help improve the lives of people with dementia in the future.

Katla Helgrason is a regular at the group. "I heard about this group through my volunteering with NDCAN," explains Katla following her presentation to the group. "It's great to meet with other people in Edinburgh who share my views and to take the views of the people here back to NDCAN. I have learned so much from coming to the group through the other presenters who attend these sessions."

Katla's husband, Ingo, has dementia and is another keen attendee of the group. "It keeps me involved", he says, "I



have always been social and like to be in touch with what's going on." Staying involved in the community is incredibly important to this group, many of whom have created a whole new friendship group by attending. Each session allows for regular breaks and casual networking sessions which give the attendees time to chat to each other as well as the guest speakers – adding to the overall relaxed and comforting feel of the group.

More info

Want to have your voice heard in your local community? Become an Alzheimer Scotland member: www.alzscot.org/membership

Internships: building a skilled workforce for the future

Elaine Hunter, who heads up our National Allied Health Professions programme, tells us about our Allied Health Professionals internship programme and introduces some of our newest interns.



In Scotland, we're striving to make sure our health and social care services provide the very best quality of care to people living with dementia and their families.

Whether someone is seeing a healthcare professional as a direct result of their dementia, or whether they have another health concern that is incidental to their dementia diagnosis, it is our ambition that every time someone with dementia is seen by a health or social care professional, that professional is equipped to support them and treats the person with dementia with respect, dignity and understanding.

The Promoting Excellence Framework (2011) is a Scottish Government document which sets out the knowledge and skills required by all staff working across services for people living with dementia and their families. This includes the Allied Health Professionals (AHPs) in NHS services and Occupational Therapists in local authorities.

To support the implementation of the Promoting Excellence Framework for AHPs, I have been working with Adrienne McDermid-Thomas, Alzheimer Scotland Practice Education Facilitator, to develop internships in Alzheimer Scotland. The Alzheimer Scotland Internship Programme offers graduates a chance to get a taste of what the working environment is like and helps them build their professional knowledge and skills.

We started this work in 2013 in partnership with Queen Margaret University and Santander UK and have been able to support a range of AHP internships within Alzheimer Scotland.

To date, we have hosted seven Occupational Therapy interns and one music therapy intern. We're now looking at opportunities to build on our existing



successes and expand the range of internships to include art therapy, dietitian, speech and language, and physiotherapy placements.

All the interns have been successful in obtaining employment after the internship, one coming back to work in Alzheimer Scotland as an Alzheimer Scotland Link Worker. We also have one who will continue to have contact with us in a role as an Occupational Therapy volunteer.

A key part of the intern programme is to support them to share their experiences. They are doing this in a number of ways, from being active on social media, presenting their work at national conferences and writing articles on the Santander international portal. This is a great way of learning from each other and inspiring other people to get involved in providing internships.

The AHP intern programme is working well and it is an absolute pleasure being able to support and supervise our young graduates in Alzheimer Scotland to develop a range of interesting and innovative projects for the benefit of people living with dementia.

We were both eager to fill our summer break with something that would be really interesting, challenging and different

The interns

Meet Rachel Bew and Marianne Wallace. Both are post-graduate Occupational Therapy students at Queen Margaret University and Alzheimer Scotland's summer interns. The students have just finished the first year of the MSc Occupational Therapy programme and will be working with Alzheimer Scotland over the summer before returning to university in September.



Rachel: I have lived in Scotland for the past 10 years. After gaining a degree in Public Policy from the University of Glasgow, I worked as a support worker in Glasgow

and Dundee. I moved to Edinburgh to start the Occupational Therapy course and have really enjoyed being here so far. Occupational Therapy appealed to me as I think that it is a great way of working with people to meet their needs and to maintain or develop their skills to live independently.



Marianne: I graduated with a Psychology degree from Aberdeen University and spent six years working with the National Autistic Society. After initially working as

a support worker, I was then involved in creating and delivering a social communication programme in schools. As an Occupational Therapy student, my desire is to contribute to and be involved with other people's journeys.

Why were you interested in this Alzheimer Scotland Occupational Therapy internship?

We both saw the internship as a great opportunity to learn and develop a wide range of skills over the summer months. We were both eager to fill our summer break from university with something that would be really interesting, challenging and different to

our previous experiences.

The internship also provides opportunities to use the knowledge and skills that we are learning as Occupational Therapists in a completely different context to those we have experienced so far. We know that the internships are still quite new and different and therefore thought it would be interesting to be involved in them.

What will you be doing as an Alzheimer Scotland Occupational Therapy intern?

We will be based in the Alzheimer Scotland policy team and working alongside the Scottish Dementia Working Group (SDWG). We met the committee for the first time on 23 June and are really excited to be working with such a motivated and enthusiastic group of people. We are in the process of developing a few projects with the group, in accordance with their strategic aims and objectives, to further build on the work that they do and to think how we can help as Occupational Therapy interns.

These will include:

- developing 'Twitter champions' and using social media with the group
- changing the face of dementia using photos and images with the aim of showing people living with dementia engaged in meaningful activities and demonstrating what is important to them
- contributing to a "Top Tips" booklet developed with Lindsay Kinnaird, Alzheimer Scotland Research Manager, which will share strategies which members of the group have found useful in helping them to live well and independently

Alongside the work with the SDWG, we will also develop the AHP Instagram account (a photo-based social media platform) with a focus on the importance of meaningful

occupations and staying active and independent. We will be developing a literature review on the use of photos and photography within dementia to support the work we are doing.

We hope by the end of the internship to have designed posters which we can share with the other students at Queen Margaret University and also propose to present at next year's College of Occupational Therapy conference, as well as a range of images that could be used in future projects.

More info

To find out more about what the interns are doing and what being an Occupational Therapy intern is like, you can follow both [Rachel \(@RachelStudentOT\)](#) and [Marianne \(@MWallaceOT\)](#) on Twitter.

They will also be posting photos to the [AHP Instagram account \(@AHPDEMENTIA\)](#) and contributing to the "Let's Talk About Dementia" blog, at www.letstalkaboutdementia.wordpress.com

Why post-diagnostic support matters

Since 2010, Alzheimer Scotland has campaigned to ensure that people with dementia receive a timely diagnosis and high quality Post-Diagnostic Support (PDS) to help them come to terms with their diagnosis, live well with the condition and continue to do the things that matter to them in the communities in which they live.

PDS has been a key strand of the Scottish Government's first two National Dementia Strategies and will continue to be a focus of the third strategy, due to be published later in 2016.

Since April 2013, the Scottish Government has guaranteed a year's PDS for everyone with a new diagnosis of dementia, delivered by a named Link Worker. This guarantee is based on Alzheimer Scotland's 5 Pillar Model of Post Diagnostic Support and is designed to deliver high quality support for people with dementia and to enable them, where possible, to self-manage their condition. This approach moves dementia away from a medical model primarily concerned with the symptoms and clinical nature of dementia, towards one which values the person, their social connections and supports, including that of partners, family, friends and their community.

Why do we need to get Post-Diagnostic Support right?

Evidence shows that proper support after diagnosis is a good investment in both human and financial terms.

Link Workers are skilled in working

with people and families living with dementia. They help to deliver better personal outcomes and contribute to reductions in expensive crisis interventions, such as unplanned hospital admissions and unnecessarily early moves to care homes.

More importantly, from our delivery of PDS through Alzheimer Scotland Link Workers, we know the difference that high quality support makes to the lives of people living with dementia; they tell us how much this support means to them and how much the relationship they establish with their Link Worker reassures them, helps build their resilience and provides information and advice which is crucial to their wellbeing.

Peer support groups are invaluable for people with dementia and their carers. Richard Kelly, a carer for his wife Helen who has dementia said, "You can judge better how to tackle your own problems if you're hearing how somebody else is tackling theirs."

Both Richard and Helen are supported by our West Dunbartonshire services. Helen shared her experience of the support she received from Alison, her Alzheimer Scotland Link Worker, "When I was diagnosed I had



Frani and Karen are living well with dementia thanks to PDS

a Link Worker and she helped me so much. They just seem to be there when you need them." Richard agreed adding, "We got a Link Worker and I could approach her if I had any problems. When Alison comes out to the house she can sit and reassure Helen about the things which worry her."

Karen Lau, who cares for her husband Frani, and who has been supported through our younger persons' service in Glasgow said of PDS, "It gave me hope where there was none – it gave me confidence that we could live well with Frani's diagnosis. I feel that it saved me and Frani's lives. We couldn't have managed without the support."

While we've made great progress with PDS, we know there are still areas in Scotland where people are not able to access this guaranteed support. If you have had difficulties in accessing PDS and would like to share your experience, please email us at publicpolicy@alzscot.org.

More info

If you would like more information on how you can access PDS in your area call our Dementia Helpline on 0808 808 3000 or email helpline@alzscot.org.



Techniques and strategies for improving memory

This May, Alzheimer Scotland and Queen Margaret University hosted a conference on Home Based Memory Rehabilitation (HBMR) for Allied Health Professionals and Occupational Therapists.

HBMR aims to teach people with early-stage dementia techniques to compensate for their memory deficits and includes minor adaptations to the home environment to support these strategies. It is delivered by a qualified Occupational Therapist in the person's own home with their carer, where possible.

Since 2007, Mary McGrath, Advanced Clinical Specialist Occupational Therapist, has been pioneering and developing the HBMR technique at the Belfast City Hospital. Mary has built a strong evidence base to show that a combination of memory drugs and a HBMR can have a significant positive impact on helping people with dementia to retain their independence for longer. At the conference, she shared her research which demonstrates that people with dementia do have the ability to learn and retain new strategies and skills, with support from Occupational Therapists.

Also speaking at the conference was Wendy Chambers, Occupational

Therapy Team Lead at NHS Dumfries and Galloway. She presented on her team's HBMR six month pilot project which took place in Dumfries and Galloway in 2014. Their pilot project achieved similar results to Mary's research; namely that by participating in memory rehabilitation, a person with early-stage dementia can learn to compensate for their memory deficits, to some extent. By learning to use cues from your surroundings and keeping things in context, memory retrieval can be aided. Techniques include using a memory book, memory board, post-its, safety checklist, using a calendar, medication checklist to name a few. These are all things any one of us could use within our daily lives to remind us of daily tasks.

More info

For more info on the Home Based Memory Rehabilitation conference visit www.alzscot.org/HBMRrevent

HBMR should be delivered by a qualified professional, but here are four key principles that are at the foundation of HBMR that can help all of us cope a bit better with dementia:

Don't multi-task. Focus on one thing at a time. Whether that's what you'd planned to make for dinner or trying to recall the name of a school friend from a photograph, putting all of your attention on the task at hand puts less strain on your memory.

Don't guess. If you don't know, you don't know and that's fine. For a person with dementia, the process of making a guess can store that information in their mind, whether that information is right or wrong. For example, if somebody asks what day it is, don't urge them to work it out for themselves, tell them and then reinforce the answer by encouraging them to repeat it and write it down.

Dementia doesn't define you. It's very easy to start defining someone (or yourself) by their dementia. However, you must remember that there is more to someone than their dementia. Loss of self-confidence can have a big impact on a person with dementia's trust in their own ability to remember things or carry out tasks.

Don't over care. For many family members and carers it is a natural instinct to want to support the person with dementia as much as they can. This over caring can mean that even tasks and responsibilities that the person is still capable of achieving are taken away and that can contribute to further decline. Where it is safe to do so, people should be encouraged to continue being involved in familiar activities.



Relative values

Julie Duffus talks to us about being the first participant in a ground-breaking new Alzheimer's study.

I suppose anyone who has personal experience of dementia is passionate about finding out how we can cure or prevent this illness.

Both of my parents, Beryl and Bert, had dementia, so it is something that has had a big impact on my life, I've seen first-hand the devastating effects it has on patients' lives and those around them. Both of my parents were involved in research themselves, so it is important for me to play my part too.

My mum was first to be diagnosed with Alzheimer's disease back in 1997, when she was 84. After her diagnosis, my mum signed up to take part in a drug trial at the BRACE clinic in Bristol. They were testing galantamine (Reminyl) and, when the trial came to an end, the drug was approved by NICE. Mum continued to take it for some years and it seemed to have a positive effect on her. While mum was taking part in the trial, my dad, who was healthy at the time, agreed to donate his brain to research after his death.

In 1999, they moved to sheltered accommodation in Chester to be nearer me and my husband, where we were able to give them more support. Throughout this time, my dad was my mum's full-time carer. He was a wonderful man, so kind and gentle and



Julie Duffus is the first participant to enrol in a major dementia prevention study led by the University of Edinburgh. (Credit Maverick Photo Agency)

he took care of mum incredibly well. They played Scrabble together every day, my dad's own early version of brain training. 'Use it or lose it' he would say. He meticulously recorded all the scores in a book; he was a great record keeper. A look at the score book shows the decline, not only in mum's abilities but, as the years went by, dad's abilities as well. It was particularly difficult for him as, towards the end, she had bowel

cancer as well as Alzheimer's. My mum passed away in 2005, aged 92.

My dad continued to live near us, and in 2009 he was also diagnosed with dementia, although I suspect he was living with the illness for some time before it was diagnosed. His decline was much faster than mum's and it was very difficult for us all as his behaviour changed dramatically.

Back in the late 1990s, when dad signed up with the BRACE clinic in Bristol to donate his brain, he was taken on as a healthy donor. After he was diagnosed, I asked if they would still be interested in his brain, which they were and asked me to fill in a new form, as next of kin. When he died in 2012, aged 89, we contacted them and they were able to take his brain for research. Through the tests they did on dad's brain, they were able to tell us that he had both Alzheimer's disease and dementia with Lewy bodies.

All in all, my family lived with dementia for about 15 years and it wasn't an easy journey. I was proud that both my parents took part in research. They contributed to expanding



our understanding of the disease and hopefully how we can cure or prevent it. With mum, it had a positive impact on her own health too.

With such a strong history of dementia in my family, it was natural for me to sign up to research too, which I did through the Join Dementia Research project. They have studies all over the country and, as my husband and I had moved to Clackmannanshire in 2014, I was matched with the PREVENT Dementia study run by Professor Craig Ritchie at the University of Edinburgh.

The PREVENT study is looking at people in middle age to identify biological and psychological factors that could increase the risk of dementia. I was invited to take part in this study and, in October 2015, I went for my first MRI scan, had various physical and cognitive tests, answered a lot of questions about my family history and lifestyle.

This April I got a call from Professor Ritchie to say that, based on all the information they had collected about me, I had been selected for a brand new study because I was the closest match to their ideal participant based on age, lifestyle, biological factors and family history. That's how I got involved with

the European Prevention of Alzheimer's Dementia initiative (EPAD).

I'm the very first person they have signed up to the trial, which is aiming to recruit 6,000 volunteers from across Europe in this £50 million project.

They're looking to improve the understanding of the early stages of Alzheimer's disease and how it leads to dementia. They hope to identify Alzheimer's disease before the occurrence of symptoms when, in theory, treatments are most likely to be successful in preventing further spread of the disease in the brain.

I've had regular health checks, including blood tests and brain scans. I also take part in cognitive testing – some of those I think I can do pretty well but some of the others are definitely trickier for me!

I'm really proud to be taking part in this research. It is so important to me. With my family history, it struck me that dementia was the biggest threat I'm living with in my life and I want to tackle that. Taking part in the EPAD study means I am doing something positive about this risk. I also think it is important because research like this gives us all hope that we can cure or prevent this disease. Dementia has been a bit of a 'Cinderella' in the past. There has been a long period of time where it was ignored and neglected but now we seem to be getting more investment and recognition and that can only be a good thing.



More info

Find out more about the EPAD at

ep-ad.org

Sign up

to Join Dementia Research at

joindementiaresearch.nihr.ac.uk



"Recruiting Julie as our first EPAD research participant is an important milestone in our quest to better understand the earliest stages of Alzheimer's dementia. Early signs of Alzheimer's disease are often present for up to 20 years before a person develops any symptoms. We believe that if we can identify these people sooner, early intervention may have greater success at tackling the disease."

– Professor Craig Ritchie, Chair of the Psychiatry of Ageing and Director of the Centre for Dementia Prevention at The University of Edinburgh

Around the world

WHO adopt Global Action Plan proposal

This June, the Executive Board of the World Health Organization (WHO) agreed a proposal to develop a Global Action Plan on Dementia. The unanimous decision was made on 30 May at a successful side event on dementia during the 69th World Health Assembly (WHA).

A WHO global action plan will urge a greater commitment by governments worldwide to develop and improve National Dementia Plans, care and support for people with dementia, including the involvement of key stakeholders such as people with dementia and Alzheimer associations globally.

DAI attends UN Rights Convention Conference

Members of the Committee overseeing the Convention on the Rights of Persons with Disabilities (CRPD) met at

the United Nations Conference of State Parties in New York in July to discuss the progress of the treaty.

Professor Mary Radnofsky represented Dementia Alliance International (DAI), the global organisation of people with dementia.

The CRPD is the first UN treaty created and monitored by the people it benefits, with 17 of the 18 members on the Committee having disabilities.

European Joint Action on Dementia

This July, delegates from across Europe visited Scotland to hear about innovation in dementia care as part of the European Joint Action on Dementia Programme.

The Scottish Government is coordinating the work for a three year period from 2016–19, and the recent two-day visit marked the first meeting of the Joint Action Programme Board with Scotland coordinating the programme.

The Joint Action programme involves 15 organisations from 13 member countries, and aims to promote the implementation of coordinated actions to improve the situation of people living with dementia and their carers across the EU's member states. The work will focus on four key areas: Diagnosis and post-diagnostic support; crisis and care coordination; residential care; and Dementia Friendly Communities.

More info

For more information contact

Rona.Tatler@gov.scot

or Gillian.Barclay@gov.scot

Read Mary's blog of the CRPD event at

www.dementiaallianceinternational.org



Save
the
date!



**Alzheimer
Scotland**
Action on Dementia

Christmas Lecture

Wednesday 14 December 2016

The Hub, Edinburgh

4:00–6:30pm, with doors open from 3:30pm

www.alzscot.org/Christmaslecture

More information, including online ticket purchase, will be available on the above link in early autumn.

Books

Little Terry Tiddlemouse and his Countryside Friends

This autumn, 85 year old Joan Porter, who lives in Bearsden will release her first ever collection of children's verse.



Joan, who has Alzheimer's disease, began to invent the rhymes and stories as bedtime listening for her four daughters when they were young. Later, she began putting her rhymes and verses on to paper.

Joan's daughters have been working with Ailsapress founder Cathy Wilson to have the books published. They have been lovingly illustrated by Jessica Excell.

Daughter Arlene said: "It's wonderful to see mum's stories coming to life like this. When we show mum the book

cover and illustrations, she is delighted. We hope that the finished book will bring a huge smile to her face."

More info

Little Terry Tiddlemouse and his Countryside Friends will be available to buy at www.MyBookSource.com from October (RRP £6.99), and will feature at the Tarbert Book Festival from 28-30 October.

Doll Therapy in Dementia Care

For some people, the mere mention of Doll Therapy will induce fears of infantilisation and will be quickly dismissed as inappropriate. The author Gary Mitchell lays out his own initial thoughts of this nature at the start of the book. However, he then goes on to piece together a compelling and well

constructed book that will challenge any practitioner to dismiss this as a valid form of intervention.

The book wrangles with the ethical dilemmas of Doll Therapy. Mitchell gives detailed practice examples from some very well respected services and he ends by offering some very useful practice guidelines. It is an emotionally challenging read but a useful one for anyone in search of the best forms of human intervention for people with dementia and their families.

More info

'Doll Therapy in Dementia Care: Evidence and Practice' is available as a paperback and on Kindle.



Register now!

Staff, Members' and Volunteers' Conference

Including Awards Ceremony and AGM

Monday 7 November 2016, 10am-4:15pm (doors open at 9.30am)
Crowne Plaza, Congress Road, Glasgow, G3 8QT

Our annual conference is a wonderful opportunity to find out what teams across the organisation have been doing this year and our plans for the future.

To attend the event, members, staff and volunteers can register online at www.alzscot.org/agm.

Members can also complete the registration form enclosed with this magazine and return it to the FREEPOST address provided within your AGM information pack.

If you have any queries, please email agm@alzscot.org or call 0141 410 1068.

Challenge Dementia – meet the challengers



Since our Challenge Dementia campaign launched in February, people from across the country have been getting in touch to tell us what they're doing to raise funds, raise awareness and challenge dementia. Here are just a few of the stories...



Pagan Osborne

On Saturday 11 June, 15 people from legal, financial and property specialists Pagan Osborne scrambled their way around the Gung Ho assault course in the Edinburgh Meadows and raised £2,250 for Alzheimer Scotland. The 5k course included 10 immense inflatable obstacles and the finale is Europe's biggest ever inflatable slide.

Jennifer Lowry, Head of HR at Pagan Osborne, explained: "We got people competing from across lots of different offices – St Andrew's, Cupar, Anstruther and Edinburgh – and everyone really enjoyed it. Fundraising is a really important part of bringing our colleagues together in something that's meaningful and enjoyable. Every three years our colleagues choose a charity to support and in 2015 we picked Alzheimer Scotland. Sadly, many of us know someone affected by dementia on a personal level, and, in the course of our work through our Lateryears services, it's an issue we are increasingly facing on a professional one as well, so it is a cause close to many of our hearts."



Nina and Davy

Nineteen year old Nina and her mum's partner, Davy, jumped out of a plane for Alzheimer Scotland in July. The pair from Edinburgh did the jump for Nina's gran, who has dementia.

Nina explained: "We wanted to do something a bit crazy because I know that's exactly what my gran would want. A lot of people thought we wouldn't do it either, so it's a nice chance to prove people wrong. My gran is in the very late stages of Alzheimer's and we're heartbroken."

"Alzheimer Scotland has been such a huge help through our most difficult times. We want to raise as much awareness of the illness so people have a deeper understanding, but also shout about Alzheimer Scotland and the amazing work they do!"



Simon and Karina

In May, 33 year old Simon Spier ran the Edinburgh Half Marathon for Alzheimer Scotland. In a touching blog, his wife Karina shared their dementia story. She explained that Simon was running in memory of his grandma Clarice who passed away with Alzheimer's in 2004, and also for Karina's poppa who is currently living with dementia in Australia. Karina said: "I'm so proud of Simon. Whilst the run is difficult physically for him, it is also a very emotional journey for him as he remembers his grandparents. He is passionate that those living with the disease, directly and indirectly, receive the best support possible."

More info

Find out more about the Challenge Dementia campaign at www.challengedementiascotland.org

Game of Thrones star supports Memory Walks

Game of Thrones, star Kate Dickie, has shown her support for this year's Memory Walks and has encouraged more Scots to sign up to their local walk to help challenge dementia.

The actress spoke poignantly about her personal experience of dementia and of losing her mum, aged just 55.

Kate was just a teenager when her mum was diagnosed with dementia and the actress made the decision never to talk publicly about her painful loss, but having recently seen the positive work of Alzheimer Scotland, she decided to share her story, and to offer her full support. Kate opened up in The Sunday Post, Alzheimer Scotland's official media partner for the 2016 Memory Walk series.

Kate explained: "Now that I can see how Alzheimer Scotland can enrich lives, I decided it was time because I can't say enough about the work that goes on nowadays.

"I think the camaraderie on the walks and knowing you're not the only person or family going through this must be very important.

"Our family felt very lonely living with it, so it's important people feel able to talk about it – and this is a great way of doing so."

Welcoming Kate's support, Anna Devine, Director of Fundraising and Marketing, said: "We are grateful to Kate for sharing her story and lending her voice to support our important work.

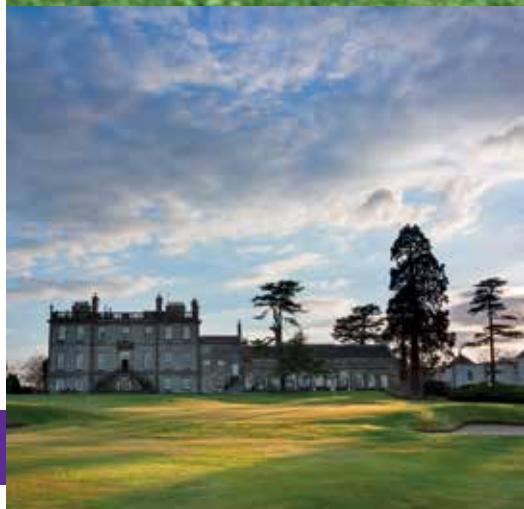


"We need thousands of people to walk with us to challenge dementia once and for all. Together, we can make a huge difference to the lives of people living with dementia and their carers."

More info

Visit www.memorywalksscotland.org to find out more and to register.

Tee off for Alzheimer Scotland



Join us for an exclusive charity golf day and help us to raise vital funds to support the growing number of people living with dementia in Scotland.

**Dalmahoy 18 hole Championship East Course
Tuesday 27th September 2016
£400 for a team of four**

Prizes will be awarded to 1st, 2nd and 3rd and for various competitions on the day.

8:30am Tea, Coffee and Breakfast Roll

10am Shotgun Start

3pm Afternoon meal, speakers, raffle and prize giving

Get in touch to book your four ball team!

Email: corporatefundraising@alzscot.org

Tel: 0131 243 1453



Dalmahoy Marriott Hotel & Country Club,
Kirknewton, Nr Edinburgh, Midlothian, EH27 8EB

Scotmid superstars

Our hugely successful Charity of the Year partnership with Scotmid Co-operative is continuing to bring together customers and colleagues to raise funds and awareness for Alzheimer Scotland. The dedication, enthusiasm and generosity from staff across the Scotmid Co-operative group since our partnership began in September last year has been incredible, and they have already well surpassed their ambitious £250,000 fundraising partnership target!

In May an adventurous eight-strong team of Scotmid Co-operative staff saddled up for a gruelling 300 mile cycle from London to Paris, raising an amazing £37,000 for our charity of the year partnership. June saw some brave Scotmid colleagues from across Fife abseil from the Forth Rail Bridge, and in July, staff from Semichem Broughty Ferry scaled Ben Nevis to raise funds.

Alongside in-store fundraising collections and charity wristband sales, upcoming fundraising events include a 200 mile Aberdeenshire cycle challenge and an epic Three Peaks Challenge, when nine staff members are set to conquer Slieve Donard, Scafell Pike and Ben Nevis in just 36 hours!

In addition to these fantastic fundraising efforts, the partnership has also focused on helping to build dementia friendly communities.

During the summer months, we have hosted pop up dementia information stands in selected Scotmid stores throughout Scotland and have delivered Dementia Friends Awareness sessions to teams across the organisation. We were also delighted to have the opportunity to join Scotmid in their interactive 'Kidzone' at the Royal Highland Show in June to engage families with our work and to collect donations totalling £4,000!

By working together to increase awareness across our shared communities, we hope to encourage those customers and staff who may be worried about dementia to confront their concerns head on and come to Alzheimer Scotland for information, help and support.

Darren Gunn, Funeral Manager at Scotmid Co-operative Funerals, said: "The Dementia Friends session was fascinating, enlightening and very informative. All our staff gained a lot from the session, which was well presented and offered an real insight into the disease and how we can better support those in our community living with the disease."

We cannot thank Scotmid Co-operative staff, members and customers enough for their incredible support of our work over the last 12 months! Together, we can build a better, brighter future for those living with dementia and their families.



West Lothian Housing Partnership staff welcome official dementia friendly status



Staff at West Lothian Housing Partnership (WLHP) have been working closely with our Dementia Advisor in Bathgate, Cherie Raby, to learn what they can do to help customers with dementia. WLHP is the first part of Wheatley Group – Scotland's leading housing and care organisation – to achieve dementia friendly status.

Area Housing Manager, Alan Glasgow, said: "I am proud of the team for achieving this accreditation. It means we can support our customers with dementia living independently in their own communities for as long as possible."

Alan added: "We've improved signage and painted door frames in our office to make it easier for people with dementia to identify where the doors and toilets are. But, more importantly, we appreciate how to communicate with customers who might be struggling to make themselves understood."

Our Charity of the Year partner, Wheatley Group, has committed to working with Alzheimer Scotland towards becoming a dementia-friendly organisation. We are delighted that WLHP is the first part of the Group to achieve this status and look forward to others following suit.

On the podium at the PwC Games!

The sun shone on Saturday 2 July for the inaugural PwC Games at the beautiful Dorney Lake in Windsor, which raised funds for the PwC Foundation 'Race for £3m' campaign. Open to all PwC staff and their families, the PwC Games was a jam-packed festival of sports, competitive challenges and entertainment. Thousands of PwC colleagues and their families from all over the UK took part on the day. From an Olympic triathlon and 10k run, to a Colour Run and a Dragon Boat Race, there was truly something for

everyone. The charity village added to the festivities with live music from the PwC panto team, food and drink stalls, games, crafts and fun activities for all the family. We had a fantastic day! Alzheimer Scotland is delighted to be one of PwC Foundation's six beneficiary charities and we are grateful to everyone at PwC for their generous, ongoing support of our work.



Celebrating our fabulous fundraisers

Here's a snapshot of some of the brilliant fundraising our supporters have been doing over the past few months.



This May, Allan and Susan Gibson of Gibson's Auto Services in Ayrshire drove 'Mysty', a 1954 Land Rover, 715 miles from The Mull of Galloway to John O' Groats. The intrepid pair and their trusty steed raised an amazing total of £2,322 for Alzheimer Scotland.



Helensburgh Lions gave a generous donation of £2000 to purchase movie equipment for the Helensburgh Dementia Resource Centre. So far visitors to the centre have enjoyed Movie Memories and watched the Wimbledon final with the new equipment.

This July we pitched camp with festival-goers at T in the Park. Our amazing volunteers Carrie, Hannah, Ceri and Liz, led by community fundraiser Abby Parkhouse, raised loads of awareness and brought in over £850 in donations.



In May, Alzheimer Scotland runners in the Baker Hughes 10k running festival in Aberdeen raised over £9000. Susan, Natalie, Fiona, Paula, Alix and Mark from BP Logistics (above) raised £1365 towards that total with sponsorship from friends, family and colleagues.

Jordanhill gives back

Jordanhill School in Glasgow raises a massive £17,500 for Alzheimer Scotland.



In Thurso, the wonderful Friends for Fundraising (FFF) group raised £3,500 for local charities, including the Alzheimer Scotland Thurso Services. The group really got stuck in, organising a whole host of events from a clay pigeon shoot to a surfing-themed fancy dress event.



Throughout a year-long partnership, the pupils and staff at Jordanhill School in Glasgow have managed to raise a massive £17,500 for Alzheimer Scotland. The partnership was driven entirely by the senior pupils – including Taylor Sutherland (head girl) and Ian Grant (head boy) – with the support of their teachers and the remainder of the school. Throughout the year, they arranged a number of events including a coffee morning, gala dinner, Halloween disco and more.

Their "Jordanhill gives back" concert showcased a number of incredibly talented performers from the school as well as showing a short film from Scottish celebrities raising awareness about the school and its partnership with Alzheimer Scotland.

Arlene Crockett, Policy and Engagement Manager at Alzheimer Scotland, said, "The pupils have been a pleasure to work with throughout the year. We could not have asked for a more enthusiastic and passionate group to fundraise for us! They have consistently gone above and beyond what we asked of them and the results have been incredible."

Beyond school based events, the pupils engaged in a programme of awareness and learning, both by becoming Dementia Friends and taking part in Challenge Dementia events. Some of the students helped out at a Takeover day in Silverburn during Dementia Awareness Week, while others took part in a sponsored 10k run!

The money raised by Jordanhill School will support the fantastic work of the Community Activity Organiser and Dementia Advisors in the local community.



Interested in becoming a Trustee of Alzheimer Scotland?

The Board of Trustees is responsible and accountable for the overall governance of Alzheimer Scotland. Trustees participate in regular Board Meetings, attend key functions and must carry out their role in accordance with company and charity legislation.

Any member of Alzheimer Scotland is entitled to register their interest in becoming a Trustee. To do this, members must complete and submit a nomination form including support from two nominators who must also be members.

If you would like to receive further information including related governance information, the nomination form or the Trustee nomination process, then please contact Helen Calley on

hcalley@alzscot.org or 0131 243 1453.

Please note that fully completed nomination forms must be received at National Office on or before Friday 9th September 2016 in order to be considered by the Nominations Committee.



The Forget Me Not Ball & Adam McCluskey Pro-Am Golf Tournament

Friday 2 September 2016

The Alzheimer Scotland Forget-Me-Not Ball is a star-studded evening filled with fabulous entertainment, great prizes, and lots of glamour.

Tickets are £70 each or £650 for a table of 10.

VIP tables and corporate packages are available on request.

Why not double up the fun with the Adam McCluskey Pro-Am Golf Tournament?

Teams of 3 can enter to play with one of Scotland's top pro-golfers at the beautifully picturesque Cawder Golf Club.

Teams of three are £660 (£220 each) and ticket price includes access to the Alzheimer Scotland Forget-Me-Not Ball.

Book now at www.alzscot.org/GlasgowBall

or contact Arlene Crockett on 0141 410 0102 or email ACrockett@Alzscot.org



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 **0131 243 1453** if you would like to know more about any of our physical fundraising events.

September

Sun 11 Sept **Great North Run, Newcastle**
Sun 11 Sept **Pedal for Scotland (Glasgow to Edinburgh)**
Sun 18 Sept **Scottish Half Marathon, Edinburgh**
Sun 25 Sept **Loch Ness Marathon Festival of Running**

October

1-2 Oct **Great Scottish Run, Glasgow**
Sun 9 Oct **Forth Rail Bridge Abseil**
Sun 23 Oct **Survival of the Fittest, Edinburgh**

The Crystal Ball

Saturday 26 November 2016

Join the Prestonfield team for this sparkling fundraising evening of fun, food and entertainment in aid of Alzheimer Scotland, hosted by the fabulous Arlene Stuart of Forth 1.

Tickets are £75 each or £750 for a table of 10, and ticket price includes welcome drink, 3-course dinner, half bottle of wine per person and wonderful entertainment.

For further information or to book, please call **0131 662 2305** or email events@prestonfield.com

November

Sat 12 Nov **Kelpies Supernova Run 5k, Falkirk**

Loch Ness Marathon Festival

Sunday 25 September

Soak up the scenery while taking part in this Highland challenge!

From the full marathon to a 5k fun run and the Wee Nessie for the kids, there's something for every runner.

Find out more at www.alzscot.org/nessie or call **0131 243 1453**

Christmas cards

Alzheimer Scotland has taken the difficult decision to cease selling Christmas cards. We know that our cards are very popular and we have not taken this decision lightly. We strive to make the most effective use of our resources to best support people with dementia and their families, and, having reviewed the rising costs involved, we have decided we can no longer support these. We are very sorry for any disappointment caused and we thank everyone who has bought Christmas cards for your generosity.

Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered Office: 22 Drumsheugh Gardens, Edinburgh EH3 7RN. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315.

Dementia in Scotland is published by:

Alzheimer Scotland
 22 Drumsheugh Gardens
 Edinburgh
 EH3 7RN

Phone: 0131 243 1453
 Email: info@alzscot.org
 Website: www.alzscot.org
 Facebook: AlzheimerScotland
 Twitter: @alzscot

 #memwalkscot



Memory Walk 2016

Who will
you walk
for?



With **20 Memory Walks** taking place across Scotland, we need you to put your best foot forward and join us to help people living with dementia in Scotland.

Register Now at memorywalksscotland.org



Memory Walk

Walking together with



Alzheimer Scotland - 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. www.alzscot.org

