

Issue 68 - Dec 2009

Dementia in Scotland Newsletter

£1.50 (Free to members)



Alzheimer Scotland
Action on Dementia

Inside this issue

- Dementia Charter and Manifesto launched
- KPMG meets the challenge
- AGM report
- Individualised support in practice

Dementia Charter and Manifesto launched

Earlier this year we consulted members, staff and supporters on our proposed Dementia Manifesto and Charter of Rights for People with Dementia and their Carers. Many thanks to everyone who gave their valuable time to responding to the consultation. We received responses from over 500 people who responded to our five roadshows, nine focus groups, an on-line questionnaire and consultation pack. About 60% of our respondents were people with dementia and carers and 40% professionals.

How did you respond?

- You gave us your overwhelming endorsement for both documents, with some very constructive comments on how they might be improved and points clarified
- Some of you raised the potential conflict between meeting the needs of people with dementia and the needs of their families
- Some of you asked if we were being realistic in our demands, yet
- Everyone agreed that people with dementia and their carers should have a right to receive high quality services throughout the illness and that is why the Charter and Manifesto are so important
- You said that the Manifesto and Charter would help to empower you to press for the services that are needed.

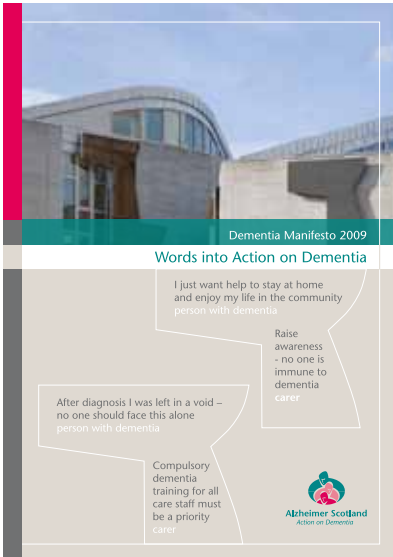
In our Manifesto, we call for the Scottish Government to ensure the successful implementation of an adequately resourced, comprehensive, long term Scottish Dementia Strategy. We also call for the Government to commit to facilitating the development and implementation of Local Dementia Strategies led by NHS Boards and local authorities working in partnership. A key element of this must be the establishment by the Scottish Government of a Change Fund of at least £15 million a year for the next five years to help local authorities and NHS Boards to unlock and redirect resources into early intervention and personalised support for people with dementia and their carers.

In addition, we call for the Scottish Parliament to introduce legislation to improve measures for personalisation

of care and support; mandatory dementia care training for all health and social care staff providing care to people with dementia; and regulatory standards relating to training in dementia care; local authorities to commission specialist dementia care services to improve the quality of life and standards of care for people with dementia; and to put an end to large-scale tendering for generic services that include people with dementia; and for the UK and Scottish governments to increase funding for research into dementia.

For a free copy of the Dementia Manifesto contact Aileen Bradford on 0131 243 1453; email: abradford@alzscot.org or visit www.alzscot.org/pages/policy/dementia-manifesto.htm

The Charter of Rights for People with Dementia and their Carers in Scotland was launched at Holyrood by the Scottish Parliament's Cross-Party Group on Alzheimer's on 8 October. Over two-thirds of all MSPs signed the Charter and a major achievement was to gain the support of the Scottish Government, from Shona Robison, Minister for Public Health and Sport, in the private member's debate on the evening of the launch. Alzheimer Scotland and the other organisations involved in the Charter were applauded by MSPs on the floor of the chamber.



The Dementia Manifesto which was launched at our World Alzheimer's Day lecture on 22 September.



Irene Oldfather MSP with the signed Charter

The Charter and Manifesto documents will be instrumental in helping Alzheimer Scotland to influence the development of the Scottish Government's Dementia Strategy. We will also be producing a handbook of Rights for People with Dementia and their Carers in the coming months.

To see the charter visit www.dementiarights.org/ or contact Jan Killeen as below.

Jan Killeen

Policy Director, Alzheimer Scotland
jkilleen@alzscot.org

Pre-budget report

The Chancellor's Pre-budget report this month contained several measures which will impact on readers of Dementia in Scotland, including:

- the basic state pension will go up by 2.5% in April 2010
- those who want to stay working part-time after they reach retirement age will, if they are over 65, find it easier to receive working tax credit, as the minimum number of hours they need to work to be eligible will be cut from 30 to 16 hours a week
- the Standard Minimum Income Guarantee within Pension Credit will increase above indexation in April 2010, rising by £2.60 to £132.60 for single pensioners and by £3.95 to £202.40 for pensioner couples. This will ensure those on the lowest incomes benefit from the rise in the basic State Pension
- Pension Credit also rewards those pensioners that have made modest savings for their own retirement. From April 2010, the Savings Credit threshold will be £98.40 for single pensioners and £157.25 for pensioner couples
- by 2012, contributions by the government to public service pensions for teachers, local government, NHS and the civil service will be "capped", to save about £1 billion a year. Public sector workers will also have to make bigger contributions to their pensions
- The Warm Front scheme will be extended to 75,000 more homes, and as many as 125,000 homes will be eligible for a boiler scrappage scheme to replace old domestic boilers with new ones. This scheme should be worth £400 per eligible household and is aimed to start next year
- VAT will revert to 17.5% as of 1 January 2010

- All employer, employee and self-employed rates of National Insurance will rise by an additional 0.5% from April 2011. That is in addition to the 0.5% increase announced in the pre-Budget report last year. However the starting point at which NI is levied will rise. The chancellor says no one earning less than £20,000 - about 15 million people - will pay any more national insurance as a result
- the inheritance tax allowance is frozen at £325,000 in 2010-11.



New advice service for older people

In November, the Scottish Government announced that it would be providing funding to the tune of £700,000 to a new welfare rights service for older people. The Older People's Advice Service (OPAS) will target over 60s in the most deprived parts of Clackmannanshire, West Lothian and North Lanarkshire.

The project aims to combat poverty and financial exclusion by improving take-up of older people's benefits with particular emphasis on clients who have health problems, are housebound, or who live in remote areas. The new service is based on the success of the Older Persons Advice Project (OPAP), launched in 2005, which has raised more than £2 million in unclaimed benefit income.

Advice is delivered face-to-face in the person's own home, engaging with those people without access to the internet or who do not want to discuss these issues on the telephone.

Linkwide, a charitable subsidiary company within the Link Group, will deliver the service. For more information contact OPAS on 0845 002 0941 or email opas@linkhalt.co.uk.

More palliative care success

Our work on palliative care continues to go from strength to strength. The Palliative Care Initiative announced in our June newsletter has developed a new training course relevant to care workers from backgrounds including health, social care and care homes. The course materials include a Facilitator's Guide designed to enable facilitators to deliver the course together with three workbooks for participants entitled:

- Communication and the person with dementia
- Communication towards the end of life for the person with dementia, their family and friends
- Communication with family members and friends.

The notes in the Facilitator's Guide include background information about dementia and different models of care. There are also a number of extracts from research papers about dementia and palliative care. These will allow facilitators to become more confident in delivering all aspects of the course.

As part of the initiative, a free one-day course is being provided for up to 60 trainers, to provide them with the knowledge and skills to deliver

the course in their own workplaces. Several courses for facilitators have already taken place and there has been a great deal of interest from organisations wanting to purchase the course materials.

At a recent *Living and Dying Well* conference in Edinburgh on 3 December, delegates were asked to vote on the presentation and content of posters displayed, with the winning two presentations getting the opportunity speak to the conference. Our poster won first place giving us the chance to "sell" our initiative to an audience of almost 200 people in the Scottish palliative care field.

If you would like to know more about the Palliative Care Initiative, contact Hazel Walker, Learning Development Manager, Alzheimer Scotland; tel: 0131 243 1453 email: hwalker@alzscot.org or Jenny Henderson, Lead Field Worker, Alzheimer Scotland; tel: 01387 261303; email: jhenderson@alzscot.org

KPMG - meeting the challenge

James wins UK award

James McKillop is a founder member and past Chair of the Scottish Dementia Working Group, as well as a regular speaker at national and international conferences for many years.

In September, James and his wife were on holiday in York and accepted an invitation to attend a dinner at the Dementia Services Development Centre's 3rd International Conference. Little did he know there was an ulterior motive to the invitation.

During the dinner, the winners of the Dementia UK Awards 2009 were announced. The awards provide an opportunity to celebrate the important work undertaken to support people with dementia in the UK. They were designed to recognise organisations and individuals who have worked to improve the quality of life for people with dementia.

James was surprised and delighted to win the award for Outstanding Contribution to the Field of Dementia, an award sponsored by Dementia Services Development Trust.



James recently resigned from Alzheimer Scotland's Council. The picture above shows him receiving a gift in recognition of his service from Christine McGregor our Vice Convener

From time to time, Alzheimer Scotland is approached by companies looking for opportunities for their staff to undertake team challenges. Many work-based teams take part in physical challenges such as running marathons or walking the West Highland Way to raise funds for our work while other teams have supported us by creating a garden or putting together memory boxes for our services.



This year KPMG, one of the country's biggest audit, accountancy and consultancy firms, asked us to come up with some different challenges for their Scottish staff which could be carried out in work time. How could we put their time and skills to best use? We asked our services to come up with a wish list to discuss with KPMG. Just recently, two teams have completed two challenges from our list, one in Glasgow and one in Edinburgh.

Many people had commented on the reception area at our Oxford Street premises in Glasgow in the past. Most of the comments were not exactly positive, saying it was cold, bare and uninviting. Everyone from service users to staff agreed that something needed to be done. People were consulted about what they'd like, money was identified and some lovely new ideas began to take shape. But money was tight. How could we keep costs down without compromising?

Then came a suggestion. Would KPMG be willing to paint the reception area? The answer was yes and a date was set.

On the day, five willing volunteers arrived and by late afternoon the cold grey walls were warm and glowing and the whole area transformed. It was only the beginning, but it gave us a solid base to work from. The renovation is still progressing and we would like to say a big 'thank you' to Tom Wills, Rachel Vannucci, Rod Petrie, Terri Borain and Charlie Biggar from KPMG for giving their time and energy to something that has brightened up the day for so many of the users of our building and made our reception a much more welcoming place.

The Edinburgh challenge was to get KPMG staff to deliver Helpline leaflets, cards and posters to as many of the 72 GP practices in Edinburgh as possible in a few hours. In the past we have sent out similar information by post but we hoped that the "personal touch" would encourage more practices to display the information. We wrote to each practice in advance letting them know when the volunteers would be arriving so it didn't come as a surprise.

On 19 November the team arrived for a quick briefing and to collect their packs of information. KPMG had also volunteered to organise a party for service users at our Early Onset Support Service in Edinburgh that afternoon so the team was under even more pressure to complete the task. They managed to deliver packs to 62 practices in total - a sterling effort given the problems getting around Edinburgh with the dreaded tramworks. Many thanks to all the team, who must have been exhausted by the end of the day.

If you know of any organisation or company looking for a team challenge, why not suggest they do something to support Alzheimer Scotland? Interested parties should contact Catherine McGowan in our Fundraising Team on 0131 243 1453 or email cmcgowan@alzscot.org



Seize the Day brings people together

The Seize the Day project is funded by the Big Lottery Fund to support people recently diagnosed with early dementia in Aberdeen City and Aberdeenshire. The aim is to help these individuals and their families understand and manage their diagnosis of dementia through self-management workshops and peer support.

So far, we have been providing opportunities for people to meet informally, to help them realise they are not the only people coping with early dementia and to share ideas about how to cope.

We have held various successful coffee mornings with small groups but decided to organise a bigger lunch event in Aberdeen to bring more people together. 23 people with dementia and carers came along, together with five staff from Alzheimer Scotland and one support worker. The group gelled very quickly and it didn't take long for the room to be buzzing with conversation as people met old friends and went about making new ones. Members of the Positive Dementia Group attended and ensured that anyone new to the group felt welcome.

Three couples attending were at their first get-together of this type and joined in whole-heartedly with conversations with the others, with one woman expressing how much she was enjoying the event and having the chance, for the very first time, to speak to others in the same position as herself. This lady and her husband were introduced to a couple from the Positive Dementia Group and carried on chatting together for quite some time after most of the group had left, obviously finding much in common to share. Another woman expressed how lucky she felt to be part of the event and that if her husband "didn't have this illness, I would never have had the chance to meet such lovely people".

Two couples who met for the first time found they had plenty to talk about, with lots of conversation both between the wives, and also the husbands who both had a diagnosis of dementia.

This was a common theme running through the comments at the event with many people exchanging contact details to get in touch again after the event, showing the importance of these social get-togethers and introductions.

If you want to know more about Seize the Day contact the team (Rosie Leavett, Project Manager, Audrey Lamb, Project Worker and Dianne Tomas, Project Administrator) at our offices on 492 Union Street, Aberdeen AB10 1TS or tel: 01224 644077; email: seizetheday@alzscot.org

Celebrating 25 years of caring

Dumbarton Carers' Group recently celebrated their 25th anniversary with a 'reunion' of current and previous members. The group was set up in 1984 by Dumbarton woman Betty Currie, who was then caring for her husband who had dementia.

The group has continued to meet monthly since then, providing carers with information, advice and support on many aspects of dementia care. The informal setting enables carers to give/receive mutual support and learn from one another. Speakers are often invited to the group to provide information on topics such as respite, dealing with difficult behaviour, and medication.

Volunteer Barbara Barnes, who has been supporting the group since it started, facilitates the group along with volunteer Liz Grant, and Margaret Oliver, Carer Support Worker. In addition to support meetings, the group organises social activities and fund-raising events.

The reunion brought together many carers who have attended the group over the years. Henry Simmons, Chief Executive of Alzheimer Scotland, opened the evening, congratulating the group on its success. Thereafter the evening was in full swing with much laughter and reminiscing! A buffet supper and drinks were served. Carers completed a Memory Book, recording their individual thoughts on what the group meant to them during their caring roles.

The group takes place on the second Thursday of every month in the Elm Centre, 7 Eastfield Place, Dumbarton, G82 1EB (7.30 pm - 9.00 pm). Further information can be obtained from Margaret Oliver, Carer Support Worker, (01389) 733102 or email moliver@alzscot.org.

An example of individualised support



Olga Ferguson retires



Olga Ferguson retired in August 2009 after 16 years as Co-ordinator of the Pentland Wednesday Club, based at the Pentland Community Centre in Oxgangs, Edinburgh. The volunteers and staff gave Olga a great send off at her retirement party.

A key aim for Alzheimer Scotland is to provide people with dementia with individualised support which enables them to maintain and develop their skills and interests for as long as possible. Service user, Bill Simpson, gives an example of how this can work in practice.

I am a retired mechanical and electrical engineer and did a bit of teaching in my younger days at Robert Gordon University at Garthdee, Aberdeen. I try to keep abreast of new techniques by attending the Aberdeen Mechanical Society. Carol, my support worker, organised a day's visit to Robert Gordon University to be shown round and get some hands on experience.

The moment we arrived, we were met by Stephen Allardyce who is a lecturer who then showed us round a few of the classrooms and showed us work from first year students to third year students. Some of the machines I used to use myself but they are a bit more modern now - it fair took me back to my younger days.

We were shown and demonstrated the electronic powered devices which were made by the students e.g the computer controlled car which is capable of following a circular path by

sensors. I especially liked the Remotely Operated Vehicle which is controlled by hand and is submersible and can take photos of the sea bed. I got to try out this one.

That took us up to lunch time when we went to the Art Gallery and had a nice lunch. In the afternoon it was more practical experience and I got to try out some of the equipment including a Robotic Arm machine to pick up a piece of wood - it was controlled by wrist and hand movement.

There was an old Formula One racing car but I didn't sit in it as I wouldn't have managed to get out of it again as they were very low and uncomfortable. I also got to try out a tensile tester which showed the breaking point of two different kinds of metal and how they react under stress.

Everyone I met was very helpful and patient with me as I asked a lot of questions. At the end of the day I was very tired but have taken away a lot of memories that I can look back on.

Thank you. It would not have been accomplished if not for your dedicated staff at Alzheimer Scotland.

Bill Simpson

Fundraising News

Our M & S



M&S staff presenting a cheque to Catherine McGowan, centre

Staff at Marks & Spencer, Princes Street, Edinburgh, raised £11,412 for Alzheimer Scotland in 125 days as part of their 125th anniversary celebrations. They took part in activities including a Penny Bazaar, an in-store cycle and a sponsored walk. Well done to everyone who took part!

Strathmore Airs and Grace Notes Volume 2

Sandy Ingram of Glamis has published a second volume of "Strathmore Airs and Grace Notes" following upon the success of Volume 1. These tunes are his own compositions written in the Scottish traditional fiddle idiom.

Sandy recently presented Pat Brodlie from our Angus Service with a cheque for £5,000, raised from the sale of his musical compositions. The presentation was made in the presence of The Earl of Strathmore whose mother, Mary, Dowager Countess of Strathmore, wrote the foreword.

The book and Sandy's three CDs costing £5 each are available from the Alzheimer Scotland office at 1c Millgate, Arbroath and from Sandy Ingram, tel: 01307 840223.

TV Christmas Appeal

The popular ITV programme 'This Morning' is supporting the Alzheimer's Society this Christmas, and Alzheimer Scotland will receive a proportion of the funds raised. The appeal closes on 31 December. There is more information at www.itv.com/lifestyle/christmas/christmas/appeal.

Helensburgh Branch

One of our recent events was a garden opening in Helensburgh at which £1,550 was raised. This was entirely due to the garden owners, Dr and Mrs David Morton who put an enormous amount of work into preparing the garden and publicising it among their friends. They were so keen to raise as much as possible that when they celebrated their Ruby Wedding shortly after the opening they asked guests to make donations to the fund.

Great Scottish Run



Marcus Bohlin from Coatbridge ran the Great Scottish Run for us in September and has raised a staggering £1,693. Marcus is in the Royal Navy and badgered friends and colleagues relentlessly to get to such a great total. Marcus was inspired to raise funds for us because his grandfather Davie Isherwood has dementia.

West Highland Way



Stewart Roy, Norman McDonald, and Linda and George Fyfe, all from the Dundee area, walked the West Highland Way through some of the wettest weather they had ever seen. But their efforts were well worth it as they raised £2,528.



Andy Wilson from Bothwell taking a break from pedalling after cycling 250 miles in four days from London to Paris, on a folding bike! He raised over £1,500 for our work.

Kilimanjaro for my Mum and Alzheimer Scotland



2009 has been a year to celebrate and a year to remember.

I decided to celebrate my 50th birthday by doing something I enjoy, but in a big way combining my interests in walking, photography and travel and at the same time remembering the life of my mum and the care provided for her in her later years by Alzheimer Scotland.

In September, I embarked on a climb of Mount Kilimanjaro. At 5895 metres (19340 feet) above sea level it is the highest mountain in Africa and considered to be the highest free-standing and highest walkable mountain in the world. In addition to these measures I was looking for a new experience in respect of mountain trekking, camping, high altitude (the atmospheric pressure is 40% of that found at sea level - less oxygen) and hopefully some good photographs. I achieved all of that, had some great company for a week and a lifetime of memories.

The trek also provided an opportunity to raise funds for Alzheimer Scotland. I had a wonderful adventure and am very grateful to my supporters who have contributed almost £3,000 to this very worthy cause. A big thank you to every one of them.

Mike Farrance



Katie Leel from Westhill, Aberdeen ran the Loch Ness Marathon for us on Sunday 4 October, raising £1,285.

Cuban Revolution Cycle



Frances (front of picture) with sister Christine

Frances Bethune from Edinburgh took part in the Cuban Cycle in November.

She was set a huge fundraising target and to date has raised £2,226 with more coming in. As part of this huge total Frances and her family have all been involved with a Cookery Book of her Mum's favourite recipes entitled Joyce Bethune's "Holm Baking".

Frances and her sister Christine organised a display at Stevenson College Library during Dementia Awareness Week.

Channel Swim



Left to right Richard Parker, John McMillan, Kevin Gilchrist, Paul Meenaghan

Kevin Gilchrist from Langbank persuaded three friends to join him in swimming the English Channel. He said: "We always knew it would be a difficult challenge, but conditions and the fact that most of the swimming was done at night made it harder than we expected. We eventually reached France at 4.14 am on Thursday 24th September having left Dover on Wednesday 23rd at 1pm". The intrepid quartet raised almost £5,000 for Alzheimer Scotland.



Standing Left to Right: Kenny Adams, Steve Duncalf, Ross Richardson. Kneeling: Arthur Murphy

KCA DEUTAG takes on the Monster Challenge

The KCA DEUTAG team finished 51st out of 278, completing the 120km First Monster Challenge duathlon in 7hrs 5mins 49secs. At the time of writing they had raised £1,220. This unique and gruelling event, which also included celebrities such as Gavin Hastings and Nell McAndrew, saw each team member run an average of 10km and cycle around 20km to complete the route.

Team member Ross Richardson said: "Although a 10km run and a 20km cycle doesn't sound much, the running stages and one of the cycling stages follow the Great Glen Way which is off-road and very hilly, with the remainder being along the southern shore of Loch Ness. There's some serious stuff here with one

cycling stage rated as 10+ out of 10 for difficulty!"

This was a day of heroics, team work, blood, sweat, tears and all round fantastic fun leaving the team with a tremendous sense of achievement and a real determination to return in 2010 with a target of a top 50 position and a sub-7 hour time.

Speaking on behalf of the team, Ross Richardson said: "We are delighted to have competed for Alzheimer Scotland who help people with dementia live their lives with dignity. We are delighted to have raised some serious money for the charity."

Alzheimer Scotland is Aberdeen-based oil and gas drilling contractor KCA DEUTAG's charity for 2009 and this event is one of several which aims to raise money for the charity.

Subjects wanted for clinical research study

The Glasgow Memory Clinic is recruiting subjects for the Concert Study - a late-stage clinical research study with the goal of determining whether a drug called Dimebon, combined with Aricept, safely improves cognition, memory, daily functioning, behaviour and the ability to care for oneself. Subjects must:

- have Alzheimer's disease,
- be currently taking Aricept, and
- have a caregiver who can accompany the subject to doctor appointments at the study site.

Please note: Alzheimer Scotland is not involved in this research in any way and cannot answer any specific questions about it. Before agreeing to take part in any research, we would strongly recommend asking as many questions as possible and reading any information supplied. Alzheimer Scotland has an information sheet *Volunteering for research into dementia* which includes a useful checklist of questions. Call the Dementia Helpline on 0800 808 3000 for a copy.

To find out more, contact the Glasgow Memory Clinic on 0141 948 0206 or visit www.CONCERTstudy.com.

Marion's birthday gift

When family and friends of Marion Stevenson from Ormiston, East Lothian asked what she would like for her 60th birthday, she said she would like them to raise money for Alzheimer Scotland rather than gives her presents or have a big party. They took Marion at her word and raised a fantastic £1,430.

Marion's donation was very timely as our Midlothian and Lothian Early Onset Support Services were about to start a new venture in East Lothian with the appointment of two new Specialist Dementia Carer Workers and the opening of a new Dementia Café in Musselburgh. Marion's generosity will go a long way towards meeting the running costs of the new café.



Photo shows Marion (centre) handing over a cheque to (left) Alaine Chalmers (Assistant Service Manager) and (right) Shona McDairmid (Specialist Dementia Carer Worker)

The Dementia Café is a place where people with dementia can come, with their carers, for support and social contact. Held from 11am-3pm on the first Wednesday of the month at St Andrews High Church, Musselburgh. Snack lunches are available for a small charge.

For more information, contact Shona or Hazel at Alzheimer Scotland Tel: 0131 654 1114.



Forget-Me-Not Project celebrates first year

The Forget-Me-Not Project in Glasgow matches up volunteers with people with dementia living in care homes, either on a one-to-one basis or with small groups. At an event held to celebrate the first year of the project, a relative gave a speech describing what she and her relative have gained from the project. The following extracts show the difference it has made in just a few short months. Names have been changed to respect confidentiality.

"I first heard about the Forget-Me-Not Project in February this year at a talk given by John Kelly from Alzheimer Scotland. At that time my Mum had been in a residential home for three and a half years and I had only managed to take her out once in that time. I spent many fruitless months last year trying to get help for us, but there was no-one who could help me as we had the double problem of me being blind and my mother having Alzheimer's. So it was with little hope that I asked about Forget-Me-Not.

A couple of weeks later, Fay [the project coordinator] phoned and discussed more thoroughly what I was looking for and said she could possibly help me. She rang me again in May to say she had found a volunteer willing to work with Mum and me. I found it difficult to speak with Fay because my emotions were running so high, and when I came off the phone I burst into uncontrollable tears of joy.

Anne-Marie probably doesn't realise herself just what a difference she has made to our lives. We have played card games together, looked through some books of short poems, or picture books, shared many photos, but most of all we have been out three times for a walk.

I think an able-bodied person would struggle to realise the difference it makes to Mum's life to be able to go out, to have the fresh air, to feel the breeze blowing in her hair, to do ordinary things like say hello to someone passing by, or fuss a dog, to see the different leaves and trees, and from last Sunday her most prized possession - a conker which Anne-Marie found for her in the park. She bore that home with her and no warrior could have been more proud of his sword.

When I visit Mum she always asks "Is that girl coming today?" and if I say yes, she says "Oh good!" When Anne-Marie has left, she invariably says "I like that girl, she's really nice isn't she?". She lights up when she sees Anne-Marie and told one of the staff "This is my pal". It's lovely for me to see how much she likes Anne-Marie and values the time that we share with her. I have no other family so there is just me and my husband to visit Mum, so it is nice for her to have another face to see.

Having a volunteer has given me more dimensions in my relationship with my Mum because before Anne-Marie I could only sit with her in the home whereas now we have many more interests we can share. It has given Mum interests and stimulation to enrich her life and bring her pleasure. We all have a good sense of humour and enjoy laughing together."

If you live in Glasgow and would like to know more about the Forget-Me-Not Project, contact: Fay McCormick, Forget-Me-Not Project Co-ordinator, 81 Oxford Street, Glasgow G5 9EP; tel: 0141 418 3930; email: fmccormick@alzscot.org

AGM Report

This year's Annual General Meeting and Members/Staff Conference was held on 6 November at the Glasgow Thistle Hotel, attended by more than 130 members, staff and volunteers.

Convenor Noni Cobban reported that 2008-09 had been a good year for the organisation as a whole, but in particular in terms of fundraising with our fundraised income having increased considerably on the previous year, in spite of the difficult economic climate. She thanked all the fundraising staff and volunteers for their continued support. She also mentioned ongoing plans to extend the reach of the organisation to as many people as possible. [Examples of these plans are contained within the Annual Review sent to all members with this newsletter - non-members can see the review on our website at www.alzscot.org/pages/about/annualreport.htm]

Noni also intimated that Treasurer Stan Cairnie had resigned to spend time travelling abroad. She extended thanks to Stan for the work he had done for Alzheimer Scotland over the past eight years.

Recognition of outstanding achievement

Chris McGregor, Vice-Convenor, said that Alzheimer Scotland could not function without some 1200 men and women throughout Scotland, staff and volunteers. We recognise and applaud their talent, dedication and training and what they give to people with dementia, directly and indirectly. The contribution of volunteers can sometimes be less evident because it goes on quietly - in our day care, on the Helpline, in our charity shops, in fundraising.

The Awards Committee, represented by Barbara Barnes, Gill Boardman, Chris McGregor and Henry Simmons, had agreed to limit the number of awards given each year to three. A large number of nominations had been received this year which were

all worthy of selection and the Committee had to think long and hard before making its decisions. Awards were given to:



Award winners Front row: Forget-Me-Not Belles; Back row Left Len Mitchell; centre Jean Napier

- **The Forget-Me-Not Belles** (Maureen Black, Dorothy Harvey, Isobel Hosie, and Mabel Taylor) who have raised over £30,000 from their fundraising events in Angus Services. Their latest cheque for £5,930 was the proceeds of their charity shop held during Dementia Awareness Week. The ladies organise fundraisers throughout the year such as sponsored walks and prize bingo sessions but they are not averse to a bit of danger having taken part in sky diving and abseiling to raise even more money
- **Jean Napier** who has volunteered in our day care centre in Renfrewshire Services three days per week, every week for almost 20 years, only recently cutting down to two days. She is the longest serving member of the team and an inspiration for new staff or volunteers coming on board
- **Len Mitchell** has been a volunteer driver with the Dundee Service since it started in 1992. He first became involved as his mother attended our day care for many years but even after she had to move into a care home, Len continued with his commitment to our service and brought other service users into day care.

Dementia Advisor initiative launched

In the September issue of Dementia in Scotland we announced that we were advertising for Dementia Advisors to provide a local point of contact for people with dementia and their families and friends, at all stages of their journey from diagnosis through to end of life. After a very successful recruitment process, we have recruited 17 Advisors across Scotland in this first stage of our plan to have at least one Advisor in every local authority area.



Four of our new Dementia Advisors

The AGM was the ideal opportunity to officially launch the Dementia Advisor initiative, with 13 Advisors able to attend for a photo shoot with our President Lord Sutherland.

Let them eat cake!

Some of our staff and volunteers have been trying less strenuous ways of raising funds by trying out recipes to put into booklets to sell on our behalf.

Low Fat Treats

Is There Life without Cake? is a booklet written specifically for people on low-fat diets. With recipes from scones, pancakes and gingerbreads to apple cakes, banana cakes, muffins, frosted carrot cake and even Christmas cake, there is something for everyone. There is also a nutritional breakdown for every recipe.

The booklet comes from the vibrant Healthy Working Lives group in Glasgow & East Dunbartonshire region who all had the difficult job of tasting the results. The idea and the hard work came from Gail Chatterton who works at our supported accommodation service at Croftspar Place. It is already a big hit and is selling well.

Order your copies from Isabel Lappin, Alzheimer Scotland Regional Office, 81 Oxford Street, Glasgow G5 9EP; tel: 0141 418 3930; email oxfordstreetreception@alzscot.org

Payment (£4 plus postage and packaging) can be made by cheque (made payable to Alzheimer Scotland) or credit card. Postage for one copy is £0.50; for 2-4 copies it is £1.00



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Woodlands Baking Recipe Book



Staff and service users at Woodlands

A recipe book featuring dozens of tried and tested home-baking delicacies is the latest means of raising funds for Alzheimer Scotland's Woodlands Centre in Inverness.

Baking is one of the activities enjoyed by many of the service users at Woodlands. To help with this activity, staff began to produce easy-to-follow recipes featuring large, easy to read print, photographs and well set out instructions. As recipes accumulated, staff saw the potential for raising funds by collecting them into a *Woodlands Baking Recipe Book*.

Day Centre Organiser, Wendy Burges, said: 'All our recipes came from people associated with Woodlands - service users, carers and relatives, staff and volunteers. Service users helped to test the recipes and to choose the colour photographs that accompany each one. And one of our service users drew the picture on the recipe book's front cover.'

The Woodlands Baking Recipe Book costs £5.00 and can be ordered from the Woodlands Centre, telephone 01463 713424.

Three Bridges Walk

It's not all about testing healthy cake recipes for our Glasgow & East Dunbartonshire Region's Healthy Working Lives Group. The Group also tries to combine healthy eating with a bit of exercise and social activity. Staff, service users, carers and volunteers overcame a rather damp day to take part in the Three Bridges walk where they were regaled with information on the history of the bridges as they strolled over the Suspension Bridge, the new "Squinty" Bridge and the rather older Glasgow Bridge, before returning to Oxford Street to taste some home-made (by Gail, Isabel, Carole and Anne) fruit smoothies and lentil soup with wholemeal bread. More walks are planned for later in the year.



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