

Issue 70 - September 2010

Dementia in Scotland Newsletter

£1.50 (Free to members)



Alzheimer Scotland
Action on Dementia

Inside this issue

- Scotland's Dementia Strategy launched
- Tax Help for Older People
- Scottish Dementia Clinical Research Network update
- New dementia DVDs available





Editorial

Here in Edinburgh we have just come to the end of the Festival with all its hustle and bustle and its usual huge range of performances and exhibitions.

I have to confess to getting a bit irritated at Festival time, especially when everyone else seems to be on holiday, and even walking along the street takes forever, with all the visitors dawdling about looking at the sights – and don't get me started on how busy the trains are! So I tend not to bother going to any of the shows.

This year, however, I was drawn to attend one event called *Living with dementia: my mother and I*, in which actor and writer Simon Callow was in conversation with Malcolm Goldsmith, one of the trustees of charity Faith in Older People, about the journey Callow and his mother have taken through dementia. The audience packed into St John's Church were moved (and amused at times) by Callow's description of his, admittedly, eccentric mother who brought him up on her own while working as a respected company secretary.

It was particularly poignant to hear him speak about how his mother's love of music, appreciation of nature, and her Catholic faith had all but left her as her illness took greater hold. But what moved me to tears was his description of a recent occasion when he was visiting his mother in her care home. He explained that his mother was now largely unable or unwilling to communicate verbally but one day she suddenly asked "How are you?" He replied that he was busy and working hard then turned round the conversation to remind her of how hard working she had been and how respected by her employers. "Really?" she said. "You mean I had some value?"

Maureen Thom

Editor – Dementia in Scotland



Memory Bus Appeal

Many thanks to those of you who have already generously supported our Memory Bus appeal. For those readers who haven't received an appeal letter, we are trying to raise £50,000 to purchase and fit out a vehicle so we can provide a mobile information and advice service.

The Memory Bus will help us reach people across Scotland, wherever they are, bringing information and advice to those living with dementia, and raising awareness of dementia in our local communities. We want to take the bus to shopping centres, car parks, village halls, farmers' markets, and high streets, from Yell to Yetholm, and all points in between.

If you would like to help us make the Memory Bus a reality, please contact our Fundraising Team on 0131 243 1453.

Alzheimer Scotland News

World Alzheimer's Day Lecture 2010 – tickets going fast

Our 10th WAD lecture will take place from 6-8pm at Ghillie Dhu, Shandwick Place, Edinburgh on 21 September. Our speaker this year is Professor Emma Reynish, a consultant physician in Internal Medicine and Geriatrics at Victoria Hospital Kirkcaldy, and Honorary Professor in Dementia Studies, University of Stirling. Professor Reynish's lecture is entitled *Holistic care for older people in the acute care setting: what is best practice?*

The lecture will define the challenges that hospitals represent for patients with dementia. The event will seek to identify a model of good practice for dementia care in the general hospital. Noni Cobban, Convener of Alzheimer Scotland, will speak about the contribution that the charity is making from fundraised income to encourage improvements in this area through the appointment of specialist dementia nurses to three health boards each year for a period of three years, with the aim that these posts will be continued with health board funding.

The lecture will be preceded by the official launch of a new training and awareness raising DVD, *'Through our eyes: a life with dementia'* produced by the Scottish Dementia Working Group, for health and social care professionals.

Admission is free - by ticket only, from Dorothy Keith, tel. 0131 243 1455 (direct line), or out of office hours: 0131 243 1453, or e-mail dkeith@alzscot.org. Donations in advance or on the day will be very much appreciated.

Were you ever a Dementia Helpline volunteer?



This year, the Dementia Helpline celebrates its 21st Birthday and we are doing it in style. Public Health Minister Shona Robison has generously agreed to host a reception for past and present Helpline volunteers at Edinburgh Castle on the evening of Wednesday 27 October.

Helpline Manager Elaine Harley is putting together a guest list and doesn't want to miss anyone out, but our records only go back so far and many people may have changed addresses anyway. So, if you were once a Helpline volunteer please contact Elaine on 0131 243 1453 or by email at eharley@alzscot.org to give her your name and current address so we can send you an invitation. Even if you can't attend, do get in touch so we can send you a commemorative booklet.

New Deputy Directors appointed

Our senior management team has recently been expanded by the appointment of two new Deputy Directors, Joyce Gray and Glenda Mackenzie.



Joyce Gray



Glenda Mackenzie

Joyce joined the organisation in January as Deputy Director – Development. Originally from a nursing background, Joyce has extensive experience in the voluntary sector at the Princess Royal Trust for Carers and at Enable, where she was Practice Development Manager and had responsibility for developing new initiatives.

Joyce's immediate focus has been on developing a new individualised support service in Perth and scoping the development of a new social

enterprise. Watch this space! Joyce also heads up our restructured Development Team which has recently recruited a pool of trainers who will be responsible for delivering external training to a wide range of organisations.

Glenda started in June as Deputy Director - Fundraising. Glenda comes to us after 12 years at the MS Society Scotland where she was Head of Fundraising, helping to raise a phenomenal £30 million in her time there. Her early priorities are to evaluate Alzheimer Scotland's current fundraising activities and develop a new Fundraising strategy in order to achieve and fund the ambitious plans set out in the overall strategy for the organisation.

New Charity Shop for Forres



The volunteer team outside our new shop, with Barbara Vesco, Chairperson of our Forres Branch, 4th from right

The official opening of Alzheimer Scotland's brand new charity shop at 132 High Street, Forres took place on Friday 11 June, attended by Henry Simmons, Chief Executive and Glenda Mackenzie, Deputy Director – Fundraising.

Money raised by the shop will fund a range of services in the Moray region, such as day trips and activities, short breaks for carers and support for people with dementia under the age of 65.

The shop will also raise money to have an Alzheimer Scotland Dementia Advisor appointed for Moray. Dementia Advisors give completely confidential advice and support to people with dementia, their families and friends in the community and help them to access other support services that may be available. They work in partnership with local community services to make sure that no-one feels they have to go through dementia on their own.

National News

“This strategy is a strong start and we look forward to both supporting its implementation and to developing a further strategy in 2013.”

Henry Simmons
Alzheimer Scotland

Dementia Strategy launched

Scotland’s first national Dementia Strategy was launched in Coatbridge on 1 June, setting out the Scottish Government’s vision and key actions to transform dementia care and treatment in Scotland.

The Strategy is for an initial three years, to be followed by a second three year stage to take into account the progress and learning from the first.

Work to help inform the development of the strategy was undertaken through five focussed workstreams involving representation from key professional groups, voluntary sector organisations, and, most importantly, people with dementia and carers. There was also a series of consultations and engagement events across the country.

What’s in the Strategy?

The Executive Summary states that the Scottish Government is committed to:

- developing and implementing standards of care for dementia, drawing on the Charter of Rights produced by the Scottish Parliament’s Cross Party Group on Dementia
- improving staff skills and knowledge in both health and social care settings
- providing integrated support for local change; including through implementation of the dementia care pathway standards and through better information about the impact of services and the outcomes they achieve
- continuing to increase the number of people who have a diagnosis to enable them to have better access to information and support
- ensuring that people receiving care in all settings get access to treatment and support that is appropriate, with a particular focus on reducing the inappropriate use of psychoactive medication
- continuing to support dementia research in Scotland

- following diagnosis, providing excellent support and information to people with dementia and their carers; and
- in general hospital settings, improving the response to dementia, including alternatives to admission and better planning for discharge.

The Scottish Government is giving priority to making improvements in these last two areas which are viewed as achieving immediate benefits for people as well as improving the efficiency and quality of the care system, releasing resources to improve access to care.

How will the Strategy be taken forward?

The work to deliver the strategy will be overseen by a Dementia Strategy Implementation and Monitoring Group, involving key stakeholders responsible for taking forward the changes, as well as people with dementia and carers. The Group is expected to publish an Annual Report.

Commenting on the Strategy, Henry Simmons, Chief Executive, Alzheimer Scotland said: “This strategy is a strong start - now is the time for real action on dementia. We must ensure that health and social care professionals, mainstream local services and communities across Scotland understand dementia and are encouraged to play a part in making a difference in the lives of people with the illness.

It is unfortunate that it is only now, in such an uncertain economic climate, that dementia is receiving the necessary level of government priority. However, we are pleased that BIG [who award funds from the National Lottery] has indicated their intention to aid the development of post-diagnostic support and early intervention. We welcome this strategic investment and will do all we can to assist in the effective use of these valuable funds.”

The strategy document is not yet available in hard copy but can be viewed online at www.scotland.gov.uk/Topics/Health/health/mental-health/servicespolicy/Dementia together with the reports from the individual workstreams and the consultation events.

Scottish Dementia Clinical Research Network



From L to R, Professor John Starr, Emma Law, Dr Peter Connelly

Back in December 2008, *Dementia in Scotland* announced the launch of the Scottish Dementia Clinical Research Network. Since then, the SDCRN has developed and taken on key staff to take forward its aims of spreading a culture of clinical research in dementia across Scotland and improving recruitment from both urban and rural areas. In their activities, they seek to increase the number of people with dementia and carers in clinical studies, increase research activity within the NHS and promote high quality multidisciplinary and multi-centre trials.

At a recent meeting held by the Mental Health Collaborative, Dr Peter Connelly, the Chair of SDCRN, spoke about the need for the Network, gave examples of the type of research projects in progress in Scotland, explained the Network's recruitment process and showed how research can improve clinical care and how clinical care can improve research.

Dr Connelly characterised Scotland's recent engagement in clinical research on dementia as poor, suggesting that commercially funded trial centres have had better success in recruiting subjects than the NHS. He also said that taking 5-6 years to complete a clinical trial then another year and a half to write up and publish the results was too long to benefit people with dementia and carers. With greater collaboration, it should be possible to speed up the process.

What research is going on in Scotland?

Dr Connelly showed the wide range of topics currently being researched across the country, including EEG

diagnosis, emotional recognition (facial expression), advance care planning and information processing in Mild Cognitive Impairment. None of these is a large scale clinical trial that many people think of when they hear the word "research" but the Network has a role in these too, such as the use of cholinesterase inhibitors in Parkinson's disease.

The SDCRN's work is not limited to evaluation of drug therapies – they are interested in improving the lot of people with dementia and their carers in whatever way is possible – but they are also involved in research into immunotherapy (vaccine), the use of statins in people with Down's syndrome and the use of potential alternatives to cholinesterase inhibitors and antipsychotics with Professor John Starr as the network contact.

How research participants are selected

The first approach to potential recruits will usually be made by local clinical teams then, if people agree to take part, trained research staff will assess the person using a variety of standard tests, the results of which are fed back to the clinical teams. This is where the SDCRN's approach is different from commercial research. Dr Connelly pointed out that in a few cases, research staff have picked up areas of concern which they have reported back to the staff working directly with the people with dementia or carers – this has led to changes in the way these individuals have been treated or supported. So research can improve clinical care directly, and clinical care leads to more research.

Research register

A key element of SDCRN's work is to develop a research register which includes details of people with dementia and carers willing to participate in research and test data on current research subjects.

So far, around 750 people have been included on the register, a number which has increased rapidly since Emma Law joined as Network Manager in June 2009.

If you have an idea for a research study involving people with dementia, if you know of people who would like to be on the research interest register or if you would like to be on the register yourself, please contact Emma Law, tel: 01738 562335 or email: contact-us@sdcrn.org.uk

You can find more information about the Scottish Dementia Clinical Research Network at www.sdcrn.org.uk. This website is still in development.

Dr Helen Fox, Clinical Studies Officer, Scottish Dementia Clinical Research Network based at the Royal Victoria Hospital, Edinburgh contacted us to say that her daughters ran the Edinburgh half marathon in May and raised £2086 for our work.



New Carers Strategy launched

The Scottish Government has also launched its long-awaited strategy aimed at carers; in a Scottish and UK first, this includes a separate strategy for young carers. The adult strategy: *Caring Together: The Carers Strategy for Scotland 2010 – 2015* lays out a ten-point plan with specific commitments to help carers, including:

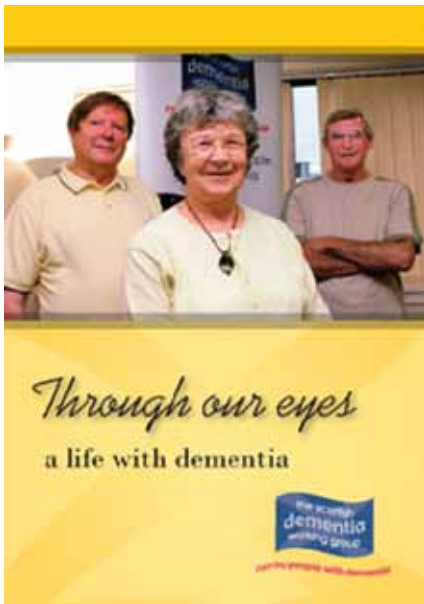
- creating a Carers' Rights Charter
- investing in carers' training, building on an existing £281,000 investment
- improving the identification of carers by health and social care services
- making carers' own health and wellbeing a priority
- promoting carer-friendly employment practices and encouraging income maximisation.

You can download the Strategy at www.scotland.gov.uk/Publications/2010/07/23153304/0

New DVDs available

Through our eyes: a life with dementia

This third DVD produced by the Scottish Dementia Working Group (SDWG) features seven members of the Group and enables viewers to see what it's like to live life with dementia, from the perspective of people with dementia.



It is intended primarily for use as a training and awareness-raising tool amongst professionals at all levels within the health and social care sectors working in dementia care, but it can be used effectively in awareness-raising with all allied health professionals and the general public.

It can also be used with people recently diagnosed with dementia to help them realise that they are not alone and the importance of keeping as involved and as active as possible. Members are frank about their feelings at diagnosis which may also resonate with others newly diagnosed.

Single copies are available free to members of the Scottish Dementia Working Group; others will be charged £25 plus postage and packaging. You can order a copy via the Shop function on Alzheimer Scotland's website www.alzscot.org or request an order form from the Scottish Dementia Working Group, 81 Oxford Street, Glasgow, G5 9EP; email: sdwg@alzscot.org. Enquiries to 0141 418 3938/3939.

You can view a clip of the DVD and download the accompanying training notes and order form at www.sdwg.org.uk/videos/through-our-eyes-a-life-with-dementia/

Spirituality: have you found any yet?



This DVD, produced by Faith in Older People (FiOP) and Alzheimer Scotland, filmed by Artlink Edinburgh, and funded by the Scottish Government, is for staff and relatives to help older people living in care homes realise their spiritual needs.

Spiritual care is not easily understood and previous work undertaken by both Alzheimer Scotland and FiOP has highlighted the reservations and discomfort of some staff in discussing the issue with residents and relatives.

This film uses the voices and experiences of older people and people with dementia to describe what spirituality means to them. The 20-minute film is enhanced with additional discussion points for care home staff as well as case studies of some of the residents involved.

Copies of the DVD are available from Faith in Older People: contact 0131 346 7981 or info@fiop.org.uk; website: www.faithinolderpeople.org.uk/ You can also view a clip of the DVD on YouTube at www.youtube.com/watch?v=YpMcqR9Sh5I

Coping with dementia: a practical DVD for carers

NHS Health Scotland, in partnership with Alzheimer Scotland, has developed a DVD version of the popular publication *Coping with dementia: a practical handbook for carers*. The resource is based on the experiences of carers of people with dementia.

The DVD aims to offer accessible information to carers of people with moderate to severe dementia, including those whose first language is not English, people with sensory impairment, learning disabilities and literacy problems. The DVD can be viewed in English (with or without subtitles), British Sign Language, Polish, Cantonese, Sylheti or in formal versions of Hindi and Punjabi. *Coping with dementia* is part of a suite of resources available from NHS Health Scotland and Alzheimer Scotland for people with dementia and their carers.

The DVD uses carers' voices and the information from the book to:

- give practical advice on coping with caring for someone with dementia
- help carers feel that others share the experience
- suggest where to go for help and for more information.

Carers and friends of people with dementia can request a free copy of the DVD from Alzheimer Scotland's Dementia Helpline on 0808 808 3000. Professionals can obtain copies via the Health Promotion department in their local NHS Board. The DVD content will also be accessible online through the NHS Health Scotland's YouTube channel.

Dundee launch – 27 September

The new DVD was launched nationally during Dementia Awareness Week in June but a series of regional launches are also planned, starting with Dundee on the afternoon of Monday, 27 September. If you would like to attend, please book a space by contacting Iwona Helms at iwona.helms@nhs.net ; tel: 0131 313 7586. A further launch is planned in Inverness on 28 October as part of a larger conference called *Coping with dementia: everyone's business* – see Events section on page 12.

Scottish Social Services Council Care Accolades 2010

Alzheimer Scotland were delighted to be amongst the finalists attending this year's Care Accolades lunch held in the MacDonald Highland Conference Centre, Aviemore on 11 June. We were one of three finalists in the 'Investing in the Workforce' category where judges were looking for 'creative, innovative or longstanding learning and development programmes for staff within social service'.

We were selected for our Palliative Care Initiative including the Beyond Barriers Project which set out to meet the unmet palliative care needs of people in the later stages of dementia and their family and friends. The other finalists in our category were the Thistle Foundation for their Higher Educational Certificate in Person Centred Approaches and Highland Home Carers for their approach to training opportunities. We lost out to the Thistle Foundation but all finalists were highly commended for getting

to this stage in the awards process and were described as the 'crème de la crème' of social care in Scotland.



All in all it was a special day out to Aviemore. Kaye Adams, the radio and TV broadcaster, was a great host throughout the event and much fuss was made of everyone over a lovely lunch.

For further information on Alzheimer Scotland's Palliative Care Initiative, contact Jenny Henderson at jhenderson@alzscot.org or Hazel Walker at hwalker@alzscot.org

Julie Miller

Development Team

End of Life Assistance (Scotland) Bill

First of all, an apology to those of you who received the last newsletter after or just before the deadline we set for responses to our questionnaire on the above Bill. We did include late responses in our analysis and submission to the consultation on the Bill.

We submitted a number of key concerns about the Bill as it stands:

- that the use of the term 'end of life assistance' may be confused with end of life palliative care and that this could have devastating consequences;
- that a doctor must talk to the requesting person about alternatives to end of life assistance, including the choice of palliative care. We strongly believe that palliative care should not be a 'choice' – it should be provided as of right to everyone with a progressive condition and provided as part of routine practice;
- that the introduction of this legislation could have a deterrent effect on investment in palliative care, and until it is in place for everyone who needs it there can be no real choice for people to make.

The two key points in our submission were that:

- we hold strongly to the position that it is entirely right that adults with a mental disorder should be excluded from the Bill. They represent the most vulnerable group of adults within our society and their right to access high quality care under the Convention for the Rights of Persons with Disabilities must be a key objective for the Scottish Parliament.
- we believe that it would be unethical to introduce legislation which allows physician assisted suicide even for people who do not lack capacity but fear that they might at some future point.

Our full submission to the End of Life Assistance (Scotland) Bill Committee is on our website at www.alzscot.org/pages/policy/endoflifebill.htm or you can get a hard copy from Lindsay Kinnaird, Policy & Research Officer on 0131 243 1453; email: lkinnaird@alzscot.org

Alzheimer Scotland has also been invited to give oral evidence on the Bill to the Committee on Tuesday 28 September. Your responses will inform that evidence.

Are you paying too much tax?

Older people are a growing group of customers for HM Revenue & Customs (HMRC) and significant numbers pay too much or too little tax, according to a report released in October 2009 by the National Audit Office (NAO). The NAO estimated that, by March 2009, 1.5 million older people would have overpaid tax by an average of £171 (£250 million in total), while around 500,000 older people had underpaid tax by an average of £207 (£100 million in total).

Mistakes may happen because many people's tax affairs become more complicated when they reach pension age and HMRC's systems do not cope well with their multiple sources of income from, possibly, several pension schemes and other sources.

Older people may also be paying more tax because they do not claim additional age-related tax allowances. The NAO estimates that some 3.2 million older people do not claim the additional allowances.

If you suspect you may be paying too much tax but are unsure what to do or are nervous about contacting HMRC direct, there is help available in the shape of the charity TaxHelp for Older People (TOP).

TaxHelp for Older People is an independent free tax advice and guidance service for people aged

60 and over whose household income, including that of a partner, is £17,000 or less after tax.

What sort of problems can you bring?

TOP can help with any tax problem, no matter how minor it may seem. You can have your PAYE notice of coding checked, or get help with form filling, reclaiming an overpayment of tax, or replying to a letter from the Revenue. You may simply wish to have a tax health check to ensure peace of mind, knowing that everything is in order.

You can also ask for advice on behalf of someone else such as an eligible relative or friend – you do not need to have a Power of Attorney.

How do you get help?

You can call the TOP helpline on lo-call 0845 601 3321 – a voicemail system operates when the office is unstaffed. Depending on your phone network and billing arrangements it may be cheaper to call 01308 488066. You can also write to: TaxHelp for Older People, Pineapple Business Park, Salway Ash, Bridport, Dorset DT6 5DB; e-mail: taxvol@taxvol.org.uk; website: www.taxvol.org.uk

Councils and NHS Boards sign up to Charter of Rights

We have been delighted by the response of Scotland's local authorities and NHS Boards to the Charter of Rights for People with Dementia and their Carers in Scotland. Glasgow City Council was the first to sign up to the Charter – the following photograph shows Lord Provost Bob Winter adding his signature to the charter watched by Alzheimer Scotland's Jim Pearson, Lee-Anne Brook and Sarah Burgess.



Well done to Inverclyde District Council who were the second council in Scotland to sign up to the Charter. Rose Mary Bowes and husband Peter Griffin approached Councillor Jim MacLeod with a request that a cross-party motion be presented to the Council which he accepted, presented and the Council unanimously agreed. In the photo below Provost Michael McCormick is seen with Jan Johnston and Duncan McIntyre (on his left) and Peter Griffin and Rose Mary Bowes (on his right).



The other councils who have signed up to the Charter so far (with more in the pipeline) are East Dunbartonshire, Clackmannanshire, South Ayrshire, Edinburgh City, Scottish Borders, Perth & Kinross, and North Ayrshire.

Several NHS Boards are also supporting the Charter - NHS Forth Valley, NHS Tayside, NHS Glasgow, NHS Grampian and NHS Lothian.



Fundraising News

This has been a very busy year for fundraising events of all kinds – here are just a few examples of the generosity of our supporters.

Strathaven ladies score an eagle for Alzheimer Scotland



The ladies of Strathaven Golf Club did us proud at their open day in June, raising over £1500 for our work. The photo shows Lanarkshire Service Manager Arlene Crockett (centre) receiving a cheque from the lady captain Linda McLanachan (right).

Walking on sunshine



A huge thank you from all at the South Aberdeenshire Service to Hilda Paton and her daughter Fiona Tindal who walked the West Highland Way and raised the incredible amount of £13,848. Hilda wanted to raise money for us after her husband,

Eric developed dementia. She said: "Eric went into a nursing home in Laurencekirk at the end of last year. Alzheimer Scotland has been so fantastic to both of us and it was just a way paying them back. I still get a huge amount of help from them and they are a fantastic group."

We were also delighted to receive another marvellous donation from Julie Giles from Stonehaven who ran (!) the 78 miles of the Speyside Way, from Buckie to Aviemore, over the course of just three days and raised £654.00.

We were so delighted to receive such a fantastic amount of money that we held a celebratory "do" befitting such a special occasion at our day care service in Stonehaven. This unexpected funding will be a tremendous boost to the South Aberdeenshire Service.

Sarah Duff, Service Manager
South Aberdeenshire Service

The Campbells are coming!

The Campbell family from Mayfield, Midlothian held a fundraising event in March in the Mayfield Social Club in memory of their mother Annie Campbell who had benefited from our day opportunity service. Seven-year-old Jay Withers sang a rendition of "Twist and Shout" raising £63 for his talented vocals. A raffle with prizes donated by local businesses, shops, clubs and pubs, supported by the attendance of family, friends and neighbours raised the magnificent sum of £2,033.50. In addition, Morag Campbell raised £126.30 by taking part in the Bupa Edinburgh run.

Walk for Scotland



From left to right Graham Douglas, Wendy Gray, Morag Marshall, Laura Hammersley, Audrey Palmer.

A group of colleagues from Children and Families services, City of Edinburgh Council took part in the Walk for Scotland, raising around £2,500. Some of the group have personal experience of family members with Alzheimer's, both at a relatively young age and later on in life. One of the walkers, Graham Douglas, said "We were amazed by the generosity of sponsors, many of whom also had personal experience and highlighted the stress of caring for family members with dementia. We were keen to raise funds to help Alzheimer Scotland in their support to those with dementia and also carers. We were also keen to raise funds to support research."



Presenting the cheque to Alaine Chalmers, Assistant Service Manager are Alison Campbell, Sandra Campbell and Esther Haig.

On their bikes

Lots of people seem to be getting on their bikes this year to raise funds for Alzheimer Scotland's work.

Marathon cyclist Phil drops in to National Office



Awareness Manager Kirsty Jardine was delighted to say hello to charity cyclist Phil Swanston as he passed through Edinburgh on the latest leg of his solo 5,000 mile round Britain coastal challenge.

53-year-old pub manager Phil is spending three gruelling months cycling around the coastline of Britain to raise at least £20,000 for the Alzheimer's Society and Alzheimer Scotland. Phil was inspired to take up his challenge by the experience of his late mother Odette who had Alzheimer's disease and who received a lot of support from the Alzheimer's Society.

Phil originally set off from Brighton Pier on 5 June and had just reached The Wirral when he received a call to say that Odette (82) had died unexpectedly. This brought Phil's plans to a halt while funeral and other arrangements were made, but he soon got back in the saddle to complete what has now become a tribute to Odette's memory.

If you would like to sponsor Phil, you can do so online via www.justgiving.com/phil-swanston and follow his exploits at www.5000miles.co.uk.

Caledonian Etape

Martin Rothero, our Development Consultant for the Alzheimer Scotland Football Reminiscence Partnership, took part in the Caledonian Etape Cycle in May. Martin met up with another cyclist, Michael Richmond, who was also taking part to raise funds for Alzheimer Scotland in memory of his grandmother Lilian who had Alzheimer's disease. We were delighted to receive a donation of £500 from Michael and £620 from Martin.



Martin (left) and Michael at the start of the race in Pitlochry

The Caledonian Etape is an 81 mile cycle challenge organised by Macmillan Cancer Support and this year nearly 4,000 competitors took to the sun bathed lochs and mountains of Highland Perthshire, in what was the best event to date.

Well done Fiona Grant

Together with a friend, Fiona Grant and two colleagues from Dorward House, a care home in Montrose, Angus, cycled 50 miles in the Angus countryside to raise funds for their residents' Comfort Fund and for Alzheimer Scotland. They raised a total of £1258 which was split between the two causes.

Corporate fundraisers



Congratulations to the staff of KCA Deutag who have raised an amazing £8,200 for Alzheimer Scotland's services in Aberdeen by holding a ball, a tea party, an auction and lots of other activities. Thanks to everyone for their fantastic support.

The Policy and Advice team at Royal Bank of Scotland's Gogarburn campus have raised a tremendous £2,837.90 for Alzheimer Scotland by holding a range of events. Well done to everyone involved!



Inveraray Castle Memory Walk

Alzheimer Scotland are holding our first big fundraising event to bring people together from across Scotland. The Inveraray Memory Walk will be

held on **Sunday 19 September**, from midday onwards, in the beautiful grounds of Inveraray Castle in Argyllshire.

It's the perfect day for getting friends and family together and doing something to build memories! So why not come along and experience our sponsored Memory Walk event, bring a picnic and just have fun. With a 1-2 mile flat route and a 7 mile scenic more advanced route, face painting and arts & crafts for the children, and live entertainment, there is something for everybody no matter what age you are.

Registered walkers also get a 20% discount to visit Inveraray Castle.

To register for the walk and for more information please visit www.alzscot.org, or call our events team on 0845 2600 789 or email events@alzscot.org

Provost Young chooses Alzheimer Scotland



Provost Young with Katy Hawker, Dementia Advisor for North & East Ayrshire

East Ayrshire Council's Provost Stephanie Young has picked Alzheimer Scotland to be her Charity of the Year. Provost Young chose to coincide her announcement with the launch of our "Musical Minds" singing group in Kilmarnock.

At the launch on 4 August, Provost Young said: "I'm delighted to be working with Alzheimer Scotland to raise funds and awareness this year. Our appeal hopes to achieve several aims. We're supporting this "Musical Minds" initiative, a "Football Reminiscence" project and are looking at establishing a drop in centre in Kilmarnock and a series of community cafes throughout East Ayrshire dedicated to helping those with dementia.

"I was inspired to support Alzheimer Scotland after listening to John Suchet's story of living with Alzheimer's since his wife Bonnie was diagnosed in 2006. Sadly it is a condition which touches many people. This charity does so much work to support people with dementia and their families."

Henry Simmons, Chief Executive of Alzheimer Scotland said: "We are deeply indebted to Provost Young and East Ayrshire Council for choosing to support our charity for the next year. We exist to ensure that no one needs to be alone with dementia and with East Ayrshire's help we will move closer to that goal."

For more information about the Musical Minds group in Kilmarnock, contact Katy Hawker, Dementia Advisor on 01294 604509; email khawker@alzscot.org

Flute Ensemble Fundraiser

The Glasgow Amateur Flute Ensemble will hold its annual concert from 7.30pm on **Friday 15 October** in New Govan & Linthouse Parish Church, Glasgow. The Ensemble is a group of 25 amateur flautists and percussionist ranging in age from 11 years to 80 years. They perform in competitions twice yearly and carry out several concerts.

This year's Annual Charity Concert will be in aid of Alzheimer Scotland's services in Glasgow. This is in memory of Martha Houston who had a long association with the Ensemble and whose husband and son are still active members. Admission is £3 either by ticket or pay at the door. Tickets are available in advance from Robert Murray, Committee Chairman on 01294 461187 or email: glasgowamfluteensemble@hotmail.co.uk

Remember someone special with a Tribute Fund

A **Forget-Me-Not Tribute Fund** is a unique and lasting way to remember someone special. Named after the person who has died it gives relatives, friends and colleagues a focus for making their own contribution to the work of Alzheimer Scotland.

We can set up individual funds that can be added to at any time of the year. You might like to make a regular donation to your Tribute Fund or make gifts at particular times of the year such as birthdays, anniversaries or at Christmas. You may decide to participate in one of our fundraising events such as Tea Day or organise your own event like a dinner or a bike ride. All the money that you raise will go towards the work of Alzheimer Scotland.

It is simple and easy to do. We will set up and manage all the administration of your Tribute Fund and keep you updated on its progress.

If you would like more information please contact a member of the Fundraising Department by e-mail at alzheimers@alzscot.org or by telephone on 0131 243 1453.

Christmas cards now on sale

Our new Christmas card brochure is enclosed with this edition of Dementia in Scotland – we hope you like the selection. This year we have added a slimline calendar which gives a handy space to write in appointments and birthday reminders and includes photographs of artwork by people with dementia. Each month's artwork is perforated so it can be used as a postcard after you have finished with that part of the calendar.

We also hope that you like the Forget Me Not notelet included with this edition newsletter.

Our lovely Forget Me Not card can be used as a birthday card, a thank you card, a sympathy card, in fact it can be used for any occasion. The card has been left blank for your own message so why not let someone know that you are thinking about them and send them a card today!

Packs of 10 cards plus envelopes, at a cost of £3 per pack including postage, can be ordered on our website at www.alzscot.org or by calling the fundraising department on 0131 243 1453.



Christmas Cards 2010



A Star Over Bethlehem Silver Foil
127 x 127 mm
Pack of 10 cards - £4.50

B Robin and Red Berries
121 x 121 mm
Pack of 10 cards - £3.80

All profits from sales go to Alzheimer Scotland

You can order online at www.alzscot.org

Conferences

Thursday 28 October

Coping with dementia: everyone's business, Drumossie Hotel, Inverness. This event aims to promote the value of early diagnosis of dementia and the importance of post-diagnostic support. As well as keynote speakers, there will be the regional launch of NHS Health Scotland's DVD *Coping with dementia*, an innovative view on the significance of early diagnosis from Creative

Training Unlimited, and comments on the key themes of the conference from a person with dementia. To book a place, contact Kim Tewnion, MHC Administrator, Admin Department, Lawson Memorial Hospital, Station Road, Golspie, KW10 6SS. email: kim.tewnion@nhs.net ; Tel: 01408 633293.

Funding is available to support people with dementia and their carers to attend this event. Please ask Kim for further details.

Thursday 28 October

Remember me: my life, my choice. Crossreach international dementia conference, Crowne Plaza Hotel, Glasgow.

This conference offers a full and varied programme of speakers and workshops covering topics such as the new Dementia Strategy; the Charter of Rights for People with Dementia and their Carers in Scotland; Holistic care of those affected by dementia; and improving and influencing quality of care in care homes. Cost: £139 plus VAT. Contact: Fiona Guthrie on 01698 464023 or email: fiona.guthrie@crossreach.org.uk. Visit www.crossreach.org.uk/

Diary dates

For more information on any of these events, phone our Events Hotline on 0845 2600 789 or email events@alzscot.org. If you have an idea for a Fundraising event, please also contact our Events Hotline.

For our World Alzheimer's Day lecture, contact Dorothy Keith on 0131 243 1453; dkeith@alzscot.org

Friday 29 October

Dementia in Younger Adults: Science, Services and Supports. 4th annual Scottish conference, Carlton Hotel, Edinburgh.

Includes presentations on day support and respite services; advocacy services; the Scottish Dementia Clinical Research Network; service developments in the Highlands; EEG use in dementia; and neuropsychological assessment and the impact of diagnosis. Aimed at professionals in dementia care. Cost: £120. Contact: Gail Shanks, Clinical Governance (MH) Department, Stratheden Hospital, Cupar, Fife, KY15 5RR. Tel: 01334 696264; email: Gail.Shanks@nhs.net



Sunday 19 September

Memory Walk, Inveraray Castle

Sunday 19 September

Bupa Great North Run, Gateshead

Tuesday 21 September

World Alzheimer's Day Lecture, Edinburgh

Sunday 3 October

Loch Ness Marathon, 10k and 5k

Sunday 3 October

Edinburgh Kilomathon (26.2k)

Sunday 3 October

Forth Rail Bridge Abseil

Sunday 5 December

Edinburgh Christmas Walk

January 2011

Bupa Great Winter Run, Edinburgh

Sunday 17 April

Virgin London Marathon



Dementia in Scotland is published by Alzheimer Scotland, 22 Drumsheugh Gardens, Edinburgh EH3 7RN Telephone: 0131 243 1453 Fax: 0131 243 1450 Email: alzheimers@alzscot.org Website: www.alzscot.org

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.



Alzheimer Scotland
Action on Dementia