



Alzheimer Scotland: Branches, services and local involvement

Introduction

Alzheimer Scotland provides a wide range of services for people with dementia and their carers. Our services provide help such as day care, home support, befriending and information. We also have a network of branches which work locally to raise awareness and to improve the position of people with dementia and their carers. In many towns and cities our services and branches run regular carer support groups, at which carers and relatives can exchange experiences, learn new information and benefit from mutual support.

This information lists only the services and branches which are part of Alzheimer

Scotland. The seven regional offices are:

- **Argyll and Clyde**
- **Ayrshire, Dumfries and Galloway**
- **Forth Valley and Lanarkshire**
- **Glasgow and East Dunbartonshire**
- **Grampian, Tayside and Shetland**
- **Highland, Western Isles & Orkney**
- **Lothian, Fife and Borders**

If your area is not listed, contact the **freephone 24 hour Dementia Helpline on 0808 808 3000** or the Alzheimer Scotland service nearest to you. They will be able to put you in touch with other local services and carer support groups, including those run by the social work

department, health service and other voluntary organisations. Alternatively, search our website at www.alzscot.org.

Argyll and Clyde

Argyll and Clyde Regional Office

32 Riccarton Avenue,
Paisley, PA2 6BG

Tel: 0141 887 4902

Fax: 0141 840 1815

Email:

ACARegion@alzscot.org

- Home Support Service
- Information and Advice
- Regional Manager – Jan Johnston
- Finance Administrator – Mike Wallace (based at National Office, Edinburgh)
- Regional Administrators – Lorna Shand (Mon, Tues, Wed); Vicky Hoolihan (Wed, Thurs, Fri).
- Development Officer – Jean Armitage (based at Benview, Strathleven

Place, Dumbarton G82
1BA Tel: 01389 733102)

East Renfrewshire Services

56 Kelburn Street, Barrhead,
Glasgow, G78 1LR

Tel: 0141 876 9520

Email:

EastRenfrewshireServices@alzscot.org

- Day care
- Home support service
- Information & advice
- Carer education courses
- Carer support group
- Service Manager – Eileen Smyth
- Administrator – Rosemary Mearns
- Day Care Organiser – Angela Dunwoodie
- Support Workers – Hilda McCann, Leanne Faulds

Inverclyde Services

The Dutch Gable House, 14
William Street, Greenock,
PA15 1BT

Tel: 01475 728215

Email:
Inverclyde@alzscot.org

- Day care (Monday to Sunday)
- Evening (Wednesday and Thursday)
- Information and advice service
- Carer support group first Tuesday of every month.
- Service Manager - Bridget Donnelly
- Administrator - Janice Conroy
- Dementia Support & Development Worker – Vaughan Jones (tel: 01475 720 409)
- Day Care Organisers - Eileen Thomson, Janette Miscandlon
- Support Workers - Mario Fabiani, Rosemary Mearns, Eddie McCluskey, Fiona Siegler, Michelle Maxwell and Greg McLellan

Renfrewshire Services
Memory Lane Club, 32
Riccartbar Avenue, Paisley,
PA2 6BG

Tel: 0141 887 1289
Email:
RenfrewshireServices@alzscot.org

- Paisley day care (Monday to Friday)
- Paisley evening care (Monday, Wednesday and Thursday)
- Home support service (day, evening, night, weekend)
- Audio/video library
- Information service
- Carer support group
- Intensive domiciliary care.
- Service Manager – Amy Haines
- Administrator – Janice MacKinlay
- Day Care Organiser - Elaine Edgar
- Home Support Coordinator - Alison Hamilton
- Evening Care Organiser – Charles Murray
- Support Workers – Pauline Cruickshanks, Pat Kennedy, Deborah Edgar, Brian Nixon.

The Elm Centre -

Dumbarton Services

Elm Centre, 7 Eastfield
Place, Dumbarton, G82 1EB

Tel: 01389 733 334

Email:

ElmCentre@alzscot.org

- Home support service (day, weekends, bank holidays)
- Evening service on Monday, Tuesday Wednesday
- Day opportunities seven days a week
- Information and advice
- Help with benefits claims
- Carer support group
- Carer education courses
- Monthly supper club – Fridays
- Younger persons group meets weekly
- Drop in café meets every month
- Counselling.
- Service Manager – Lorraine Robertson
- Project Worker – Home Support - Anne MacDonald
- Administrator – Elizabeth Clark
- Carer support worker - Margaret Oliver (01389 733102)
- Day Opportunities Organisers - Janet Farrell, Isobel Cameron
- Evening Organiser - Raymund Mauchan
- Support Workers - Sue Grant, Carolyn Campbell, Sarah Brown, Mary Mauchan, Edith McFarlane, Robert McGuinness.

Helensburgh and District Branch

Contact: Findlay

McQuarrie, Chairperson

Tel: 01436 678725

Email:

findlay.mcquarrie@googlemail.com

- Raising public awareness of dementia
- Fund-raising
- Membership recruitment

Oban and Lorn Branch

16 Meadow Road, Dunbeg,
Oban, PA37 1QB

Contact: Ruth

Moody, Chairperson

Tel: 01631 564422

- Information, advice and support
- Carer support group
- Outreach support (day and evening)
- Provide transport to day care (Tuesday, Wednesday, Thursday and Saturday)
- Outings
- Holidays

Charity Shop - First for Seconds

57 Hairst Street, Renfrew, PA4 8QU

Contact: Shop Manager - Wilma Dorrans, Manager

Tel: 0141 561 1165

Fax: 0141-561 1185

Email:

RenfrewShop@alzscot.org

Situated in the centre of town with car parking to the rear. Open 9.00 am to 4.00 pm, Monday to Saturday. Well supported by regular customers from Renfrew, Paisley, Erskine, Bishopton and Glasgow.

The shop sells good quality clothing, shoes, bags, jewellery, bric à brac, books,

dvds, videos, records, cds & small items of furniture and is well stocked due to regular donations from local residents. Donated items of clothing not suitable for sale are sent for recycling to provide additional income.

Ayrshire and Dumfries and Galloway

Ayrshire and Dumfries and Galloway Regional Office

1 Gordon Street, Dumfries, DG1 1EG

Tel: 01387 261303

Fax: 01387 251899

Email:

DumfriesServices@alzscot.org

- Information and advice
- Regional Manager - Julie Barron
- Finance Administrator – Andrew Ormiston (based at National Office, Edinburgh)

Ayrshire

Irvine Services

Ayrshire Central Hospital,
Irvine, KA12 8SS

Tel: 01294 323259

Email:

IrvineServices@alzscot.org

- Day care (under 65 and over 65)
- Carer education
- Carer support
- Information services

- Service Manager - Marie Thomson
- Administrator - Linda Reid
- Day Care Organisers - Carol Blake, Wilma MacDonald
- Support Workers - Elizabeth Mullen, Anne Koffey, Linda Kerr, Jane McQuarrie

Self-Directed Support Project Services

43 West Portland Street,
Troon, KA10 6AB

Tel: 01292 317 665

Email: ystewart@alzscot.org

Offers support and assistance to families to find alternatives to entering a care home.

Helps people with dementia to access self-directed support. Self-directed support is when a person (or their family) chooses to arrange some or all of their support services.

It is for people who wish to have more choice, flexibility and control over their care so they can live at home more independently. Together with family and friends explores more flexible and individual possibilities, within the person's own home.

- Yvonne Stewart - Project Manager

South Ayrshire Services

South Ayrshire Services, 43
West Portland Street, Troon,
KA10 6AB

Tel: 01292 318005

Email:

SouthAyrshire@alzscot.org

- Offers a point of contact for anyone living in South Ayrshire who is:
- having memory problems
- experiencing early symptoms of dementia
- diagnosed with early stage dementia
- caring for, or a family member of, anyone experiencing the above.
- Services available include information, advice and support on subjects such as:
- coping mechanisms
- information on medication
- services available
- rights/benefits
- carers issues
- contact with other professionals.

- Link Worker – Jenni McKeand
- Information Administrator – Susan Hopewell

The Harbour Centre Services

The Harbour Centre, 38
Parkhouse Road, Ardrossan,
KA22 8AN

Tel: 01294 469955

Email:

ThreeTownsServices@alzscot.org

- Day care, under 65 and over 65
- Carer support group
- Carer education
- Information and advice service.

- Service Manager – Susan Maxwell
- Day Care Organisers - Elaine Seaton and Margaret Durham
- Administrator – John Blue
- Support worker - Donna Cahill and Richard Holmes

The Rowallan Centre Services

The Rowallan Centre, North West Kilmarnock Area Centre, Western Road, Kilmarnock, KA3 1NQ

Tel: 01563 542621

Email:

RowallanCentre@alzscot.org

- Day care (under 65 and over 65)

- Evening care (under 65 and over 65)
- Information service
- Carer support
- Carer education
- Acting Service Manager – Farrah Heron (temporary)
- Day Care Organisers - Margaret Ralton, Ann Baird, Jean Gallagher & Jackie Robertson
- Support Workers - Eileen Fleck, Leigh-Ann Howie, Alison Austin, Shelley Smith, Julie O'Rourke
- Administrator - Jane Trinder
- Outreach support for carers and people with dementia
- Day care (Dumfries, Ecclefechan, Thornhill, Stewartry)
- Carer Liaison Worker – supporting carers whose relative has moved into long term care or who have recently been bereaved
- Carers courses
- Carer support groups (Dumfries, Castle Douglas, Lockerbie)
- Mixed support group – Dumfries
- Library
- Creating dementia friendly communities
- Memory Groups (Dumfries, Castle Douglas)
- Early stage/onset support service (Memory Clinic Link Workers)

Dumfries and Galloway

Dumfries and Galloway Services

1 Gordon Street, Dumfries, DG1 1EG

Tel: 01387 261303

Email:

DumfriesServices@alzscot.org

- Information and advice
- Care at home service (Dumfries)
- Regional Manager - Julie Barron
- Service Manager – Ailsa Black
- Assistant Service Manager – Dot Fairbairn

- Finance Administrator – Andrew Ormiston (based at National Office, Edinburgh)
- Project Workers/Carer Support Workers – Mandy Pool, Lesley Muirhead
- Carer Liaison Worker – Isobel Tinning
- Memory Clinic Link Workers – Catherine Young (Annandale/Eskdale), Judi Shaw (Stewartry), Caroline Farish & Andy Murray (Nithsdale)
- Creating Dementia Friendly Communities Development Worker – Judi Shaw
- Administrators - Josephine Rennie, Sandra Sanders
- Day Care Organisers - Alison Fair, Fiona Maxwell, Mary Frances Murray, Linda Innes, Ann Allison, Elizabeth Nyondo.

Tel: 01776 889181

Email:

StranraerServices@alzscot.org

- Weekend day care (Stranraer)
- Day care (Newton Stewart & Stranraer)
- Home support
- Carer liaison
- Information
- Early stage/onset support service
- Outreach support for carers and people with dementia
- Carer support groups (Newton Stewart & Stranraer)
- Service Manager - Farrah Heron
- Administrator – Caron Kennedy-Stewart
- Day Care Organiser - Janet Allison
- Outreach Worker/Carer Liaison - Lynne Cluckie
- Memory Clinic Link Worker - Julie McIntyre

Stranraer and Wigtown Services

14a Bridge Street, Stranraer, DG9 7HY

Langholm Branch

Contact: Marion

Rodger, Secretary
Tel: 01387 380130

Helping people with dementia and their carers by:

- raising public awareness of dementia illnesses and their effects
- providing information on dementia
- signposting people to appropriate help
- fundraising to provide practical assistance
- working with others to improve local services and resources
- providing opportunities for people to comment on their needs and on the services required to meet them

Membership of Langholm Branch is open to Alzheimer Scotland members living in the Dumfries and Galloway area. We are particularly keen to include people with dementia and their carers. We welcome anyone with an interest to attend our meetings.

Forth Valley and Lanarkshire

Forth Valley and Lanarkshire Regional Office

Old Town Hall, High Road,
Motherwell, ML1 3HU

Tel: 01698 275300

Fax: 01698 01698 251867

Email:

LanarkshireServices@alzscot.org

- Information, advice, support
- Carer education
- Outreach support.

- Regional Manager - Linda Smith
- Service Manager – Arlene Crockett
- Assistant Service Managers – Jim Clarke, Cynthia Hamilton
- Carer Liaison Worker – Angela McCafferty
- Memory Clinic Link Worker - Rose Burnett
- Training & Community Project Manager - Anne McWhinnie
- Finance Administrator - Mary Clarke

- Administrators – Janice McGhie

Forth Valley

Falkirk Services

35 Johnston Avenue,
Stenhousemuir, FK5 4JZ
Tel: 01324 559480
Email:

FalkirkServices@alzscot.org

- Information and support
- Day care (Stenhousemuir, Bo'ness)
- Home support service
- Carer education
- Service Manager (Falkirk and Stirling & Clackmannanshire) - Fay Godfrey
- Assistant Service Managers – Julie Anne Keeley, Lesley-Ann Orr
- Carer Support Worker – Kevin McKay
- Day Care Organisers – Anne Corbett, Kevin McKay, Lesley Hawthorn, Marie Alexander
- Administrator - Julie Drummond

Stirling & Clackmannanshire Services

5 New Street, Bridge of Allan, FK9 4NZ

Tel: 01786 831171

Email:

StirlingServices@alzscot.org

- Information and support
- Home support
- Day care (Alloa, Alva, Balfron)
- Carer support groups (Alva, Buchlyvie, Bridge of Allan)
- Carer education
- Service Manager (Falkirk and Stirling & Clackmannanshire) - Fay Godfrey
- Assistant Service Managers - Lesley Corr & Margaret Marr
- Assistant Service Manager/Carer Liaison Assistant - Carole Pascal
- Day Care Organisers - Margaret Marr, Denise Priestley, Lynn Ferguson
- Information Officer – Kathy McMillan

- Administrators - Jean Reid and Liz Junnier

Falkirk Branch

36 Cortachy Avenue, Carron,
Falkirk, FK2 8DH

Contact: Andy

Paterson, Secretary

Tel: 01324 556051

Email:

andy_paterson@blueyonder.
co.uk

The Falkirk Branch holds open meetings to raise awareness of dementia campaigns on behalf of people with dementia and their carers on local and national issues. It raises funds to support people with dementia - especially those who are clients of the local Falkirk Services - through many activities, from rattling cans to social events including a Burns Supper.

It also encourages membership of Alzheimer Scotland nationally and publishes a newsletter to over 250 mainly local people with news of local activities

of the Branch and of Falkirk Services.

Stirling and Clackmannanshire Branch

37 The Braes, ALLOA, FK10
2TT

Tel: 01259 216150

Email: Theobrae@aol.com

- Carer support group
- Open meetings about dementia
- Ex-carer support group

North Lanarkshire

North Lanarkshire Support Services

Old Town Hall, High Road,
Motherwell, ML1 3HU

Tel: 01698 275300

Email:

LanarkshireServices@alzscot
.org

- Home support
- Information and advice
Carer support and
education
- Support groups
- Service Manager -
Arlene Crockett

- Assistant Service Managers - Jim Clarke, Cynthia Hamilton

South Lanarkshire

South Lanarkshire Early Onset Services

Old Town Hall, High Road,
Motherwell, ML1 3HU

Tel: 01698 275300

Email:

LanarkshireServices@alzscot.org

- Information and advice
- Outreach support for carers and people with dementia
- Home support
- Carers support group
- Service user support group.
- Service Manager - Arlene Crockett
- Assistant Service Managers - Jim Clarke, Cynthia Hamilton

Glasgow and East Dunbartonshire

Glasgow and East Dunbartonshire Regional Office

81 Oxford Street, Glasgow,
G5 9EP

Tel: 0141 418 3930

Fax: 0141 0141 418 3945

Email:

OxfordStreetServices@Alzscot.org

- Information and Advice
- Regional Manager – Sarah Burgess
- Project Co-ordinator (Forget-me-not Volunteers) – Fay McCormick
- Information Volunteer Co-ordinator – Mary Brown
- Finance Administrator - May Morrow
- Regional Administrator – Angi Inch
- Receptionist/Administrator – Isabel Lappin

Glasgow local services

Glasgow North West & East Services

1974 Maryhill Road,
Glasgow, G20 0EF

Tel: 0141 946 0966

Email:

GlasgowNorthWest@alzscot.org

- Home support service
- Overnight home support
- Advice and information service
- Carer support group
- Carer education
- Day care.

- Service Manager - John P Kelly
- Assistant Service Managers - Iris Sinclair, Dorina Tamburrini
- Senior Support Worker – Cathie Buchanan
- Administrator - Carole Park
- Day Care Organisers - Margaret Barrowman, Linda Buchanan, Jackie Sheldon.

Newlands Services

81 Oxford St, Glasgow, G5 9EP

Tel: 0141 418 5954

Email:

NewlandsServices@alzscot.org

- Home support service
- Overnight home support
- Advice and information service
- Carer support group
- Carer education
- Day opportunities

- Service Manager – Cathy Beattie
- Administrator – Colette Fury

Oxford Street Services

81 Oxford Street, Glasgow, G5 9EP

Tel: 0141 429 6428

Email:

OxfordStreetServices@Alzscot.org

- Day care (Gorbals, Govanhill, Shawlands, Pollockshaws)
- Home support service (South, South West & East)
- Advice and information
- Carer support
- Carer education

- Service Manager - Linda Hughes
- Assistant Service Managers – Jill Jardine & Heather Bannon
- Project Worker - Eunice Black
- Administrator – Kim Mitchell
- Day Care Organisers – Eunice Black, Trisha Blyth & Bernie Lynas.
- Service Manager – Alex Murphy
- Project Worker (Home Support and Day Care) - Sandra Watson
- Administrator - Yvonne Cannon
- Outreach Workers - Liz Kincaid and Anne Marie MacDonald
- Counsellor – Eileen Gardner (0141 418 3942)
- Day Care Organiser – Margaret Barbour

Glasgow-wide services

Glasgow Younger Persons Support Services

Ground Floor, 81 Oxford Street, Glasgow, G5 9EP

Tel: 0141 418 3941

Email:

GYPServices@alzscot.org

- Home support service
- Outreach support
- Information and advice
- Counselling service
- Carers support groups
- Self support groups for people with a diagnosis of dementia
- Day care and Day Opportunities
- Carer education

Forget-me-not Project

Alzheimer Scotland, 81 Oxford Street, Glasgow, G5 9EP

Contact: Fay McCormick - Volunteer Co-ordinator

Tel: 0141 418 3944

Email:

fmccormick@alzscot.org

Forget-me-not volunteers work with people with dementia. If you can spare a couple of hours (or more) a week to visit someone in care and brighten their day, or if you enjoy the company of older people and would

like to sit with somebody or spend time with a small group please get in touch.

Information Volunteers Project

Glasgow Regional Office, 81 Oxford Street, Glasgow, G5 9EP

Contact: Mary Brown - Information Volunteer Co-ordinator

Tel: 0141 418 5953

Email: mbrown@alzscot.org

The Information Volunteers Project uses the support of volunteers to provide information and promote awareness of dementia to the general public and those concerned about the condition.

Grampian, Tayside and Shetland

Grampian, Tayside and Shetland Regional Office

492 Union Street, Aberdeen, AB10 1TS

Tel: 01224 644077

Fax: 01224 644088

Email:

GrampianRegion@alzscot.org

- Information and advice service
- Regional Manager – Fiona Roberts
- Finance Administrator - Janette Muir
- Dementia Development Officer – Brenda Stewart
- Administrative Assistant – Suzanne Black

Grampian

Aberdeen City Services

492 Union Street, Aberdeen, AB10 1TS

Tel: 01224 644077

Email:

AberdeenCityServices@alzscot.org

- Home support
- Information and advice
- Carer support
- Carer education
- Outreach support
- Drop-in centre (Tuesday, 10.00am – 2.30pm, at St Mary's Cathedral Hall, Huntly St.)
- Administrator – Suzanne Black

- Outreach Workers –
Linda Alexander

Moray Services

Unit 8, Elgin Business
Centre, Maisondieu Road,
Elgin, IV30 1QP

Tel: 01343 552080

Email:

MorayServices@Alzscot.org

- Information and advice
- Day care in Keith and
Buckie
- Carers' Coffee Morning –
last Tuesday of month
- Home support
- Carer training
- Family carer support
- Young people (under
65s) Outreach Worker

- Service Manager –
Jennifer Owen
- Day Care Organisers –
Lynn Blair (Buckie);
Freda Morrison (Keith)
- Carer Support Worker -
Lynn Charles
- Outreach Worker –
Susan Kerr
- Administrator (Mon -
Thur 9-3) – Shirley
McKenzie

North Aberdeenshire (Banff and Turriff) Services

Campbell Hospital, Park
Crescent, Portsoy, AB45 2TR

Tel: 01261 842029

Email: NASBanff@alzscot.org

- Integrated day care
Banff: Tuesday,
Wednesday and Friday
- Integrated day care
Turriff: Wednesday and
Friday
- Information and support
- Training and carer
education
- Home support
- Carer support
- Carer support group
(Banff)
- Couples social group

- Service Manager –
Janice Caine
- Administrator - Val
Sleigh
- Project Worker - Lynne
Smart
- Day Care Organisers -
Gena Graham, Lynne
Smart

North Aberdeenshire (Peterhead) Services

53 Windmill Street,
Peterhead, AB42 6UE

Tel: 01779 484209

Email:

NASPeterhead@alzscot.org

- Day care (Peterhead, Tuesday & Thursday)
- Information and support
- Training
- Home support
- Carer education

- Project Worker – Lorraine Stott
- Day Care Organiser – Susan Boardley

South Aberdeenshire (Banchory) Services

Suite 3, Carlton House 32/36
High Street, Banchory, AB31
5FR

Tel: 01330 824486

Email:

DeesideServices@alzscot.org

- Information and advice
- Home support service
- Day care – Aboyne: Friday
- Carer support
- Carer education
- Walking Group

- Alzheimer Cafe (Tea on the Dee), first Thursday of the month, Aboyne.
- Assistant Service Manager – Fran Kelly
- Administrator – Gwen Dick
- Day Care Organiser – Evelyn Irvine

South Aberdeenshire (Stonehaven) Services

Arduthie Lodge, Kirkton
Road, Stonehaven, AB39 2QJ

Tel: 01569 792068

Email:

SouthAberdeenshireServices@Alzscot.org

- Information and advice
- Home support service
- Day care - Thursday
- Carer support
- Carer and ex-carer groups
- Men's group- meets weekly
- Nordic Walking Group – meets monthly

- Service Manager - Sarah Duff
- Administrator - Sarah Blackwood

- Day Care Organiser –
Caroline Sinclair

Aberdeen Dementia Carers - Ask Us First

Alzheimer Scotland, 492
Union Street, Aberdeen,
AB10 1TS

Contact: Anne Naylor -
Involvement Officer
Tel: 01224 644 077
Email: anaylor@alzscot.org

The group is made up of people who care for someone with dementia. Their main aim is to lobby, campaign and work towards improving services.

The group wants others to join them in their efforts to make changes within care services, which will benefit people with dementia and those who care for them.

Positive Dementia Group

Alzheimer Scotland, 492
Union Street, Aberdeen,
AB10 1TS

Contact: Anne Naylor -
Involvement Officer
Tel: 01224 644 077
Email: anaylor@alzscot.org

We are a group of people with a diagnosis of dementia. We welcome new members from Aberdeen City, Aberdeenshire and Moray. We meet once a month to:

- support and share our experiences of living with dementia
- campaign for better services
- attend conferences and events
- take part in consultation and social research
- encourage a more positive attitude towards people with dementia
- talk to professionals about our experiences of living with dementia and what we need to help us live our lives
- link in with other groups of people with dementia to have a national voice for Scotland

We use our experiences and views to help make a difference.

Seize the Day

Alzheimer Scotland, 492
Union Street, Aberdeen,
AB10 1TS

Contact: Rosie Leavett -
Project Manager

Tel: 01224 632 137

Email:
seizetheday@alzscot.org

This project helps people recently diagnosed with early dementia and their families or friends in Aberdeen City and Aberdeenshire to live as fully as possible with a diagnosis of dementia.

Elgin Branch

Wansbeck, Lossiemouth,
IV31 6BY

Contact: Barbara
Steele, Chairperson

Tel: 01343 813987

- Drop-in centre
- Summer outings
- Weekly Monday Club
- Carer Support Group

Tayside

Angus Services

First Floor, 1c Millgate,

Arbroath, DD11 1NN

Tel: 01241 431770

Email:

AngusServices@alzscot.org

- Information and support for carers
- Carer support groups - Arbroath first Saturday of the month, and Forfar first Monday of the month
- Drop-in centres: Carnoustie every Friday 11 am - 2 pm and Forfar every Tuesday 2 – 4 pm
- Outreach surgeries
- Dementia Resource Worker – Pat Brodlie
- Training & Involvement Project Worker – Kathy Young
- Administrator - Muriel Steven
- Carnoustie Drop-in Support Worker – Doreen Munro
- Forfar Drop-in Support Worker – Maureen Black

Dundee Services

Whitfield Parish Church,
Haddington Crescent,
Dundee, DD4 0NA

Tel: 01382 509454

Email:

DundeeServices@Alzscot.org

- Day care at Whitfield Parish Church – Wednesdays, Thursdays and Fridays
- Integrated day care at the Oakland Centre Monday – Saturday
- Evening care at the Oakland Centre – Tuesdays and Wednesdays
- Information service
- Early Stage Support, including Positive Dementia Support Group (Mary Slessor Hall, Dundee) second Friday of each month; Men's Group; Women's Group
- Carer support, including drop-in café (Mary Slessor Hall, Dundee) second and fourth Monday of each month
- Early Stage Dementia Group
- Service Manager – Gabrielle Colston-Taylor
- Assistant Service Manager – Mary Gibson

- Administrator – Carol McShane
- Carer Support Worker – Nadia Sutherland
- Outreach Worker - Wendy Rankin
- Day Care Organisers – Kate Drummond, Ann Tosh, Alexis Henderson, Alex Weir, Jennifer Cobban.

Dundee Dementia Action Group

Alzheimer Scotland, 492 Union Street, Aberdeen, AB10 1TS

Contact: Anne Naylor - Involvement Officer

Tel: 01224 644077

Email: anaylor@alzscot.org

The group is made up of people who care for someone with dementia. Our main aim is to lobby, campaign and work towards improving services.

The group wants others to join them in their efforts to make changes within care services, which will benefit people with dementia and those who care for them.

Perth and Kinross Dementia Action Group

Alzheimer Scotland, 492
Union Street, Aberdeen,
AB10 1TS

Contact: Anne Naylor -
Involvement Officer
Tel: 01224 644077
Email: anaylor@alzscot.org

The group is made up of people who care for someone with dementia. Our main aim is to lobby, campaign and work towards improving services.

The group wants others to join them in their efforts to make changes within care services, which will benefit people with dementia and those who care for them.

Alyth and District Branch

Aldclune, Blairgowrie, Perth,
PH10 6LD

Tel: 01250 873548

Covers Strathmore locality of Alyth, Blairgowrie, Coupar Angus & surrounding areas.

- Fundraising, campaigning, awareness raising

- Meets 1st Monday of each month at 11am in Alyth
- Friday Friends - this social group for people with dementia and their carers meet every four to five weeks for friendship and activity. Contact Jane McGowan, CPN 01250 870605.

Perth Branch

Contact: Jackie

Daly, Chairperson/local representative for North West Perthshire

Tel: 01796 474818

Email:

perthbranch@alzscot.org

We are in the process of reviewing services within Perth & Kinross. **Currently available** services are:

- **Dementia Cafe** - first Wednesday of each month - North church, Perth - 10-12.30
- **Social groups** for people with dementia and their carers within the rural communities of North Perthshire

- **Walking/social group** within Perth city for people with dementia
- **Carers group** within South Perthshire

IV2 3HD

Tel: 01463 711707

Email:

HighlandCarerServices@alzscot.org

Highland, Western Isles and Orkney

Highland, Western Isles & Orkney Regional Office

3 Gordon Terrace, Inverness, IV2 3HD

Tel: 01463 711707

Fax: 01463 711715

Email: mgrant@alzscot.org

- Information, advice and support throughout the region.
- Regional Manager – Maxine Johnston
- Regional Administrator – Margaret Grant
- Finance Administrator – Cathy Kinnoch (based at National Office, Edinburgh)

- Information, advice and support for carers throughout the region
- Carer support groups in Easter & Wester Ross, East Sutherland, Lochaber, Badenoch & Strathspey, Nairn
- Dementia café
- E-mail support group
- Training for carers and staff of other organisations.

- Service Manager - Margaret McKeith
- Carer Liaison Assistant – Sheila Murray
- Administrator – Margaret Grant

Highland

Highland Carer Services

3 Gordon Terrace, Inverness,

Inverness Services

Woodlands Centre, 23a

Culduthel Road, Inverness,

IV2 4AN

Tel: 01463 713424

Email:

InvernessServices@Alzscot.org

- Information & advice
- Day care sessions (Tuesday to Friday, & Sundays)
- Carer support group (Inverness and surrounding area)
- Care at home.

- Service Managers – Evelyn Hunter & Carolanne Mainland
- Administrator - Jane McCallum
- Day Care Organisers - Louise Willingale & Margaret Elder

Nairn and Ardersier Services

The Left Hand Side, The Links (The Old School), Grant Street, Nairn, IV12 4NN

Tel: 01667 422401

Email: nairn@alzscot.org

- Day care sessions
- Information and support
- Carer group (run by Highland Carer Services)
- Dementia café (run by Highland Carer Services)

Service Manager – Carolanne Mainland
Project Worker – Cindy Skinner
Day Care Organiser – Vacancy
Administrator – Jane McCallum

Nairn and Ardersier Services

The Left Hand Side, The Links (The Old School), Grant Street, Nairn, IV12 4NN

Tel: 01667 422401

Email: nairn@alzscot.org

- Day care sessions
- Information and support
- Carer group (run by Highland Carer Services)
- Dementia café (run by Highland Carer Services)

- Service Manager - Carolanne Mainland
- Project Worker - Cindy Skinner
- Day Care Organiser - Vacancy
- Administrator - Jane McCallum

Ross-shire Services

Duthac House, Academy Street, Tain, IV19 1ED

Tel: 01862 894276

Email: Ross-
shireServices@Alzscot.org

- Day care on Mondays and Fridays
- Information and support
- Carer support group, last Monday afternoon of the month.
- Service Manager – Evelyn Hunter
- Assistant Service Manager – Iris Carrison
- Administrator – Jane McCallum.

Skye and Lochalsh Services

Taigh An Oisein, Bridge Road, Portree, Isle of Skye, IV51 9ER

Tel: 01478 613450

Email:

SkyeServices@Alzscot.org

- Information and advice
- Day care (Portree and Dornie)
- Care at home
- Day Opportunities Club (younger people with dementia)
- Carer support (group and one-to-one)

- Alzheimer Scotland/NHS Highland Community Psychiatric Nurse Support Worker Initiative
- Mental health support work.
- Service Manager – Kevin Lawley
- Administrator – Margaret McGlynn
- Day Care Organiser (Portree) – June Johnston (01478 613113) – Monday & Thursday
- Day Care Organiser (Dornie) - Glynis MacDonald (01599 555416) – Tuesday & Friday
- Day Care Organiser (Outreach Day Care) – Sian Armstrong (01478 613113) – Tuesday & Friday.

Thurso Services

The Couthie Corner, Bayview House, Orlig Street, Thurso, KW14 7JZ

Tel: 01847 892152

Email:

ThursoServices@Alzscot.org

- Information and support
- Day care
- Carer support group
- Care at home.

- Service Manager– Cathy MacKay
- Administrator - Isobel Keith
- Day Care Organisers – Moira Clark, Carmel Ross

Wick Services

Longberry, Pulteney House,
North Murchison Street,
Wick, KW1 5HL

Tel: 01955 609193

Email:

WickServices@Alzscot.org

- Information and support
 - Day care
 - Carer support group
 - Care at home.
-
- Service Manager– Cathy MacKay (based at Thurso Services)
 - Administrator - Lynne Cormack.

Highland Dementia Carers Network

Alzheimer Scotland, 3
Gordon Terrace, Inverness,
IV2 3HD

Contact: Sheila MacIver -
Highland Involvement Officer
Tel: 01463 711 710
Email: smaciver@alzscot.org

A network of carers of people with dementia so that through discussion, consultations and representation their individual and collective voice can be heard by those planning and providing services.

Inverness Dementia Group

Alzheimer Scotland, 3
Gordon Terrace, Inverness,
IV2 3HD

Contact: Sheila MacIver,
Local Involvement Officer
Tel: 01463 711710
Email: smaciver@alzscot.org

Are you interested in meeting others in Highland with this condition? Have you been diagnosed with dementia? We are a small friendly group of people with a diagnosis of dementia. We meet monthly in Inverness for support, sharing our experience of living with dementia and to raise

awareness and improve dementia services.

Lochaber Way Ahead Group

Lochaber Community Mental Health Service, Fort William Health Centre, Camaghael, Fort William, PH33 7EU

Contact: Ilanora Sharp

Tel: 01397 709830

Email:

lochaberwayahead@alzscot.org

A group for people with dementia. The group provides a chance to speak about ourselves and the way in which dementia affects our lives. We can share the whole range of emotions in a comfortable space and feel less alone on our journey. We also look at practical steps we can take to improve our quality of life and feel we're doing something positive and having fun while doing it!

Lochaber Branch

PH33 6PH

Contact: Jo Cowan, Secretary

Tel: 07801 500422

Membership of Lochaber Branch is open to people living in Lochaber who are interested in supporting people with dementia and their carers. We want people with dementia and their carers to join us at our monthly meetings.

- raising public awareness of dementia
- information and support
- signposting people to appropriate help
- fundraising to facilitate practical assistance
- local dementia information line 01397 708948 (The branch is a partner in this initiative for Lochaber)
- Way Ahead Group (Lochaber)
- Lochaber Carers' Group (partly enabled by the branch)
- Carers' library.

Sutherland Branch

Main Street, Golspie, KW10 6RA

Contact: Brenda

MacMillan, Shop manager

Tel: 01408 633008
Email:
brenda.macmillan@virgin.net

- Fundraising - charity shop
- Information and support

Charity Shop - Golspie 2nd Best

Main Street, Golspie, KW10
6RA

Contact: Shop Manager -
Brenda MacMillan

Tel: 01408 633008

Email:
brenda.macmillan@virgin.net

'2nd Best' by name but
definitely not by nature.

The shop is on the main A9
road through the village,
with car parking facilities in
front of the shop and in the
car park opposite, and is the
social hub of Golspie.

We gratefully receive
donations from all over
Highland and accept and sell
anything, including furniture,
apart from electrical goods.
Unsold or unsuitable goods
are re-cycled.

The opening hours are 10 –
4.30 weekdays, 10- 4 on
Saturdays.

Western Isles

Lewis and Harris Services

18 Bells Road, Stornoway,
Isle of Lewis, HS1 2RA

Tel: 01851 702123

Email: Lewis@Alzscot.org

- Day care (Ness, Barvas & Leverburgh)
- Information, advice and support
- Care at home
- Carer support group
- Befriending service
- Library

- Service Manager– Katie MacPherson
- Administrator – Christina Macleod
- Day Care Organisers – Christina Margaret Martin, Alice Mary Smith, Christina MacAulay, Norman MacMillan

Lothian, Fife and Borders

Lothian, Fife and Borders Regional Office

National Office, 22
Drumsheugh Gardens,
Edinburgh, EH3 7RN
Tel: 0131 243 1453
Fax: 0131 243 1450
Email: hhay@alzscot.org

Alzheimer Scotland regional office.

- Regional Manager - Helen Hay
- Finance Administrator - Chris Sneddon

Borders

Borders Services

6 Edenside Workshops, Inch Road, Kelso, TD5 7JR
Tel: 01573 226162
Email:
BordersServices@Alzscot.org

- Information, support and advocacy
- Carer support groups
- Awareness raising
- Courses for carers

- Resource Worker – Stephen Fox
- Administrator – Marbeth Hardie

Fife

Fife Services

152 High Street, Kirkcaldy, KY1 1NQ
Tel: 01592 204541
Email:
FifeRegion@Alzscot.org

- Information and support
- Home and community support
- Weekend day care (Kirkcaldy and Lochgelly)
- Carer education & carer support
- Drop in/Information Cafés
- Fife Memory Clinic/Early Stage Service
- Interest groups
- Younger Persons day opportunities (West Fife) and family outreach support.
- Service Manager - Julie Penn

- Administrators -
Lorraine Simpson, Linda Tyrell & Helena Corns
- Early Stage Link Worker
- Alison Judd
- Project Workers - Janine Adair (North East Fife),
Yvonne Bryce (Central Fife), Margaret Hay
(West Fife)
- Family Outreach
(Younger Persons Project - West Fife) -
Mary Hammon
- Information and advice
on Benefits & Adults
with Incapacity Act 2000
- Carer education
- Service Manager – Hazel Johnson
- Assistant Service
Manager – Alaine Chalmers
- Administrator - Sheila Nimmo
- Day Care Organisers –
Sheila Ray, Alison Napier

Lothian local services

Midlothian Services

3 Edinburgh Road, Dalkeith,
EH22 1LA

Tel: 0131 654 1114

Email:

MidlothianServices@Alzscot.
org

- Day care (except
Saturday)
- Housing Support Service
- Day Opportunities
Service
- Private Purchase
- Carer Support
- Carer Support Group
- Information and advice

Lothian-wide services

Lothian Early Onset Support Services

3 Quayside Street,
Edinburgh, EH6 6EJ

Tel: 0131 555 6866

Email:

LEOSSProject@alzscot.org

This Service is for individuals who have a diagnosis of dementia up to and including the age of 65. We offer:

- Information and advice
- Family outreach support
- Community and Home support

- Carer support and education
- 3 day clubs for younger people in the early, moderate and later stages of dementia
- Monthly 'Oasis' Social club for carers and younger people with dementia
- Holidays for younger people with dementia and their carers

- Service Manager – Alan Midwinter
- Administrator – Linda Tyrell
- Family Outreach Workers – Christine Williams, Shelagh Prime
- Day Care Organisers - Lindsay Gibson, Joan Hogg

Polish and Ukrainian Support Services

30 Braid Road, Edinburgh,

EH10 6AD

Tel: 0131 446 3755

Email:

EasternEuropeanServices@Alzscot.org

Alzheimer Scotland Polish and Ukrainian Support Services offers the following services:

- Information and advice to Polish and Ukrainian older people
- Support to professionals with Polish and Ukrainian cases
- Support to people with dementia and their carers

- Service Manager – Teresa Straczynska
- Volunteer Co-ordinator – Izabela Banasiak
- Ukrainian Outreach Worker - Elena Goodall
- Administrator - Andrea Rollo

Edinburgh Branch

Contact: Ann

Little, Development Worker

Tel: 0131 662 1204

Email:

EdinburghBranch@alzscot.org

The Edinburgh branch of Alzheimer Scotland offers the following services:

- Advice and information
- Strathyre Holidays
- Dementia Café
- Clermiston Saturday Break
- Befriending Service

- 24 hours - confidential service
- Database of care homes

Freephone 0808 808 3000

Volunteers available 10 am - 12 noon Monday - Friday; phone 0131 667 6289.

National Services

Information and Helpline Department

Information Manager –
Maureen Thom
Helpline Manager – Elaine Harley
Helpline Assistant – Carole Ramsay
Website & Intranet Manager – Ian Hewines
Administrative Secretary – Elizabeth Darke
Alzheimer Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN
Tel: 0131 243 1453, fax: 0131 243 1450

24 hour Dementia Helpline

- Information
- How to get help
- Emotional support

Welfare Rights Service

- Information about social security benefits and other sources of financial help administered by the Department for Work and Pensions Local Authorities and other agencies
- Information about Free Personal and Nursing Care
- Information about Local Authority Financial Assessments and Charging Policies
- Information about the Adults with Incapacity (Scotland) Act 2000
- Talks to groups
- Training for colleagues and staff of other organisations who work with people who have dementia

To access the Welfare Rights Service, contact your local Alzheimer Scotland service in the first instance, or the Dementia Helpline on 0808 808 3000.

Welfare Rights Service Manager – Jim Pearson (direct line 0141 418 3937) Email: jpearson@alzscot.org
Welfare Rights Assistant – Andy Paul Administrator – Anne Burnside
Welfare Rights Service, Alzheimer Scotland, 81 Oxford Street, Glasgow, G5 9EP. Tel: 0141 418 3936, Email: Welfare@alzscot.org

Fundraising and Public Relations

Head of Fundraising Development – Shona Blakeley. Email: sblakeley@alzscot.org
Awareness Manager – Kirsty Jardine. Email: kjardine@alzscot.org
Head of Events – Moira Lawrance (PO Box 10152, Dundee, DD5 4YB). 0845 2600 789, mobile: 07810 826812. Email: mlawrance@alzscot.org

Donor Development Manager - Angie Smith. Email: asmith@alzscot.org
Trusts & Corporate Fundraising Manager – Catherine McGowan. E-mail: cmcgowan@alzscot.org
Fundraising and Database Administrator – Nicola Brown E-mail: nbrown@alzscot.org
Fundraising Administrator – Dareena Scott Email: dscott@alzscot.org
Alzheimer Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN. Tel: 0131 243 1453, fax 0131 243 1450.

Learning Development Unit

Learning Development Manager - Hazel Walker; Email: hwalker@alzscot.org
Administrative Secretary - Dorothy Keith; Email: dkeith@alzscot.org
Lead Field Worker & Trainer - Jenny Henderson (based in Dumfries office); Email: jhenderson@alzscot.org

Alzheimer Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN. Tel:

0131 243 1453, fax: 0131
243 1450.

Practice Development Team

Practice Development
Manager – Barbara Sharp;
Email: bsharp@alzscot.org
Practice Manager - Julie
Miller; jmiller@alzscot.org
Practice Manager - Marie
Innes; minnes@alzscot.org
(Tel: 01698 275300)
Alzheimer Scotland, 81
Oxford Street, Glasgow, G5
9EP. Tel: 0141 418 3930,
fax: 0141 418 3945.

Scottish Dementia Working Group

SDWG is a group run by
people with dementia and
funded by Comic Relief and
Alzheimer Scotland. It
operates independently as a
national involvement group
for people with dementia
within Alzheimer Scotland.

Membership is open to
people with dementia.



run by people with dementia

The purpose of the Working
Group is to campaign to
improve services for people
with dementia and to
improve attitudes towards
people with dementia.

Enquiries are welcome from,
or on behalf of, individuals
from anywhere in Scotland
who are interested in
becoming involved.

National Coordinator –
Martin Sewell Development
Worker – Jenny Douglas

Alzheimer Scotland, 81
Oxford Street, Glasgow, G5
9EP. Tel: 0141 418 3939.
Email: sdwg@alzscot.org
Website: www.sdwg.org.uk

Alzheimer Scotland



**Alzheimer Scotland 22
Drumsheugh Gardens,
Edinburgh EH3 7RN
Telephone: 0131 243
1453 Fax: 0131 243 1450
Email:
alzheimer@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. SCO022315.