



Alzheimer Scotland
Action on Dementia

Issue 64

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Dumfries & Galloway

Newsletter

Dementia Champions In Action

On the 28th of May 49 of our 100 Dementia Champions attended a development afternoon in Dumfries. This was a very productive afternoon facilitated by Alice Wilson Associate Nurse Director and Gladys Haining Alzheimer Scotland Dementia Nurse Consultant.

The purpose of the afternoon was to establish what improvement work was currently being undertaken by Dementia Champions in wards and departments across Dumfries and Galloway. It has been agreed that locally we will hold these development days four times annually and use this to formulate an action plan for wider roll out improvement projects.

We are planning to have a register of Dementia Champions who have been trained both locally and nationally and use this as a forum for continual development and improvements for people with dementia who are admitted to hospital.

This was an excellent afternoon with a real buzz and great enthusiasm from those who attended. Together we CAN make a difference.

Gladys Haining *Alzheimer Scotland Dementia Nurse Consultant*



Buy a Quilt and Support Alzheimer Scotland

On Saturday 8 June over 300 visitors and more than 100 volunteers witnessed the final stage of the unique Hampden Park Quilt Challenge, with quilts from across Scotland and around the world covering the pitch in a wonderful multi-coloured display.

The challenge grew out of a jokey remark a few years ago to our quilter-in-residence, Ann Hill, by Robert Craig, chairman of the Scottish Football Museum, that Ann could make a quilt big enough to cover the Hampden pitch. That got Ann thinking and, knowing she couldn't do it on her own, she sent out a plea for help to the quilting community who responded in style by creating more than 5,000 beautifully crafted quilts.

These quilts are now for sale to the general public, so if you would be interested in owning one of these beautifully, hand-crafted items, then you can visit either the Dumfries or Stranraer Resource Centres to view the quilts.

All the monies raised from the sale of these quilts will go towards local groups or services.



Dumfries Carers Group Meeting

Ross Warwick, Clinical Neuropsychologist, will be giving a talk, followed by a question & answer session at the next carers group meeting on Monday 30 September at the Mormon Church, Edinburgh Road from 1pm-2.30pm. Please come along for what should be a very interesting event.



Dumfries & Galloway Service - Customer Satisfaction Survey

We recently sent out feedback questionnaires to people who use our services - 192 to carers and 34 to people with dementia. We received a good response rate of 58%.

15 people with dementia who use our services completed the customer satisfaction survey.

10 people rated our service very good and above - 1 person did not respond to this question.

What did people say:

- “I am certain that the service cares and that it tries hard. I can’t expect more than that. Many thanks for everything.”
- “We did not have any idea what to expect from the service. The Memory Clinic Link Worker was very helpful and put us at ease.”
- “If the Memory Clinic Link Worker service was available across the board in medical departments, then there would be no need for complaints.”
- “I am very grateful for all the help and support provided by your service, which has been first class.”

In total, 115 carers completed the customer satisfaction survey. 95 carers rated our services as very good or above. 9 didn’t respond to this question.

What did people say:

- “Alzheimer Scotland guided me with loving care through my husband’s long illness. I can’t thank you enough.”
- “I was awarded a short term break through the organisation and this came just as I was near breaking point. This gave me some much needed me time and kept me going a while longer.”
- “I really cannot verbalise how useful this service has been to me and my father. I feel assisted, supported, but most significantly empowered as a result of the help I have received.”
- “The Memory Clinic Link Worker is an essential service that needs to remain available in the future.”

Things you said we could improve on:

- “It would help if Day Care hours could be extended.”
- “Identify and record the needs of every person with dementia in Dumfries & Galloway. An individual plan needs to be implemented, which addresses those needs and then actions to provide solutions for them.”
- “Could have had a bit more help with the number of forms I have had to complete recently.”

A copy of the full report is available in the reception area of the Dumfries Resource Centre.

Recycling Appeal

If anyone has any old mobile phones or ink cartridges that they are going to throw away, please keep them and bring them into the Dumfries Office as we are able to recycle them, which helps raise further funds to assist those with dementia, their carers and families.

Christmas Cards

Yes, it’s almost that time of year again! This year’s Alzheimer Scotland Christmas Cards are available to purchase from the Dumfries & Stranraer Resource Centres. We also have a number of cards from previous years available to buy at greatly reduced prices.



News from Stranraer Service

The Stranraer Service has been utilising the Alzheimer Scotland Memory Bus over the last few months. May Bank Holiday saw bus and staff at a youth Football Festival at the Galloway Thistle ground Newton Stewart. Six hundred young footballers had a weekend of sport supported by their coaches and families. They also supported the Football Memories project and every programme had information about Alzheimer Scotland services.

The second outing was to Creetown Gala where some 800 people attended. The bus was next to the beer tent!! We had lots of visits from folks asking about what we did and they took away local service information. At the end of the day we were being treated as 'locals' and were being told we were to come back next year.

The next outing will be to the Book Festival at Wigtown in September where we hope to launch our Children's Story Competition. Watch this space!!!

We have also received fundraised money from the Stranraer Quilters plus a Friendship Quilt which was raffled on our stall at the Stranraer Show raising £83. Thank you to all who worked on this project.

The Wigtown Community Shop gave us a £450 donation to support local activities. The shop is a charity shop which runs to support local services.

Colvend WRI had a super evening of Summer Music which raised £1057 for local services.

I have felt privileged to attend all these events and to be able to share some of the work that we are doing in the community.

Judi Shaw *Dementia Advisor—Wigtownshire*

Retirement of Isobel Tinning

We were very sad to bid farewell to Isobel who retired from the organisation in May of this year. Isobel had worked in the role of Carer Liaison Worker since February 2004 and throughout the nine years she spent with Alzheimer Scotland she supported a huge number of carers through the transition of caring for their loved one at home to them moving into residential care or supporting them through bereavement.



Isobel was a great ambassador for the organisation and carers and represented carers needs and views on a number of forums and working groups as well as providing individual support and facilitating carer support groups and courses, coffee clubs and supporting the moving on together group. Isobel was highly respected by all those she came into contact with including colleagues, people with dementia, carers and other professionals. She will be sorely missed and certainly a hard act to follow. Fortunately for us she has not severed all contact with us as she is volunteering at the monthly football memories group for which we are really grateful.

We all wish Isobel the very best in her retirement and hope it is very happy, long and contented one.



Mailing List - We are always trying to identify ways of reducing costs therefore if you have an email address and would be happy to receive this newsletter electronically please let us know. Also if you no longer wish to be on our mailing list, then please contact the Dementia Resource Centre in Dumfries.



4 Day Carers Information Course—Lockerbie

Are you looking for information and advice on day-to-day care of someone with Dementia? With support from the Carers Strategy Fund Alzheimer Scotland are hosting a free 4 day course and topics covered include:

- **What is Dementia?**
- **Communication and Behaviour**
- **Coping Tips**
- **Benefits Information**
- **Information around Personal Care and Moving & Handling**
- **Activities and Life Story Work**
- **Opportunity to meet others in a similar situation**

Venue and dates of this course are as follows:

The Kings Arms Hotel, Lockerbie
Friday 4th, 11th, 18th & 25th October from
11.45am-3pm. Lunch and refreshments will be
provided

Please book a place by Friday 27 September
with Mandy on 01387 261303

Musical Minds Castle Douglas

Following some interest from the Stranraer music group, an agreement was reached that we would do a joint session. The coach was duly booked and 14 members of the Stranraer Musical Minds arrived to join us in our new venue in the Parish Hall on Queens Street for our July meeting.



As well as our visitors from Stranraer, we were delighted to be able to extend a warm welcome to several other new visitors including people from Barlochan House also visiting for the first time.

Grateful thanks must go to all the musicians and the volunteers, both old and new that assisted with such a successful event, and one that will definitely be repeated. If you would like more details of this group, or any other community activity, then please contact Helen Smith, Community Activities Organiser on 01387 261303.

DON'T FORGET

For information, advice, support and details of all our services contact either:

Dementia Resource Centre
8 Gordon Street
Dumfries
DG1 1EG
Tel: 01387 261303
Web Site: www.alzscot.org
Email: Dumfriesservices@alzscot.org

or

Dementia Resource Centre
67 Hanover Street
Stranraer
DG9 7RX
Tel: 01776 889181
Web Site: www.alzscot.org
Email: Stranraerservices@alzscot.org



We rely on fundraised income to help us to campaign and to provide services for Scotland's 86,000 people with dementia and their carers.

Your legacy can make a difference - a gift in your will can help us to continue and maintain our work.

Alzheimer Scotland - Action on Dementia is registered as a charity and is recognised as a charity by the Office of the Scottish Charity Regulator
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