



**Alzheimer Scotland**  
*Action on Dementia*

Issue 65

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# Dumfries & Galloway *Newsletter*

## Join us.....and make a difference

Alzheimer Scotland members come from all walks of life. Their support helps us raise awareness about dementia and deliver essential services across Scotland. Please **join us** and lend your support to the vital work we do. If you join by Spring 2014, membership is **FREE** for a year.

Over the next few months we are developing many exciting new aspects of Alzheimer Scotland membership, so join now and be the first to hear about these new developments.

### Membership benefits:

By joining Alzheimer Scotland you'll become part of a nationwide community that supports people with dementia, their partners, families and carers and makes sure their voices are heard. You'll receive regular information and updates from us including our quarterly magazine, newsletters and Annual Review. If you like, you can also get involved in fundraising or volunteering.

Joining couldn't be easier. All you have to do is contact the Dumfries Resource Centre on 01387 261303 and give your name, address and email details and we will contact National Office to ask them to place you on the membership list.

Alternatively, you can email these details to [info@alzscot.org](mailto:info@alzscot.org)

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## Craft Finger Meet & Eat Event

Once again in November the Stewartry Crafty Fingers Groups held their annual fundraiser to contribute to the costs of keeping the groups going for another year. Kirkcudbright Bowling Club provided the excellent venue once again and good homemade soup and cake were on the menu. We had a fine display of examples of work, a sales table, a well-stocked tombola and a local lady who made flavoured fudge.

It was a very busy morning. Folks came and chatted, enjoyed the refreshments and did a bit of Christmas shopping! All commented on the lovely atmosphere and were very generous with their donations. We raised a splendid £270. So a very big thank you to all who supported the event either by baking, making, donating or creating!

A huge thank you also goes to Toby the craft leader who challenges and inspires the groups each month. We look forward to 2014.

**Judi Shaw** *Dementia Advisor*

## Quilt Sale

Alzheimer Scotland recently took over a shop on Dumfries High Street to sell quilts that were made as part of the Hampden Park project and we were overwhelmed by the response of the general public, who purchased a large number of these beautiful, hand crafted items. We still have a number of these quilts left, so if you would like to purchase one, then please feel free to pop in to the Dementia Resource Centre to browse through them.

### 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.



## New Members of Staff

### Paula Cochrane

I have recently replaced Gemma Loughrie as the new Community Post Diagnostic Worker and have been in post since September. We are currently running a Self-Management Group in Dumfries. The



aim of the group is to provide support, advice and information through self management sessions, peer support and education on symptom management and coping strategies. We are covering topics such as: Confidence Building, Maintaining Skills and Independence, Memory Aids and Devices, Community Activities and Psychological and Physical Wellbeing.

The sessions are very informal and myself and Shona Sneddon (based in Wigtonshire), work alongside the Mental Health Occupational Therapists to run the sessions.

There will be a group starting in Stewartry in early February and I'm hoping to have another group running in Dumfries in February too.

### Jill Rennie - Care Liaison Worker

I have recently joined the Dumfries Team to replace Isobel Tinning who retired from this post after 9 years. This post is an additional post for me within Alzheimer Scotland as I am also the Day Care Organiser for Irkcudbright.



#### So what is my role?

The purpose of this service is to provide support to relatives and friends of people with dementia, when the person moves into long-term care or dies

The process of bereavement, in most cases, starts long before the person dies and this service provides befriending/bereavement (not counselling) support to this group of people. Involvement can start when a move to long term care seems the most likely outcome of the situation -support is provided to consider options, look at the implications of a move, visit chosen care settings (usually only when no family available) and listening to the concerns and worries of the relative/friend-offering appropriate advice when necessary.

Support continues during the move, adjustment period, during the whole placement and on in to bereavement, if necessary.

Each person requires support according to their individual needs and as placements can be short or long there is no set length for involvement.

Involvement takes the form of one to one home visits or telephone support whichever is most suitable to the person and if appropriate introduction to social support groups although social support groups do not suit everyone.

Some people adjust fairly quickly, especially if they have good family/friend support around and I maintain contact with these people initially with one to one home visits then by phone, at groups or visiting if need be.

## Donations

We are very grateful for all the donations received from a variety of sources. Over the last few months people have organised table top sales, skydived, bag packed, run a fundraising café and given donations in lieu of birthday presents and funeral collections. These are just some of the ways people are supporting our services locally. We would like to give a big thank you to them and also to everyone who faithfully donate money from their forget-me-not boxes and all other donations, small and large, they are all very much appreciated.



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## Carers Lunch at Dementia Resource Centre

The Carers lunch event, themed ‘putting the carer first’, was held on the 9th January at the Dementia Resource Centre in Dumfries. Fifteen people in total attended the event and it was great to see some new faces as well as meet those people who regularly use our services.

The aim of the event was to help carers feel confident in approaching staff for information, advice, support and services. There have been several changes in the staffing and provision of services over the last 18 months. Julie Sinclair, Regional Manager, talked about the organisational changes and goals for service provision.

As Dementia Advisor, I had the pleasure of introducing the staff and services based at the Dementia Resource Centre. One carer said it was great to put a face to the name of the person who she spoke to regularly when contacting the Resource Centre.

Rosemary McCrae, Service Manager, talked about the exciting developments in day care and the new sensory day care, which is starting on 23rd January.

Dr Fraser Gibb, Lead Clinician, Mental Health Services, dropped in and spoke directly to carers over lunch and asked how mental health services could be improved upon.

The event was a great success and people were given information about the benefits of joining Alzheimer Scotland and receiving a local newsletter through the local mailing list to keep them informed of what is going on both nationally and locally. We hope to repeat the exercise again late this year. If you would like any more information, then please contact us at the Dumfries Resource Centre on 01387 261303.

**Judi Shaw** *Dementia Advisor*

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## Community Groups roundup 2013

It is hard to believe that almost all our Community groups have now been running successfully for a year or more, but it’s true, and a huge thank you must go to all the volunteers and supporters who have helped to make this possible, for without them, these activities would never have happened.

The Stewartry district has Musical Minds, and 2 Crafty Fingers Groups, as well as a Forget Me Not Lunch and Carers Support groups.

Moffat District has a Musical Minds (which is moving to the Town Hall after Christmas) and Forget Me Not lunch group.

Annandale and Eskdale has Forget me not lunches, Musical Minds Art Classes, Carer Support groups, and a Football Reminiscence group which recently featured as part of a Border News and the Peoples Lottery programme, and finally, Dumfries hosts Musical Minds, Football Memories, Carer support groups, and Forget me Not Lunches.

In addition to all the community groups, we have been able to support individuals pursue old hobbies, such as gardening, fishing, and knitting.

We are now looking forward to 2014, and have already had numerous requests for new and exciting projects to be developed.

If you would like any more information about any of the activities mentioned then please don’t hesitate to contact us and if you have a suggestion or idea for a new activity that you would like to see developed, then please contact us, and we would be delighted to try and help.

**Helen Smith** *Community Activity Organiser*



## Queen of the South Knitted Supporter Raffle

We very kindly received a hand knitted Queen of the South supporter from someone who attends a local Alzheimer Scotland group with a view to having a raffle with the funds going directly to the local service. The raffle was conducted on 9th December by two members of staff and the winner of this lovely item was Mrs Nancy Beck, who was thrilled to receive her prize.

We would just like to thank everyone who bought a ticket and also to Nancy who raffled this item again and raised a further £50 which she donated to the service.

## VOLUNTEERS

Alzheimer Scotland are always looking for volunteers, so if you would be interested in giving up some of your free time to a worthwhile cause, then contact the Dementia Resource Centre for more information, or ask for an application form. You could apply to volunteer at day care or drive the minibus, or you could apply to volunteer at one of the many community groups that run throughout Dumfries and Galloway, or help with fundraising.

## Friendship Club - Theatre Trip

The Friendship Club in Dumfries has been running now for several years and is a group designed for carers who have a loved one with a dementia type illness.



On their latest outing, they enjoyed a bus trip to Glasgow to see *Seven Brides for Seven Brothers* at the Kings Theatre. Frances Wild and Iris McKie are volunteers, who co-ordinate the group and anyone wishing to be a member and who feels they would benefit from the social outings planned, should contact Frances Wild on 07706058305.

The theatre trip was funded by money donated by Iris McKie and her husband Halford after receiving £900 in lieu of gifts for their Golden Wedding Anniversary.

## 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](http://www.alzscot.org)  
Email: [Dumfriesservices@alzscot.org](mailto:Dumfriesservices@alzscot.org)

or

Dementia Resource Centre  
67 Hanover Street  
Stranraer  
DG9 7RX  
Tel: 01776 889181  
Web Site: [www.alzscot.org](http://www.alzscot.org)  
Email: [Stranraerservices@alzscot.org](mailto: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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