



**Alzheimer Scotland**  
*Action on Dementia*

Issue 67

July 2014

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# Dumfries & Galloway Newsletter

## Story Competition Awards

The Awards Evening for the Alzheimer Scotland Story Competition, a joint project with the Schools in Wigtownshire was held on the 4th June at the County Buildings Wigtown.

The project was launched on World Alzheimer Day September 2013 and closed at the awards evening during Dementia Awareness Week 2014. When we started out we had no idea that the theme for Dementia Awareness Week would be 'Let's Talk About Dementia' which fits beautifully with what we have been doing over the last year.

There was a point when we knew we would either have no entries or could have 1000 entries!

Stories started to come in during March and April, reader panels were pressed into action and shortlisting took place. Prize winners were chosen and that was a very difficult task as there were so many good entries.

Around fifty teachers and family members gave their support for the prize winners at the awards evening. Schools that entered the competition collected a trophy and a certificate for each child that sent in a story. The prize winners received a trophy and a book token. Feedback from teachers attending was very positive, and compliments received on the packs and activities that enabled learning. All were keen to have another event next year!

Russell Brown MP, Julie Sinclair Regional Manager and Kate Soriani Literacy Co-ordinator presented the awards and all spoke highly of the event.

Congratulations to all the winners.



### Winners 12-14 years

- 3rd Katie McShane - Douglas Ewart High
- 2nd Shelley Doherty - Douglas Ewart High
- 1st Jennifer Craig - Douglas Ewart High

### Winners 10 -12 years

- 3rd Merryn Walker - Leswalt Primary
- 2nd Kayleigh Ross - Creetown Primary
- 1st Neve Stelling - Drochduil Primary

### Winners 8 -10 years

- 3rd Smylie Campbell - Drochduil Primary
- 2nd Naithan McCulloch - Port William Primary
- 1st Freya Bathgate - Leswalt Primary

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## 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.



## Dumfries & Galloway Service - Customer Satisfaction Survey

We recently sent out feedback questionnaires to people who use our service - 144 to carers and 60 to people with dementia. We received a good response rate of 55%. 29 people with dementia who use our services completed the customer satisfaction survey. The majority of people rated our service very good and above.

### What did people say:

- “A valuable service that also supports the family and carer”
- “This is a fantastic service. The role of the Dementia Link Worker is excellent due to the great communication skills and level of knowledge to be able to give sound advice to the family.”
- “They are wonderful, helpful, patient and understanding people.”
- “The Dementia Link Worker offers so much support not only to me, but especially my wife.”

In total, 77 carers completed the customer satisfaction survey and again the majority rated our services as very good or above.

### What did people say:

- “I think it’s a very good service and should be well supported. I would recommend to others.”
- “This service has been a life saver for me as I could always rely on prompt attention, especially for information required in a critical situation. The Dementia Link Worker is a great resource person due to her excellent knowledge and she shows compassion for the carer as well as the person being cared for.”
- “My Mum was referred to D&G Community Mental Health Team in June 2011. In August 2011, the Alzheimer Scotland support worker began to help with Attendance Allowance, Blue Badges, Cumberland Street service and general advice and support. The links with Alzheimer Scotland were developed further by me through Musical Minds. This group ensured that I knew I could call on the support workers at any time, and I have, by email and telephone. They have been terrific, with practical advice on particular situations and general reassurance. Thank you all.”
- “It is a super service from my viewpoint. It assures me that my sociable mum has opportunities outwith her home. It gives my dad a break even if he will never admit he needs it.”

### Things you said we could improve on and we will try and address:

- “Another day at day care to allow me to get out and have respite, as I cannot leave my wife on her own now.”
- “More publicity, or a regular newsletter received before events come up, not after it has taken place.”
- “More interaction with Alzheimer Scotland and more information provision.”
- “More advice and support.”
- “If more places for day care were available it would help.”
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A copy of the full report is available in the reception area of the Dumfries Resource Centre



## Community Activities Update

Our Community Activities are going from strength to strength with Musical Minds continuing to be very popular, regularly attracting large audiences, as well as our Forget Me Not Lunches, - a social opportunity for couples, or individuals alike.

We are on the verge of launching an exciting new project which is very kindly being supported by members of Dumfries Rotary and the Dumfries & Galloway Golf Club. A new Golf reminiscence activity, similar to our existing football memories group, is to be piloted in Dumfries over the summer, and if successful we would hope to expand and roll out into other parts of the region. If you are interested in learning more about this, either as a participant of the group, or as a volunteer, then please contact Judi Shaw, or Helen Smith at the Dumfries Resource Centre.

Our Arts and Crafty Fingers groups also continue to prove very popular, and is it any wonder when people know they are



going to walk away with a magnificent item that they have created at the end of each session. Book ends, decorated flower pots, memo boards, mirrors, clocks, necklaces, canvas pictures to name but a few.

Following the recent Community Groups evaluation survey, I would like to thank everyone who made a contribution, and completed a questionnaire during the month of May.

We are still processing the details, but initial results demonstrate a very clear acknowledgement that people are benefiting from the activities, and consider we are providing excellent support. It is good to know that people feel we are making a positive

difference, and a huge thanks must also be extended to all our volunteers in all their differing capacities who assist with each activity for without them, the community groups would not run. Thank you.



Helen Smith - *Community Activities Coordinator*

## Argos Collection

As part of our partnership with Home Retail Group we have had three very successful bucket collections in Argos and Homebase stores. So far across the UK, we have raised over £212,000 from collections!

We wouldn't be able to run these collections or raise such a fantastic amount without volunteers, so thank you to all who have given us support so far!

This year, we have been invited to collect in Argos stores across Scotland on 26th July 2014 to raise money and awareness for Alzheimer Scotland. All we are looking for is one or two volunteers to collect for 1 - 2 hours in their local Argos store. As there is no counting involved and no complicated logistics, the volunteers will turn up, be given a bucket, collect for a slot and then hand the bucket and contents back to Argos staff. We are happy to say that we can also provide you with a t-shirt and stickers to wear and use on the day.

The funds Home Retail Group raise for Alzheimer Scotland will go towards keeping people with dementia part of their community for longer by funding Dementia Cafes, singing groups and our Dementia Advisor Programme.

If you are available to volunteer on Saturday 26th July, please contact Dumfries Dementia Resource Centre on 01387 261303.



## Alzheimer Scotland's Golf Tournament Southernness Golf Club Four Ball AM-AM, Sunday 22 June 2014

Alzheimer Scotland was delighted to have been given the opportunity to organise a charity golf tournament at the Southernness Championship Links Course situated on the beautiful Solway Coast. The golf course offers a true Links experience and is noted by many as one of the best courses in Scotland.

Twenty teams of four registered for the event and prizes were awarded to the first three teams, for longest drives and nearest pin at designated holes. Congratulations to all the winners.

We also received many donations from people who could not attend on the day and donations for the raffle. We also held a very successful silent auction on the day. We were very fortunate with the weather and everybody participating thoroughly enjoyed the day and the buffet which was prepared by the club. The total sum raised was £7,000 and we are most grateful to those teams who participated, donors, Southernness Golf Club for allowing us to use their course and the staff

and volunteers who helped out and ensured that everybody had a most enjoyable day. The money raised at this event will be put towards the purchase of a mini-bus for the Dumfries day care.



Photo --- 16 year old junior Fraser Cairns showed everyone how it was done by winning the longest drive on the 18th hole - 346 yards straight down the 18th fairway.



## Getting Patient & Carers Voices Heard

At Patient Opinion we are passionate about patient and carer voice. We are an independent, not for profit organisation and we run a website where people can share their experiences of health services, good and bad. We use the power of the internet to carry the voices of patients and carers to the right bits of the health service to help them improve what they do.

We come across stories from carers, some facing barriers in caring for their loved ones with Alzheimer's and dementia, which we see can be equally scary for the carer as it is the patient.

One daughter told a story about her mum who had dementia on Patient Opinion, and because she told their story changes were made to improve health care services.

"I wanted to let you know that we have been working towards making some changes in our A&E department to ensure that we meet the needs of carers/relatives who may be left in the waiting areas whilst the patients care is being assessed."

We would like to encourage you, patients and carers, to tell your stories to help improve health care services across Scotland. Thanks to Alzheimer Scotland in Ayrshire and Dumfries and Galloway for helping us to do that! Let's get even more voices heard!

If you have an experience to share about being a patient or a carer, please tell your story today!

<https://www.patientopinion.org.uk/youropinion>





## The Big Kayak Challenge for Alzheimer Scotland

“Lets Kayak the Caledonian Canal”, when the idea was pitched to me I thought why not, when am I ever going to do something like this again, I’ve got plenty of time to train and get into some shape for it. 6 months later and I’m standing at the canal edge having done no training and never been in an open kayak in my life. After clambering with little grace into the boat we took the first tentative paddle strokes and we were off, round in circles! Not the most auspicious start to 5 days on the water. Loch Ness is big, you don’t really appreciate how big; we were paddling for approximately 7hrs when we finally stopped for the night on the loch side for a spot of wild camping. As we pitched the tents the view was spectacular as we had stopped directly across from Urquhart Castle.



Day 2 and part 2 of Loch Ness, only 20 miles to go, our group paddled hard all day and it seemed like we would never get there as the wind really began to pick up making our progress challenging. We finally landed at Fort Augustus to congratulations from some more experienced kayakers than us who had decided it was too rough to go out.

Day 3, a stretch of nice calm canal and then Loch Oich. After yesterdays escapades a nice easy day on paper. After a good nights sleep its day 4 and Loch Lochy, it’s a long 12 miles with a head wind but once we reach Gairlochy we all know we only had 6 miles left to do on the last day so we paddled on. The last day, hurrah! Only 6 miles to Fort William and it’s all canal, done and not even lunch time. It was only when we were driving passed Loch Ness did it hit me how big it is and how small we must have been on the loch. 5 days done and 60 miles covered, phew, but it’s a small price out of our lives to help raise funds for Alzheimer Scotland Dumfries and the people who live with dementia and their carers. I got to see Scotland from a rare vantage point and I’m grateful for that, but to know that the funds raised will make a difference to someone’s life kept me going and made all the tired muscles worthwhile. Big thanks to Scott of Spotty Dog Adventures for the kayaks and being the guide for the week. Bring on next year!

Just Giving page <https://www.justgiving.com/Kevin-McPherson/>

## New Service Manager for Stranraer

I’m new to this area of work as I have spent all of my professional life in the NHS: mostly as a G.P. Practice Nurse and in District Nursing. My particular area of interest has been in care of the dying at home and in Palliative Management. I have worked closely with GPs, medical consultants, allied health care professionals, work and all care sector agencies.



I recently qualified in Glasgow as a Clinical Assessor/ Disability Analyst, where I assessed levels of disabilities in those patients claiming Government benefits.

I see my future now lies in helping develop and manage the service in Wigtownshire for Alzheimer Scotland, and to support people with dementia, their carers and all staff to the best of my ability.

I live in Stranraer with my husband and four children, where I help a team of carers look after my eldest daughter who has profound disabilities. We have a new puppy called Teddy who is keeping us all busy and is chewing the legs off my kitchen table! I am actively involved in the School Council, Church Council and help make up food parcels for vulnerable local families.

I hope to meet some of you over the months ahead and I feel confident my time with Alzheimer Scotland will be fruitful, enjoyable and rewarding.

Clare Stroyan - *Service Manager, Stranraer*



## Challenges, Challenges!

Some of our colleagues have literally gone the extra mile to raise funds for Alzheimer Scotland. As well as Kevin's challenge Shona Brown, Occupational Therapist has completed a triathlon in the heat of Florida with a splendid time of 2 hours 26 minutes and 13 seconds. On the 18th May our very own Jill Rennie, Day Care Organiser and Carer Liaison Worker, and Ian Shaw, Sessional Worker, abseiled down the Forth Railway Bridge. Both made it back to ground safely and raised around a thousand pounds between them. Both said the hardest part was climbing the steps to get onto the bridge! It appears when they reached the top they were offered a cup of water but Jill was heard to say "never mind the water give me some oxygen!". There were lots of excited but anxious looks before but the photo of the two with their certificates says it all. What an achievement. Congratulations to all.



## Donations

We are very grateful for all the donations received from a variety of sources. Over the last few months people have organised a charity shop sale, held an open day, donated to our Golf event and held various other fundraising events, as well as giving 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.

## 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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