

February 2015

# Dumfries & Galloway Services Newsletter



Attendees at the 21<sup>st</sup> event trip the light fantastic

## 21<sup>st</sup> Anniversary Tea Dance

On 5 November the service in Dumfries and Galloway celebrated its 21<sup>st</sup> Anniversary by holding a Tea Dance at the Cairndale Hotel. People we support, carers, staff, volunteers and representatives from the NHS and Dumfries and Galloway Council, along with Russell Brown MP, were among the 90 guests who attended.

The event began with Julie Sinclair, Regional Manager, giving a talk on Alzheimer Scotland over the last 21 years, followed by talks from John Laurie, Convenor of Alzheimer Scotland's Board of Trustees and Graeme Tait, Councillor, who spoke on behalf of Dumfries & Galloway Council.

Graham Barbour and his friends provided the music throughout the festivities and kept everyone dancing and entertained. There was also an afternoon tea and a raffle, and we are grateful for all the prizes that were donated by individuals and businesses.

In her opening speech Julie thanked all the skilled staff and volunteers who have contributed to our work over the years.

The event also paid tribute to two long serving volunteers. Mary Hairstains and Jane Rafferty who have supported the service since 1995 and 1996 respectively.



Jane and Mary receiving their presentation from Julie Sinclair, Regional Manager

We've come a long way since the service opened. We know the number of people with dementia will rise dramatically and we're here to ensure nobody faces dementia alone.

## Donations

We are very grateful for all the donations received from a variety of sources. Over the last few months people have held a charity race day, held a free concert, had a collection whilst singing Christmas Carols 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.

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## Ann Hill named Point of Light

Our dear friend and loyal supporter Ann Hill, who lives in Mouswald, has volunteered thousands of hours over the past nine years teaching quilting to many people throughout the region.

Ann's Hampden Park Quilt Project in 2013, where 5,000 quilts from across the world were brought together to cover Hampden football pitch, raised £40,000 for Alzheimer Scotland.



We are delighted that Ann is the latest recipient of a Point of Light award, which recognises outstanding individual volunteers; people who are making a change in their community and inspiring others. Each day, someone, somewhere in the country is selected to receive the award to celebrate their remarkable achievements.

Ann's grandmother taught her how to make quilts when she was very young, but she did not have the chance to use her skills during her working career as Chief Executive of the Scottish School Board Association. After retiring Ann took up quilting again and found it a good way for her to meet new people and while helping those with dementia.

Ann spends three days a week volunteering and spends further time travelling to local organisations such as Church Guilds, The Scottish Women's Rural Institute, schools and quilt groups (both at home and abroad) to deliver talks on dementia and the benefits of memory quilting. She was given a citation by

the Mayor of Annapolis for her work with quilting groups in the USA.

The members of Ann's group say they have become more confident to try something new, talk to people outside of their usual circles and let other people into their lives to help them.

Ann is the 177<sup>th</sup> winner of a UK Points of Light award, which has been developed in partnership with the hugely successful Points of Light programme in the USA and was first established by President George H. W. Bush. Over 5,000 US Points of Light have been awarded and both President George H. W. Bush and President Barack Obama have publicly supported the partnership with Points of Light UK which honours shining examples of volunteering across the country.

### Prime Minister David Cameron said:

"Ann is helping people living with Alzheimer's in a really innovative way. Each quilt Ann creates with her team of volunteers is totally unique, incorporating special family memories into the design. I am pleased to name Ann a Point of Light."

### Ann said:

"I am hugely honoured and very humbled to be given this award. To say I am chuffed would be an understatement. My husband David and my family have always come first in my life but quilting comes a close second. I see quilting as a way of reaching out to others, encouraging them to use their skills to help others and to make new friendships. In this day and age nobody should have to go through dementia alone. On behalf of quilters the world over – thank you".

### Quilts, Cushions & Bags for Sale

There is a selection of quilts, cushions and bags for sale within the Dumfries Dementia Resource Centre which were made by Ann Hill and her volunteers. All proceeds from the sale of these items will go to Alzheimer Scotland.

## Annandale Model Exhibition

This event will take place on Sunday 8 March 2015 at Gretna Social Club and is open from 10am to 4pm. Admission is £3.00, OAP's and children under 16 £1.50. All proceeds going to Alzheimer Scotland

Model displays included are Farm, Construction, Transport and Model Farmyards. Sales tables include local hand crafted items and also a wide range of models and toys for sale.

Come along and enjoy a great family day out!

## Community Activities 2015

2014 was a wonderful year for the community activities with over 150 people across the region continuing to enjoy the range of activities established as well as supporting several new initiatives. These included Dalbeattie Musical Minds and Golfing Memories which is managed in conjunction with members of Dumfries Rotary. All these activities would not have been possible without the dedication and ongoing commitment of our volunteers, and so huge thanks must also go to them for their continued contributions.

The questionnaire that was completed during May 2014 provided excellent material to support the theory that both people with dementia and their family and friends are finding great benefits from attending these activities, as well as highlighting a number of suggestions for activities for the future that people would like to see. So thank you to all who took time to complete the forms and return them.

During the coming year, the intention would be to continue all the positive work which is happening in the community and to follow up on some of the suggestions made for new activities in areas where there are less opportunities than at present.

## It's A Knockout!

On the 29 August Alzheimer Scotland will be holding its first 'It's a Knockout' fundraising event at the Park Farm Showground, Dumfries.

There is a great buzz around this event and everyone is talking about it. We have already had 'Dumfries & Galloway Standard' and Dumfries & Galloway Life magazine contacting us wanting to run a story on the event.

The event will last approximately 4–5 hours, providing a full day of fun and excitement for participants and spectators. On the day there will be plenty of other attractions including children's games, bouncy castle and food and craft stalls

Our aim of the day is to raise funds for the Dumfries and Galloway Services.

On the day we will require a few volunteers to help out with the information stall, collection buckets and first aid. If you would like to volunteer your time or enter a team\* please let Nina Parkin know as soon as possible on 01387 214886 or email [nparkin@alzscot.org](mailto:nparkin@alzscot.org)

\*Entry fee £30pp

Facebook page:- Dumfries It's a Knockout!



## Stranraer Services

### Coffee Morning

We held a coffee morning on Saturday 22 November at Trinity Church Hall, Stranraer and raised a fantastic £586. There was home baking, a raffle, bottle stall and the Knit & Natter group sold their wonderful blankets which they make throughout the year. Stranraer day care attended and enjoyed morning coffee.



### Musical Minds Stranraer

Stranraer Musical Minds has moved venue due to a rise in numbers. We are now in Trinity Church Hall, London Road, Stranraer on the second Monday of every month 1.30pm – 3pm. To celebrate our move we had a Christmas Musical Minds which was attended by 27 people. We enjoyed an afternoon of Christmas Carols followed by coffee and mince pies. A great afternoon was had by all.



### Drop-Ins

There are two new drop-in sessions that have started recently in the Stranraer area. They are:

**Newton Stewart** – Last Tuesday of each month in Riverside Centre from 10.30am-12.30pm  
**Whithorn** - Last Thursday of each month in Community Centre from 1pm-3pm

### Existing drop-ins

**Stranraer** – First Thursday of each month in the Resource Centre from 10.30am-12.30pm  
**Wigtown** – Second Thursday of each month in Wigtown County Buildings from 1.30pm-3.30pm

### Donation

Caroline Stonham, from Stranraer, and her friends decided rather than sending Christmas Cards they would donate the money to Alzheimer Scotland Wigtownshire Service. They raised £354 in total. The photo shows Caroline, on the left, with Clare Stroyan, Service Manager – Stranraer Services.



## Model of Support for People Living With Advanced Dementia

Alzheimer Scotland is currently developing a model of care for advanced dementia and for people who are approaching end of life with dementia. It is important the model is informed by the experiences, understanding and wishes of as many people as possible.

We are interested in the views and experiences of people with dementia, carers, families, colleagues and partners with experience of dementia at end of life. This can include individual conversations, either pre-arranged or informal, or by bringing groups together for a focus-group discussion.

To find out more or you would like to assist in this important research please contact Gerry McCoy at [gmccoy@alzscot.org](mailto:gmccoy@alzscot.org) or phone the Dumfries Resource Centre on 01387 261303.

## Get Involved and Have Your Say!

Alzheimer Scotland aims to influence public policies which impact on the lives of people with dementia, their families and partners. This includes some very successful campaigns and consultations.

We aim to ensure that priorities for dementia are acted on by every local council and NHS Board in Scotland; and to make sure that dementia continues to be a priority for all political parties. It is your views and experiences which carry the power to motivate politicians and professionals to make much needed improvements to dementia care.

In conjunction with the User and Carer Involvement Project, we are developing local networks of individuals and groups who would like to be involved in influencing change. This may be a person with dementia, carer or family member. This is an invitation for you to become part of a local dementia network in Dumfries & Galloway. We would keep you informed of a range of opportunities to put forward your views and experiences.

You can decide how little or how much you become involved and be supported to do so. To find out more or register your interest please contact Gerry McCoy at [gmccoy@alzscot.org](mailto:gmccoy@alzscot.org) or phone the Dumfries Resource Centre on 01387 261303.

## Alzheimer Scotland Charity Choir

Alzheimer Scotland is participating in the 'Choir for Charity' event which is due to be held in October 2015 at Easterbrook Hall, Dumfries. All monies raised from this event will be divided up equally among the chosen local charities. We will keep you updated of our progress, so watch this space.

## New Staff Introductions

### Nina Parkin - Regional Fundraiser

I have recently taken up the post of Regional Fundraiser for Dumfries and Galloway, having worked in dementia care for over 13 years in the community and residential care.



Fundraising is a new role to me, but everyone I have met has been extremely friendly and helpful. I am really looking forward to getting to know everyone better, and to developing my knowledge and skills further in this role. I moved up from Sheffield in January 2014, and love living here. I have two children, Ruby age 8 and Rose age 5 and in my spare time I enjoy walking our dog and doing art.

### Morag Kelly - Regional Administrator

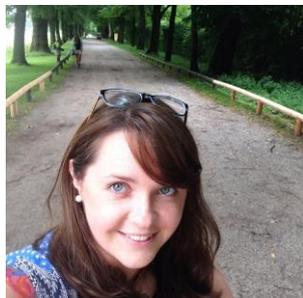
I recently took up post as Regional Administrator for Dumfries and Galloway and Ayrshire Services.



I have been an administrator for 28 years and spent the last 15 years working with Dumfries and Galloway Police. My role will be to assist the Regional and Deputy Regional Managers with organising their diaries, organising meetings, taking minutes, as well as many other admin tasks. This is a new role within the Ayrshire, Dumfries & Galloway region and I'm eager to develop it and look forward to the new challenge. I'm married to Robert and have a 9 year old son called Josh and live in Dumfries. In my spare time I like to watch my son play football and watch my husband **try** to play football. I like to take time out for myself by catching up with friends.

## Rebecca Queen Music Therapist / Music Therapy Intern

I have recently taken up two posts, as a Music Therapist and a Music Therapy Intern with Alzheimer Scotland in partnership with NHS Dumfries and Galloway. Music Therapy is new to Alzheimer Scotland and I am currently working with fellow Allied Health Professionals (AHP) Elaine Hunter (Allied Health Professions Consultant, Alzheimer) and Adrienne McDermid Thomas (Allied Health Professions Practice Education Facilitator) to create this new service.



My two job roles mainly involve raising awareness of the benefits music therapy can have on someone living with dementia. I work 14 hours per week as a music therapist, within this time I deliver music therapy sessions to people who have been referred to the service by a family member, carer or other professional. Additionally I work 14 hours per week as a music therapy intern, part of this role involves working with other AHP's to build on a learning for AHP students, AHP interns and AHP volunteers, my focus is on how to develop this for music therapy.

### Further Information

Within the next few weeks leaflets, information sheets and referral forms will be distributed throughout Alzheimer Scotland services across the region.

Follow me on, Rebecca Queen @mt\_rebecca  
Follow the Let's Talk About Dementia Blog:  
[www.alzscot.org/talking\\_dementia](http://www.alzscot.org/talking_dementia)

## Fiona Bell – Practice Team Leader

I am delighted to introduce myself as the new Practice Team Leader with Alzheimer Scotland, based in Dumfries. I started on 12



January this year and can honestly say I love my new role which is a complete career change after spending the last 18 years as a Police Officer. Much of my police service was spent working in the child protection and sexual offence arena where I was latterly the Detective Inspector covering the region but I also worked as an operational officer and managed recruitment and training of new officers. Prior to joining the police I trained as a Mental Health Nurse and worked in Cree West at the Crichton Royal Hospital. This training has stood me in good stead in my role of Practice Team Leader.

Outside work I am married and have three sons who are 13, 10 and 4 years old. The boys take up much of my time but I also enjoy running, cricket, previously being the scorer for a local club for a number of years and am an avid reader.

### **Recycling**

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 funds to assist those with dementia, their carers and families.

