

April 2015

Dumfries & Galloway Services Newsletter



£420,000 boost for Dumfries and Galloway Dementia Friendly Community

A new dementia-friendly community initiative in Dumfries and Galloway has been given the go-ahead thanks to a funding boost of £420,000.

The initiative, 'Creating Dementia Friendly Communities', aims to support, empower and involve people affected by dementia across Dumfries and Galloway so that, regardless of where they live, they feel valued and understood and are part of a supportive and enabling community.

Dumfries and Galloway has several rural and isolated communities which can present some unique challenges. Engaging people with dementia who are traditionally harder to reach, as well as resident in care homes, will be a particular focus of the project.

The funding will also be used over the next three years to develop a network of local dementia friends and dementia champions who will bring businesses, organisations and local people together to support and deliver this new community.

Funding has come from the Life Changes Trust, an independent charity set up with a Big Lottery Fund endowment of £50 million to improve the lives of two key groups in Scotland: people affected by dementia and care experienced young people. The Trust will be investing £3million in 14 different dementia friendly communities over the next three years.

The initiative is a result of a partnership involving NHS Dumfries and Galloway, Dumfries and Galloway Council, Alzheimer Scotland Action on Dementia and User and Carer Involvement.

We are anticipating that the project will get off the ground around June time. For more information or to find out ways you could be involved in this work please contact Julie Sinclair, Alzheimer Scotland on 01387 261303 or by email at jsinclair@alzscot.org

Dementia Awareness Week



Events

30th May — 7th June

Come along and visit us at our pop up information stands

Date	Time	Location
Tuesday 2nd June	10:00 — 15:00	Garden Wise Castle Douglas Road, Dumfries
Wednesday 3rd June	10:00 — 15:00	Hetland Garden Centre Carrutherstown, Dumfries

Let's talk about dementia



Join us for our Purple Party

Saturday 30th May

7pm—10pm

Resource centre, 8 Gordon Street, Dumfries

Tickets on sale now just **£10**

Includes: 2 purple cocktails, cold buffet
and entertainment

Prize!
For the best
dressed in
Purple

Tickets available from our resource centre
or call 01387 261303

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.

Dumfries & Galloway Services, 8 Gordon Street, Dumfries, DG1 1EG Telephone 01387 261303
E-mail Dumfriesservices@alzscot.org Website www.alzscot.org

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 22 Drumsheugh Gardens, Edinburgh, EH3 7RN 0131 243 1453

FREE 8 Week Mindfulness Course for Carers in Partnership with Alzheimer Scotland

1st July- 19th August 6-8pm at Alzheimer Scotland Dementia Resource Centre, Dumfries.

This course aims to help you take better care of yourself and get more out of life. The majority of people completing the course report lasting benefits including:

- Being able to deal better with stressful situations
- Taking better care of self
- Improved sleep patterns
- The ability to step back and see things more clearly
- Coping much better with negative thoughts
- The ability to relax

Mindfulness is a set of simple practices that can be incorporated into daily life.

Previous course participants have commented

'You have truly developed an exceptional course....which is calm and non-judgemental'

'it also taught us how to value ourselves, as carers this is not an easy thing to do'

This course will be facilitated by Tina Gibson and Jo Kopela, qualified Mindfulness Teachers.

We may be able to provide support to the person you are caring for to enable you to attend - please request this at the time of booking.

Contact Alzheimer Scotland on 01387 261303 or e-mail ssanders@alzscot.org for an application form or for further information contact Tina on 07887421598.

Art in the Community



Alzheimer Scotland Dumfries has been very fortunate to be included in a project supporting the benefits of art for people with dementia and their families.

The block of 8 weekly classes was held in the Stewartry area, and used a wide variety of techniques as well as a range of mediums, including printer inks, oil pastels, poster paint, crayons, as well as coloured wax and material.

Despite several cries of "I can't draw", and "I'm no good at painting" from participants, it did not deter the professional Artists from finding and teaching us techniques that allowed us to produce master pieces.

The range of work varied from small drawings to large canvas work, and we are delighted to express our sincere thanks to the Urr Valley Hotel, Castle Douglas, who were kind enough to host a selection of the art work as part of an exhibition open to all between 16th – 30th April.

Thanks must also go to Steven Burnie from Access Art, and Claire Thirlwall from the Health & Wellbeing team, who were instrumental in the success of this fantastic project. It is hoped that we can continue to offer short term courses such as this in the future, as well as our ongoing longer term activities.



Join Dementia Research

A ground-breaking new nationwide online and telephone service which empowers members of the public to take part in vital dementia research has launched.

Join Dementia Research allows people with dementia and people who do not have the illness to register their interest in dementia studies, helping researchers find the right participants at the right time. Join Dementia Research is a collaboration between the National Institute for Health Research (NIHR), Alzheimer Scotland, Alzheimer's Research UK and Alzheimer's Society and has been funded by the Department of Health. Its development in Scotland has also been supported for the past year by the Scottish Dementia Clinical Research Network (SDCRN).

Anyone aged 18 years or over can sign up themselves, or on behalf of someone else, either by registering online or by calling the Alzheimer Scotland Dementia Helpline. By signing up to the service, people give permission for researchers to contact them with details of studies in their area that match their profile. People can then decide if they would like to participate in those studies on a case-by-case basis. By registering, people do not have to take part in any studies and can opt-out at any time.

The www.joindementiaresearch.nihr.ac.uk website offers a secure and easy way for someone to register their interest, discover studies that interest them, and ultimately connect with researchers to take part in their studies. If you have any questions about this service, please see their FAQs here - www.joindementiaresearch.nihr.ac.uk/help

Dumfries Golfing Memories Group Donation Received from Rotary Club



Our Golfing Memories group, who meet on the 3rd Thursday of each month at the Dumfries and Galloway Golf Club, were very pleased to receive a cheque for £800 presented by the Dumfries Rotary Club, who held a fundraising lunch especially in aid of our activity. A huge thanks to them for hosting a wonderful event. If you used to enjoy a round or two, and would still like to come and chat about the game then why not come and join us. For more information please contact Helen Smith Community Activity Organiser on Dumfries 01387 261303 or email at hsmith@alzscot.org

Donations

We are very grateful for all the donations received from a variety of sources. Over the last few months people have held a silent auction, had a home baking sale, held a model exhibition 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.

Judi Shaw – Dementia Advisor Retirement



After 13 years of working with Alzheimer Scotland Judi Shaw, our Dementia Advisor in Dumfries has recently retired. Judi started working with the organisation back in April 2002 as a Memory Clinic Link Worker and then also became a Creating Dementia Friendly

Community Development Worker. This was a pioneering initiative back then and Judi did some really good work at raising awareness about dementia and worked hard with groups and organisations to try and rid the stigma around dementia.

Latterly Judi worked as a Dementia Advisor and organised and was involved with numerous awareness raising activities, fundraising activities, and given lots of talks and presentations to many local groups and organisations over the years. One of the highlights was the story telling competition which took place last year with a number of schools in the Wigtownshire area. This was a great success and all down to Judi's hard work and determination to do it and to get it right. Lots of thought was put into organising it even cooking staff a delicious lunch as a fundraising activity to raise money to buy the trophies for the winners. I attended the prize giving and it was a wonderful event.

She has also supported many people on an individual basis and has facilitated carer support groups and carer education courses across the region.

Judi will be greatly missed by all her colleagues and friends and on behalf of the organisation we wish her all the best in her retirement and thank her for 13 years of loyalty and commitment to the organisation.

Julie Sinclair
Regional Manager

Private Purchase Support Services

Alzheimer Scotland wants you to have as much choice and control as possible in deciding what sort of dementia support you need.

We can work with you in lots of different ways to make sure that we provide you with support that's designed for your needs, delivered at the times you want.

If you have a diagnosis of dementia, we can help you to keep doing the activities and hobbies you enjoy, as well as staying independent in your own home.

If you care for someone at home, we can help you at the times that work best for you and give you the most freedom.

We have developed our specialist support services through years of experience and engagement. We aim to provide a high level of staff continuity to build trusting relationships in which staff get to know each person as an individual, understanding their personal preferences, routines and interests.

If you would be interested in purchasing these support services, then please contact the Dumfries or Stranraer branches for more information. Dumfries: 01387 261303 / Stranraer: 01776 889181.

Mandy Pool – Dementia Advisor



I am delighted to announce that from 6th April I resumed the post of Dementia Advisor for Dumfries and Galloway, following the recent retirement of our colleague Judi Shaw.

For the last eighteen months I have been working out of Oxford Street in Glasgow as Live Well Officer with Alzheimer Scotland. This was a brand new challenge, adjusting to life in the city and working within the Quality, Workforce and Development team. The post involved the design and distribution of course material for carer's and self-management sessions for Alzheimer Scotland staff to deliver across the organisation. The post provided development and research opportunities, expanding my understanding and knowledge of dementia and the effect it has on individuals, working with families in a variety of locations throughout Scotland.

I'm now based at the **Dementia Resource Centre, 8 Gordon Street, Dumfries, DG1 1EG** where I worked previously as Dementia Advisor for 4 years. Working Monday to Thursday and available on **01387 261303** or email mpool@alzscot.org, everyone is welcome to pop in, our kettle is always on!

Please feel free to contact me if you have any concerns, queries or would like support and information regarding dementia and the services we provide. Home visits can be arranged at a time and place suitable for you, covering Annandale & Eskdale, Nithsdale, Upper Nithsdale and Stewartry.

Volunteers – We Need YOU!

As an organisation we provide day care in Dumfries, Ecclefechan, Castle Douglas, Thornhill and Kirkcudbright. This valuable service is very grateful for the time and effort that our volunteers dedicate to us. At present we are looking to offer opportunities for people to join us volunteering at our day cares.

We are also looking for volunteers to assist with community activities, so if you have an interest in music, singing, can play an instrument, enjoy football, golf, any other sports, arts and crafts or would just like to come and offer support during the activity we would love to hear from you. We are also looking for volunteers who would be willing to offer transport locally to individuals in the community who would like to attend a group but have no transport.

For more information or if you would be interested and could spare some time to support us, then please contact Dumfries Resource Centre on 01387 261303.

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.

♪ A Choir for Charity ♪



Left photo features (from top) Helen, Carol & Anne.
Right photo features (from top) Lesley, Fiona, Rebecca,
Paula, Sandra, Mandy, Morag & Nina.

Easterbrook Hall, Crichton Campus, Dumfries
29th, 30th and 31st of October 2015

*We would like to introduce 'the forget me not's'
choir from Alzheimer Scotland...*

Alzheimer Scotland has entered the 'A Choir for Charity' event. This event involves eight choirs from across Dumfries & Galloway who will all be raising money for local charities in Dumfries & Galloway. Last year Graham Anderson and his team raised £24,000 for local charities at this event.

Our show choir 'The Forget Me Not's' is made up of Alzheimer Scotland staff and carers. The main aims of the choir are to have "a blast" and to raise money for Alzheimer Scotland Dumfries & Galloway.

The chosen theme for our musical programme of 12 minutes is Friends. This is in keeping with the Dementia Friends campaign which is being advertised nationally. We are planning to sing four popular songs that are all associated with the topic of Friends.

We are searching for new
choir members to join us!!!

'The forget me not's' are a show choir who enjoy singing, dancing and performing on stage as a group. It is not essential that you have the best singing voice in the world, but it is essential that you are comfortable performing to a large audience on stage.

*We promise to...
entertain you,
share music with you,
have fun with you
&
raise money for a good cause!*

For more information please contact the Dumfries Resource Centre on 01387 261303 and ask for:

Paula Cochrane (Choir Organiser)
Rebecca Queen (Musical Director)
Nina Parkin (Choir Fundraiser)

We look forward to hearing from you.

Many Thanks,

The forget me not's 🎵

