

Summer 2015

Dumfries & Galloway Services Newsletter



Summer Newsletter Introduction by Paula Cochrane – Service Manager



Welcome to the summer edition of our newsletter. Summertime for us is a busy time with lots of activities happening in our day cares. In this edition we are looking at what some of our Day Centres around the Region have been doing in the run up to summer, as well as updates from our Community Activity Groups.

This edition of our newsletter is also jam packed with information on how you can get involved with us, whether through volunteering or fundraising for us. We put the spotlight on our inaugural Memory Walk in Dumfries, taking place in September, and give you details of how to participate.

During the first week in June we celebrated Dementia Awareness Week with lots of activity across the region raising awareness of Dementia. The week began with our Purple Party here in Dumfries Resource Centre followed by a Purple Tea Party in Stranraer. The week was very successful and I hope you enjoy reading about it.

I would like to thank all of you who took the time to complete our service questionnaires and inside we have published our results for you to see.

I hope you enjoy this edition of our newsletter and I hope you all have a lovely summer.

Dumfries Memory Walk Sunday 27th September 2015

Join us on Sunday 27th September 2015, for a family, friendly, fun day at Easterbrook Hall, The Crichton, Dumfries. Our first Dumfries Memory Walk offers the opportunity to mark your support, fundraise and enjoy the beautiful scenic paths, buildings, wildlife and rich history along the way.

As well as face painting, Bouncy Castle and entertainment on the day the family can enjoy the Crichton grounds Heritage. Some 8 heritage boards give a fascinating insight into the history of the Crichton Royal Hospital, key figures associated with it and more recent developments. There is a quiz for children.

The walk will start at 1pm with the option of a three or five km walk along accessible paths and we welcome anyone and everyone to join us with guidance available along the way.

All we ask is that you help us raise funds for services to support people living with dementia in Dumfries and Galloway – we'll give you sponsor forms and all the help you need. Walk Registration is £10 for adults, £5 for 12-18 year olds and under 12's go free. For an extra £5 you can add an official Alzheimer Scotland T-shirt to your registration and we'll send it to your door.

If you have any questions about this Memory Walk, please contact
Nina Parkin on 01387 214886 / 07825 049369
nparkin@alzscot.org

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Volunteers at Summer Events

Volunteers are needed at two fundraising events being held in Dumfries. They are for It's A Knockout which is on Saturday 29th August and for the Memory Walk on Sunday 27th September. If you would be interested in helping out at either of these days then please get in touch with Nina Parkin on 01387 214886 / 07825 049369 or nparkin@alzscot.org

Fundraising Toolkit

If you would be interested in organising a fundraising event then you can access our Fundraising Toolkit online at <http://my.alzscot.org/> This toolkit makes it as easy as possible for you to create your own fundraising day by offering a range of 'create your own' event posters, flyers and much more.

Dumfries & Galloway Service – Customer Satisfaction Survey 2014/15

We recently sent out feedback questionnaires to people who use our service – 169 to carers and 59 to people with Dementia. We received a good response, with 59% returning.

38 people with Dementia, who use our services, completed the customer satisfaction survey. The majority of people rated our service as very good and above.

What people said:

- “We have been almost overwhelmed by help. Thank you.”
- “The Link Worker is good at her job and takes time to explain things.”
- “It is very reassuring that such support is available.”
- “I am very grateful for the help given and would like it to continue.”

94 carers completed the customer satisfaction survey and again the majority of people rated our services as very good and above.

What people said:

- “I think it is an excellent service providing me as a carer with a lot of information for the present and the future.”
- “I know I can (and have) contacted staff who have been hugely helpful, informative and supportive.”
- “Very helpful. Please don't stop what you are doing, it makes a lot of difference to our lives and I am sure to others as well.”
- “My husband completely enjoys his two days at day care and has improved in mood since attending.”

The following comments suggested areas for improvement within our services, as well as some things people would like to happen. We hope to address the items mentioned here, as well as many others, in the future.

- “I am happy with services, but it would be good to receive feedback regarding what happens with a referral. It also seems to take a long time for the person to start attending.”
- “Would like to see carers receive further education and support. It is often at the most challenging stage on the Dementia journey where I believe carers require this input. This is often the time CPN's, Link Workers etc. are no longer involved, yet it's often the most difficult stage of this process.”

A copy of the full Customer Satisfaction Survey for 2014/2015 is available in the reception area of the Dumfries Resource Centre.

Day Centres in Dumfries & Galloway

The Cottage – Ecclefechan



Our garden is in full bloom with lovely daffodils and tulips, which has inspired us to make a spring theme on our dining room wall. Service Users are enjoying looking at the lambs in the fields whilst out on the bus and looking at the garden birds which are frequent visitors to our bird tables.

We had a very nice unexpected trip to Houghton Hall Garden Centre in Carlisle recently, when building work took longer than expected on a new boiler being installed at The Cottage. We all enjoyed a walk round the Garden Centre and had lunch before we headed home.

In the lead up to the summer the Service Users have been busy planting hanging baskets and summer pots and also working on our raised beds by planting sweet peas and garden peas. We are all looking forward to sitting out in the sunshine in the garden, reaping the rewards of our hard work during the spring.



Dumfries Day Care

Here at Dumfries Resource Centre we are very fortunate to have been given the opportunity, once a month, to visit the local Prison, where we have been enjoying Short Mat Bowling and Target Bowling in the gym area.

We are then treated to a lovely lunch, which is cooked for us by young inmates who are advancing their skills and knowledge by undertaking their SVQ in Hospitality.

We have sampled different dishes ranging from Chicken Curry, Cullen Skink Soup, Balmoral Chicken and Apple Crumble. Everyone really enjoyed these lovely dishes.

This Prison scheme is continuing for a year and all staff and service users are thoroughly enjoying this experience. Thanks to everyone involved in making this such a lovely regular outing.

Dumfries & Thornhill



Two gentlemen who attend the local Day Cares have been renewing their art skills since joining us. Both gentlemen have said that it has been a few years since they have laid down their brushes, but it hasn't taken them long to reacquaint themselves as you can see from the accompanying pictures.



Community Activity Update

Art Classes

Following the huge success of the recent 10 week short course Art classes in the Stewartry area, which ended with a 2 week exhibition at the Urr Valley Hotel in Castle Douglas, we are hoping to replicate this in other parts of the region. Discussions are underway to source more funding to run a further 2 courses through the year. We learned very quickly that it didn't matter how well you could draw, paint, sketch, etc, the most important thing that mattered to everyone was the taking part. If you have issues with your memory, and would like to explore the use of different materials to create a "masterpiece", then we would love to hear from you to give an indication of interest and where would be beneficial to run the next set of classes. If you would like to register an interest for the next set of classes to begin later this year, please contact Helen Smith Community Activity Organiser on 01387 261303.



Walking Football

Thanks to the Manager of Annan Football club, Jim Chapman, we are delighted that some of our members of our Annan Allsorts football memories programme have developed the confidence to join the walking football programme being run for the over 50s in Annan on a weekly basis every Wednesday from 1.30 pm at the football



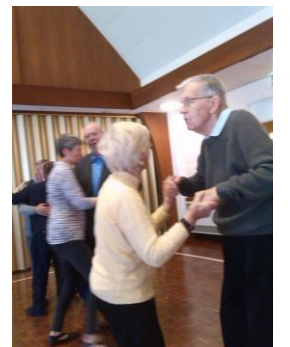
ground. The rules are very strict with participants being red carded for attempting to run. We are looking forward to being able to have similar links with Queen of the South Football Club, and are currently trying to make arrangements for something similar for the Doonhamers football memories members.

Birthday Celebrations

It is always wonderful to be able to celebrate special occasions, but it is even more wonderful when you can help long standing volunteers who regularly donate their time, commitment and skills for the pleasure of others, celebrate their birthday. Thank you to John our guitarist for arranging to have his birthday on the same day as Dumfries Musical Minds. You gave us a good excuse to enjoy cake, as well as all the other refreshments. We have also introduced some dancing for those that wish to, which was very popular for those that used to dance as well as enjoy music.



It goes without saying that none of these community activities could be as successful as they are without the wonderful time and dedication that all our volunteers donate each month. It is partly due to this commitment from you all that has contributed to my post of Community Activity Organiser being made permanent. Thank you to everyone who has made this possible.



Helen Smith
Community Activity Organiser

Purple Party Event / Dementia Awareness Week



A Purple Party was held on Saturday 30th May to launch this year's Dementia Awareness Week with the theme being 'Let's talk about Dementia'. The party was held at the Dumfries Resource Centre which offered party goers purple cocktails, cold buffet and live music from our Musical Minds volunteers in Castle Douglas who provided a great nights entertainment. Best dressed in purple prize of a £10 Tarff Valley voucher went to Sheila Wilkinson, with Ann Allison a very close runner up. We are delighted to report that the event raised just over £400 so thanks to everyone who attended on the night, donated raffle and tombola prizes and made it such a success.

Monday started with our National Annual Dementia Awareness Week Conference which was held in Glasgow and had about 500 delegates attend from all over the world. This was followed by local awareness raising events over the length and breadth of Scotland. Bannantyne Health Centre and three local garden centres, Garden Wise, Hetland Garden Centre and Heathhall garden centre all kindly agreed to accommodate awareness



stands, which provided information and an opportunity to meet not only Alzheimer Scotland staff but also some of our colleagues from the Allied Health Professionals who also came along to chat with visitors to the stands.

A huge thanks to all the local supporters and dementia friends who have also held fundraising and awareness events throughout the week and throughout the year, your continuing support is greatly appreciated.



Mandy Pool - Dementia Advisor

Donations

We are very grateful for all the donations received from a variety of sources. Over the last few months people have donated money in lieu of presents for a 40th Wedding Anniversary 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.

Stranraer Services

There is a new Community Activity group which has started in Stranraer called Soup & Sandwiches. This group started in May and was well attended with everyone enjoying a bite to eat and a blether. Soup & Sandwiches is on the 2nd Tuesday of each month from 12pm – 2pm at Trinity Church Hall, London Road, Stranraer and costs £2.50 per person. If anyone is interested in coming along please contact Kirsty Ashbridge on 01776 745122.

Volunteers – We Need YOU!

As an organisation we provide day care in Dumfries, Ecclefechan, Castle Douglas, Thornhill, Kirkcudbright, Newton Stewart & Stranraer. 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 either the Dumfries Resource Centre on 01387 261303 or the Stranraer Resource Centre on 01776 889181.

Free Dementia Awareness Courses Are Running In Your Area

- Have you have recently been diagnosed with dementia
- Do you support someone who has dementia
- Would you like more information about dementia
- Would you like the opportunity to meet others who are in a similar situation to you
- Get to know your local Dementia Advisor and Link Worker
- Access types of support and services available in your area

Courses are running all over Dumfries and Galloway starting in August.

The courses run for 2 hours each day, one day a week for 6 weeks. A sandwich lunch is also included.

To book your place and get more details of a course in your area, call Mandy Pool – Dementia Advisor on 01387 261 303

