

Dementia in Scotland



Summer 2015 – Issue 87

Let's talk
about
dementia



**5 YEARS OF DEMENTIA ADVISORS
OVER 20,000 PEOPLE SUPPORTED**

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Welcome

Welcome to this late summer edition of Dementia in Scotland.

It has been an incredibly busy summer for our staff, members, volunteers and supporters. In early June we launched Dementia Awareness Week at our annual conference, with guest speakers from Scotland, the UK and around the world, including the Chairman of Alzheimer Disease International and the Chief Executives of Alzheimer Europe, Alzheimer's Society and Alzheimer Society of Ireland. During the week it was truly heartening to see so many people joining in and raising the profile of dementia in Scotland. There were over 200 events held across the country and I was particularly pleased about the level of support from local communities and volunteers, local NHS teams, local authorities, corporate supporters and our very own care service staff. Thank you for making the week such a huge success. Plans are already being drawn up for 2016!

There is no doubt that we are making good progress in Scotland and some of the national policies we have in place, such as the post diagnostic guarantee, are exceptional. However, we still have a huge job to do to ensure that nationally our policy aims are delivered consistently to each and every person living with dementia, and their carers, in every local area across Scotland. Too often we hear of people not receiving the support they are entitled to and very much need. Too many people are still struggling to cope on their own and too many family carers still have to navigate their way through a very complex care system. Our aim is to ensure that people live well with dementia and lead as fulfilling a life as possible for as long as possible. To achieve this we need

the proper level of support and resources in place in each local area.

This is why we are quite clear, that at the point of diagnosis, a skilled Link Worker is essential to help each person, and their family, come to terms with the diagnosis and plan for the future. We know that this support will help many people live well for a good number of years; however, as the person's needs change and additional support is required this must be co-ordinated in a skilled and comprehensive way. That is why, when individuals reach this stage, we want every person to have access to a Dementia Practice Co-ordinator. This practitioner will support the person and their family from that point onwards. This approach is being tested in five local areas at present and we look forward to seeing the outcomes of this. The areas where we are trialling this new approach are Highland, Midlothian, Moray, North Lanarkshire and South Glasgow.

Over the past eighteen months our research, consultation and engagement in preparing for our forthcoming report on advanced dementia has left us in no doubt that the Dementia Practice Co-ordinator role is absolutely essential. We will need as much support from our members and supporters as possible to make sure we win these arguments locally and nationally. If you are willing to help, please get in touch with the service in your area or talk with the local Policy and Engagement Manager to find out what you can do to influence this in your locality. For a list of services in your area visit www.alzscot.org

Five years ago we launched the Dementia Advisor initiative, with the simple aim of providing a face-to-face

contact for people with dementia, their families and communities. This service extended on from our helpline support and reached out to people in their communities. The initiative is fully supported from fundraised income and to date we have invested just under £4 million in developing a network of 33 Dementia Advisors. Their work is featured on pages 15-17 in this edition of Dementia in Scotland. In addition, other areas of our work that we support from fundraised income continue to provide a vital network of support for people today, and hope for a better future tomorrow – including our research centres, dementia nurses, our growing network of dementia resource centres and our community activity.

Sadly in recent months a number of charities' fundraising practices have been called into question, and there seems no doubt that some organisations' methods have risked the good reputation of our sector. I want to personally reassure you that Alzheimer Scotland does not engage in any of these activities. I am immensely proud of our fundraising efforts and the ethical way we go about our fundraising and the opportunity it provides for so many local people and businesses to help us make a real difference in their community. To help reinforce this and to reassure our supporters and the public about how and why we fundraise we have developed a "fundraising promise" that is outlined on page 27. I want us to be proud of our fundraising efforts and of what it enables us to deliver in every local community and I hope you will be too.

Henry Simmons
Chief Executive
Alzheimer Scotland



Bringing dementia to the high street



Helen Mitchell, who is living with dementia, cut the ribbon to open Tain Dementia Resource Centre. She was joined by people with dementia, carers, staff and Chief Executive Henry Simmons.

The new centres are part of a trailblazing move to break down the stigma and isolation associated with dementia.

Around the country Alzheimer Scotland Dementia Resource Centres are springing up in our high streets, in the hearts of our communities.

So far 2015 has seen the opening of three new Dementia Resource Centres in Lerwick, Tain and Dingwall, bringing the total number of centres to 17, with three more planned.

The new centres are part of a trailblazing move to break down the stigma and isolation associated with dementia. They are local hubs for information, resources, advice and services.

These buildings are a clear signal that people with dementia and their carers have an important place right at the centre of our communities.

Speaking at the opening of the Dingwall centre, Black Isle-based Norman Houston, who is the carer for his wife Jennifer, said: "As a carer, the most important thing for me is that we feel we have the support we need. There's an opportunity for Jennifer to be part of a community. Local

people come in here and you get to know folk."

Karen Steel, Policy and Engagement Manager for Alzheimer Scotland said: "Having dedicated Dementia Resource Centres in both Dingwall and Tain will enable people to access support and information locally, speak to a Dementia Advisor, or take part in a wide range of activities – all under one roof. These centres will be a great resource for Ross-shire."

All Dementia Resource Centres encompass many dementia-friendly features and are designed to offer practical examples of ideas which can help maintain independence for individuals and families living with dementia.

There are currently three more Dementia Resource Centres in the pipeline. We are working on properties in Arbroath, Helensburgh and Glasgow. Our new Aberdeen Centre has just opened its doors and the official launch will take place this autumn.

Community Fundraiser

John Law said: "That we've been able to create these marvellous centres is all down to our supporters. Each centre is the product of donations made by local supporters and businesses – the Dementia Resource Centres truly are a symbol of a community's commitment to including people with dementia.

A wide range of people have been involved, from businesses to students. They've raised money in all sorts of ways: bake sales,

Memory Walks, sponsored runs, quiz nights, football tournaments. People have put their money where their mouth is and we can't thank our supporters enough."

More info

Visit alzscot.org to find out if there is a Dementia Resource Centre near you.

Interested in fundraising for a Dementia Resource Centre? Find out who your Community Fundraiser is on p26.



Left to right: Ray, living with dementia; Joan, member of the Ross and Cromarty Sports Council and supporter of the Ross-shire Football Memories Group; Jim, Alzheimer Scotland Volunteer.

Strategic alliance with Queen Margaret University

Alzheimer Scotland has developed a strategic alliance with university health academics at Queen Margaret University (QMU) in a bid to improve student understanding of dementia. The move will ensure that healthcare students at QMU have a robust education in dementia so that they are more effective as healthcare professionals when they move into the workplace. The ultimate aim is to improve the care and wellbeing of individuals with dementia and families affected by the condition across all service provision – within the NHS,

private practice, social work and the voluntary sector.

QMU and Alzheimer Scotland have been working together for several years, but the signing of an official agreement by University Principal, Professor Petra Wend and Henry Simmons, Chief Executive of Alzheimer Scotland signals the increased level of commitment that both organisations are placing on student education.

More info

To find out more about the launch of the partnership, visit www.alzscot.org/qmu



Engaging the community at the University of the West of Scotland



Carers Christine and Willie pull a pint at the pop-up-pub with Professor Debbie Tolson (middle).

This August the Alzheimer Scotland Centre for Policy and Practice at the University of the West of Scotland (UWS) invited the public to their Hamilton Campus to find out how its staff and students

are shaping the future of dementia care. Events took place over two days and members of the public were encouraged to visit and find out more about the work that goes on around campus.

The first day included a series of mini lectures where visitors heard the experiences of people who received a diagnosis of dementia while still in employment. Family carer and employer perspectives were also given, plus an update on the Alzheimer's Society funded research project at UWS on dementia in the workplace.

The event was a great success.

This was followed by a series of information sessions and an inaugural lecture from UWS Visiting Professor Iva Holmerova, from Charles University in Prague. The following day saw an open invitation to look around the dementia related teaching and learning environment. This

included a visit to the dementia friendly hospital ward, pop-up-pub, reminiscence room, and a chance to talk to staff and students. The event was a great success, with over 300 visitors across the two days.

Depute Director of the Centre, Dr Karen Watchman, said "Community engagement is an important part of our work here at UWS and we have been delighted with the response to our open invitations. The events were incredibly popular with stimulating and thought provoking discussion in a relaxed and friendly environment, and of course football reminiscence in the pop-up-pub was a great success!"

The community engagement events at UWS were funded by a grant from the Carnegie Corporation of New York.

Sharing perspectives with the NHS

This June, NHS Scotland held their annual NHS Scotland Event at the Scottish Exhibition and Conference Centre in Glasgow. The two day conference is a great opportunity for public sector workers to consider and discuss the important challenges for health and care.

Members of the National Dementia Carers Action Network (NDCAN) and the Scottish Dementia Working Group (SDWG) were invited to give their unique insight into how the NHS is working for them.

SDWG and NDCAN members enjoyed networking and sharing ideas with over 1,500 delegates and were delighted to have the opportunity to contribute in such a meaningful way.



Above: left to right, Anne Rankin, carer; Anne Macdonald, SDWG member; Fiona Gordon, National Development Officer with SDWG. Left: Vice-Chair, Archie Noone with the ideas board generated at the integration session.

It was a great opportunity to share thoughts and ideas in a very positive atmosphere.

On both days of the conference there were workshops for NHS professionals where they could hear about what makes a good experience for people with dementia and their carers. It was a great opportunity to share thoughts and ideas in a very positive atmosphere. Both NDCAN and SDWG members felt that the professionals were really listening.

The person with dementia's perspective

Members of SDWG had a key place at the table in the session titled "What does integration mean for people living with dementia", where they took part in round table discussions with healthcare professionals from all over Scotland.

SDWG members enjoyed the opportunity to speak directly to the delegates about their views and sentiments on what integration means to them.

Speaking about the event, Archie Noone, SDWG Vice-Chair, said: "One of the things

I really wanted to get across is that the future is not as bleak as people think when you have a dementia diagnosis. Help is always there if you are prepared to find it."

Peter McLaughlin, SDWG Vice-Chair, sighted the importance of dialogue at the event; he felt he learnt new things at the session while sharing his own experiences. Peter stated: "the delegates at the table were receptive to my views and made me feel very welcome and an important part of the day".

SDWG representatives felt that they were really listened to, with delegates asking them questions at the end of the session.

Henry Rankin, SDWG Chair, said: "I enjoyed every minute of the session and was pleased that I got the chance to speak to delegates from a variety of backgrounds. I hope the delegates will take back the information they gleaned from the sessions to their workplaces and ignite a dialogue about the future of dementia care in Scotland."

The carer's perspective



Photo credit: YoungMedia

NDCAN member Myra Lamont speaking during the keynote address.

NDCAN member Myra Lamont made an impassioned plea during the keynote address. She appealed for the needs of the family carer to be taken into account when professionals are organising and delivering nursing care to their loved one.

When her husband was seriously ill, Myra was keen for him to live at home for as long as possible. However, she described a "tsunami" of professionals and equipment coming through her door, with over 30 different nurses over a two week period.

One of these nurses, Gordon McGlynn, took the time to listen to Myra, and to engage properly with how she was feeling. The organisers of the event had tracked Gordon

down, and he and Myra were re-united on the stage.

Myra and Gordon's story gave a powerful message to all delegates of how stressed carers can become when they feel they are losing control, and how important it is to make a human connection, simply by asking the question, "and how are you doing?"

Speaking at the event, Myra said "I know it is important to have evidence that an integrated approach works. My message is: support me as a carer and I'll work with you to make sure you get that evidence you need. With the right community structures in place we can manage this in a more planned way, instead of a reactive, crisis response."

More info

Find out more about the work of the Scottish Dementia Working Group www.sdwg.org.uk
Find out more about the work of National Dementia Carers Action Network www.alzscot.org/ndcan
Watch a video of Myra and Gordon chatting about their experience alzscot.org/onthecouch

Myra's story highlighted how stressed carers can become when they feel they are losing control.

Dementia Awareness Week



Landmarks across Scotland lit up purple for Dementia Awareness Week, including the Heavy Horse on the MB.

From 1-7 June, hundreds of people across Scotland took part in seven days of awareness raising, conversation, fundraising, support and celebration to mark Dementia Awareness Week (DAW) 2015.

Dementia is a big deal, and the aim of this year's annual Dementia Awareness Week was to get people talking about it.

We celebrated the recruitment of our 10,000th Dementia Friend.

And talk about it they did! There were Tea & Blether events held across Scotland, information stands in public locations, concerts, takeover days in town centres and

supermarkets, plus some of Scotland's most famous landmarks were lit up in purple – the internationally recognised colour for Alzheimer's.

All in all, 200 events took place, we celebrated the recruitment of our 10,000th Dementia Friend, 5,200 tweets were sent with the #DAW2015 hashtag, and we smashed the 10,000 "likes" milestone on Facebook.

Reflecting on the week, Henry Simmons, Chief Executive of Alzheimer Scotland, said: "It's quite remarkable how many events took place this year. It was a wonderful coming together of the dementia community. A big thank you goes out to everyone involved."

Thanks to people with dementia, their carers, supporters, volunteers and staff, hundreds of important

conversations about dementia took place this summer. We spoke about the difficult things, shared tips on how to live well with dementia and challenged stigma. What a feeling, and what a week!

DAW Conference

Our Dementia Awareness Week conference has been growing year on year, but this year it went truly global! 'Global Progress; Local Impact' explored dementia policy, support and research across the world, recognising that dementia is a truly international public health issue. This was also our biggest conference to date, with 500 delegates from across the health and social care sector alongside people with dementia and carers.

The conference began

with notes of welcome from both the Scottish Dementia Working Group and the National Dementia Carers Action Network. Scotland's involvement of people with dementia and unpaid family carers in dementia decision-making has influenced several other countries and organisations, not least by inspiring the creation of a European Dementia Working Group in 2012. These were followed by the event's plenary address from Jamie Hepburn; Minister for Sport, Health Improvement and Mental Health at the Scottish Government and keynote address from Glenn Rees, Chair of Alzheimer's Disease International (ADI). Both speeches highlighted the importance of addressing dementia at an international level, with ADI particularly

keen to ensure that no nation is left behind in improving standards of care, support and understanding.

'Global Progress; Local Impact' explored dementia policy, support and research across the world.

It was a busy and engaging day, with over 40 presenters, eight plenary sessions and seven parallel workshops.



Research featured strongly, with presentations from Dr Mayumi Hayashi (King's College London), Professor Craig Ritchie (University of Edinburgh) and Professor Graham Jackson

(University of the West of Scotland). The event also focused on international policy and practice, through presentations from Gerry Martin (CEO, Alzheimer's

Society of Ireland), Lisbet Rugtvedt (Secretary General, Norwegian Health Association) and Jeremy Hughes (Chief Executive, Alzheimer's Society).

This year's conference exhibition included 30 stands, covering care, health, law and research. Embracing the general theme of Dementia Awareness Week – Let's talk about dementia – there were also two 'blether spots', where delegates could take time to chat informally about their interest in dementia.

Above: Conference delegates take part in the world's biggest "mug shot".

Register now!



**Staff, members' and volunteers' conference
Including awards ceremony and AGM**

**Tuesday 3 November 2015, 10am-4pm (doors open at 9.30am)
Crowne Plaza, Congress Road, Glasgow, G3 8QT**

Our annual conference is a wonderful opportunity to find out what teams across the organisation have been doing this year and our plans for the future.

To attend the event, members, staff and volunteers can register online at www.alzscot.org/agm. Members can also complete the registration form enclosed with this magazine and return it in the pre-paid envelope. To nominate Alzheimer Scotland staff and volunteers for an award, please visit www.alzscot.org/awards.

If you have any queries, please email agm@alzscot.org or call 0141 410 1072.



13 years as a Dementia Helpline operator

This November, Isabelle will be marking her 13th year on the Alzheimer Scotland Dementia Helpline. We spoke to Isabelle to find out why she got involved and what keeps her hooked after 13 years' service.

I first got involved with Alzheimer Scotland many years ago because my mother had Lewy Body Dementia. I'd worked in a caring profession my whole life, and when my mother was diagnosed I spent a lot of time researching what kind of support was available. After my mother passed away I felt I had a lot of knowledge and wanted to share it. When I saw an advert for volunteers for the Dementia Helpline

I thought that would be a perfect way to help.

Every shift on the Helpline is different and every call is different; you never know what to expect. Most of our callers are carers or relatives of people with dementia. We also receive calls from professionals, NHS staff, social workers, students and of course from people living with dementia.

'I'm so glad that I can be there to help.'

The Helpline is a confidential Freephone 24 hour service, operating 365 days a year. I do a lot of night shifts and that tends to be

when people phone looking for emotional support. For many people, phoning the Dementia Helpline is an important release and I'm so glad that I can be there to help.

I also get a lot back from my work on the Dementia Helpline. Now I'm retired I want to keep my brain active, and the Helpline is a great way to do that; with every shift you learn something new. We get fantastic support from Alzheimer Scotland and I really enjoy going to the training days. I suppose my role on the Helpline is a great balance of being able to help people, but also being in a position where I continue to learn and challenge myself. After 13 years it is still rewarding and fresh.

24 HOUR



Alzheimer Scotland
Action on Dementia

Dementia Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org

Dementia Helpline tote bag now available

Pop your shopping in this bag and help promote the Dementia Helpline. Your purchase goes towards funding our work.

£3.00 including postage and packing.
Buy online at www.alzscot.org/shop



'Purple outing' for Lewis and Harris volunteers

Staff at our Lewis and Harris services organised an event during Dementia Awareness Week to showcase the great work of local volunteers on the islands. The volunteers were presented with certificates in recognition of their hard work at a well-deserved get-together at Borne House on Lewis.

Over 20 people volunteer with the Lewis and Harris services. They support the Solas day centre and help with various community activities like dementia cafés, singing groups and walking groups. Many of the volunteers have been with the service for over 20 years and still regularly

contribute their experience to support people living with dementia and their families.

This year the service appointed a new branch committee to support staff and volunteers. The committee organises fundraising activities like coffee mornings and bag packs, helping to ensure that we continue to support the community in every way we can. The new team is supported by the previous committee, whose members served for an amazing 27 years.

Marion MacInnes, Service Manager for the Lewis and Harris services, said: "We have a varied group of volunteers in

Lewis and Harris. The youngest is 12 years old and the oldest is 83! We think it is important to support our volunteers as much as they support us – we recently helped four young people complete their Saltire volunteering awards. We are very grateful to all of our volunteers for their valuable contribution and dedication to Alzheimer Scotland."

Donald George Morrison has been a volunteer with the Lewis and Harris services for over 22 years. He said: "I initially thought that volunteering work in this area was for women only, but I was wrong. It has been a

very rewarding and humbling experience for me, volunteering with Alzheimer Scotland over these many years. I hope I have been able to contribute in some small way to the work."



Some members of the Lewis and Harris volunteer team.

Annual Christmas Lecture



Thursday 3 December 2015
Prevention: Keeping it Real
Delivered by **Professor Craig Ritchie**



Professor Craig Ritchie explores the complicated issue of what we can do as a society or as an individual to prevent dementia.

Ticket price: £15
Alzheimer Scotland Members: £12
Doors open at 3.30pm. Lecture begins at 4pm.
Refreshments and networking 5 - 6.30pm.

The Hub, Castlehill, Edinburgh, EH1 2NE

Register online at www.alzscot.org/christmaslecture

If you have any questions, please contact us on 0141 410 1072 or email externalevents@alzscot.org.

Growing our Friends

Our Dementia Friends team have been extremely busy this summer growing the number of people signed up to be a Dementia Friend in Scotland. This summer we signed up 2,000 new recruits, and welcomed our 10,000th Dementia Friend to our expanding community.

We signed up 175 Dementia Friends with the Mears Group, a large housing and social care provider. We

delivered 18 sessions to their staff across Scotland, including training in Stirling, East Kilbride and Coatbridge.

We also delivered sessions to staff from the Edinburgh, Cupar and St Andrews branches of Pagan Osborne Solicitors. They've been focusing on small changes they can make which would support a person with dementia in engaging in the process of Power of Attorney.

This summer we signed up 2,000 new recruits.

Staff at Pagan Osborne and the Mears Group become Dementia Friends.



Natalie Irvine our 10,000th Dementia Friend

This Dementia Awareness Week we welcomed our 10,000th Dementia Friend, Natalie Irvine. She tells us a bit about herself and the benefits of becoming a Dementia Friend.

Name: Natalie Irvine

Age: 23

Where you're from: Motherwell

Tell us something interesting about yourself...

I love rowing and I have been very fortunate through my sporting career to be chosen to row for Scotland which I found both challenging and rewarding.

Why did you decide to get involved with Dementia Friends?

I got involved with dementia friends because of personal experience. I wanted to know more about the condition and how I could better support that person to live well in their community.

Online or face-to-face session?

I did both but I preferred the face-to-face session as I could ask lots of questions.

What was the biggest thing you took away from the session?

It gave me better insight into how to engage with a person living with dementia. Also, I hadn't considered the

impact an environment can have on the person and how small changes could make a big difference.

How will you encourage someone else to become a Dementia Friend?

I'll let them know how much of a positive impact they could have on even just one person's life by being able to understand and deal with the everyday challenges that person may experience. Small things make a difference in a big way.

What's your favourite memory?

Pretty much anything when family and friends are all together in the one place.

How will you keep supporting Dementia Friends?

I'm going to tell all my family and friends to sign up and I'll volunteer at events when I am available.



Natalie Irvine, Dementia Friend.

Musselburgh makes a bold move towards becoming dementia friendly



Photo credit: Mark K. Jackson Photography

This summer Musselburgh joined the growing ranks of communities across Scotland working towards becoming dementia-friendly.

Dementia Friendly Communities are entire communities committed to working together to help people with dementia to remain a part of their community.

Encouraging local communities to see the benefits of this inclusive approach is a key goal of

Alzheimer Scotland Dementia Advisors. Local Dementia Advisor Hazel Johnson has been instrumental in inspiring Musselburgh to take its first steps on the road to becoming an official Dementia Friendly Community.

This year Hazel teamed up with Chris Knights, Church and Community Development Worker at St Andrew's High Church, and local activist Sue Northrop to begin an official consultation process with stakeholders in the town.

Hazel said: "The results of the initial consultation were really interesting. We found that there was already a wealth of accessible, friendly shops and things for people to do. Existing local services like our own D-café and the lunch club were valued and well-known."

"However, there was room for improvement. Overcoming stigma and discrimination and raising awareness and knowledge about dementia was seen as key. Transport and housing were particular concerns."

"Ideas for activities and improvements will be investigated by the steering group. We're looking forward to working with the local community to move these ideas forward."

Local charity STRIVE Wellbeing was one of the key partners in the consultation. Alistair Sim, development worker at STRIVE Wellbeing said: "It was great to be involved with

the new Dementia Friendly Musselburgh group. We had a lot of contacts in our charity that we knew would be interested in making Musselburgh more dementia friendly. All of the groups involved have been great to work with and we look forward to continuing with this project."

The inhabitants of "The Honest Toun" were given a taster of all the great services already available to people with dementia in Musselburgh at a fun, family event called D in the Park, held on 27 June at St Andrew's High Church. The event brought together charities, local businesses and schools to showcase their support for people with dementia. It was such a success there are plans to make it an annual event.

More info

To find out more about how you can get involved, contact Hazel Johnson on 0131 654 4350 or email hjohnson@alzscot.org

Positive message of inclusion shines through at national conference

I was delighted to be invited to speak at The Journal of Dementia Care conference about the Scottish Charter of Rights for people with dementia and carers.

This year, the focus of the conference was Rights, Inclusion and Diversity: at the heart of Dementia Friendly Communities. I was especially pleased to see the emphasis in the programme on rights and inclusion, as past experience suggested that many people interpret "dementia-friendly" as meaning "dementia specific". Of course there is a need for specialist services and therapeutic activities aimed exclusively at people with dementia, and Alzheimer Scotland offers these in abundance. But a dementia friendly community should be about making general facilities, groups and activities accessible for people with dementia to support people to be part of the community, not apart from it. The message seems to be getting through.

Maureen Thom, Dementia Engagement Manager, Alzheimer Scotland

The Journal of Dementia Care conference took place on 7 July 2015 in Birmingham



Maureen Thom, Dementia Engagement Manager, Alzheimer Scotland.

New survey reveals Scots want to do their best by people affected by dementia

A new Scottish Social Attitudes report published in June revealed for the first time what the general Scottish public know about dementia. The survey results showed that most people have a positive view about dementia, contrary to previous perceptions that the condition attracts stigma.

A high percentage of people also believe that dementia should be a priority for Government spending, particularly on care and support.

The majority of people in Scotland – around 76% – said that they know someone who has or had dementia, with almost four in ten (38%) saying that a partner or a

member of their family has or has had dementia.

However, despite these numbers, there was a relatively low level of knowledge about risk factors that lead to some diseases that can cause dementia.

Alzheimer Scotland welcomed this detailed and comprehensive survey of Scotland's attitudes towards dementia. As well as the importance of the findings themselves, 'Attitudes to dementia' is a vital piece of awareness-raising in its own right; reflecting the aims of our ongoing 'Let's talk about dementia' campaign and other positive messaging around the condition and those affected by it.

The survey offers invaluable insight into what Scotland knows and thinks about dementia, who we turn to for information and help, and who the public think should be responsible for delivering and funding care.

One of the most heartening aspects of the survey is the response to questions about supporting people with dementia in the community. The vast majority of us are willing to help a neighbour with dementia and over 60% of us believe that someone with dementia can live life to the full. Most of us believe that shops and other businesses should train their staff to better help people with dementia.

More info

Read the full report at www.alzscot.org/attitudes



Left to right: Geoff Huggins, John Laurie, Jeanette Maitland, Henry Simmons and Heike von Lützu-Hohlbein sign the declaration.

Last chance to support Europe-wide dementia petition

Alzheimer Europe is aiming to reach 10,000 signatures on its online petition calling for a Europe-wide dementia strategy.

The creation of a European Dementia Strategy would see the introduction of a rights-based approach to providing

care and support to people with dementia, their families and carers across Europe.

The petition closes at the end of November. Please sign the Glasgow Declaration and help Alzheimer Europe to reach their target.

More info

Sign the petition at www.alzscot.org/glasgowdeclaration

A Dementia Strategy for Glasgow

We're looking for people who live in Glasgow to take part in a city-wide consultation to start mid-September.

The Health and Social Care Partnership in Glasgow City, working with Alzheimer Scotland has made a commitment to creating a dementia strategy that will see the city pave the way to becoming a Dementia Friendly City.

It is estimated that 8,000 people in Glasgow are living with dementia. The consultation aims to find out what would improve life for people living with dementia and their carers.

This work will look into all aspects of dementia from awareness raising and health promotion to post diagnostic support and end of life care. It aims to hear

from as diverse a range of people as possible.

The consultation will find out what would improve life for people living with dementia in Glasgow.

More info

If you are interested in taking part in this consultation then you can find out more about the Glasgow strategy and consultation events at alzscot.org/glasgow_strategy Contact Lisa Powell or Stephen Lithgow at glasgowdem@gmail.com

Five years of Dementia Advisors

Our Dementia Advisors have helped tens of thousands of people across Scotland over the last five years. We need your help to continue their vital work.

2015 is the fifth anniversary of Alzheimer Scotland's commitment to providing a specialist Dementia Advisor in almost every local authority in Scotland. Thanks to the generosity of our supporters we've been able to build a team of 33 specialist Dementia Advisors across Scotland to help people adapt to living with dementia.

In the past five years over 20,000 people have been referred to our Dementia Advisors and they have helped many thousands more through the activities they run. They have been an integral part of delivering Dementia Friends training to over 10,000 people across Scotland. They've helped answer a mountain of questions, supported families through immensely difficult times, and they continue to help give people with dementia some confidence back.

The growing demand

Every year the demand for Dementia Advisors is growing as more and more people in Scotland are diagnosed with dementia. Adapting to living with dementia can be a huge challenge not only for a person living with dementia but for their family and friends too. Dementia can make your world feel pretty chaotic and you may look for answers to many questions. How can I still do the things I enjoy?

How will my family cope? How do I let my friends and work colleagues know? Where and what support can I get? It can be a bewildering time.

Our Dementia Advisors make a big difference by delivering personalised, one to one support and advice. They offer a life line to people with dementia and their families throughout their journey. They help people negotiate the maze of health and social care services and to maintain community connections so that they can live well with dementia and be better prepared for the future.

Dementia Advisors also coordinate and run a calendar of fun, interactive community activities to keep people active and social such as Dementia Cafés, singing groups, allotments and reminiscence projects. These activities are central to a person's wellbeing, helping those living with dementia to cope with symptoms and maintain good quality of life.



Douglas and Nancy with Dementia Advisor, Iain

In November 2013 Douglas was diagnosed with Alzheimer's Disease at the age of 69. The retired minister lives in Paisley with his wife Nancy.

Nancy told us: "Although I was a nurse for many years it is an illness that's difficult to deal with when it affects your family personally. When Douglas received his diagnosis our daughter-in-law came across a leaflet with contact

details for our local Dementia Advisor, Iain Houston. I got in touch and soon after, Iain came out to see us.

"It's been wonderful having this kind of support. Iain's got a great way with people and told us about all the different things we could do in the area. We're regulars now and take part in the Football Reminiscence Group, Singing Memories and the Dementia

Café. Just knowing you have something to go to every week is reassuring.

"I think the best thing about going to all the groups that Iain arranges is that we've made genuine friends with other couples. We meet up outside of the organised activities. It's great to be able to talk to people in the same situation as you and share the load. I can't imagine doing this alone."

Speaking about the groups he's involved with, Douglas said: "I used to be in a male voice choir so going to the Singing Memories is really good. There's a lot of us go and I think we'll maybe need to find a bigger hall! I really enjoy the Football Memories session too. I'm the only Hibs fan among the Rangers fans and we have a good laugh winding each other up."



'It's been wonderful having this kind of support. Iain's got a great way with people and told us about the different things we could do in the area.'

This page: Dementia Advisor Iain visits Douglas and Nancy at home. Opposite: Una and her Dementia Advisor Geraldine have a blether.

Una and her Dementia Advisor, Geraldine



Una was diagnosed with dementia in August 2014 and lives in Grantown-on-Spey. Geraldine is a Dementia Advisor in the Inverness area and they met shortly after Una's diagnosis.

When Una was diagnosed with dementia, she was working as a volunteer driver, a job that she loved but had to give up. Una told us "When I got my diagnosis I was told I had to give up driving and I felt as if half of my life had gone. But then I thought: all of my life I've been doing something useful, so why should I stop now?"

With Geraldine's support Una was able to focus on what she could do and the things that mattered to her. Geraldine encouraged Una to get involved with the Highland Dementia Working Group, a group that raises awareness of dementia, champions the rights of people with dementia and makes sure people with dementia are included in the

decisions that affect them. Una says "At the Highland Dementia Working Group I'm included and informed. It's a friendly group and I'm really a part of what's going on. For me, it's important that I can still help, feel useful and I'm not sidelined because of my dementia. It was exactly what I needed to get me out the house and I'm now the chair of the Highland Dementia Working Group".

With Geraldine's support Una was able to focus on what she could do and the things that mattered to her.



Funding Dementia Advisors

The services of specialist Dementia Advisors are provided free of charge to the people who need them. To date, we have dedicated £3.8 million of fundraised income to creating this indispensable safety net. And we need your donations to make sure we can continue offering this support in the future.

Many of you reading this article will have personal experience of working with our Dementia Advisors. You'll know the valuable expertise and care they have brought to your family. Some of you will be reading this and wishing that Dementia Advisor support had been in place when you needed it. You'll know what it was like trying to get the support you so badly needed before there was a Dementia Advisor to turn to.

Your donation will help enable our Dementia Advisors to support more people and make sure nobody faces dementia alone – and if you are a UK taxpayer we can claim 25p in every pound in Gift Aid at no further cost to you. Thank you for your help.

How do I get in touch with my nearest Dementia Advisor?

You don't need a referral – just pick up the phone and make an appointment. For details of your local Dementia Advisor visit www.alzscot.org or call our 24 hour Freephone Dementia Helpline on 0808 808 3000

If you go down to the woods today...



Forestry Commission rangers and programme participants brew a cuppa on the campfire.

Anyone who enjoys getting out and about in the great outdoors will know that spending some time in our beautiful forests and woodlands can have a positive effect on our mental health as well as our physical wellbeing. The good news is that taking part in woodland activities can be really positive for people with early-stage dementia too, according to results of new research study by the Forestry Commission Scotland and University of Dundee.

Over the past couple of years, the Forestry Commission Scotland and University of Dundee have been running a pilot project in Callendar Wood, Falkirk.

Participants took part in an innovative, exciting and fun programme of woodland activities, including woodland walking, tree planting, fire lighting and woodland cooking, nature photography, willow sculpting and tree and bird identification, led by Community Ranger, Gordon Harper.

Throughout the 10 week programme, each participant created a photographic memory book, which recorded the activities they were involved in. This created something to look back on and jog memories and also to add to in the future. The participants' spouses can also use this to stimulate conversations at home.

The project was designed by Mandy Cook, a PhD student from Dundee University, to investigate how Greenspace therapy could improve the health and wellbeing of people with early stage dementia.

She said: "The woodland environment offers a complete sensory experience, which stimulates reminiscence, creates conversation and promotes engagement and interaction. The pilot woodland activity programme can be seen to contribute to the care and support of people with early-stage dementia by enhancing positive mental well-being and broadening social networks."

Results from the study suggest that woodland activity programmes enhance and complement traditional treatments for those patients with early stage dementia. The programme provided participants with an overwhelmingly positive experience, contributing to well-being and feelings of self-worth.

As a result of the findings, the Forestry Commission Scotland plans to roll out the woodland activity programme to new locations in the future.

More info

The next 10 week programme in Callendar Wood begins in spring 2016. To find out about availability, contact Julie McAlpine on 07876 508 586 or email scottishlowlands@forestry.gsi.gov.uk
To find out about possible future woodland activity programmes, contact Kevin Lafferty at Kevin.Lafferty@forestry.gsi.gov.uk
For research enquiries contact Mandy Cook, PhD Student, University of Dundee at m.cook@dundee.ac.uk

'The woodland environment offers a complete sensory experience, which stimulates reminiscence and promotes engagement.'



Memories Golf Club celebrates a hole in one

This summer, Dumfries Rotary teamed up with Dumfries Dementia Resource Centre to host a dementia friendly golf championship.

The Hightae Open golf tournament was played on a private 5-hole golf course, specially designed to be used by people with dementia by local Alzheimer Scotland supporter Ian Carruthers.

The event was a brilliant success. Some participants hadn't been on a golf course in years but old skills and happy memories were quick to return, with 95 year old golfer Gerry hitting a perfect drive.

The Hightae Open is a model for others to follow – an excellent partnership between Alzheimer Scotland and the Rotary Club of Dumfries.

More info

Dumfries Dementia Resource Centre 01387 261303

The event was a brilliant success, and happy memories were quick to return.



Competitors tee off at the Hightae Open in Dumfries.

The benefits of keeping active with dementia

Keeping well physically is important for everyone. Physical activity is important for maintaining fitness and keeping muscles and joints flexible. There are also benefits for your mental health and it can help you get a better night's sleep.

Improves mobility

Our bodies are made to move; all living tissue benefits from exercise and weakens when movement stops. Physical activity may also help in avoiding, delaying or reducing some of the mobility problems that are associated with dementia. It can offer protection against falls through improved balance and strengthening of muscles.

Good for mental health

Physical activity is also beneficial to your mental health. There is evidence that supports the benefits of physical activity in improving mood and reducing stress. A study of exercise and people with Alzheimer's disease found

that it improved physical health and depression. As physical activity provides an opportunity for social contact it can also reduce feelings of isolation and loneliness.

Top tips for keeping active

It is recommended that you have at least 30 minutes moderate physical activity most days. This can be split across your day and does not have to be strenuous. It is a good idea to look at your daily routine to see what activity you already do and what improvements you can make.

Go for walks – no special equipment needed. Join a walking group if you'd rather walk with others.

Be active around the house

– gardening, washing the car or cleaning windows all count as activity

Maintain sporting activity – a dementia diagnosis doesn't always mean giving up the activities you enjoy. Friends, family and leisure centre staff can all help support you in gentle exercise, like swimming, yoga or bowls. Check with your doctor if you are unsure.

Exercise sitting down – if you become less mobile you can try some gentle seated exercise.

More info

Paths for All
www.pathsforall.org.uk
Sitting exercises
www.alzscot.org/sittingexercises



Living well with dementia

Ian and Marina Gray from Shetland have been a life-long team. When Ian was diagnosed with Alzheimer's disease five years ago, they learnt all they could about dementia, got involved with the growing support services in Shetland, and were determined to live by the mantra 'you can live well with dementia.'

MARINA

Although we're both from Shetland we first met in the Faroe Islands. Ian was in the football team playing against the Faroese. My father was Band Master of the Shetland Brass Band and my mother and I went along with him as supporters. Ian and I actually met on the steps outside the Hafnia Hotel in Tórshavn. A few weeks later we were at a social event in Lerwick and Ian asked me to dance. We started going out after that. I was just 18 and Ian was 17.

We have spent all our lives on Shetland. Ian was a teacher and then head teacher at Scalloway Junior High School until he retired in 1994. I worked as a hairdresser for 20 years and then became a school secretary. When he became head teacher, I was his secretary! So we've always been close, working together for many years.

When Ian was diagnosed with Alzheimer's, we came out of the doctor's surgery in a daze. We went home, shed a few tears, and sat and spoke about what it would mean for us. We had to tell the family and come to terms with the news. And we did.

In a way we were lucky that Ian's diagnosis came just as Alzheimer Scotland was getting established in Shetland.

At the same time Ian was diagnosed people from Alzheimer Scotland Aberdeen Branch were visiting to see how they could help in Shetland. At the



beginning there were quite a few public meetings about Alzheimer Scotland and I went along. When the Memory Bus came up to Shetland on tour we went to see what that was all about and we ended up speaking to people about dementia for ages.

I think I knew the best way for me to cope with Ian's diagnosis was to get really involved. When they were interviewing for the Shetland Dementia Advisor I was on the panel. Now Ann Williamson, who got the job, jokes that it was terrifying to get past me!

'Having dementia isn't the end of the world. You live with it and get on with it. That's the message that we're trying to put out.'

So right from the start we've always had a lot to do with Alzheimer Scotland in Shetland. Ian was the first person signed up to the Memory Clinic when it was established. We go out and speak

to people about our experiences of living with dementia as a family.

We help run the Memory Lane Café. I serve teas and coffees and Ian tidies the chairs and tables up at the end. There are about 40 to 50 people who come – not just people with dementia – it's a really nice place for people to mix.

With the new Dementia Resource Centre in Lerwick there are all sorts of things for people to do – including art, music, dancing, and a Sons and Daughters Support Group.

We want to carry on as normal. I go out and speak to different groups and sometimes people who have just had a diagnosis ask "How do you manage?" I say "Sometimes it is a struggle, but we manage. Having dementia isn't the end of the world. You live with it and get on with it." That's the message that we're trying to put out and that dementia is nothing to be ashamed of.

The most important things you need to have as a carer of someone with dementia are patience, understanding and humour. Alzheimer's disease has been our life for the past five years – not just Ian's illness but all the wonderful people we've met and the things we get involved with.

IAN

In 2010 I was diagnosed with the early stages of Alzheimer's disease and I'm doing well. I don't really bother about it and I don't mind speaking about it.

I think I was lucky that I went to get diagnosed early. When I realised I was getting forgetful I wasn't embarrassed about it – I just said to the doctor "I'll need to come in and talk to you about that" and she was very quick to give me all the tests and refer me on. I spoke to the Consultant in Aberdeen through a video link, which is where I was given my diagnosis. He asked me a lot of questions and at the end he said: "I'm very sorry to say Ian, but you have the very early stages of Alzheimer's disease".

That was five years ago and thankfully so far the progression has been quite slow. I have lots to keep me busy.

I used to play football for Aberdeen University when I was a student and for my local team, Scalloway, and I was a referee for years and years after I stopped playing. There are other men around my age on Shetland with dementia and we get together and bring photos and memorabilia, and remember all the old games and the best goals. I enjoy going to the Football Reminiscence Group.

'We've accepted my dementia as part of life and I have a good life.'

I still get out and about. I love walking, and when I am visiting my daughter in Longniddry I walk her dog, Stella, by myself on the beach. She's a lovely dog; I'd like to sneak her back to Shetland!

A few years ago we were in South Africa for a family wedding and my son-in-law helped me blog about what I did there. It was a good way of recording what we did on holiday. I now do a journal and write in it more or less every day. It gives me something to do and I can check back



on what I did during the week and what the weather was like.

I think there's no point in crying about dementia. It won't change anything. We've accepted my dementia as part of life and I have a good life.

More info

Read Ian's South Africa blog

www.adementiavoice.com

Find out about our services on Shetland

www.alzscot.org/shetland

Ian and Marina enjoy some special family moments with their grandson Lewis, daughter Karen and Stella the dog.

Around the world

World Alzheimer's Month

September is World Alzheimer's Month! September 2015 will mark the fourth global World Alzheimer's Month, an international campaign to raise awareness and challenge stigma.

The theme for World Alzheimer's Month 2015 is Remember Me. It will encourage people all around the world to learn to spot the signs of dementia, but also not to forget about loved ones who are living with dementia, or those who may have passed away.

In Scotland, we are marking World Alzheimer's Month with a series of 26 Memory Walks around the country and our Scotland's Dementia Awards ceremony.

More info

www.worldalzmonth.org
www.memorywalkscotland.org



Alzheimer Europe Annual Conference

This September Alzheimer Europe hosts its 25th annual conference in Ljubljana, Slovenia. The theme this year is "Dementia: putting strategies and research into practice". There will be a

strong focus on how research results and findings can be developed into concrete actions to improve the lives of people with dementia and their carers.

Our Policy and Research team will be represented at the conference and we will cover the key stories in the

next edition of Dementia in Scotland. In addition some members of the Scottish Dementia Working Group and the National Dementia Carers Action Network have benefited from travel bursaries made available by Life Changes Trust and will also be attending the conference.

Latest reports from Alzheimer's Disease International

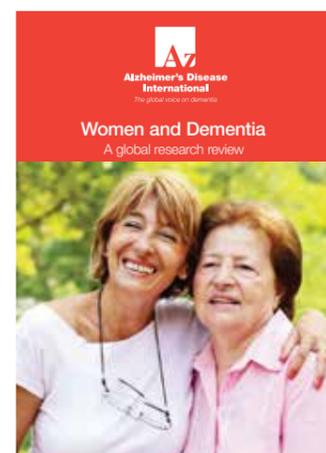
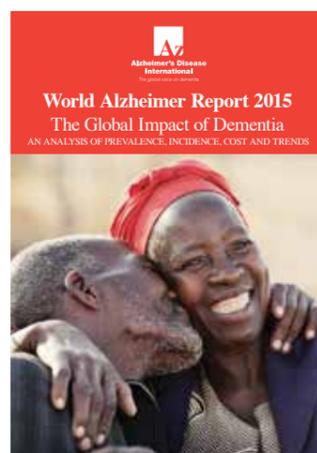
The World Alzheimer Report 2015

The World Alzheimer Report 2015 updates Alzheimer's Disease International's data on dementia's global prevalence, incidence and cost. The key figures from the latest report are: 46.8 million people worldwide are living with dementia in 2015; this number will reach 74.7 million in 2030 and over 131.5 million by 2050; there will be 9.9 million new cases of dementia in 2015, or

one every 3 seconds; the total estimated worldwide cost of dementia in 2015 is over £522 billion; by 2030, this will have risen to almost £1.3 trillion.

Women and dementia

Released in June, Women and Dementia: A global research review revealed how women are much more likely to be affected by dementia than men. The majority of people living with the disease and those most at risk of developing dementia are women, and women account for an overwhelming majority of caregivers and health professionals.



More info

Read both reports at www.alz.co.uk

Getting social around dementia

Part of our push to end discrimination, isolation and stigma around dementia is to get everybody talking about it. Sometimes that's a blether with your friends or colleagues over a cuppa, but these discussions also take place online. Social media sites like Facebook and Twitter give people the opportunity to share their thoughts and feelings on the subject of dementia.

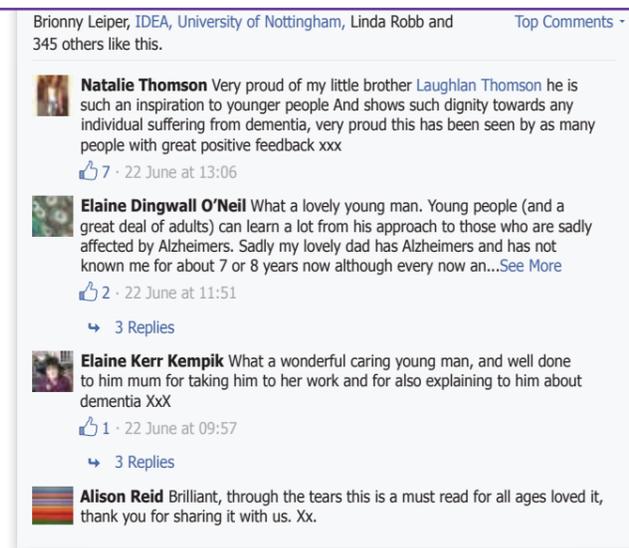
Here are some highlights from social media this summer.

We shared this post written by a young boy called Laughlan who lives in East Ayrshire. His mum, Catherine Thomson, works in a care home and shared her son's experience of visiting the residents who are living with dementia.

The post attracted over 30 supportive comments from people who enjoyed hearing Laughlan's story and 345 "likes".



One man told asked me what school I went to but he asked me lots of times I got fed up answering the same question but he can't help it I think he forgot he asked me. My mum explained to me that his brain was like a box full of old memories but the box was full so he did not have any room for new memories. I asked where the new memories went she said they just disappear. How sad is that. Now when I go into the home I smile and I don't mind people touching me or asking me questions I like to spend time talking to the people and I still have a wee laugh with them. I met famous footballer I was so proud of this.



More info

Talk to us on social media

[facebook.com/AlzheimerScotland](https://www.facebook.com/AlzheimerScotland)

[@alzscot](https://twitter.com/alzscot)

People piled on to Twitter to congratulate Nancy McAdam and Agnes Houston, both longstanding members of the Scottish Dementia Working Group, when they were recognised in the Queen's Birthday Honours. Well done to both of them!



Join Dementia Research took to Twitter to celebrate reaching 10,000 registrations to the programme.



Reviews and Letters

Ian McKellen shines in a rather whimsical take on Sherlock but with his keen mind now challenged with dementia.

Mr Holmes

Mr Holmes, based on the Mitch Cullin book "A slight trick of the mind," is an enjoyable film, with an idyllic English country garden setting – a retreat for a ninety year old Sherlock. The film is underpinned by Holmes' growing struggle with dementia. Through two sets of flashback sequences he revisits his last, unsolved case and he reflects on a trip to Japan where he sought out an elixir (Prickly Ash) that he believes might help with his memory problems.

Bees play a key role as the film unravels. Holmes has been using Royal jelly in an attempt to improve his memory (leading him to his exploratory trip to Japan).

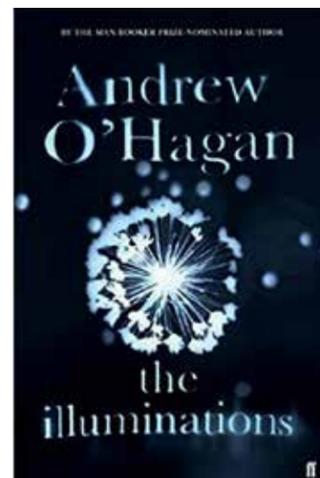
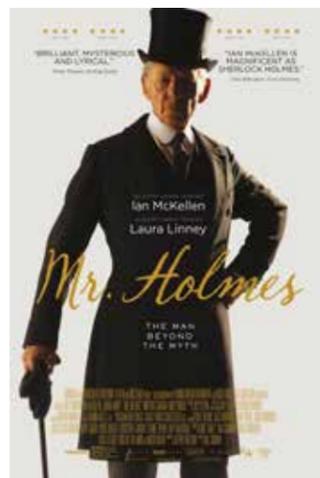
When his doctor asks him to record in his diary, with a dot, every time he struggles to remember something, his diary soon looks like a swarm of bees across the pages. The denouement brings bees to the fore once again – a sting in this tale with a twist.

McKellen neatly brings the myth and memory storylines together, handing the deterioration of his character gracefully. Worth a watch.

★★★★

The Illuminations by Andrew O'Hagan

Andrew O'Hagan's latest book introduces 82 year old Anne, a former documentary photographer, now living with dementia in sheltered



accommodation in Saltcoats, Ayrshire, trying to piece together her memories of a secret relationship in Blackpool in the 1960s

Her grandson, Luke, returning from service in Afghanistan

with 1st Royal Western Fusiliers, acts as conduit and guide on a return trip to Blackpool, in an affecting book about captured memories, the changing nature of photography and family secrets. ★★★★★

Letters page

Dear supporters,

We know that sharing our experiences of dementia can be very powerful. This year we launched the "Let's talk about dementia" campaign, with the aim of encouraging people to talk openly about dementia and to share tips on living well with the illness and to provide emotional support to each other.

With this in mind, we are introducing a letters page to the magazine and would like to invite you to send letters for consideration for publication. If you would like to share an experience that could help provide support, encouragement or comfort to our readers, or ask a question about dementia please get in touch. We're also happy to hear from you if you have any thoughts and comments about the magazine.

Best wishes,

Alzheimer Scotland

How to get in touch:

Please write to:

Magazine Editor,
Alzheimer Scotland,
22 Drumsheugh Gardens,
Edinburgh,
EH3 7RN.

Or email info@alzscot.org

Partnerships

Striking a partnership with Rangers

Rangers defender Lee Wallace stepped out to help us launch our new partnership with the Rangers Charity Foundation for season 2015/16 named 'Tackling Dementia Together'.

The Foundation is pledging to raise £25,000 to support vital projects including the 24 Hour Dementia Helpline, Dementia Friends and the unique Football Memories Project. As well as supporting us financially, The Foundation will also encourage staff and supporters to become Dementia Friends.

Lee Wallace said: "Many Rangers supporters will have



Alzheimer Scotland and Rangers Charity Foundation tackling dementia together.

Scotmid and Alzheimer Scotland – creating dementia friendly communities together

We're extremely pleased to announce that the Scotmid Co-operative family of businesses has chosen us as their charity partner for 2015/16.

The partnership between the Scotmid family, Alzheimer Scotland and Alzheimer's Society aims to raise £250,000 to support the work of Dementia Advisors. Money raised in Scotland will support Alzheimer Scotland, while money raised in the north of England and Northern Ireland will be donated to the Alzheimer Society.

The partnership aims to create a lasting legacy by funding vital dementia support services and supporting 5,000 Scotmid Co-operative family staff to become more dementia aware.

So, next time you're in Scotmid, Lakes & Dales Co-operative, Semichem or Scotmid Funeral Directors look out for ways to support us in store.

experienced dementia in their lives, whether they are living with the illness themselves or a family member or friend has dementia. The Rangers Charity Foundation wants to help make sure that no-one has to face the condition alone and is making this pledge to assist Alzheimer Scotland's work across the country for those living with dementia."

Rachel Smith, Head of Corporate Partnerships at Alzheimer Scotland, believes the new partnership will support the vital work already taking place to help transform lives. She said: "Our new partnership aims to harness this positivity to challenge perceptions of dementia."

The partnership aims to raise £250,000 to support the work of Dementia Advisors.

Mike's beard goes to the dogs

This summer NHS Scotland's education and training body, NHS Education for Scotland, chose our Dementia Dogs project as their charity of the year. Staff have been quick to get behind their chosen charity with some interesting fundraising challenges. Mike MacConnachie, Building Manager, who had proudly sported a beard for 30 years, braved the razor and had his

chin warmer shaved off in aid of Dementia Dogs.

David Ferguson, Board Services Manager, commented: "growing and developing an understanding of dementia among NHS staff in Scotland is a key priority for our organisation, so the Dementia Dogs project was a great fit with what we're doing. It's a great initiative that supports therapeutic activities for people with dementia, and of course not many people can resist an endearing dog!"



Mike says goodbye to his beard to raise cash.

Meet our fundraisers

Community Fundraisers

Are you thinking of holding a bake sale, golf fundraiser or a pub quiz? Then your **community fundraiser** can support you to organise your event.

Name: Elma MacKay
Area: Highlands and Western Isles
Contact Details:
 01463 516 005 | 07796 673 130
 | emackay@alzscot.org
Favourite thing about fundraising for Alzheimer Scotland: Meeting amazing people who do amazing things for people with dementia. Every penny counts in our support of people living with dementia.



Name: John Law
Area: Grampian, Tayside & Shetland
Contact details:
 01224 644 077 | 07825 608 057
 | JohnLaw@Alzscot.org
Favourite thing about fundraising for Alzheimer Scotland: I love it! Every day brings a new reward. I'm doing this for my dear Dad who has lived with Alzheimer's for 12 years now.

Name: Bronwyn O'Riordan
Areas: Renfrewshire, West Dunbartonshire, East Renfrewshire, Argyll&Bute
Contact details:
 0141 410 5306 | 07818 402 729 |
 bronwynoriordan@alzscot.org
Favourite thing about fundraising for Alzheimer Scotland: No two days are the same! Face-to-face meets, events at home, school, work or play. I love the variety, creativity and the people!



Name: Abby Parkhouse
Areas: Edinburgh, South East and Central
Contact details: 01506 533 110 | 07795 316 741
 | aparkhouse@alzscot.org
Favourite thing about fundraising for Alzheimer Scotland: I get to support people who are all challenging themselves in different ways, but all with the same goal...making sure nobody faces dementia alone.



Name: Laura Stockwell
Areas: Glasgow, East Dunbartonshire & Lanarkshire
Contact details:
 0141 410 1070 | 07776 161 439
 | LStockwell@Alzscot.org
Favourite thing about fundraising for Alzheimer Scotland: Every day I get to meet amazing fundraisers in the community who support Alzheimer Scotland - smiley, fabulous, inspiring people!



Name: Nina Parkin
Area: Dumfries & Galloway
Contact details: 01387 214886
 | 07825 049 369 | NParkin@Alzscot.org
Favourite thing about fundraising for Alzheimer Scotland: I get out of bed knowing that the money we raise changes lives and I love meeting our passionate supporters.

Event Fundraisers

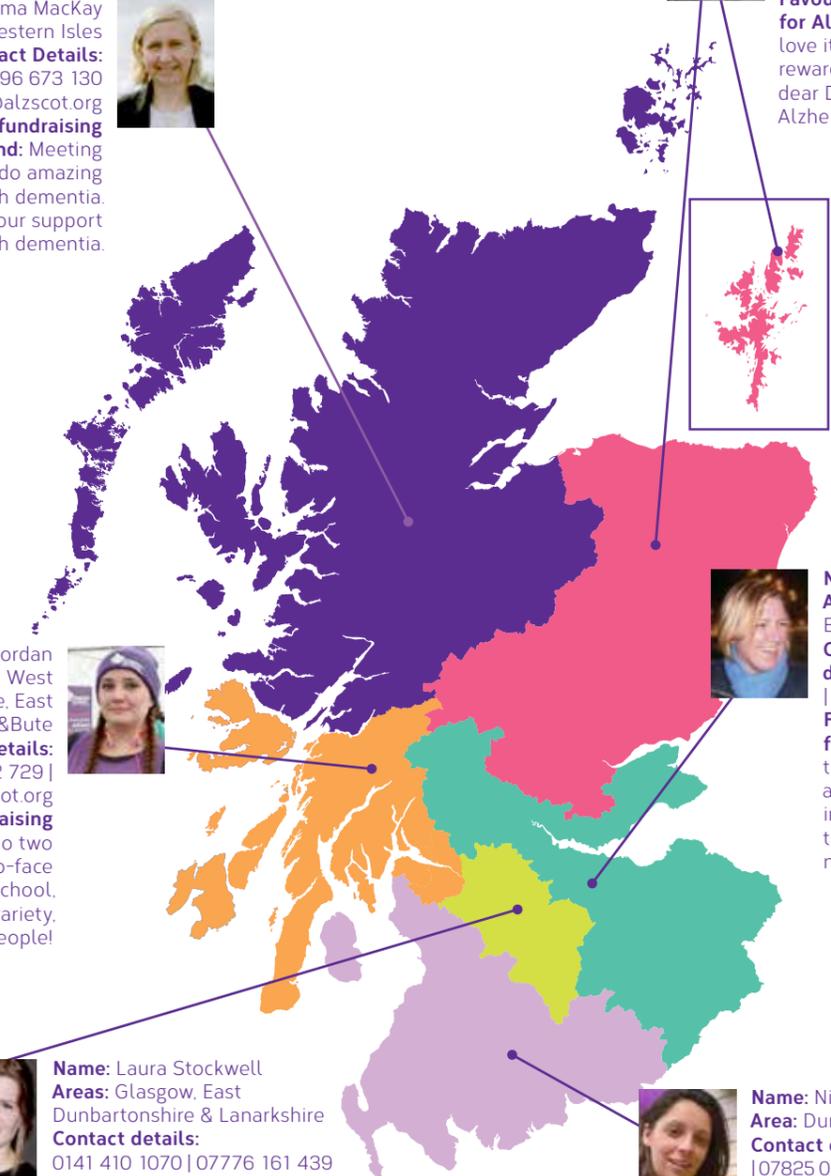
If you're thinking of getting your running shoes on, abseiling off a local landmark or trekking across the Sahara our **events fundraisers** will look after you and provide tips on attracting sponsorship.



Name: Lynsay Gray
Contact details: 0131 243 1453 | LynsayGray@Alzscot.org
Favourite thing about fundraising for Alzheimer Scotland: Meeting supporters hearing why they fundraise for us. It's great to hear about personal achievements such as running a first 10k or reaching a fundraising target!



Name: Frankie Rose
Contact details: 0131 243 1492 | frose@Alzscot.org
Favourite thing about fundraising for Alzheimer Scotland: I love being part of #TeamAlzScot and meeting people who are turning their difficult experiences with dementia into positive personal challenges.



Our four point fundraising promise

Our generous supporters are at the heart of everything we do. Here is our promise to you so that you can continue to donate with confidence.

1. We will hold your information securely and will never share it without permission
2. We will respect your wishes if you tell us you don't want to hear from us, or if you only want to receive information on specific areas of our activities, or if you only want to hear from us in a certain way, e.g. by mail rather than phone
3. We will respect the rights of our donors and supporters, of people with dementia and anyone else who may be vulnerable
4. We will spend your money responsibly and always be transparent about our income and expenditure

Fancy fundraising for us?

It's as easy as **1, 2, 3** with our online fundraising toolkit!

From spooky Halloween shindigs to Secret Santas and embarrassing Christmas jumpers, we've got ideas to help you make the most of your fundraising this autumn and winter.

Our toolkit provides hints and tips for running a successful fundraising event. There's even an easy to use tool so you can create eye-catching posters, flyers, and much more

To get started organising your own fundraising event, and for further hints and tips, visit **my.alzscot.org**



- Step 1** → **Step 2** → **Step 3**
- Step 1**
Choose what type of event you would like to run.
 Our website provides a lot of options for events. Want to run a sporting day out? A dance? A bake off?
 - Step 2**
Organise your event.
 Create a plan. This might include finding a venue and setting a date. See our 10-step event plan online for more ideas.
 - Step 3**
Hold the event and follow up.
 Prepare as much as possible beforehand, and enjoy the day! Keep cash donations safe, track your fundraising, and thank everyone who took part.

Celebrating a summer of fundraising

With summer holidays to fill and lots of challenge events taking place, the summer months are the perfect opportunity to raise some money for Alzheimer Scotland.

Here's a snapshot of some of the fundraising activity our supporters got up to over the summer.



Audrey McIntosh has been fundraising for Alzheimer Scotland for the past few years. This year she's set herself the challenge of completing The North Pole Marathon, The West Highland Way Race and the Glenmore 24 - a 24 hour trail race. To date, she's raised over £20,000.



When Ian Presly celebrated his 90th birthday in April, friends and family donated to Alzheimer Scotland in lieu of gifts and raised a fantastic £600. The collection was made in memory of Ian's wife Rena, who passed away in 2007.



This July Kev Barretto let his son Joe (age 12) give him a Mohican because Granny Betty appreciated punk spirit. He raised nearly £300 and the money is going to the Alzheimer Scotland cooking group in Kirkcaldy. We hope his new "do" is growing on him!



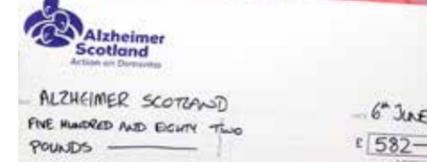
This August, lady bowlers from Edinburgh and the Lothians bowled us over by raising £759. The money was raised during a competition at Liberton Bowling Club organised by Sandra Wilson.



This summer Carol Porteous tested her mettle in the Edinburgh Marathon and in the gruelling Tough Mudder challenge to raise over £600 for Alzheimer Scotland.



Greg Cooper was our top fundraiser for the Edinburgh Night Ride 2015 where he raised just under £1000, nearly five times his original target of £200!



Young supporter Miah raised £582 through a raffle and cake sale that she organised as part of the Dalkeith Tennis club quiz night. Miah and her family are regular visitors to our day care Bungalow in Bonnyrigg.



Chrissie Anderson and her family held a Vintage Tractor Road Run and Barn Dance in Chapelton, South Lanarkshire. Over 70 tractors took part in the event and they raised an amazing £10,600. The event was held in memory of Thomas R Anderson, a vintage tractor enthusiast.



Lexie Elliot has had a good run this summer, completing the London and Edinburgh Marathons and the 50k Grand Union Canal Ultra Marathon. This September she will be running the 100k Thames Path Challenge Ultramarathon. Lexie has raised a whopping £4,448 so far.



A terrific team from NHS Tayside took part in the Tough Mudder challenge and raised £1,275. The team was inspired to run for us as many had worked in dementia units at Sunnyside Royal Hospital and the Susan Carnegie Centre at Stracathro Hospital.

Every day Alzheimer Scotland provides essential support to people living with dementia in Scotland.

This is how we make a difference.

People:



5 million hours

of support delivered by our frontline staff



Sixty+ Link Workers

help people after a dementia diagnosis, manage their symptoms and plan for the future.



1,700 staff & volunteers

working to improve the lives of people with dementia and their carers.



20,000+ people

received support from 33 Dementia Advisors since 2010

24/7 Dementia Helpline:



38%

of callers contact us in the evening, overnight or at weekends.



5,000 calls and emails

to our free confidential 24 hour Dementia Helpline every year

Places and projects:

200+ groups and projects

running all year round for people with dementia and their carers, including dementia cafes, sporting reminiscence, art and music therapy and peer support groups.



48 centres across Scotland

where people with dementia, partners and family members can meet in welcoming, dementia friendly environments. Including 17 Dementia Resource Centres, 30+ local services and 7 gardens, with more to come!



Policy and campaigning:



We work with people living with dementia, their families and carers to build a strong voice for people with dementia in Scotland.



Formed in 2002, the Scottish Dementia Working Group (SDWG) was the first ever national campaigning group, run by people with dementia.

In 2011 the National Carers Action Network (NDCAN) was formed.



We collaborated with the Scottish Government to achieve a ground-breaking guaranteed of 1 year post diagnostic support for everyone diagnosed with dementia in Scotland from April 2013.

Partnerships, research and development:

Working with partners at universities across Scotland we aim to improve care and to discover potential new treatments.



Each year we fund

750+

people in Scotland signed up to the Join Dementia Research programme

15 postgraduate bursary places

and fellowships in Scottish Universities

Dates for your diary

Whether you are interested in dancing the night away, taking part in a 5k run, listening to some excellent music, or attending a conference, there is an event coming up to suit you over the next few months. Visit our website www.alzscot.org for more information or call our Events Hotline on **0300 303 7777** if you would like to know more about any of our physical fundraising events.

September 2015

Sun 20 Sep The BIG Family Lunch, Dumfries
 Thu 24 Sep Scotland's Dementia Awards, Glasgow
 Wed 30 Sep Member's Advisory Forum, Edinburgh

October 2015

Sat 3 Oct - The Great Wall of
 Sun 11 Oct China Trek, China
 Sun 4 Oct Great Scottish Run, Glasgow
 Sun 4 Oct West Coast Abseil, Glasgow
 Sat 10 Oct Big Fun Run, Glasgow
 Sat 10 Oct One Big Weekend, Glasgow
 Sun 11 Oct Big Fun Run, Edinburgh
 Sun 11 Oct One Big Weekend, Edinburgh
 Sat 17 Oct The Forget Me Not Ball, Glasgow
 Sun 18 Oct **SOLD OUT** Forth Rail Bridge Abseil,
 South Queensferry

November 2015

Tue 3 Nov Staff, Members' & Volunteers'
 Conference & Awards
 Ceremony, Glasgow
 Sat 7 Nov **SOLD OUT** The Kelpies Supernova Run, Falkirk
 Sat 28 Nov Crystal Ball, Edinburgh

December 2015

Thu 3 Dec Alzheimer Scotland Annual
 Christmas lecture, Edinburgh

Coming up in 2016...

Fri 26 Feb Woodlands 25th Anniversary
 Forget me Not Ball, Inverness
 Sun 17 April Morrisons Great Edinburgh
 Run, Edinburgh
 Sun 24 April London Marathon, London
 Sat 28 May - Edinburgh Marathon
 Sun 29 May Festival, Edinburgh

Support us this Christmas

Buy Christmas cards, wrapping paper and Caring Gifts to help support people with dementia and their carers.

Caring Gifts *New for Christmas 2015*

Our Caring Gifts are a great way to give your friends and relatives something special while helping someone with dementia at the same time. This Christmas your gift could help fund a Dementia Café, a Dementia Assistance Dog or a reminiscence project.

You'll receive an attractive and uplifting card that you can give to your relative or friend, with more information about the gift you've made on their behalf.

With gifts starting at £10, it doesn't cost much to bring a smile to someone's face this Christmas.

Shopping with us is easy. Place your order:

Online at www.alzscot.org/shop

By mail (please see the catalogue included with this magazine)

By phone - simply call 0131 243 1453

