

November and December 2015

Central Aberdeenshire Newsletter



Aberdeen Dementia Resource Centre Resource Centre at 13 – 19 King Street AB24 5AX

The Aberdeen Dementia Resource Centre is a dementia friendly building showcasing the environmental adaptations and telecare options available to enable people to live well with dementia.

The Centre offers a variety of supports and interest groups including Home Support, Carer Support, Musical Memories and Football Memories.

Who is it for? People who are affected by dementia, their families and friends, the general public and professionals from other agencies.

When is it ? Monday to Friday 9am to 5pm.

Groups held in the Dementia Resource Centre are for people who are able to attend safely on their own or who are accompanied by someone to support them

Parking: NCP Parking Garage (Opposite Maritime Museum) or Frederick Street Car Park

For more information please contact Alzheimer Scotland Aberdeen Services 01224 644077

Dementia Cafés in Aberdeenshire

ELLON	First Tuesday of the month	The Buchan Hotel ELLON	10.30AM -12.30PM
WESTHILL	Second Tuesday of the month	Greenacres Café WESTHILL	12.00PM – 3.00PM
ALFORD	Third Tuesday of the month	The Bistro ALFORD	12.30PM - 2.00PM
INVERURIE	Third Thursday of the month	The Fly Cup INVERURIE	10.30AM- 12.30PM
HUNTLY	Last Wednesday of the month	Various Locations in/near Huntly	Various

These are monthly café's throughout Aberdeenshire to catch up with other people living with Dementia and their family and friends. Cafés are a way of socialising and giving and receiving support. There will be on occasion informative talks, singing sessions, IT support and outings organised.

You can join in at any time. Coffee's Tea's Cakes available purchased at cost from venues. For more information and to find out what is happening next at your nearest Dementia Café please contact:

Kirsteen Heneghan	Dementia Advisor	01467 530512
Anouk Kahanov	Community Activity Organiser	01467 530513

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VSA

the best of care



Carers Xchange meeting and Carers Training

Carers Information Xchange

Alzheimer's Scotland and VSA would like to invite you to come along to an informal drop-in session.

Family Resource Centre | Inverurie | 10 am - 12 noon

02 Nov - The importance of relaxation and taster session

07 Dec - Coping with Xmas

Learning Opportunities for Carers

- Do you care for a friend or relative with dementia who lives at home?
- Would you like to know a bit more about dementia and how you can make small changes to your daily routine which can have a positive impact on the wellbeing of your relative and yourself?
- Would you like to meet other carers in a similar situation so you can share experiences in a guided learning programme?
- Are you often stuck trying to think of interesting activities to engage your relative in?
- You will discuss a variety of dementia related topics and learn about meaningful activities to try at home together, which can be very beneficial to both of you.

Interested? Attend 5 short sessions - 1 per week over 5 weeks in Aberdeenshire

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Alzheimer Scotland and Dementia Friends

Dementia Friends is a Social Action Movement and an UK government initiative, with Alzheimer Scotland heavily involved in facilitating it in Scotland.

Dementia Friends is all about raising awareness and reducing the stigma.

Everybody in our society can be involved in the movement, and you are invited to become a Dementia Friend by registering for and attending a free Dementia Friend session in your local area.

A Dementia Friends session will last around an hour and will be interactive and informative. The five key messages you should know about dementia will be brought to life through a number of activities. At the end of the session you will be asked to sign up as a Dementia Friend. You will be given a badge to wear and a certificate. We will then be asking you to state a Call to Action which can be very simple, something as simple as helping the person who appears to be lost or being patient in the supermarket queue when a person is having difficulty. As a Dementia Friend we ask that you continue to talk about Dementia with family, friends and colleagues which will continue to raise awareness in the community thus creating a dementia friendly community.

For more information or to sign up for a session, please contact

Kirsteen Heneghan

Dementia Advisor

Alzheimer Scotland

Tel: 01467 530512 or mob: 07879 551831



Musical Memories, Ellon

Last Thursday of the Month
Refreshments available from venue
Musical Memories & Alzheimer Scotland DJ Jukebox record player

26th November – The Buchan Hotel Ellon 10.00AM-12.00PM
22nd December – The Resource Centre Ellon Time To Be Confirmed

Is a social and fun singing group for those living with dementia, their family, friends and carers.
No experience of singing is needed!

Please contact Anouk Kahanov on **01467 530513** or email akahanovkloppert@alzscot.org if you need any further details, would like to come along and sing, or are interested in becoming a volunteer

Football Reminiscence Inverurie Inverurie Loco's

NOW ALSO out in the community

If you have a diagnosis of dementia and are passionate about football, you might enjoy our football reminiscence group.

Whether you have played on the pitch or cheered from the stands, we are bringing together people to share their memories of the beautiful game!

We look at photos and memorabilia together, sometimes have fun quizzes and have recently had former players along as guests.

The groups meet now will meet TWICE a month with the dates planned this autumn on Thursday mornings the first and second week of the month.

Start 10.30AM	finish 12.00PM
5th November 2015	Garioch Court Care Home
12th November 2015	Inverurie Loco's Football Club
3rd December 2015	Pleyfaulds Sheltered Housing with Gordon Dementia Services
10th December 2015	Inverurie Loco's Football Club

Places are limited so please get in touch if you would like to know more. Any donations of memorabilia are always welcome if anyone has any unwanted items (e.g. photos, old football programmes) sitting in the loft!

Please contact Anouk Kahanov on 01467 530513 or Kirsteen Heneghan 01467 530512 for more information or to book your place in any of the dates.



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ABERDEENSHIRE SIGNPOSTING PROJECT

Sometimes there are issues going on in a person's life that affect his/her wellbeing, and it can be difficult to know where to go to ask for help. Our free and confidential service supports individuals to identify and connect with the relevant local services, resources, groups etc. that can help them address their individual situation.

To speak to a Project Worker in your area, call:

Central Aberdeenshire: Scott Nicoll on 07724 852 047 or Shirley Pilgrim on 07546 455 722

North Aberdeenshire: Aileen Grant on 07934 647 494

South Aberdeenshire: Steve McMinn on 07546 455 988

or call our Inverurie Office on 01467 628713

ABERDEENSHIRE SIGNPOSTING PROJECT – OUT & ABOUT PROJECT

This project is for anyone aged over 55 years, who feels lonely or isolated, and would like to have someone to share their interests and experiences with. We link up like-minded individuals with similar interests and pastimes for a cuppa and a chat, to reduce isolation and increase confidence and wellbeing.

Call Scott, Shirley, Aileen or Steve on the above numbers, depending on which area you live in.

ABERDEENSHIRE SIGNPOSTING PROJECT - CARERS INFORMATION PROJECT

The Signposting Project is now in receipt of funding to pilot a Carers Information Project in the Garioch and Buchan areas for a period of 18 months, running from 1st October 2015 to 31st March 2017.

The project will use existing Signposting Project networks and referral pathways to reach carers throughout the chosen locales. The Project aims to ensure that carers are directed to and helped to make contact with relevant organisations, agencies and services and to identify and highlight gaps in services or areas of particular need to relevant bodies.

By also working with local carers' organisations and linking with the health and social care teams in Garioch and Buchan the Project aims to ensure that carers are identified at an early stage and that they can be signposted to appropriate community supports that can support them in their caring role.

Any queries regarding the pilot project should be directed to the Signposting Project office on 01467 628713, or to the Project workers directly:

David Ashton-Booth (Buchan) mobile - 07840 649978 or at

david@signpostingproject.org.uk

Suzy Brown (Garioch) mobile - 07840 649978 or at suzy@signpostingproject.org.uk

Community Knitting Groups

Our volunteer in Inverurie Jenny is involved in a weekly knitting club "The Knit & Stitch" in Kintore Library and came up with the following charity project they want to knit for you:

Twiddle Muffs!



They're a knitted band that we can attach items to that a person can twiddle in their hands. They help stimulation and we've found they are simple and inviting to twiddle with in situations where one has to wait a minute or when frustration might be an issue. They are also good for some people in the later stages of dementia.

Since January 2015 we have been able to hand out quite a number of Twiddle Muffs knitted by the Kintore knitting club for free. Several muffs are already in use throughout Aberdeenshire and the feedback has been very positive. So positive that the Kintore ladies have now got their Twiddle Muffs going to as far as Aberdeen Hospitals!

Since this August we now also have the Ellon Ladies that Craft on the case, inspired by the Kintore group and we hope to get Twiddle Muffs coming from Ellon.

For more information please get in touch with Kirsteen Heneghan Dementia Advisor, 01467 530512, community activity organiser Anouk Kahanov 01467 530513 or speak to Jenny at the next Inverurie Dementia Café or Sue from Ladies that Craft in Ellon during the next Ellon Dementia Café.

**** NEWS ALERT ****

Bonnyton House Care Home has recently taken in Twiddle Muffs for all their residents who required.

Thanks to the amazing talents of the knitting community in Ellon this has been made possible.

The Ladies That Craft knitted over a 20 twiddle muffs in the space of 4-6 weeks while enjoying their regular meetings at the Tolbooth in Ellon on Monday night. There were so many muffs knitted the ladies even dropped a good few spares at the Auchtercrag

Dementia Unit recently. **Thank you Ellon Ladies who Craft!**

More information, patterns and woolen available from Grays Clothing Station Road Ellon or see the next page for an NHS approved pattern for a basic muff.



Twiddlemuff instructions

1. Materials

- This muff pattern is perfect for using up left over and odd balls of wool.
- Needles: 8mm circular or 6.5mm straight needles.



2. Directions

Cuff: Cast on 45 stitches using 2 strands of double knitting wool or 1 strand of chunky wool (one plain colour works best).

Work in stocking stitch (knit a row, purl a row) for 11 inches.

Muff Body: Continue with stocking stitch, but use up oddments of various textures of wool such as chunky, mohair, ribbon etc. until the work measures 23 inches (two strands of double knit for two rows each gives a lovely assortment of colours). Cast off.



3. Finishing

- If working with straight needles, lightly iron the long strip, then neatly join the sides together using edge to edge stitch (with the knit side facing out)
- Turn inside out and push the one-colour cuff up inside the muff body
- Sew the two ends together, again using a neat edge to edge stitch.



Decoration

Now is the time if you want to decorate the muff, inside and out, with ribbons, beads, flowers, zips, loops, pompoms, buttons, etc. Knit a separate pocket for a favourite photo or a hanky. Be creative, but make sure each item is securely attached.



Washing instructions: hand wash at 30°C – carefully! Leave to dry flat. No dryers!

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Join us and make a difference!



Alzheimer Scotland offers free membership to people with dementia, carers and volunteers.

By joining Alzheimer Scotland you'll become part of a nationwide community that supports people with dementia, their partners, families and carers to make sure their voices are heard. You'll receive regular information and updates from us including our quarterly magazine, newsletters and Annual Review. If you wish, you can also get involved in fundraising, volunteering, working groups and consultations.

Membership also strengthens our voice democratically as a body which campaigns for the rights of people with dementia and their carers.

Who can join?

Anyone (except Alzheimer Scotland staff) can become a member – you may be a person with dementia, a partner, carer or former carer, family member or friend. You may be a student, or a health or social work professional. Whatever your connection or profession, by becoming a member of Alzheimer Scotland you send a message that you care about people with dementia and want to be part of the leading dementia charity in Scotland. We also welcome applications for membership from group and corporate bodies.

To find out more or join online, visit www.alzscot.org/volunteering/membership

The fabulous “Create:Connect” workbook of creative activities for people with dementia and carers can be downloaded for free on:

[http://www.alzscot.org/assets/0001/6609/Create_Connect -
_Creative_Activity_Workbook_web_version.pdf](http://www.alzscot.org/assets/0001/6609/Create_Connect_-_Creative_Activity_Workbook_web_version.pdf)

Or Google: “create connect Aberdeenshire workbook”

Create:Connect
making connections for dementia through creativity
Aberdeenshire Council Arts Development and Alzheimer Scotland

Reading Group INVERURIE LIBRARY

Shona the librarian from Inverurie library runs this group. If you are interested in finding out more about the group or about the many activities that are going on in your local library please visit the Inverurie Library and ask for Shona, or e-mail Shona on inverurie.library@aberdeenshire.gov.uk

Positive Dementia Group

Are you interested in meeting other people who have dementia?

The Positive Dementia Group is a group of people with a diagnosis of dementia. They meet once a month in Aberdeen.

- To support and share their experiences of living with dementia.
- To campaign for better services.
- To attend conferences and events.
- To take part in consultation and social research.
- To encourage a more positive attitude towards people with dementia.
- To talk to professionals and community groups about their experiences of living with dementia and what they need to help them live their lives.
- To link in with other groups of people with dementia to have a national voice for Scotland.

If you would like to know, or would be interested in joining this group, please contact Sarah for more details on **01224 644627** or

sgeoghegan@alzscot.org

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FOOS YER DOOS SINGING GROUP INVERURIE

Foos Yer Doos Sing Song Club is a free, weekly, drop in singing group open to anyone living with a neurological condition such as dementia, motor neurone disease, multiple sclerosis, Parkinson's disease or stroke.

Carers, friends and family are also welcome to attend. The club provides the opportunity to join in the fun, sing songs old and new, and meet others in similar circumstances.

The group meets weekly on Thursdays from 11.00am at St Mary's Centre, St Mary's Church, High Street, Inverurie AB51 3NW. Singing starts around 11.00am for an hour, followed by tea and coffee. In addition the group is looking for volunteers to help run the sessions - please contact for further information. fydsingsongclub@gmail.com

SILVER SCREEN SENIORS INVERURIE

*Film screenings for the more mature movie fan at Inverurie Library
Enjoy some vintage viewing and discover classics old and new*

AND IT'S FREE ONCE A MONTH

****EVERY FIRST TUESDAY OF THE MONTH!****

Please ARRIVE at 1.45PM

FILM starts at 2PM

Tea & Coffee £1.00

Ice cream £1.00

Contact Inverurie Library to book:

01467 621619

Or email: Inverurie.library@aberdeenshire.gov.uk



Inverurie and District Men's Shed Now Open

Inverurie and District Men's Shed now has permanent premises at Unit 19, Harlaw Way, Inverurie AB51 5SG due to a successful application for a Community Asset Transfer. A craft room and clean area have been created and work is ongoing to convert the rest of the building into a workshop for metalwork and woodwork.

The new Shed premises are open each Monday and Thursday, 11:00 to 16:00. Everyone is welcome.

Inverurie and District Men's Shed has also purchased and erected a polytunnel in the Community Space at Harlaw Day Centre. This is the first Men's Shed polytunnel in Aberdeenshire. Members are busy growing a wide range of vegetables, flowers etc. come, wherever you live.

If you can travel to the Shed you can use it for free! For more information please contact Jason Schroeder development worker at the Shed or email info@inveruriemensshed.co.uk

E-mail 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

Planning Ahead

- **Are you supporting someone with dementia and considering long-stay care for this person?**
- **Would you like to know more about the financial implications of planning long-stay care?**

We will be holding a free information session led by Andy Paul, Welfare Rights Officer on
Wednesday November 25th from 6 – 7.30 pm
In the Dementia Resource Centre 13 – 19 King Street
Aberdeen AB24 5AA

Places are limited so please book early to guarantee a place.
Refreshments will be provided.

Interested in coming along?
Please contact:
Sarah Geoghegan
Tel: 01224 644627,
Email: sgeoghegan@alzscot.org



Do you need advice about travelling to and from your medical appointment?

The Transport to Healthcare Information Centre (THInC) can help. They provide practical transport advice for people who have difficulty getting to and from medical appointments in Grampian.

The service provides a dedicated telephone service offering guidance on accessing suitable transport options to get to and from appointments when they have no means of personal transport. The Centre can provide details of suitable bus or train times, contact telephone numbers and other services such as local dial-a-bus or voluntary car schemes.

Please note that THInC does not book transport but can assist with travel advice. The Centre is the first of its kind in the UK and is a joint initiative between Aberdeen City Council, Aberdeenshire Council, Moray Council, NHS Grampian, The Scottish Ambulance Service and Nestrans. THInC is one of the projects taken forward as part of the Health and Transport Action Plan.

Please call THInC on 01343 567839 between 9am-4pm, Monday to Friday. Calls are charged at local rate.

Further information on the Health and Transport Action Plan can be found on the [Nestrans website](#).

SVQ Level 2 Health and Social Care

Did you know you could gain a qualification for what you already know?

We are currently inviting applications from unpaid Carers to gain an SVQ Level 2 in Health and Social Care. There are 16 places up for grabs this year so why not put in an application and gain a qualification for your caring role. You already have all the answers!

Achieving your SVQ may increase your confidence in your caring role helping to reduce stress.

There are no formal classes to attend, the course is flexible and will only take one or two hours of your time a week. You will also have the chance to meet and share experiences with other carers and benefit from peer support.

**If you would like more information on what is actually involved, please feel free to contact SVQ Social Services & Healthcare – Level 2 Sandra Baxter on Sandra.Baxter@aberdeenshire.gov.uk
Tel: 01466 794 272 Mobile: 07770 684 369**

‘Letting Go’ Group for carers NOW AVAILABLE IN ABERDEENSHIRE

Are you supporting someone with dementia who is in residential care or planning residential care for someone?

Perhaps this person is moving into a care home soon or has moved recently and you are finding it difficult emotionally?

Perhaps you would like more information on how best to support the person you care for?

Or maybe you would just find it helpful to talk to others in the same situation?

Please contact Kirsteen Heneghan for more information 01467 530 512

Alzheimer Scotland Central Aberdeenshire Office, 30 West Hight Street Inverurie AB51 3QR

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Tel. 01467 530510 or 01467 530512 or 01467 530513
email kheneghan@alzscot.org
email akahanovkloppert@alzscot.org

Alzheimer Scotland Dementia Resource Centre, 13 – 19 King Street AB24 5AX
Tel. 01224 644077 or email grampianregion@alzscot.org
Our Website – www.alzscot.org

Alzheimer Scotland Seize The Day Project – Information and support for people recently diagnosed with early dementia. Contact Rosie Leavett on **01224 644077** or email seizetheday@alzscot.org

Alzheimers Research UK - www.alzheimersresearchuk.org

Scottish Dementia Clinical Research Network: Tel. 01738 414 535
Contact-us@sdcm.org.uk Website - www.sdcrn.org.uk

VSA Carers Support Services: Tel. 01358 720824
Website - www.vsa.org.uk/carers

DWP Benefit enquiry line has been discontinued

NHS 24: 08454 242424

Grampian Police (non-emergencies) : 101

The Silver Line: a confidential helpline providing information and friendship to older people.
Tel: **0800 4 70 80 90** or visit www.thesilverline.org.uk for more information

Should you wish to opt out of receiving our newsletter by email or by post, would you please let us know by:

either completing the slip below and returning it to:
Karen Montrose, Admin Manager, Alzheimer Scotland Central Aberdeenshire Services
30 West High Street, Inverurie, AB51 3QR
or by emailing: KMontrose@alzscot.org

I no longer wish to receive the Alzheimer Scotland Newsletter by email/post

Name:.....

Email/address

E-mail Website www.alzscot.org

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Dates for your Diary **November** 2015

Monday 2nd November 10.00AM -12.00PM	Carer's X-Change All welcome	The Family Resource Centre Victoria Street Inverurie AB51 3QZ (opposite Community Centre)
Tuesday 3rd November 10.30AM-12.30PM	Ellon Dementia Café All Welcome	The Buchan Hotel 2 Bridge Street Ellon AB41 9AA
Thursday 5th November 10.30AM-12.00PM	Football Reminiscence Community All welcome: book space	Garioch Court Care Home Commercial Road Inverurie AB51 3TX
Tuesday 10th November Lunch: 12.30PM onwards Sing-Song: 14.00PM-15.00PM	Westhill Dementia Café All welcome: book space for lunch	Green Pastures Café Westhill Community Church Old Skene Road Westhill AB32 6FY
Thursday 12th November 10.30AM-12.00PM	Football Reminiscence All welcome: book space	Inverurie Loco's Harlaw Road Inverurie AB51 4SG
Tuesday 17th November 10.15 AM-12.15 PM WALK 12.30 PM-14.00 PM LUNCH	Alford Walking Group & Dementia Café Lunch All welcome: booking essential for each activity	Walking Group meet outside Le Bistro Main Street Alford at 10.15AM Dementia Café meet at Le Bistro Main Street Alford at 12.30PM
Thursday 19th November 10.30AM-12.00PM	Inverurie Dementia Café All welcome	The Fly Cup Burghmuir Circle Inverurie AB51 4FS
Wednesday 25th November 12.00PM-14.00PM	Huntly Dementia Café Christmas Lunch All welcome: book space	Huntly Restaurant To Be Confirmed
Thursday 26th November 10.00AM-12.00PM	Musical Memories Ellon All welcome	The Buchan Hotel 2 Bridge Street Ellon AB41 9AA

For more information and to book a space, please contact:

Alzheimer Scotland, Anouk Kahanov-Kloppert, Community Activity Organiser, 01467 530513 or 07584 408255

E-mail Website www.alzscot.org

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