

Winter 2016

East Ayrshire Locality Newsletter



Winter Newsletter Introduction by Fiona Bell, Service Manager



Welcome to the winter edition of our newsletter. I would like to take this opportunity to introduce myself as the Acting Service Manager. I am delighted to be here and I am sure I will meet many of you in the forthcoming weeks as I visit some of the many community groups and activities on offer.

Our newsletter is filled with lots of information. You can read about some of the fundraising events which have taken place in East Ayrshire as well as the groups available.

In this issue we also have a focus on carers and the membership opportunities available.

In late October we were visited and re-assessed by the Care Inspectorate. They were extremely positive about the changes they could see since the last inspection in 2015 and, although the final report has not been published to date, we have been advised that our grades across all themes have been raised which is great news and testament to our dedicated team of staff.

I hope everyone has a lovely festive season and I look forward to the next issue showing some of our Christmas events.

Free Membership



Did you know that unpaid and family carers of someone with dementia can access free membership of Alzheimer Scotland?

It's important to us that carers are represented among our membership. It helps us keep informed about the issues that matter to carers, and it gives you great access to the Alzheimer Scotland information and support network.

Membership of Alzheimer Scotland has various benefits to carers including –

- Email updates every two months and a copy of our magazine three times a year, which connects you to important news and information
- The opportunity to join local and national groups such as the National Dementia Carers Network, to share information on what impacts you as a carer
- Priority invitations to national, regional and local events to keep you informed and engaged

If you would like to become part of Alzheimer Scotland's thriving carer community you can join online now at <http://buff.ly/2ahcTjg>

Kilmarnock Dementia Resource Centre, 8–12 College Wynd, Kilmarnock KA1 1HN 01563 542621
E-mail AyrshireServices@alzscot.org Website www.alzscot.org

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

Alternatively you can apply by completing a membership leaflet available from the Kilmarnock Resource Centre.

Dementia Friends



Great to see that Constance Care have really embraced the Dementia Friends Project. They are committed to making sure everyone of their staff becomes a dementia friend and have allowed time in their busy calendars for this. The support workers, office staff, and managers who have already undertaken the workshop have all expressed their delight at the positive message it promotes. It is an amazing project to be involved with and in East Ayrshire we are proud to have created over 300 Dementia Friends since its inception. Here in East Ayrshire we regularly deliver open sessions at the Kilmarnock Resource Centre for members of the public, but can also deliver to businesses and organizations as required. For further information about sessions near you or to organize a business visit please visit dementiafriendsscotland.org or contact Helen direct on 01563 590479.

Helen Hollywood, Dementia Advisor

Ayrshire Memory Walk 2016

On 11th September over 250 people came to support us on the Ayrshire Memory Walk. 227 walkers, volunteers and supporters met at the Saltcoats Labour Club and the walkers took part in blustery, but sunny 5k or 2.5k walks along the promenade, with views of Arran across the Clyde.



We would like to say thanks to everyone who took part, particularly the volunteers who made sure the day ran smoothly for all our walkers.



So far the day has raised a fantastic amount of £6,734 for Ayrshire, and sponsor money is still coming in.

You can see the photos and tag yourself on our Facebook page at

facebook.com/alzscotayrshire and if you thought the Memory Walk wasn't enough of a challenge, let us know on Facebook if you want to take part in a 5k Mud Run in the Spring of 2017!



Gillian Anderson, Community Fundraiser

3 Peaks, 24 Hours, 13 People – Nae Bother!

An intrepid team of 13, led by David Morrison and Paul Ross, tackled the 3 Peaks Challenge on 2nd September to raise funds for Alzheimer Scotland.

The team, who all work at Wm Grants and Sons Distillers, conquered the highest mountains in Scotland, England and Wales in 23 hours and 30 minutes. The mountains – Snowdon in Wales (1085m), Scafell Pike in England (978m) and Ben Nevis in Scotland (1345m) - aren't a walk in the park, and to climb all three showed amazing stamina.

The challenge is supported by the Wm Grants and Sons Charitable Foundation who have matched each climber's fundraising total up to £1000 and provided the minibuses. They were also supported by Sodexo, their onsite catering company, who kept the team fed and watered.

A further £1000 has been donated by their employees' federation and their JustGiving page currently stands at £1145, making a grand total so far of £3145 with more to follow. You can still donate at - www.justgiving.com/fundraising/wgsgirvanthreepeakschallenge

Gillian Anderson, Community Fundraiser

Fenwick Church Fundraiser



After a great summer of tea, coffee and amazing home baking for the locals in the village, the Ladies of the Fenwick Church drop-in kindly invited Alzheimer Scotland to receive a cheque for £150 for East Ayrshire. Helen Hollywood, Dementia Advisor for East Ayrshire was delighted to collect the cheque and sample some of that home baking....not too much we hope!!

Helen Hollywood, Dementia Advisor

Starting them Young

We were delighted to be invited to host an awareness stand at the St Andrews & St

Marnocks Autumn Fayre. It was great to be able to pass on information about our Dementia Resource Centre and Alzheimer Scotland to so many people. The day proved to be a huge success with many thanks going to my able bodied assistant Abbie, proving you're never too young to lend a hand.



Helen Hollywood, Dementia Advisor

Dementia Conference

Helen Hollywood, Dementia Advisor for East Ayrshire was thrilled to be involved in the NHS Ayrshire & Arran Dementia/Delirium Conference held at Crosshouse Hospital, the second one of its kind to be hosted by the hospital. Helen was delighted to work with Janice McAllister, Alzheimer Scotland Dementia Nurse Consultant and become involved in these events, highlighting the condition and raising awareness of the need for better understanding. It was a full house at both conferences, with experts and professionals from all areas of Health and Social Care helping to inform and educate on a crucial subject. The feedback from both events was excellent with more events planned.

Helen Hollywood, Dementia Advisor



Blether & a Bite



Blether & a Bite is still going strong and it has been lovely to welcome some new faces, and some well kent ones too at the lunch group, serving up homemade soup and a big fat sandwich. It's a great chance for people to come together, relax and have a blether, sharing their stories of past employment at such

places as the Johnnie Walker Bond, Saxone, Glenfield & Kennedy and the Electricity Board, to name but a few. There is always a warm welcome and people are always encouraged to come back. We try and suit all and always make sure there is a vegetarian option available. It has become a real stalwart of the activities calendar, running every Friday from 12-2pm at the Resource Centre in Kilmarnock and with your help we'll keep it there. Be good to see you next time...!!

Helen Hollywood, Dementia Advisor

Groups Update

Our **'Blasts from the Past'** group is going from strength to strength, with a loyal following from the community and various nursing homes. Using the Memory Boxes put together by the team at the Dick Institute, photographs of old Kilmarnock and plenty of books, it's a riotous stroll down memory lane every second Tuesday from 10.30am till noon, followed by a hearty lunch in the resource centre café.

The **Football Memories** group, held at Rugby Park on the first Monday of each month, has some great guests and activities planned for the months ahead. There was a talk from Tommy McLean in November and a trip planned to the SFA Hampden Museum in December – the chat is fuelled by what we must now of course refer to as a Kilmarnock Pie!!

Our **Lingo Flamingo** session was such a great success that we are looking to run another programme soon, so please let us know if you'd be keen to attend ... it's so much more than an Italian language lesson, covering music, culture and much, much more! Let's try Spanish next time ... ole!!

For a while now we have been working with Health & Social Care students from all three campuses of Ayrshire College across a variety of collaborations. We are always striving to offer stimulating social activities for people with dementia and their carers, and have started working with social science students who present a series of fortnightly accessible **'Kilmarnock Talks'** on a Wednesday evening (although they are mostly lively discussions) on subjects that will prompt conversation, reminiscence and social engagement. The pilots that we have tried thus far have covered Poverty & the Welfare State, Brexit and Feminism is the next in the series. The students get a chance to discuss what they are studying with a generation that lived through or shaped the socio-political landscape and are a live resource.

Jim Baird, Community Activity Organiser

Dementia Dog



The Dog Days at the DRC are the perfect place to clap, pet and be loved by our four-legged

pals – with dog-themed knitting, jigsaws, dominos and even bingo, you'll have a wuffy time!!

Jim Baird, Community Activity Organiser

Donations

We are very grateful for all the donations received from a variety of sources. We would like to thank everyone who donates - from those who send in their pennies to those who remember the organisation when a loved one has passed and donates any money raised from a funeral collection.

These are just some of the ways people are supporting our service locally and we are very grateful for all donations, small and large, they are all very much appreciated.

Volunteers We Need You!

We are always looking for volunteers to assist with community activities so if you have an interest in music, singing, can play an instrument, enjoy football, or other sports, arts and crafts or would just like to come and offer support during the activity we would love to hear from you.

For more information, or if you would be interested and could spare some time to support us, then please contact Jim Baird at the Kilmarnock Resource Centre on 01563 542621.

Mailing List

We are always trying to identify ways of reducing costs therefore if you have an email address and would be happy to receive this

newsletter electronically, please let us know. Also, if you no longer wish to be on our mailing list, then please contact the Kilmarnock Dementia Resource Centre at the number below.

Christmas Fayre

It's that time again and we are holding our Xmas fayre on 3rd December and if anyone has anything they would like to donate it would be greatly appreciated. I know some of you are really handy and we had some lovely donations last year. Please come along and support this annual event as we would love to see you there.

Don't forget to spread the word!



Christmas Fayre



Home baking, tombola, raffle, books & crafts!!

Kilmarnock Dementia Resource Centre,
8-12 College Wynd, Kilmarnock, KA1 1HN

3 December, 10am - noon

For further enquiries please contact

Jim Baird

01563 542621 or 07788 253234

jbaird@alzscot.org

Alzheimer Scotland - Action on Dementia is a company limited by guarantee registered in Scotland 140269. Registered office: 22 Drumheugh Gardens, Edinburgh, EH3 7RN. It is recognised as a charity by the Office of the Scottish Charity Regulator no. SC028330.



Dates for your Diary - December

Monday 5th

Cumnock Memory Café 2 – 4

Football Memories, Rugby Park 3 – 4.30

Monday 19th @ DRC

Football Memories 2 – 4

Tuesday 6th & 20th @ DRC

Blasts from the Past 10.30 -12

Tuesday 13th @ DRC

Knit & Knatter 2 – 4.15

Men's Group 2 – 3.30

Wednesday 7th

Auchinleck Football Memories 11 – 12.30

Kilmarnock Talks @ DRC 4.30 -6.30

Wednesdays @ the Howard Centre

Musical Minds 1.30 – 3.30 (not 28th)

Thursday 8th

Dunlop Circle of Friends 2 – 4

Thursday 15th

Galston Friendship Club 2 - 4

Thursdays @ DRC 10 – 12

Young @ HeART (not 29th or 5th)

Fridays @ DRC 12 – 2

Blether & a Bite 12 – 2 (not 23rd or 30th)

Groups finish on Friday 23rd December and will restart from Monday 9th January 2017. There will be no Dementia Dog Day on 29th December or Stewarton Music & Mix on Friday 30th December.



We rely on fundraised income to help us to campaign and to provide services for Scotland's 90,000 people with dementia and their carers.

Your legacy can make a difference – a gift in your will can help us to continue and maintain our work.

If you want to share your views or make a suggestion on our services and activities please contact Fiona Bell on 01563 542621 or email at fbell@alzscot.org

www.alzscot.org

Making sure nobody faces dementia alone.