

Oct 2017

Forth Valley Services Newsletter



Welcome to our autumn
Newsletter

Alzheimer Scotland annual Christmas lecture Thursday 14 December 2017



4pm – 6pm (doors open from 3:30pm)
The Hub, Castlehill, Edinburgh, EH1 2NE

*Why is it only humans get dementia?
What is going on in the brain?
Why is it so hard to understand and treat?
Is the amyloid plaque a red herring?
Can we cure it?*

In this year's Christmas lecture Prof. Frank Gunn-Moore will explore new ideas and approaches in trying to understand and treat Alzheimer's disease and dementia. He'll ask "what have we got right?" and give the audience the chance to pose their own questions. Attendees will have the further opportunity to network with colleagues after the lecture, whilst enjoying festive nibbles and musical entertainment.

Tickets will go on sale from the start of 2nd October until the 3rd of December with both member and non-member prices available.

Ticket fees will range from £5 - £15, and we are looking forward to another sell-out event as has been tradition with our previous seasonal lectures.

Forth Valley Memory Walk 2017



A huge thank you to all of the 196 walkers who took part in our memory walk at Stirling University this year. Thankfully the weather was very kind to us and we are on track to raise £15,000 which is an amazing amount.

Forth Valley Offices

Earlier last year we merged Falkirk, Stirling and Clackmannanshire Services to become Forth Valley Services. In June this year we closed the Stirling Office as it was no longer financially viable to continue at this site and the office at Stenhousemuir became the main admin office. I am delighted to say that we are now on track to move the Stirling and Clackmannanshire Link Workers and Dementia Adviser into The Hub, Whins Road in Alloa in October 2017.

Forth Valley Services, 35 Johnston Avenue, Stenhousemuir FK5 4JZ Telephone 01324 559480

E-mail falkirkservices@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 160 Dundee Street, Edinburgh, EH11 1DQ 0131 243 1453

The offices are bright and spacious and we have access to rooms downstairs for individual meetings. Being on site with other members from the Third Sector Interface is an added bonus and we anticipate this will enable us to work more collaboratively.

To contact any of the staff there the telephone number is 01786 831171. The Stenhousemuir Office will continue to be the main admin site. Tel no 01324 559480



Purple Alert

Purple Alert

Alzheimer Scotland wants to help find people living with dementia if they are lost.

Purple Alert is a free app designed by people living with dementia, carers, Alzheimer Scotland staff, Police Scotland, Social Work, Dementia Friends Scotland, Health and Social Care Partnerships and telecare services that are helping people to look out for their neighbors.

With the support of people living with dementia and their carers, Police Scotland and Health and Social Care providers we have developed the Purple Alert app as a way to help find people. The app allows carers to share the person living with dementia's profile if they lose their way and allows for eyes and ears on the ground immediately helping to find them.

Purple Alert is the first app of its kind in the UK and it is available for free download to iOS and Android smartphones. Alzheimer Scotland hope that it will be downloaded and supported widely

by people in Scotland and that it will help find people living with dementia if they are lost.

Download the app by following this link:
<https://t.co/5R4NQ0uhVc>

Day Care updates

Maples Refurb

Our Day care centre in Stenhousemuir will soon be getting a facelift with new chairs, flooring, and lighting giving it a very smart new look. Our service users have been involved in choosing and testing the new seats and we hope to have the work completed in the New Year.

Watch this space for an open day to showcase it.

Alva Extension

The building warrant has been approved and we are in the process of tendering for contractors to extend the day centre to give us a bigger space at the back of the property. This will allow us to have a games area as well as providing a more flexible space.

The work will start in the spring 2018 and we anticipate there will be no disruption to the service whilst this goes on though we may have to have a few days out when walls are being taken down.

Fundraising as you shop.

It's coming up to that time of year when we all hit the shops to get our Christmas Shopping done.



Take the pain out of this by doing it online and if you use this link to shop with your favourite

retailers, we will receive a donation from the retailer for every pound spent at no additional cost to you.

<http://www.our-megastore.com/alzheimer-scotland>



You can now keep up to date with everything that's happening at the Falkirk Service by following us on Facebook. Just go to the link below and like the page.

<https://www.facebook.com/Alzheimer-Scotland-Falkirk>

What's on....



Brain Gym

Where: Camelon Education Centre.

When: Weekly on a Wednesday

Time: 1pm – 3pm

Cost: £5 per session.

Refreshments provided.

This group is aimed at people in the earlier stages of dementia to promote well-being and self-management. It is a ten week programme that adopts the principles of Cognitive Stimulation Therapy which is an evidenced based treatment, supported by NICE guidelines that focus on strengthening and maintaining: Orientation, short and long term

memory, focus, attention and concentration along with communication and problem solving.

If you would like to attend please contact Anne Christian Community Activities Organiser on 01324 559480

Football Reminiscence:

Maples, Stenhousemuir



Last Monday each Month-
3.15pm-4.30pm

Corbie Inn, Bo'ness
Last Wednesday of each
month 2pm-3.30pm

We now have vacancies for this group and would love to hear from you if you would like to attend.

Garden Club:

Maples, Stenhousemuir

Monday and Thursday

10.00am -12.00pm

Musical Memories – Singing Group

St Francis Xavier Church Hall

1st Monday of the month

11am – 12 noon

10 Pin Bowling/Walking Group:

Redbrae Road, Camelon or Callendar Park
weather dependent.

Every Wednesday 11.30-12.30pm

New members very welcome

Drop In Cafes:

Every Thursday 10.00a.m.
- 12 noon
Baristas Coffee House,
Grahams Road, Falkirk



Supper Club:

Maples, Stenhousemuir
3rd Wednesday each month 6pm - 8pm
New couples very welcome, please call the
office for further details if you are interested in
attending.
Cost £7.50 per person

Dementia Bowling Group

Camelon Indoor Bowling,
Redbrae Rd, Camelon.

Weekly
**Wednesday morning 10-
11am**

If anyone would like to attend
please contact: Moira Thompson tel: 01324
875407
Cost is £1.25 per person.



If you would like more information regarding any
of the above groups, or any of our services,
please call the office on 01324 559480.

Branch News



Ceilidh

To celebrate the 25th Anniversary of the Falkirk
branch we are holding a Ceilidh.

BYOB - kilts optional

Where: St Joseph's Hall, Broomhill Rd,
Bonnybridge, FK4 2AN

When: Fri 24th Nov 2017

Time: 8pm-11pm

Cost: Tickets are £7 and available from Jim or
Moira Tel 01324-875407 or email
moira.thomson1@tesco.net

Obituary



Bob Robertson of the
Falkirk Branch sadly
passed away in his
sleep, at home, on the
11 July 2017, aged
93.

Bob joined the Falkirk Branch back in 1992 at
its initial meeting and had been an active
member ever since. He initially joined as he had
a keen interest in dementia and ran a club for
people with dementia at his local church,
Grahamston United in Falkirk.

Bob is remembered fondly by other members of
the branch: "He was always the first person to
volunteer his time to help with collections and
branch events and never, ever, missed a
branch meeting. He was a true gentleman and
will be much missed." said Fay Godfrey, the
Service Manager in Falkirk.



Making sure nobody faces dementia alone.