

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.

Falkirk Services, 35 Johnston Avenue, Stenhousemuir FK5 4JZ Telephone 01324 559480  
E-mail [falkirkservices@alzscot.org](mailto:falkirkservices@alzscot.org) Website [www.alzscot.org](http://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

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.

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 is 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 Stirling and Clacks Services by following us on Facebook. Just go to the link below and like the page.

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

## What's on.... Play List for Life with Sally Magnuson

Date: Wed 01.11.17

Venue: Dunblane Cathedral

Time: 7.30pm-9pm



The Playlist for Life charity, founded by Sally Magnusson aims to make it possible for every person with dementia - whether in their own home or in a care setting - to

have access to a playlist of personally meaningful music from their past life, delivered via an iPod. There is mounting evidence that if people with dementia are offered frequent access to the music that links to their past experience and memories enhance their well-being.

To book a place or make enquiries contact:  
Bonnie McDowell on: 07704 601983  
BMcDowell@churchofscotland.org.uk



### Football Reminiscence:

Smiths Art Gallery, Dumbarton Road, Stirling

Date: 28<sup>th</sup> November 2017

Time: 2pm-3.30pm



Clackmannanshire Community Health Care Centre, Sauchie

Dates: 14<sup>th</sup> November, 12<sup>th</sup> December

Time: 2pm-3.30pm

### Musical Memories – Singing Group

Alva Parklands, 192 West Stirling St, Alva

Dates: 7.11.2017 and 05.12.2017

Time: 1.30pm-3pm

Cost: £2.50

### Drop In Cafes:

The Bungalow, 22

Viewfield Dr, Alva

Every Saturday

2.30pm-4.00pm



Smith Art Gallery & Museum, Dumbarton Rd, Stirling

2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month.

10.30am-12.30pm

## Peer Support Groups:

Groups for people with dementia to meet together in a relaxed friendly environment to chat and share their experiences.

Unit 11 Beta Centre, Innovation Park, Stirling University

Date: 8<sup>th</sup> November 2017, 6<sup>th</sup> December 2017

Time: 10.30am-12pm

Clackmannanshire Community Health Care Centre, Sauchie

Dates: 22<sup>nd</sup> November 2017, 20<sup>th</sup> December 2017

Time: 10.30am-12pm

## Branch News



### Coffee Morning

**Where:** Menstrie Parish Church hall

**When:** Sat 4<sup>th</sup> November 2017

**Time:** 10.00am-12pm

**Cost:** £2.50



### Ceilidh

Come along to our annual Ceilidh for a chance to let your hair down, swing your kilt and have a dance whilst raising funds. It's a Bring your Own Bottle night too.

**Where:** Parklands, Alva, FK12 5BG

**When:** Sat 18<sup>th</sup> November 2017

**Time:** 7.30pm-11pm

**Cost:** Tickets are £10 and available from Caroline Crawford [emailcaroline.jim@my-inbox.net](mailto:emailcaroline.jim@my-inbox.net) or tel 01259 761573

## Christmas Meal and Raffle



We are looking forward to our annual Christmas get together and hope you will join us. Book early to avoid disappointment.

**Where:** The Hollybank, 58 Glasgow Rd, St Ninians, Stirling

**When:** Mon 11<sup>th</sup> Dec

**Time:** 6pm

**Cost:** Tickets are £10 and available from Caroline Crawford [emailcaroline.jim@my-inbox.net](mailto:emailcaroline.jim@my-inbox.net) or tel 01259 761573

Making sure nobody faces dementia alone.

