

January – March 2018

# West Lothian Newsletter



## Happy New Year!

Welcome to our first newsletter of the New Year. January is often a dark month with horrible weather but in Alzheimer Scotland in West Lothian we are approaching the New Year with brightness and optimism. Our Dementia cafes, carers group, and Day Opps club will all run as planned unless the weather is too adverse. In that case we would contact you to inform of cancellation.

The process of recruiting a new Service Manager has begun and we will keep you up to date on this. We also look forward to working with the Dementia Action Network, working to make a difference to people with dementia and their carers.

*Fiona Roberts, Deputy Director of Quality*

## Dementia Cafes & Support Sessions 2018

A copy of the Dementia Café leaflet with the dates, times and venues for 2018 has been sent along with this newsletter. Please also note that our Dementia Advisor, Cherie Raby will be dropping into all of our cafes during 2018 (dates provided below). Feel free to use this time to ask her any questions.

Month	Date	Cafe
February	7 <sup>th</sup>	Livingston South - Dedridge
March	8 <sup>th</sup>	Fauldhouse
April	18 <sup>th</sup>	Linlithgow
May	31 <sup>st</sup>	East Calder
June	15 <sup>th</sup>	Armadale
August	6 <sup>th</sup>	Bathgate
September	20 <sup>th</sup>	Livingston North - Newyearfield
October	9 <sup>th</sup>	Whitburn
November	TBC	Uphall – new venue TBC also

We hope to continue to hold Individually Tailored Information Sessions hosted by West Lothian Council's Advice Shop, it is more likely that these will be quarterly instead of monthly and as such dates haven't been agreed as yet. We hope to provide an update on this in our next newsletter.



West Lothian Service, Unit 1 Grampian Court, Livingston, EH54 6QF

Telephone 01506 533 108 Email [WestLothianServices@Alzscot.org](mailto:WestLothianServices@Alzscot.org) Website [www.alzscot.org](http://www.alzscot.org)

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## Day Opportunities Programme

A programme for younger people under 65 with dementia living in West Lothian.

### October

After lunch at our base (Rosemount Gardens) we headed to Polkemmet Country Park where we enjoyed a lovely walk followed by a wee Tunnocks treat in the café afterwards.

### November

After morning activities and a filling lunch the group enjoyed a pleasant afternoon of Ten Pin Bowling at Deer Park. Some hot shots even managed a few strikes! The afternoon was finished off with some iced juice to cool us all down after all the hard work.



### December

The first week in December saw the group at a new venue. We headed to our Edinburgh office at the Prentice Centre to join the Edinburgh group for a fun filled day. On arrival we all had a nice piece of cake followed by a game of pass the parcel. We then split into smaller activity groups and played some cards, dominoes, curling and even managed to look at some old LP covers. The afternoon saw the group singing and dancing and enjoying a lovely lunch. An enjoyable day was had by all.

Later in December we took part in an excellent flower arranging activity at Rosemount Gardens, we would like to pass on our thanks to Mary for organising this event; we were all very pleased with our efforts. The afternoon saw the group at the Beefeater at Deer Park for our Christmas meal and party. We all had a lovely time and enjoying opening our presents especially our personalised photobooks.



### Future Events January to March 2018

We will be mixing indoor and outdoor activities for the first few months of 2018, weather permitting.

- January – A garden centre visit and indoor activities at Rosemount Gardens, Bathgate.
- February – Music and dance with Fun Box and an outdoor walk at Polkemmet Country Park.
- March – A trip to South Queensferry and to the Bo'ness Steam Museum.

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## West Lothian Dementia Action Network Group

The West Lothian Dementia Action Network Group met on the 7<sup>th</sup> of November, thank you once again to Scotmid for covering the cost of our refreshments.



The purpose of this meeting was to gather views of people with dementia and carers on the content of the 3<sup>rd</sup> National Dementia Strategy which was launched by the Scottish Government on the 28<sup>th</sup> of June 2017.

Some of the main themes of the evening were:-

### Diagnosis and Post Diagnostic Support (PDS)

- People living with dementia – Having good support, nice to have the same person, waiting for PDS.
- Carers – Diagnosis took a long time, too much info at diagnosis (get info at right time), include carers in PDS, when PDS ends feeling ‘abandoned’, need key worker, peer support group was good, technology assistance, need respite to go and relax.

### Integrated support at home and 8 pillars model

- People living with dementia – Same person/coordinator – uneasy with different people, ongoing support after year of PDS, new technology – how to use more effectively, adapting house – cost, dementia stigmatised.
- Carers – coordinator role required, finding their way through the web of social and health services, technology, improving housing and access to aids, more flexible, need respite.

Letters will be sent out in the coming weeks inviting those on our Dementia Action Network mailing list to the next meeting. We will be inviting senior representatives from the West Lothian Integrated Joint Board (IJB are responsible for making decisions in relation to areas such as dementia resources and services). We hope to discuss the areas identified. This will also provide them with the opportunity to let people know how they plan to implement the commitments laid out by the Scottish Government in the new dementia strategy.

If you would like any more information about the group or to be added to our mailing list do please get in touch by calling 01506 533 108 or emailing [WestLothianServices@alzscot.org](mailto:WestLothianServices@alzscot.org).



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## Golfing Memories



The Golfing Memories Group was set up to enable people to come together to share past memories of their Golf Club, discuss favourite players and events and perhaps make friends that they may want to go and hit a ball or two with in the good weather.

We know that remaining involved with interests and hobbies you've had all your life helps your memory and your wellbeing. We hope this group will be beneficial to those who have dementia and also helpful to those who want to be part of a community that is keen to be inclusive.

The group normally runs on the **Second Tuesday** of the month from **11.00am to 12.15pm** at Uphall Golf Club and the bar will be open for teas and coffees. **Please note that the January session will run on the third Tuesday which is Tuesday the 16<sup>th</sup> of January.**

All are welcome; people who can attend independently and/or those unable to do so should come with a companion who can provide any support for them. If you think this might be something you would be interested in please call 01506 533 108 so we can pass your details on to the coordinator.



## West Lothian Carers Support Group

The Carers Support Group is for the carers of people with dementia who were diagnosed under the age of 65. It runs on the **3<sup>rd</sup> Monday** of the month from **10am to 12noon**. The group relocated to the Livingston Station Community Centre, 4 Main Street, Deans, Livingston, EH54 8BE in December 2017, the new venue has two rooms and a kitchen area available for our use as well as a large car park. Disabled parking is available outside and disabled facilities are available inside.

Details of the dates for the next 3 months can be found on the 'What's On In' page of the newsletter. Carers are welcome to bring the person with dementia who they support with them, as there will be an Alzheimer Scotland support worker on hand to work with them whilst the carers have some time together.



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## Other Groups

The National Museum of Scotland are looking for people to participate in **4 free half-day art workshops** specifically designed for people living with dementia and their carers/family members.



The workshops are in their fully accessible learning centre at the National Museum of Scotland, Chambers Street, Edinburgh on:

**Sat 20th Jan**  
**Sat 27<sup>th</sup> Jan**  
**Sat 3<sup>rd</sup> Feb**  
**Sat 10<sup>th</sup> Feb**



These informal afternoon sessions will involve

- Guided time in new fashion and art galleries
- Tea and cake and a chance to relax and socialise
- Making and creating time with mosaic artist Joanna Kessel.

Joanna has a lot of experience of working with adult learners with additional support needs and people living with dementia. You can see some of Joanna's work here:

<http://www.joannakessel.co.uk/>

Any questions or to book a space please contact:

Laura Bennison

Community Engagement Officer, Learning and Programmes Team

National Museums Scotland. 0131 247 4435 [l.bennison@nms.ac.uk](mailto:l.bennison@nms.ac.uk)

## Newsletter Feedback



As this newsletter is for **you** we are keen to find out what **you** would like to see.

- Do we include regular items that you rarely look at, if so could these be improved and if so how?
- What would you like to see that isn't currently included but would be helpful?

Please call us on 01506 533 108 or email

[WestLothianServices@alzscot.org](mailto:WestLothianServices@alzscot.org) with your comments and suggestions.

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## What's On In January, February & March ...

### Bathgate Memory Café

Rosemount Gardens, Mid Street, Bathgate, EH48 1QW

No January café, 5<sup>th</sup> February & 5<sup>th</sup> March from 1.30pm – 3.00pm

### Café Connect Extra - Livingston

Dedridge Baptist Church, Livingston, EH54 6QR

No January café, 7<sup>th</sup> February & 7<sup>th</sup> March from 2.00pm - 3.30pm

### Memory Café – Livingston North

Newyearfield Farm Community Centre, Livingston, EH54 6AB

18<sup>th</sup> January, 15<sup>th</sup> February & 15<sup>th</sup> March from 2.15pm–3.30pm

### Dementia Café – Whitburn

ANSWER HOUSE, Reveston Lane, Whitburn, EH47 8HJ

9<sup>th</sup> January, 13<sup>th</sup> February & 13<sup>th</sup> March from 1.30pm – 3.15pm

### The People's Café – Uphall

This café isn't running at present. Further details to follow shortly regarding a new venue.

### Forget Me Not Café – East Calder

East Calder Parish Church Hall, East Calder, EH53 0HF

25<sup>th</sup> January, 22<sup>nd</sup> February & 29<sup>th</sup> March from 10.00am - 12.00pm

### The Sunlight Café – Fauldhouse

The Partnership Centre, Lanrigg Road, Fauldhouse, EH47 9JD

11<sup>th</sup> January, 8<sup>th</sup> February & 8<sup>th</sup> March from 1.30pm – 3.00pm

### The Caring Café – Linlithgow

The Lowport Centre, 1 Blackness Road, Linlithgow, EH49 7HZ

17<sup>th</sup> January, 21<sup>st</sup> February & 21<sup>st</sup> March from 10.00am – 12.00pm

### Memory Cave Café – Armadale

The Community Centre, North Street, Armadale, EH48 3QB

19<sup>th</sup> January, 16<sup>th</sup> February & 16<sup>th</sup> March from 10.00am – 12.00pm

### Golf Memories

Uphall Golf Club, Houston Mains, Uphall, EH52 6JT

16<sup>th</sup> January, 13<sup>th</sup> February & 13<sup>th</sup> March from 11.00am – 12.15pm

### Carers Support Group

15<sup>th</sup> January, 19<sup>th</sup> February & 19<sup>th</sup> March from 10.00am – 12.00noon, venue Livingston Station

Community Centre, 4 Main Street, Deans, Livingston, EH54 8BE . The group is for carers of anyone diagnosed with dementia when under the age of 65 – the person with dementia is also welcome to attend.



**All groups are to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends.**

**All are welcome; people who can attend independently and/or those unable to do so should come with a companion who can provide any support for them. *We don't provide transport for these groups and therefore it is your responsibility to get to and from the community activity, safely.***

## Fundraising

### Thank You

Marks and Spencer at the Livingston Designer Outlet continued to raise funds for our West Lothian Service. This time with an amazing £963.18, made up of £410 from a sponsored event at the Kelpies and £553.18 from the Christmas jumper weekend in December. Over the past two years Marks and Spencer have raised a phenomenal amount and as such our Community Fundraiser hopes to visit them in the spring to thank them for all their hard work. Well Done!!!



### A Day of Dance

We would like to say a huge thank you to Gail Sutherland. Gail raised an incredible £1250 by organising a Day of Dance at Strathbrock Community Centre in Broxburn.

The event had just over 100 dancers of all ages, a top line dance choreographer, Robbie McGowan Hickie, a live band, Carson City and Toledo Disco. The event was attended by our own Aileen Eland, Practice Team Leader in West Lothian. Well done Gail!!!



### New Community Fundraiser

You may be aware that the Community Fundraiser covering West Lothian, Abby Parkhouse left us last summer. The good news is that a new Community Fundraiser has been appointed covering Edinburgh, The Lothians and Fife, his name is Mark Martin. Some of you may recognise his name as Mark was a radio and TV presenter for 15 years before moving to Alzheimer Scotland. Mark is a passionate supporter of Alzheimer Scotland and is hoping to make a big impact in community fundraising. Going forward, Mark wants to create teams of fundraisers who will take part in all manner of events. If you have a fundraising idea or want to be part of the new fundraising groups, contact Mark at [markmartin@alzscot.org](mailto:markmartin@alzscot.org) or call 0131 551 9355 for further information.



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## Ladies Lunch - Edinburgh

Calling all ladies in Edinburgh and the surrounding area!

The Alzheimer Scotland Edinburgh Ladies Lunch is coming on Friday the 15<sup>th</sup> of June 2018. The event will be hosted by Thelma McGuire (Alzheimer Scotland Ambassador) and will take place at the Royal Scots Club, 29-31 Abercrombie Place, Edinburgh.

Starting at 12 noon, guest speaker Ruth Davidson MSP, fizz, 2 course meal, wine, tea and coffee plus a raffle with all the money going directly to Alzheimer Scotland.

Come and join us for a great day of fizz, fun and fundraising.

More details available at

<https://www.eventbrite.co.uk/e/alzheimer-scotland-edinburgh-ladies-lunch-tickets> or by calling 0131 243 1453.



## Unwanted Christmas Gifts

We are always on the lookout for prizes for the tombola's we run during the year. If you have any unwanted/unopened Christmas gifts we would be delighted to take them off your hands. Our office in Livingston is staffed Tuesday to Thursday 9am to 5pm. If you have something to bring but the hours don't suit please call the office on 01506 533 108.



Further details of these events will appear on our Facebook page

<https://www.facebook.com/alzscotedinburghandlothians>



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