

October/December 2018

Edinburgh Services

Edinburgh Newsletter



Welcome to our Winter Newsletter

Hello Everyone, it's been a busy few months with a lot of changes happening!

First, we would like to warmly welcome our new Head of Localities, Mark Laing, who started in his position on 24th September. Mark is joining us from Working Links/ Start Scotland; where he worked for 8 years as the Head of Partnership Delivery and Management. He has significant experience in partnership working and collaboration and prior to this held the role of Head of Operations for The Wise Group, the largest social enterprise in Scotland... so he brings an excellent range of skills and experience to us and a real enthusiasm for Alzheimer Scotland and our vision and work. We would also like to thank Maureen Taggart for her support over the past few months and wish her well in her return to her National Dementia Nurse Consultant position.

On 13th September the Edinburgh Team hosted a visit to the service for Susanne Forest, one of our Trustees. Susanne spent the day learning about the great work being carried out by our colleagues- to ensure No one Faces Dementia Alone. Susanne even joined in on the Edinburgh Leisure 'Movement for Memories' session at Day Opportunities and worked up a sweat on her lunch break! There was a real sense of pride in what we do, and it was a great opportunity for our Volunteer Coordinator, Dementia Advisor, Practice Team Leader, Day Opportunities Organiser, PDS Link Workers and Service Administrator to showcase their commitment and dedication to the work they do.

And after the great success that was our Oasis Summer party, we are now planning for our Christmas event, more details below.



Lisa Moodie
Locality Resources Co-ordinator



We are hoping to hold our annual Christmas Social on:

Friday 14th December 2018

From 1.30pm to 3.30pm

Meadowbank Church, 83
London Road, Edinburgh,
EH7 5TT

We will send out invites nearer the time.

Edinburgh Services, The Prentice Centre, 1 Granton Mains Avenue, Edinburgh Telephone 0131 551 9350

E-mail edinburghservices@alzscot.org Website www.alzscot.org

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Information Section

We endeavour to pass on information we think you may find interesting and useful. Please let us know if you come across anything we may not have mentioned so that we can share it with the wider group:

GALLERY SOCIAL EVENTS

The Gallery Social Events are continuing every Friday morning with a programme of social events and exhibits across the National Galleries, National Library, Museum, the Zoo and various other venues. The new programme for October 2018 – March 2019 is now available. If you would like a copy of the Gallery Social programme please contact us at the office.

CARE FOR CARERS

Care for Carers is a Voluntary organization, established in 1989 to provide support services to all carers, regardless of age, gender, disability or relationship of the person they care for. They deliver services to carers in Edinburgh and deliver specific short breaks through their Stepping out service. Visit their website for details of the services they provide: <http://care4carers.org.uk/>. I would particularly draw your attention to a course starting on Wednesday 31st October and running for 6 consecutive Wednesdays from 6.30pm – 8.30pm. The 'Caring and coping with loss in Dementia' course will be held at St Margaret's House, 151 London Road, Edinburgh, EH7 6AE.

VOCAL

The new VOCAL leaflet for October – December 2018 is now available. I would remind you of the valuable service VOCAL provide to carers and the people they support. Check out their website for interesting and useful information and courses. www.carerevents.co.uk. Or call VOCAL for more information on 0131 622 6666. VOCAL is now located at The Edinburgh Carer's Hub, 60 Leith Walk, Edinburgh, EH6 5HB.

GARDEN SOCIAL FOR DEMENTIA (at the Botanic Gardens)

The Botanic Gardens started their social events on Friday 5th October 2018. These will run every Friday through until Friday 7th December 2018. The sessions are free and include refreshments and activities. Numbers are limited. Please contact community@rbge.org.uk or phone 0131 248 2956 (leave a message) for more information. The sessions are held in The Garden Room at The Royal Botanic Garden, Edinburgh at 10.30am.

THE SINGING GROUP IN NORTH WEST EDINBURGH

This group is for people living with dementia and their carers who enjoy singing. They aim to come together to sing, socialise and have fun.

When: 1st & 3rd Wednesdays of the month from 2pm to 4pm.

Where: Drylaw Parish Church, Groathill Road North, Edinburgh, EH4 2RG

For more details please contact Rosemary King on 0131 554 7621.



Paula

Practice Team Leader



We would welcome any comments/suggestions which you think would help us to improve the service we provide. Email us at edinburghservices@alzscot.org or call 0131 551 9350.

Day Opportunities Group

“Art enables us to find ourselves and lose ourselves at the same time” - Thomas Merton

In addition to our usual calendar of events, all three groups have benefitted from dementia friendly art sessions over the last few months, courtesy of the National Galleries of Scotland. The themes were photography, costume and reminiscence. All were excellent and very much enjoyed. Everyone was able to participate in some way and feel included, and this was helped in no small measure by the enthusiasm of the staff at the Portrait Gallery. Fun was the operative word, and we definitely approached this with an ‘art is anything you can get away with’ attitude, and then found ourselves coming away with some very pleasing results.



Our Thursday group also had the opportunity to enjoy ‘The Lost Words’ nature art exhibition and workshop at Inverleith House. It was great to see everyone so relaxed and engaged, and to observe the sense of achievement at the end of the painting activity.



Moving from creative art to martial art, our Tuesday group recently enjoyed a Tai Chi taster session delivered by the Edinburgh Leisure ‘Movement for Memories’ programme. This went very well, becoming unexpectedly light hearted and generating lots of laughter. A subsequent seated exercise activity was also well received, and we plan to continue with additional gentle exercise sessions going forward.

It has been a pleasure to welcome several new faces to Day Opportunities recently.

We look forward to our autumn and winter programme.



Lesley Jaap
Day Opportunities Organiser

Day Opportunities Christmas Closure

	<u>Finish Up Date</u>	<u>Starting Back Date</u>
Edinburgh Monday Club	17 th December 2018	7 th January 2019
Edinburgh Tuesday Club	18 th December 2018	8 th January 2019
Edinburgh Thursday Club	20 th December 2018	10 th January 2019

Drop-in Support Group

Our new support group at our National Office 160 Dundee Street has taken place over the last three months, July, August and September. The group has gone really well, and we have had lots of positive feedback. We started this group as a three-month trial but due to its success the group will be continuing on the third Friday of each month.

The group always starts with tea, coffee, biscuits and a catch up. We then split into 2 groups, one for the people with dementia and a carers group. We chat, offer advice, share information and have different activities. If you would like to come along please get in touch. (see information below)

When?

- Friday 19th October 2018 from 10.30am to 12noon
- Friday 16th November 2018 from 10.30am to 12noon
- Friday 14th December 2018 – Christmas Social at Meadowbank Church (see front page of newsletter for more details).

Where? Alzheimer Scotland National Office, 160 Dundee Street, Edinburgh, EH11 1DQ.

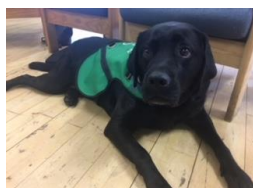
For more information please contact our Edinburgh Service team on 0131 551 9350.



Elizabeth
Dementia Advisor

Dementia Dogs

Our day opportunities group were recently visited by a dementia dog called Alex. A dementia dog is the product of the partnership between Alzheimer's Scotland and Dogs for Good whereby they train dogs to help maintain the independence of individuals living with dementia. These dogs can help people with dementia maintain their walking, sleeping, community engagement, confidence, medication management, eating routine, improve confidence and is a constant companion. There are some eligibility restrictions to having a dementia dog, one being that you must be a Scottish resident, living at home with a diagnosis of dementia as well as have a full time carer who lives with you. Find out more about how to apply on our website.



As an occupational therapy student, I have identified this project to have numerous therapeutic values. To begin with as Occupational therapists, we promote and educate on techniques to help maintain independence, which these dogs are helping to do. These dogs also allow carers to maintain their relationships with the person they are caring for, reducing the carers roles and responsibilities. On top of the therapeutic value these dogs bring to the individual living with dementia and their carer they also bring value and meaning to the trainer's life. The training programme is based at HMP Castle Huntly which enables men in custody to complete a series of courses to help train the assistance dogs. This programme aims to encourage engagement with education, employability skills and increase well-being amongst men in custody.



Sarah Aitken
Occupational Therapy Student

Edinburgh Service, The Prentice Centre, 1 Granton Mains Avenue, Edinburgh, EH4 4GA

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Dementia helpline and website

The 24 hour Dementia Helpline is a freephone Scottish service for people with dementia, carers, relatives, professionals, students and anyone concerned about dementia. You can call 0808 808 3000 anytime and email us: helpline@alzscot.org.



Further information about dementia and the support we provide can be found on our website www.alzscot.org.



Follow us on Facebook at **Alzheimer Scotland – Edinburgh and Lothians**

Could you spare some of your time every week to become an Alzheimer Scotland Volunteer Driver?



Are you reliable, friendly, adaptable and relate well to others? Do you own a 4 door vehicle that you would be happy to use?

Where? In and around Edinburgh

To enable people living with dementia to attend and participate in groups and activities in their communities.

How could you help? To support with pick ups or drop offs once a week in the morning 10am - 11am or afternoon 3pm - 4 pm.

Volunteers receive full induction and training, reimbursement of expenses, personal satisfaction and a chance to gain new skills.

For more details please contact the Volunteer Co-Ordinator, Iza

Marchlewska-

tel. 0131 551 9350

or email -

imarchlewska@alzscot.org

This role is subject to a Police Disclosure check.

