

Autumn 2018

Dumfries & Galloway Locality Newsletter



**Introduction by
Paula Cochrane – Service Manager**



Autumn has finally reached us. After a fabulous summer we are now seeing the days shorten and the weather getting a bit chillier. However, our day cares continue to provide a warm and happy place for people to come and have some fun. Inside you will be able to read all about what we have been up to over the summer months.

The past couple of months have been an extremely busy time for us with many brilliant fundraising efforts. Inside you'll see the marvellous efforts that people have gone to fundraising for us. Without your valuable contribution we couldn't continue to provide the support we do. Thank you all so much.

I have spent a wonderful 5 years with Alzheimer Scotland, meeting some amazing people but the time has come for me to move onto pastures new. I know the team here will continue to support you all and continue to ensure that no one faces dementia alone. It has been a pleasure working with the organisation and I will remember my time here with great fondness and happiness.

Paula Cochrane, Service Manager

Home Energy Scotland

A representative from Home Energy Scotland recently visited our carer support groups in the locality to discuss ways in which you can keep your home warm for less. Home Energy Scotland is an impartial advice service funded by the Scottish government which provides free, clear advice on making your home easier to heat. They can offer advice over the phone and are also able to carry out home energy checks to help identify where you can make savings and whether you can get financial help for any energy saving improvements carried out.

Members of the Kirkcudbright carer support group were very positive about the information session and the service they received from Alan Thomas, Energy Advisor with Home Energy Scotland.



If you would like more information, please contact Alan Thomas, Energy Advisor on telephone number 01292 525520 or mobile 07816 503 384.

Dumfries & Galloway Locality, 8 Gordon Street, Dumfries, DG11EG Telephone 01387 261303
E-mail Dumfriesservices@alzscot.org Website www.alzscot.org

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Dumfries Day Centre

I hate to say the 'C' word but Christmas seems to be creeping up on us. Joyce, one of our volunteers, has already started to make progress on our felted Christmas scene for our wall, with the help of Maggie, and hopefully other people we support will contribute with their own designs.



We made the most of one sunny Friday by going out on the bus and heading to Castle Douglas for the day. Everyone thoroughly enjoyed eating their fish suppers from Moore's Fish & Chip Shop in the lovely tranquil setting of the park.

We finished it all off nicely with a Mr. Whippy ice cream on the way home.

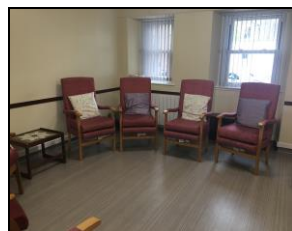
Thornhill Day Centre

The Friendship Club where we hold our daycare service in Thornhill has recently been refurbished. It now has a new fitted kitchen and also a cupboard for shared space to store chairs etc. that are not in use.

It has an accessible toilet which is going to make a huge difference to everyone attending as well as the other groups who use the premises.



Refurbished kitchen



Refurbished lounge

At Thornhill we have also been very lucky to have a few of the Nithsdale Singers come along and entertain everyone with a selection of songs which everyone thoroughly enjoyed. This has also led to the singers donating two lovely cupboards to fit in with the newly refurbished Friendship Club where we hold our twice weekly meetings.



Anne Allison, Day Care Organiser

The Cottage Day Centre

We have been enjoying sitting out in the garden on the lovely sunny days this summer.

The tomatoes and cucumber, lettuce crops and new potatoes have all been a success. We now have our greenhouse fully established in place in the garden all set for next year when we hope to plant seeds all year round.

Our sensory raised flower beds have given us plenty to talk about with the lovely smells from lavender, curry, lemon balm and not forgetting our sweet peas which we have been picking on a daily basis for our dining tables in the cottage.

We had a lovely summer trip to Gardenwise in August where we enjoyed lunch and had a look around all the plants and flowers.

Jill Dobbie has also been visiting us to instruct very relaxing chair yoga, which we have all benefited from.

Two baby alpaca's were born this summer at Burnfoot (Vanessa and Annie). They are very cute and amazing to watch, giving us lots to talk and smile about.



As the season changes we are all looking forward to the lovely walks and autumn colours around the grounds at Burnfoot.

Linda Innes, Day Care Organiser

Community Activities

Hello, I'm Back!

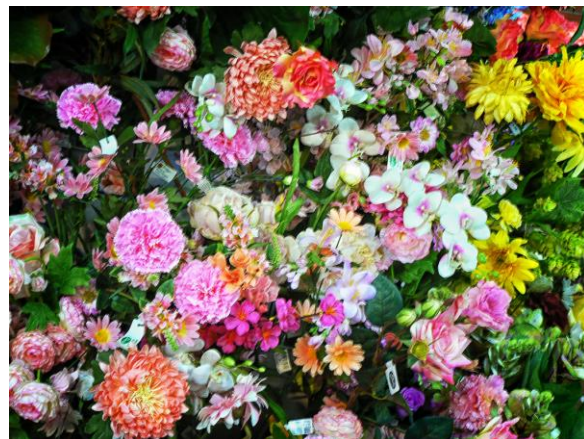
May I firstly say a huge thank you to everyone for your kind wishes and messages of support during my extended period of absence. They were very much appreciated and provided great comfort during what has been a very difficult time over the last few months. I must also thank my colleagues and the volunteers who have actively supported the groups during my time away.

It is hard to believe that some of our original community activities have now been running for over 5 years, Forget Me Not Lunches, Football Memories and Musical Minds to name but a few. These monthly activities only happen because of the commitment and dedication of the volunteers and their skills, so once again we say thank you for your time, talents, and generosity. I am looking forward to being able to visit all the activities again and also having the

opportunity to start some new ones in the year ahead.

Christmas Cards and Calendars

I am also excited to share the news about our brand new 2019 calendar compiled from pictures taken by the photography group during the course of the year. There will also be new Christmas card designs available in the near future. These will be available to purchase from our Resource Centre in Gordon Street, Dumfries for a small donation.



Helen Cook
Community Activity Organiser

Family Day Out at Mossburn

A recent trip to Mossburn Animal Centre, near Hightae, Lockerbie provided a very entertaining and interesting visit. Our family group included people living with dementia, their partners, grandchildren and friends, who all came together for a relaxing afternoon, meeting the animals and hearing the stories of how the animals came to be rescued. The staff and volunteers at Mossburn answered all our questions and provided us with lots of interesting facts about the care and welfare of the different animals we met.

Even a light shower of rain on arrival didn't manage to dampen our enthusiasm as we

enjoyed a walk down to the field to meet the four miniature Shetland ponies.

Moving on, we met goats of all sizes, colours and breeds who were very keen to say hello. We even met a turkey who needed a name ('Christmas' was suggested!).

Mossburn is also home to highland cattle, horses, rabbits, guinea pigs, chickens, ducks, emu's and a llama.



And last but definitely not least, we rounded off our afternoon and headed to the farm café for refreshments. Cathy, a volunteer at Mossburn, excelled herself with her

delicious home baking and thoroughly spoiled us with very generous slices of cake.

The day was enjoyed so much by those who attended, that it has prompted the launch of a new Animal Assisted Learning Project.

This was made possible by the kind and generous donation of four friends who fundraised for Alzheimer Scotland with their 'Benidorm or Bust' event (see article below) and requested that the money be used for social activities which include animals. So our Mossburn Animal Assisted Learning Project was launched.

The first of the six weekly workshops has now started, with plans to provide another three or four, six week sessions in the spring of next year. Mandy Pool, Dementia Advisor in Dumfries and Alison Mann, Development Manager for Mossburn have developed the workshops to offer 'hands-on' interaction with the animals, especially the horses and ponies that live at the centre.

Families who come along are able to access peer support and social opportunities alongside a new learning experience which is fun and interesting.

For anyone wishing to come along or if you would like to find out more about the project, please contact Mandy Pool on 01387 214880.

Mandy Pool, Dementia Advisor

Donations

It's been a busy time for our incredible supporters recently.

In June this year Roy Saxby, Ian Garton, Denzil Woodward and Liam Livingston took part in the 'Benidorm or Bust' rally. They had to purchase a car for less than £500, so bought a Jaguar 3.2 litre automatic for £250. The rally started in Dover, so they drove there first, hopped onto the ferry across to Calais then drove all the way

to Tours, Biarritz, Madrid finally reaching Benidorm.

156 cars in total of all shapes, sizes and colours (all raising money for their own designated charities) came from all over the country to take part. It started on the Wednesday morning from Dover arriving in Benidorm on the Saturday, where the car met its final destination and was scrapped! The gents then flew home on the Tuesday afternoon after a few relaxing days in the sun.



In total the gents raised a whopping £2,250 for Alzheimer Scotland. A huge thanks to you all.

We are always very grateful for any donations we receive from many different sources. We would like to thank everyone who faithfully donate money and also to everyone who thinks of our organisation when a loved one has

passed by donating money raised at funeral collections.

Liz Sandford organised a Memory Walk in Creca, Annan and raised an amazing £2,037.92. With thanks to not only Liz but all those who took part in the walk and sponsored the participants.

Barbara Hewitt & Susan Lammin organised a wonderful Tea & A Blether complete with stallholders selling all kinds of beautiful goods and lots of fabulous prizes to be won at their tombola and raffle. The ladies fundraised £444.50 in just a few hours and are already looking forward to planning another one for 2019!

Connie Gold, who has taken part in an Alzheimer Scotland fundraiser every year since her dad passed away, recently braved the Blackmores Sydney Half Marathon. So far, she has beat her target and raised over £1,100. We don't know about you, but Connie is giving us some serious motivation to try our hand at a big sporting event next year!



A Very Special Anniversary

Gladys and David Cuttle recently celebrated 45 years of marriage and decided they would use this occasion to help others.

They renewed their wedding vows with the Reverend J Stuart Mill on a beautiful sunny day in July 2018.

Family and friends who were unable to attend donated £550 and people who popped in to their open house during their anniversary week donated a further £500. A total of £1050 was raised for Alzheimer Scotland. Many thanks and congratulations to Gladys and David.



Fundraising

Memory Walk

Our Memory Walk took place on Sunday 23 September and we were so pleased to see how many of you turned up to support this event.

This year we had 140 registered participants – more than we've ever had before bringing us incredibly close to reaching our goal of hitting 150 memory walkers. The sun even made an appearance for the day, and it was wonderful to see everyone smiling.

So far, the walk has brought in more than £3,550 with lots of you letting us know you still have sponsor forms to send back to us, we

can't wait to find out the total amount of funds raised.



Pictures of our fabulous supporters



We'd like to say a huge thank you to Ray Farish for coming along on the day and taking such wonderful photos for us of the event. Another big thank you must also be extended to Kim Harkness (Fairy Bod Mother) for her brilliant warm-up and making everyone smile, Events Vision for keeping all our younger walkers occupied and Julie Bowmaker for pitching up and showcasing her lovely book 'Tales of Fantasy and Magic', of which proceeds also come to Alzheimer Scotland.

Thank you to everyone who took part, volunteered and helped to staff the event – we couldn't do it without you all.

Charity of the Year Update

The Cairndale Hotel will now be hosting their Las Vegas Ball on 17 November 2018 in aid of Alzheimer Scotland.

Tickets are £35.00 per person and include entertainment from The Swing Kings, casino tables to play on and a fabulous four course meal. The perfect excuse to get suited and booted and enjoy a good night out – and all for a good cause! Tickets for this event can be purchased from the Cairndale Hotel.

Marks & Spencer in Dumfries have chosen us as their local charity of the year! They're really keen to fundraise as much as possible for us, so watch this space.

Rebecca Muir, Community Fundraiser

Dementia Link Workers Success

Congratulations go to two of our Dementia Link Workers, Sharon Murray and Ruth Jackson, who have successfully passed their MSc in Dementia Care Principles.

Sharon and Ruth commented "When we were first approached and given the opportunity to enroll on the pilot module 'Dementia Care Principles' we initially felt privileged but a bit apprehensive. As this was an MSc module we somewhat underestimated our skills and knowledge with regards to our ability to complete this successfully.

With the support and encouragement we received from our line manager we consented to give it a go!

We found that progressing through the module gave us an opportunity to reflect on our practice, but the chance to learn not only new skills and knowledge, but also validated the

skills and knowledge we, as Dementia Link Workers, utilise on a daily basis.

We both feel very happy to have completed and passed the module, and feel this has further increased our confidence in supporting people with a dementia diagnosis together with their families".



Sharon Murray and Ruth Jackson, Dementia Link Workers

Student Social Worker

For three months student social worker, Catherine Vernon, was on placement with us here at Dumfries Resource Centre.

Catherine is the first social work student in Scotland to be supported by a local authority to study for a Masters' Degree in Social Work. She initially applied for the undergraduate programme but, because she already had a degree in psychology, it was felt that she could be the candidate who represented Dumfries and Galloway and The Open University in this exciting new scheme.

Catherine has now finished her placement with us and we wish her all the very best in her future career.



Pictured is Graham Glendinning, Practice Team Leader, Alzheimer Scotland, Catherine Vernon, Student Social Worker and Ruth Shipstone, Social Work Practice Teaching and Development Officer

Retired Farming Social Group Update

The Retired Farming Social Group has now been meeting monthly since forming in Nov 2017. There has been ongoing interest in the group which is continuing to grow. We now have a membership of 26 individuals from different areas of Dumfries and Galloway.

There have been a few changes in recent months to allow the group to continue to grow. Initially the group was started as a pilot under the Alzheimer Scotland Dementia Friendly Community project in Dumfries and Galloway with support from NFUS, RSABI & The Scottish Farmer. The funding for the Alzheimer Scotland DFC project ended at the end of March 2018.

The group was then taken under the wing of the NHS D&G Health & Wellbeing in the Farming Community Project which has allowed the group to continue to develop. This partnership has accessed further funding from the Life Changes Trust as part of the "Get Outdoors project" which will allow the group to plan outings/trips and expand into other areas.

A new group has recently started in Carrutherstown which is going well.



First meeting of the new farming group in Carrutherstown

Over the last few months we have had some guest speakers and demonstrations and recently had our first couple of outings at the Open Farm Day, Ernespie, Castle Douglas by kind invitation from the McMicken family.

We were invited along to this event to help raise awareness of the group, we had a couple of tables with flyers and pictures, a display of walking sticks and old farming items to generate interest which was kindly brought along by one of our members. We held a "Guess what this is used for quiz" and explained what everything was to the interested parties as well offering farming related colouring in sheets for the children. The feedback was very positive and one of the parents commented how interesting it was to learn about the items and how they were used.

Our second trip was to a private collection of farm machinery by kind permission of Mr J Taylor.

Mr Taylor gave a short presentation on the history of his farm and how his collection had started followed by refreshments, then off to the sheds.



The weather was extremely kind to us and everyone had a good look round the sheds examining some of the exhibits in great detail and enjoying in depth discussions on specific items of interest. The day was rounded off with afternoon tea at a local café which everyone enjoyed.



The group has people from a variety of rural occupations and is inclusive to people with memory problems and offers them an opportunity to get together and share stories of their working life.

The people who come along have worked outdoors all of their life and retirement from this can sometimes lead to loneliness and isolation. The group offers them the opportunity to keep connected and engage in lively discussion. The meetings have a great buzz about them and can be really stimulating.

Here are some quotes from members.

"This group has changed my life around"

"I enjoy coming to the group, it gets me out and gives me an opportunity to meet like-minded people "

" I enjoy the live discussion on Farming topics "

" The group is a way for people to keep involved in the farming community and not be cut off from people who have the same interest "

" I enjoy the camaraderie "

" My husband thoroughly enjoyed the meeting and so did I. He told me " I really enjoyed that meeting , its nice to talk to other farmers from the same era about the cattle we had and the way we used to farm " " He usually doesn't say very much and it takes a lot for him to comment like that "

" It took me back to my younger days in Farming "

The Retired Farming Social Group is a group designed for people to capture and share memories of their farming days. The group is open to anyone who has retired from farming including people with memory loss.

Why don't you come along to engage in lively discussion in good company?

For more information please contact Jill Rennie on 01387 261303 or 07795 256 731. Jill can also be contacted by email on Jrennie@alzscot.org

Carer Support Groups

If you are supporting or caring for someone who has a memory problem or has a diagnosis of dementia then please come along. All are welcome. To find your nearest support group please see below or contact Mandy Pool our Dementia Advisor at Dumfries Resource Centre, 8 Gordon Street, Dumfries, DG1 1EG or call 01387 261303.

- Come along for coffee/tea and a chat
- Meet others in a similar situation to you
- Share thoughts and experiences
- Access information, support and advice
- Gain coping and practical advice on caring
- Access to social activities and events

Annan Carers Support Group

Meet at Annan Hospital, Stapleton Road, Annan on last Friday of each month 10.30am-12.30 pm

Castle Douglas Carers Support Group

Meet at King's Arms Hotel, St. Andrew Street, Castle Douglas on 1st Monday of each month from 11am – 1pm

Lockerbie Carers Support Group

Meet at Townhead Hotel, Townhead Street, Lockerbie on 2nd Thursday of each month from 10.30am-12.00

Kirkcudbright Carers Support Group

Meet at Greyfriars House, St Cuthbert Street, Kirkcudbright on last Thursday of each month 10.30am-12.00

Sanquhar Carers Support Group

Meet at the Health Centre, Station Road, Sanquhar DG4 6BT on second Monday of each month 11am – 1pm

Volunteers



We are currently looking for volunteers to help with the following:-

Hairdressing or Beauty – we are looking for volunteers with hairdressing or beauty skills who would like to visit our day care centres to offer a bit of pampering to the people we support.

Support Volunteer, Ecclefechan – support volunteer to help out at our day care centre in Ecclefechan on a Thursday 10.30am – 3.00pm.

Support Volunteer, Dumfries – support volunteer required to help out at our day care centre on a Saturday 10.30am - 3.00pm.

Gardener at Ecclefechan – we are looking for volunteers who love gardening and have green fingers who could support our new gardening groups for people attending day care. If you are interested in becoming a volunteer for Alzheimer Scotland, or would like some more information on the above roles, please contact Nina on 01387 261303.

VOLUNTEERS MEET YOUR PEERS!

Are you already an Alzheimer Scotland volunteer or are you looking for volunteering opportunities?

Come and join us on
Friday 23rd November 6:00pm—8:00pm
Resource Centre ,
8 Gordon Street, Dumfries
for a fun, social evening of networking,
entertainment, nibbles and try your luck at our
BIG QUIZ



Nina Parkin, Volunteer Co-Ordinator

Join Us – Become a Member

Alzheimer Scotland is Scotland's leading dementia organisation. We deliver high quality, dementia-specific services and an array of community based support and activities from Shetland to the Borders. We campaign to shape and improve policy as well as being a national and local voice both of and for people with dementia and those who care for them. We support a network of Dementia Advisors, a growing number of local Dementia Resource Centres, the Dementia Friends Scotland programme, our 24 hour Freephone Dementia Helpline and a wide range of dementia research through our fundraised income. We believe nobody should face dementia alone.

Member benefits are as follows:-

- Keep up to date with the latest news
- Receive a copy of our Dementia In Scotland magazine three times per year direct to you
- Stay up to date with regular e-newsletters and exclusive content just for members

We love to see our members at our events so we'll let you know when they are coming up. We'll also give you priority invitations and discounts

- Priority invitations to national, regional and local events
- Priority booking and discount for our annual conference and annual Christmas lecture
- Invitation to our staff conference and annual awards ceremony
- Promotions with partner organisations
- Entry into our annual Christmas prize draw
- Have your say – your voice is important
- Join us at our engagement sessions
We want to know your opinions on important issues -

Come along and vote at the Annual General Meeting – members help to shape our organisation

- Take part in surveys, e-campaigns, add support to online campaigns, petitions and initiatives – together we can influence change to make life better for those living with dementia
- Link with us on facebook through our national page or one of our regional pages
- Join the dementia debate and keep up to date with the latest news via our twitter feed

Join today – visit www.alzscot.org/membership or call 0131 243 1453

Purple Alert

Launched in September 2017, Purple Alert is a community minded app that's helping people look out for their neighbours. With the support of people living with dementia and their carers', Police Scotland and Health and Social Care providers, Alzheimer Scotland developed the free Purple Alert app as a way to help the community find people living with dementia by keeping an eye out for them if they are lost or not where they are expected to be.

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. The more people using the app the more successful it will be in helping to look out for people living with dementia.

Be part of a community that can assist people with dementia if they lose their way.

Download the Purple Alert app to :-

- ✓ Raise an alert
- ✓ Report sightings
- ✓ Get updates

You can play your part by downloading the app today from www.purplealert.org.uk or by visiting the Alzheimer Scotland website for details.



24 Hour Dementia Helpline

Our Helpline is available as usual 24 hours a day. Thanks to the Dementia Helpline team nobody has to face dementia alone.



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 Dementia Resource Centre in Dumfries on 01387 261303.