

October - December 2018

West Lothian Newsletter



Welcome to our Autumn Newsletter

Hi everyone.

First, we would like to welcome our new Head of Localities, Mark Laing, who joined Alzheimer Scotland on 24th September. Mark previously worked for 8 yrs as Head of Partnership Delivery and Management with Working Links/ Start Scotland. Mark 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.

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.

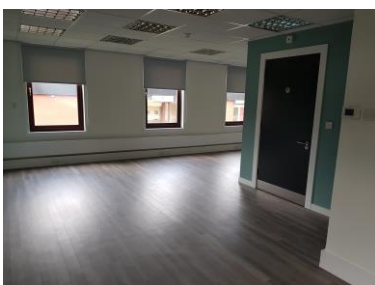
It's been a busy few months settling in with our new staff and we have just returned to our base at Grampian Court, Livingston following our refurbishment. We are just awaiting deliveries of new furniture and the installation of our technology hub. We will be having an official opening event sometime soon whereby you can come and have a look around. We will keep you posted when this will be and we will look forward to welcoming you to our lovely resource centre sometime soon.

Many thanks

Lesley Millar, Locality Resources Coordinator

Grampian Court Office Refurbishment Update

We promised an update in our last newsletter on the refurbishment of our office at Grampian Court, Livingston. The work began as the start of September when the office staff moved out to Fauldhouse. The good news is that the main part of the refurbishment is complete, just a few finishing touches remain (like furniture which should be with us next week!). The staff are back in the office if you need help with anything. We will be holding a Dementia Action Network meeting shortly (please see separate article on this topic) to discuss plans for the future, including groups and activities you would like to see run from the centre.



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

Telephone 01506 533 108 Email WestLothianServices@Alzscot.org Website www.alzscot.org

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Day Opportunities Programme

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

July

Due to staffing changes, unfortunately the programme did not run in July.

August

The month started with a catch up at our base in Rosemount Gardens, Bathgate where we discussed future group activities. This was followed by an enjoyable trip to the marina at South Queensferry. Those that were able had a walk, managing to get some lovely fresh air before re-joining the rest of the group for a well-deserved coffee.

The end of August saw the group enjoying some time in Rosemount Gardens again, this time having fun playing Dominoes, using colouring books and looking at newspaper articles. This was followed by a trip to Craigie's Farm, a request from earlier in the month and a firm favourite.

September

After morning activities and a filling lunch the group headed out to Dobbies at Houston Mains in Livingston. As you can see from the picture we managed to fit in a wee coffee before splitting into two groups to explore the garden centre.



Later in September the group again met at Rosemount but followed this by a trip to a new venue, well new for the Day Club! We took a trip to the Edinburgh International Climbing Arena in Ratho. We started our afternoon with a nice drink in the cafe then went on a bit of an expedition around the centre and a walk in the quarry. This was a definite winner and somewhere we will visit again.



Future Events October to December 2018

Halloween fun at Rosemount Gardens, a visit to our newly refurbished resource centre in Livingston and our Christmas party in December.

January 2019 Day Opportunities running dates

The group will be held on weeks 2 and 4 in January 2019 to avoid the New Year period. This means it will run on the 8th and 22nd of January.

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Staff News



Some of you may have already had the chance to meet our new staff member Pamela Anderson. Pamela completes our team by taking up the final Community Outreach Worker post. If you haven't already encountered Pamela she will be helping at the Carers group, the Day Opportunities Club and several cafes.



Dementia Action Network (DAN) Update

We were asked by our Policy team to “pause” in arranging a subsequent meeting to follow up from the focus group held in December last year. Along with the restructuring of our team and having to move out of the office to undertake our transformation into a resource centre, we haven't had much time to focus engagement. In the coming months there will be an invite issued to come and visit the new resource centre, we will be looking to discuss what you would like to run from it. If you weren't on the previous invite list but would like to be added please contact the main office.

Cherie Raby
Dementia Advisor



Café Information

We relaunched the café for the Uphall/Broxburn area on Tuesday the 25th of September.

Café Details

Are you worried about your memory or have a diagnosis of dementia? Or are you caring for someone with a diagnosis? Visit our dementia café for support, information and advice.

The café will be in Strathbrock Partnership Centre, 189a West Main Street, Broxburn, EH52 5LH (entrance B Community Wing, in the coffee lounge).



The café will be held the 4th Tuesday of every month from 10am-11.30am, 2018 dates:

23th October

27th November

December date to be confirmed

For more information please contact:

Allison Porter on 01506 533 116 / 07765 243362 or email APorter@alzscot.org

General café leaflets for 2019 will be issued with the next newsletter at the beginning of January 2019.

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Meet the Dementia Advisor

We were approached in late summer by Morrisons supermarket in Bathgate about having a small Dementia Advisor Drop-in. The sessions started in September and are held at the back of the supermarket café. (at the comfy seats)

The drop in runs on the first Monday of the month from 10.30 am until 12.00 noon. We are currently running this for a trial period until December, which means the remaining sessions will be on the following dates: -

Monday 5th November
Monday 3rd December

We have free tea, coffee and cream cakes and time to chat about anything that you want to talk about with our Dementia Advisor Cherie Raby. Do pop along.

If you require further information, please contact Cherie on 01506 533 114/07786 406 668 or email CRaby@Alzscot.org.



Dementia Friends Sessions

Cherie is out and about every month delivering Dementia Friends sessions to groups, businesses and organizations within West Lothian. Recently, Food Train, Cyrenians, Barclay bank, Nationwide, Bathgate Brownie packs, Linlithgow Girls Brigade, Brucefield church guild, St Columba's Episcopal church Strathbrock Health centre and the Uphall 50 + group have all become Dementia friends. The aim of the sessions are to raise awareness about dementia and reduce the stigma. The sessions also give those who attend a little bit more of an understanding about what dementia is and what it isn't. The sessions last just over the hour and are free. If you would like to hear more about the sessions, please call Cherie on 01506 533 114/07786 406 668 or email CRaby@Alzscot.org.



Brucefield Church Guild



Food Train Volunteers



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Winter Lecture

Date: 10th December 2018

Venue: The Old Fruitmarket, City Halls, Candleriggs,
Glasgow, G1 1NQ

Doors open at 5.30pm, Lecture from 6-7pm



Everyone is welcome to join us for our annual Winter Lecture, to be delivered by Professor Karen Ritchie, Research Director, French Institute of Medical Research (INSERM).

For the first time, this year's lecture will take place in the beautiful Old Fruitmarket, in Glasgow's Merchant City.

Professor Craig Ritchie, Chair of the Psychiatry of Ageing and Director of the Centre for Dementia Prevention, the University of Edinburgh, will also give a short presentation.

Tickets are £12 (Members) and £15 (non-Members) and include the opportunity to network and enjoy festive nibbles ahead of the lecture, which will begin at 6pm. [Click here to book your ticket.](#)

Free tickets are available for people living with dementia and their family carers – please [get in touch](#) for more information.

If you have any queries please email externalevents@alzscot.org or call 0141 410 0104.

Get Ready for Flu

Scotland's Chief Medical Officer recommends that people have the free flu vaccine every year if they:

- * have a health condition (no matter what age they are or how fit and healthy they feel)
- * are aged 65 or over.

Adults with a health condition are more at risk of flu-related complications and need extra protection. The vaccine is the most effective way to help protect people against flu.



People over the age of 65 should get a letter in the post (or have just received one), prompting them to contact their GP to make an appointment to receive their free flu vaccination. However, people under 65 with an existing health condition may not receive a letter (but they are still entitled to a free vaccine through their GP).

For more information, visit readyforflu.scot.

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What's On In October, November & December ...

Bathgate Memory Café

Rosemount Gardens, Mid Street, Bathgate, EH48 1QW

1st October, 5th November & 3rd December from 1.30pm – 3.00pm

Café Connect Extra - Livingston

Dedridge Baptist Church, Livingston, EH54 6QR

3rd October, 7th November & 5th December from 2.00pm - 3.30pm

Memory Café – Livingston North

Newyearfield Farm Community Centre, Livingston, EH54 6AB

18th October, 15th November & 20th December from 2.15pm–3.30pm

Dementia Café – Whitburn

ANSWER HOUSE, Reveston Lane, Whitburn, EH47 8HJ

9th October, 13th November & 11th December from 1.30pm – 3.15pm

The People's Café – Uphall/Broxburn

Strathbrock Partnership Centre, 189a West Main Street, Broxburn, EH52 5LH
(Entrance B)

23rd October, 27th November & December TBC from 10.00am – 11.30am

Forget Me Not Café – East Calder

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

25th October, 29th November & 20th December from 10.00am - 12.00pm

The Sunlight Café – Fauldhouse

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

11th October, 8th November & 13th December from 1.30pm – 3.00pm

The Caring Café – Linlithgow

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

17th October, 21st November & 19th December from 10.00am – 12.00pm

Memory Cave Café – Armadale

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

19th October, 16th November & 21st December from 10.00am – 12.00pm

Carers Support Group

15th October, 12th November & 17th December 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.*

Assisted Decorating

The Assisted Decorating Scheme is a free decoration service which West Lothian Council are currently offering to elderly/disabled tenants who reside in West Lothian Council rented properties.

The scheme enables 1 room to be decorated per property. The scheme qualification information is provided below. If you would like an application form please contact the office on 01506 533 108. **Please note if any tenants have had a room done previously as part of the scheme the council cannot approve doing another room within the same property.**

Scheme Qualifications Restrictions

You will not be eligible if you have current rent arrears unless you have made an agreement to repay it and the Local Housing Officer agrees that payments have started and maintained.

Applications will not be accepted for anyone who has an able-bodied adult member of the household residing in the property who is under the age of 60.

If the scheme rules are found to have been breached, e.g. false certification of no able-bodied household members under 60, the full costs will be recharged to the applicant.

Older people of pensionable age

Proof of age will be requested before acceptance onto the scheme. You must sign the application and note that Question 3 about able bodied under 60 household members must be completed.

Households of singular or multiple people of reduced physical capacity

An assessment of permanently reduced physical capacity and proof of no capable household members will be needed before acceptance onto the scheme. You must sign the application and note that Question 3 about able bodied under 60 household members must be completed.

How the Scheme works:

If you qualify for the scheme we offer to decorate one room of your choice. This is an initial five year programme running from 2015/2020 with a limited budget which works on a first come first served basis. However, there is a limitation on the amount of work we can provide in any one year. A register of all successful applicants will be kept and maintained.

Severe cases may be prioritised by the consideration of an Assessment Panel.

Tenants will receive an acknowledgement of their application and further notification as to whether successful or not.

An inspection will be carried out in all successful applicants' homes to determine the extent of the decoration work required. Tenants will be notified prior to the inspection being carried out.

What's available on the scheme?

Preparation of the room i.e. stripping, filling, lining paper

Painting of walls, ceilings and woodwork and/or wallpapering

Tenants can choose from a wallpaper pattern book supplied by WLC at no cost or choose to provide their own at their expense

Choice of paint colours, assistance can be given to clearing out the room prior to work commencing

Limitations to the scheme

Stairways, top and bottom landings/hallways are excluded from papering due to health and safety. Painting alone is available. Plastering to full rooms or full walls are excluded from this scheme.

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Volunteering in West Lothian

The Big Iceland Bucket Collection

Thank you to all the lovely volunteering who participated in the bucket collections at the Iceland store in Livingston in August. A fantastic effort!



West Lothian College Fair



What a great turn out at the Fair in September. Thank you to everyone who took the time to come to our stall and put their name forward to volunteer with Alzheimer Scotland.

Argos Bucket Collection

Please give a few hours of your time and join us on Friday 26th, Saturday 27th and Sunday 28th of October for a bucket collection at Argos stores across Scotland.

Bucket collection shifts:

10:30am - 12:30pm

12:30pm - 2:30pm

If interested, please call 0131 243 1453 and ask for Hannah Livesey or [sign up by clicking here](#)
We are looking for volunteers to be a part of something amazing and join us at our bucket collection across Argos stores in Scotland to help us challenge Dementia.
We would love to see you there.

Rhona Watt, Volunteer Coordinator



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Fundraising

Linlithgow RFC Rugby Memories Club – We would like to say a big thank you to Bert Lawson and the rest of the Linlithgow Rugby Memories Club for donating a fantastic £150 to Alzheimer Scotland in West Lothian. Ellen Kirk, one of our Community Outreach Workers received the cheque at the Linlithgow café in September. The Memories Club extends an open invitation both to Club Members and members from other clubs to come along to our monthly meetings or to our monthly walking rugby sessions. The programme for the 2018/19 season is available on the Linlithgow Rugby Clubs website.



Sarah Brown from Fauldhouse raised a fantastic £407 by taking part in a sponsored cycle for Alzheimer Scotland. Sarah completed a total of 100 miles, 50 in August and 50 in September. Well done Sarah and thank you for your help!!,



We have been running a peer support group called Livingston Well with Dementia for a number of years. Unfortunately due to the office refurbishment we thought that we might have to postpone the October group as we didn't have anywhere to run it. However a venue was found at the lovely Bankton Mains Bowling Club in Murieston, Livingston. We would like to say a huge thank you to the staff at the Bowling Club for letting us use the facilities and for being so accommodating. This is a fantastic venue and nothing is ever too much trouble.



Further details of these events will appear on our Facebook page

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



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