

Dec2018

Angus Services Newsletter



Christmas Concert



CHRISTMAS CONCERT 2018

Arbroath Town Mission Centre
Grant Road, Arbroath

Friday 14th December 2018

7.30 p.m.

Tickets £10

Includes Tea, Coffee & Shortbread

All proceeds to Alzheimer Scotland Angus Services

Charity No. SC022315

Tickets available from: Angus Dementia Resource Centre

262 High Street, Arbroath, DD11 1JE

Tel: 01241 431770

Email: jquantock@alzscot.org

This will be the 17th year of the very popular Christmas Concert which is put together by the Friends of Angus Services, a group of people who come together to present a concert of seasonal music and verse. The scene is set as an Edwardian drawing room on Christmas Eve filling The Town Mission with Christmas Spirit; it is always thoroughly enjoyed by those who attend. During the interval tea, coffee and shortbread are served. Such is the popularity of this concert tickets sell very fast. Tickets are £10 each – available from our Angus Dementia Resource Centre by calling Janet on 01241 431770 or via email at jquantock@alzscot.org

Christmas Break - Our Dementia Resource Centre will be closed between

Monday 24th December 2018 - Wednesday 2nd January 2019

We would like to wish you all a very Merry Christmas & a Happy New Year



For urgent queries contact our 24hour helpline on 0808 808 3000

Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE Telephone 01241 431770
or 462780 E-mail anguservices@alzscot.org Website www.alzscot.org

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Christine's Corner



Panbride Drop In Christmas

Our lovely volunteers have once again agreed to man the ship which enables our drop-in to operate on the Friday between Christmas and New Year; this means there will be no break in the service we provide there.

We had a sensitive but joyous commemorative session at our drop-in on 9th November the nearest Friday to Armistice Day. Lesley Ritchie lead us in a good old sing-song where the rafters shook with songs written prior to or during 1914 -18. We are indebted to Lesley who provides us with a wonderful opportunity to exercise our lungs every month. George McAinsh, volunteer, recited Laurence Binyon's "For The Fallen" which was very moving, particularly for those who were veterans of subsequent conflict. A very special **thank you** to both Lesley and George for their contribution on the day and also to those of our volunteers who brought dainty tablecloths and sundry items which made a special occasion even more so. I'd like to add my personal thank you to the support workers who attend this and other groups; your input is invaluable at these sessions.

Football Memories



On Saturday 20th of October at the kind invitation of Mr Brian Cargill we attended the Arbroath vs Dumbarton game at Gayfield and what a thrill that was. Met by Louise at the entrance we were shown to our seats. At half-time we were presented with a 'memory box' generously donated to our group by Francis Davidson, Director of Avenue Care Services in memory of John Ritchie a pivotal fondly remembered 'family' member of Arbroath Football Club. JR was a legendary goalkeeping coach, and a former professional player who played for Cowdenbeath, Brechin City and Bradford City before also managing Brechin City. Our members were then delighted to find hot drinks and steaming pies waiting for them in the 36-0 Lounge where we were treated like royalty by Kerry. Arbroath FC have been exceptionally kind to us and we take this opportunity to say **thank you** to everyone who makes our monthly sessions there so successful: "C'mon the Lichties!"

Tea and Blether

We've had some interesting themes at our weekly Tea & Blether in the Dementia Resource Centre but none quite as hilarious as our Halloween Party where our Janet dusted off her little black number and revved up the broom. Thank you Janet for the sense of fun and the numerous anecdotes you share with us. Thanks also to Anne and Caroline who keep the hot drinks and biccies coming.

We also hold a monthly drop-in cafe at Brechin Cathedral Hall. Carole, one of our regular guests decided to hold a coffee morning for both the Men's Shed and Alzheimer Scotland. She raised a magnificent £460 which has been equally shared between the two organisation. Thank you Carole, you did a marvellous job of collecting a veritable mountain of raffle prizes and getting local businesses to donate coffee/tea and munchies.



NDCAN (National Dementia Carers Action Network – Alzheimer Scotland)

I recently had the privilege of attending their Full Members Network Meeting in Perth. If you would like to learn more about what NDCAN is about please do get in touch with me or speak direct to Caroline Russell NDCAN Administrator on 0141 410 1171.

Other Groups

We still have spaces available for new members to join our Multi-Sporting Sessions, Bowling, Football Memories and Montrose Lunch Club. If you would like to come along for a 'taster' then please call me on 07841 435800 or speak with Janet on 01241 431770.

Carers Support Groups

We have a new dementia specific carers support group in Arbroath on the first Monday of the month at 10.15am in our Dementia Resource Centre, 262 High Street, Arbroath. The first meeting of the group took place on 5th November the next meeting of the group will be held on 7th January 2019.

We also have a dementia specific carers support group running in Montrose on the third Tuesday of the month from 10.15am to 11.30am in the Adam Centre, Warrack Terrace; the next meeting will be held on 19th December 2018.

These groups are for families, relatives and friends of people living with dementia at any stage of the illness; if you would be interested in attending either of the groups please let us know by contacting Janet on 01241 431770.

If you would like to attend a carers support group but these groups are not accessible for you, with enough demand we may be able to set up a group in your area; please contact us.

Make a difference

Alzheimer Scotland is committed to making sure nobody faces dementia alone and we believe in the power of local communities in helping change things for the better.

It's only with your generous donations that we can continue our work in the heart of local communities across Scotland, and make sure we reach even more people who need our help.

Support our work in 3 ways

1 Make a one-off donation

2 Set up a direct debit

3 Volunteer



Donate

On our website www.alzscot.org

If you have any difficulties in making your donation online please contact us on 0131 243 1453 or by emailing fundraising@alzscot.org

Thank you once again for your support

Thank you!

We're committed to protecting your privacy

We will never sell on your data and we promise to keep your details safe and secure

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Groups & Information around Angus in January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 Public Holiday	2 Public Holiday	3	4 Carnoustie Drop-in
7 Forfar Music	8 Arb: Tea & Blether Brechin - Bowling	9 Forfar - Drop-in	10 Arb: Mx Sports	11 Carnoustie Drop-in
14 Forfar Music	15 Arb: Tea & Blether	16 Arb: Football Brechin DDC Forfar - Drop-in	17	18 Carnoustie Drop-in
21 Forfar Music	22 Arb: Tea & Blether Mont: Lunch Club	23 Forfar - Drop-in	24 Brechin - Bowling	25 Carnoustie Drop-in
28 Forfar Music	29 Arb: Tea & Blether	30 Forfar - Drop-in	31	1 Carnoustie Drop-in

All our groups are for people who are able to attend on their own safely or who can bring their own support with them.

Activity Groups

Weekly

Music Café - every Monday from 2 pm - 3.15pm, East & Old Parish Church, Social Area, Forfar

Monthly

Football Memories - third Wednesday of each month, 10.30am – 12noon, Arbroath Football Club, Gayfield

Bowling – Fortnightly, alternating Tuesdays and Thursdays – Brechin Bowling Club.

Monthly Drop-in Opportunities

For people with dementia and their carers at:

Arbroath - first Wednesday of month
2pm – 3.30pm, St Andrew's Church Hall

Brechin - third Wednesday of month
2pm – 3.30pm, Brechin Cathedral Hall

Montrose Lunch Club – fourth Tuesday of month
12.30pm – 2.30pm. Park Hotel

For more information

On times and location of these groups

Contact Janet on:

Tel: 01241 431770

Email at: jquantock@alzscot.org

Weekly Drop-in Opportunities

For people with dementia and their carers.

Arbroath - every Tuesday morning
From 10am to 12 noon,
Dementia Resource Centre, 262 High St

Forfar - every Wednesday afternoon
From 1.45pm until 3.45pm
The OAP Hall, Chapel Street

Carnoustie - every Friday
From 11 am until 1.30 pm
Panbride Church Hall, Arbroath Road

Monthly Dementia Information and Advice Surgery

Parkview Primary Care Centre, Barry Rd, Carnoustie, DD7 7RB

Your local Dementia Advisor will be available between **2pm and 4pm** on the fourth Tuesday of each month. Come along for confidential advice, information or emotional support. Please come to reception upon arrival.



For service updates, new information or any changes to our groups, you can follow us on facebook, our page name is: *Alzheimer Scotland Angus Service*



For more information about our national organisation and information about dementia checkout our website at www.alzscot.org

If you would prefer to receive our newsletter by email please email Janet on jquantock@alzscot.org she will add you to the email list.

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