

January/March 2019

Edinburgh Services

Edinburgh Newsletter



Welcome to our January Newsletter

Happy New Year to everyone! I hope you enjoyed the festive season.

I would like to take this opportunity to thank our dedicated Staff and Volunteer team for their commitment over the course of 2018 and look forward to us working together in this new year.

As expected, it was a very busy December for the Edinburgh Locality; organising parties, Christmas lunches and continuing to deliver a high-quality service to the people who we support.

What's new in 2019?

DA Online Surgeries:

Attend Anywhere online surgeries are a new flexible approach to offering information and support.

Changing lifestyles, rural living, increasing caring responsibilities are just a few of the challenges which can impact on the accessibility of services. Online support can provide an alternative, offering people living with dementia, their family and friends the ability to choose a time to talk that suits them. More information on the sessions, including joining information, is available on our [website](#). The next DA online surgeries take place on the below dates at 10am for a 1-hour time slot.

8th January 5th March 2nd April 7th May 4th June 2019.

Volunteer Gathering:

Alzheimer Scotland's first Volunteer Gathering will be held on Monday 11th February 2019 at the Stirling Highland Hotel. We have 80 volunteer places available and these will be split across localities. We hope that a cross section of volunteers, undertaking different roles in several localities, will be able to join us. Invitations will be sent out to localities very soon.

Art competition:

The Royal College of Psychiatrists in London are holding an art competition for people with dementia which closes on the 28 February 2019 – so spread the word quick! The theme of the competition is Living Well, and you can submit a painting, drawing or photo for the National Audit of Dementia.

First Place: £50 voucher plus your artwork on the cover of the national report.

Second Place: £25 Voucher

If you or someone you know would like to enter then please send your artwork plus your contact details to the following address: NAD The Royal College of Psychiatrists, 21 Prescott Street, London, E1 8BB or email them at: NAD@rcpsych.ac.uk



Lisa Moodie

Locality Resources Co-ordinator

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

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

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ 0131 243 1453

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

If you would like a copy of the Gallery Social programme for October 2018 – March 2019 please contact us at the office. I know there are a lot of people who are finding the programme interesting and informative.

SCOTTISH POWER PRIORITY LIST

You may not be aware but Scottish Power have a priority list in the event of power related problems such as power cuts. If you feel you would benefit from this service please contact our Dementia Advisor, Elizabeth Campbell, on 0131 551 9350 and she will make the referral.

USEFUL CONTACTS

I would like to remind you of the useful services provided for carers by two organisations in Edinburgh:

Care for Carers	www.care4carers.org.uk	0131 661 2077
VOCAL	www.vocal.org.uk	0131 622 6666

BRITISH CITIZEN YOUTH AWARD



We would like to extend massive congratulations to Iggy Just who was bestowed the British Citizen Youth Award in October for being a young carer to his grandad, John. He also carried out charity fundraising over the past couple of years.

He travelled to London during the school holiday week to receive the award from Lord David Blunkett. An amazing achievement for a young boy who has a tremendous relationship with his grandad.



Paula Frame
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

It's been another busy few months at Day Opportunities and we've enjoyed exploring autumnal, Halloween, Bonfire Night and Christmas themes.

Our Monday group have engaged in a variety of in-house activities including craft, baking, reminiscence, music, games and quizzes, and have also enjoyed time spent in local community cafes and short walks when the weather has allowed.



In addition to the above, our Tuesday and Thursday groups have appreciated longer autumnal walks and some interesting visits. A recent tour inside Lauriston Castle was both engaging and informative. We wished that we could have stayed longer, and the stunning views over the River Forth were much admired. A trip to The People's Story Museum brought back memories of childhood and, for several group members, items that they used in their work life.

Following a successful coffee morning in early November, our new Wednesday group is now in full swing and we are enjoying getting to know everyone as they become more relaxed and confident within the group setting.

It's been said that giving is not just about making a donation, it's about making a difference. We are extremely grateful to all our volunteers who regularly give their time and support and enhance the environment by bringing their unique skills to Day Opportunities.

On this theme, Karen from Four Abercorn Gallery kindly delivered excellent free art classes to several of our groups at her studio in Willowbrae. These were very much enjoyed. It was a real pleasure to see some of the work done by the groups displayed during one of her recent open days, and we greatly appreciate her enthusiasm and willingness to give her time and share her expertise.



A seated yoga taster session delivered by Gillian, from Edinburgh Leisure's Movement for Memories, was also well received. We learned that the word yoga traditionally means 'union' or 'connection' and this seemed appropriate. The group engaged very well. It was a calming, relaxing and peaceful morning although, as is often the case, it ended with a fair amount of laughter!

We have recently established links with an Edinburgh storytelling group who are keen to spend time with us in the coming months, and we are very much looking forward to this.



Lesley Jaap
Day Opportunities Organiser

Christmas Social

We had a lovely Christmas Social event on Friday 14th of December. Twenty-five people came along from our Oasis younger people's café, our 160-support group and other parts of the service.



We started with a lovely buffet lunch and then had great entertainment from Jason Sweeney from Music in Hospitals and Care. There was lots of singing and even some dancing! Jason was wonderful in providing a range of music including some traditional Scottish tunes and a Christmas sing-a-long. Our annual Christmas quiz was hotly contested, the musical intro's section was particularly popular and there was a very impressive winning score of 28 out of 32! Well done to the winning team. I hope everyone had a Happy Christmas and a good New Year and I am looking forward seeing you all at our groups this year.

Just a little reminder of dates for upcoming groups:

[Oasis Younger Onset Café:](#) Second Friday of every month 11.00am -1.30pm at Meadowbank Church (83 London Road, Edinburgh, EH7 5TT).

[160 Drop-In Support Group:](#) Third Friday of each month 10.30am -12.00pm at our National Office (160 Dundee Street, Edinburgh, EH11 1DQ).

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



Elizabeth Campbell
Dementia Advisor

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**

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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-

Marchlewska-

tel. 0131 551 9350

or email -

imarchlewska@alzscot.org

This role is subject to a Police Disclosure check.

