

January – March 2019

West Lothian Newsletter



Happy New Year to you all! We hope you enjoyed the festive period.

We're almost there with our newly refurbished centre here at Grampian Court in Livingston with final touches being made with soft furnishings etc. As you will see below, plans are now moving forward to have an official opening at the end of March, extra dates have been set aside for anybody wanting to come along and have a look around.

Our technology team have installed some examples of assistive technology within our tech hub, which can be used by people living with dementia in their own home. The staff will be trained to demonstrate how the assistive technology works.

Staff wise we have had a bit of a shuffle around with roles since the last newsletter. Rhona Watt resigned from her role as Volunteer Coordinator but intends to remain as part of the team in a volunteering capacity. Ellen Kirk has now taken up this role and will be actively working towards recruiting more volunteers to assist us with our services here at West Lothian. If you are interested in volunteering, Ellen is the lady to speak to. As Ellen has now changed role, we are currently in the process of recruiting a new Community Outreach Worker who we hope will be on board with us sometime in February.

As you will see, there is lots going on within Alzheimer Scotland in West Lothian and we look forward to seeing you all soon.

Lesley Millar, Locality Resources Coordinator

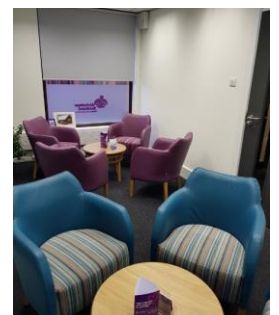
West Lothian Resource Centre Official Opening

The official opening of the newly refurbished West Lothian Resource Centre will be held at the end of March. To provide all those who would like to view the new centre with an opportunity to do so, we have set aside 2 further open visit days in April. We would appreciate it if you could make us aware if you are likely to drop in by emailing WestLothianServices@alzscot.org or calling 01506 533 108. If you haven't contacted us but are in the area on either of the days in question you will still be made most welcome.

Monday 1st April 10am – 3pm
Tuesday 23rd April 10am – 3pm

Calling all local photographers!!!!

The final finishing touches are currently being made to the Resource Centre and it would be lovely to have some pictures of the local area that we could put onto Canvas. If you have a picture or pictures that meets this description and you would be happy for us to display it, please contact the office.



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.

October

October began with a lovely trip on the Seagull Trust Barge, the last barge trip of the year. The good news is that we are all booked up again for 2019.

Mid October saw the group meet at Rosemount gardens for the last time, as we moved to our new base of the West Lothian Resource Centre, Livingston in November. The day began with some card making then lunch. We then took a drive out to Klondyke Garden Centre in Livingston for a browse around the centre and a drink in the café.



November



The group met at the West Lothian Resource Centre in Grampian Court, Livingston for the first time. The day was spent finding our feet in the new location. We found many benefits to having the group on our own premises including access to all our activity resources. However, the main benefit was that we could drink unlimited tea and coffee! The day was filled with crafting (making spheres with balloons, glue and wool), word games (words you can make with the word 'fire' in) and some football memories.

Late November saw the group take part in a St Andrews Quiz, discussing Scottish words then travel to Deer Park for a game of ten pin bowling.

December

December began with a lovely Christmas lunch at the Terrace Restaurant at West Lothian College. The group hadn't been to this venue before but seemed to thoroughly enjoy themselves stating that they felt it surpassed anything they had had before. We finished December back at our new home, Grampian Court. The group had coffee and biscuits and chatted together then took part in a quiz. We then had lunch together and played Boccia, an indoor bowls type game. The day concluded with some musical Christmas bingo and some Christmas gift and card swapping



Staff News

Unfortunately, Rhona Watt, Volunteer Coordinator left us at the end of December, we hope that Rhona will still be around to help us in a voluntary capacity from time to time. Rhona has been replaced by a familiar face, Ellen Kirk. Ellen was a Community Outreach Worker but has moved over into the new role of Volunteer Coordinator. This meant that we were looking for a new member of staff to fill Ellen's position. The new member of staff should be starting with us in the next month or so and further details will be given in our Spring newsletter

Dementia Cafes 2019

A copy of the Dementia Café leaflet with the dates, times and venues for 2019 has been sent along with this newsletter. Please also note that our Dementia Advisor, Cherie Raby will be dropping into all our cafes during 2019 (dates provided below). Feel free to use this time to ask her any questions.



Month	Date	Cafe
January	29th	Uphall (running café in January)
February	14th	Fauldhouse
March	15th	Armadale
April	17th	Linlithgow
June	25th	Uphall
July	1st	Bathgate
September	10th	Whitburn
October	31st	East Calder
November	21st	Newyearfield, Livingston North
December	4th	Dedridge, Livingston South

New Afternoon Tea (Pilot)

People have mentioned to us over the past few years that they would like it if we ran an afternoon tea. We don't have the space or facilities to do this in our new resource centre, however our Dementia Advisor has been speaking to the Hilcroft Hotel in Whitburn and they are happy to help us out.

As such we are holding afternoon tea at the Best Western Hilcroft Hotel, East Main Street, Whitburn, EH47 0JU on Thursday the 4th of April at 2pm. The cost of the afternoon tea is £15 for 2 people.

Obviously it is a while until April, however if you think you might be interested can you please contact us at WestLothianServices@alzscot.org or call 01506 533 108 and Eileen our Administrator can add you to our mailing list for this event.



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Scottish Dementia Working Group

Annual Members Meeting 2019 – ‘A Collective Voice’



The SDWG are holding their annual members meeting on Thursday the 7th of February at The Golden Lion Hotel, 8-10 King Street, Stirling, FK8 1DQ from 11.30am to 2.30pm. If this is something you might be interested in, please contact our Dementia Advisor Cherie Raby on 01506 533 114 or email CRaby@Alzscot.org. Cherie will also be able to discuss transport to the venue if this is an issue.

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 dates below at 10am for a 1-hour time slot.

5th March, 2nd April, 7th May and 4th June 2019

Scottish Power Energy Network Priority List



You may not be aware but Scottish Power Energy Network 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, Cherie Raby on 01506 533 114 and she will make the referral.

Art Competition

The Royal College of Psychiatrist 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 Prescot Street, London, E1 8BB or email them at NAD@rcpsych.ac.uk

What's On In January, February & March ...

Bathgate Memory Café

Rosemount Gardens, Mid Street, Bathgate, EH48 1QW

No Jan Café, 4th February & 4th March from 1.30pm – 3.00pm

Café Connect Extra - Livingston

Dedridge Baptist Church, Livingston, EH54 6QR

No Jan Café, 6th February & 6th March from 2.00pm - 3.30pm

Memory Café – Livingston North

Newyearfield Farm Community Centre, Livingston, EH54 6AB

17th January, 21st February & 21st March from 2.15pm–3.30pm

The Memory Café - Whitburn

Whitburn Pentecostal Church, Reveston Lane, Whitburn, EH47 8HJ

(Adjacent to ANSWER HOUSE)

8th January, 12th February & 12th March from 1.30pm – 3.15pm

The Memory Cafe – Uphall/Broxburn

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

29th January, 26th February & 26th March from 10.00am – 11.30am

Forget Me Not Café – East Calder

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

31st January, 28th February & 28th March from 10.00am - 12.00pm

The Sunlight Café – Fauldhouse

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

10th January, 14th February & 14th March from 1.30pm – 3.00pm

The Caring Café – Linlithgow

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

16th January, 20th February & 20th March from 10.00am – 12.00pm

Memory Cave Café – Armadale

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

18th January, 15th February & 15th March from 10.00am – 12.00pm

Carers Support Group

21st January, 18th February & 18th March 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*".

Fundraising

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. Did you know that our dedicated Dementia Advisors, Community Activity Organisers and our Dementia Helpline are made possible through fundraised income?



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

Find out more: [Alzscot.org/supportthelothians](https://alzscot.org/supportthelothians)

Thank you

We would like to say a big thank you to all our supporters, however special mention must go to Lucerne, Specsavers-Livingston, The Linlithgow Rugby Club Male Voice Choir and Q Squared Solutions for their generous donations made over the past few months. Some fantastic amounts raised!!

West Calder High School - YPI

YPI (Youth and Philanthropy Initiative Scotland) is a structured curricular programme, designed for secondary schools, centred on youth voice, youth action and youth philanthropy. Small teams of students identify the social needs of their local community. They then research the area and contact the group they would like to benefit. This provides the team with a more detailed understanding of what the potential benefactors do.



The teams then prepare a presentation on the findings and the winning team are given £3000 for the group they are backing. In this case the team picked the Alzheimer Scotland West Lothian Resource Centre and spoke to Cherie Raby the Dementia Advisor. As you can see from the photograph the team supporting us came out triumphant. Cherie said, 'I have been working with this team and it is fantastic news, I am over the moon' The monies will be used to build up every day resources for meaningful activities to be used at the Resource Centre on a regular basis, like art materials, music, games etc.



Further details of these events will appear on our Facebook page

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



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