

March 2019

Angus Services Newsletter



Welcome to our Spring newsletter

We can look forward to longer and warmer days ☺

SPRING is in the air! 🌸 🌺 🌻

Forget-me-not Belles

The lovely ladies, Maureen Black, Mable Taylor and Isobel Hosie, of the Forget-me-not Belles in Forfar had another successful year in 2018 raising £8,158 for Alzheimer Scotland Angus Services.

What amazing women they are, we are delighted to benefit from their hard work and we really appreciate all the support they receive throughout Angus.



Thank you!



Support while you shop

Amazon Smile is a new way to make a charity donation while you shop. Amazon shoppers can now nominate Alzheimer Scotland as their chosen charity.

Instead of visiting the normal Amazon.co.uk website, customers can load up the special **smile.amazon.co.uk** address, select Alzheimer Scotland as their chosen charity, and shop as normal. The Amazon Smile Foundation will donate 0.5% of the price of all eligible purchases. You only need to nominate your chosen charity the first time you use the site, and it will be remembered on future visits.

This is a really easy way for supporters to make a donation to Alzheimer Scotland when making planned purchases.

So, if you're an Amazon shopper, remember to visit **smile.amazon.co.uk** and select Alzheimer Scotland the next time you're shopping. And spread the word to anyone you know who is looking to do their bit to help Alzheimer Scotland make sure nobody faces dementia alone.



Forget-me-not Belles

3 Day Sale

Half Price Vintage Bric-a-Brac
Costume Jewellery at Bargain Prices
& New Items

At

**Masonic Lodge, Coutties Wynd,
Forfar**

**Thursday 21st & Friday 22nd
March**
From 10am until 4pm

Saturday 23rd March
From 10am until 3pm

For more information please contact Maureen
on 01307 465397

All proceeds to
Alzheimer Scotland Angus Services

Making sure nobody faces dementia alone.

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

Technology Day

We were recently joined at the Angus Dementia Resource Centre by Charlotte Swarbrick, Digital Lead within Alzheimer Scotland to hear about the latest advances in technology that is available and has been found to be beneficial for people living with dementia and their carers. From GPS locating devices providing reassurance for people with dementia and their carers, about a person becoming lost when out and about independently, doorbells with video technology that enables people to see who is at their door prior to answering it (or allowing them the choice of not answering it if the caller is unfamiliar), Purple Alert, Dementia Circle, lighting, fluid intake reminders and not to mention the very popular “Alexa” amongst a whole host of other items were on display.

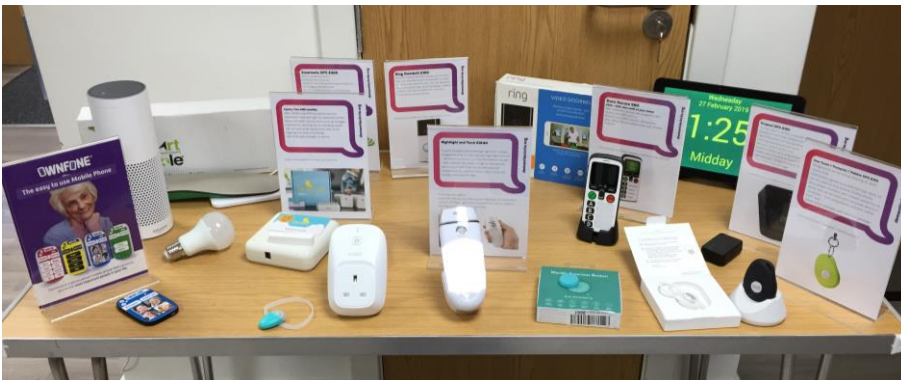


Have you downloaded
Purple Alert?

Charlotte gave a great presentation regarding the use of Purple Alert highlighting the importance of the whole community having this app on their phone so that as a whole we can look out for people with dementia. Find out more at - <http://www.dementiacircle.org/products/purple-alert>

Many of those who attended arrived expressing that they were unsure about technology and its benefits and/or unsure about their own abilities in using technology but thanks to Charlotte and her patience in answering all of our questions and discussing these items in an easy to understand, user friendly manner, this uncertainty was significantly reduced.

One person arrived announcing that he “did not hold with all of that Alexa nonsense” however following on from the event and having heard and considered all that Alexa could assist him with has bought his very own Alexa which he plans to use to listen to music and remind him of dates, appointments and events that he has in his diary.



As Charlotte pointed out, no piece of technology will work for everyone and technology is no substitute for human interaction but can be an extremely useful addition in promoting the independence and reducing the concerns of people living with dementia and their carers.

For even more information check out the Dementia Circle Website - <http://www.dementiacircle.org>
In the resources tab you find informative videos and leaflets to download.

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Forfar Weekly Drop-in



The Forfar Drop-in offers a supportive, friendly and stimulating environment for people living with dementia and their carers.

The Forfar Drop-in provides opportunities for people living with dementia and their carers to come together and develop friendships in a relaxed environment.



Afternoon tea is served and activities on offer are craftwork, floral arranging, quizzes are intermixed with games of dominoes, bingo etc.



Every Wednesday at the **OAP Hall**
Chapel Street
1.45pm – 3.45pm

This is a group for people who are able to attend on their own safely or who can bring their own support with them.



CHECK TEC OUT

Angus Health & Social Care Partnership has recently launched the Check TEC Out initiative. This project has been funded through the Scottish Government Technology Enabled Care Programme.

We know that people are often unaware of the potential of technology and how it could help them to live independently in their own home. With Check TEC Out people are offered the opportunity to 'check out' a range of technology enabled care (TEC) equipment, free of charge for 4 weeks. The equipment included in the Check TEC Out initiative is:-

- echo dot
- magiplug
- remote control plugs
- wireless motion sensing LED nightlight
- Ownfone
- projector clock
- LED toilet nightlight
- droplet intelligent hydration system



If you know of anybody who you think could benefit from any of this technology to support them to live independently in their own home please contact Glenda Hunter huntergl@angus.gov.uk 01307 473152 or 07984 458656. Anyone interested in trying this equipment should be aware that they will be asked to fill in an evaluation questionnaire to help learn about the effectiveness of the equipment.

After the 4 week trial, people will be given information on where to purchase this equipment.

Kilt Walk Donation

Lesley Edgley, pictured on the left, presented Pat with a Cheque for £1,255.23 for Alzheimer Scotland Angus Service. Lesley and her friend Lynne Maitland took part in the Edinburgh Kilt Walk in September last year raising this amazing amount through the generosity of sponsorship. Many thanks Ladies for your donation and for thinking of our organization your support is greatly appreciated.



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Scottish Dementia Working Group



The Scottish Dementia Working Group are a campaigning group run by people with a diagnosis of Dementia. The SDWG is

the independent voice of people with dementia within Alzheimer Scotland.

The SDWG needs you please let us know what you think the SDWG should focus our campaigning efforts on this year.

The group are coming to Arbroath on Monday 29th April at the

Angus Dementia Resource Centre,
262 High Street, Arbroath DD11 1JE.

We want to hear from people in your area of Angus. "What's important to you?" "What's important in your local area?"

Members from Dundee and Glasgow Scottish Dementia Working Group will be here and love to meet you.

(Monday 29th April, 12:00pm-2:30pm, Angus Dementia Resource Centre).

If you would like to attend please contact local Dementia Advisor Lindsay Shaw on 01241 431770.

Carers Support Groups



We have two dementia specific carers support groups one in Arbroath which is held on the first Monday of the month at 10.15am in our Dementia Resource Centre, 262 High Street, Arbroath.

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 March 2019.

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.

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Dementia Friends



Become a Dementia Friend

Learn a little bit about what it's like to live with dementia and turn that understanding into action.

Where:

Alzheimer Scotland, Angus Dementia Resource Centre,
262 High Street, Arbroath, DD11 1JE

Upcoming Dates:

Tuesday 14th May 2019 - 6:30pm

Tuesday 27th August 2019 - 6:30pm

Tuesday 5th November 2019 - 2:00pm

The session will last approximately an hour.

For further information or to confirm your attendance at one of the above dates please contact:

dementiafriendsscotland@alzscot.org



Christine's Corner

One of the loveliest aspects of being Community Activities Organiser is meeting so many interesting and wonderful people along with getting in to places which I'd never have thought of entering; I am involved in various activities.

Multi-Sporting Club



This group continues to grow in membership. We have discussed at length cricket and cricketers, boxing, viewed film of famous fights and played pool at Shutz. We cover a fair variety of sports; our most recent sporting experience was visiting the Indoor Bowling Rink in Arbroath where our members had a blast. We now have a standing invitation to our member to return independently of our group. Trying out these various sporting activities, taster sessions if you will, are an ideal way of reigniting a previous interest or the start of a brand new activity. Although I'd draw the line at taking up boxing!

The Lunch Club in Montrose



Also continues to attract new Diners. A number of us were talking at our most recent Lunch Club about the fact that we have **never** been disappointed with the food served at The Park Hotel in Montrose. It really is dining at its best! There is always the sound of laughter and a real warm welcome from staff. It is a lovely treat, once a month, to sit down, eat a nice lunch and just relax. The conversation just flows and there is always someone willing to tell a joke or two. We meet at 12.45 allowing everyone to arrive in time to place our orders at 1pm.

Brechin Bowling Club



It'll soon be time for outdoor play at the Bowling Club in Argyll Street, Brechin. This is an unusual activity from our point of view in the sense that we are able to offer two opportunities each month to play bowls. With a fortnight between them we play a Tuesday **afternoon** and a Thursday **morning**. We stop half way through each session for a cuppa then resume our friendlies. Although there is a bit of competition there is always a great deal of banter between members and visitors alike. The Members of Brechin Bowling Club treat us like friends and there has been a lovely warm welcome extended to us from the first.

Keeping involved in activities within the community is important for everyone but it can be difficult to fight against feelings of despair at having got any kind of life-limiting condition either for yourself or a loved one. The common denominator within these various Groups is the laughter and the camaraderie. Talking, mixing with others who may or may not be in a similar situation to yourself helps in ways you might not recognise immediately and I can promise, for the time you are together, you will feel lifted.

For further info on these please contact Christine on 07841 435800 or Janet on 01241 431770.

Dementia Awareness Week

It's never too early to start thinking about Dementia Awareness Week. This year Dementia Awareness Week is from Monday 3 to Sunday 9 June. The theme for Dementia Awareness Week this year is 'Prevent now, Care today, Cure tomorrow'.

Keep a look out for our events during Dementia Awareness Week; it is always a very busy week with events going on all around Angus for everyone to take part in.



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Groups & Information around Angus in March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
4 Forfar Music	5 Arb: Tea & Blether Brechin Bowling	6 Arbroath Drop-in Forfar - Drop-in	7	8 Carnoustie Drop-in
11 Forfar Music	12 Arb: Tea & Blether	13 Mont: Café Monifi: Café Forfar - Drop-in	14 Arb: Mx Sports	15 Carnoustie Drop-in
18 Forfar Music	19 Arb: Tea & Blether Carnoustie Café	20 Mont: Carers Arb: Football Brechin DDC Forfar - Drop-in	21 Brechin Bowling	22 Carnoustie Drop-in
25 Forfar Music	26 Arb: Tea & Blether Mont: Lunch Club	27 Forfar - Drop-in	28	29 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.

Multi-Sporting – second Thursday of each month, 2pm – 4pm various locations and activities

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 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

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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