

April to June 2019

# West Lothian Newsletter



## Welcome to our Spring Newsletter

Hope you all had a lovely Easter and have been enjoying the lovely Spring sunshine.

March saw the official relaunch of our newly refurbished Dementia Resource Centre in Livingston. West Lothian Lord Lieutenant, Moira Niven attended to cut the ribbon and to welcome all those who came along. This was a fantastic day with a great turnout and fabulous feedback from those who attended. It was a great opportunity to showcase some of the fantastic work that the Alzheimer Scotland Team are doing within the West Lothian Locality.



We also had the first of our 'soft' open days on 1 April 2019 whereby we opened our doors for the public to come along and see our new facilities. We were overwhelmed and delighted by the positive response to this.

West Lothian is now 1 of 3 Alzheimer Scotland technology hubs showcasing some of the assistive technology that can be used within the home to assist people living with Dementia, for example; Ring doorbell, Alexa and many of the programmes that can be linked into this. We will have more information on how we plan to roll this out and share with you in our next newsletter.

*Lesley Millar, Locality Leader*

## West Lothian Resource Centre – Photograph Update

As you will have seen in our January newsletter and on the Alzheimer Scotland – Edinburgh & Lothians Facebook page, we made a call to all local photographers to help us by sending in some pictures of the local area that we could display in the newly refurbished Dementia Resource Centre.

We had a fantastic response especially to the Facebook post and the team found it very hard to agree on the pictures we should select. Having said that a decision was made and 5 images were chosen, thank you to everyone who sent images in, they were all fantastic!!

From left to right the images were taken by: -

Andrew Brown (Five Sisters), Tom Gilland (Linn Jaw Waterfall, Linhouse), Bill Bennett (Linlithgow), Bruce Harley (Inside the dome at the Livingston Designer Outlet and Almondell Country Park)



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

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## Day Opportunities Programme

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

### January

The group stayed indoor at the start of January, having said that they had a full day with a classroom style lesson on British Sign Language and some indoor curling. The day came to an end watching some comedy sketches, so we could all have a bit of a chuckle!!

Late January saw a Robert Burns theme with tartan napkins and table settings along with some Ceilidh music playing. The group then ventured out to Howden Park Centre to view the Murray Robertson Exhibition. The exhibition brings together a collection of iconographic images and ideas used to explore ancient myths of the Scottish landscape and the human psyche. It certainly gave us something to think about.



### February

Love was well and truly in the air at the start of February with a Valentines theme, red plates and love heart napkins along with card making which the group could take home. This was followed by a trip out to Dobbies Garden Centre for a coffee and walk around.

The second session in February saw the group discuss 'animals in winter'. They had a shout out quiz about what animals do in winter and how their habits change. This was followed by another fun indoor curling session, which seems to be proving very popular.

### March

March began with a 'house and homes' theme. A discussion took place about where people lived, remembering first houses, places they have lived in this country and abroad.

The theme for the end of March was 'planting for spring', the group chatted about whether or not they had gardens and grew their own produce or had allotments etc. We had pictures of unusual fruits and vegetables and we all tried to guess what they were. The group then headed to the resource centre in Livingston to look at the new technology items. We had a demo of Alexa and how it can be used, playing some games with the Echo Dots and changing the colour and brightness of the lights using our voices.



### Future Events April to June 2019

- April – Bennie Museum, Bathgate and a visit to The Seagull Trust Barge, Ratho.
- May – 1970's reminiscence at the beginning of May and holiday reminiscence at the end with a trip to South Queensferry.
- June – The Five Sisters Zoo in early June followed by another trip on the Barge later in the month.

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## Information Section

### Afternoon Tea Update



We had a great afternoon at the Hillcroft Hotel in Whitburn with our first Afternoon Tea session, there were copious amounts of tea and coffee drunk as well as a delicious array of sandwiches, cakes and scones. “Lovely company”, “Great food”, “lots of boundless chat” were the order of the afternoon. We plan to hold our next Afternoon Tea on Wednesday the 26<sup>th</sup> of June at 2pm. Invitations will be sent to those who previously expressed an interest. If this is something you would like to attend, please call us on 01506 533 108 or email [WestLothianServices@alzscot.org](mailto:WestLothianServices@alzscot.org) to be added to the mailing list.

Please note it is fine to book and change your mind (these things happen) as long as you give us 24 hours’ notice, that way we can inform the hotel.



### Dementia Action Network (DAN) – West Lothian

We held a meeting of our DAN group at the start of April with the Head of Strategic Planning and Performance, as part of our local Integrated Joint Board Strategy plan consultation. The main points that came from our engagement and that have been fed back are:

- The importance of ongoing engagement with people living with dementia and carers in setting and delivering the plan.
- A local implementation plan for the national dementia strategy.
- That commissioning is used effectively and meets the needs and aims of residents and people living with dementia and their carers and that Alzheimer Scotland supports and inputs into the development of commissioning.

The next steps will be a consultation that will happen in May around the commissioning plans. These commissioning plans are important as they outline the Integrated Joint Board schedule, allocation of resources and documentation requirements of future services and working partnership to put these in place. They are interested in what we have to say as Dementia is very much seen as overarching many of the plans. When dates are made known we will organize a couple of consultation meetings to allow for feedback and everyone will be most welcome.

If you are not already on the invite list for the DAN meetings but would like to be added please call 01506 533 108 or email [WestLothianServices@alzscot.org](mailto:WestLothianServices@alzscot.org).

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## Dementia Awareness Week 2019

Dementia Awareness Week takes place every June in Scotland. This year, our key theme focuses on dementia research and local support.

Over 7 days, we want to highlight the support our localities currently provide, as well as the importance of dementia research, the impact it can have and the vital need for new research volunteers.



If you would like to get involved by holding an event yourself click on the link <https://daw.alzscot.org/>, this will allow you to promote your event and order an information pack. If you would like more information about our Dementia Awareness Week activities, please follow our local Facebook page: Alzheimer Scotland – Edinburgh and Lothians or contact the office.

## Events in your area

- **Monday 3<sup>rd</sup> June – Alzheimer Scotland Annual Conference**

To be held at the Edinburgh International Conference Centre, The Exchange, 150 Morrison St, Edinburgh EH3 8EE - At our annual conference we will delve into the advances of current dementia research, as well as exploring the innovative support available to provide better care for people living with dementia today. For the first time ever, the conference is offering practical workshops that have been specifically tailored for people living with dementia and carers which will provide take-home advice and ideas, as well as an opportunity to attend one of our new one-to-one clinics to discuss what matters to you. **A limited number of complimentary tickets are available to people living with dementia and family carers – please get in touch by emailing [conference@alzscot.org](mailto:conference@alzscot.org) or call Cherie Raby on 01506 533 114**

Go to <https://www.eventbrite.co.uk/e/alzheimer-scotland-annual-conference-2019-tickets-54859601545> to book your place.



- **Monday 3<sup>rd</sup> June – Bathgate Dementia Café**  
Rosemount Gardens, Mid Street, Bathgate, EH48 1QW from 1.30pm – 3pm
- **Tuesday 4<sup>th</sup> June – Meet the Dementia Advisor**  
Drop in at West Calder and Harburn Community Development Trust, Dickson Street, West Calder, EH55 8DZ from 11.30am to 1.30pm
- **Wednesday 5<sup>th</sup> June – Coffee Morning**  
Bathgate Partnership Centre, Lindsay House, South Bridge Street, Bathgate, EH48 1TS from 10am to 12 noon
- **Wednesday 5<sup>th</sup> June – Café Connect Extra**  
Dedridge Baptist Church, Quentin Rise, Dedridge, Livingston, EH54 6QR from 2-3.30pm
- **Thursday 6<sup>th</sup> June – West Lothian Dementia Resource Centre Drop in**  
Tea and a blether, advice and activities to be held from 1-3pm at our resource centre at Unit 1 Grampian Court, Livingston, EH54 6QF

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## Scotmid Grant



We have been successful in securing a £450 grant and want to say a big thank you to Scotmid for their generosity. The £450 grant will be used to fund refreshments provided to the groups that the Dementia Advisor leads- Peer support, Dementia Action Network (DAN) and a new meet the Dementia Advisor drop in (more information on this in the next newsletter)

## Edinburgh Airport Assistance

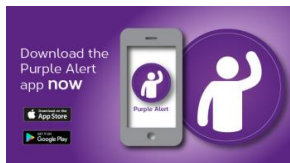
Passengers with Additional Needs/Hidden Disabilities can wear a lanyard or pin to make the staff aware of their hidden disabilities, allowing the airport teams to tailor their approach. You may use the lanyards or pins whether or not you have requested assistance.



If you would like a lanyard and/or pin the airport can send them by post or you can collect them at the Special Assistance Reception on your day of travel. Please contact [additionalneeds@edinburghairport.com](mailto:additionalneeds@edinburghairport.com) for more details.

Further information can be found at : <https://www.edinburghairport.com/prepare/travelling-with-additional-needs#lanyards>

## Purple Alert



Alzheimer Scotland wants to help find people living with dementia if they are lost.

With the support of people living with dementia and their carers, Police Scotland and Health and Social Care providers we have developed the Purple Alert app as a way to help find people.

The app allows carers to share the person living with dementia's profile if they lose their way and allows for eyes and ears on the ground immediately helping to find them. Purple Alert is the first app of its kind in the UK and it is available for free download to iOS and Android smartphones. Alzheimer Scotland hope that it will be downloaded and supported widely by people in Scotland and that it will help find people living with dementia if they are lost. <http://www.purplealert.org.uk/>

## 2018-19 Customer Satisfaction Survey



We would like you to tell us what you think about the service you get from Alzheimer Scotland, links are provided below to three separate questionnaires for People Supported, Carers and Stakeholders which we would be grateful if you could complete. (Hopefully it should be self-explanatory as to which survey you should complete)

When completing the questionnaire please be as honest as possible. We welcome both positive and negative feedback and would like to reassure you that your answers will be kept confidential. Your comments will help improve the service you get from us and help others also. The surveys opened on the 1<sup>st</sup> of April and will close on the 31<sup>st</sup> of May.

If you receive this newsletter by post, you will also find copies of the surveys to complete. If you could return these to us with your comments by Monday the 27<sup>th</sup> of May that will allow us time to input responses into our system prior to the closing date. You can also take them along to any of our cafes and hand them to the Alzheimer Scotland worker in attendance.

If you have any questions or need support to complete the questionnaires, please let us know.

Thank you for your time.

<https://www.surveymonkey.co.uk/r/LocalityStakeholderSurvey18-19> - Stakeholder Survey

<https://www.surveymonkey.co.uk/r/LocalityCarersSurvey18-19> - Carer Survey

<https://www.surveymonkey.co.uk/r/LocalitySurvey18-19> - Locality Survey (people supported)

## What's On In April, May & June ...

### Bathgate Memory Café

Rosemount Gardens, Mid Street, Bathgate, EH48 1QW  
1<sup>st</sup> April, 6<sup>th</sup> May & 3<sup>rd</sup> June from 1.30pm – 3.00pm

### Café Connect Extra - Livingston

Dedridge Baptist Church, Livingston, EH54 6QR  
3<sup>rd</sup> April, 1<sup>st</sup> May & 5<sup>th</sup> June from 2.00pm - 3.30pm

### Memory Café – Livingston North

Newyearfield Farm Community Centre, Livingston, EH54 6AB  
18<sup>th</sup> April, 16<sup>th</sup> May & 20<sup>th</sup> June from 2.15pm–3.30pm

### The Memory Café - Whitburn

Whitburn Pentecostal Church, Reveston Lane, Whitburn, EH47 8HJ  
(Adjacent to ANSWER HOUSE)  
9<sup>th</sup> April, 14<sup>th</sup> May & 11<sup>th</sup> June from 1.30pm – 3.15pm

### The Memory Cafe – Uphall/Broxburn

Strathbrock Partnership Centre, 189a West Main Street, Broxburn, EH52 5LH  
(Entrance B)  
23<sup>rd</sup> April, 28<sup>th</sup> May & 25<sup>th</sup> June from 10.00am – 11.30am

### Forget Me Not Café – East Calder

East Calder Parish Church Hall, East Calder, EH53 0HF  
25<sup>th</sup> April, 30<sup>th</sup> May & 27<sup>th</sup> June from 10.00am - 12.00pm

### The Sunlight Café – Fauldhouse

The Partnership Centre, Lanrigg Road, Fauldhouse, EH47 9JD  
11<sup>th</sup> April, 9<sup>th</sup> May & 13<sup>th</sup> June from 1.30pm – 3.00pm

### The Caring Café – Linlithgow

The Lowport Centre, 1 Blackness Road, Linlithgow, EH49 7HZ  
17<sup>th</sup> April, 15<sup>th</sup> May & 19<sup>th</sup> June from 10.00am – 12.00pm

### Memory Cave Café – Armadale

The Community Centre, North Street, Armadale, EH48 3QB  
19<sup>th</sup> April, 17<sup>th</sup> May & 21<sup>st</sup> June from 10.00am – 12.00pm

### Carers Support Group

15<sup>th</sup> April, 20<sup>th</sup> May & 17<sup>th</sup> June 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

The number of people in Scotland living with dementia is growing and we need your help. Join #TeamAlzScot and together we can Change Dementia. There's lots of ways to get involved: from running and ziplining, to bake sales and head shaves! What will you do in 2019?



Whether you're taking on the ultimate fitness challenge, starting the year off right with a New Year's Resolution or looking for a fun way to fundraise, there is something for everyone to take part in. Our fundraising events can be found by clicking on the link <https://www.alzscot.org/changedementia>. Got your own idea for a fundraising event? We can support you! Email [FundraisingMailbox@Alzscot.org](mailto:FundraisingMailbox@Alzscot.org) to find out how we can help.

## Livingston Rotary

The Rudolph Project was started in 2013 when Paddy and Lizette Bingham made these lovely chaps to give to friends at their wedding. The Rudolphins were so popular that people started asking if they could also have one in exchange for a donation to the Rotary Club of Livingston Foundation and thus started the Rudolph Project. The last 3 years have included match funding from SKY TV which means that the total raised in just 5 years is over £60,000! What an accomplishment.




I was invited to a rather lovely dinner at the Mercure Hotel in Livingston to accept a cheque from Livingston Rotary to the tune of £2660 and Paddy and Lizette came along to the official opening of the DRC to see just how important and useful the money is to the West Lothian services. Hopefully we'll do more fundraising the Paddy and Lizette in the future.

*Sally Davidson*  
*Locality Fundraiser*

## Q Squared Solutions

We mentioned in our winter newsletter that several organisations were fundraising on our behalf. We would just like to once again thank Q Squared solutions for the very generous donation of £1000!!



 Further details of these events will appear on our Facebook page <https://www.facebook.com/alzscotedinburghandlothians>



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