

April 2019

Forth Valley Services Newsletter



Welcome to our Spring Newsletter for Falkirk



Join us at the Alzheimer Scotland Annual
Conference

**Monday 03.06.2019 at Edinburgh
International Conference Centre.**

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.

The day will feature panel discussions and presentations that will investigate the key aspects of risk reduction and why dementia care should be free; and ask pertinent questions of the Government about Scotland's commitment to dementia research.

The breakout presentations will provide attendees with the opportunity to learn more

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about the pioneering improvements in specialist dementia care and acute care, along with showcasing the outcomes of innovative dementia research projects in the ongoing quest to find a cure.

We'll hear from prominent dementia researchers including Professor Craig Ritchie (Chair of the Psychiatry of Ageing and Director of the Centre for Dementia Prevention at the University of Edinburgh) and Dr Tom Russ (Co-Director of the Alzheimer Scotland Dementia Research Centre), along with experts from Alzheimer's Research UK, the National Institute for Health Research and the Centre for Policy and Practice at the University of the West of Scotland.

With over 500 delegates in attendance and 50 exhibitions for you to browse, this is sure to be the most thought provoking conference for Scotland's dementia community. You'll leave inspired with new information, support and ideas that will help us all in our ambition to prevent now, care today, cure tomorrow.

A limited number of complimentary tickets are available to people living with dementia and family carers – please get in touch conference@alzscot.org

Forth Valley Dementia Resource Centre- Fundraising Campaign

Alzheimer Scotland aims to have a Dementia Resource Centre in each area which provides a one stop shop for



information and advice about dementia. In addition, a Resource Centre provides a base for people to meet and to deliver a wide range of local dementia groups such as Musical Memories, Football Reminiscence, Brain Gym etc. as well as with providing an environment to showcase how technology can assist people to stay at home.

We have just started to search for an appropriate, accessible property in Stirling and Clackmannanshire area to buy. The Stirling and Clackmannanshire Branch has pledged to help raise the £100,000 needed to kit out the new centre and have a busy fundraising calendar planned.

If you would like more information on how you can become involved please contact Debbie Cassidy:
dcassidy@alzscot.org / mobile: 07989 047299



New Forth Valley Integrated Post Diagnostic Support Team



We are delighted to announce that our Post Diagnostic link workers will soon be moving to Airth to be part of a new multi disciplinary team based at Airth Medical Practice.

This new team will consist of our link workers, the NHS Dementia Outreach Team and will have Social Work support attached to the team. At its core is the aim to improve access to support at the time it is most needed, avoid duplication and make communication better.

There's a bit of work still to do however we hope to move in May and will then close the Bank Street office in Falkirk and the Sauchie Office.

Community Groups What's on....

Food With Friends



Following on from the success of the weekly café people felt an evening meal would also be something they would enjoy and we now offer this each month at the Hotel Cladhan in Falkirk. It's a great opportunity to meet up with friends, chat to the link workers and feel supported.

Where: The Hotel Cladhan, Kemper Rd, Falkirk.

When: 2nd Monday of each month

Time: 17.45pm

Cost: 2 courses £10 or 3 courses for £12

If you would like to come along please register your interest with:

Anne Christian Community Activities Organiser
on 01324 559480 or email her at
achristian@alzscot.org



Weekly Brain Gym

Where: Camelon Education Centre,
Abercrombie St, Camelon, FK1 4HX

When: Wednesday

Time: 1pm – 3pm

Where: The Maples, Stenhousemuir

When: Tuesday

Time: 1pm – 3pm

Cost: £5 per session. Refreshments provided.

This group is aimed at people in the earlier stages of dementia to promote well-being and self-management. It is a ten week programme that adopts the principles of Cognitive Stimulation Therapy which is an evidenced based treatment, supported by NICE guidelines that focus on strengthening and maintaining: Orientation, short and long term memory, focus, attention and concentration along with communication and problem solving.

If you would like to attend please contact Anne Christian Community Activities Organiser on 01324 559480

Football

Reminiscence:

Get together and discuss the beautiful game.

Where: The Maples Stenhousemuir.

When: Last Monday each Month

Time: 3.15pm-4.30pm

Also at:

Where: Corbie Inn. Bo'ness.EH51 0AS

When: Last Wednesday of each month

Time: 2pm-3.30pm

10 Pin Bowling

Redbrae Road,

Every Wednesday 11.30am-12.30pm

**FOOTBALL
MEMORIES
SCOTLAND**



Garden Club:

The Maples,
Stenhousemuir

Monday and

Thursday

10.00am -12.00pm

Summer baskets and tubs available soon.

Musical Memories – Singing Group

Where: St Francis Xavier Church Hall, Falkirk

When: 1st Monday of the month

Time: 11.00am – 12.30 pm (cuppa on arrival)

13th May 2019- visit from Falkirk Folk Club as part of the Tryst Festival

Drop In Cafes:

Where: Central Perks Coffee House,

Grahams Road,
Falkirk

When: Thursday

Time: 10am-12pm

New Dementia Café in Bo'ness

Come along have a chat and a cuppa.

Where: Richmond Park Hotel,
Bo'ness.

EH51 0DN

When: Wednesday

Time: 10am-12pm



Get Moving

Try something new at our new monthly activity group. In partnership with West Quarter and Redding Cricket Club and Falkirk Company of Archers we have a monthly programme of new activities to try including, soft archery, yoga and petanque.



Where: Polmont Sports Centre,
Salmon Inn Rd, Polmont, FK2 0XF

When: last Monday of the Month
Time: 10.00am-11.30am

Free for all participants.

For more information please contact Justine on 01324 564478 or email jdavidson@alzscot.org

Dementia Awareness Week

Dementia awareness week takes place in Scotland every June. This year Dementia Awareness week is 3-9 June.



Could you do something to raise some funds Every little helps, hosting your own "Tea and Blether", bake sale or sponsored event is good fun while making a difference.

At work, a dress down day, bake sale or party evening raises awareness and supports our Dementia Resource Centre.

You can contact our Fundraising Team for help and advice by emailing community@alzscot.org or calling 0131 243 1453.



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<https://www.facebook.com/Alzheimer-Scotland-Falkirk>



Making sure nobody faces dementia alone.