

April 2019

Forth Valley Services Newsletter



Welcome to our Spring
Newsletter for Stirling & Clacks.



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 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.



Forth Valley Services, 35 Johnston Avenue, Stenhousemuir FK5 4JZ Telephone 01324 559480

E-mail falkirkservices@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

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....



Weekly Brain Gym

Where: Ludgate House, Mar Place, Alloa.

When: Monday

Time: 10.30am-12.30pm

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:

New venue and times to be advised from 1st April.

Please call Anne Christian on 07932 120 685 or email achristian@alzscot.org to register your interest



**FOOTBALL
MEMORIES
SCOTLAND**

Talk of the Town:



Come along and for a cuppa and flick through the past.

Where: Raploch Community Campus, Room 3, Drip Rd, Stirling.

When: Third Thursday of every Month

Time: 11.00am-12.30pm

For further information please contact Donna Paterson, Dementia Advisor on 07733302772 or Dpaterson@alzscot.org

New members very welcome

Drop In Cafes:

Our cafes offer support and information in a relaxed atmosphere

giving you a chance to meet with others over a cuppa.



Where: Henderson Bistro, The Albert Halls Dumbarton Rd, Stirling FK8 2QL

When: Wednesday

Time: 10.00am-12.00pm

Where: Dnisi Coffee House, 18 High Street, Alloa.

When: Monday

Time: 2pm-4pm

Monthly Social get together

Informal support and activity group for both you and your partner.

Quizzes, laughter and a good blether.



Where: Alva Bungalow, Viewfield Drive, Alva

When: last Thursday of the Month

Time: 1.30pm-3.30pm

For more information please contact Anne Christian, Community Activities Organiser on 07932120685 or email achristian@alzscot.org

Stirling and Clackmannanshire Branch.

We are a volunteer group of people who have all lived or are living with dementia. Our purpose is to raise funds and awareness. We are all passionate about making a difference.

At the start of this year we commenced a campaign to raise £100,000 in order to kit out a Dementia Resource Centre. We have already raised almost £20,000.

The Dementia Centre will provide services for carers and the cared for from the onset of dementia until later stages

For more information please contact Debbie Cassidy: dcassidy@alzscot.org mobile 07989 047299.



Branch Fundraising Events

Saturday 30th March 2019

Afternoon Tea at
Parklands Centre, Alva
1p.m. to 3 p.m. tickets
£5.00



Sunday 28th April 2019

Janet Glendinning is running in the Stirling
Marathon - find her on her Just Giving page.

Saturday 4th May 2019

STARWARS Tattoo
event at Dark Horse
Tattoo Parlour, Alloa.



£40 each tattoo with all proceeds to our
Campaign.

Saturday 11th May 2019

Coffee Morning and Craft Stalls at Parklands
Centre, Alva.
10 a.m. to 12.p.m. tickets £5.00

Saturday 1st June 2019
Afternoon Tea at Inchyra
Grange Hotel
With Forever Living
Health and Wellness.
Details available soon.



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.



Find us on:
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that's happening at the Service by following us
on Facebook. Just go to the link below and like
the page.

[https://www.facebook.com/Alzheimer-
Scotland-Falkirk](https://www.facebook.com/Alzheimer-Scotland-Falkirk)



Making sure nobody faces dementia alone.

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