

May 2019

Angus Services Newsletter



Welcome to our May newsletter where we are highlighting Dementia Awareness Week.

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



From Monday 3 to Sunday 9 June, our key messages are:

- Dementia research is crucial to making a difference for people living with dementia now, and in the future
- Dementia research can only take place with the help of volunteers who have dementia and those who do not
- ...to make sure that we can learn more about dementia prevention and improving quality of life, in our journey to ultimately finding a cure
- It's vital that people living with dementia feel recognised, valued and supported in their local communities to prevent isolation and stigma
- Alzheimer Scotland provides a wide range of dementia-specific support, delivered through our localities in the heart of communities across Scotland

Support our work in 3 ways

- 1 Sign up for dementia research**
Dementia research needs the help of volunteers who have dementia and those who do not. Sign up to make a difference.
www.alzscot.org/DAWresearch
- 2 Organise a fundraiser**
Looking to fundraise during Dementia Awareness Week? Our Fundraising team can give you some inspiration and support you every step of the way
www.alzscot.org/DAW
- 3 Donate for Dementia Awareness Week**
Make a donation to support people living with dementia now and in the future. Your generous donations help us make sure nobody faces dementia alone.
www.alzscot.org/donate



Show your support for people living with dementia now and in the future

Your support will help us to provide

Support services
Nurses Helpline
Research Advisors
Community activities
Dementia Friends
Volunteers Events
Campaigning
Training Information
across Scotland

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

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Our programme for Dementia Awareness Week

Every year at Dementia Awareness Week Angus Services, along with the help of our friends and other organisations like to put on special events to mark Dementia Awareness Week this year is no exception.

The Forget-me not Belles shop will be in full swing as DAW starts, on 3rd June, having opened their doors on Monday 27th May at 10am.

Monday 3rd June – Annual Conference in Edinburgh; Lindsay Shaw will represent Angus Services

Tuesday 4th June – Tea & Blether in the Arbroath Dementia Resource Centre with seated exercise – 10am to 12 noon



Wednesday 5th June – Open Drop-in Café and information stand at St Andrews Church Hall, Arbroath between 2pm & 3.30pm



Thursday 6th June – Sing-along-a-Leslie in the Dementia Resource Centre 2pm to 3.30pm bring your requests and best singing voice.



Saturday 8th June – Tea & Tour at Forfar Open Garden 36 Lochside Road, Forfar, DD8 3JD. From 11am to 1pm. Let's hope the sun shines!



Christine's Corner



There is no way I could do what I do without the help and support of our Volunteers and, it occurred to me that you dear reader might not know who our volunteers are. So, to remedy the situation I have asked if they might consider writing a mini-bio for inclusion to our Newsletters stating why they decided to join us, how long they have been with us and why they stay. I was slightly afraid they would all say "NO WAY JOSE". I am delighted to say that we have our first piece from George who in his own words says....

"Volunteering was something that was never on my radar when I retired and especially with people with any form of illness or disability. I was asked by a friend who worked at the Volunteer Centre in Arbroath what I

knew about dementia, my immediate answer was nothing!! I am an Engineer!! My friend then asked me if I would be interested helping at a new project that Alzheimer Scotland was starting in Arbroath called Football Memories. Being a fan this immediately took my interest. After discussing with Bernie from Alzscot, it was with some trepidation I agreed to go along to the first meeting.

I found the Football memories sessions interesting and stimulating not only for the service users but for myself as the banter is all about fitba! from our era. What did absolutely amaze me was the powers of recall of the group members. When Christine took over from Bernie, she asked if I would like



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to come along to the Friday drop in at Carnoustie. I agreed to come along and see what it was all about. At first I was a bit unsure but eventually I found a niche among the service users and the volunteers. I now look forward to going to the drop in and the other activities I am involved in.

Conclusion:

I find that volunteering with Alzscot has given me the opportunity to help people less fortunate than myself.

- *Volunteering has given me the chance to try something completely different from my previous vocation.*
- *Volunteering helps to keep me mentally stimulated and the opportunity to make new friends.*
- *Volunteering gives a me sense of pride and self-satisfaction in what I do”.*

George has been a Valued Volunteer since 2013 and supports me in various activities, namely Football Memories, Multi-Sporting and our weekly drop-in. I am grateful to George for starting the ball rolling.

What a marvellous opportunity our Group had when we received an invitation from Gary Burnett to visit Arbroath United Cricket Club. Gary and his wife Cathy entertained us with a myriad of stories from the very early history of the club and bringing us right up to date. We also got the opportunity to view some prized photographs and trophies. One of the facts we learned on the day was that the ‘united’ in the Cricket Club’s name came from the days when there were two cricket clubs playing in Arbroath who became one circa 1860.



Sticking with the theme, our Multi-Sporting Group are a happy group of members who like to show off their various sporting skills. Harry, displayed incredible skill at pool when he provided us with this fancy shot, *he potted it too!*

I must just add my congratulations to Arbroath Football Club who have thrilled us with their play this season and brought huge pride to our community. We

asked the Lichties to “C’mon” and boy did they ever!

Our monthly Football Memories session is hosted by Arbroath Football Club within their Gayfield Stadium. If you are interested in football as a fan and volunteer or, have recently been diagnosed and would love to meet others in the same boat give us a call. You would be most welcome to join us. To learn more about this and any other Group call: 01241 431770 or 07841435800



Purple Alert



Have you downloaded
Purple Alert?

Purple Alert is the first app of its kind in the UK which helps to find people with dementia when they are lost. It is free and has been designed by people living with dementia and carers, Alzheimer Scotland staff, Police Scotland, Social Work, Dementia Friends Scotland, Health and Social care partnerships and telecare services. Angus Health and Social Care Partnerships Enablement Response Team have recently installed the app on all of their work mobiles along with many members of the community providing eyes and ears on the ground to help locate people who have been reported missing.

Find out more and download the App at PurpleAlert.org.uk

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New Fundraiser for Angus Area



Just to introduce myself to you as the new Locality Fundraiser for Angus area, my name is Sally Davidson. I'm here to advise and support you in all your fundraising efforts so I'll be delighted to hear from you. I love to hear what you are getting up to (or what you are planning to get up to) and whether you need any help from me. I'm in the area often so please feel free to request a chat or a cuppa (I love a cuppa) and to bounce ideas off me or bring your detailed plans to the table. I have balloons, banners and leaflets that you might like to have to enhance your event so please do get in touch.

I can be contacted on sdavidson@alzscot.org or 07771 815332.

Looking forward to hearing from all you lovely supporters.

The Scottish Dementia Working Group

The Scottish Dementia Working Group (SDWG) is a campaigning group run by, and for, people with dementia in Scotland. The most recent meeting held in the Angus Dementia Resource Centre gave Angus residents living with dementia the opportunity to discuss their local concerns. It was such a success there are plans to hold it in the Angus Dementia Resource Centre again later in the year. For further information please contact either Lindsay Shaw, Dementia Advisor on 01241 431770 or Wendy Rankin, Development Officer on 01382 210200.



Forget-me-not Belles



2 Week Charity Sale

At **Masonic Lodge, Coutties Wynd, Forfar**

Bric-a-Brac, DVD's, CD's & Buttons Galore!

Monday 27th May to Friday 7th June

10am until 4pm

Saturday 8th June

10am to 2pm

For more information please contact: Maureen on 01307 465397

All proceeds to Alzheimer Scotland Angus Services

Angus Services Newsletter

Carers Support Group

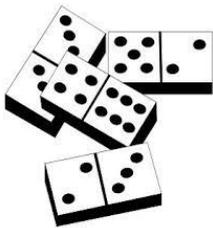
We have two dementia specific carers support groups one in Arbroath which is held on the first Monday of the month at 10.15am in our Dementia Resource Centre, 262 High Street, Arbroath. We also have a dementia specific carers support group running in Montrose on the third Tuesday of the month from 10.15am to 11.30am in the Adam Centre, Warrack Terrace. 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.



Forfar Weekly Drop-in



Every Wednesday

at

The OAP Hall

Chapel Street

1.45pm – 3.45pm



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

The 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 and quizzes are intermixed with games of dominoes, bingo etc.



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

We would love to meet you. Come and join us!



Dementia Friends

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

Upcoming Dates:

Tuesday 27th August – 6:30pm at the Angus Dementia Resource Centre

Tuesday 5th November – 2pm at the Angus Dementia Resource Centre

All sessions last approximately an hour.

For further information or to confirm your attendance please contact:

Lindsay Shaw, Dementia Advisor on 01241 431770.



863 people have attended Dementia Friends session in Angus since 2015

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Groups & Information around Angus in June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 Arb: Carers Forfar Music	4 Arb: Tea & Blether	5 Arb: Dementia Cafe Forfar - Drop-in	6	7 Carnoustie Drop-in
10 Forfar Music	11 Arb: Tea & Blether	12 Mont: Café Monifi: Café Forfar - Drop-in	13 Arb: Mx Sports	14 Carnoustie Drop-in
17 Kirrie: Carers Forfar Music	18 Montrose Carers Arb: Tea & Blether Carnoustie Café	19 Arb: Football Brechin DDC Forfar - Drop-in	20	21 Carnoustie Drop-in
24 Forfar Music	25 Arb: Tea & Blether Brechin - Bowling Mont: Lunch Club	26 Forfar - Drop-in	27	28 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 – Tuesday afternoons – Brechin Bowling Club.
Contact Christine on 07841435800 - for dates and times

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

For more information
On times and location of these groups
Contact Janet on:
Tel: 01241 431770
Email at: jquantock@alzscot.org

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
12.45pm – 2.30pm. Park Hotel

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 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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