

July to September 2019

# West Lothian Newsletter



## Welcome to our Summer Newsletter

Although technically the nights will be “drawing in” as we are past the shortest day, it’s nice to be able to sit out late in the evening as it’s still light. Hopefully the warmth will stay for at least the next month or so.

As you will see we’ve been busy over the last few months, the day club has been out and about, the dementia cafes have all been running, with a variety of activities and lots of lovely refreshments. Our afternoon tea session was last week, it went down a treat with eight couples and I enjoying lots of lovely eats in a nice relaxed atmosphere at the Hilcroft Hotel.

Please take a few minutes to read about Alzheimer Scotland’s Fair Dementia Care Campaign below, we ask for your support as we campaign for people with advanced dementia to have equal access to free healthcare just like other progressive illnesses in Scotland.

I hope you enjoy the newsletter, it will allow you to catch up on everything we’ve been up to over the past few months and give a flavour of things to come. If we can be of support over the summer period, please don’t hesitate to call us.

*Cherie Raby, Dementia Advisor*

## Fair Dementia Care

The Fair Dementia Care report sets out a firm definition for advanced dementia for the first time. It also identifies the inequality people living with advanced dementia face in terms of access to health care. Through the report the Fair Dementia Care Commission calls for a number of reforms, including equal access to free healthcare for people living with advanced dementia.

People with advanced dementia do not have equality of access to free health and nursing care, therefore they are disproportionately paying for social care in their own homes and in care homes. Alzheimer Scotland are campaigning to end this unacceptable inequality. In January 2019 we published the ‘Delivering Fair Dementia Care for People with Advanced Dementia’ report. The report makes recommendations to the Scottish Government and Health and Social Care Partnerships on how to deliver fair dementia care.

The report’s key recommendation is for equal access to free healthcare for people living with advanced dementia.

Alzheimer Scotland are asking for your support as we work towards equal rights for people with advanced dementia.

You can show your support by signing up to our campaign: <https://www.alzscot.org/fairdementiacare> or contact us on 01506 533 108 to ask for a postcard to complete your details.

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

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## Under 65's Section

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

### Day Opportunities

April began with a trip to the Bennie Museum in Bathgate. Our second session in April saw us board the Ratho Barge with some Easter themed activities. We made bunting to decorate the boat, using pre-cut triangles of printed paper, fastened onto flat ribbon with a stapler. We also had a colouring competition with Easter pictures, glue, sequins, stickers, feathers etc. The crew asked if anyone wanted to go to the bridge and drive the boat, one of our guests did and clearly enjoyed it. The barge crew told us about the history of the things we were seeing, and the group reminisced about other trips, on the barge and to the area with their families etc.



May began with a visit to a new setting, the Potter Around Pottery Studios in Kirknewton. This was our first visit here and everyone had a really good time, due to it being somewhere new and a different type of activity. Potter Around opened especially for us so we had sole use of the venue which was fantastic. They also gave us tea/coffee which was a nice added bonus.



June saw the group at the Five Sisters Zoo (they had kindly offered to let us all in for free for the day). Thankfully, the weather was dry for our visit, so we were able to leisurely explore the park. Due to the reasonably nice weather, a lot of the animals were out in their enclosures, so it gave us lots to see and photo opportunities.

### Carers Group

Please note that the carers group is changing venue and will be held at the West Lothian Dementia Resource Centre, Unit 1 Grampian Court, Beveridge Square, Livingston, EH54 6QF from the 15<sup>th</sup> of July. The group runs on the 3<sup>rd</sup> Monday of the month from 10.00am to 12.00 noon. The group is for carers of anyone with dementia under the age of 65 – the person with dementia is also welcome to attend.

### The Red Brick Café (NEW!!!)

We would like to invite under 65's with a diagnosis of dementia to join us for a tea or coffee (and cake!) at our Red Brick Café with the first café being held on Monday the 12<sup>th</sup> of August.



The café provides a safe space where you can relax, socialise and get some advice & support.

The café is on the second Monday of the month from 10.30am to 12.30pm at the West Lothian Dementia Resource Centre, Grampian Court, Livingston, EH54 6QF. For further information please contact Cherie Raby on 01506 533 114 or email [CRaby@alzscot.org](mailto:CRaby@alzscot.org)

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## Information Section

### West Lothian Dementia Action Network

As you know we held a meeting of our DAN group at the start of April with the Head of Strategic Planning and Performance, as part of West Lothian's local Integrated Joint Board Strategy plan consultation, we fed back our comments to them and to date they have said that they are still in the process of analysing the results. They are in the process as well of putting together new Planning and Commissioning Boards, which will be responsible for producing and monitoring the Commissioning Plans for each care group, this I believe will be established over the summer. A lead officer has not yet been identified for the Older People's commissioning plan, but I am being kept in the loop.

*Cherie Raby*

### Focus Group

We were contacted earlier this year by PhD student Katie Gambier Ross to help with some research. Katie's research aims were to understand people's experience of 'going-out' and she was keen to learn whether people get lost; do they go out alone or with company; whether they go out by car, by public transport or by walking; whether they feel safe; what challenges they face etc. The ultimate aim of her research is to understand the experience of people with dementia, so we can support people to be 'going-out' safely.



Katie is doing a further focus group specifically to gain the views of those who are living with dementia around this topic.

Information on the date, time and venue are below. Light refreshments will be available and travel costs will be reimbursed.

**Date:** Wednesday 14<sup>th</sup> August 2019  
**Venue:** West Lothian Dementia Resource Centre,  
Unit 1 Grampian Court, Beveridge Square, Livingston, EH54 6QF  
**Time:** 11am – 1pm

If you want to know more or are interested in attending, then please contact Cherie on 01506 533 114 or by email at [craby@alzscot.org](mailto:craby@alzscot.org).

### Bathgate Café – Change of Time

Due to increasing numbers attending, the Bathgate Memory Café's timeslot will be changing to allow us to make use of the restaurant area. The café will still be held at Rosemount Gardens but will now run from 2-3.30pm

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## Silver Sunday

Silver Sunday is an annual day of fun and free activities for older people (over 65) across the UK. Supported by The Sir Simon Milton Foundation, it celebrates the value and knowledge they contribute to our communities while combating loneliness and isolation.

When: Sunday the 6<sup>th</sup> of October 2019  
Venue: Hilcroft Hotel, Whitburn  
Age: Over 65yrs  
Time: 1.00pm-4.00pm



Tea, coffee & biscuits will be available along with information stalls from local agencies 1-2pm, followed by a Variety Show from Rovin Productions from 2-4pm. To reserve a space call 01506 237 950 after the 9<sup>th</sup> of September.

## Cinecard

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA).

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not.



The Card is developed by UKCA's Disability Working Group, whose members include film exhibitors and distributors, and national disability charities such as Action on Hearing Loss, the RNIB, Dimensions and Muscular Dystrophy UK.

If you have questions about the card and how it works read the [Frequently Asked Questions](#) or [contact us](#). See full [Terms and Conditions](#).

## ASAS Caravan

We have received information from ASAS in relation to a project they run called 'The Caravan Project', a very affordable static caravan located in Nairn Lochloy Holiday Park. The project is ASAS latest venture in the provision of greatly affordable holidays specifically for Adults with learning Disabilities and Mental Health Issues. ASAS owns the caravan, this means around 40% discount off the average letting out price from competitors. The caravan is named 'Zanre Haven' (pitch 17A) and can accommodate 8 adults.



You can find more information, photos, price list & booking form at <https://asascharity.com/the-caravan-project/>

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## Digital Tech Days

We will be holding a Digital Tech Open Day on Thursday the 5<sup>th</sup> of September from 11am to 1pm. During this time, you can come into the West Lothian Resource Centre and view our tech equipment in action. In addition to this you can also sign up for one of our Digital Group Skills Sessions:

### Digital Group Skills Session – Carers/PWD

**Date:** Thursday 26<sup>th</sup> September

**Time:** 2-3pm

**Cost:** Free

**Test** out some of the different technology options available

**Share** your experiences with others

**Listen** to what others say they have found useful

**Hear** from experienced speakers who will offer you solutions and ideas on the day

Alzheimer Scotland is delivering this event to help raise awareness of the technology products, services and digital solutions that are available and where to find them. The event will be very informal and relaxed with opportunities for questions, discussion and refreshments.

### Digital Group Skills Session – Practitioners/Professionals

**Date:** Thursday 24<sup>th</sup> October

**Time:** 10am – 1pm

**Cost:** Suggested Donation £20pp payable by cash, cheque or contactless on the day or prior to the event.

**Test** out some of the different technology options available

**Share** your experiences with others

**Listen** to what others say they have found useful

**Hear** from experienced speakers who will offer you solutions and ideas on the day

Lunch will be provided as part of this session. If you wish to sign up, please advise of any special dietary requirements at that time.

If you are unable to attend our Digital Tech Open Day but would like to reserve a space on either of the Digital Group Skills Sessions please phone 01506 533 108 or email [WestLothianServices@alzscot.org](mailto:WestLothianServices@alzscot.org). Please note all sessions will be held at the West Lothian Dementia Resource Centre in Livingston.



## West Lothian Council Advice Shop – Individually Tailored Information Sessions

We are reinstating our monthly information/advice sessions to be hosted by West Lothian Council's Advice shop. The sessions will be held on the **4th Wednesday** of the month from **1pm to 4pm** and will take place at our West Lothian Dementia Resource Centre, Livingston. The sessions will be for clients, carers and families affected by dementia. Each appointment slot will last for 45 minutes; **The next session will be on the 23<sup>rd</sup> of September, to book an appointment please call 01506 533 108 or email [WestLothianServices@Alzscot.org](mailto:WestLothianServices@Alzscot.org).**

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## What's On In July, August & September ...

### Bathgate Memory Café

Rosemount Gardens, Mid Street, Bathgate, EH48 1QW

1<sup>st</sup> July, 5<sup>th</sup> August & 2<sup>nd</sup> September from 2.00pm – 3.30pm **(please be aware of new time)**

### Café Connect Extra - Livingston

Dedridge Baptist Church, Livingston, EH54 6QR

July – no café, 7<sup>th</sup> August & 4<sup>th</sup> September from 2.00pm - 3.30pm

### Memory Café – Livingston North

Newyearfield Farm Community Centre, Livingston, EH54 6AB

18<sup>th</sup> July, 15<sup>th</sup> August & 19<sup>th</sup> September 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> July, 13<sup>th</sup> August & 10<sup>th</sup> September 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> July, 27<sup>th</sup> August & 24<sup>th</sup> September from 10.00am – 11.30am

### Forget Me Not Café – East Calder

East Calder Parish Church Hall, East Calder, EH53 0HF

25<sup>th</sup> July, 29<sup>th</sup> August & 26<sup>th</sup> September from 10.00am - 12.00pm

### The Sunlight Café – Fauldhouse

The Partnership Centre, Lanrigg Road, Fauldhouse, EH47 9JD

11<sup>th</sup> July, 8<sup>th</sup> August & 12<sup>th</sup> September from 1.30pm – 3.00pm

### The Caring Café – Linlithgow

The Lowport Centre, 1 Blackness Road, Linlithgow, EH49 7HZ

17<sup>th</sup> July, 21<sup>st</sup> August & 18<sup>th</sup> September from 10.00am – 12.00pm

### Memory Cave Café – Armadale

The Community Centre, North Street, Armadale, EH48 3QB

19<sup>th</sup> July, August – no café, 20<sup>th</sup> September from 10.00am – 12.00pm

### Red Brick Café – WL DRC for under 65's (new group)

Unit 1 Grampian Court, Beveridge Square, Livingston, EH54 6QF

Starting Monday 12<sup>th</sup> August then 2<sup>nd</sup> Monday of the month thereafter from 10.30am – 12.30pm. The café is for people who are under 65 with a diagnosis of dementia and for their families or carers.

Carers Support Group 15<sup>th</sup> July, 19<sup>th</sup> August & 16<sup>th</sup> September from 10.00am – 12.00noon, **new venue** West Lothian DRC, Unit 1 Grampian Court, Livingston, EH54 6QF. The group is for carers of anyone with dementia under the age of 65 – the person with dementia is also welcome to attend.

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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".

## Volunteering

June was a busy month for everybody in the West Lothian service with both dementia awareness and volunteer week happening at the same time!

During volunteer week I attended volunteer fairs in Livingston and West Calder. It was great to meet so many people interested in volunteering and to make connections with other voluntary organisations in West Lothian. Alzheimer Scotland volunteers also attended the West Lothian Volunteer Network Celebration event and enjoyed the entertainment and goodie bags.

I would like to say a huge THANK YOU to all our volunteers and supporters!

We are looking for volunteers to help raise awareness and fundraise within their local communities. The fundraising and events volunteer role includes activities such as placing and managing collection cans, putting up posters in your local community and attending or setting up your own events. This is a crucial role in raising Alzheimer Scotland's profile in our local communities and will help us reach and support more people.

If you are interested and would like some more information or you know anyone who may like to volunteer, I would love to hear from you!

Best wishes

*Ellen Kirk*

Volunteer Coordinator West Lothian Service  
Mobile: 07775 111710  
Email: [Ekirk@alzscot.org](mailto:Ekirk@alzscot.org)

## Fundraising

### DAW 2019

We would like to say a big thank you to all those who held events for us during Dementia Awareness Week. West Lothian Council's Advice Shop and Nationwide Building Society (pictured) to name a few.



### Schools in West Lothian

We have had more YPI success, this time from St Margaret's Academy in Livingston, securing £3000 for the Memory Café in Livingston North and a further £500 has been raised by Our Lady's RC Primary school in Stoneyburn. Thank you so much to everyone involved!

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## Memory Walks 2019

The walk closest to West Lothian will be held in Dalkeith, although we also have walks in Hamilton, Lochgelly and Stirling which aren't too far away. A full list can be found at

<https://memorywalksscotland.org/find-a-walk/>

### **Midlothian Walk - Dalkeith**

**Date:** 06/10/2019

**Time:** 11.00am

**Location:** Dalkeith Country Park, Dalkeith, EH22 2NA

**Walk Distances:** 3km & 5km

If you'd like to fundraise, your donations will help Alzheimer Scotland to make sure nobody faces dementia alone.

**Prices:** Adult - £10, 12-16's - free, under 12's - free

Join us for a gentle stroll around the beautiful Dalkeith Country Park.

Take the shorter 3km walk for a gentle stroll around the beautiful park which is suitable for Memory Walkers of all ages including pushchairs and wheelchairs. The longer 5km walk will take you further into the park. You'll take in the sights of the beautiful scenery around the River Esk. Please note all routes and distances are subject to change.

There will be exciting activities to keep you entertained prior to the walk starting.

Whilst enjoying the fun activities please take the opportunity to take time and think of those you are walking for by completing your 'I'm Walking For' signs and adding a loving memory to our Memory Wall.

For more information on the Memory Walks please contact Jonathan Clegg by email at [jclegg@alzscot.org](mailto:jclegg@alzscot.org) or call 07825 049 369



Further details of these events will appear on our Facebook page

<https://www.facebook.com/alzscotedinburghandlothians>



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