

Dementia in Scotland



Summer 2019 – Issue 99



Forging
forward
together



Annual General Meeting

Monday 18 November 2019
Radisson Blu Hotel, Glasgow

9.30am – Tea and coffee
10am – AGM starts
11.30am – Staff, members and volunteers conference begins

We look forward to welcoming members to this year's Annual General Meeting (AGM). As a member, your voice is really important to us and the AGM gives you a real opportunity to find out more about our progress and to ask questions. After the AGM, all members are invited to join staff and volunteers for the remainder of the day. For full programme details and to register, visit www.alzscot.org/conferences or view the enclosed documents with this magazine. If you have any queries email agm@alzscot.org or call 0141 410 0104.

**Members
only**



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Welcome

Welcome to this edition of Dementia in Scotland, reflecting on a very eventful summer for Alzheimer Scotland.

In June, we celebrated another successful Dementia Awareness Week which included a takeover of Haymarket Train Station. You can read more about this on page 4. One of our asks to the public during this week was to sign up to dementia research. Increasing the number of people in Scotland who are signed up to dementia research helps us to improve our understanding of the disease; to improve practice, prevent the symptoms and to ultimately find a cure. It was great to hear that the figures of people in Scotland who have signed up to our partners at Join Dementia Research (JDR) in June more than trebled and was the highest single months' figure since JDR was launched. A huge thanks to everyone who has already signed up.

Dementia Awareness Week also included our biggest ever Annual Conference, which focussed on the theme of 'Prevent now. Care today. Cure tomorrow'. Alzheimer Scotland aims to ensure the highest possible quality of care for every person and their families no matter where they live or what stage they're at in a dementia diagnosis. This is currently not the case, with too many variations in the type of support people have access to and are receiving across our localities. This level of inadequate support is no longer acceptable, and we are calling upon all local voices to join our collective movement to help us make sure local implementation plans are put in place by all local

Health and Social Care Partnerships. We cannot make positive changes without your vital voice. You can hear more of my address to the audience on pages 8 and 9.

Part of this high quality care is ensuring people with dementia are getting access to post diagnostic support upon diagnosis and, similarly, that they are treated fairly when at the advanced stages of the condition. These are two things that aren't happening consistently right now and need to change. You can read more about post diagnostic support and an update on our Fair Dementia Care campaign on pages 20 to 23.

Finally, I would like to say a huge thanks to Alzheimer Scotland's wonderful network of volunteers, as the beginning of June also marked Volunteers Week. We have nearly 1000 volunteers, who are all committed to helping make sure nobody faces dementia alone. Without them, we couldn't possibly strive to achieve all that we do; they're simply amazing.

The rest of the year will be just as busy and exciting as the first half and I look forward to updating you all again soon.



Henry Simmons

Henry Simmons, Chief Executive

We would like to hear your thoughts on Dementia in Scotland magazine. If you have any questions or comments, get in touch with the editor Dawn Ferguson by email: dferguson@alzscot.org or by phone: 0141 410 0108.

DIGITAL PARTICIPATION SIGNATORY

Alzheimer Scotland is a proud signatory of the Digital Participation Charter. This means that we are committed to ensuring that people living with dementia and their families have access to digital support and expertise across Scotland.

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Dementia Awareness Week sees dementia research volunteer numbers surge

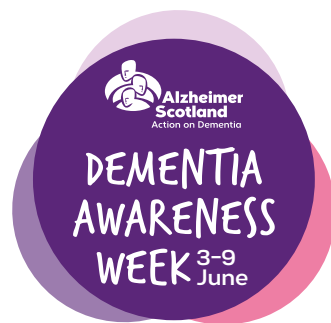
By Beccy Jardine, Campaign Marketing and Social Media Manager, Alzheimer Scotland

Thanks to our amazing supporters, Scotland's Dementia Awareness Week 2019 has been one of the best yet. This year, you helped us by not only spreading the word about dementia and the difference that support delivered in the heart of local communities can make, but also by raising awareness of the importance of dementia research.

During the week, we encouraged the public to sign up to volunteer with Join Dementia Research (JDR) which delivers new opportunities for those wanting to make a difference for people living with dementia now, and in the future, by connecting researchers with people who want to participate in studies. JDR is a joint partnership between Alzheimer Scotland, the National Institute for Health Research (NIHR), Alzheimer's Research UK and Alzheimer's Society.

Thanks to your support, June saw the highest number of volunteers signing up to take part in research in Scotland since JDR began. There are now over 3,000 dementia research volunteers in Scotland which is phenomenal, but more volunteers are always needed. With active studies open across the country looking for recruits, we need everyone to take part, whether you have dementia or not. If you're interested in finding out more about dementia research or are looking to sign up, head to <https://daw.alzscot.org/dawresearch>.

We also had a 'takeover' of Haymarket Train Station during Dementia Awareness Week. Our branding covered the station and we held an information and awareness stall where staff and volunteers had the pleasure of meeting lots of supporters and members of the public. It was great to see such support for the charity and we are very grateful for everyone who stopped to say hi, share a story, take some information or donate.



Many of you also shared your experiences so Scotland could hear from real people living with dementia. We heard from people like Danny and Catherine. Danny was diagnosed with early onset dementia three years ago, at the age of 52 and told our followers across social media, "You can get dementia at any age. It's not an older person's illness that comes with age. I think it's important people know that."

Danny continued, "Three years ago, my diagnosis was a shock. It was very difficult as we had two teenage children at home and our lives changed significantly, almost overnight. One of the biggest adjustments for me was having to give up my driving license and feeling I was somehow losing my identity."

Dementia friendly social activities have made a big difference for both Danny and Catherine, especially the Every Voice Community Choir. The choir made several appearances during Dementia Awareness Week, which you will read more of later in this magazine.

Danny says groups like the choir and other activities with Alzheimer Scotland keep him busy and have been a big help. "While I wouldn't wish it on anyone, so many good things have happened since I was diagnosed with dementia, thanks to the support through Alzheimer Scotland.

"Being part of our groups and activities mean we're involved in so many more things now. I have new friends and many of them came from my local dementia friendly choir which always leaves me feeling much brighter."



We are always humbled by the sheer number and variety of creative events our supporters hold every year in support of our work and people living with dementia to mark Dementia Awareness Week. This year was no exception: it was great to see all your awareness week stalls, Tea and Blethers and cheerful fundraisers. You can find many of our supporters' events, as well as our Dementia Awareness Week posts on social media. Catch up on the conversation by searching for #DementiaAwareness on Facebook, Twitter and Instagram.



You can catch up on the stories, told by our supporters, from the week by heading to: <https://daw.alzscot.org/stories>



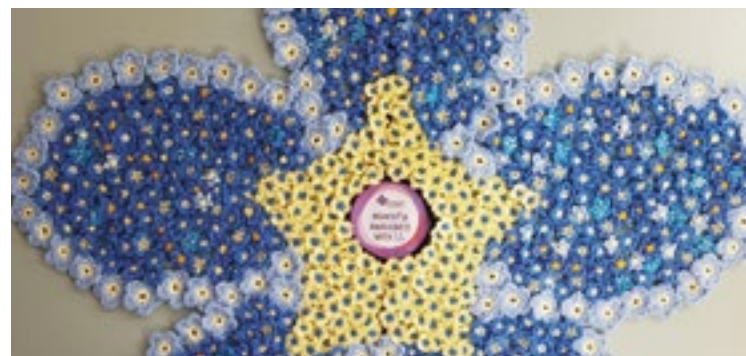
Dementia Awareness Week in the localities

Dementia Awareness Week is one of the highlights of the year for Alzheimer Scotland. It gives everyone the platform to come together and celebrate; staff, volunteers and people who benefit from our support get involved and it's something we all look forward to. Here is a snapshot of some of the celebratory events that took place throughout Scotland.



In Shetland, Peter Davis and his wife Gail, who has dementia, used their skills as amateur radio operators to run a special radio station event from home. The idea was to make operators around the world aware of the impact dementia has on people living with the disease. Peter felt that there may be operators living with dementia who had to give up their hobby because of their diagnosis. With help from their local radio club and the support of other operators, Gail has been able to continue her hobby. Throughout the week both Peter and Gail made many UK and international contacts and raised vital awareness of dementia.

The Every Voice Community Choir took to the stage for a very special performance during Dementia Awareness Week. Having had their 'wish' granted to perform with Scottish Ballet, the performance took place at the choir's summer concert in front of a sold-out audience. The group will continue their shared love of dance and music this year to conclude a matinee of Christopher Hampson's new production of The Snow Queen in Edinburgh.



People with dementia, carers, friends and staff all came together at Stranraer and Wigtownshire's community activity groups to work on a Dementia Awareness Week project. Since February, they worked on creating a 1.5 metre display of a giant 'forget-me-not' made out of small individually knitted and crocheted forget-me-nots. Upon completion, the flower went on display in Newton Stewart and Stranraer before returning to the Dementia Resource Centre for Dementia Awareness Week celebrations.

North Ayrshire's Dementia Awareness Week came to an end at Cafe Melbourne in Saltcoats, who had supported all week by selling 'support rocks' which people could purchase to decorate and personalise. At the end of the week, the sun broke through the clouds and a 'support rock walk' to the beach was held, where everyone placed their decorated rocks which displayed personalised messages in memory of those who have lived, and are currently living, with dementia.



A sell-out Annual Conference

By Marysia Nellaney, Conference and Events Manager, Alzheimer Scotland

On Monday 3 June, Alzheimer Scotland's Annual Conference brought together a record-breaking 800 delegates; from professionals to people living with dementia and their carers and families, and over 50 exhibitors. The event once again took place at the Edinburgh International Conference Centre with an engaging programme featuring key local and national speakers, including the personal stories of people living with dementia and their families as well as breakout sessions, one-to-one clinics and practical workshops.



The conference, which marked the start of Dementia Awareness Week, began with an outstanding, emotional performance by Every Voice Community Choir. Two of the choir's singers, Danny and Catherine McDonald then took to the stage and gave a poignant speech on their experience of a dementia diagnosis and the support they've received through the Scottish Dementia Working Group (SDWG) and National Dementia Carers Action Network (NDCAN) respectively.

The key theme of the conference was 'Prevent now, Care today, Cure tomorrow'. Our Chief Executive, Henry Simmons', plenary presentation looked at all of the good policy and practice that has been achieved over the past 10 years and called upon the audience to continue to support Alzheimer Scotland as we campaign to influence policy and practice at a local level to ensure that everyone facing dementia receives fair and equal treatment, no matter where they are in Scotland. You can read more about Henry's speech on the next page.

Delegates attended their choice of breakout sessions and practical workshops which explored a range of topics including the benefits of therapeutic activities, technology designed specifically to support people with dementia and current research developments. The one-to-one clinics that delegates booked on the day allowed a 20-minute face-to-face appointment with a



Prevent now • Care today • Cure tomorrow

number of experts who covered a range of topics such as money and legal matters and self-directed support.

The conference also saw the launch of the Scottish Dementia Research Consortium report which provides an extensive mapping exercise of Scottish dementia and brain health research over the last five years. The report outlines what is currently known and describes future ambitions within each of the key areas of research including: Diagnosis; Fundamental science; Living with dementia; Prevention and the work of the Scottish Dementia Informatics Partnership. The Alzheimer Scotland Dementia Nurse Consultant report was also launched which you can read about on page 10, and delegates got to witness the signing of the 2025 Emergency Services Pledge. Building on the initial commitment from the 2017 Dementia and Emergency Services Collaborative, the 2025 pledge commits the fire, police and ambulance services to ensuring a dementia-friendly service is delivered to the community and for all those who come into contact with the emergency services, to help improve the safety and wellbeing of people living with dementia, their families and carers.

To make sure you don't miss out on next year's conference, register your interest by emailing externalevents@alzscot.org



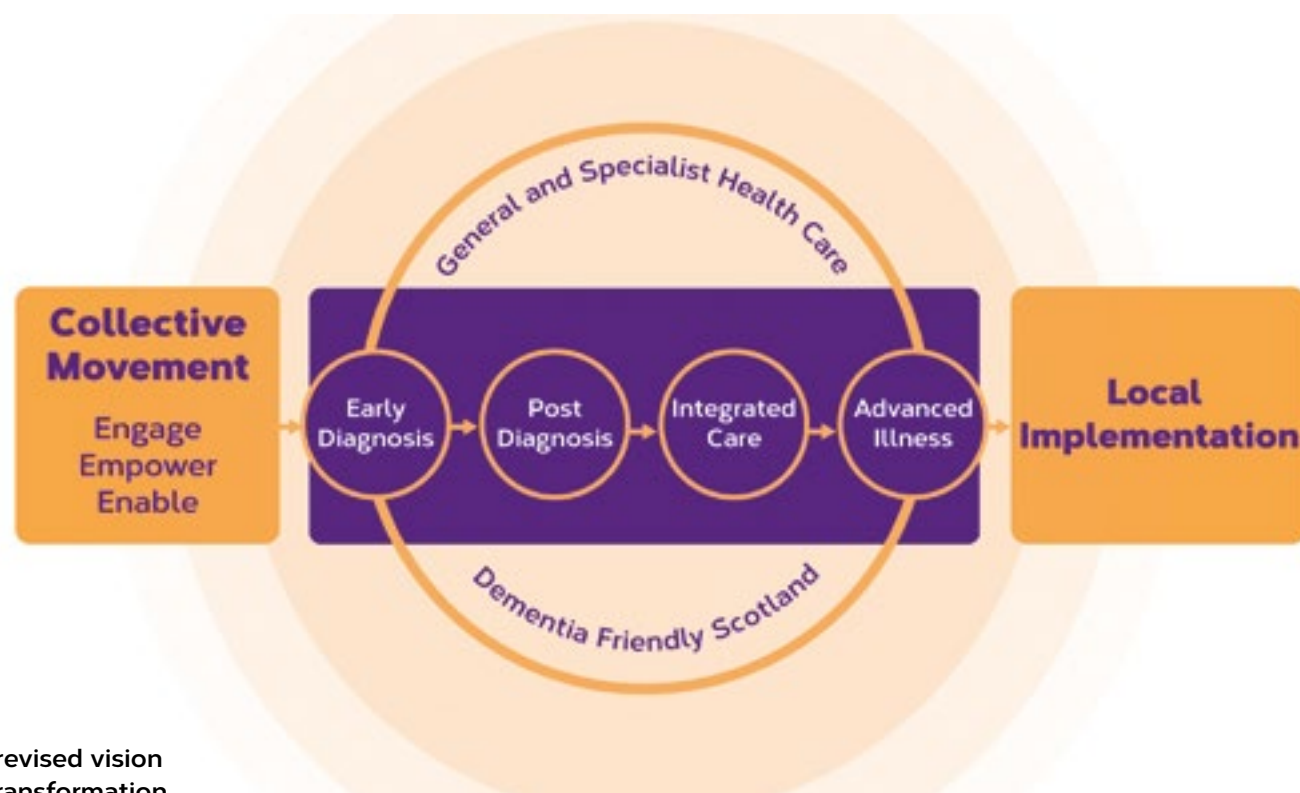
Join our collective movement

By Dawn Ferguson, Content Manager, Alzheimer Scotland

To mark Dementia Awareness Week Alzheimer Scotland's Chief Executive, Henry Simmons, took to the stage at the Annual Conference and reflected upon the past 10 years, before outlining his vision for the future.

"When you reflect on the last 10 years, it's clear we have come a very long way. There's no doubt that, previously, there were significant issues in terms of stigma, discrimination, a lack of rights and perhaps indeed a lack of true voice of the person with dementia, their families and carers. We now live in a world where the person is at the centre of everything we do and where choice, power, control, inclusion and citizenship make up the core of what we believe in. Our movement and every single policy that has been developed in Scotland in the past 10 years has been informed from this approach. We've developed many of our people, our organisations and implemented some really good policies, all with the immense commitment and effort of people living with dementia through the Scottish Dementia Working Group (SDWG) and the National Dementia Carers Action Network (NDCAN), with the Charter of Rights at the centre of this. So, you would imagine that we should be able to deliver on our vision for transformation. Unfortunately though, it's like a jigsaw puzzle in our localities. We are still finding that, in some areas,

there is exceptional elements of the above approach, other areas have some parts of the approach that are perhaps not yet welded together and some areas have none of it. This local reality is what we hear all the time, and is what we must try and resolve. We've got to use all of that resource, all of that talent and all of that ability to really deliver on our vision for transformation. I think this is a really important time as a movement, for us to start to think a little



Our revised vision
for transformation



bit differently. We've been asking for a long time for local implementation plans and we've not really enjoyed the success that we wanted with that. So, we have to refocus because the four key areas of that vision in terms of diagnosis, post diagnostic support, integrated care and advanced illness are all going to be delivered through integrated joint boards, local authorities and local health boards working together to transform and deliver the vision we have. As a movement, we need to think and act differently and, from our perspective, we want to see some substantial progress as we move towards this approach.

It is quite clear to me that the reason there has been so much success in helping to deliver good policy in Scotland is that people living with dementia and their families and carers have been central to that development. We need to mobilise that collective voice and give people support in each locality in order to start to talk to those policymakers, elected representatives and officials in each area to deliver on this model. If we start to engage, empower and enable that collective voice and movement; sit down with all the evidence that we already have and engage locally with the right level of support and, most importantly, with consensus then who can dispute that ensuring early diagnosis, high quality post diagnostic support, integrated care and advanced illness are the things each area must develop a

clear plan for and have clear investment in.

Our ask is that we work together in every locality to build this collective movement; a collective voice built on consensus to ensure that those in our localities are supported and given the right information but are given it through the voice of local citizens in order to deliver on this model and have local implementation plans in place. We're looking to ensure that, when someone needs or wants to access support, they never feel on their own and, no matter where they are, they always feel that there's someone there to help. We're looking to build on our current locality model and we'll commit our fundraised income, support and resources so that people with dementia and their families, as they go through the more statutory route of the system, always feel that we as a charity are delivering in their locality to support them, as the condition progresses. Getting this right will transform the way that people are living with dementia in their communities and the way that they feel supported. We want to make as big a difference in localities as possible."

Alzheimer Scotland are committed to ensuring people with dementia and their families' voices are being heard. On pages 20 to 23 you can read about our commitment to making sure people with advanced dementia are being treated equally through our Fair Dementia Care campaign, and how we believe high-quality post diagnostic support should be delivered.

We want you to be part of our collective movement. For more information on how you can support our campaigning, email ActiveVoice@alzscot.org

Alzheimer Scotland Dementia Nurse Consultant report launches

By Dawn Ferguson, Content Manager, Alzheimer Scotland



Alzheimer Scotland's Annual Conference was used as a platform to launch the inaugural 'Leadership and innovation in hospital care: Alzheimer Scotland Dementia Nurse Consultants report 2015-2020'. The Alzheimer Scotland Dementia Nurse Consultants (ASDNC) group's actions for 2019-2020 were revealed as part of the report and were set out in a strategic plan and vision. This report also outlined the main priorities and Key Performance Indicators (KPIs) for the ASDNC group.

Following the national launch of the report, a further event was held in NHS Fife on Friday 7 June, providing an opportunity to celebrate the kind of work reflected in the report at a local level. Held at the Victoria Hospital in Kirkcaldy, event hosts Director of Nursing, Helen Buchanan and Alzheimer Scotland Dementia Nurse Consultant, Helen Skinner, welcomed guests including Scotland's Chief Nursing Officer, Professor Fiona McQueen, and Alzheimer Scotland Chief Executive, Henry Simmons. They were joined by colleagues from across NHS Fife, NHS Grampian, and Alzheimer Scotland's Fife Dementia Resource Centre all showcasing their important work in supporting people with dementia.

A wide variety of innovative work in Fife was demonstrated, helping to further improve the care of people with dementia. In recognition that coming into hospital can be a stressful and disorientating experience for people with dementia, guests learned how staff across disciplines and departments are working collaboratively and in partnership with families, friends and carers to make any period in hospital a more welcoming, personalised and supportive experience.

One successful project that has been introduced in Fife is the use of music to engage, comfort, relax or stimulate. Available in a variety of settings

including Accident and Emergency, acute and community wards and specialist dementia units; individuals can now be supported to download preferred music to an iPod. Staff can also help to create an individual playlist of meaningful music that evokes personal memories for them. A pilot in Glenrothes Hospital is using an Amazon Echo to allow people staying in bays and individual rooms in bays and individual rooms easy access to music, providing extra stimulation whilst in hospital.

Other initiatives on display included:

- The use of easily identifiable dementia-friendly signage across hospitals
- Improvements to day rooms in wards, providing a less clinical, homelier environment. This includes the 'Cosy Neuk' with its variety of 1950s/60s-inspired vintage items, replicating the products, sights and sounds of the era
- An improved therapeutic environment in theatre recovery rooms with the creation of a unique countryside mural designed to relax patients
- The introduction of regular 'therapet' visits in wards
- Hospital based dementia and delirium carer cafés
- Living with Dementia in Fife website: www.livingwithdementiainfife.scot.nhs.uk
- Education programmes available in NHS Fife supporting the Promoting Excellence Knowledge and Skills Framework
- Care Home Liaison team and Advanced Nurse Practitioners who support people with dementia in care home settings
- Access to post diagnostic support
- Activity boxes to support stimulating and meaningful activity whilst in hospital.

Alzheimer Scotland Dementia Nurse Consultant, Helen Skinner, said: "These initiatives are making a huge difference to people with dementia and feedback from them, and their families and friends, has been extremely positive. We are constantly looking at different ways we can improve the experience of people with dementia in a hospital environment."

In addition, learning and educational opportunities are continually shared with healthcare staff to ensure the very best care for people with dementia is delivered, with Fife's 52 Dementia Champions playing an important role in furthering this.

If you'd like to read more about the ASDNC report, visit www.alzscot.org/ASDNCreportnews

Football Memories

By Elaine Nixon, PR Manager, Alzheimer Scotland



Marking 10 years of the pioneering reminiscence programme, Football Memories, Christina McKelvie MSP, Minister for Older People and Equalities, announced a new initiative between NHS Greater Glasgow and Clyde (NHSGGC) and Football Memories Scotland in June.

The Minister joined Robert Craig, Chair of the Scottish Football Museum, Henry Simmons, Alzheimer Scotland's Chief Executive, Lucy Casot, Chief Executive of Museums Galleries Scotland and Ann-Frances Fisher, Associate Chief Nurse within NHSGGC, to mark the 10th anniversary of Football Memories Scotland and to launch this new initiative.

The partnership will include a recruitment drive to attract and train new volunteers so that they can support football reminiscence activity within a number of NHSGGC hospitals. Volunteers will be trained to support patients in hospitals who have an interest in football, including people living with dementia, by talking about teams and matches from the past and using images and tangible memorabilia from a Football Memory box to stimulate memories.

Football Memory boxes contain a range of football-related items, from old footballs and shirts, to carbolic soap and liniment oil. The items are utilised as part

of reminiscence work to stimulate memories using all the senses. A generous donation from The West of Scotland Tartan Army (WESTA) has helped to create two Football Memories Boxes and these will be presented to NHSGGC officials by representatives from WESTA.

Based at the home of Scottish football, Hampden Park, the Football Memories Project is a partnership between Alzheimer Scotland and the Scottish Football Museum. The project has received significant funding from Museums Galleries Scotland and Alzheimer Scotland in recent years.

Christina McKelvie MSP, Minister for Older People and Equalities, said: "It is wonderful to be able to use the power of our national game to help people with dementia unlock memories and bring happiness to them, their friends and their families. The initiative delivers a range of positive benefits and has now been successfully expanded to other sports."

Henry Simmons said: "Alzheimer Scotland are extremely grateful and proud for all that has been achieved by Football Memories Scotland, to help people living with dementia. Over the past 10 years the football reminiscence group network has brought football fans and their families together across the country to enjoy reminiscing about games, players and of life memories associated with Scotland's football clubs. The ongoing generosity of our supporters is what makes our vital work possible and has given us the opportunity to provide a funding contribution for this project.

This is one of the most successful strategic partnerships that we have and an example of organisations and individuals across Scotland rising to the challenge of supporting people living with dementia through every means possible. Football is at the heart of so many of our communities and Football Memories Scotland has quickly become one of the most important social and therapeutic activities being offered to the people we support throughout Scotland."



For more information on the Football Memories project, visit www.footballmemoriesScotland.co.uk

The great outdoors

By Elaine Nixon, PR Manager, Alzheimer Scotland



One of Alzheimer Scotland's outdoor projects was the feature of a BBC two programme in June.

Springwatch, which highlights 'the very best of British nature all year round', showcased The Tipi Project; a Lens winning idea which is the brainchild of Gillian Council, Dementia Advisor and Kenny Wright, Dementia Link Worker, both Alzheimer Scotland employees.

People living with dementia are amongst the population of people who are at risk of becoming socially isolated, lonely and depressed and, as a result, often develop a more indoor-based lifestyle. Gillian and Kenny both recognised that spending time outdoors is very important to many of the people with dementia that they support and worked on an idea of an outdoor project for people with dementia, their families and carers. Initially a parachute was used to provide shelter from the elements before applying for funding through The Lens for a Tipi and other kit, such as a woodburning stove, to ensure this project was sustainable throughout all of Scotland's weather conditions.

The Tipi Project combines the knowledge and resources of organisations including the Royal Society for the Protection of Birds, Cairngorm National Parks Authority, Forestry and Land Scotland and the Highland Council ranger service, with Alzheimer Scotland's expertise in supporting people living with dementia. On top of the fantastic support from the staff and volunteers from these organisations, Kenny and Gillian are also supported by John, a dedicated Alzheimer Scotland volunteer. The idea of having a non-permanent structure like this is so it can be immersed into a woodland or forest surrounding to create that outdoor/indoor effect and provide a stimulating environment. The structure is heated by the woodburning stove allowing the tipi to run all

year round. The evolutionary and relaxing response people get from socialising around a log fire is intangible. Each month the group try different activities, learn new skills and take walks in the surrounding woodlands. Food is heated over the fire, adding to the genuine camping-like experience and there is the ability to have exposure to, and feel, the benefits of the outdoors with the comfort and safety of shelter.

The programme explored the group out in the woods picking pine needles to make pine needle tea; something that has five times more Vitamin C than a glass of orange juice. The relationships being built were very clear to see, as was the positive effect that being outdoors had on the group.

Gillian said: "It's been said that it's impossible to be in a bad mood in the woods and I'd tend to agree. It's wonderful to see the Tipi project evolving and benefitting more people. Exposure to the outdoors is proven to reduce depression and have a lasting effect of up to seven hours, so we're grateful to be able to offer these benefits to people with dementia. This project wouldn't be feasible without our helpers and volunteers; thank you to them, and to Springwatch for offering us the opportunity to show off our Tipi."

The Tipi project has been so successful, and the benefits unquestionable. It continues to grow and the next steps are to explore taking the Tipi to other environments to offer a similar experience to people living in care homes and attending day care centres. You can read more about The Lens on page 16.

To find out what's on in your local area, visit www.alzscot.org or call our 24 hour Freephone Dementia Helpline on 0808 808 3000

Befriending Connexions

By Laura Porteous, Trusts and Foundations Manager, Alzheimer Scotland

The People's Postcode Lottery has generously supported Befriending Connexions since 2017 in Fife and the Borders. The project has allowed us to connect people living with dementia to local befriending volunteers, who visit people living with dementia on a weekly basis. Both Fife and the Borders have significant rural areas and people living with dementia and their carers are at increased risk of social isolation. Befriending Connexions has allowed us to support people in their own homes, reduce social isolation, allow carers to have a break and bring communities together.

The project has supported over 100 people living with dementia and lasting bonds have been made between the befrienders and befriended. Some befrienders have supported people with dementia to rediscover old hobbies or enjoy new ones, and enabled people to stay connected to their community.

Our volunteer Dianne, in Fife, decided to become a befriender after retiring. She had cared for her mother who had dementia and was keen to give something back to her community. Following her induction and training, Dianne was matched to Ted. Ted said, "I came from a big family; I had five sisters and one brother, so I was used to being with people. I was very lonely, so my daughter-in-law arranged for me to meet these new people who were in a similar situation as me." Dianne commented, "I can see first-hand what a help it is to him to have people visit and just listen to his frustrations on a daily basis." In Ted's own

words, "Dianne is marvellous, she deserves a medal." Our Befriending Co-ordinators have not only matched up befrienders and befriended but also organised befriending cafes. The Borders have held three successful Befriending Cafés in Kelso and St Boswells, allowing volunteers and people with dementia to get to know each other in a relaxed group setting. With games, quizzes and home-made scones, the cafes have been well attended and thoroughly enjoyed! In Kirkcaldy, Fife, a retro sweetie café and reminiscence mining café took place, giving attendees interesting topics of conversation to help them reconnect to the past and talk about local history. Pupils from Wade Academy in Anstruther were keen to set up their own befriending café for people with dementia and, after receiving training from our Befriending Co-ordinator, now hold monthly cafes. This intergenerational project has strengthened the community in Anstruther, not only in supporting people with dementia but helping pupils understand more about the condition and how it impacts people's lives.

Befriending Connexions has had a very positive impact on the lives of people living with dementia and their carers in Fife and the Borders. The project would not have been possible without the dedication of our volunteers and support from the People's Postcode Lottery so a huge thank you!



Ted and his befriender Dianne enjoying the retro sweetie befriending café in Kirkcaldy.

An update from our localities

Alzheimer Scotland's 21 localities are always a hive of activity; constantly planning, preparing and executing a whole range of support to benefit people with dementia, their carers and families. At the very heart of this support are the staff and volunteers who always strive to go the extra mile. In the next four pages, we'll give you an update of what's been going on across Scotland.

No Bake Baking Book

By Wendy Burges, Locality Leader, Alzheimer Scotland

On Saturday 15 June, our Woodlands Day Service launched the award-winning intergenerational 'No Bake Baking Book' at Crown Primary School's Summer Fayre. This book was put together by people living with dementia who attend the day service and and primary five pupils from the nearby school as part of their Skill Sharing and Social Enterprise 2019 project.

Throughout the last two terms the people who attended the day service have shared their cooking knowledge and taught the children to bake; helped them to learn how to work out the cost of recipes; made forget-me-nots to add to the packaging for the baking; held a bake sale in school to raise funds for Alzheimer Scotland; chosen which recipes to put into the baking book; tested the recipes and designed the front and back covers of the baking book.

This has been a brilliant intergenerational project to be a part of which has helped increase the self-esteem and confidence of not only the children, but also the people living with dementia who attend the Woodlands Day Service. We were



delighted to hear that the book won an award from the Social Enterprise Academy as part of their Social Enterprise Schools Awards.

If anybody would like to purchase a copy of the book, which is on sale for £4, please contact Inverness Dementia Resource Centre by email: InvernessServices@alzscot.org or by phone: 01463 713424/711707

A magic table

By Graham Glendinning, Practice Team Leader, Alzheimer Scotland

Dumfries Dementia Resource Centre has recently installed a Tovertafel within its day care services. A Tovertafel is a little box that can be mounted on the ceiling; for instance, above the dining room table or coffee table. Inside the box is a high-quality projector, infrared sensors, speaker and processor that work together to project games onto the table. Because the colourful objects respond to hand and arm movements, people get to interact with the light itself. It provides stimulation for people with dementia, encouraging participation and engagement in interactive activities. The activities stimulate both physical and cognitive activity and can be used by both people with and people without dementia, which encourages social interaction. Additionally, there is a lot of fun, enjoyment and laughter. Fundraised income helps our localities develop and purchase items such as the Tovertafel and we are very grateful to those who support us by



fundraising on our behalf or through the kind and generous donations that we receive on a regular basis. We thank all of those who contribute to the work that we do to support people with dementia; we couldn't do what we do without your ongoing support.

The glory of gardening

Our localities have been making use of the lighter days and flourishing flowers to introduce horticulture support to our many locality offerings for people living with dementia and their families.

Our garden transformation

By Gayle Lamont, Practice Team Leader, Alzheimer Scotland



The Cottage Day Care Centre in Ecclefechan were delighted to have the support of The Lockerbie & District Rotary Club to advise and assist us with a garden makeover. Together with those that we support we set about transforming the area beside The Cottage Centre into a beautiful place to walk safely around and admire the various shrubs and flowers. Most importantly we set about planting our own vegetables

and flowers for the season.

The photo shows just one of the people who has benefitted from the current activity in Ecclefechan; Sandy. Sandy loved his vegetable patch at home but was no longer able to keep this. Having this garden and the raised bed has given Sandy, and so many others, many hours enjoyment revisiting his hobby and utilising lots of different skills.

This whole experience demonstrates the great working relationships that have been built between Alzheimer Scotland and outside organisations. We've created links with community groups to achieve outcomes, and offer opportunities and creative ideas, for those living with dementia.

Table top gardening thyme

By Linda McGuire, Dementia Advisor, Alzheimer Scotland



The launch of North Ayrshire's brand new community group 'table top gardening thyme' proved a great success. We wanted to bring the outside in, so people who might not have been able to partake in the physical activities of outdoor gardening could still reap the rewards of being around nature. Our guests and their carers had travelled from Largs, the Three Towns area and Irvine and, despite the typical grey drizzly Scottish weather, we had a fantastic turn out; the sun was shining indoors, the smiles were wide and some lovely conversations took place as the smells and textures evoked memories.

After a cuppa and cake, everyone left with a couple of pots bursting with young flowers and herbs. The group will continue to run on the last Wednesday of every month from 3.30pm to 5pm and we'd love to see some new faces.

The right to wind in your hair

By Karen Black, Community Activities Organiser, Alzheimer Scotland

A new addition in 2019 for the groups and activities we run at the Inverness Dementia Resource Centre is a monthly "try something different" activity. At the end of May our different activity was a trip with Cycling Without Age Inverness. They use electric assist trikes to take people for social rides in greenspace around Inverness. After a week of rain, the sun shone on the day of our trip. The pilots, Mick, Alan and Alistair, took everyone on a lovely trip through the city centre then along the River Ness including stopping in Whin Park to feed the ducks.

The feedback we got was so positive. A few weeks on and people are still talking about it and the next trip is already planned.



Our staff; our innovators

By Jan Beattie, Executive Lead for People Development, Alzheimer Scotland



The Lens programme is a unique partnership between charities, grant makers, businesses and the Scottish Government. As its name suggests, the Lens is designed to change perspectives and encourage people to see things differently. It aims to:

- create a culture of intrapreneurship and innovation
- help people develop their ideas and skills
- integrate investment, competition and coaching and;
- deliver greater impact across communities through sustainable, personalised services.

Alzheimer Scotland have been in partnership with The Lens for three years and it has given us some fantastic projects; a taster of which you can read on the next page. However, what makes this partnership so special is that all of the ideas come from Alzheimer Scotland staff from Stornoway to Straiton.

We recognise that frontline staff, those who are involved every day with people living with dementia and their families, are often the best placed to have ideas and solutions to the challenges and hurdles people may face, however may not always have the opportunity to bring these to life. That's where The Lens comes in. Staff are encouraged to submit their ideas, however raw they might be, on how to make life better for people with dementia, their families and carers and how to deliver on our vision for localities; that at any and every stage in the illness we are there for everyone who needs our support. It can be a daunting thought to commit your idea to paper and put yourself through the challenging

development programme that is The Lens. Business storytelling, prototyping, value proposition and pitching your idea make up a programme of workshops that Lens applicants commit to regularly over several months. The result is a final pitch day, where all finalists present their idea to a panel of judges who all work within the charity. The judges also go through a series of development workshops. Those who do reap the rewards, be it as a finalist or as a winner, say that it's a great experience, one that challenges them but hits home that they really do have the ideas that change lives or make them better; it is a confidence booster that can be used in all parts of their working lives. They also make connections with colleagues from other parts of the country which leads to ideas being shared well beyond locality boundaries. Staff say that being involved in The Lens results in them feeling so much more a part of our movement; they've started something new that is changing the face of how people living with dementia are viewed or supported or they've created an approach that means carers won't be on their own when their loved one dies. It is quite special to see the additional commitment our staff give to ensuring people with dementia, their carers and families are given the very best in support. A number of the groups being run will be ideas that started in a local staff member's head; ideas that they have put their all into, to bring them to life. These ideas are born because your local Dementia Advisor or Community Activity Organiser, for example, have identified a gap; an area which they think needs improved. With their innovation, they really are helping Alzheimer Scotland make sure nobody faces dementia alone.

Lens in the localities

Ceilidh@home

To 'ceilidh' in the Western Isles means to visit. Ceilidh@Home is a person-centred approach aimed at reaching people who are living with more advanced dementia and their families, who may find it harder to attend activities in the community.

The main focus of ceilidh@home is to reach out to people in a more creative way - when it becomes clear people can no longer access the wide range of activities and services that are offered in the community, the activity is taken to the individual and their families in their own homes.

The goals remain to reduce social isolation and strengthen community connections, regain citizenship, reduce associated stigma, and to create a sustainable model that can benefit others.



Inverness dog walking group

The idea behind this group came about because people who attended our daycare service often spoke about missing having a dog in their lives. They talked about the loss of getting out walking their dog in the fresh air and missing the camaraderie and chat they used to have with other dog walkers that they would meet on their travels.

The benefits of pet therapy are well documented, as are the benefits of people getting out in the fresh air, of exercise and taking part in their local community. From this, the idea was born to have regular small groups going out for a walk with a volunteer dog and, as well as having a walk, to also enjoy morning coffee in a social setting. Funding from The Lens allowed this idea to become a reality and it has made a direct impact on the people who attend this group.

Walking football

After two successful annual events and going through the LENS program, a walking football league was launched which takes place in our National Stadium, Hampden Park. It is supported by the Glasgow clubs; Celtic, Third Lanark, Partick Thistle, Queens Park and Rangers who have all kindly donated strips for the players to wear; helping people realise their dream of representing their club at Hampden Stadium. The team at the Hampden Sports Clinic led the warm up and have devised an exercise program for people to do at home. The psychological effects of this group will be evaluated and colleagues from the Alzheimer Scotland Centre for Policy and Practice have been granted funding to evaluate the social benefits of the project. These evaluations will help provide the knowledge and expertise to take this project nationally and maximise its benefits.



Alzheimer Scotland is proud of our work in local communities. For more information on what's available near you, visit www.alzscot.org or call our Freephone 24 hour Dementia Helpline on 0808 808 3000

Celebrating 30 years of the Dementia Helpline

By Jennifer Hall, Helpline Manager, Alzheimer Scotland



Introduced in 1989, Alzheimer Scotland's 24 hour Freephone Dementia Helpline has provided up to 2 million minutes of support since records began in 1991.

Operated by a team of 55 dedicated active volunteers

and managed by Alzheimer Scotland's Helpline team, the Helpline exists to provide information and emotional support to people living with the illness and their families, 24 hours a day, 365 days a year and is fully supported by fundraised income.

The public can access immediate information and support on a wide range of issues including understanding dementia, rights and entitlements, accessing dementia support locally, financial and legal matters, how to get involved with dementia research plus much more and, whilst our volunteers can't provide advice, they can be a voice at the end of the phone in the small hours of the night for emotional support and reassurance.

The Helpline is accessed by a variety of people; including people with dementia, family members, carers and professionals who are all looking for some extra information on dementia. Quite often the Helpline is a literal lifeline for people who are relieved to hear a voice on the other end of the line.

The Helpline is staffed by volunteers all across Scotland. They dedicate a minimum of four hours

of their time every two weeks to be the voice at the end of the line, no matter the time of day. Many of them have had personal or professional experience of caring for people with dementia. The Helpline's oldest volunteer is 81 years old and the youngest and newest volunteer is 25 years old and, collectively the helpline team has a total of 516 years' experience between them.

To celebrate this milestone, we held a celebration garden party event at the Station

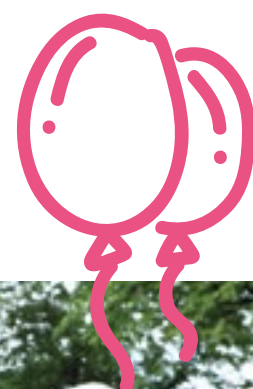
Hotel in Perth on 12 July, for the volunteers and staff who have all supported the Dementia Helpline over the past three decades. Guests were entertained by The Dee Ukes, a ukelele band, and were given the opportunity to venture into the Tipi which was mentioned on page 12. A timeline and statistics of the impact that the volunteers have had over the 30 years was also unveiled. There were some incredible statistics shown, including nearly 110,000 calls that have been received over the course of the 30 years.

Our wonderful volunteers are all so dedicated to helping us to make sure nobody faces dementia alone and are an essential part of Alzheimer Scotland. A huge thank you for all of their unwavering support.

//

I volunteer because it's a rewarding and well supporting experience. I really enjoy the team spirit of the dementia helpline.

//



30 Years of the Dementia Helpline: A brief history

In 1989 Alzheimer Scotland recognised the need for a designated telephone line to provide emotional support and take information calls

1989

The Helpline was established

The service was provided during office hours

A small yet dedicated group of volunteers, led by Helpline Manager, were trained to take the calls

The availability of call diversion technology and a growing pool of volunteers meant that the Helpline could be made available

1991

24 hours a day
7 days a week

1995

To make the Helpline accessible to all, it became a

freephone number which saw the volume of calls increase by **50%**

The email Helpline was introduced

2011

giving people an additional way of contacting Alzheimer Scotland for support

2019

30 years on...

The helpline continues to be the UK's only **24 hour, 365 days** a year resource

It provides crucial support for people with dementia and their carers and families, and its longevity shows that people still value human interaction in seeking help with often complex and emotional issues

The Helpline receives nearly 5000 calls a year and, along with the website, is the **main national service** for Alzheimer Scotland

Accessing post diagnostic support

By Jim Pearson, Director of Policy and Research, Alzheimer Scotland

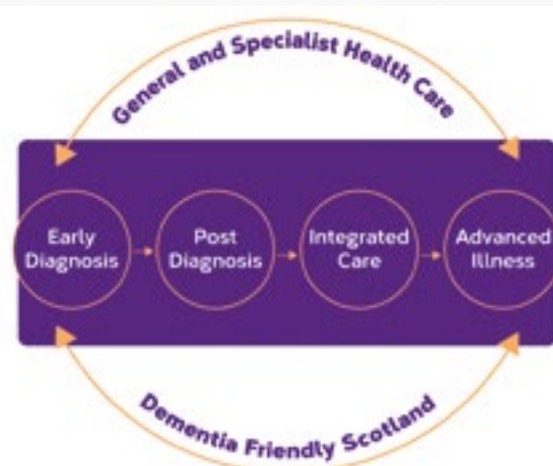
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When people have the opportunity to access high quality post diagnostic support, it can make a positive difference to their lives.

//

Campaigning nationally and locally to transform the lives of people with dementia, their families and carers is a core part of what Alzheimer Scotland does. What we campaign for is informed by what people with dementia and carers tell us is important to them and by evidence-based research. Our campaigning is also underpinned by a human rights-based approach designed to ensure that the rights of people with dementia and carers are fully respected and realised in the same way that we expect for every other Scottish citizen.

This approach has shaped a clear vision of what needs to change if people with dementia, their families and carers are to have equal access to the highest quality of coordinated care, support and treatment, from diagnosis to end of life with dementia and in every setting. High quality post diagnostic support for every person who is diagnosed with dementia is a crucial part of that vision and Alzheimer Scotland has campaigned for many years to achieve this. We know that when people with dementia and those who care for them are supported following a diagnosis, they can continue to live well in their own homes and play an active part in their communities for longer.



Alzheimer Scotland's vision for transformation

In 2013 the Scottish Government gave a national guarantee that every person diagnosed with dementia would be offered support from a named link worker for a minimum of one year. The guarantee is based on Alzheimer Scotland's 5 Pillar Model, an evidence-based practice model for high quality person centred post diagnostic support. The model was developed through a practice research project in East Renfrewshire and was shaped by what people with dementia and carers, involved in the project, said was important to them after a diagnosis. The Scottish Government's post diagnosis support guarantee has remained a key national commitment of both the second and third national dementia strategies.

The 5 'pillars' of Alzheimer Scotland's post-diagnostic support are:

- help to understand the illness and manage symptoms
- support to stay connected to the community
- helping people access peer support
- help with future decision-making
- help to develop a personalised care plan for their future care.

High-quality, person-centred post diagnostic support is key to enabling and supporting people with dementia, their families and carers to understand and adjust to the diagnosis and its likely impact – both emotionally and practically; and in helping them plan for the future. Skilled post diagnostic support provides an opportunity for people and their families to think about what is important to them and shape the type of support they need after a diagnosis to achieve their own personal outcomes.

Given that we researched and developed this innovative model of post diagnostic support, many Health and Social Care Partnerships asked us to initially provide this using a wide variety of short term funding grants.

We have been very happy to deliver this support and we have also been successful in a small number of competitive tenders too. However, it is crucial that our members understand that, whilst we do provide this in many areas, we are in no way satisfied that we have enough link workers to meet the level of demand and we continue to argue for the right level of investment and numbers of link workers whilst we do our best to deliver the highest quality support within the existing resources.

We know from the thousands of people we have supported that, when people have the opportunity to access high quality post diagnostic support, it can make a positive difference to their lives. Not only can it help connect them and their families, and the other informal and natural supports they may have with statutory and voluntary services and other community support, but it can help them achieve the things that matter to them. In many cases it can help people avoid unnecessary crises and live better for longer in their own homes and communities. We also know that high quality post diagnostic support can avoid the unnecessary human and financial cost of avoidable hospital admission or early admission to care homes.

The Scottish Government's post diagnostic support guarantee is widely recognised as a world leading commitment which has led to significant progress in recent years. However, the Scottish Government's post diagnostic performance data for 2016/17 published in February 2019 shows there is still a substantial way to go to ensure that every person diagnosed with dementia is offered this crucial support.

The Scottish Government's performance data provides an update on the progress in the five years since the introduction of the post diagnostic support guarantee in 2013. It shows that progress in delivering this commitment locally is not only slow but in danger of stalling. The performance data highlights a huge variation in the number of people with a diagnosis offered post diagnostic support across Scotland's Health and Social Care Partnerships. Five years on from the guarantee, fewer than half of those eligible are being referred for this crucial support and waiting lists are growing with some areas reaching critical levels. Across Scotland, post diagnostic support remains significantly under-resourced and we are missing an opportunity to deliver better outcomes for people with dementia, their families and carers and to make better use of the resources available.

In response to this and other areas where the commitments of Scotland's national dementia strategies are not progressing locally, Alzheimer Scotland has been working to support the local active voice of people with dementia, their families and carers. Over the coming months we will continue to support local people to meet with locally elected representatives and other health and social care partnership decision makers and discuss the issues that matter to them. They will get the chance to ask local politicians and decision makers how they can make dementia a priority in the local communities they serve and how this will be documented in their local implementation plans to ensure that the Scottish Government's commitment to guarantee high quality post diagnostic support to every person diagnosed with dementia is delivered fully.

If you'd like to share your experiences of post diagnostic support, email ActiveVoice@alzscot.org. For more information on this subject, visit www.alzscot.org or call our 24 hour Freephone Dementia Helpline on 0808 808 3000

Fair Dementia Care

By Amy Dalrymple, Head of Policy, Alzheimer Scotland



You may have read in the last edition of the magazine that Alzheimer Scotland published the 'Delivering Fair Dementia Care for People with Advanced Dementia' report. The report, which was published by the Fair Dementia Care Commission, chaired by Henry McLeish, in January this year, highlights the inequalities faced by people with advanced dementia in the lack of equal access to the expert health and nursing care they need in the advanced dementia stage and the disproportionate burden they face in paying social care charges for care in their own homes or in care homes. It makes recommendations to the Scottish Government, Health and Social Care Partnerships and other public bodies about how these inequalities can be ended.

The report marks the beginning of one of the most significant campaigns Alzheimer Scotland has ever undertaken.

The campaign seeks to ensure that people in Scotland with advanced dementia have equality of access to the expert health and nursing care they need, which is free in line with other progressive and terminal illnesses. It's informed by what people living with the experience of advanced dementia and those who care for them have been telling us in the thousands of interactions we have with them. People share with us their stories of the difficult experiences they are, or have been, going through in accessing appropriate health, nursing and palliative care to meet the increasingly complex, physical, psychological and

emotional changes in advanced illness and at end of life. These stories are extremely difficult to hear and even more difficult for families and carers to share.

These are stories of people's experiences of struggling with changing and increasingly complex needs; of trying and sometimes fighting to get help; of crisis; of moving between care homes because their needs couldn't be met; of repeated admissions to hospital or specialist dementia care; of delayed hospital discharges while funding was agreed and of family members feeling exhausted and sometimes guilty.

On top of all of that, the additional anxiety and worry of the financial impact on the person and their family with social care charging. This is anxiety and worry which is often unnecessarily compounded by the complexity, lack of transparency and bureaucracy of social care charging policies. These experiences demonstrate not just the glaring

inequalities faced by people with advanced dementia, their families and their carers, but also the devastating impact of those inequalities on their lives. This campaign is backed by people with lived experience of the inequity people with advanced dementia face.

This campaign is based on an improved understanding of dementia and recognising that dementia is the result of an underlying disease process. The inequities the campaign is seeking to change occur because there has not been an agreed definition or understanding of advanced dementia. Without

Carer

We were paying £1300 per week for my mum's place in a care home. The difference it would make having access to free healthcare would be that she would have the care that she deserves; quality care that meets her needs from staff that understood her advanced dementia and she would be nearer to us - her family. My mum is in another area because our local area just can't meet her needs.



that understanding, the changing needs of people with advanced dementia are not fully recognised or understood. This means that people continue to receive a mainly social care response, which does not recognise or meet their increasing healthcare needs and for which they may have to pay.

The Scottish Government welcomed the recommendations of the Fair Dementia Care report, but they are still

looking into them and haven't yet committed to implementing what we're asking for. We have, though, gained support from across the Scottish Parliament – a recent Scottish Parliamentary motion in support of Fair Dementia Care was supported by 53 of the eligible MSPs from all parties in the Parliament, which is over half of the eligible MSPs. There were strongly supportive speeches from across the Chamber in the resultant debate. This was facilitated by Richard Lyle MSP, convenor of the cross-party group on dementia, who's opening comments included:

"Dementia, and advanced dementia in particular, will be a major challenge for our country in the coming years. The debate concerns many women and men who, thanks to the recommendations of the Alzheimer Scotland report, would see their living conditions improve. We must recognise the vital and imminent

nature of the issue and do everything possible to meet the expectations of those who are directly or indirectly affected by it."

The McLeish report called for local authorities to accept and recognise that people with advanced dementia should have equality of access to free healthcare on a par with people who are living with other progressive and terminal illnesses. That is

not an unreasonable ask, and we hope that Parliament can commit to making that happen.

However, we need greater political support and are talking to all main Scottish political parties and asking them to include a commitment to deliver fair dementia care in their election manifestos for the May 2021 Scottish elections.

Carer

We also need to continue to build public support to help achieve political commitment. In order to do this, we're asking people to sign up to the campaign; details of how you do this are below. We've set a target of getting 10,000 signatures backing our campaign which will demonstrate the public support we have and we're also asking for people to share their experiences of the inequalities people with advanced dementia are facing. We want to help end this inequality, but we can only do that if we have your support. People with advanced dementia deserve to be treated equally and fairly. Together, we can make a difference.

To sign up to the Fair Dementia Care campaign, visit www.alzscot.org/fairdementiacare or call our Helpline on 0808 808 3000 to receive a hard copy postcard to complete. If you'd like to share your experiences, please email ActiveVoice@alzscot.org or speak to your local Dementia Advisor.

Unique Dementia Dog project launches urgent funding appeal

By Fiona Corner, Project Manager, Dementia Dog

The difference a Dementia Dog can make is truly remarkable – not just for the person with a diagnosis, but also for their carer and wider family too.

Over the past three years, we have successfully trained 8 dementia assistance dogs and it is hugely fulfilling to see how these special dogs not only provide a myriad of immediate practical, social and emotional benefits but they also give back a sense of purpose and hope for a positive future ahead.

As a charitable collaboration between Alzheimer Scotland and Dogs for Good, the project depends on public donations to continue and further develop this crucial world-first pilot. Current funding for the provision of assistance dogs comes to an end on 31 August. This means that while the current 12 families with a dementia dog remain unaffected, no further families in Scotland could benefit from this life-changing opportunity.

In response, Alzheimer Scotland is running an urgent funding appeal to help secure a future for this innovative project in Scotland.

The fundraising campaign #InThePicture was formally launched at V&A Dundee on Friday 21 June, to kick off a 10-week online campaign. Each week, the project will share special insights with our Facebook and Twitter followers, into the daily lives of families with a dementia dog and what a difference this is making for them.

One of the campaign films features Henry Rankin, who lives with vascular dementia, and his wife Anne, who have had their dementia assistance dog Uno since May 2018.

Anne says: "Uno gives Henry the purpose to get up in the morning, but he's not just a benefit to Henry, he's a benefit to me too. If I've had a bad day we walk for miles and miles, then we come home and face the world together. Uno is the best thing that's come into our life. Dementia Dogs are wonderful."

With over 90,000 people living with dementia in Scotland, almost every family now knows someone living with the illness. As the scale of dementia rises, we need new and innovative approaches to support people to live in their own homes and communities for longer.

The Dementia Dog project is a fantastic example of collaborative and pioneering work to develop different types of support for people living with dementia and we have been thrilled with its success over the past few years. The 'In the Picture' campaign will help to



raise urgent funds, giving more families the opportunity to benefit from a Dementia Dog in the future. We urge everyone to support this incredibly important initiative to help make sure that no one faces dementia alone.

To date, Dementia Dog has achieved amazing outcomes for people living with dementia. We hope the launch of this campaign will help kick start a new and exciting phase of support and awareness to help us change the lives of more families in Scotland through these special dogs.

If you can consider supporting Dementia Dogs, every penny will make a difference. To find out more and donate please visit www.dementiadog.org/inthepicture or call 0131 243 1453

Our information

By Dawn Ferguson, Content Manager, Alzheimer Scotland

Alzheimer Scotland is continually trying to improve our information and prides itself on delivering a wealth of different resources which are available to people with dementia, their families, carers, professionals and other members of the public. We've listed some new information resources below.

Fair dementia care postcard

As you have read on P22/23, we are running a campaign to ensure people with advanced dementia are treated equally. This postcard provides some more information and gives you the opportunity to sign up to the campaign if you don't have access to an email address.

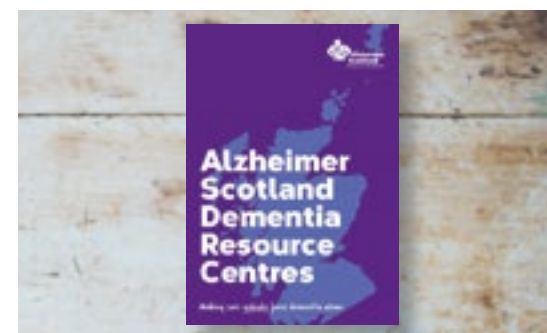


Coming into hospital; 5 Key Things

Written by Alzheimer Scotland's Dementia Nurse Consultants, and in conjunction with the launch of their report, the 5 Key Things leaflet provides a little more information on what to expect when coming in to hospital. There are some hints and tips on what you can do to make this a less stressful, more calming experience.

Carers act postcard

On 1 April 2018 the Scottish Government launched the Carers (Scotland) Act 2016. The aim of this act is to increase support for both adult and young carers to enable them to continue to care, if they wish to do so, in better health and to have a life alongside caring. This postcard provides more information on the act.



Alzheimer Scotland Dementia Resource Centres

This leaflet provides information on all of Alzheimer Scotland's Dementia Resource Centres, including contact information.

If you'd like a copy of any of these resources, visit www.alzscot.org or call our 24 hour Freephone Dementia Helpline on 0808 808 3000 to request a hard copy.

Coming soon

Alzheimer Scotland's brand new website!

Launching September 2019



www.alzscot.org

Making sure nobody faces dementia alone.

Help find people with dementia if they are missing

Do you live in Scotland?

Do you have a smartphone?

You can help



Purple Alert is a free community app which helps to locate people with dementia who have gone missing in the local area. If a person with dementia goes missing in your area, you will get an alert on your smartphone and you can help join the search to find them.

For more information, visit
PurpleAlert.org.uk

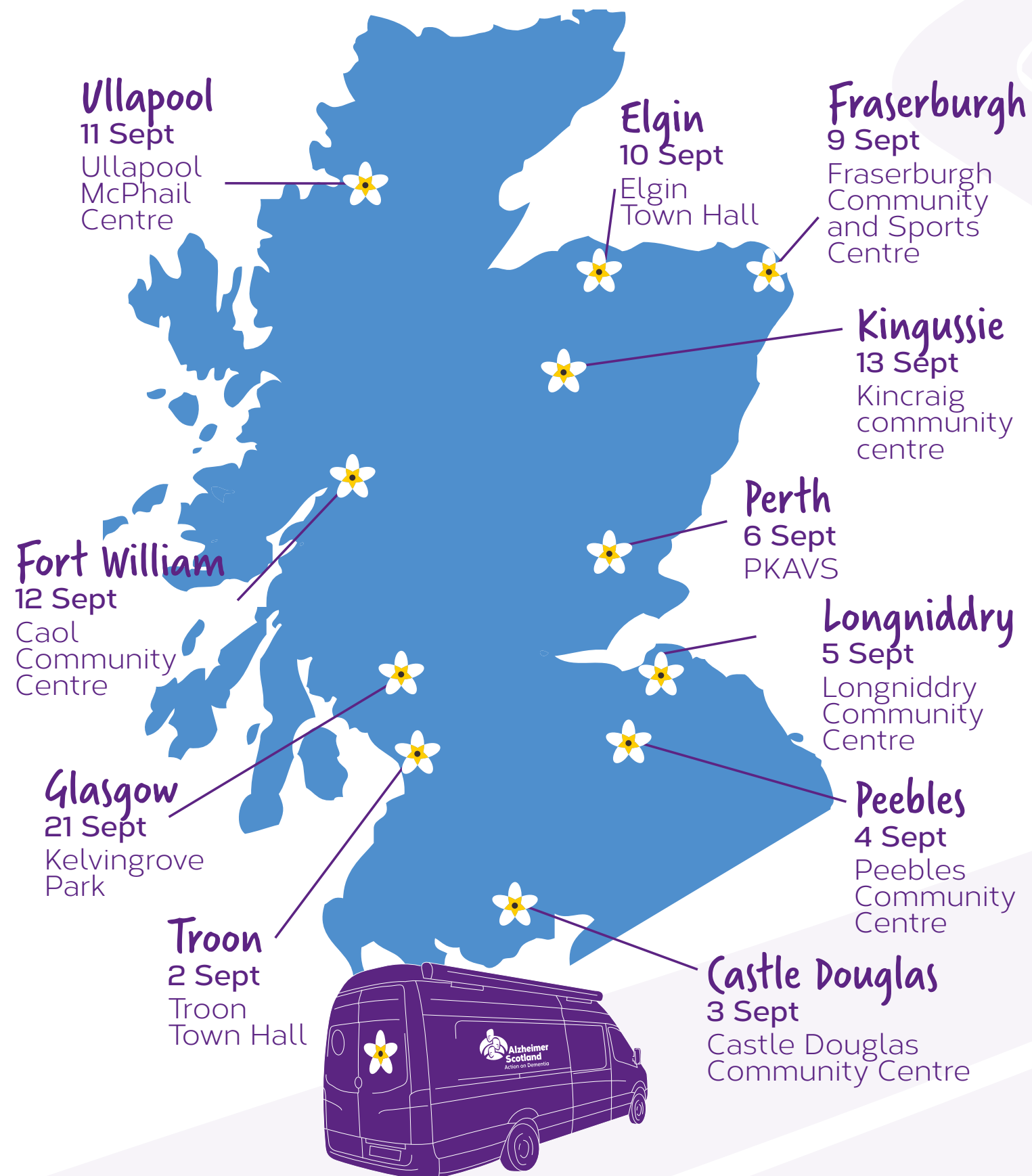


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and create your profile today**



Dementia Friends on tour

By Anne McWhinnie, Dementia Friends Programme Manager, Alzheimer Scotland



Saturday 21 September 2019 marks World Alzheimer's Day and, in recognition and celebration of this, Scotland's Dementia Friends initiative is going on tour during the month of September around localities in Scotland. The aim is to meet as many people as possible who might not be in close proximity to our Dementia Resource Centres and offer them the opportunity to take part in interactive Dementia Friends sessions where they will learn a bit about dementia and turn understanding into action.

There are currently just over 80,000 trained Dementia Friends in Scotland and we're hopeful that, by the end of the tour, we will have reached 90,000 to represent the 90,000 + people in Scotland living with dementia.

The tour will start on 2 September in Troon and, after travelling throughout Scotland, will culminate in a Dementia Friends session on 21 September at Kelvingrove Park, Glasgow. Alzheimer Scotland's mobile information resource, our Memory Bus, will also be at each locality with one of our Dementia Advisors available on the bus to offer a wide range of information and emotional support.

We are hopeful that the tour will be accessible to local communities throughout Scotland and look forward to meeting many of you as Dementia Friends goes on tour.

Becoming a Dementia Friend is about understanding a bit more about the disease and the role you can play in helping people with dementia, if needed. This could be helping someone find the right bus or being patient in a till queue if someone with dementia is taking longer to pay. Every action counts. Help us reach our target of 90,000 Dementia Friends by World Alzheimer's Day 2019.

If you'd like more information on the Dementia Friends tour, visit www.alzscot.org/dementiafriendstour or call 0141 410 0104

Celebrating our volunteers

By Julie Penn, Volunteer Manager, Alzheimer Scotland

As well as celebrating Dementia Awareness Week, the beginning of June also marked Volunteers Week and the chance to celebrate our incredible volunteers. Our localities kicked off the celebrations with our volunteers, which included a Breakfast & Blether in Fife and a volunteer night in at Bridgeton. Volunteers are hugely important to, and valued by, Alzheimer Scotland; they are essential to the support we provide. We currently have just under 1000 dedicated volunteers who actively support our work, helping us to achieve our mission of making sure nobody faces dementia alone. We know that giving your time to volunteer is one of the most precious things you can offer and we are thankful for the many thousands of hours that are given every year.

We currently offer 25 types of volunteer roles at present, across Scotland. There are a wide range of opportunities which vary from being available on an ad-hoc basis to being more of a regular ongoing commitment and many of our volunteers offer their support in more than one area. Alzheimer Scotland really believe that volunteering can be a mutually beneficial experience. As a charity, we benefit from the skills our volunteers have to offer and the part they get to play throughout all of our areas of support; be it cheering on Team AlzScot at an event such as the Great Scottish Run or welcoming people who are coming in to our Dementia Resource Centres for the very first time. In return, we promise to help develop new skills and support our volunteers with any additional development they may wish to undertake.

Our volunteer numbers have grown steadily over the last few years which we hope will continue as the charity grows. We are very fortunate that most of our volunteers stay with us for many years and our vision is to have active volunteers in every one of our 21 localities who will support our work. We are proud to be a volunteer-led charity and are constantly looking at ways to evolve and enhance the volunteer experience to ensure that every volunteer has a positive experience with us.

Every volunteer plays a vital part regardless of their volunteer role and time they have available to support us. Quite simply without the support of our volunteers our charity would not function at its best, so we would like to thank all of our current, and future, volunteers for their huge commitment to Alzheimer Scotland.



To mark Volunteer Week we spoke to one of our Dementia Resource Volunteers, Elaine Smith, about why she chose to support Alzheimer Scotland and give the gift of her time.

"Prior to volunteering I worked as a health care assistant in a specialist dementia unit, and that's where my interest in dementia began; I really loved working with people with dementia and their families and seeing how much I could help. Unfortunately, in 2015, I unexpectedly became unwell and had to undergo neurosurgery. I worked hard in rehabilitation for 18 months to try and make sure I could return to work, but sadly, it wasn't to be. I was told at an occupational health assessment that I wouldn't be fit to return to my workplace which was really difficult to hear. However, I knew that I still had lots to give and that's when I decided that I would work towards getting myself fit enough to be able to offer my services within a volunteering capacity.

I have to say it had never crossed my mind to be a volunteer before I was told that I wouldn't be able to return to work. I always held the misconception that it was only retired people who volunteered, to fill their days after giving up work. After being told that I wouldn't be fit to return to work, I had several days of feeling down and very sorry for myself; I thought that if I couldn't work then what use was I? That's when it came to me that I could aim to get fit enough to be able to offer my time through volunteering. 16 months later I felt ready to look for a charity to approach to enquire about volunteering. It felt natural to choose Alzheimer Scotland because of my previous position within a dementia care unit.

My current role within the administration office at the Dumfries Dementia Resource Centre gives me something to look forward to going to, even though it is just once a week. The Centre itself is a wonderful place for people with dementia and their families, and I love playing a small part in their experience there. It's very easy to think that volunteering benefits other people, but I myself have found huge benefits. I feel like I am, again, contributing to society. I felt

that my previous job defined a large part of my identity and although it is a different role that I hold now, I feel happy that I am involved in a dementia-related role.

I would say to anyone thinking of volunteering to definitely go for it. Even start by making a phone call or going online and seeing what opportunities are available. There are so many opportunities to volunteer at Alzheimer Scotland and you will become a valued member of the team; I definitely feel like this. I get so much out of volunteering and, if you're reading this and considering it, then I know you will too. There is the social aspect of volunteering, and mixing with a wide range of staff, other volunteers and people who attend the centre and you feel

a sense of inclusion. For me, the feeling that you are contributing to the world and helping others goes a long way to help with my mental health, especially if you find yourself unable to work like myself. No matter how much time you're able to dedicate, it will be a huge help and is gratefully appreciated."



Alzheimer Scotland are always looking to extend our group of volunteers. Whether you have minutes or months to donate, we're sure we can find the right volunteer opportunity to suit you. For more information or to register your interest in volunteering, visit www.alzscot.org/volunteering

Giving in memory of someone close to your heart

By Anne Smith, Tribute Giving Development Manager, Alzheimer Scotland

Every year, hundreds of our wonderful supporters pay tribute to a loved one through donations in their memory: by asking for gifts in lieu of flowers, holding a collection, sending personal gifts or contributing to their special Forget-me-not Fund. Reaching out to help others in this way is such a meaningful and positive action to take in honour of someone close to your heart.

Thanks to this very thoughtful support, we can reach out to more people than ever who need our help, enabling us to care today and give hope for the future. As the leading dementia charity in Scotland, we will continue working hard on your behalf to campaign for the rights of people with dementia, and their families, and provide as much direct support as we can through our range of innovative and personalised services.

Here to help

If you'd like to make a gift in memory of a loved one, call our friendly and supportive fundraising team on 0131 243 1453 or email fundraising@alzscot.org where we will be happy to help. A gift in memory can also be made online at www.alzscot.org by using our 'Donate' button and choosing the 'In Memory' tab.

For gifts in lieu of flowers and collections in aid of Alzheimer Scotland, we can provide branded labels or collection boxes.

Setting up an online In Memory page on JustGiving is another positive thing to do. Your page can be personalised and provides a way for family and friends to donate by card to a secure site: www.justgiving.com/fundraising/categories/in-memory/

For emotional support or information call our dedicated Freephone Dementia Helpline, 24 hours a day, 365 days a year on 0808 808 3000 or email helpline@alzscot.org.

To any readers with a loved one whose passed away, we extend our deepest condolences.

We feel very honoured and are grateful to all the families who have given to us or continue to give in memory of someone special. We send our sincere and heartfelt thanks for all support at a time of loss.

Corporate Partnerships

By Claire Du Preez and Caroline Miller, Corporate Partnerships Manager, Alzheimer Scotland

Our corporate partnerships team are delighted to announce two new corporate partnerships for 2019.

Duncan and Todd Opticians and Audiology are a Scottish success story, formed in 1973, who now have over 40 practices. As well as the Duncan and Todd brand, they also have a range of other brands, including 20:20 Opticians.

Duncan and Todd's Alex Higgins, Head of Audiology, approached Alzheimer Scotland earlier this year to explore the idea of working together.

There has been much written about the challenges with sight that people living with dementia can face. People can have visual difficulties caused by the brain but still have healthy eyes.

Duncan and Todd wanted to support a charity and Alzheimer Scotland therefore seemed like a very natural fit. Duncan and Todd will be raising money in their practices by engaging their staff and customers to get involved in fundraising events, till point collections and challenge events. Alzheimer Scotland will also be training Duncan and Todd staff to become Dementia Friends, ensuring that their business is accessible to people living with dementia. We also want to raise awareness of dementia in their practices and amongst the wider public about the links between dementia and hearing and sight loss.

Meanwhile, our other new Charity of the Year partnership with William Hill is bringing customers and colleagues together to increase dementia awareness and raise money for Alzheimer Scotland. Since our partnership launched in April, William Hill staff across Scotland have hosted a variety of fundraising activities which included Tough Mudder, a pitch takeover event at Hampden Park and generous prize draws to help us on our way towards a £35,000 fundraising target.

In addition to these fantastic fundraising efforts we will be working with the William Hill network to get people talking about dementia and tackle the stigma and isolation often faced by those living with the disease. This includes staff becoming accredited Dementia Friends, the Purple Alert app being downloaded onto shop ipads and stores displaying and promoting Alzheimer Scotland information. The stores will also be hosting pop up dementia information stands and our Memory Bus at selected shops throughout the summer.

Alzheimer Scotland are delighted to have this opportunity to join forces with William Hill to deliver such a positive, ambitious and meaningful partnership. We look forward to successful collaborations with both businesses, which will hopefully raise funds and awareness and create a lasting legacy in communities across Scotland.



Do you think your workplace could support Alzheimer Scotland? Email our fundraising team: fundraising@alzscot.org or call us on 0131 243 1453.

A marathon effort from Team AlzScot

By Valerie Smith, Event Manager, Alzheimer Scotland

A record 42,906 people pulled on their trainers and pounded the pavements of London and the surrounding areas for this year's London Marathon which was held in April 2019.

Alzheimer Scotland had 22 amazing marathon runners take part in what was another incredible event, with many runners from all over the world participating to raise money for good causes. It was very special to see so many people come together to support people with dementia, their families and carers.

Our 22 marathon runners all fundraised before and after the event and, to date have raised a staggering £50,592. Taking part in any challenge is to be commended, but running 26 miles all to help Alzheimer Scotland make sure nobody faces dementia alone deserves a very special thank you.



Dave Jackson from Ayr, who raised £3321.19



Jacqueline Gardener from Larbert, who raised £5570.48

Do you want to be part of this once-in-a-lifetime experience next year? The 2020 marathon will take place on Sunday 26 April and we have 12 charity places available. Entries are now open and people can register their interest in running for us by emailing events@alzscot.org or calling 0131 243 1453. Alternatively, visit www.alzscot.org for more ideas on how to get involved.



Alzheimer Scotland
Action on Dementia

Who will you walk for?

MEMORY WALK

INVERNESS

ABERDEEN

ARBROATH

DUNDEE

INVERCLYDE

FORTH VALLEY

FIFE

GLASGOW

MIDLOTHIAN

LANARKSHIRE

AYRSHIRE

BORDERS

DUMFRIES

Memory Walk 2019

Find an event near you

2019 EVENT DETAILS

Sign up to your local walk TODAY!

LOCATION	DATE	START POINT	TIME
INVERNESS	1 SEPTEMBER 2019	WHIN PARK	1 pm
GLASGOW	1 SEPTEMBER 2019	KELVINGROVE PARK	1 pm
ARBROATH	7 SEPTEMBER 2019	KEPTIE POND	11 am
BORDERS	7 SEPTEMBER 2019	HARESTANES COUNTRY PARK, JEDBURGH	1 pm
AYRSHIRE	8 SEPTEMBER 2019	DUMFRIES HOUSE, CUMNOCK	1 pm
FORTH VALLEY	8 SEPTEMBER 2019	STIRLING UNI INNOVATION PARK (SCION HOUSE)	1 pm
ABERDEEN	15 SEPTEMBER 2019	HAZELHEAD PARK	12 pm
INVERCLYDE	15 SEPTEMBER 2019	GREENOCK ESPLANADE	1 pm
LANARKSHIRE	15 SEPTEMBER 2019	HAMILTON RACECOURSE	11 am
FIFE	22 SEPTEMBER 2019	LOCHORE MEADOWS COUNTRY PARK, LOCHGELLY	11 am
DUMFRIES	22 SEPTEMBER 2019	THE DOCK PARK	1 pm
DUNDEE	29 SEPTEMBER 2019	CAMPERDOWN COUNTRY PARK	11 am
MIDLOTHIAN	6 OCTOBER 2019	DALKEITH COUNTRY PARK	11 am

Register now: WWW.MEMORYWALKSSCOTLAND.ORG or call 0131 243 1453



Join us



Be part of something special.
Join us today for as little as £1.

Find out more at www.alzscot.org/membership