

Welcome to our November/December Newsletter! It would be great to see you at some of our new events.

## **CHRISTMAS POP UP PARTY WITH SANDY DAVIDSON**

*An event you do not want to miss!*



We are delighted to welcome back Sandy Davidson, singer/entertainer, at our Christmas pop up Party. He will be performing hits from his past, along with some Christmas songs to get you in the Christmas spirit.

Spaces will be allocated on a first come first served basis so please call the Dementia Resource Centre on 01224 644077 to book a place.

**WHEN** - Wednesday 4th December from 1.30 pm to 3 pm at the Dementia Resource Centre, 13 - 19 King Street, Aberdeen.

**Christmas nibbles, along with tea and coffee will be provided.**

## **The Golden Years Of Aberdeen Cinema**

We are delighted to welcome Aberdeen Lord Provost Barney Crockett to give a talk on the Golden Years Of Aberdeen Cinema, including personal memories and amusing anecdotes.

The Queen's Cinema was one of several located on Union Street - can you remember the others?

**Dementia Resource Centre Thursday 28th November from 1.30 to 3.00pm.**

**Teas, coffees and biscuits will be served.**



## **Memories of 1966**



The year is 1966 and the Swinging Sixties have hit the United Kingdom. Volunteers Annette and Alan will share memories of film, television, music, sport and local and national headlines. Can you name the characters in this publicity photo from a popular film released that year?

**Dementia Resource Centre Monday 4<sup>th</sup> November from 1.30 to 3.00pm. Teas, coffees and biscuits will be served.**

**Dementia Advisors,  
Supporting you, your family, your community to make sure nobody faces dementia alone.**

**Your local Dementia Advisor, Lesley Gray can:**

- Provide information and advice
- Help you find the dementia specific support you need
- Connect you to local groups and services
- Help your local community be more dementia-friendly
- Help you influence the policies and services that affect you

**So please give her a call if you require an appointment to meet with her on 01224 644077;  
Email LGray@alzscot.org.**

### Comedy Hour

Do you need a break from Christmas preparations?  
Join volunteers Annette and Alan for an hour of fun and laughter  
as we enjoy a selection of classic comedy moments from our  
favourite television characters.

***Ooh you are awful ... but I like you!***

**Dementia Resource Centre Thursday 12th December from  
1 – 2.30pm. Teas, coffees and biscuits will be served.**



### Christmas Quiz



Volunteer Alan loves a quiz and what better time to have one than at Christmas? Join him for a fun afternoon when we will test your knowledge of weird and wonderful festive facts, including Christmas traditions from around the world. In which country might this footwear be filled with goodies overnight?

**Dementia Resource Centre Wednesday 18th December from 1.30 to 3.00pm. Teas, coffees and biscuits will be served along with Mince Pies & Mulled Wine.**

### Doric Bingo

Come along to our Doric Bingo session on 7 November where we'll be having some fun whilst spikin doric. Dinna worry about getting all the meanings, there may be some words you've nae heard afore.

**Fit like?**

**WHEN: Aberdeen Dementia Resource Centre on Thursday 7 November 1:30 – 3pm**

**Tea, coffee and biscuits will be provided**

### All at "C" Ukulele band



We are proud to welcome back the All At C ukulele band on the **27<sup>th</sup> November** from **1:30 – 3pm** at the Aberdeen Dementia Resource Centre.

They will be playing a selection of classic tunes from the 50's, 60's and 70s from artists like Cliff Richard, The Beatles, Buddy Holly and Elvis.

Tea, coffee and biscuits will be provided

**Everyone welcome!**

### POP UP PARTY

Don't miss our Pop Up Party at the Dementia Resource Centre, King Street, Aberdeen on **Wednesday 6<sup>th</sup> November 1:30 – 3pm**

Music as always will be from the Melting Pot Band, singing, dancing, a fine piece and a blether.

**Everyone welcome!**



### INTRODUCING DEMENTIA FRIENDLY BOWLING SESSIONS AT ABERDEEN INDOOR BOWLING CLUB, SUMMERHILL ROAD, ABERDEEN.

We are delighted to announce that Aberdeen Indoor Bowling Club, Summerhill Road, Aberdeen have offered us the use of 2 bowling rinks at the Indoor Bowl Club on the **second Friday of every month from 12 – 2 p.m. The first session will be on Friday 10 January 2020**

So if you, or the person you care for, are keen bowlers or would just like to come along and spectate we would be delighted to see you there. We have spare bowls and bowling shoes for use if you have not got your own. Tea, coffee, snacks and lunch can be purchased at the Coffee Shop at the Club. There is also ample free parking available, and if coming by bus, the Number 23, 13 or 14 will drop you off minutes from the Club.



We would also be delighted to hear from anyone wishing to volunteer to help out at these monthly bowling sessions. If you are interested in becoming a volunteer, please call **Lesley Gray on 07769 366201** or email **LGray@alzscot.org**.

## People with advanced dementia have the right to be treated equally

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 home 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 to 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 at [www.alzscot.org/fairdementiacare](http://www.alzscot.org/fairdementiacare)

You can hear more about the campaign by speaking to Alzheimer Scotland staff member or joining in the conversation on Twitter using **#FairDementiaCare**



### Tovertafel

We are inviting individuals and small groups to come along and try out our "Magic Table". It is a fun sensory experience that is enjoyable for people with moderate dementia. It facilitates discussion and reminiscence or promotes relaxing activities.

If you want to come along and see for yourself what the table involves, please give us a phone on 01224 644077 and arrange a visit.

### Younger People's Group

Are you a younger person living with dementia? Our group meets monthly and is for under 65's living with dementia and their family carers.



**November: Thursday 21st November, 1.30-3 pm** - Tour of Aberdeen Maritime Museum, Shiprow, Aberdeen, AB11 5BY with Alan Johnstone, Alzheimer Scotland volunteer, followed by tea/coffee in the museum cafe.

Please contact Julie Watson on 01467 670997 or 07880069684 or Mags Corbett on 01224 644077 if you are planning on coming along for the first time, in case of cancellation or change of plans/times.

### Disco at the DRC!

We are delighted to have Dave the DJ and his huge selection of music to dance to or request your favourites at the **Aberdeen Dementia Resource Centre** on the **14<sup>th</sup> of November from 1:30 – 3pm**

**Tea, coffee and biscuits will be provided**



### Meet Ally...



Hi everyone – I'm Ally Prockter, the new Alzheimer Scotland Locality Leader, with responsibilities for Aberdeen City, Aberdeenshire and Moray. This is a new position, taking on the Service Manager responsibilities previously held by Sarah Duff.

I am delighted to have joined Alzheimer Scotland, and I am committed to doing as much as I can to support the delivery, development and growth of our already outstanding services, and to making sure we provide positive support to all those living with dementia.

### Our Fundraiser Jules

Hello everyone,



I am Jules Goodwin and I am delighted to be the new locality fundraiser for the North of Scotland based here in Aberdeen.

I am always thrilled to speak with people across the community who wish to support our amazing cause, whether it is a company, a group or an individual, I would love to hear from you about your ideas to help raise funds (and awareness) to support our work for people living with dementia. If you would like to know more and to be involved, please contact me on [jgoodwin@alzscot.org](mailto:jgoodwin@alzscot.org) or **07769 366228**

**We are already looking forward to making 2020 another memorable year.**

### Memory Walk 2019

The Aberdeen Memory Walk 2019 was a wonderful day for all involved. Hazlehead Park came to life, as over 280 people walked around its beautiful woodlands and paths.

The young and elderly got together to celebrate the spirit of the local community, whilst helping Alzheimer Scotland ensure that nobody faces dementia alone. You have all helped raise an incredible **£15,600** so far! Thank you so much to everyone involved, not forgetting our fabulous band of volunteers for their enthusiasm and energy throughout.



A special mention to Sweet Adelines, Sandy Davidson, Granite City Events, Mackie's and Marks & Spencer for keeping our walkers & volunteers entertained and fed on the day.

## November and December support groups and activities - please check calendar for dates

### **Musical Memories – Dementia Resource Centre**

A fun weekly singing group for people with dementia, and current carers or their carers living in the local community. Friday mornings – 10.30 to 12 p.m. No singing experience required. Please check the calendar for dates when the Musical Memories sessions will run. **Please note there will be no Musical Memories on 27<sup>th</sup> December or 3<sup>rd</sup> January, 2020**

### **Cults Music to Remember – Cults Kirk Centre (Bennachie room) Cults**

Fortnightly singing group for people with dementia, family and friends. Meets fortnightly on Tuesdays from 10.15 to 11.45 am. Please contact Anne Middleton at 01224 867334 or Lilian Bruce at 01224 742532 for more information

### **Coffee and Catch Up – Citadel Community Café, 28 Castle Street**

Come and enjoy a chat, a fine piece and make new friends. Everyone welcome! Meets 2<sup>nd</sup> Tuesday of the month – 10.30am to 12pm at the Citadel, 28 Castle Street, Aberdeen. **Please note that there will be no Coffee and Catch Up on Tuesday 10 December, 2019**

### **Qi Gong – Dementia Resource Centre**

An ancient form of Chinese exercise which combines gentle breathing, basic movement and calm focus to help relax, strengthen the body and improve balance. Can be enjoyed seated as well as standing. Wednesday mornings - 10.30am to 11.30am, please check the calendar for the dates when the Qi gong is running. **There will not be a meeting on the 13 November**

### **Football Reminiscence – Aberdeen Football Club**

For anyone with a diagnosis of dementia who is passionate about football, whether you have played on the pitch or cheered from the stands. Meets monthly on Monday and Tuesday afternoons – please get in touch with Lesley Gray on 01224 644077 if you would like to come along. Sessions will be held at The Gothenberg Lounge, Pittodrie Stadium, Aberdeen

### **Bacon Butty & Blether – Dementia Resource Centre**

Come and have a chat and a bacon butty with us and talk about what's going on in the world. VSA are also in attendance if you require advice. Last Tuesday of the month 10:30 – 11:30 **Check calendar for dates.**

### **Art Group – Dementia Resource Centre**

Themes will include seasons and local scenes as well as looking at the work of local artists. No experience necessary. **Every Tuesday morning – 10.30am to 12pm.**

### **Boogie in the Bar – Hosted by The Foundry Pub, Holburn Street, Aberdeen**

Free afternoon disco for anyone who wants to have a good boogie but doesn't want to stay out late. Come along for a Friday afternoon bop to your favourites (or just enjoy the music) from the 60's, 70's and beyond in a fun, relaxed, supportive environment. **3<sup>rd</sup> Friday of the month – 12pm – 4pm**

**Living Well Cafes** - Fortnightly cafes for people with dementia and their families/carers at Newhills Church, Bucksburn and Oldmachar Church, Bridge of Don (alternate Tuesdays) and Ferryhill Parish Church and High Hilton Church (alternate Thursdays) 1pm to 3pm. Call 07512 141818 or 07927 541029 or email [cafe@thelivingwellproject.org.uk](mailto:cafe@thelivingwellproject.org.uk) for more information.

### **Cake and Curling – Dementia Resource Centre**

Come and join us for some carpet curling and have a tea or coffee afterwards. **Wednesday 20 November and Wednesday 11 December 1:30 – 3pm**

### **Cricket Reminiscence Group – Mannofield Cricket Club**

First Wednesday of the month from 2 – 3:30. If you would like to come along contact Lesley at 01224 644077

**Positive Dementia Group – Dementia Resource Centre**

Informal get-together for people living with a diagnosis of dementia. We come together to share experiences, take part in discussions and share support. For those who want to, there are also opportunities to get involved in research, local and national consultations, citizen involvement and awareness-raising. Meets every 2<sup>nd</sup> Wednesday of the month – 10.30am to 12.30pm. **The next meeting is on Wednesday 11 December 2019. Note there is no meeting in November.**

**Letting Go Group – Dementia Resource Centre**

Informal coffee morning for anyone who is supporting someone in residential care or hospital, or planning residential care for someone. A place to share support and information. Meets on the first Tuesday of every second month. 10.30am to 12pm. **The next meeting will be on Tuesday 3<sup>rd</sup> December 2019.**

**Carers’ Exchange – Dementia Resource Centre**

This is an informal group for carers of people with dementia to meet, exchange information, and for peer support. It meets on the third Monday of every month from 10.30 to 12 p.m. **The next meeting is on Monday 18 November 2019 and Monday 16 December 2019 at the Dementia Resource Centre.**

**Our community groups and activities welcome anyone living with dementia, including their families and friends. Our groups are intended for people who can attend on their own safely or who can bring their own support with them.**

**Unfortunately we cannot provide transport, therefore it is your responsibility to get to and from the activity safely. For more information on any of our activities, please phone 01224 644077**

Should you wish to opt out of receiving our newsletter by email or by post, would you please let us know by:

- either completing the slip below and returning it to:  
Aberdeen Dementia Resource Centre, 13 – 19 King Street, Aberdeen AB24 5AA
- or by emailing: [lgray@alzscot.org](mailto:lgray@alzscot.org)

I no longer wish to receive the Alzheimer Scotland Newsletter by email/post

Name:.....

Email/address .....

## Calendar of Events – November

Monday	Tuesday	Wednesday	Thursday	Friday
4 Memories of 1966 1:30 – 3pm	5 Art Group 10.30 –12pm Football Reminiscence (Gp3) 2pm–3.30pm	6 Qi Gong 10.30 – 11.30am Pop Up Party 1:30 – 3pm Cricket Reminiscence 2 – 3.30 pm	7 Doric Bingo 1:30 – 3pm	8 Musical Memories 10.30 – 12pm
11 Football Reminiscence (Group 1) 2 – 3.30pm	12 Art Group 10.30 –12pm Coffee and Catch-up 10.30 – 12 p.m (citadel)	13	14 Disco at the DRC 1:30 – 3pm	15 Musical Memories 10 – 11.30 am
18 Carers Xchange 10.30 am - 12pm Football Rem (Gp 4) 2 – 3:30 pm	19 Art Group 10.30- 12pm	20 Qi Gong 10.30 – 11.30am  Cake & Curling 1:30 – 3pm	21 Young People’s Group: Maritime Museum 1:30 – 3pm	22 Musical Memories 10.30 – 12pm Boogie in the Bar 12 – 4pm
25 Football Rem Group (2) 2 – 3.30pm	26 Art Group 10.30 – 12pm	27 Qi Gong 10.30 – 11.30am  All at “C” Ukulele Band 1:30 – 3pm	28 Golden years of Aberdeen Cinema 1:30 – 3pm	29 Musical Memories 10.30 – 12pm

## December

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Art Group 10.30 – 12pm Football Reminiscence (Gp3) 2pm–3.30pm Letting Go Group 10.30 to 12 noon	4 Qi Gong 10.30 – 11.30am Pop up Party with Sandy Davidson 1:30 – 3pm Cricket Reminiscence 2 – 3.30 pm	5	6 Musical Memories 10.30 – 12pm Playlist for Life 12 – 1pm
9 Football Rem (Gp 1) 2pm– 3.30pm	10 Art Group 10.30 – 12pm	11 Qi Gong 10.30 – 11.30am  Cake & Curling 1:30 – 3pm	12 Alan & Annette’s Comedy Hour 1 - 2:30 pm	13 Musical Memories 10.30 – 12pm
16 Carers Xchange 10.30 am - 12pm Football Rem (Gp 4) 2 – 3:30 pm	17 Art Group 10.30 – 12pm	18 Qi Gong 10.30 – 11.30am  Christmas Quiz 1:30 – 3pm	19	20 Musical Memories 10.30 – 12pm Boogie in the Bar 12 – 4pm
23 DRC Closed Football Rem Group (2) 2 – 3.30pm				

Please note that the Aberdeen Dementia Resource Centre will be closed from **Monday 23 December** till **Monday 6 January**. If you require support, please contact the 24 Hour Dementia Helpline on **0808 808 3000** or email [helpline@alzscot.org](mailto:helpline@alzscot.org)

We wish you all a very merry Christmas and a Happy New Year from all of us at Alzheimer Scotland!