

October to December 2019

West Lothian Newsletter



Welcome to our Autumn Newsletter

The weather has noticeably changed, and we have moved suddenly into autumn weather, with some days being cold enough to feel like winter. I even had to scrape ice off my windscreen last week!

As you will see we've been busy over the summer, with the day club being out and about, the dementia cafes continuing and a new Red Brick café starting up for under 65's. We also have a new activity group starting at West Calder High School which is being run by 6th year students.

Please take a few minutes to read about Alzheimer Scotland's Fair Dementia Care Campaign below. We ask for your support as we campaign for people with advanced dementia to have equal access to free healthcare, just like other progressive illnesses in Scotland. We are also being asked to be involved in the consultation that is taking place regarding the Older Peoples Commissioning Plan for West Lothian. This will set out how services for older people will be commissioned and developed over the next 4 years.

Thank you for your continuing support and we hope you will enjoy this newsletter.

Cherie Raby, Dementia Advisor

Active Voices – West Lothian Commissioning Plans

Following on from the Integrated Joint Board Strategy Consultation, the older peoples commissioning plan for West Lothian sets out how services for older people and those living with dementia, will be commissioned and developed over the next 4 years.

It is very important that the development of local services takes account of the local needs of those living with dementia and how they will be delivered in a more integrated way, to improve the quality of support for people who need them and deliver the national health and wellbeing outcomes.

We have arranged an engagement session on this topic, where you will have the opportunity to have your say on how services for those living with dementia and carers, will be shaped in West Lothian. The session will take place at our West Lothian Dementia Resource Centre. If you would like to attend please phone 01506 533 108 or email WestLothianServices@alzscot.org by Monday the 11th of November for catering purposes, as refreshments will be provided.

Venue – West Lothian Dementia Resource Centre, Unit 1 Grampian Court, Livingston, EH54 6QF

Date – Tuesday 12th November

Time – 2-4pm

Cherie Raby, Dementia Advisor

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

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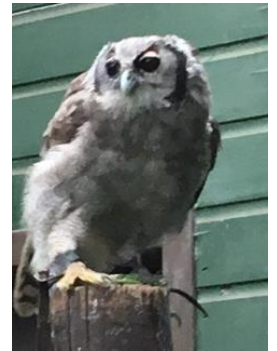
Under 65's Section

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

Day Opportunities



The group have had a lively few months with visits to the Owl Centre at Polkemmet Country Park, Craigies Farm, South Queensferry and a trip on the Barge at Ratho to name a few. We've also had fun indoors with decoupage sessions, mirror painting, Jenga and some very competitive balloon tennis, our new favourite pastime!



Carers Group

A group for those under 65 with a diagnosis of dementia and their families or carers. The group is there for people to come along and share what is most troubling them or things that they have found made life easier etc. However, we have decided to introduce a short information session and then open the group up for general chat. Topics for the next 3 months are as follows:

October – Eating and Nutrition. A look at how Dementia may change a person's eating preferences and habits.

November – Practical Tips for Helping with Memory Loss. Looking at the environment from a person with Dementias viewpoint and what might be done to assist i.e. signage, medication, timers, days of the week, calendars, information/wipe boards etc.

December – Coping with Christmas. As the festive season can be hectic, this will look at how the changes in routine, busy households, noise, late nights, weather (ice/snow) etc. may impact a person living with Dementia.

The Red Brick Café

Are you a younger person living with dementia? Alzheimer Scotland West Lothian would like to invite under 65's with a diagnosis of dementia to join us for a tea or coffee (and cake!) at our Red Brick Café. The café provides a safe space where you can relax, socialise and get some advice & support. **The café is on the second Monday of the Month from 10.30am – 12.30pm at the West Lothian Dementia Resource Centre, Unit 1 Grampian Court, Livingston, EH54 6QF.** The dates of the café for the rest of the year are 14th October, 11th November & 9th December.



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Café Information

Uphall/Broxburn Café – School Days Arts and Crafts Workshop

We have an artist visiting the Uphall/Broxburn Memory Café at Strathbrock Partnership Centre (Entrance B) on Tuesday the 22nd of October to provide this workshop in association with National Museums Scotland, who will be bringing some school days objects from their collection for reminiscence and inspiration.

Please come and join us, all welcome. Please phone Allison on 07765 243362 if you have any questions.



Café Updates December and January

Next year's café leaflet will be issued along with our next newsletter at the start of January and will be distributed at our cafes during December. Please be aware that the Bathgate and Dedridge (Café Connect Extra) cafes will not run in January.

Happy Birthday – Armadale Café!

The Armadale café held a special birthday bash on the 20th of September. An invitation was sent by the café organisers to Alzheimer Scotland's Chief Executive Henry Simmonds who gratefully accepted and can be seen in the picture below. Special mention must also go to Lauren Kyle who provided the entertainment and one of the volunteer's friends for making a lovely birthday cake. A great time was had by all!



Information Section

Fair Dementia Open Day

During October and November Alzheimer Scotland are holding events across the country to launch our new documentary 'Dementia: the true cost'. We teamed up with former STV news correspondent and author Mike Edwards to create the documentary which features personal accounts for carers of people living with dementia.

Alzheimer Scotland's Fair Dementia Care Campaign highlights the inequalities people living with advanced dementia are facing when it comes to accessing healthcare. Through the 'Delivering Fair Dementia Care for People with Advanced Dementia' report, Alzheimer Scotland are calling for people with advanced dementia to receive the same rights and access the same free healthcare that those living with other long term, progressive illnesses currently receive in Scotland. Right now, people living with advanced dementia are facing £50.9m in care costs.

We would like to invite you to a local screening and to support this campaign by signing up. To find out more about the Fair Dementia Care campaign please visit: <https://www.alzscot.org/our-work/campaigning-for-change/current-campaigns/fair-dementia-care>. **You can either watch the documentary and sign up online via the link above or attend your nearest showing.**

Date: Wednesday 30th October 2019
Venue: West Lothian Dementia Resource Centre,
Unit 1 Grampian Court, Beveridge Square, Livingston, EH54 6QF
Time: 2pm

If you would like to attend this event, please contact us on 01506 533 108 or email WestLothianServices@alzscot.org to book your place by Wednesday the 23rd of October.

Digital Skills Groups Session – Practitioners and Professionals (Pilot Session)

Test out some of the different technology options available. Share your experiences with others. Listen to what others say they have found useful. Hear from experienced speakers who will offer you solutions and ideas on the day.

Alzheimer Scotland is delivering this event to help raise awareness of the technology products, services and digital solutions that are available and where to find them.



Date: Thu 24th October
Time: 10am to 1pm
Venue: West Lothian Resource Centre, Unit 1, Grampian Court, Livingston, EH54 6QF

As this is a pilot session, lunch will not be provided, this will enable us to provide the session at no cost (Maximum 12 spaces). Please note donations will be requested for future events.

If you would like to reserve a space, please contact us by phone or email on 01506 533 108 or email WestLothianServices@alzscot.org

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Winter Lecture

- **Date: Monday 2 December 2019**
- **Location: The Old Fruitmarket, City Halls, Candleriggs, Glasgow, G1 1NQ**
- **Time: 6pm - 7pm (doors open at 5pm)**



You're invited to the Professor John Starr Winter Lecture – our annual event giving you the chance to delve into the latest discussions surrounding dementia.

Our winter lecture's name honours the late-Professor John Starr who supported the work of Alzheimer Scotland as a trustee and as the Director of the Alzheimer Scotland Dementia Research Centre at the University of Edinburgh.

This year, [Professor Ian Deary](#) will deliver the lecture titled **Twenty years of mostly-healthy, mostly-cognitive ageing in the Lothian Birth Cohorts**.

Click the link for further details or to book a place <https://www.alzscot.org/our-work/events/john-starr-winter-lecture-2019>

What's on in West Lothian - Facebook



Some of our Facebook users may have noticed that we have started a weekly update, we are advising of what's on in West Lothian the following week. The article is posted every Friday at 5pm. If you have Facebook and would like to see these updates please like our page <https://www.facebook.com/alzscotedinburghandlothians>

Activity Group – West Calder (NEW)

An Activity & Friendship group hosted by senior school students and supported by Alzheimer Scotland for people with dementia or memory loss, family or friends. Come along to our friendship and activity group, meeting in a relaxed setting, make new friends, reminisce and take part in a variety of activities over a cuppa.



The group will run on the fourth Monday of the month (October to June*) from 1.30-2.45pm at West Calder High School, Limefield Lane, West Calder, EH55 8BF. For more information please contact:

Cherie Raby on 01506 533 108 or email craby@alzscot.org

*December and June group dates are subject to change due to school holidays

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West Lothian Council Advice Shop – Individually Tailored Information Sessions

The sessions will be held on the fourth Wednesday of the month from 1pm to 4pm and will take place at Unit 1, Grampian Court, Livingston, EH54 6QF. The sessions will be for clients, carers and families affected by dementia. Each appointment slot will last for 30 minutes; double appointments can be booked if required.

To book an appointment please call 01506 533 108 or email WestLothianServices@Alzscot.org.

Advice can be provided in the following areas: -

- Benefit entitlement – advising which benefits to claim and how much you are likely to receive. Challenging unfair DWP decisions.
- Form filling – assisting with the following claim forms – Attendance Allowance, Personal Independence Payment, Council Tax Reduction, Housing Benefit, Employment and Support Allowance and Carers Allowance.
- General advice on housing issues – problems with landlords, rent arrears etc.
- General advice on energy issues – problems with bills. (Please note we cannot recommend energy suppliers)
- General money advice – assistance with debt problems. (Please note we do not give financial advice with regards to pensions or tax)

2019/2020 Dates

25 September 2019
23 October 2019
27 November 2019
22 January 2020
26 February 2020
25 March 2020

22 April 2020
27 May 2020
24 June 2020
22 July 2020
26 August 2020

Playlists for Life Drop In

We are now a Play List for Life help point, and we will be having regular “Cuppa Ti me” here at the resource centre. The purpose of the help point, is to share how a playlist of personally meaningful music, can help improve daily life for people with dementia.



Our first “Cuppa time” to answer any questions you may have about making a playlist, will be on the 27th of November from 10.30am to 12.30pm, so do please pop along and we can also have a nice cup of tea. If you would like further information, please call Cherie Raby on 01506 533 114.

Dementia Friends

Craigshill Good Neighbour Network, Potter Around and the 1st Whitburn Girls Brigade all became Scottish Dementia Friends. They gave an hour of their time to understand a bit more about dementia and the small things they could do to help people living with it. In the coming months all 5th and 6th year students from Whitburn Academy will become dementia friends. This session is now part of their senior phase studies. If you would like to know more about becoming a dementia friend or holding a session, please contact Cherie the Dementia Advisor on 01506 533 114



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Scotmid Vouchers

We would like to say a big thank you to Scotmid for awarding us with a grant of £450, this grant was provided to allow us to buy supplies for several of our groups. Pictured below are two of our groups where we made use of the vouchers, the Dementia Action Network group and our Living with Dementia, peer support group.



Afternoon Tea and Supper Club

As you may be aware, we hold quarterly afternoon tea and supper club groups at the Hilcroft Hotel, Whitburn and the Cairn Hotel, Bathgate. We currently hold lists of those who would like to be sent invitations to these. If you do not currently receive invitations to either groups but would like to be added to either list, please contact us on 01506 533 108 or email WestLothianServices@alzscot.org.



Flu Vaccine

Scotland's Chief Medical Officer recommends that people have the free flu vaccine every year if they:

- * have a health condition (no matter what age they are or how fit and healthy they feel)
- * are aged 65 or over.

Adults with a health condition are more at risk of flu-related complications and need extra protection. The vaccine is the most effective way to help protect people against flu.



People over the age of 65 should get a letter in the post (or have just received one), prompting them to contact their GP to make an appointment to receive their free flu vaccination. However, people under 65 with an existing health condition may not receive a letter (but they are still entitled to a free vaccine through their GP).

For more information, visit readyforflu.scot.

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What's On In October, November & December ...

Bathgate Memory Café

Rosemount Gardens, Mid Street, Bathgate, EH48 1QW
7th October, 4th November & 2nd December from 2.00pm – 3.30pm

Café Connect Extra - Livingston

Dedridge Baptist Church, Livingston, EH54 6QR
2nd October, 6th November & 4th December from 2.00pm - 3.30pm

Memory Café – Livingston North

Newyearfield Farm Community Centre, Livingston, EH54 6AB
17th October, 21st November & 19th December from 2.15pm–3.30pm

The Memory Café - Whitburn

Whitburn Pentecostal Church, Reveston Lane, Whitburn, EH47 8HJ
(Adjacent to ANSWER HOUSE)
8th October, 12th November & 10th December from 1.30pm – 3.15pm

The Memory Cafe – Uphall/Broxburn

Strathbrock Centre, 189a West Main Street, Broxburn, EH52 5LH (Entrance B)
22nd October, 26th November, No café - December from 10.00am – 11.30am

Forget Me Not Café – East Calder

East Calder Parish Church Hall, East Calder, EH53 0HF
31st October, 28th November, No café - December from 10.00am - 12.00pm

The Sunlight Café – Fauldhouse

The Partnership Centre, Lanrigg Road, Fauldhouse, EH47 9JD
10th October, 14th November & 12th December from 1.30pm – 3.00pm

The Caring Café – Linlithgow

The Lowport Centre, 1 Blackness Road, Linlithgow, EH49 7HZ
16th October, 20th November & 18th December from 10.00am – 12.00pm

Memory Cave Café – Armadale

The Community Centre, North Street, Armadale, EH48 3QB
18th October, 15th November & 20th December from 10.00am – 12.00pm

Five Sisters Activity Group (NEW)

West Calder High School, EH55 8BF
28th October, 25th November and 16th December from 1.30 – 2.45pm

Groups for those under 65 with a diagnosis of dementia and their families or carers

Red Brick Café 14th October, 11th November & 9th December from 10.30am to 12.30pm,
Carers Support Group 21st October, 18th November & 16th December from 10.00am – 12.00noon,
Both group are held at Unit 1 Grampian Court, Livingston, EH54 6QF.



All groups are to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends.

All are welcome; people who can attend independently and/or those unable to do so should come with a companion who can provide any support for them. *"We don't provide transport for these groups and therefore it is your responsibility to get to and from the community activity, safely".*

Fundraising

Memory Walks 2019

Our Midlothian Memory walk was a huge success with over 500 people signed up to take part on Sunday 6th October. Seas of purple filled Dalkeith Country park led by a pipe band to mark the final walk of the 2019 Memory Walk Season. The rain certainly didn't dampen anyone's spirits and a great day was had by all. Keep an eye on our social media to find out how much was raised. Memory Walks will be back in 2020 so watch this space for more news.



Hot Off the Press

We have been advised today, that the Scottish Opera are holding a Dementia Friendly performance of Tosca at the Edinburgh Festival Theatre on Tuesday 19 November at 3pm.

Tickets can be purchased at £10 each by calling 0131 529 6000 or via the capital theatres website (capitaltheatres.com). Wheelchair spaces should be booked in advance. Groups welcome.



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