

November 2019

Angus Services Newsletter



So, with Halloween behind us you know we're now heading for... Yes!
Christmas; Joy & good tidings to you all for a very Merry Christmas.



Christmas Concert

Friday 20th December 2019

7.30 pm

St Andrew's Church

Hamilton Green, Arbroath



Tickets £10
Includes tea, coffee
& shortbread

Christmas Concert

You will notice that there is a change of venue for our Christmas Concert this year. We are delighted that St Andrew's Church have provided this new location for the Friends of Angus Services to put on their wonderful Christmas Concert in aid of our organisation.

It will be same great company entertaining us with festive songs and verse putting on a marvellous performance to get us in the Christmas spirit, as they always do.



Featuring Violinist
KIT STORM
Blue Riband Winner 2019



Tickets available from: Angus Dementia Resource Centre, 262 High Street Arbroath, DD11 1JE, tickets can be reserved by calling Janet on 01241 431770 or by emailing jquantock@alzscot.org

We look forward to welcoming you at St Andrews Church

Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE Telephone 01241 431770 or 462780 E-mail anguservices@alzscot.org Website www.alzscot.org

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ 0131 243 1453

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Christine's Corner - Christine is our Community Activities organizer.

You might have noticed there is more talk these days around 'therapeutic intervention' and thought it one of those nebulous expressions bandied about by the 'professionals.'

But what does it mean and what has it to do with me?

In its most basic and simple form it is something that takes you out of yourself. So, becoming involved in an activity like reminiscence for someone who has memory problems is good as it helps to draw memories from the hippocampus (the sorting, sifting and storage of memory area of the brain). However, sitting looking at cards or photo's and talking of the 'good old days' is not for everyone. There are alternatives.

Wearing my 'titfer' as CAO my main purpose is to try as much as possible to suit an activity to the person. So, for example someone might always have had a keen interest in cycling but lost their confidence in taking to the road. We can make arrangements with AngusAlive which will enable that person to get on a bike for an hour on a suitably modified cycle where necessary. The selection of equipment ensures that the experience is as exciting and safe as any cycling can be. The only difference being it is off-road.

The point is that although modifications may have to be considered to pursue a hobby or interest there is absolutely no need to isolate yourself because you have a diagnosis of dementia.

This year Alzheimer Scotland ran a series of workshops in their Glasgow Learning Lounge. One of the many benefits of these professional development opportunities is that it allows us to meet our colleagues who work in different localities. At the most recent I learned of an idea being developed by Donald MacInnes in Lewis. Entitled "Ceilidh @ Home" it shows that even those who are housebound can still derive pleasure from a person centred therapeutic intervention when the CAO or a carefully selected Volunteer can visit with a memory box containing specific items pertaining to the interests of that individual.



Recently one of our Groups visited the Signal Tower in Arbroath where we learned about the building of the Bell Rock Lighthouse on Inchcape which is eleven miles offshore and what an incredible feat of engineering that is. It was brought home to me just how important visits such as this are when one of our members mentioned that he had always wanted to visit the Tower as he had a keen interest in museums. Another member was able to add detail remembered from a previous tour. All in all a fascinating visit.

At one of our Community of Practice Workshops this year we discussed the subject of advertising what we do. It is very difficult to advertise widely when what we have is what could be described as a niche market. We desperately want to get the word out to those who have a diagnosis of dementia and their carers but where and how to do that for best effect? This is an enduring challenge for all my colleagues no matter which town or city.

Fair Dementia Care - People with advanced dementia have the right to be treated equally.

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: www.alzscot.org/fairdementiacare

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

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Forget-me-not Belles Events

Forget-me-not Belles

3 Day Winter Sale

Winter Coats, Jackets, Jumpers & Shoes
Not to be missed

Books & Toys
At

**Masonic Lodge, Coutties Wynd,
Forfar**

**Thursday 21st & Friday 22nd
November**
From 10am until 4pm

Saturday 23rd November
From 10am until 3pm

For more information please contact Maureen
on 01307 465397

All proceeds to
Alzheimer Scotland Angus Services

Making sure nobody faces dementia alone.

Forget-me-not Belles

Prize Bingo

Wednesday 27th November 2019

**British Legion Hall
Forfar**

Eyes Down
At 7.30 pm

**6 Books and flyers £5
includes refreshments**

!!! Fantastic Prizes !!!

Raffle and sales table

All Welcome

All proceeds to Alzheimer Scotland Angus Services

President: Lord Rennart of Yester, MBE, FRCGP, FRCR
Registered Office: 100 Queen Street, Edinburgh EH1 1EQ
Alzheimer Scotland is a registered charity in Scotland No. SC002231
and in England and Wales No. 1172452
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Forfar Weekly Drop-in

Every Wednesday
at
The OAP Hall
Chapel Street
1.45pm – 3.45pm



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

The Drop-in provides opportunities for people living with dementia and their carers to come together and develop friendships in a relaxed environment.

Afternoon tea is served and activities on offer include craftwork, floral arranging, quizzes, dominoes, bingo etc.



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

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



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Music & Movement

Sing-Along-A-Lesley and Jig-Along-A-Janet is held at the Angus Dementia Resource Centre every third Thursday of the month between 1pm and 2.30pm.

This group is very similar to our sing-alongs; you can expect to enjoy a wide variety of music. Lesley will be adding some gentle chair exercises done in time to the music.

Join in with the singing, join in with the movement or simply enjoy the atmosphere, fun and laughter. Our next Music and Movement afternoon will be held on **Thursday 21st November 1pm - 2:30pm** and every third Thursday of the month at the same time thereafter.



Keep in touch



For service updates, new information or any changes to our groups, you can follow us on facebook, our page name is: *Alzheimer Scotland Angus Service*



For more information about our national organisation and information about dementia checkout our website at www.alzscot.org

If you would prefer to receive our newsletter by email please email Janet on jquantock@alzscot.org she will add you to the emailing list.

400th Music Café

The Music Café is held every Monday afternoon at the Social Area of the East and Old Pariah Church in Forfar by Alzheimer Scotland in partnership with East and Old Pariah Church. We celebrated our 400th session on Mon 23rd September 2019 with volunteers past & present attending along with regular clients and VIP visitors.



The first music cafe was held on 3 October 2011. Since then we have sung around 6,400 items with about 12,500 people living with dementia attending assisted by approximately 2,400 volunteering supporters.

Pictured with our celebration cake;
Back, our organist Bruce Simpson-piano, Angus Presbytery Moderator Rev Mike Goss, Rev Barbara Ann, Maureen Black & Pat Brodie from Alzheimer Scotland

Front, Margaret Anderson-piano, Angus Provost Ron Proctor & Councillor Lynne Devine.

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NDCAN

Alzheimer Scotland's National Dementia Carers Action Network (NDCAN) is a national campaigning and awareness raising group for carers and former carers of people with dementia living in Scotland. We exist to make the voices of carers heard and raise awareness of the issues impacting on us as carers. NDCAN was formed in 2011, in response to the impact of dementia on unpaid carers across Scotland who felt underrepresented.



Seven years on from this, the group provide a strong 'collective voice' for unpaid carers to influence dementia policy and practice in Scotland and to inform Alzheimer Scotland's policy priorities. NDCAN have made a significant contribution to key areas of work both nationally and locally. For example, Scotland's National Dementia Strategies, the Carers Act and the Dementia Champions Programme. Influencing how well the National Dementia Strategies are delivered at a local level is a key focus for NDCAN. Only with successful implementation at a local level will there be an improvement in the services to people with dementia and their carers.

NDCAN members raise issues from carers across Scotland through campaigning and awareness raising activities. There are around 60 members throughout Scotland who are based in 24 of the 32 local authority areas.



Kate Weir from Forfar joined NDCAN in 2017. Kate shares some reflections on being a member of the network:

"I joined NDCAN to campaign for better care for everyone with dementia and their carers, for no-one should have to face dementia alone."

NDCAN works tirelessly, alongside the Scottish Dementia Working Group and Alzheimer Scotland, towards ensuring the highest quality of care and support for everyone at diagnosis and throughout their journeys with dementia.

Kate pictured with Lindsay Shaw our Dementia Advisor

Completing the Resilience Project questionnaire in the first year of my membership made me realise how fortunate I had been to have people to talk to and people who listened when I was a carer, travelling through what felt like an unmappable country.

It is great to be part of NDCAN and to know that change is happening. Everyone has been so welcoming, inclusive, positive and indeed inspiring: lights lit all over Scotland".

Kate and her fellow NDCAN members have been involved in a number of projects in the last year, including the production of 'For Carers, By Carers' resilience booklets. With generous support from the Life Changes Trust, they consulted with over 80 carers to develop a series of booklets explaining what has helped carers of people with dementia to get through the day and cope with difficult times. These booklets offer words of encouragement, tools and tips, and the things that have worked for NDCAN's carers and other carers across Scotland.

If you would like to find out more about joining NDCAN, please get in touch. We would be delighted to hear from you. Email: ndcan@alzscot.org

NDCAN's sister network is the Scottish Dementia Working Group, whose members all have a diagnosis of dementia. Please get in touch if you would like more information. Email: sdwg@alzscot.org

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Groups & Information around Angus in November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Kirrie: Carers	28 Arb: Tea & Blether	29	30	31 Carnoustie Drop-in
Forfar Music		Forfar - Drop-in		
Arb: Carers	4 Arb: Tea & Blether	5 Arb: Dementia Cafe	6	7 Carnoustie Drop-in
Forfar Music		Forfar - Drop-in		
Forfar Music	11 Arb: Tea & Blether Brechin - Bowling	12	13 Arb: Mixed Sports	14 Carnoustie Drop-in
Forfar Music	18 Montrose Carers Arb: Tea & Blether	19 Arb: Football Brechin DDC	20 Forfar - Drop-in	21 Carnoustie Drop-in
Kirrie: Carers	25 Arb: Tea & Blether	26	27	28 Carnoustie Drop-in
Forfar Music	Mont: Lunch Club	Forfar - Drop-in		29

Monthly Drop-in Opportunities

For people with dementia and their carers at:

Arbroath - first Wednesday of each month
2pm – 3.30pm, St Andrew's Church Hall

Brechin - third Wednesday of each month
2pm – 3.30pm, Brechin Cathedral Hall

Arbroath - Music & Movement

third Thursday of each month
1pm - 2.30pm, Angus DRC, Arbroath

Montrose Lunch Club – fourth Tuesday of each month 12.45pm – 2.30pm. Park Hotel

All our groups are for people who are able to attend on their own safely or who can bring their own support with them.

Weekly Drop-in Opportunities

For people with dementia and their carers.

Arbroath - every Tuesday morning
From 10am to 12 noon,
Dementia Resource Centre, 262 High St

Forfar - every Wednesday afternoon
From 1.45pm until 3.45pm
The OAP Hall, Chapel Street

Carnoustie - every Friday
From 11 am until 1.30 pm
Panbride Church Hall, Arbroath Road



Activity Groups

For people with dementia and their carers.

Weekly

Music Café - every Monday from 2 pm - 3.15pm,
East & Old Parish Church, Social Area, Forfar

Monthly

Football Memories - third Wednesday of each month,
10.30am – 12noon, Arbroath Football Club, Gayfield

Bowling – Fortnightly, alternating Tuesdays and
Thursdays – Brechin Bowling Club.

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

For more information

On times and location of these groups

Contact Janet on:

Tel: 01241 431770 or Email: jquantock@alzscot.org



Monthly Dementia Information and Advice Surgery

Parkview Primary Care Centre, Barry Rd, Carnoustie, DD7 7RB

Your local Dementia Advisor will be available between **2pm and 4pm** on the fourth Tuesday of each month
Come along for confidential advice, information or emotional support. Please come to reception upon arrival.



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