

# Dementia in Scotland



Winter 2019 – Issue 100



100<sup>th</sup>  
e d i t i o n

**Our journey  
together**

Celebrating  
100 editions of  
**your** magazine



## Join us for the Professor John Starr Winter Lecture 2019

**Twenty years of mostly-healthy, mostly-cognitive ageing in the Lothian Birth Cohorts**

**Monday 2 December 2019**

**5pm – 7pm**

**The Old Fruitmarket, City Halls, Glasgow**

Members'  
rate  
available

Everyone is welcome to join us for the Professor John Starr Winter Lecture, to be delivered by Professor Ian Deary OBE. Professor Deary will explore the impact of the Lothian Birth Cohorts (LBCs) of 1921 and 1936. This accessible talk will provide a primer on the studies, and their contributions to understanding why some people's brains and bodies age better than others.

Tickets start from £12 and include the opportunity to network and enjoy festive nibbles ahead of the lecture. Free tickets are available for people living with dementia and their carers.

For more information, or to book tickets, email: [externalevents@alzscot.org](mailto:externalevents@alzscot.org) or call 0141 410 0104. **Book online at [www.alzscot.org/winterlecture19](http://www.alzscot.org/winterlecture19)**



The annual Alzheimer Scotland Winter Lecture has been renamed in memory of our longstanding board member and highly respected researcher, clinician and leader, Professor John Starr, who sadly passed away last December.

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## Welcome

Welcome to the 100th edition of Dementia in Scotland magazine. I can't quite believe the magazine has been in existence since December 1992; it has been brilliant to see it evolve over the years. The magazine remains a significant way to tell our story; celebrate and share our successes, highlight key pieces of work and also document where we need to see future change to better enhance the lives of people with dementia, their families and carers. The magazine would be nothing without its contributors, thank you to everyone who has been a part of this - either by contributing or by reading. We look forward to telling our story for another 100 editions and beyond.

Between celebrating this key milestone and heading towards the end of the year, it's important that we take time to not only reflect on where we've come from but also look to the future.

On p18 we will look at all of the positive work that we have shared with you since the magazine's creation as well as talk about plans for the upcoming year, which includes our 40th anniversary. I look forward to sharing our really exciting developments in the next edition.

We recently celebrated 10 years of the Charter of Rights, which is at the very centre of Alzheimer Scotland's work. On p22 you can hear more about just how integral the Charter of Rights has been to help improve the lives of people with dementia.

The national policies and approaches that we have developed in Scotland has brought much international recognition, so much so that we have been inundated with requests to come and learn about our work and our approach from practitioners and policy makers across the world. As a result of this, I am pleased to share that we have established

an International Centre with our partners at Alzheimer Scotland's Centre for Policy and Practice, based at the University of the West of Scotland. The centre will run study tours and offer bespoke learning opportunities for policy makers and practitioners that want to learn about our work. You can read more about this on p10.

It was great to see another successful Memory Walk series, with thousands of people walking for their loved ones. Not only are the walks an opportunity to do something special with your friends and family, it also raises a great amount of money each year. Without fundraised income, we wouldn't be able to offer the current support that we do throughout Scotland, or continue to offer new support; so a huge thank you to everyone who took part. Head to p32 to hear more about this year's walks and see some photos of the events.

Winter can be an unsettling time for people with dementia, their carers and their families. Alzheimer Scotland provides vital information and support at this time of year, especially through our 24 hour Freephone Dementia Helpline. Our winter campaign this year focusses on the Helpline and we hope you will join in to support us, as it remains a lifeline throughout the winter period.



It has been another wonderful year for Alzheimer Scotland; thank you for your continued support. I look forward to continuing to progress in 2020.

*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](mailto: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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# Celebrating success in Scotland

By Marysia Nellaney, Conference and Events Manager, Alzheimer Scotland

## 2019 | Scotland's Dementia Awards

Scotland's Dementia Awards, which are a partnership between Alzheimer Scotland, NHS Education for Scotland and the Scottish Social Services Council, have been running successfully since 2012 and recognise the inspirational projects which support people living with dementia, their carers and families across the country. This year the judging panel were delighted to receive nearly 70 entries for the awards, which celebrate the achievements of those outstanding individuals, groups and organisations making a difference for people living with dementia and their families across

health, social service and community settings.

The audience heard from members of the Scottish Dementia Working Group and National Dementia Carers Action Network on the day, as well as a moving and inspirational acceptance speech from this year's Lifetime Achievement Award winner, Amanda Kopel. You can read more on Amanda's much deserved recognition below.

We were pleased to have two Alzheimer Scotland projects amongst the finalists this year – 'Beer with Buddies' and 'Try Something New' group which is a partnership project between Alzheimer Scotland and the Westquarter and Redding Cricket club.

It was another fantastic event and we look forward to celebrating more inspirational people and projects in 2020.

**To find out more information about next year's awards, keep an eye on our website: [www.alzscot.org](http://www.alzscot.org)**



### Recognising the driving force behind Frank's Law

This year, the Lifetime Achievement Award at Scotland's Dementia Awards was presented to Amanda Kopel, the driving force behind Frank's Law, in memory of her late husband and football legend, Frank Kopel. Amanda single-handedly campaigned for Frank's Law for six years; asking the Scottish Government to extend free personal care in Scotland to those under the age of 65. This was after Frank, who was diagnosed with dementia aged 59, was told he was too young to access free personal care. As a result of Amanda's dedication and determination, the Scottish Government introduced the new law which extended free personal care for everyone who requires it, regardless of age.

Henry Simmons, Alzheimer Scotland's Chief Executive, said on behalf of Scotland's Dementia Awards: "Congratulations to all our winners for their excellent work to improve the lives of people living with dementia, their carers and family members.

"We were delighted to honour the tireless work of Amanda Kopel by awarding her the Lifetime Achievement Award. Amanda's efforts and her commitment to ending this inequality has been a truly remarkable achievement. The outcome of her campaign will improve the lives of so many people with dementia, and other conditions throughout Scotland, so she greatly deserves this recognition."



**Best Community Support Initiative**

An Alternative to Hospital Admission for Older People - Rapid Response Team, NHS Lothian



**Best Dementia Friendly Community Initiative**

Woodland Activity Group - Forestry and Land Scotland and Scottish Forestry



**Best Educational Initiative**

Carer's Academy - NHS Ayrshire and Arran and University of the West of Scotland



**Best Care Home Practice Improvement**

Developing Namaste Care in Practice - Erskine Park Home



**Best Hospital Care Initiative**

Styles and Smiles - University Hospital Wishaw, NHS Lanarkshire



**Lifetime Achievement Award**

Amanda Kopel - Frank's Law

# 24 hour support this winter



By Jennifer Hall, Helpline Manager, Alzheimer Scotland

Did you know that our Freephone Dementia Helpline is available 24 hours a day, every single day? It takes the dedication of our highly skilled Helpline volunteers, who selflessly give their time, to keep this vital service running.

The festive period is different for everyone. To some, it's a special time to reconnect with the people you love that you may not see as often as you'd like. For others however, it can be a difficult or emotional time. It can also be a time where some may notice changes in their family or friends which can cause concern if it's related to dementia.

When it comes to emotional support and information our Freephone Dementia Helpline will remain open 24 hours a day, every day in December, to make sure nobody faces dementia alone.

## Help is a phone call away

Our Helpline first launched in 1989. Since then, it has supported thousands of people with dementia, their partners, family and friends. Anyone can call: whether you're looking for support and information about a diagnosis; wanting to learn more about ways to talk about dementia with a family member or friend or seeking urgent information, the Dementia Helpline is here to listen and to help.

Everyone on the Helpline is fully trained and supported by Alzheimer Scotland's dedicated team. The Helpline can offer information on anything relating to dementia, including:

- Understanding the disease
- How to get help locally, community care and long stay care
- Maintaining independence
- Financial and legal matters
- Rights and entitlements
- Coping with behaviour.

It also provides emotional support and can send out free information packs to people living with dementia, worried about dementia or caring for someone with dementia.

## Support the Dementia Helpline this winter

This winter, we want to spread the word about our Helpline, which is the only 24 hour dementia helpline in the UK. You can help ensure we continue to provide the information, support and a listening ear that is valued by so many of the people we talk to, by gifting us a donation. We welcome any donations that will help us to provide the information, support and listening ear that is valued by so many of the people we talk to. Under £10 can fund one hour of crucial support for someone reaching out for help. Any donations are always gratefully received.

## The 24 hour Freephone Dementia Helpline in numbers

Nearly **50%** of callers are seeking **emotional support**

**109,539** calls received since **records began** in 1991

Over **90%** of calls last **30 minutes** or less

**£8.90** can fund **1 hour** of specialised Helpline support



To donate to support the Dementia Helpline, help us spread the word and find out more about our winter campaign, head to: [alzscot.org/winterhelpline](http://alzscot.org/winterhelpline)



# Worried about dementia?

24 HOUR

Dementia

# Helpline



Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)



Making sure nobody faces dementia alone.



# Dementia: the true cost

By Dawn Ferguson, Content Manager, Alzheimer Scotland

As you may have read in previous editions of Dementia in Scotland, this year Alzheimer Scotland worked with the Fair Dementia Care Commission to publish a report: Delivering Fair Dementia Care for People with Advanced Dementia.

The report, and the subsequent Fair Dementia Care campaign, 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. This is one of the most significant campaigns undertaken by Alzheimer Scotland and we are committed to ensuring these inequities end.

Someone who has lived experience of caring for a person with advanced dementia is author and retired journalist, Mike Edwards, whose mum Margaret is living with the illness. Mike is a full-time carer for his mum and experiences first-hand the difficulties that this can bring.

Mike has been working with Alzheimer Scotland to produce a documentary on the Fair Dementia Care campaign. 'Dementia: the true cost' was launched at an event in Glasgow on Wednesday 2 October. Following the inaugural screening, a question and answer session was held with some of the documentary's participants.

The documentary explores three real-life accounts of carers whose family members have lived with a diagnosis of dementia. It is an incredibly

emotional, yet poignant, film which clearly articulates why our campaign is so important.

There are also valuable contributions from Henry McLeish, chair of the Fair Dementia Care Commission, Prof. Debbie Tolson, a member of the Commission and Director of the Alzheimer Scotland Centre for Policy and Practice, Dr Margaret Brown, Deputy Director of the Alzheimer Scotland Centre for Policy and Practice and Jim Pearson, Alzheimer Scotland's Director of Policy and Research.

Following the launch of the documentary we held 26 screenings in our localities to encourage more people to sign-up to the campaign and also to raise awareness of this vital piece of work. Our aim is to have 10,000 people signed up to the campaign to demonstrate the public support we have. We do, however, need greater political support and are continuing to talk to all political parties; asking them to include a commitment to deliver fair dementia care in their election manifestos for the May 2021 Scottish elections.

People with advanced dementia deserve to be treated fairly and equally. With YOUR support, we can make a difference.

To view 'Dementia: the true cost', visit [www.alzscot.org/fairdementiacare](http://www.alzscot.org/fairdementiacare)



To sign up to the Fair Dementia Care campaign, visit [www.alzscot.org/fairdementiacare](http://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](mailto:ActiveVoice@alzscot.org) or speak to your local Dementia Advisor (details can be found on our website.)

# Securing a PAW-sitive future

By Fiona Corner, Project Manager, Dementia Dog Project



In June, the Dementia Dog Project launched an urgent online fundraising campaign to the general public to try to secure a long-term future for our work in Scotland. Since then, we have been overwhelmed by the kindness and generosity of the public in their interest and support for this pioneering programme.

The appeal aimed to raise an essential £30,000, which was needed by the end of August, to ensure we can continue our life-changing work. Thanks to wide coverage, some amazing generosity and individual fundraising efforts, the appeal raised an incredible £50,000 – helping to secure a future where dogs can continue to improve the quality of life for people living with dementia.

This has largely been raised through individual donations or people undergoing daring and inspiring challenges – from shaving heads, sponsored walks and triathlons – to even smashing a 24 hour weight-lifting record!

The project also succeeded in attracting wide coverage including BBC TV, radio and online, STV national news and national papers such as The Sunday Herald, which has significantly boosted awareness of the Dementia Dog Project in Scotland.

Fiona Corner, Dementia Dog Project Manager said, “We have been simply overwhelmed by the public backing we have received. It means so much to us to see a real community of support out there for what we do, and for what we are trying to achieve for people living with dementia. It has been an absolute personal highlight for us to see such a heart-warming response and we would like to thank everyone who donated.”

Malcolm and Imke Thomson from Dundee are one of the families to benefit through their

dementia assistance dog, Webb, who they have had for two years. Malcolm was diagnosed with dementia associated with Parkinson’s in 2016.

Imke said: “It’s wonderful to see the public respond so generously to help keep this work continuing in Scotland. Webb has made such an impact on our lives, and it is so good to think more families in Scotland will be able to benefit through the Dementia Dog project in the future.”

This fundraising success means there is now a future secured for Dementia Dogs in Scotland. The two founding charities, Alzheimer Scotland and Dogs for Good, are now in discussions to explore how best to shape the future support of the project to help even more people to live well with dementia, so watch this space.

**The Dementia Dog Project will always rely on fundraised income to continue to support even more people with dementia, their family members and carers. If you would like to support the project in the future, we are still welcoming one-off or regular donations.**

**To donate please visit [www.dementiadog.org](http://www.dementiadog.org)**



# Alzheimer Scotland International Centre

By Dr. Barbara Sharp, Policy and Practice Advisor, Alzheimer Scotland

The Alzheimer Scotland International Centre is an exciting new initiative from Alzheimer Scotland in partnership with the Alzheimer Scotland Centre for Policy and Practice, based at the University of West of Scotland (UWS). The new centre will seek to strengthen international connections and share experiences of transforming care in Scotland to the benefit of wider international communities.

## The vision

Scotland and the Alzheimer Scotland International Centre are at the heart of a successful, collaborative, global network of people committed to improving the lives of people with dementia wherever they are.

Scotland has a growing international reputation around making positive changes in the lives of people with dementia, their families, friends and communities. Through bold policy decisions, practice leadership, innovative education, standards and workforce development, Scotland has transformed the way that people with dementia are supported. It is important to acknowledge there is still much to do to achieve the best possible experience for every person with dementia in Scotland. However, a collaborative approach founded on the human rights and citizenship of people with dementia, their families and carers has realised more significant change in the last decade than ever before.

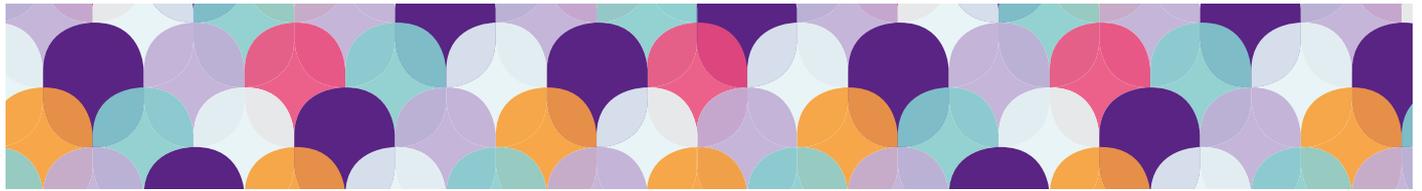
We have experienced a great deal of interest from colleagues around the world who want to spend time with us here in Scotland so that they can better understand our approaches, successes and challenges. At the beginning of this year, the Alzheimer Scotland Board of Trustees agreed the creation of an International Centre to develop and strengthen our response to this interest.

Building on highly successful study visits facilitated by Susan Rendell, Alzheimer Scotland's Dementia Learning Agent, the International Centre will provide opportunities and support for international groups and individual participants to undertake study tour programmes which reflect areas of significant progress in Scotland. These programmes introduce the evidence for approaches we've developed and demonstrate how

key partnerships, with a shared vision, have brought about change. The focus is on knowledge exchange around policies, and practice developments which have the capacity to transform the lives of people with dementia, their families, friends and communities.

The study tour programmes are based around themes which reflect the core areas of activity responsible for bringing about change in Scotland. Each programme is two days long and these can be brought together to create an experience which best matches the needs and interests of participants. The programmes offer the opportunity to engage directly with people at the heart of developments in Scotland: people with dementia, practitioners, carers and policy makers, within our centres and projects, leading our campaigns and research. The interactive nature of the programmes will be supported by a dedicated digital platform to share materials and sustain connections and relationships between those brought together through the International Centre.

Our study programmes are suitable for anyone working extensively with people with dementia and/or carers, as well as educators and policy makers with an interest in learning about aspects of system change and practice development, and how these are being addressed in Scotland. The programmes will also benefit anyone wishing to learn from our experience in translating the concepts of rights-based support into practices which impact positively on the lives of people affected by dementia.



### What can study tour participants expect?

- The opportunity to engage with teams who are passionate about improving the lives of people with dementia, their families, friends and carers
- Sharing of the ethos that drives our ideas and ways of working, our practical solutions, challenges and resources as well as experience of the evidence-based models of support we've developed and their impact
- Connection with the Scottish Dementia Working Group and National Dementia Carers Action Network
- High quality, informed conversations and visits which bring dementia policy and practice in Scotland to life with ample opportunity to explore ideas and have questions answered
- The opportunity for shared learning and knowledge exchange, essential to personal professional development and to making a real difference to the lives of people with dementia.

Upon completion of the study tour, participants will be invited to join the network of International Centre Associates which will provide on going support as participants make changes and pursue developments in their own area or country.

We know Scotland is leading the way in terms of dementia policy and practice and we want to share our learning; and also have the opportunity to learn ourselves through building these vital relationships. Our hope is to contribute to improving the lives of people with dementia and their carers and families, all across the world. We're very much looking forward to the growth of this new learning facility.

For further information on the Alzheimer Scotland International Centre, email Dr. Barbara Sharp: [BSharp@alzscot.org](mailto:BSharp@alzscot.org) or call 0141 410 1067.



# Animal assisted learning

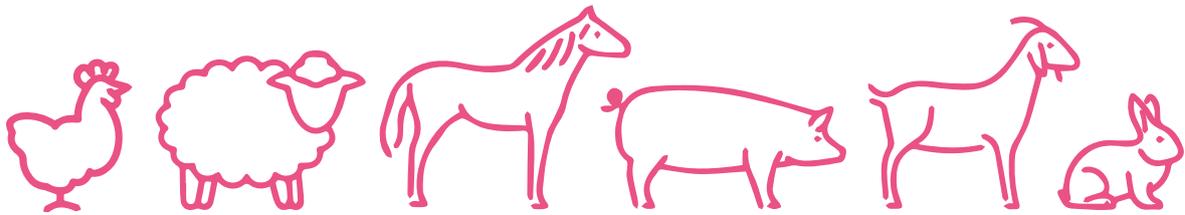
By Julie Garton, Alzheimer Scotland Dementia Nurse Consultant, NHS Dumfries and Galloway

In August 2019, Mandy Cowan from Alzheimer Scotland, Dr Anna Jack-Waugh, lecturer at the Alzheimer Scotland Centre for Policy and Practice and I travelled the Netherlands on a study tour. Funded by Alzheimer Scotland and the General Nursing Council, we intended to explore the potential for animals in the care of people living with dementia by visiting Green Care Farms in the Netherlands. Green Care Farms, for people with dementia, are small home-like settings where engagement farming activities are integral to the systems and processes of care delivery.

This study tour was prompted by a pilot project which started in 2018 with money which was raised by local fundraising. The project was a co-production between Alzheimer Scotland and Mossburn Community Farm, an animal sanctuary near Lockerbie in South West Scotland, NHS Dumfries & Galloway and Alzheimer Scotland Centre for Policy and Practice at the University of West of Scotland. Providing activity sessions for people living with dementia and their families, we adopted an approach where people came to work with the horses and other animals, providing grooming, preparing feed and making up pig pens rather than a 'petting' activity. We saw the potential for this small scale project and wished to learn from other countries where working with animals for the wellbeing of people living with dementia was established.

The tour comprised of observational visits to two care farms and an educational visit with Dr Simone De Bruin from the National Institute for Public Health and the Environment (RIVM), and Dr Jan Hassink at Wageningen University. Simone and Jan were generous in sharing both their research and practice knowledge of developing Green Care Farms, and building the evidence base for their effectiveness in contributing to the wellbeing of people living with dementia.





At the care farms, we saw people come by minibus and spend most of the day involved in farming activity. One of the owners told us how the activities carried out by attendees were, at the core, meaningful, real work consisting of usual farm management tasks. People chose what they wanted to do that day, from collecting eggs, harvesting fruit and vegetables or caring for the vast array of animals. In caring for the animals, the people living with dementia experienced the opportunity to increase their physical activity, develop relationships with each other and the animals, and gain a sense of accomplishment focused on mutual caring between people and animals, and people and people. The talents, skills and attributes of those attending were paramount and given high priority. We observed an enabling approach in action where the days were constructed around what needed doing, and a person-centred choice of activity.

The people we met were at different stages of their journey, however, a focus on their talents and attributes, the fostering of relationships, socialisation, meaningful activity and physical health benefits, all cumulated in an environment that felt warm, welcoming and happy. We were privileged to see older people active and engaged in predictable, flexible and reliable farm-focussed routines. In particular, mealtime held a special significance where everyone was involved in the gathering and preparation of ingredients and the cooking, in an atmosphere of fun and friendship.

Offered as an alternative to traditional long-term care models, research into Green Care Farms has demonstrated the ability to provide a person-centred, meaningful and nurturing environment for people with dementia. They provide care which enhances the identity, autonomy, physical health and social participation of people with dementia. The learning and experiences from this study tour will contribute to increasing the knowledge of the role that animals and Green Care Farming can play in the future of caring for people living with dementia in Scotland.



If you're interested in finding out what animal assisted activities are available in your area, visit [www.alzscot.org](http://www.alzscot.org) or speak with your local Dementia Advisor.

# An update from our localities

With every edition of Dementia in Scotland, we aim to share the fantastic work that's going on in each of our 21 localities. In the very first edition, published in December 1992, we featured updates on a Day Care in Stornoway, a Carers Support Group in Inverness and a Befriending project in Glasgow and one thing has never changed throughout the 100 editions: we aim to make sure nobody faces dementia alone. The next four pages will update you on the innovative work that we continue to provide across Scotland, to support people with dementia, their carers and families.

## Supporting Shotts prison

By Deborah Edgar, Dementia Advisor, Alzheimer Scotland

During this year's Dementia Awareness Week, as part of our ongoing relationship, I was invited to Shotts prison to speak to two separate groups of prisoners and hold a question and answer session. Each participant was really engaged and appeared to enjoy the session, which then resulted in the request for Dementia Friends sessions to be arranged.

A couple of things came from this particular visit. One gent expressed his upset that his gran, who has dementia, becomes very fearful in large crowds, as she doesn't like too much noise. Because this was raised, the prison then arranged quieter visiting times every Monday for a maximum of 10 people within the visiting area, making it more inclusive for people living with dementia. This change is a great measurement of the benefits our partnership has had and shows how much the prison wish to improve the lives of people with dementia and their families.

Another gentleman opened up in the session about his own diagnosis, that he hadn't previously felt comfortable to share. He spoke about some of the challenges he experienced when his routines

were changed and this was a great opportunity for the prison officers to listen to him and understand about the impact these, seemingly small changes, could make to the gentleman's wellbeing.

As a result of this session, the men were allowed to raise funds for Alzheimer Scotland for the first time and I was delighted to receive a cheque for £149.85. A huge thank you to everyone involved for being so proactive and supporting the charity.



## Blooming lovely

By Fay Godfrey, Locality Leader, Alzheimer Scotland

We are delighted and very pleasantly surprised to have won the Best Community Garden Award by Falkirk Council for our garden at The Maples Day Care in Stenhousemuir.

We run a twice weekly garden club as part of our Community Connections programme and with the support of two staff, Lesley Hawthorn, Daycare Organiser and Munro Smith, Support Worker, the ladies and gents who attend the group have succeeded in making our garden a beautiful space for everyone to enjoy and relax in.

Everyone involved works really hard throughout the year sowing seeds, planting, maintaining



and weeding to keep it in tip top shape - we just supply the tea and biscuits!

It's great to see their hard work acknowledged and we are all remarkably proud of this achievement.



# House of Memories working in the Highlands

By Karen Black, Community Activities Organiser, Alzheimer Scotland

The 'My House of Memories' app is a free digital resource co-created by people living with dementia and their carers. It enables sharing of memories through everyday objects from the past. Created by National Museums Liverpool, House of Memories has been working with High Life Highland, Alzheimer Scotland and the Highland Museums Forum to create a Highland Memories package.

Celebrating pursuits such as shinty, ceilidhs and Highland Games, it also features a tractor, creels and fishing tackle. You can save objects to your own memory tree, box or timeline, and create personal profiles for different people, so that they can save their favourite objects and look at them again.

Following the recent launch, a participant said: "It will keep our family engaged with my partner much further into his future with this disease and give us such pleasure communicating and sharing things that are important to him. It also gives insight to his past - it helps us and him remember that there is still life after a diagnosis of dementia, enriched with moments of happiness."



To download the app, visit:



Further details can be found at [www.houseofmemories.co.uk/app](http://www.houseofmemories.co.uk/app)

## 'Quelque chose de different' – something different

By Marion MacInnes, Locality Leader, Alzheimer Scotland



Solas Day Centre in Stornoway is usually more familiar with the Scottish Gaelic language than French but nevertheless the 'class of 2019' are raring to go with another block of Lingo Flamingo. Lingo Flamingo marries a love of languages with a desire to promote life-long learning and a personal quest to make language learning accessible for all, whilst improving the lives of those living with dementia. We have another group of students enrolled who are enjoying the interactive and immersive sessions, which include a variety of techniques that have been designed to evoke senses, with exercises including music, touch, scent, feel, and taste. These sensory activities mean that classes are fun and that learning is absorbed more organically. Last year we focussed on the Italian language which was amazing fun and we're really embracing 'travelling' to France for this block. Often there is a mix of Gaelic, English & the new language but that is ok; it means we are all learning something new together. Visit Lingo Flamingo for more info and booking details: [www.lingoflamingo.co.uk](http://www.lingoflamingo.co.uk)

# Football memories on and off the pitch

By Chris Kelly, Community Activities Coordinator, Alzheimer Scotland

The last session of the Lens funded Walking Football project saw former Queens Park player, Peter Sweeney, now living with dementia, help his team to win the league and cup double.

In the run up to the final sessions, the project was fortunate enough to reconcile Peter with a long lost friend by sheer chance. Tony Connell, an ex-professional footballer who is in the Hampden Hall of Fame popped in to visit the project. It turned out that Tony was best man at Peter's wedding and they had lost touch many years ago! It was a really special moment for everyone at Alzheimer Scotland to see the two men reunite.

In total, we had 22 people with dementia take part in the Walking Football project. We're in talks to start new groups in North and South Lanarkshire whilst maintaining a monthly group in Glasgow. In addition, the Alzheimer Scotland Centre for Policy and Practice at The University of the West of Scotland is carrying out a research project on the social benefits

of walking football. Upon completion, we hope to use this evidence to encourage more football clubs, community centres and leisure trusts to develop their own accessible walking football groups.



# Football reminiscence in Peterhead

By Kathy Fraser, Community Activities Organiser, Alzheimer Scotland

We were delighted to welcome 39 people to the launch of our new football reminiscence group in Peterhead recently. In partnership with Nat Porter, the Community Liaison Officer at Peterhead Football Club and with the invaluable support of Alan Johnstone, a volunteer, we delivered a really successful reminiscence group and had some fantastic feedback as a result of this.

At each session, football memorabilia including old programmes, photos and books are on display for the groups to discuss, and those who attend are welcome to bring along their own personal items to share. The football reminiscence programme can help increase the quality of life of those living with dementia and their carers, as well as boosting social interaction and confidence. Involvement in the project can also ease agitation and improve mood. Also importantly, laughter and fun is enjoyed by all.

One of the carers of a man who attended the group said "My Dad went along to the Peterhead Football Memories Group. He has no short term memory but the following day he remembered going to the



'memories thing' when one of his carers asked him about being at the Football Club. This is amazing. Football has been such a big part of his life. Thanks to all concerned for making this group happen".

# Hitting the right notes

With BBC Music Day being celebrated on 26 September, we took the time to look at two more unique examples of how we are supporting people with dementia, with the inclusion of music.



## A dementia-friendly performance

By Alison MacNair, Locality Leader, Alzheimer Scotland

On 12 September, the Royal Scottish National Orchestra (RSNO) held its first ever dementia-friendly concert. The idea was brought forward by one of the musicians in the orchestra - who then mooted it with the rest of the orchestra to make the idea a reality.

Ahead of the concert in the New Auditorium at the RSNO centre, the orchestra worked with staff from Alzheimer Scotland, people with dementia and their carers on what would make a dementia-friendly concert. This included guidance on signage, lighting, sound and even seating arrangements.

Alzheimer Scotland staff also delivered Dementia Friends sessions to many of the staff and orchestra members before the performance so they could understand a bit more about the disease.

On the day, the specially selected programme included well known pieces of music such as the Typewriter and music from the musical Oklahoma.

There was such a good atmosphere with lots of hand clapping, feet tapping and bodies swaying in time to the music. There was even some singing and dancing as the concert progressed and the presenter, who was also a singer, encouraged participation through her own interactions with the audience.

The informal setting allowed both people with dementia and their carers to relax and enjoy the music and as the concert came to an end the question on everyone's lips was 'when is the next one?'



## Grace Notes

By Jim Baird, Locality Leader, Alzheimer Scotland

The Grace Notes project sees students from Adult and Mental Health Nursing and Songwriting and Commercial Music courses at the University of the West of Scotland (UWS) working collaboratively with people living with dementia and their carers. The students will meet with the people we support and listen to their stories, before going away to write and produce a new piece of music, based on the experiences they have heard.

This project uses music reminiscence in a different type of way. The current youth find out the stories that people with dementia, and their carers, have from their youth and then use those memories to create new music, based on those old memories. The end result is such an emotive and personal reflection on the lives of people with dementia.

The project is a lovely catalyst to really delve into people's personal musical influences and gain an insight into what really makes them tap their feet. The students from UWS have been attentive and intuitive, creating a new audience for the participants that led to real engagement, smiles and lots of good music.



# Reflecting on 100 editions of Dementia in Scotland

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

Welcome to the 100th edition of Alzheimer Scotland's Dementia in Scotland magazine. The first edition of the magazine was published nearly 28 years ago on 1 December 1992 and, since then Dementia in Scotland has been an important part of how we communicate with our members, supporters, partners and other stakeholders. We take the opportunity to share information about key areas of our work, success stories and discuss the changes that are needed to transform the lives of people with dementia, their families and carers.

I have had the pleasure of looking back over a selection of the previous 99 editions of Dementia in Scotland, from that very first edition in 1992, and picking out some highlights. Having done so it is evident that the magazine tells a large part of Alzheimer Scotland's story: it shows how we have grown and developed over the decades and tells stories of the people who have contributed to making Alzheimer Scotland what it is today.

The stories of many thousands of people who donated money, volunteered, or have taken part in a challenge to raise funds to support our work are shared in our magazines. These are our supporters who have walked, ran, cycled, swam and done everything in between. All are stories of the contributions of our remarkable supporters, captured over almost three decades of the magazine. These include stories of extraordinary individuals like Audrey McIntosh who, in November 2013, took up, perhaps literally, the coolest ever fundraising challenge when she became the first Scot

to complete both the Antarctic Ice Marathon and the 100km Antarctic Ultramarathon in temperatures up to -30 degrees Celsius. In 2017 Elaine Hopley made her way into the history books by rowing 3000 nautical miles solo across the Atlantic Ocean in a boat named after her mother Jan, who died with dementia in 2014. In a very different and unusual challenge one of our long-term supporters and volunteer fundraisers Ann Hill took up the challenge to cover the pitch of Scotland's National Football Stadium at Hampden with quilts. Ann reached out to her

fellow quilters across the globe and, on a sunny day in June 2013, she completely covered the Hampden pitch in 5000 quilts from every part of the world. The magazine celebrates every one of those achievements, great and small, without which Alzheimer Scotland would not be able fund the support that we do in communities across Scotland.

Dementia in Scotland also tells a huge part of the story of how Alzheimer Scotland has developed. In 1994 the

magazine announced that Alzheimer Scotland and Scottish Action on Dementia had merged to become Alzheimer Scotland – Action on Dementia and set out its future aims to campaign for change in policy and practice, and support people living with dementia, their families and carers in Scotland. It tells the story of the development of the Scottish Dementia Working Group and the National Dementia Carers Action Network, and the contribution the members have made as equal partners in every aspect of our work.



Over the years the magazine has also highlighted our key campaign successes. These include reforms of mental health and adults with incapacity law in the early days of the Scottish Parliament and the introduction of free personal and nursing care in Scotland in 2001. In 2007 we reported in the magazine how the Scottish Government responded to Alzheimer Scotland's election manifesto to make dementia a national priority. This was a huge step forward which was quickly followed with an NHS Scotland performance target to improve the diagnosis rates for dementia in Scotland. These were significant developments which paved the way for the progress that has been made in the past decade. Dementia in Scotland tells how, in 2009, we worked with the Scottish Parliament's Cross-Party Group on Alzheimer's and the Scottish Human Rights Commission to develop the Charter of Rights for People with Dementia and their Carers in Scotland. The Charter places the human and other legal rights of people with dementia and their carers at the centre of Scotland's National Dementia Strategies and underpins our evidence-based models of practice which informed progress in areas such as the national post diagnostic support guarantee to every person diagnosed with dementia in Scotland. You can read more about the Charter of Rights on p22. The magazine also highlights the gaps in progress and what needs to change. A good example is our current Fair Dementia Care Campaign which is seeking to end the inequalities faced by people with advanced dementia and ensure they have equal access to health and nursing care, free from social care charges. With your support, as a reader, we can continue to affect positive change in Scotland.

Dementia in Scotland has evolved in the 28 years since it was first introduced, as has Alzheimer Scotland. The growth and rapid development in digital technologies has afforded us the opportunity to communicate with our members, partners and supporters in many new different and exciting digital and online formats. Next year will see us evolve further as we celebrate our 40th anniversary and work with the Scottish Government to implement a brain health strategy – all of which you will read about in this magazine. Dementia in Scotland remains an important part of how we communicate and I for one look forward to reading the next 100 editions.



Elaine Hopley



Ann Hill

# Purple Alert hits 10,000 downloads

By Joyce Gray, Deputy Director of Development, Alzheimer Scotland



Purple Alert, the first app of its kind in the UK which helps find people with dementia when they are lost, reached the milestone of 10,000 downloads ahead of its two year anniversary on World Alzheimer's Day.

Developed by Alzheimer Scotland, in partnership with Police Scotland and partners from across the public sector, the Purple Alert app is designed to support the families and carers of people living with dementia during an immediate missing person search.

As people age in a digital world we must be ready to provide solutions that enter seamlessly into their existing lives. From the outset our aim was to create a solution for when someone with dementia fails to return home or becomes missing. It's a really distressing time for families, so having vital information to hand relieves some of that pressure and helps focus searches on places that are meaningful to the individual concerned.

We have been blown away by the reaction to Purple Alert from families and communities who have downloaded the app or came onboard to help us share information about it since going live. We will continue with our vision to unify communities and help create a dementia-friendly Scotland, where nobody faces dementia alone.

Lisa Moodie, who turned to the Purple Alert app to help support her father's missing person search, said:

“

**When my dad went missing we alerted the Police first, then triggered a Purple Alert soon after. I'm still amazed by the volume of calls and messages from local people, using the app, who claimed to have spotted dad. Thankfully dad was found safe by a family member but knowing so many people were looking out for him was so comforting. Downloading Purple Alert is so simple to do and doesn't take long at all. It is about being at the right place, at the right time, to be able to help a vulnerable person get back home safely.**

”

Purple Alert will only continue its success if our community grows. Support us by helping to grow our network and download the app today - and encourage others to do the same. To find out more about Purple Alert, visit [www.alzscot.org/purple-alert](http://www.alzscot.org/purple-alert)

We have made updates to the Purple Alert App and we would encourage you to make sure you have updated the app on any device you have it downloaded on. Some devices may update their apps automatically but if yours hasn't then please follow the instructions below.

#### If you have an Apple device

1. Please tap on the 'App Store' app
2. Tap on 'updates'
3. Tap on 'update' next to the Purple Alert icon.

#### If you have an Android

1. Please tap on the 'Play Store' app
2. Tap on the menu
3. Tap on 'My apps and games'
4. Tap on 'update' next to the Purple Alert icon.

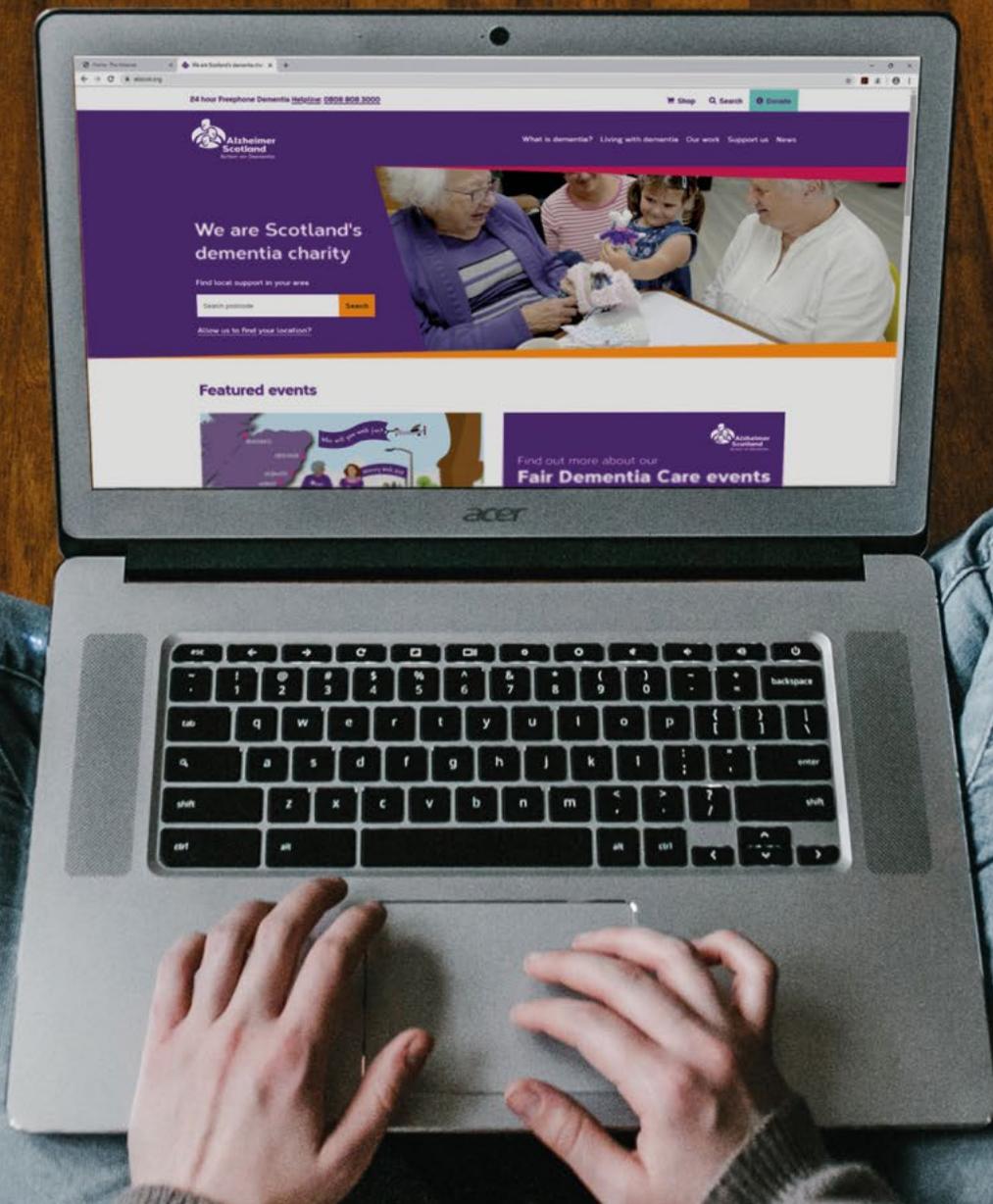
#### What's new?

- We've added a security certificate to both the app and the website to make your data more secure
- We've added a feature called 'Missing Occurrence Log' which enables a carer to keep track of each missing occurrence
- We've improved the usability of the map feature within the app.



# It's live!

Alzheimer Scotland's brand new website is now available on all of your devices. Visit [www.alzscot.org](http://www.alzscot.org) to keep up-to-date on our news, access information and find out where to access your local support.



# Celebrating 10 years of the Charter of Rights

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

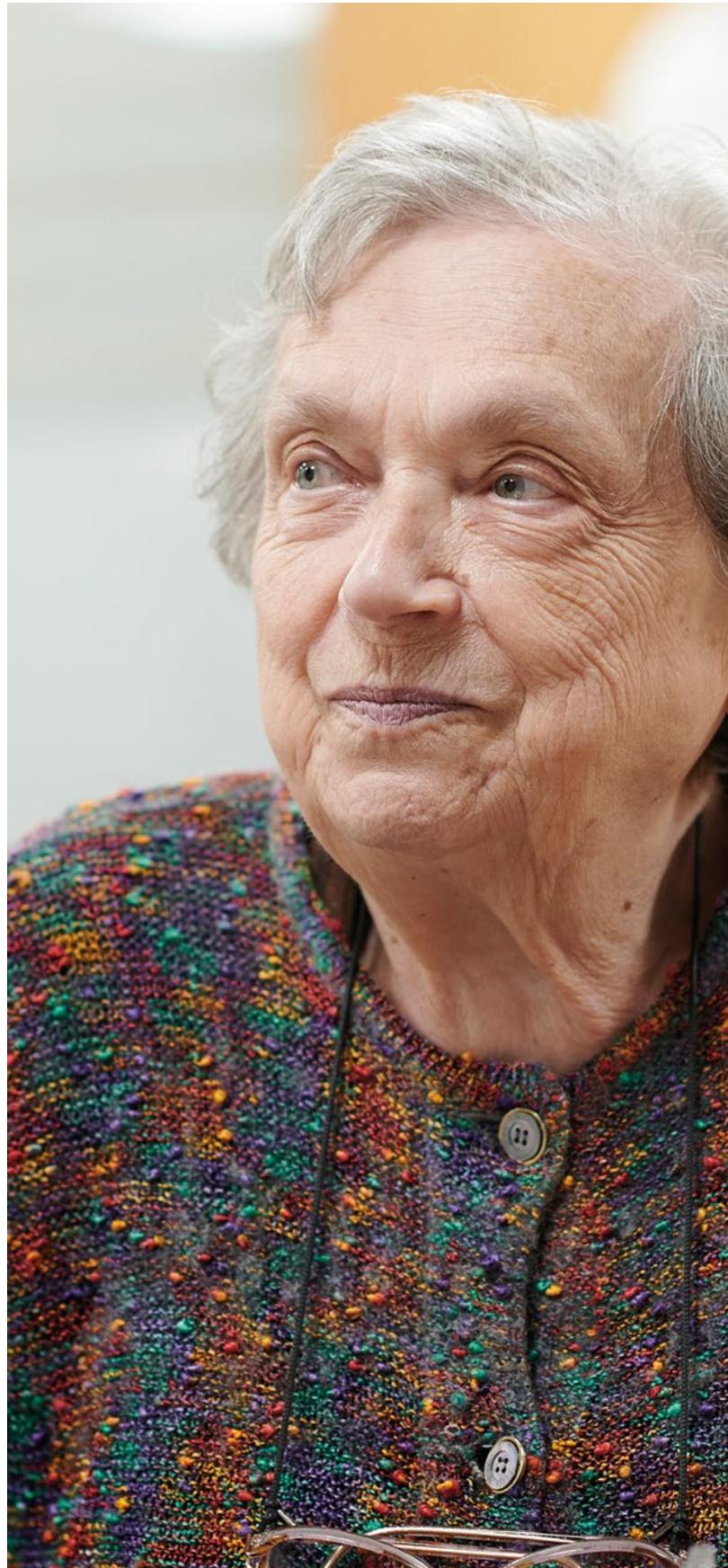
On Wednesday 9 October the Presiding Officer hosted a Parliamentary Reception at the Scottish Parliament to mark and celebrate the 10th anniversary of the launch of the ground-breaking Charter of Rights for People with Dementia and their Carers in Scotland. To coincide with this, Sandra White MSP secured a members' business debate to ask the Parliament to acknowledge the anniversary of the Government and Parliament supporting the Charter of Rights and how the Charter has underpinned and shaped every key development in dementia policy and practice in Scotland since its launch.

In 2009, Alzheimer Scotland worked with Irene Oldfather, the then convenor of the Scottish Parliament's Cross-Party Group on Alzheimer's, and the Scottish Human Rights Commission to consult with people with dementia and carers across Scotland to help shape and create the Charter of Rights for People with Dementia and their Carers in Scotland. In October 2009, the charter was debated by, and received widespread cross-party support from, Members of the Scottish Parliament. Crucially, it received the backing of the Scottish Government.

The Charter places the human and other legal rights of people with dementia and their carers at the centre of Scotland's National Dementia Strategies. It has provided the basis of the National Dementia Standards, the Promoting Excellence Framework, and every policy and progressive development that has evolved from each of the national strategies over the past decade.

With the creation of the Charter of Rights, Scotland has led the way globally in developing a human rights-based approach to inform and change policy and practice, and empower people living with dementia, their families and carers to know, and claim, the human and other legal rights they share with every other citizen. The Charter did not create law. The rights contained within the charter simply reflect existing internationally agreed human rights and are intended to promote the respect, protection and fulfilment of all human rights of people living with dementia and their carers, as guaranteed in UK Human Rights legislation, the European Convention of Human Rights, the Universal Declaration of Human Rights, and other international instruments.

The Signing of the Charter of Rights in 2009 helped to dramatically shift our understanding of dementia. It moved away from a solely medical model to a person centred, rights-based understanding of citizens who, despite living with a challenging progressive condition, retain their human rights to choice, power, control, autonomy and inclusion.





The Charter did not and does not sit in isolation. It was driven forward by the voice of people living with dementia in Scotland, the Scottish Dementia Working Group, and it was used as a force for change and progression. The creation of the National Dementia Carers Action Network in 2011 also brought the voice of the lived experience of carers to the promotion and evolution of the Charter and its rights-based approach.

Together with our partners we have used the Charter to shape policy and deliver a transformation in the nature and focus of our health and social care practice in Scotland which is acknowledged globally for its person-centred rights-based approach. It was, and is, perhaps one of the most important levers for policy transformation in the field of dementia practice to date.

It is also central to how we continue to transform our health and social care system and protect the rights of people with dementia and their carers as we move forward in these difficult times of austerity. Celebrating the 10 year anniversary of the Charter of Rights has been an opportunity to consider what we have achieved for people living with dementia, their families and their carers. It's also given us the chance to commit to what we must do now and in the years ahead, as the number of people living with dementia is on the rise as well as an increasingly older population.

In marking the 10th anniversary we have recognised that it is crucial that the Charter is as equally influential for the next decade as it has been since 2009. That is why, alongside partners, we plan to work with people with dementia, carers and other partners early next year to develop a refreshed Charter of Rights which is as equally ground-breaking as it was ten years ago. We will ensure that the human, and other legal rights of people with dementia, their families and carers are fully recognised and respected and continue to be at the centre of dementia policy and practice in Scotland.



If you would like to read the Charter of Rights, visit [www.alzscot.org/charterofrights](http://www.alzscot.org/charterofrights)

# SDWG & NDCAN: looking back and moving forward

## A celebration of the collective voice

By the Scottish Dementia Working Group and National Dementia Carers Action Network

People with dementia, and their carers, participate in all aspects of Alzheimer Scotland's work, including governance, development of campaigning priorities, public policy reports, research priorities and practice. As such, Alzheimer Scotland supports and funds, along with the Scottish Government, two national groups – the Scottish Dementia Working Group (SDWG) and the National Dementia Carers Action Network (NDCAN). These networks provide a platform to ensure that people with dementia and carers have meaningful opportunities to influence national and local decisions about the things that matter to them and have been a key part of Alzheimer Scotland's work for many years.

**“ The importance of having a strong collective voice of people living with dementia and their carers cannot be overstated. This voice is fundamental if we are to make greater progress in closing the gaps between policy aspirations and people's lived experience. ”**

Jim Pearson, Director of Policy and Research, Alzheimer Scotland

### Scottish Dementia Working Group

SDWG is a national campaigning and awareness-raising group whose members all have a diagnosis of dementia. The group was formally established in 2002 as the independent voice of people with dementia, within Alzheimer Scotland, and has around 65 members throughout Scotland.

The group has been recognised as world leading and has been the inspiration for national member-led groups for people with dementia across the world.

Over the past 17 years the SDWG has made a substantial contribution as a campaigning group working to raise awareness of dementia, challenge stigma, and, crucially, shape and influence dementia policy and practice in Scotland. The group have been key partners in developing and monitoring the implementation of the commitments of Scotland's three National Dementia Strategies

and participate fully “all the dementia strategy's workstreams”. Members meet twice per year with the Scottish Government Minister for Mental Health to discuss issues that matter to them and to ask questions of the Minister relating to the gaps they experience in policy commitments and the lived experience of people with dementia in Scotland.

In addition, the members have led work in many areas to improve awareness of, and educate others about, dementia through the collective experience of those living with dementia. The group have been a major contributor to “Promoting Excellence”, the education framework which sets out the knowledge, skills and behaviours expected of all health and social care staff who work with people with dementia. They have worked with other professionals and agencies to improve their knowledge and understanding of dementia to ensure that the services they provide are accessible to people with dementia and have introduced many educational materials and videos. These include working with transport across Scotland to help ensure that all forms of public transport are accessible and appropriate for people with dementia.

**“ It is important that we engage with and hear the voices of people living with dementia from all localities in Scotland. ”**

SDWG Member

Moving forward, SDWG members will be:

- Supporting active voice work within localities
- Playing an active role within the Informatics Partnership Committee
- Continue to support work around research & transport
- Feeding into the revision of Charter of Rights
- Increasing the diversity and capacity of the group
- Supporting the development and research related work of Alzheimer Scotland's stakeholders and key partners.

Meanwhile, the National Dementia Carers Action Network (NDCAN) is a national campaigning and awareness raising group for carers and ex-carers of people with dementia living in Scotland. The group exists to make the voices of carers heard and raise awareness of the issues affecting them. NDCAN was formed in 2011, in response to the impact of dementia on unpaid carers across Scotland who felt underrepresented.

Eight years on, 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.

“ **A lone voice is rarely heard, but there is strength in numbers.** ”  
 NDCAN Member

Influencing the delivery of the National Dementia Strategies at a local level is a key focus for NDCAN. Only with successful implementation at a local level will there be an improvement in support for people with dementia and 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.

Moving forward, NDCAN members will be:

- Meeting with local carers in groups and one-to-one to discuss local issues
- Helping to identify local priorities
- Conveying national developments to local groups
- Communicating local developments back to the national groups
- Building relationships with Dementia Advisors and other Alzheimer Scotland staff in their local areas
- Using a 'buddying system' to connect new NDCAN members with more established, experienced members.



**Supporting Local Engagement**

SDWG, NDCAN and Alzheimer Scotland are working together to be effective locally; looking at local resources and infrastructure, making connections locally and accessing local decision makers. We want all our members to have an informed, confident 'active voice'. If you would like to connect with either of our campaigning groups, or become a member, we would love to hear from you. Please email our Development Team on:

Scottish Dementia Working Group: [sdwg@alzscot.org](mailto:sdwg@alzscot.org)

National Dementia Carers Action Network: [ndcan@alzscot.org](mailto:ndcan@alzscot.org)

# Allied Health Professionals: their contribution to dementia in Scotland

By Elaine Hunter, National Allied Health Professions Consultant, Alzheimer Scotland

I am delighted to contribute to the 100th edition of Dementia in Scotland and share with you the work we have been developing in Alzheimer Scotland to drive positive change for people living with dementia, alongside our Alzheimer Scotland Dementia Nurse Consultants.

## Getting Support from an AHP

I am often asked 'What is an Allied Health Professional (AHP)?' and to answer this question we have been sharing who we are and how we can help. We developed a leaflet summarising the AHPs that can support you to live well with dementia and those you are most likely to see in a community setting. We have set-up an online blog, and a twitter account (@AHPDementia) to share handy tips with you, showcasing how they can help support you to live well with dementia. We have also been testing the use of online surgeries where you can speak to an AHP via a virtual clinic in your own home. As well as this, we are supporting the delivery of specialist AHP interventions when you have just been diagnosed with dementia. This work is not complete, but it has begun to support the expertise and skills of the AHPs to be more visible and accessible in our local communities.

## A Skilled AHP Workforce

We've developed and continue to support a range of learning opportunities for our AHP students in Scotland. The Alzheimer Scotland AHP Practice Education Programme is a partnership approach to supporting our future AHP workforce to develop their dementia practice in line with Promoting Excellence Framework at the informed, skilled and enhanced levels (Scottish Government, 2011). It offers students the experience of working with people living with dementia and their families, therefore contributing to the skills of the future AHP workforce, as well as first-hand experience of Alzheimer Scotland as the leading organisation in dementia. We also developed a very successful occupational therapy internship programme in partnership with the Scottish Dementia Working Group (SDWG) and an outcome of this work has been the development of peer to peer resources.

## Strategic direction and leadership

To transform the contribution of AHPs in Scotland we produced a policy report, Connecting People, Connecting Support, (Alzheimer Scotland 2017) which features as one of the key commitments in Scotland's third National Dementia Strategy (2017-2020). This report demonstrates how AHPs maximise their contribution to supporting people with dementia and their families, partners and carers to live positive, fulfilling and independent lives. I am currently writing a 24 month review of the report, which will be published in January 2020. The Alzheimer Scotland AHP Dementia Forum ensures a national approach throughout Scotland to the implementation of evidence, sharing of best practice and integration of policy to local practice. However more importantly, they are transforming how we work with people and their families in Scotland. We still have much to do to ensure people living with dementia will experience visible and easy access to AHP expertise and services at the earliest time to derive maximum benefit, now and in the future. However, we have come so far and have developed excellent work which will help people with dementia to live well now, and in the future.



For more information about Allied Health Professionals, visit [www.alzscot.org/ahp](http://www.alzscot.org/ahp). Alternatively, email Elaine Hunter: [EHunter@alzscot.org](mailto:EHunter@alzscot.org) or call: 0131 243 1499.

To view the SDWG resources, visit: [www.sdwg.org.uk/sdwg-publications](http://www.sdwg.org.uk/sdwg-publications)

# Proud to be supporting the LGBT community

By Jennifer Hall, Helpline Manager, Alzheimer Scotland

At Alzheimer Scotland, we strive to ensure that nobody faces dementia alone. In order to do so we also consider what the additional barriers and challenges are for 'harder to reach' groups of people who are often underrepresented in the support we provide; for example the Lesbian, Gay, Bisexual and Transgender (LGBT) community.

There is a lack of awareness and visibility of LGBT lived experience with dementia. With over 90,000 people living with dementia in Scotland we are encountering poor awareness and lack of knowledge and information to support this identified community and their families. There is estimated to be between 7-10% of Scotland's population identifying as LGBT. It is therefore imperative that we make every effort to address the inequalities that exist for this significant minority. We endeavour to ensure our communities become more dementia-friendly, but this needs to take into account the diversity of our society and encompass the needs of the LGBT community.

Recommendations set out in Dementia and Equality – meeting the challenge in Scotland; a report by the National Advisory Group on Dementia and Equality, call for a workforce that is informed and open; that safe space is created within supports for members of the LGBT community living with dementia; and that publicity materials and policy documents are pro-actively inclusive.

Dementia is a growing and global health challenge and ensuring equal and meaningful access to support people with dementia and their carers is a matter of upholding people's dignity, personhood and ultimately their human rights.

Alzheimer Scotland have been supporting LGBT Health and Wellbeing with a project launched in July 2018 which aims to raise the voices of LGBT people

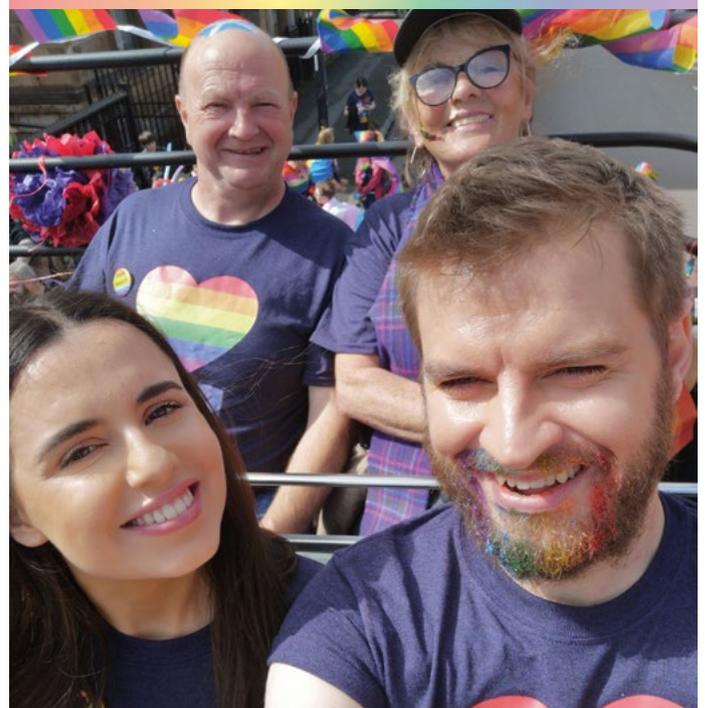
who have either been diagnosed with dementia or are a carer (whether the person they care for is LGBT or not). We also support those working with people with dementia or carers, to better understand and meet the needs of LGBT people accessing support.

This project aims to increase understanding of the issues faced by LGBT people and help equip service providers to deliver inclusive support.

Our National LGBT Dementia project aims to:

- Increase understanding of LGBT issues in relation to dementia
- Support and increase the capacity of the dementia sector to respond to these issues
- Develop an LGBT and dementia toolkit for practitioners supporting people with dementia to use as a resource.

If you would like to find out more about getting involved in the project you can contact Megan by email: [megan@lgbthealth.org.uk](mailto:megan@lgbthealth.org.uk) or by phone: 0141 271 2330 or 07949 472 829 or contact Jennifer Hall, Helpline Manager by email: [JHall@alzscot.org](mailto:JHall@alzscot.org) or by phone: 0141 410 1069



# Keeping well this winter

## A checklist to help you stay healthy

By Tilda McCrimmon, Alzheimer Scotland Dementia Nurse Consultant, NHS24 and Golden Jubilee Foundation and Dr. Barbara Sharp, Policy and Practice Advisor, Alzheimer Scotland

Winter can bring its own set of challenges instead of additional challenges with fewer hours of daylight, poor weather conditions and increased risk of illness. Below is a checklist to make sure that you are prepared for the change in season.

- Ask your GP practice about the flu jab. It's freely available to people over the age of 65, and to many adults with pre-existing health conditions, between October and March.
- Order any medication in advance of your GP practice closing for the festive period.
- Ensure you have a supply of warm, nutritious meals and freeze any extras – these will be easy to heat up quickly.
- Wear extra layers of clothing and keep extra blankets at home to keep you warm.
- Check that your central heating is in working order and turn the temperature up slightly higher for the winter months.
- Have a pair of winter shoes or boots that have a strong grip. This will reduce your chances of slipping on ice or snow and have a hat, gloves and a scarf available too. Keep them close to the door as a visual prompt to put them on before you leave.
- Have important contact numbers close to hand such as relatives, friends or services (for example a heating engineer or plumber) should anything essential fail like your heating or cooker. **[www.alzscot.org/useful-products](http://www.alzscot.org/useful-products)** may have some helpful products to help you keep this information handy.
- Find out about what support and services are available in your local area. Alzheimer Scotland has a wide range of community support and there are lots of other charities and organisations also available where you have the opportunity to chat with others and have a bite to eat in a warm, sociable environment.
- During winter months the risk of a power cut increases so have a big torch available in an easy-to-find place and keep an extra supply of batteries.

If you need medical advice during times when your GP's surgery is closed, NHS24's freephone helpline is available 24 hours a day. Just call 111. Alternatively, call our 24 hour Freephone Dementia Helpline on 0808 808 3000.

# Dementia Friends Scotland: then and now

By Anne McWhinnie, Programme Manager, Alzheimer Scotland

At Alzheimer Scotland's Annual Conference in June 2014 our Chief Executive, Henry Simmons, announced that the Dementia Friends initiative, rolled out by Alzheimer Society, would be part of Alzheimer Scotland's awareness raising campaign. This was launched in October 2014 and our aim was, and still is, to engage with as many people as possible; offering them an understanding of dementia and the opportunity to turn that understanding into action. There was some apprehension; the programme relied on participation and engagement and we had the inevitable worry of people not wanting to take part. Our apprehension was short lived; immediately we started to get requests to deliver these sessions to various people from large corporate organisations, to local businesses, schools, universities and community groups.

The Dementia Friends programme offers businesses the opportunity to really consider how they engage with their customers and how that impacts on their day to day communication. It also affords businesses the chance to engage with staff, some of whom may be caring for a person with dementia, and consider what processes would be required to support a staff member who may receive a diagnosis of dementia. More recently we have built a long-lasting partnership with Sky, who include Dementia Friends information sessions into their induction programmes for new recruits. We have had some excellent feedback from this; including this comment from an employee:

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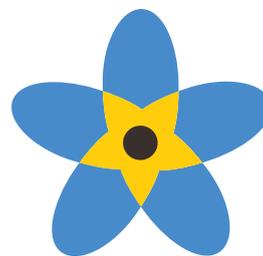
**Just have to say thanks to Sky because working in the access team has taught me a lot. I was recently in hospital and the woman across the bed from me had dementia. She had a challenging day because she didn't know where she was, and she was a bit scared. I asked the nurses if they would bring her over to talk to me and we talked for hours. I managed to help her to calm down and feel better. I never would have known what to do if it wasn't for the training we get at Sky.**

**On a side note if you aren't a dementia friend yet please consider becoming one. It doesn't cost anything and you can seriously help people.**

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Another of the areas which has really developed over this 5-year period is our engagement with schools. We see young people as the catalyst to change how people act, think and talk about dementia and this is something that we really want to build on. We have developed a bespoke toolkit for primary schools to ensure that how they learn is incorporated into the toolkit and we have been fortunate to receive support from Education Scotland. The toolkit is ready, and we would welcome any opportunities to come in to local schools and hold Dementia Friends sessions.

On our first anniversary of the programme we had 10,000 Dementia Friends and had set a target to reach 90,000 to represent one Dementia Friend for every person in Scotland living with the illness. 5 years on, we are delighted that we hit this target in September after a full month of sessions taking place throughout the country. We are excited to see how, in the next 5 years, the programme develops and where this journey takes us.

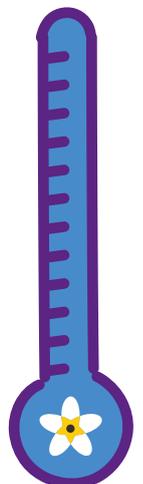


## Dementia Friends Scotland

An Alzheimer Scotland initiative



90,000



If you would like to take part in a Dementia Friends session, visit [www.alzscot.org/dementiafriends](http://www.alzscot.org/dementiafriends) or email Anne McWhinnie: [AMcWhinnie@alzscot.org](mailto:AMcWhinnie@alzscot.org) or call her: 0141 410 1169.

# Volunteer for Alzheimer Scotland



## We need you!

There are over 20 types of volunteering roles from attending a fundraising event to answering calls and emails on our Helpline. From 1 hour to 1 day, there's enough assortment to meet what you can commit to.

With your help, we can  
make sure nobody faces dementia alone.

For more information, email [volunteer@alzscot.org](mailto:volunteer@alzscot.org)

# Singing for others

By Katie Taylor, Locality Fundraiser, Alzheimer Scotland

We are delighted to announce a two-year community partnership with Westerton Male Voice Choir, a well-established and well-known group not only in the East Dunbartonshire locality but also as far afield as Cornwall, where the group have entertained audiences.

Westerton Male Voice Choir came about because one day in 1957, the rain-drenched bowling green, prevented members of the Westerton Bowling Club from bowling. Some of the members gathered around a piano in the pavilion and were so pleased with their efforts that they decided to set up a choir. From that day the choir has flourished and continued to grow.

Bryan Marshall, the inspiration behind the choir's development, has been its Musical Director since 1999. Whilst aiming to maintain some of the core traditions of male voice singing, Bryan and his sixty-strong band of singers have adopted a forward thinking approach to both their ever-increasing repertoire and the style in which they perform for audiences, both large and small. This is to ensure that the choir will continue to grow and develop over many years to come.

Although a charity in its own right, the choir say: "At the heart of our singing is a cherished tradition of

fundraising for other charities, which is carried out with great enthusiasm. Over the years, in addition to raising awareness for our charity partners, we have raised in excess of £90,000 for a wide range of good causes. Every two years we select a charity, local or national, for which to fundraise and enhance awareness levels."

Myself and Anne O'Donnell, Community Activities Organiser for East Dunbartonshire, have now attended a choir practice and provided members of the choir with more information on the work of Alzheimer Scotland. Music plays such an integral part in all our lives but never more so than for the person living with dementia. That is why we are so delighted to have been chosen to partner with Westerton Male Voice Choir. The partnership will not only focus on fundraising, which is vital for Alzheimer Scotland but will transfer into other important areas of our work such as Community Activities, Daycare and our Dementia Friends programme by encouraging choir members, their families and their audiences to raise awareness of dementia through the medium of music.



The choir have a hectic schedule of concerts across the country, details of which can be found on their Facebook page and website ([www.wmvc.scot](http://www.wmvc.scot)). If you'd like to support Alzheimer Scotland, visit [www.alzscot.org/support-us](http://www.alzscot.org/support-us), email [fundraising@alzscot.org](mailto:fundraising@alzscot.org) or call us on 0131 243 1453.

# Memory walks

By Sally McNaught, Head of Localities Fundraising, Alzheimer Scotland

In September 2019, Alzheimer Scotland's Memory Walk series once again took place across Scotland. Thanks to this year's Memory Walk series we surpassed the million pound mark as, in just six years, Memory Walks have raised an astonishing **£1,093,057**.

Starting in Glasgow and Inverness on 1 September and finishing in Midlothian on 6 October, thousands of participants came together to walk for their loved ones. Mums, dads, sons, daughters, grans, grandads, our four-legged friends and everyone in between, all supported Alzheimer Scotland by taking on one of the much-loved Memory Walk events.

Alzheimer Scotland supporters have been taking part in some form of Memory Walk since Dementia in Scotland was launched in 1992. In fact, the first edition of the magazine included an article titled Memory Walk saying:

"Over 2000 people are expected to take part in a Family Walk around Arthur's Seat, exploring some of Edinburgh's past and aiming to reach our target of £50,000."

Since that time, countless walkers have pounded the pavements to raise awareness and funds for our charity. Every penny raised from these walks brings us closer to achieving our key aim of making sure nobody faces dementia alone. The funds raised from this event, and others like it, go towards the running of our 24 hour Freephone Dementia Helpline, our Dementia Resource Centres, network of Dementia Advisors, Community Activity Coordinators, Volunteer Coordinators and much more. With this support, we can be there for people with dementia, their carers and families right the way through their journey, from before diagnosis through to the advanced stages of the illness.

We are so grateful to everyone who took part in the Memory Walk series, and to all of our dedicated volunteers who gave up their time to ensure the events ran smoothly.



Here's how 2019 looked

Over

3,500  
walkers



Over

£181,000  
raised  
so far



346

volunteers  
helped out



Approximately

10,850  
miles  
walked





# Father and daughter bond

By Sarah Cheung, Sponsored Events Fundraiser, Alzheimer Scotland

A father and daughter team from Edinburgh came together to take on an impressive 100km cycle challenge to support Alzheimer Scotland.

Lynsey Mcalpine and her dad Iain, who was diagnosed with young onset dementia four years ago, share a love of cycling and have been doing the hobby together for the last three years. They've found cycling together to be of real benefit to them; as well as the exercise they find it helps with routine, purpose and respite. Lynsey tells us more about why her and her dad supported Alzheimer Scotland.

Lynsey said:

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My dad has been incredibly motivated to attach some meaning to our miles by raising money to help fund some of the incredible support that Alzheimer Scotland provides to him, my mum and countless others across Scotland living with dementia.

Both my mum and dad have had incredible support from Alzheimer Scotland. My dad attends thrive & brain gym at the Maples in Stenhousemuir. He also attends a support group for younger people with dementia and my mum receives support as a carer. Also, together they both attend central park dementia cafe, woodland adventure at Calendar Park, the new day cricket club group, supper with friends, that Friday feeling and musical memories. The support they have received in their local area really has been excellent and helped them both with the dementia diagnosis.

We have loved taking on this challenge together and are so proud of ourselves that we completed our cycling challenge of 100km earlier this year.

We both got a lot out of the challenge; for me it was much less effort to motivate dad to get out on the bike and, even when it was a struggle due to elements of his condition, it was worth it because I felt as though we were doing something positive together. It gave us something to talk about and plan for and I seen an immense sense of pride and achievement in my dad that I've not seen for a while and I'm sure can be difficult to muster when living with dementia. Mum said he likes to tell people what we've been cycling for but he still can't believe we managed to raise so much money - and neither can I. Thank you to everyone who supported us and helped us raise £1221.85

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If you have younger onset dementia and looking for support, find out more: [www.alzscot.org/youngerondementia](http://www.alzscot.org/youngerondementia)



Alzheimer Scotland has a wide range of overseas and UK challenge events to get involved in. Come along to one of our 2020 challenge event information evenings, taking place in Edinburgh on 6 February 2020 and Glasgow on 13 February 2020 and our fundraising team will help find an exciting, once in a lifetime event to suit you. Alternatively email [events@alzscot.org](mailto:events@alzscot.org) for more information.

Challenges not your thing? Visit [www.alzscot.org/fundraisingevents](http://www.alzscot.org/fundraisingevents) to view a variety of other ways to get involved with Alzheimer Scotland.



# Upcoming events

By Val Smith, Events Manager, Alzheimer Scotland

From our brilliant conferences & events, to the most exciting fundraising challenges, there are some great opportunities to get involved in our activities. Here are our Dates for your Diary.

<b>December 2019</b>		
2	Alzheimer Scotland Winter Lecture	Glasgow
<b>March 2020</b>		
8	Inverness Half Marathon	Inverness
TBC	Ziplide Across the Clyde	Glasgow
<b>April 2020</b>		
5	Kilomathon	Edinburgh
20	Scottish Dementia Research Consortium Conference	Glasgow
26	Glasgow Kiltwalk	Glasgow
26	Virgin Money London Marathon	London
<b>May 2020</b>		
10	Forth Rail Bridge Abseil (RCSO)	SouthQueensferry
23-24	Edinburgh Marathon Festival	Edinburgh
<b>June 2020</b>		
1	Alzheimer Scotland Annual Conference	Edinburgh
7	Aberdeen Kiltwalk	Aberdeen
TBC	Ziplide Across the Clyde	Glasgow
<b>August 2020</b>		
16	Dundee Kiltwalk	Dundee
30	Men's 10k	Glasgow
TBC	Ride the North	Aberdeen
<b>September 2020</b>		
13	Great North Run	Newcastle
13	Edinburgh Kiltwalk	Edinburgh
20	Scottish Half Marathon & Scottish 10k	Edinburgh
TBC	Scotland's Dementia Awards	Glasgow
<b>October 2020</b>		
4	Great Scottish Run	Glasgow
4	Loch Ness Marathon Festival	Inverness
TBC	Forth Rail Bridge Abseil (CHSS)	Glasgow
<b>November 2020</b>		
TBC	Men's 10k	Edinburgh
TBC	Staff, members and volunteers conference	Glasgow
TBC	Kelpies Supernova	Falkirk

For more information, visit [www.alzscot.org](http://www.alzscot.org) or give our Fundraising Team a call on 0131 243 1453.





Photo by Laura Fuhrman

# Leave a gift in your will

Help us make sure the next generation  
don't face dementia alone.

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For more information about making  
a donation in your will, contact our  
legacy team on 0131 243 1453 or email  
[legacies@alzscot.org](mailto:legacies@alzscot.org)

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Making sure nobody faces dementia alone.