

June/July 2020

Edinburgh Services

Edinburgh Newsletter



Welcome to our June Newsletter

Welcome to our new 'bi-monthly' newsletter. To help keep us more connected, we have decided to introduce more regular communications, since we are unable to **see** each other during this period of lockdown.

Dementia Awareness Week 2020 – 1st June to 7th June

Dementia Awareness Week is normally Alzheimer Scotland's chance to shout about our work, campaign for change and encourage support - and both national and locality teams spend many months preparing for this. Our main focus this year will be on our social media platforms. We will use the week to talk about some key elements of our support, taking a theme a day and providing as much information/stats/conversation as possible. Now, more than ever, connectivity is key and we'll be actively encouraging you to contact us, ask us questions and be part of our community. This social media approach will form the basis of an ask of our supporters – to share our posts with their networks.

Throughout Dementia Awareness week, every afternoon, on the Edinburgh and Lothians Facebook page, at 1pm and 3pm we will be sharing the stories of people we support and providing some light entertainment so please be sure to have a look.

It is also **Volunteers' Week**, and we will be weaving thank you messages and promoting our fantastic volunteers throughout DAW.

Please be reassured that we will continue to provide our usual supports during this period too, we are mindful that not everyone is digitally connected.

Forget Me Not

If you're looking for a fun activity to take part in which supports Alzheimer Scotland, there is a separate page along with this edition with a 'Forget Me Not' template for colouring. The brighter, the better and you could display them on the back window of your car, the window of your house or post them on social media.

We look forward to seeing your completed colouring sheets! You can share them on social media and tag us: we're @alzscot on Twitter, @AlzheimerScotland on Facebook and @alzscot on Instagram.

Keep safe and happy colouring!



Lisa Moodie
Locality Leader

Information Section

I hope you enjoyed the information and links we sent out in the April newsletter. I have listed a few more that we have been made aware of over the past few weeks.

Edinburgh Services, The Prentice Centre, 1 Granton Mains Avenue, Edinburgh Telephone 0131 551 9350

E-mail edinburghservices@alzscot.org Website www.alzscot.org

AlzheimerScotland - 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

I am aware that not everyone is online. We also have activity packs which we can email to you or send out in the post. There are a number of different activities which you may find interesting. Please drop me an email or call me on 0131 551 9350 if you'd like a bit more information about what is in the packs.

ONLINE RESOURCES

Wildlife Trust - <https://www.wildlifetrusts.org/looking-after-yourself-and-nature>

RSPB - <https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/>

For those with Twitter follow <https://twitter.com/@RSPBScotland> for daily bird identification updates and bird videos.

Froglife – Some <https://www.froglife.org/learning-zone/>

BBC Taster – Your Memories

<https://www.bbc.co.uk/taster/pilots/your-memories>

Create a slideshow of films/photos and clips for someone

BBC News – Fashion tells a story

<https://www.bbc.co.uk/news/av/uk-scotland-29831974/fashion-collection-that-tells-a-tale-behind-dementia>

Use magazines to stimulate conversations – fashion, football, homes etc., what did they wear when they were younger where did they go dancing, cinema etc.

European Legends Hall of Fame

<https://euro2020.scottishfa.co.uk/european-legends/>

A simple online activity created in partnership with the Scottish FA where participants can view famous players and managers and choose their favourites to create their very own Hall of Fame.

A TV trivia quiz attached & a link to a fantastic Spot the Ball activity.

<https://drive.google.com/open?id=1yb6cJd6KgNIPdC7EjMcQweDpkw0Pyt7g>

Lost Glasgow

<https://www.lostglasgow.scot/about/>

A website where people share photos and stories about Glasgow's changing architecture and community throughout the years

Mindful Meditation Video

[youtube.com/watch?v=wi2Q_7C1OfM&t=223s](https://www.youtube.com/watch?v=wi2Q_7C1OfM&t=223s)

Calm the Mind from anxiety and stress (20 minutes)

Loch Arkaig Osprey Cam: Live Webcam – Woodland Trust

<http://www.woodlandtrust.org.uk/>

As always, if you need any help, advice and support do not hesitate to contact us. Your needs may have changed since lockdown began and I am more than happy to chat with you about this.



Paula

Practice Team Leader

Link Worker Update

The Alzheimer Scotland Link workers are working from home during the lockdown and continue to provide a Post Diagnostic Support Service to those people on their caseloads.

Due to lockdown restrictions link workers are maintaining contact via phone, e-mail or video calling. Information is being provided regarding ways to maintain wellbeing and keep connected in this difficult time and we thought you might appreciate some ideas which you could try.

5 top suggestions for wellbeing...

1. Routine

Having a routine is important as it helps to maintain skills and independence and minimises anxiety. Try to stick to a regular sleeping and eating routine. Try to plan daily activities which give you a sense of achieving something, however small during the day.

2. Balance of activities.

If possible, split the day up into different activities which include a mixture of physical exercise, creative activities and relaxation. Try some new activities as this will ensure that different areas of your brain are stimulated and helps prevent boredom.

3. Stay in touch

Keep connected with friends and family by phone, e-mail or even letter.

4. Keep physically active

Even if you are remaining at home try to keep active. Avoid sitting for long periods if possible and if you are sitting try to keep circulation going by moving arms and legs regularly. Exercise can lift your mood, reduce stress and encourage the release of the body's feel-good chemicals called endorphins. It can also help to maintain brain health.

5. Try something creative

Creative activity has been shown to reduce depression and isolation. Painting, drawing, writing, cooking, music and craft activities have all been demonstrated to be beneficial in promoting a sense of wellbeing and enjoyment. So now could be your chance to try a new fun activity at home.

Don't forget to be kind to yourself and take time out to care for yourself over this difficult time.

Ideas you could try to reduce stress might include mindfulness, relaxation or writing a journal.

Sometimes the simple things can be enjoyable such as reading a book, watching your favourite film or listening to uplifting music.

Have a look at the dementia together website for further ideas: <https://dementiatogether.online/>

Connect 2 Befriending

Like many other services our befriending project has also been affected by the current coronavirus pandemic. As a result, we have made a transition from face to face befriending visits, to offering 'distance befriending'. This is a free telephone befriending service for people living with dementia.

What is telephone befriending?

Our telephone befrienders can help to combat loneliness and isolation by making regular weekly phone calls, giving the person their empathy, comfort, listening ear or encourage the person to do some stimulating activities over the telephone. We can arrange for a telephone volunteer to call the person every week for up to 1 hour.

Who is the service for?

Connect 2 befriending service is for people living with dementia either in their own home, within the community or in the care setting. The person needs to:

- wish to engage with the support and agree to a referral
- have access to a private landline, or mobile phone
- be able to hear and be understood over the phone
- be able to have a meaningful conversation over the phone

The service may not be suitable for people struggling to communicate or finding the phone calls distressing.

Who do I contact to?

If you or someone you know would benefit from a volunteer Telephone Befriender, please contact Iza Marchlewska on 0131 551 9350 or by email imarchlewska@alzscot.org.



Iza
Volunteer Co-ordinator

Dementia Advisor Information on Carers Support

This month I thought some updated information on unpaid carer support in Edinburgh would be useful:

VOCAL Carer Support Services

VOCAL Carers Hub continue to support unpaid carers across Edinburgh in many ways. You don't have to be a relative, or to live with the person, to be a carer. If you help someone manage a condition or disability, for instance by giving emotional or practical support, then you are an unpaid carer. Their current range of support includes:

One to one support – they offer short to medium term confidential one to one advice and support using telephone or video chat sessions.

Counselling – they can offer weekly counselling sessions, also by telephone or video chat for carers who are looking for support with the emotional impact of the caring role.

Short breaks – they can help you apply for funding so you can purchase items that could help you have a break from caring. This can include laptops, tablets and online courses.

Anticipatory care or wills 'surgeries' – a 30-minute consultation with a professional to get advice on how to set up an anticipatory care plan or make a will

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Peer support and training – they have just finalised their new online carer training programme which includes:

- Monday 1 June, 10am-11am, Money Matters during Coronavirus
- Wednesday 10 June, 10am-11am, Support and services available in Edinburgh during Coronavirus
- Friday 19 June, 10am-11am, Managing relationships during social isolation
- Wednesday 24 June, 2pm-3pm, Shaping your own support during Coronavirus

To find out more or to access any of these services please call VOCAL on 0131 622 6666 or visit <https://www.vocal.org.uk/referrals>.

Edinburgh Carer Support Team

The Edinburgh Carer Support Team want to let carers know they are still there to support them during COVID-19. Have a look online at the link : <https://youtu.be/KamOyeUyqtQ>
For more info or to access support you can contact the team on 0131 536 3371.

Care for Carers

Care for carers are all working remotely but can still be contacted using the details below:

Phone Numbers 07936 362 867
 07936 362 868

All calls to their landlines will be re-directed and answered or leave a message and they will get back to you ASAP.

Email Contacts

Ruth MacLennan	ruth@care4carers.org.uk
Jacqui Mackay	Jacqui@care4carers.org.uk
Dipa Ward	dipa@care4carers.org.uk
Jackie Phillips	Jackie@care4carers.org.uk
Erica Whittaker Wallis	Erica@care4carers.org.uk

Mental health support

We know this is a difficult time for everyone's mental health and wellbeing, and the strain for carers can be even more so. While it is perfectly normal to feel worried and anxious, if you are starting to feel overwhelmed, it's important to acknowledge your feelings and speak to someone you trust, whether that's Alzheimer Scotland, a friend, family member, your GP, or a specialist mental health charity:

- **Samaritans:** www.samaritans.org or phone 116 123
- **Breathing Space Scotland:** 0800 83 85 87
- **Health in Mind:** 0131 225 8508 contactus@health-in-mind.org.uk



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Try our food Quiz: (Answers on the back page)

1. Which of these chocolate bars does not contain nuts?			
a. Snickers	b. Double Decker	c. Toblerone	d. Picnic
2. Eccles cakes come from which UK county?			
a. Yorkshire	b. Lincolnshire	c. Lancashire	d. Cheshire
3. Model White is a variety of which vegetable?			
a. Cabbage	b. Turnip	c. Carrot	d. Potato
4. Of what fruit is Nectarine a smaller variation?			
a. Mango	b. Pear	c. Peach	d. Plum
5. Olives come in two main varieties: Black and?			
a. Green	b. Red	c. Blue	d. Purple
6. Which of these is actually a vegetable?			
a. Watermelon	b. Pear	c. Banana	d. Apple
7. Which of these is not a common variety of Asparagus?			
a. Purple	b. White	c. Red	d. Green
8. Which of these is the correct name for a type of Apple?			
a. Mammy Smith	b. Daddy Smith	c. Granny Smith	d. Nanny Smith
9. Which of these is the correct name for a type of Lettuce?			
a. Kos	b. Cos	c. Close	d. Cause
10. Which of these is toxic if eaten raw?			
a. Ugli Fruit	b. Watercress	c. Watermelon	d. Yam
11. Gruyere is a cheese from which country?			
a. France	b. Switzerland	c. Austria	d. Germany
12. What are the two main ingredients of Cullen Skink?			
a. Smoked Haddock & Parsnip	b. Cabbage & Potatoes	c. Smoked Haddock & Potatoes	d. Smoked Salmon & Potatoes

Take care and look after yourselves.



Elizabeth
Dementia Advisor

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Answers for our Food Quiz:

- | | |
|------------------|-------------------------------|
| 1. Double Decker | 7. Red |
| 2. Lancashire | 8. Granny Smith |
| 3. Turnip | 9. Cos |
| 4. Peach | 10. Yam |
| 5. Green | 11. Switzerland |
| 6. Watermelon | 12. Smoked Haddock & Potatoes |

We are still here!

Alzheimer Scotland want to let people know that we are still here and our priority remains to ensure nobody faces dementia alone.

Lockdown has been particularly challenging for many of the people we support and we are doing everything we can to make sure local services and structures remain in place to help minimize the impact of this. We have adapted how we work as a charity to boost our 24/7 Freephone Dementia Helpline capacity and deliver support, information and advice on the phone, by email, with online support groups & appointments and an increased profile on social media . We want to ensure that people continue to get the help that they need not just during Dementia Awareness Week but every week

You can call 0808 808 3000 anytime or email us: helpline@alzscot.org.



Further information about dementia and the support we provide can be found on our website www.alzscot.org.



Follow us on Facebook at **Alzheimer Scotland – Edinburgh and Lothian**

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COVID-19 Home Fire Safety Checklist

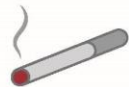


As we are all spending more time at home, there may be an increased risk of fire.

If you, or someone you know is a **smoker over 50 years old** (who live alone, have long term health or mobility problems or use medical oxygen) please use the contact number overleaf for advice on what to do next.

Otherwise, use this checklist to help keep you and others safe during these challenging times. Once done, you can call us with any queries – **we are here to help keep you safe.**

- Don't leave cooking unattended** and don't cook if you're tired, under the influence of alcohol or drugs or on strong medication.
- If you smoke, **smoke outside**, at an open external door or window and never while under the influence. **Always use an appropriate ashtray.**
- Using a laptop? Make sure it's placed on a hard surface **to prevent overheating.**
- Always turn** computers and laptops **off at night.**
- Don't overload** electrical sockets.
- Make sure all common areas and exits are **kept clear** of any combustible materials and don't leave any items in escape routes.
- With bin collections reduced at this time it is important that flammable items like cardboard or paper are **safely stored.**



At night when you go to bed:

- Ensure white goods such as washing machine, dishwashers or tumble dryer are **switched off**, and **never used while sleeping or out.**
- Switch off** all electrical appliances not designed to be left on overnight.
- Don't leave** chargeable items like phones and tablets **charging overnight.**
- Turn off** portable heaters and put a fire-guard around the fire place.
- Keep mobility aids and any methods of calling for help **accessible** for a cared for person.
- Before going to bed, check any candles and cigarettes are **extinguished.**
- Make sure the main door keys are **accessible and in a safe place.**
- Close all the internal doors** before going to bed.

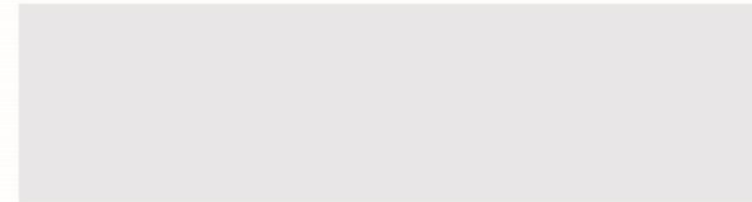


And finally:

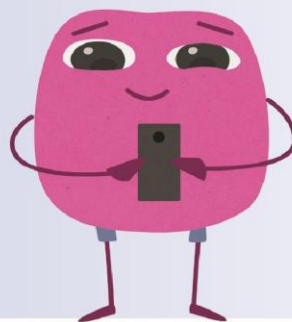
- Make sure you have **working smoke alarms.** Test them **once a week.**



Contact Details



We'll Keep You Right



NHS 24's health information service includes self-help guides for a range of common conditions.
www.nhsinform.scot/self-help-guides

When your GP and local pharmacy are closed, and you are too ill to wait, call 111.

NHS 24



- Coughs and colds
- Sore throat
- Diarrhoea or constipation
- Indigestion
- Aches and pains
- Help if you run out of your repeat prescription

Pharmacist



Breathing space
 0800 83 85 87
www.breathingspace.scot

Samaritans
 116 123
www.samaritans.org

Mental Well-being



- Tooth pain
- Swelling to your mouth
- Painful or bleeding gums
- Injury to your mouth
- Advice on oral hygiene

Dentist



- Red or sticky eye
- Pain in or around your eye

- Blurred or reduced vision
- Flashes and floaters

Optometrist



A range of clinicians, including doctors and nurses to help you with both physical and mental health issues.

GP Surgery



- Cuts and minor burns
- Sprains and strains
- Suspected broken bones and fractures

Minor Injuries Unit



- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding

999 or A&E

If you're not sure where to go or who to see visit:

NHSinform.scot