

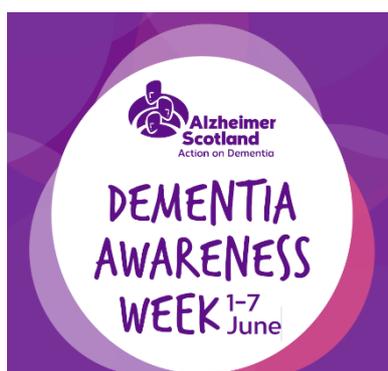
Alzheimer Scotland West Highland Services Newsletter

June 2020

Welcome to our second West Highland newsletter.

Our offices are still closed due to the coronavirus situation and we are all still working from home offering support to people affected by dementia in Lochaber, Wester Ross, Skye and Lochalsh. Our **Dementia Helpline** is also always here for you 24 hours every day on 0808 808 3000 or email helpline@alzscot.org

You can also find a range of advice and support for managing during the coronavirus lockdown on our website at: <https://www.alzscot.org/informationduring-coronavirus>

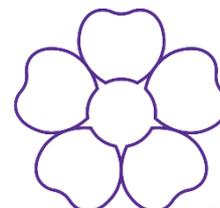


Every year during the first week of June is Dementia Awareness Week. This is normally our chance to shout about our work, campaign for change and encourage support and we have many events going on throughout Scotland during the week. This year is very different due to the coronavirus emergency, but we will still mark Dementia Awareness Week from 1st – 7th June. More than ever, it's vital that people feel connected, informed and part of a community and we will be using our social media channels to talk about some key elements of our support so look out for posts on Facebook and Twitter.



Locally, we are planning to have an online Purple Quiz linking up people from across the whole of West Highland in our virtual Drop In Café on Tuesday 2nd June at 2pm. If you are up for a challenge and a bit of fun, please get in touch with Eleanor by phoning 07920868848 or emailing EBrown@Alzscot.org for the details of how to join in.

We are also asking for people to print out and decorate our Forget-Me-Not poster and to display it in their window to show our support for people affected by dementia. A larger version to print out is included at the end of the newsletter.



We are still carrying on with our Rainbow Scarf project and for Dementia Awareness Week we'd love it if people could knit or crochet purple squares. Here are some of the squares we've made so far.



Here's a message from Eleanor explaining some more about the scarf project:

In these difficult times, Alzheimer Scotland want to acknowledge the close relationship we share with our NHS colleagues. In West Highland we have come up with a way which we feel "protects us in the true Highland way with uniqueness, warmth and softness" by knitting a Rainbow Scarf.

We want to gather as many 12" squares of knitting/crochet as we can and we will join them together to make one huge Rainbow Scarf which we are planning to use to decorate some of our most iconic landmarks – The Skye Bridge, the Glenfinnan Monument, and even on some of the ferries!

Watch out for it appearing in your area! Squares can be plain, patterned, stripy, knitted, crocheted – whatever! We would ask people who are stuck at home at the moment to knit a square for us and drop it into an Alzheimer. Scotland office or DRC when we are open again or they can post squares to: Alzheimer Scotland, An Drochaid , Claggan Road, Fort William PH33 6PH.

Alternatively, please donate to our Just Giving page the link below so that we can continue to support people living with dementia not only during this difficult time but also when we resume our normal service. <https://tinyurl.com/Rainbow-Scarf>

You can contact me by phoning 07920 868848 or emailing EBrown@Alzscot.org

West Highland Pen Pal Project

Lesley Hellon, our Dementia Advisor, has been working on this project with pupils from Portree High School who have been writing letters and sending pictures to people with dementia living in the community and in care homes on Skye. Take a look at a couple of the amazing drawings from Portree High School pupils. We have invited all high schools in Wester Ross and Lochaber to join in with this project.



To get involved, please contact Lesley Hellon on 07825975557 or email lhellon@alzscot.org

A Message from Lesley:

This was my morning little read, from the Grow Wild Newsletter. I think its lovely to pass on 😊

Taking a leaf out of wildflowers' book:

Learning from plant behaviour to maintain our wellbeing through challenging times.

<https://tinyurl.com/learn-from-the-flowers>

I have distributed wild seeds over a number of years now to various projects.



A Message from Eleanor, Community Activities Organiser for Lochaber:

Hi everyone, I hope you are all keeping well and managing to stay safe as we continue to cope with the lockdown. Hopefully before too long we will be able to get out a little and meet other people. In the meantime, we just must abide by the rules. One of the things we can do is get out in the fresh air, especially now that the weather is a little bit better and get some exercise. I have been going out for daily walks and stumbled across the "Witch's House" here in Fort William, here are some of the



creatures she keeps in her garden 😊. I'll show you more next month, in the meantime keep well and stay safe and I look forward to seeing you all in person again soon.

A Message from Caroline, Dementia Link Worker for Lochaber

This is a link to "Top Tips" it's a neat wee booklet by SDWG (Scottish Dementia Working Group). There are some great top tips that are worth checking it out: <https://tinyurl.com/Top-Tops>



Robin's Ferry Picture

Robin has been taking his trusty camera out with him when he goes for a walk. This is of course the Corran Ferry crossing at Loch Linnhe.



Old Fort William

How many of you recognise this street?
What the shops were there then?
How often did you go shopping?
Did you go to a café?



Ben Nevis

This was a new view of the Ben for me. During this lockdown period myself and my husband have been finding new walks not far from my home and on this one we enjoyed a different view of Ben Nevis in the distance.

Caroline Gordon Dementia Link Worker for Locharber can be contacted on : 07788294947 or email: CGordon@Alzscot.org

A Message from Christine, Dementia Link Worker for Wester Ross



A lot of establishments around West Highland are now delivering takeaways to your door. Look what I had from Ullapool's Seafood Shack this week."

The Seafood Shack are now doing home deliveries in Ullapool area <https://www.seafoodshack.co.uk/>

Here's a few other links to useful resources in Wester Ross.

www.theullapoolnews.co.uk

<https://www.gairlochtimes.co.uk/history/> - A brief history of the Gairloch & District Times – an interesting read.



The Lochcarron Community Hub has lots of local information and is a great read for others too. We love the compost peat free idea!

<http://www.lohcarroncommunity.com/>

Christine McCallum, Dementia Link Worker for Wester Ross can be contacted by phone on 07920816599 or by email CMcCallum@Alzscot.org

A Message from Mags McGlynn, Dementia Link Worker for Skye & Lochalsh

Hello, my role is to support a person who has been newly diagnosed with dementia, alongside their family for a period of about a year. Together we look at things like how to manage symptoms, making community connections and planning for the future. You can contact me either by mobile on 07774558406 or email mmcglynn@alzscot.org

Message from Diane Smith, Community Activities Organiser for Skye and Lochalsh

I now have the following sessions running online every week:

Online Drop In Cafe - a chance to meet virtually with others and have a chat. Tuesdays from 2pm – 3.30pm

Online Bingo - every week we have a different theme. So far we have had musical instruments, birds and dog breeds. Our next session will be wild flowers. Come and join the fun! Wednesdays from 11am – 12pm.

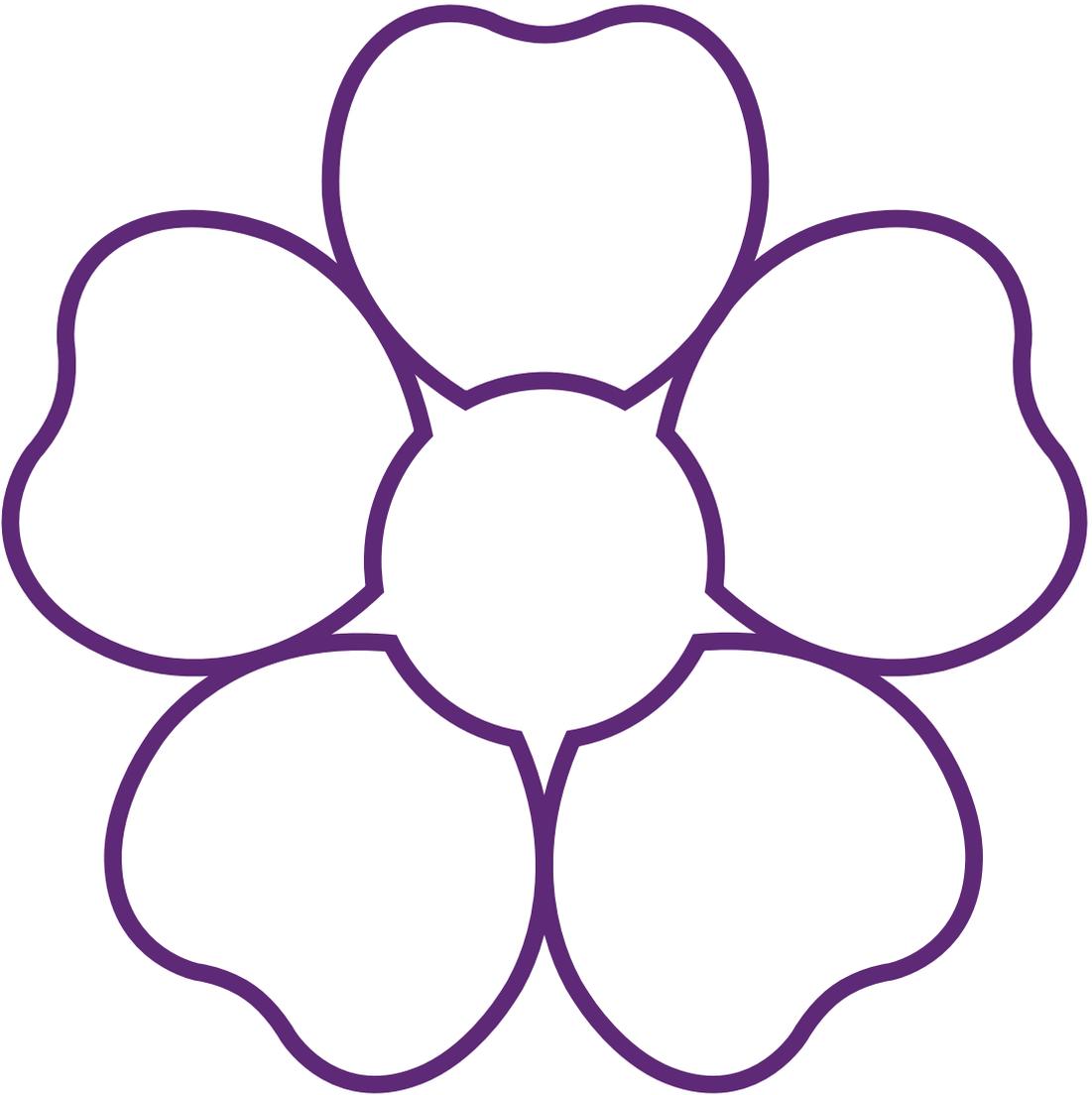
Online Carers Group – get some support and share your experiences with others in the same situation. Most weeks, Mags McGlynn, Dementia Link Worker will also be there for advice and support. Thursdays from 11am-12.30am.

You can contact me for more information on 0782560857 or by emailing DianeSmith@Alzscot.org

The photos that Caroline shared were quite nostalgic for me as I grew up in Ardnamurchan and went to Lochaber High School before moving to Skye. Here's a photo I found of myself and my sister on a camping trip in 1980 and another of Ben Nevis from Trislaig in the 1990's.



Finally, till next month, a reminder that you can keep up to date with what's going on locally and nationally by visiting our Facebook page at: <https://www.facebook.com/AlzScotWestHighland/> and our website at: <https://www.alzscot.org/> Take care everyone!



Showing support for people
with dementia, their carers
and families during
Dementia Awareness Week

1-7 June 2020
www.alzscot.org

