

(March 20 – May 20)

# Western Isles Services Newsletter



## Welcome to our latest 3 monthly Newsletter.

Welcome to the latest edition of the Western Isles Services newsletter. We wanted to share some updates with you from the last 3 months and say a big thank you to all our many supporters & donators, volunteers and staff for all their hard work in these difficult and unprecedented times.



The Alzheimers Scotland Solas Day Centre in Stornoway closed on 18<sup>th</sup> March due to the lockdown imposed by COVID-19. Remaining staff members quickly sprang into action to look at what could be delivered online and ways to continue therapeutic relationships.

Employees undertook training such as Attend Anywhere for Dementia Advisor 1-1 sessions and peer group sessions for carers and families and these digital platforms are now in place. Online support is also available through activity packs for non-internet users and door step and now home visits to those in critical need.

We are so glad to hear at our regular contact updates that everyone is keeping well, safe and that they feel that they are still being supported by us.

Alzheimer Scotland have written to the Scottish Government to seek permission and agreement to re-open some of our Dementia Resource Centres.

This would be in order to provide the opportunity for one or two people at any one time to attend and participate in individual therapeutic activity.

Furthermore, it would also provide carers and families with a much-needed short period of respite.

This will require the highest level of safe social distancing practice and cross infection controls and we are confident that our local staff and volunteer teams can do this with support and guidance.

We believe that a small level of extra support such as this will go a long way to helping balance the needs of people with dementia and their families whilst at the same time supporting the ongoing measures to tackle coronavirus. If agreed, it will take a few weeks before we can take this step, however we wanted to let you know what our plans are and to keep you informed of what we are doing to ensure we provide the best possible support to you and your family during this time.

We will keep you updated with progress as we go forward.

If you have any questions or concerns around this please contact our Locality Leader Marion MacInnes on 07771925730 or by email [mmacinnnes@alzscot.org](mailto:mmacinnnes@alzscot.org)

Please visit our website to find out more information <https://www.alzscot.org/coronavirus-updates>.

E-mail [mmacinnnes@alzscot.org](mailto:mmacinnnes@alzscot.org)

Website: [www.alzscot.org](http://www.alzscot.org)



Please vote for us we are in this year's community fund again! This is the 4<sup>th</sup> year running which is so amazing!! Big thanks to the local Co-op staff for their ongoing support.  
<https://causes.coop.co.uk/>



As you can imagine it is a worrying time as we have a prolonged period of reduced opportunity for fundraising events therefore we are offering people the opportunity to still support our work with the 'Virtually - anything is possible' fundraiser.

You can walk, run, cycle or choose whatever challenge you like here. It is totally up to you please pick whatever you feel will challenge you to take part.

Marion MacInnes Locality Leader opted for a different type of challenge to lost 2.6 stone by 2.6.20. You can see more on the link below.  
<https://www.justgiving.com/fundraising/marion-macinnnes3?fbclid=IwAR22ANqu8L9-gnIFbsXklHqesEhiduGJ1pV4YBaKMsgXMtjaFr1hFmb8VFk>

The London Marathon has been postponed from April until October 2020 (perhaps beyond). Our locality fundraiser Karen MacDonald is still determined that this is something that she will do this year to raise vital funds for Alzheimer Scotland. Karen has a target of £2000.

Karen has a just giving page set up and has been actively training towards her goal in the lockdown using her 1 hour a day exercise to clock up the miles. You can support Karen by following the link below or contact [mmacinnnes@alzscot.org](mailto:mmacinnnes@alzscot.org)

[https://www.justgiving.com/fundraising/karenmacrunculondon?fbclid=IwAR2HyTudAWCYMppqHEPfvNbXVGpntSV3tfkC7327qBn1uc\\_Gq7loS5ghxE](https://www.justgiving.com/fundraising/karenmacrunculondon?fbclid=IwAR2HyTudAWCYMppqHEPfvNbXVGpntSV3tfkC7327qBn1uc_Gq7loS5ghxE)



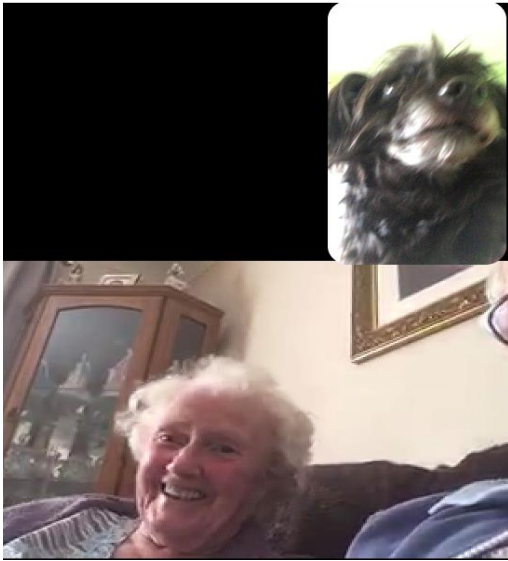
We'd like to take this opportunity to thank all those who provided funding for the 2020/2021 period and to reassure them that although our service delivery has temporary changed that we are still here.

We are still actively carrying out work to offer support to people living with dementia and their families in the best way that we can.

We'd like to send a big thanks to the many local shops and local businesses that support our fundraising events all year round. We are so sorry if you are experiencing difficult times and we send our very best wishes.

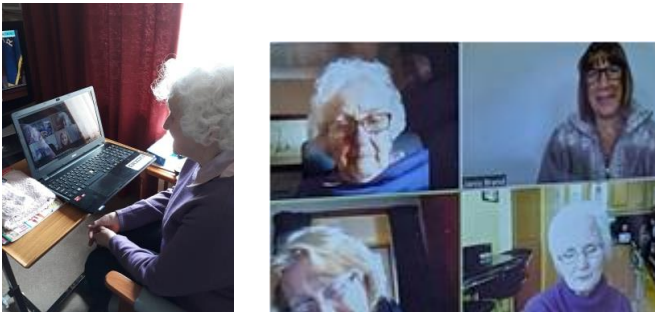
E-mail: [mmacinnnes@alzscot.org](mailto:mmacinnnes@alzscot.org)

Website: [www.alzscot.org](http://www.alzscot.org)



Daisy is a 6 year old cross chihuahua dog who has been a very welcome addition to our digital catch calls with people and families.

“It is so good to see the dog; I like dogs they cheer me up”.



Other activities have included weekly zoom sessions for music for memory hosted by Cath & Alan Fish and Juliet MacKenzie and French language skills hosted by Janis Brand.

“I would like to do this again” “This reminds me of learning French in school”.

The positive feedback from people and families has been very welcome and we’d love to hear from anyone else and can offer support with getting set up for activity. Please contact us.

We are delighted to have received so many lovely forget-me-not pictures and messages from children all over the Western Isles including those from An Cotan nursery, Sgoil an Rubha and from lots of children living in South Uist. We will include copies of these in our activity packs.



We love the message “na dìochuimhnich mi” (don’t forget me). A key message for all.



We were very fortunate to have received a batch of hand sanitisers from an initiative led by Harris Gin distillery, Ishga and Essence of Harris. As there was a large amount donated we were able to make up and deliver ‘goody bags’ to deliver out in the community.

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**Writing Competition**

**DO YOU HAVE MURDER IN MIND?**

We are looking for a script for the next  
**Murder Mystery Play**  
in aid of Alzheimer Scotland Western Isles

The writer of the winning entry will receive a £50 prize and their play will be performed in 2021!

Play-scripts must follow a particular format. Please check our Facebook page - @westernisleslibraries - or visit the library website for details.

**Deadline: 31 October 2020**

library.enquiries@cne-siar.gov.uk / 01851 822744  
www.cne-siar.gov.uk/yourlockdownlibrary

 **Alzheimer Scotland** Making sure nobody faces dementia alone. 

We had to postpone our annual murder mystery in Stornoway library at the end of March. Rather than reschedule, for later in the year, the event is now postponed until March 2021.

However we are excited to announce that the Western Isles library team have launched a competition for budding local writers to submit a script for the Murder Mystery event. The competition, for ages 16 years and up.

The winner will also receive a £50 cash prize and a £50 hamper kindly donated by Margaret and Kirsty Ralston from Isle of Lewis candle company. Thanks to them for their support.  
<https://www.facebook.com/Isleoflewiscandleco/>

## Information

It can be very easy to become overwhelmed or confused with a lot of information coming at you from all different directions. Please access the NHS website for up to date and reliable information on coronavirus.

<https://www.coronavirus.wi.nhs.scot/>


For up to date information on our local supports and activities please follow us on


<https://www.facebook.com/Alzheimer-Scotland-Western-Isles-529043420465271/>

## Keep safe!

It is very important that we all keep as safe and healthy as possible. Please let us know if you feel unwell or if have any concerns that you might be displaying symptoms of the coronavirus - particularly if we are delivering home support.

## Contact Us



 **Alzheimer Scotland**

Please contact us if you need support, information or advice.

MARION MACINNES (LOCALITY LEADER)	ELLIE DONNELLY (DEMENTIA ADVISOR)
07771925730 mmacinnnes@alzscot.org	07500 762041 edonnelly@alzscot.org

Free 24 Hour Dementia Helpline 0808 808 3000  
Keep safe! We hope to see you soon.

Please note that this year Dementia Awareness Week starts on Monday 1<sup>st</sup> June 2020. Although our planned events will not be taking place as usual we will still be marking the week.

We will be in touch and keep our facebook page up to date with any news around planned events.

E-mail: [mmacinnnes@alzscot.org](mailto:mmacinnnes@alzscot.org)

Website: [www.alzscot.org](http://www.alzscot.org)