



Inverness, Nairn, Badenoch and Strathspey

Welcome to our second newsletter.

Our day care services and community groups are still unable to run and our Dementia Resource Centres and offices remain closed. However, we are continuing to provide support for people living with dementia, their carers and families - read on to find out how we are doing this.

If you are in need of any help or support or would like more information about anything in this newsletter, please get in touch. All our contact details are on the final page.

Telephone Support

This is still our main way of supporting people during this time. Alzheimer Scotland staff are regularly contacting the people who would normally attend day care or our community groups. The Dementia Advisor and our 24 hour Freephone Dementia Helpline are also available to take calls from anyone in the community who needs information, emotional support or a listening ear at this time.

Online support

In our last newsletter we explained that some members of staff were undergoing training to allow us to hold some online groups. The training is now completed for some staff, with others learning soon.

We are using a system that doesn't require any software to be downloaded, and it is a very secure system that doesn't record the group or hold any information about the people who join the call. The groups are small, with a maximum of 3 to 4 people able to connect at any one time.

All you need is a smartphone, tablet or laptop that has a camera on it and you can join the group video call. We will email you with the instructions of how to join us.

If you feel you would like to try this but aren't sure about using it, please contact Karen and she can arrange to have a practice call with you before the group to make sure you are confident to use it.

We also now have the facility to have one to one chats with people online. If there's something you'd like to discuss and feel it would be better face to face rather than over the telephone, we can organise that too. It works in the same way as the groups above, but you are directed to a private meeting room.

So far we have held some online dementia cafés and some online carers support groups. Both have been successful and it was lovely to see people's faces again, rather than just talking on the phone! Here's a photo from one of our cafés:



What's on?

We will be holding weekly online groups to help support people when we're unable to provide our normal support.

Wednesdays at 2pm and 3pm there will be **carers support groups**.

Thursdays at 2pm and 3pm we will have **dementia cafés** which will be open to people with dementia and their families.

Due to the limited numbers of people we are able to have online at once, if you would like to join one of the online groups, please email Karen on karenblack@alzscot.org to book a place.

We are learning a new way to hold larger groups and we will be expanding our online groups in the near future. If you would like to be kept up to date with the new groups, please contact us on 01463 711707 or karenblack@alzscot.org

Messages from your friends

This section of the newsletter is a way to keep connected with those you would usually meet with at day care or the Dementia Resource Centre. Please get in touch with us if you'd like to include a message here.

"Hope everybody is doing OK. I am missing coming along and seeing everyone. I am looking forward to getting back to see you all. I hope we can have a big party, dance up and down the place and leave our troubles behind us." – Margaret Walker.

"I am missing everyone and hope to see you all soon." – Margaret Cooper.

"Hello everyone, hope you are all safe and well and not finding these new circumstances too difficult.

I'm keeping busy - I'm retired so not having to 'work from home' but still finding it strange not to just go out when I feel like it and do bits of shopping.

One of the things I've started to do is learn ballet (at my age!?). This link will I hope, take you to the class I've been following.

<https://www.royalacademyofdance.org/rad-at-home/silver-swans-classes-online/>

It's for the over 55s and is really just very gentle exercise and stretching. There's a new lesson every Wednesday at 1pm but you can follow it on YouTube at any time. I'm really enjoying it!

Take care everyone and hope to see you all soon." – Marion (Volunteer at the resource centre)



Hello from Milly, and Dorrie, Alison and Kathryn

"What is the bravest thing
you've ever said?" asked
the boy.



"Help," said the horse.

Picture by Charlie Mackesy

We are sending everyone our best wishes. Here are a couple of quotes from a book I have been reading called "The boy, the mole, the fox and the horse" by Charlie Mackesy. I think they are nice to share at this time:

"What is the bravest thing you have ever said" asked the boy, "Help" said the horse.

"sometimes just getting up and carrying on is brave and magnificent" – Archie and Marlene Fraser.



I am missing my friends and all the staff at Woodlands. Thank you for my Easter card, it was nice to get something through the door – Tommy Robertson.

Tommy's great grandchildren and their friend have also sent us in some lovely pictures:





Saw these beautiful little Forget Me Not flowers growing wild today whilst out in the woods... a nice wee reminder from nature that although we can't be with each other, we can still be there for each other 💚💚 – Gillian (Locality Leader)



Hello everyone, hope you are all well and keeping safe. I am missing the volunteering but am very busy having moved house just before the lockdown. It is a joy to be out exploring our new garden. There are changes in the plants each day: new buds emerging and flowers blooming. The birds are busy building nests too and some are already feeding their chicks. So do get out and explore your own garden or observe nature from a window. Use as many senses as you can. You can watch the birds, their different behaviours and flight patterns and also listen to their birdsong. You can observe the textures and colours of leaf and flower buds as they unfold day by day. Why not write a poem or story about your experiences connecting with nature. These could be stories from the present and the past. This lockdown is a great time to try something new and creative at home. - Helen (Volunteer at the Dementia Resource Centre)

Our friends at Crown Primary School have been busy making pictures of things that make them happy to share with us. Here are some that have been sent in:





Badenoch Shinty Memories

Badenoch Shinty Memories Group is adapting its outreach during this time. They'll continue to connect with their audience over the phone, to make sure that no one feels alone. The group are also starting a newsletter which will include shinty content and more. There will be recipes, reminiscence photos and activities such as spot-the-ball, all for a bit of light-hearted entertainment. The group are also putting together shinty photo cards. The cards are being released regularly on the BSMG Facebook page and will also be printed out in sets of 100 and sent out to local care homes and vulnerable individuals in the community who would benefit from perusing some old shinty photos and memories.

Follow Badenoch Shinty Memories on Facebook to keep up to date with their activities. If you'd like to receive a copy of the BSMG newsletter, or if you'd like to have a blether about shinty, please get in touch with the group on badenochshintymemories@gmail.com or 07743 686270.

Rhona's baby – Harry



We thought we would keep you updated with a recent photo of Harry until we can meet him in person at the Dementia Resource Centre.

Boredom busters

- How many words can you make out of the following letters?

S P R I N G T I M E

Here's a couple of examples to get you started: tin, set

- Pick a letter and try to name as many girls names as you can that start with that letter.
- Wordsearch:

Ice Cream Flavors

Y	M	T	R	L	C	H	O	C	O	L	A	T	E
A	S	K	C	A	R	T	E	S	O	O	M	E	T
P	Y	V	A	N	I	L	L	A	S	N	O	T	E
M	K	D	E	T	D	E	A	C	F	A	N	A	A
C	A	T	N	L	I	N	N	A	O	C	O	O	E
O	K	P	O	A	A	G	O	D	K	E	A	E	T
E	C	U	L	N	C	A	E	F	O	P	L	R	N
D	O	T	A	E	E	N	O	R	Y	W	E	E	E
O	C	B	O	A	W	Y	O	T	T	E	O	I	E
C	O	I	E	A	A	A	R	T	S	A	O	A	R
R	N	T	T	C	R	A	L	E	T	N	I	A	G
E	E	G	D	U	F	O	S	N	I	O	V	L	T
D	A	O	R	Y	K	C	O	R	U	A	C	G	T
A	E	E	T	U	N	O	C	O	C	T	P	E	S

COTTON CANDY
MAPLE WALNUT
PECAN
BANANA
TIGER TAIL
MOOSE TRACKS
COCONUT
ROCKY ROAD
GREEN TEA
FUDGE
REESES
CHOCOLATE
VANILLA

Recipe ideas

We thought it would be nice to share a recipe with you that you may want to try.

Here is the Bad Girls Bakery recipe for cheese scones:

You'll need:

A baking bowl big enough to hold everything, a baking sheet sprinkled with flour, a measuring jug and a butter knife. We do the first stage in the food processor because it saves a lot of time and we make lots in one go, but you really don't need to. Doing it by hand is absolutely fine too.

Ingredients:

- 450g self raising flour
- 2 heaped teaspoons of baking powder
- pinch of salt
- 1/2 teaspoon mustard powder (only if you fancy, it's fine to leave it out)
- 75g unsalted butter (softened very slightly, we do it in the microwave)
- 150-200g mature cheddar
- 2 eggs
- 1/2 pint milk (we use full fat)

This is what you do:

1) Blitz the flour, salt, baking powder, mustard and butter in the food processor until it looks like breadcrumbs (you just want to make sure there are no big lumps of butter). If you want, this can be done by hand. Just pick up small amounts in your fingertips and rub your thumb and fingers together letting the mixture fall back into the bowl. Keep doing this until it looks like breadcrumbs. All you need is a little patience.

2) Crack the eggs into a jug and top up with milk to 1/2 pint and whisk together. You might need the rest of your half pint of milk, so keep it handy.

3) Add most of the cheddar (You want to keep a wee bit back for sprinkling on the top of the scones) along with most of the milk mixture. Keep back about 50mls or so of the milk mix for glazing the scones later. Mix together with a butter knife (this way you won't overwork it) until most of the flour has been incorporated. If there's still a lot of flour in the bottom of the bowl, add a little more milk. You just want a rough ball of dough that feels a little sticky, not wet. Use the rest of the milk from your original 1/2 pint if it's too dry, or add a tiny bit more flour if it's too wet. See handy hints. Once you're happy, then tip the whole lot out onto a floured surface use your hands to bring it together. Your dough should have lumps and bumps! don't be tempted to work it until it's smooth!

4) Flatten your ball of dough gently into a flat disc with your hands until it's roughly the size of a dinner plate then cut into triangles like you were cutting a cake. We cut into 8 as we like big portions! Place them spread apart on your baking tray and brush the tops with the rest of your egg mixture then press a little cheese on each one and bake at 160c for 18-20 mins or until they are baked through (see handy hints).

5) Let them cool a little on the tray before taking them off as they are a wee bit fragile until they set up a little. In the bakery we all fight over the wee bits of crispy cheese on the baking tray!

Handy hints

The best tip we can give is don't overwork the dough! That's why we use a knife to bring it together. Overworked dough makes your scones heavy. It should have lumps and bumps in it. If your dough is smooth, you've overworked it!

The consistency of the dough is the only tricky thing here. After making this a few times you'll know exactly what you're looking for. Too dry and your scones will be dense and crumbly and too wet and sticky they won't rise and will be tough and chewy.

Add ins: You really can add anything you fancy into the mixture but try not to add too much liquid. If you're adding a wet chutney or sauce, hold back more of the egg mixture as you may not need it all.

Mature cheddar is best as you need a strong flavour to taste the cheese but you could add brie or mozzarella if you fancy?

Egg Wash: Be careful not to be too generous with the egg wash! You want a thin layer on the top only as any that drips down the side will make it harder for your scone to rise.

Scones are at their very best served warm out of the oven (cooled for a 10 mins or so on the tray first) and definitely only good on the day. They can be frozen and once defrosted, refresh them in the oven for a wee while to warm through.

If you know you won't eat them all consider freezing some unbaked. Just give bake from frozen for two or three minutes longer.

Never go by time alone when baking. Ovens are different! Baked scones should lift off the tray easily and not feel doughy but the only way to really know is to use a skewer. It's ready if it comes out clean when inserted into the thickest part of the scone.

If you're using chutney or chilli jam in your scones you might want to line the baking sheet as it can get messy and baked on chutney is hard to wash off!



Get involved

We would like to do a different feature for each newsletter. For the next one we thought we could put in some photos of people that come to day care, the resource centre and our staff and volunteers as babies or children. We could then try and guess who is who! If you'd like to be involved, please send your photos to karenblack@alzscot.org or give us a call and we can work out how to get them from you.

Contact Information

Dementia Advisor (Karen Black)

Tel: 07585 669654

Email: karenblack@alzscot.org

Dementia Resource Centre

Tel: 01463 711707 (diverted to Karen)

Woodlands

Tel: 01463 713424 (diverted to Dorah)

Helpline

Tel: 0808 808 3000

Email: helpline@alzscot.org