

April 2020

Angus Services Newsletter



We hope you are all keeping well and safe in these strange and unprecedented times.



We are still here.

As you are probably aware our Dementia Resource Centre is closed for the time being however we are still available for telephone support. You can contact us in the following ways:



Janet Quantock, Service Administrator can be contacted at the following times:

Monday to Friday 9am to 1pm

By telephone on 01241 431770

By email on jquantock@alzscot.org

Voice messages are checked daily and referred to the relevant person.



Pat Brodlie, Dementia Resource Worker can be contacted during the following times:

Monday to Friday 9am to 4pm

By telephone on 07979 665158

By email on pbrodlie@alzscot.org



Lindsay Shaw, Dementia Advisor can be contacted during the following times:

Tuesday 9am to 4pm; Wednesday 9am to 4 pm & Friday 9am to 4 pm

By telephone on 07979 954445

By email on lshaw@alzscot.org



Christine Beaton, Community Activities Organiser can be contacted during the following times:

Tuesday 11.30am to 5pm; Wednesday 11.30am to 5pm & Thursday 11.30am to 5pm

By telephone on 07841 435800

By email on cbeaton@alzscot.org



Making sure nobody faces dementia alone.

Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE Telephone 01241 431770 or 462780 E-mail anguservices@alzscot.org Website www.alzscot.org

Alzheimer Scotland - 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

Keeping active and entertained

We all hope you are able to fill all the extra time you now have at home and you are getting through the day well. As we are all aware there is a huge resource of activities available online however not everyone has access to World Wide Web. We wonder have you taken up new hobbies to pass the time or started back at activities you used to do, we heard of people getting out jigsaws, I for one find them very addictive once they are started and relaxing, some people are picking up their knitting pins and crochet hooks producing all sorts of wonderful creations. Good luck with everthing it is you are doing.

We have included an anagram quiz which might help, answers will be provided in a further newsletter or by email if you cannot wait!



FOOD ANAGRAM QUIZ

Savoury & Sweet



1	SHOTGOD (3 & 4)	
2	DANSHWIC (8)	
3	SAMCARECHEENOI (8 & 6)	
4	BELTAT (6)	
5	PEAKTIES (5 & 3)	
6	PARTTAPEL (5 & 4)	
7	RIBDIE (6)	
8	VERSIONLANDION (5, 3, 6)	
9	FURLFEST (8)	
10	MAIDRACKEAE (7 & 4)	
11	POPHCORK (4 & 4)	
12	LENDACHIAS (10)	
13	SHREDBOTAR (10)	
14	PINGRUDEDIC (4 & 7)	
15	SMACKDOMEKREEL (6 & 8)	
16	STONERICKACH (5 & 7)	
17	TRYFRIS (4 & 3)	
18	FELTIR (6)	
19	GASOLESCARESAUSE (7 & 9)	
20	PLUGMIND (8)	

Angus Services Newsletter

Our Website – www.alzscot.org



Our website provides a great deal of information, support and activities online browsing through it will help waste some time and hopefully you'll find something to help or interest you.

We understand as previously mentioned that not everyone has access to the internet, Lindsay Shaw, our Dementia Advisor, has put together an information sheet with local information covering all aspects of health care, utilities, local and national initiatives such as pick up and delivery of prescription services and food delivery. It is a very full list, 10 pages, if you would like more details or some information on any of the initiatives please contact **Lindsay on 07979 954445** she will be able to provide you with local or national details and she can email or get a copy sent out.

Take care, be safe

You probably heard about all the support going out to the NHS and all the frontline workers, which they rightly deserve for keeping the country running and taking care of all those effected by the virus. I know you will have heard all this before but it does no harm to remind ourselves.



Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE. Telephone 01241 431770
E-mail anguservices@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 Tel 0131 243 1453

Christine's Corner

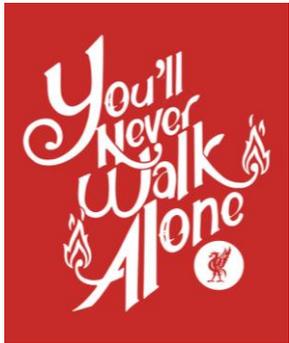
A new way of learning.

I love music. I almost always have music on at home. I would say my taste is eclectic. I don't have a favourite. Often my choice will be dictated by my mood or perhaps it is more true to say, music often dictates my mood. So, for preference I will opt for something bright, uplifting and that which makes me want to dance.

I have a friend who lives in Carnoustie, her name is Helen and she is 90 years of age. Helen loves to dance so I occasionally send her links to dance music and films. Even if she doesn't want to get up to dance she can chair dance as I often do. Another friend Donna used to work in a jute mill. She was a Drawer, in charge so I sent her a link to some old film which I found online showing from start to finish what happened in a jute mill. The jute mill depicted is the Verdant Mill in Dundee and is now a museum. Donna likes music too and enjoys participating with hand movement and clapping.



Yet another friend, Frank, adores singing. He will suddenly break into song at the top of his voice. I recall a day we visited a football stadium in Glasgow and as we walked down through the tunnel onto the pitch Frank started singing 'You'll never walk alone' and to this day I get goosebumps when I hear that song I'm hearing it a lot right now but don't think I will ever hear it without thinking of Frank. Anyway, Frank gets a kick out of singing so I send him lots of songs to add variety to his repertoire. Another friend, John, loves his football. Obviously right now it is games from the past he likes to watch. Using the links I send he gets to see the matches on the full screen on his TV.



I can't see if they enjoy what I am organising so I rely on feedback from my friends in one way or another. It is important that I hit the right note (pardon the pun) so that I am not sending stuff they are not at all interested in which plainly would be a waste of my time and theirs. Throughout researching topics of what I feel might be of interest I am learning so much. All of it new to me.

Our enforced Lockdown has introduced me to another 'friend'. I've named him Minstrel. He is a magnificent crow with white feathers on his wings which look a bit like 'go faster stripes'. A bit of research on him told me he has a genetic condition known as leucism. Minstrel is a fascinating creature and we often watch as he struts his stuff around the garden. I'm learning from him too. I didn't know that crows hide food for later. They are highly intelligent (usually); our Minstrel often looks a bit confused. He has obviously missed Jack (our wee dog) sniffing out these 'stores' and gobbling up his food.



I would like to be back among all of you in our various Groups but until then I am enjoying my time here at home. While I write this I am able to see the trees begin to bud. Through the trees I catch a glimpse of the sea shimmering in the sun. I know how fortunate I am and not everyone has a sea view or can live as close to nature.



Regardless of where we are, we can all still enjoy the moment by listening to any relaxing music. closing our eyes and allow our mind to wander through a forest walk or along a white sandy beach. My one daily exercise has me walking. I usually try to get out early in the day and that, I find, is the very best time to

hear the birds sing. It is also the time that the pathways are less populated. I am rarely in danger of getting too close to another human but I do get to see plenty of wild flowers.

Since I don't get to see you just now I've been wondering if you'd like to send me photographs of what you are doing to help the time pass during Lockdown? Or, if you prefer, how about a letter via email if you use it telling me about your experience? Failing those options I am always up for a blether so between 11.30am and 5pm TUE, WED and THURS give me a ring and let's chat.



connecting people, connecting support occupation matters

Launched this month, April 2020, **connecting people, connecting support** is an interactive website where people living with dementia, carers, family and supporters come together to explore ways to live well with dementia.

"We are a group of occupational therapists and designers who have come together to share resources and activities online for people with dementia, their family members and supporters."

www.connectingpeopleconnectingsupport.online

Picture Quiz

From the pictures below identify these Angus towns? *Answers in next newsletter or by email if requested.*

A



B



C



D



Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE. Telephone 01241 431770
E-mail anguservices@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 Tel 0131 243 1453

24 Hour Helpline



24 HOUR
Dementia
Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org



Our 24 hour Freephone Dementia Helpline provides information, signposting and emotional support to people with the illness, their families, friends and professionals.

Since 1989, our Helpline has supported thousands of people with dementia, their partners, family and friends. The Helpline is staffed by trained volunteers supported by staff at Alzheimer Scotland. Many of the volunteers have had personal or professional experience of caring for people with dementia. Volunteers on the Helpline can provide information right away if you have any questions or concerns, as well as send out free information to carers, family members or people with dementia. The Helpline can offer information with any of the following topics, and more:

- Understanding the illness
- How to get help locally
- Maintaining independence
- Financial and legal matters
- Rights and entitlements
- Coping with behaviour
- Community care
- Long-stay care
- Anything else to do with dementia

Helpline volunteers also have a panel of expert advisers who can help answer more complex enquiries. The 24 hour Dementia Helpline is confidential, and you don't have to give your name if you would prefer not to.

Please note, if you have chosen to hide your caller ID (so that your number will not show up on the display of any telephone that you call), please dial 1470 before calling the Dementia Helpline. Otherwise we will be unable to receive your call.

helpline@alzscot.org - 0808 808 3000

Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE. Telephone 01241 431770
E-mail anguservices@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 Tel 0131 243 1453