

Newsletter

June 2020

Welcome to our newsletter. As you will be aware, due to the government guidelines all our day care services and community groups have stopped, our Dementia Resource Centres and offices have closed, and staff are now working from home. Despite this, Alzheimer Scotland are continuing to support people living with dementia, their carers and families. Instead of our usual 'What's on Guide', we are going to send out these newsletter updates to connect everyone and keep you up to date with what is happening in Ross-shire, Sutherland and Caithness – North Highland.

These are difficult times for many but please do not feel alone. We will support you in any way we can, so if you are concerned about anything at all please get in touch.

We would welcome input from you to tell us the ways you feel would help us to support you.

What are our staff doing?

Telephone support - we are contacting those who normally come to day care or our community groups by phone on a regular basis. This is being done by staff from day care, staff from the dementia resource centre and by link workers.

Online support - If you are able to get online and would like to be involved in the online groups, please get in touch we are running two carers groups a week. Please let us know and we are open to ideas of the things you'd like to do.

Local support- we have collected a lot of information about services that are being run locally to support people, for example, community groups that can help people with getting food and medications if they are unable to leave the house. If you need advice in this area, please get in touch.

Helpline- Our **24 hour freephone helpline** is the main contact point for people at the moment and they are providing support when people call and liaising with our dementia advisors in the local areas if local support is needed. The helpline phone number is **0808 808 3000** (if your phone is ex-directory or calls from a withheld number, please prefix this with 1470).

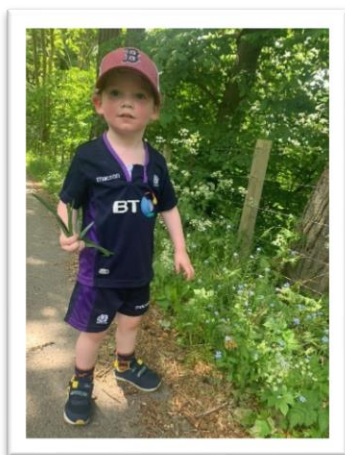
Messages from your friends

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 put a message here.

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Gail - Hi Everyone, the staff and I are missing you all and hope you are safe and well. During these difficult times it's important that we all stay positive and keep doing the things we enjoy as much as possible. We are so looking forward to seeing you again soon.

Here is one of my favourite quotes "Be the reason someone smiles today."



Hayley - "William and I came across some lovely forget me nots on our walk and it reminded us that even in these worrying times we can always find some brightness. We are missing you."



Donnie – "I hope everyone is well and I'm longing to see everybody at the centre soon"



Abigail & her dog Toby undertook the 2.6 challenge by braving the streets of Tain to do 2 laps of her block for 6 days to raise money for their local Dementia Resource Centre. She did amazing and raised over £800. Huge well done & thank you from all us!!!

Mary - "The calls are fantastic and if it was up to me, I would be putting you all up for an award. I can only be on the phone for 5 minutes and I feel like a different person"

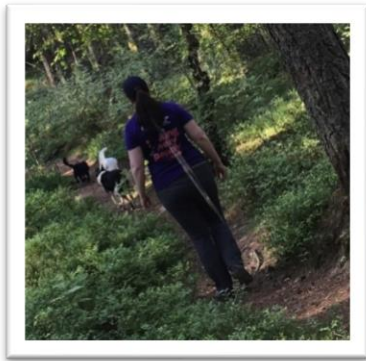
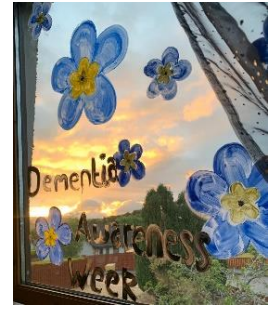
Sarah – How things have changed over the last several months but still I hear people staying positive and 'just getting on with it'. The resilience from our carers has been amazing. Though we may still be at home for a while longer there is definite light at the end of the tunnel. Can't wait to see you all again soon.

”

Dementia Awareness Week 1st – 7th June 2020

What we got up to across North Highland for Dementia Awareness Week!

As well as this being dementia awareness week the 1st - 7th June is also **Volunteer's Week** and we want to take this time to give a **huge thank you** to every one of our volunteers who continue to support us and our communities during this time.



Sarah, Amanda and Frances took part in the Dementia Link Worker challenge where, as a national team, we walked the length of Scotland to raise awareness of the role of a Link Worker along with raising money for Alzheimer Scotland.

Our very own Hayley did an Interview on the local North Highland Radio. You can listen to the interview by visiting the North Highland Radio website <https://northhighlandradio.co.uk/> Life in Lockdown



Forget-Me-Not

It has been amazing to see so many people getting involved in our Forget-me-not campaign to cover as much of Scotland in beautifully coloured Forget-me-not's and our local schools have done us proud. Thank you!!! Check out our Facebook page for more pictures

<https://www.facebook.com/Alzheimer-Scotland-Ross-shire-1680314388890380/>



Meet your North Highland Team



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Alexis Laidlaw

Support Worker












Kelsey Bowen

Support Worker

Boredom busters

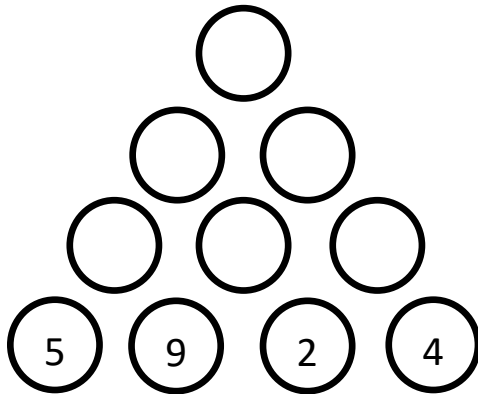
1. Can you find the 'Linking' words? (HINT: Going Home & Home Alone) Can you find the 9letter word from all the  letters?

GOING	 <u>H</u> <u>O</u> <u>M</u> <u>E</u>	ALONE
PIPE	 _ _ _ _ _	TRANSPLANT
BEST	 _ _ _ _ _	CUT
WASPS	_  _ _ _	EGG
FAVOURITE	 _ _ _ _ _	GIRL
GOING	 _ _ _ _ _	PRESSURE
PUPPY	_  _ _ _	STORY
PICNIC	 _ _ _ _ _	BOX
LUXURY	 _ _ _ _ _	CLUB

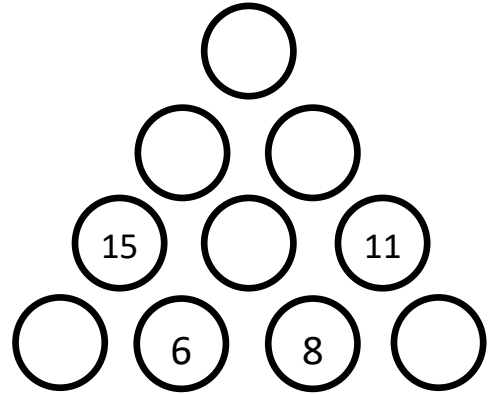
H _ _ _ _ _

2. Add them up! The number of each circle is the sum of the 2 below. Can you complete all the circles in these 2 puzzles to find the top number?

A



B



Top numbers are: A = 44 & B = 54

3. WORD SEARCH – Can you find all the words in this word search?

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

- MINT
- RHODODENDRON
- HEATHER
- SNOWDROP
- DAISY
- ORCHID
- BLUEBELL
- DAFFODILL
- MARIGOLD
- PANSY
- ROSE
- TULIP
- BUTTERCUP
- LAVENDER
- STRAWBERRIES
- SUNFLOWER

Sheena's Shortbread Recipe

We all loved the days when Sheena would bring in some delicious home baking and she has graciously given us her recipe to our favourite shortbread.

Ingredients

- 8oz Butter (Anchor Butter)
- 4oz Icing Sugar
- 4oz Cornflour
- 8oz Plain Flour
- Caster sugar (for sprinkling)

Method

- Pre-heat oven to 150°C or 130°C (Fan oven)
- Cream butter and icing sugar together
- Add cornflour and plain flour
- Mix to a stiff dough
- Roll the dough out to approximately 2cm
- Cut into desired shapes
- Prick over with a fork
- Bake in oven from 25-30mins until golden brown
- Sprinkle with caster sugar
- Leave to cool
- Enjoy with a nice cup of tea or coffee ☺

