



Inverness, Nairn, Badenoch and Strathspey

Welcome to our newsletter.

Our day care services and community groups are still stopped and our Dementia Resource Centres and offices remain closed.

Our Chief Executive has given an update on the situation as the lockdown restrictions begin to ease. Below is an excerpt from that update, the full update can be found at www.alzscot.org/coronavirus-updates :

"...The Scottish Government recently announced that Scotland is now able to move in to phase 2 of the route map. As a result, we have had many questions about Alzheimer Scotland's support returning to 'normal', especially as the world adapts to its new normal with the ease on restrictions. Unfortunately, many of the restrictions that have been lifted do not apply to our services, therefore we have to press on with our current support until we can get the go ahead to change. We are really sorry about this - we know how much these face to face services mean to the people we support. I hope it will not be too much longer.

We are also still working with the Scottish Government and seeking their agreement to re-open a small number of our Dementia Resource Centres. As I have outlined previously, this would provide the opportunity for one or two people at any one time to attend a local centre and participate in individual therapeutic activity, and also provide carers and families with a much-needed short period of respite. This proposal is under careful consideration and we remain optimistic that this will be the first form of face to face contact that we recommence in the near future. I will of course update you as soon as we are in a position to move this forward. We realise just how important and essential this support will be and we are desperately keen to increase the local support we can provide...

Finally, I hope you and your loved ones are keeping safe. If you need any information, support or just a listening ear, please contact our Freephone Dementia Helpline on 0808 808 3000 anytime or contact any of our local teams who are all still operating and will do their best to help you."

Henry Simmons, Chief Executive

Telephone Support

Telephone calls are still our main way of supporting people at this time. Members of staff are regularly contacting the people who would normally attend day care or our community groups. The Dementia Advisor and our Helpline are also available to take calls from anyone in the community who needs help and support at this time.

Online support

We are continuing to develop our online groups. To take part, all you need is a smart phone, 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 would like a practice before the group, please contact Karen

As well as our groups, we are able to have one to one video chats with people.

What's on?

We hold regular weekly online groups to help support people at this time.

Tuesdays at 4pm – quiz afternoon

Wednesdays at 2pm – carers support group

Thursdays at 2pm – dementia café

Spotlight on the online dementia cafe:

The dementia café is open to people with dementia and their families and is a chance to have a chat with other people in a similar situation. Some weeks we will all have a chat together, other weeks we may introduce an activity. Some of the activities we have lined up include games like Pictionary, hangman and higher or lower, a bingo session, and introducing dementia dogs. We are happy to take suggestions for other activities that people would like to do during our cafés.

If you would like to join one of the online groups, please email Karen on karenblack@alzscot.org to book a place and the link to join the group will be sent to you on the day.

Fundraising

We are very grateful to those that regularly donate towards our work. During the current situation it has been more difficult for us to collect donations as we don't have access to the collection cans we would normally have out in the Dementia Resource Centre. To allow us to still receive donations for the work we do locally, we have set up a Just Giving page: www.justgiving.com/inbs For those who don't like to donate online, we can still accept cheques and these can be posted to the Dementia Resource Centre, Unit 2 Strothers Lane, Inverness, IV1 1LR.

EIO cards

EIO cards are a small PVC card with an inbuilt chip that can be read by a smartphone and can act as your voice in an emergency situation. It can inform first responders, paramedics and people who are helping you in a critical situation of any allergies, medical conditions, next of kin information and whatever else you feel needs to be communicated in a crisis situation.

If you would be interested in getting one of these, please contact us for more information.

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.

"We are thinking of everybody and are looking forward to seeing you all when we are back to our activities" – Beth and Walter

"Hello to everyone from us both and hope that everyone is doing ok. We are missing the DRC and seeing everyone and hope to see people soon." – Rita and Campbell

“Although it has been very nice seeing you all on line and having fun doing quizzes, we look forward to meeting you face to face in the Centre. Hopefully this will happen soon. Take care everyone.” – Ron and Isobel

Christine, a regular at the the Tipi Project, would like everyone to know she is thinking of them and wishes them all the best.

“I hope everyone’s doing well, I miss you and look forward to seeing you in the future. It is nice to see those who join the online meetings” – Dorah (Practice Team Leader, Woodlands)

“Hello to everyone, hoping you are all safe and well. Such strange times we are living through at the moment. All of us in our own little world, time is passing from one day to the next and nothing changing.

However, the summer is now here, the sun is shining, the birds are singing and the flowers are blooming. All these things are enough to make us smile and feel better. So lets all smile and look forward to getting together again very soon. Take care everyone.” – Ella (Daycare Officer, Woodlands)

“Hello to everyone, I hope that you are all doing ok. I am looking forward to the time when we can all meet again in person.” – Karen (Dementia Advisor)



“Beautiful Loch Avon in the Cairngorms. Loch Avon is home to a rare type of salmon, Arctic Charr. From where the picture is taken, we saw Ptarmigan and cute little Snow Buntings. We could hear the Stone

Chats nearby too, they sound like two marbles being tapped together. The Highlands of Scotland really are a wonderful place to live. I hope you are all keeping safe and well, and taking pleasure in the little things, even during such challenging times. I hope to see everyone very soon and am thinking of you all.” – Gillian (Locality Leader)



"I am missing the company of everyone at the centre and hope everyone is keeping well. Hope to be getting back to the centre sometime soon." Here I am sporting my lockdown haircut! - Tommy



"Here is little Harry Mac in another of granny's knits which he wore on a chilly June day! He is doing really well and we are having fun now he can giggle. Can't wait for cuddles from tomorrow- yay! We are sending our love to everyone" – Rhona (link worker) and Harry



Hi I hope everyone is keeping well and coping as well as can be expected. Meet Freyja our friends new puppy! We are doggy day care while she is at work . She is 12 weeks old . Absolutely adorable and very active !! Here she is helping with the daily chores and minding the dishwasher . Take care everyone, missing seeing you all x flora x

Boredom busters

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

K I N D H E A R T E D N E S S

Here's a couple of examples to get you started: sent, earth

- Pick a letter and try to name as many items of food as you can that start with that letter.
- Reminiscence activity: Think of a place that means a lot to you- think about or discuss the following questions:

Where is it?

How did we get there?

Did we go often or just once?

Why did we like it there?

Who did we go with?

What sounds/smells and food remind you of the place?

What was our favourite thing to do while we were there?

- Wordsearch:

Musical Instruments 1

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

FLUTE
 HARMONICA
 RECORDER
 OBOE
 TROMBONE
 GUITAR
 VIOLA
 CORNET
 SAXOPHONE
 BAZOOKA
 ACCORDION
 TRUMPET
 PAN PIPE
 CLARINET
 BAGPIPE
 ZITHER
 PICCOLO
 OCARINA
 FIDDLE
 SNARE

Recipe ideas

We thought it would be nice to share a recipe with you that you may want to try. This recipe was recommended by Beth.

Jaffa drizzle loaf

Ingredients

140g butter, softened

200g self-raising flour

1½ tsp baking powder

200g golden caster sugar

3 large eggs

6 tbsp milk

finely grated zest 1 large orange

To finish

3 tbsp orange juice

50g golden caster sugar

50g dark chocolate

Method

1. Heat oven to 180C/fan 160C/gas 4.
2. Butter and line the base of a 1.2-litre loaf tin.

3. Put all the cake ingredients into a bowl and beat with a hand whisk or wooden spoon for 3-5 mins, until light and fluffy.
4. Spoon the mix into the tin and level the top.
5. Bake for 40-50 mins, until golden brown and firm to the touch.
6. Meanwhile, heat the orange juice and sugar gently in a small pan, stirring until dissolved.
7. When the cake is cooked, remove it from the oven and spoon over the orange mix.
8. Leave to cool in the tin, then remove and cool completely on a wire rack.
9. Break up the chocolate and melt over a pan of simmering water or in the microwave on Medium for 1-2 mins.
10. Drizzle over the cake and leave to set.

Feature:

In our last newsletter we asked for photos of people as babies or children so we could guess who is who.

Here are the pictures we've been given, can you work out who each one is?

To help you, here are the people who are featured (in alphabetical order so that there are no hints!): Ciara, Dorah, Ella, Esme, Flora, Karen, Kenny.



1.



2.

Person on left



3.



4.



5.



6.



7.

We will reveal the answers in the next newsletter.

Get involved

We would like to do a different feature for each newsletter. For the next one we thought it would be nice if you could send us a picture of your garden. 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