

Newsletter

September 2020

What we are doing locally?

Telephone support - we are contacting those who normally come to day service or our community groups by phone on a regular basis. It has been lovely to keep in touch with everyone. We have also been connecting with people new to Alzheimer Scotland. If you feel you would benefit from a 1:1 phone or video call then please feel free to contact our Dementia Advisor - Hayley Lyons 07554 408479 hlyons@alzscot.org or our 24hr Dementia Helpline on 0808 808 3000.

Online support - If you are able to get online and would like to be involved in our online groups then please let us know. We are open to new ideas for groups all the time.

We currently offer:

Dementia Café – Mondays at 2pm (weekly)

Carers groups – Thursdays at 10.30am & 3pm (weekly)

Activities Afternoon group – Fridays at 1.30pm (weekly)

But now we are all using more digital platforms you are not limited to the groups that we provide. For example, Online Ceilidh, Gaelic Storytelling, Football Memories or even some Dementia Dog Bingo are available in other areas. Let us know your interests and if we can't provide a group ourselves, we may be able to connect you to an online group in another area. Great way to connect with new people through common interests.

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.

“

I am so pleased to hear from you, I was worried we would have to go through this on our own

Would not have got through the last few months without you, Alzheimer Scotland have been a lifeline to both of us

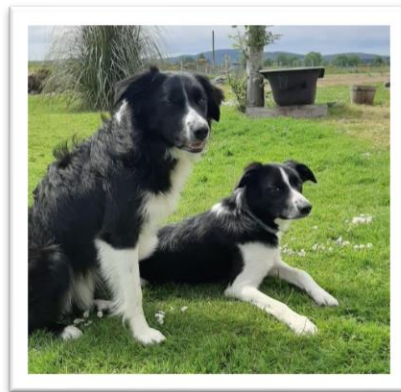
Frances - PDS Link Worker

"I am so missing everyone at the groups, can't wait for us all to meet up again. In the meantime, it is great to chat on the phone or a video chat."

Frances' wee work buddies that like to make an appearance on calls and in videos.

Alexis - Support Worker

"I am missing everyone so much!! It's been very strange working from home and challenging at times with 3 boys and home-schooling. I am definitely not a teacher so looking forward to getting back to what I do best 😊"



It's as if we've known each other for years

It's being nice getting to know you and meeting new people online

”



YOUR walk, **YOUR** family, **YOUR** way!

Did you join us this September for our **Memory Walk Big Weekend?**

People from all over Scotland took part in the Memory Walk this year to help raise awareness and fundraise, making sure nobody faces dementia alone.

Purple Alert

Look out for the new, updated version of our highly successful [Purple Alert](#) App coming soon.

Purple Alert is a free app designed by people living with dementia and carers, Alzheimer Scotland staff, Police Scotland, Social Work, Dementia Friends Scotland, Health and Social Care Partnerships and Telecare Services.

Purple Alert is a community minded app that helps to find a person with dementia, if they go missing.



Purple Alert

Alzheimer Scotland this September are launching new innovative products like the new Purple Alert App, About Digital And Me (ADAM) website and the brand new Alzheimer Scotland App. That's not all though, watch this space. For more information on these new products, how we are celebrating 40years and what is to come please check out www.alzscot.org

Meet your North Highland Team Members

In each Newsletter we will introduce you to each member of our team and share a little something about ourselves. First up is Gail Goller who is our Locality Leader for North Highland (includes Ross & Cromarty, Sutherland & Caithness)



Gail Goller

North Highland Locality Leader

GGoller@alzscot.org 07970 784 950

I have worked for Alzheimer Scotland for 5 years. I was born in Glasgow but have lived in Tain for 48 years and married to Ray for 34 years we have three grown up children who all live close by. I love all animals, I have 5 chickens who free range in my garden Daisy, Marigold, Blossom, Jasmine and Snowdrop (Are you noticing the flower theme) and two dogs Bria and Blue who I love walking alongside my sons dog Rosie and daughters dog

Bella. I have previously had three pet sheep Dougal, Hamish and Flora 🐏 and occasionally help my daughter look after her horse called Solo.

I am very fortunate to work alongside an amazing team of women who are all enthusiastic, passionate and work very hard to ensure that we are there for those living with dementia and their families. Since lockdown our days are mostly spent on computer screens and attending meetings online. I miss seeing everyone and look forward to the day when we can all be together again.

Supporting us here in North Highland

Like many other areas and organisations, we have been affected by Covid-19 and the subsequent lockdown. Our community activity groups and the support we provide are only made possible by the continued support of all the amazing people who donate to us. Here in North Highland we have made supporting us even easier by creating our own Just Giving page – [Alzheimer Scotland - North Highland](#)

If you are in a position to donate, then please follow the link above.

(Or scan this QR code with your camera on your smartphone/tablet)



Boredom busters

1. Wordsearch - Can you find these local places

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

- DINGWALL
- TAIN
- ALNESS
- FEARN
- INVERGORDON
- NIGG
- BEAULY
- DORNOCH
- GOLSPIE
- EVANTON
- STRATHPEFFER
- MARYBURGH
- PORTMAHOMACK
- ARDROSS
- FYRISH

2. 9 Letter Word Puzzle - How many words can you find? Challenge yourself by using that middle letter in each word. Can you find the 9-letter word?

H	E	N
A	S	I
P	S	P

Bran Loaf

Ingredients:

- 1 cup all bran
- 1 cup sugar
- 1 cup sultanas
- 1 cup milk
- 1 cup self-raising flour

Method:

- Soak bran, sugar, sultanas and milk in a bowl for 1-2hours
- Add self-raising flour and mix together
- Put ingredients into a loaf tin
- Cook for 1hour in a moderate oven





autumn
dreams

Contact information

Gail Goller – Locality Leader

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Hayley Lyons – Dementia Advisor

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Sarah Fraser – Practice Team Leader

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Frances MacKay – Dementia Link Worker

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24 HOUR
Dementia
Helpline

 **Alzheimer
Scotland**
Action on Dementia

Freephone 0808 808 3000
Email helpline@alzscot.org