

Milestone Celebrations for Alzheimer Scotland

Alzheimer Scotland recently marked its 40th year anniversary, and as part of those celebrations we launched **About Digital and Me (ADAM)** - a new website which will help you to find the right pieces of technology at the right time www.meetadam.co.uk

There is a new **Alzheimer Scotland App** and the **Purple Alert App** has been updated.

If you have any questions about either of our platforms, contact our Digital Team on digital@alzscot.org or call our Freephone 24-hr Dementia Helpline on 0808 808 3000.





Purple Alert

Be part of a community that can assist people with dementia if they lose their way.

Download the **Purple Alert** app to:

- Raise an alert
- Report sightings
- Get updates

www.purplealert.org.uk

 

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 www.alzscot.org



We also launched a Virtual Brick Appeal to help us build the UK's first Virtual Resource Centre. People with dementia and their families can benefit from using digital resources and this has become apparent during the Coronavirus pandemic.

Our Virtual Resource Centre doesn't replace any of the support we currently offer; instead it enhances and complements it. We're extremely proud to be bringing this to Scotland and hope you'll get behind our Virtual Brick Appeal. This appeal will help us build the UK's first Virtual Resource Centre and you can buy your brick today with options to personalise it with a name, message or photo. Your brick will be built into the foundations of the Centre.

Help us be there, even when we can't BE there. You can find out more on how to buy a brick for the Centre below.

Help us be there, even when we can't be there.



Virtual Brick Appeal

£25

Buy a brick and have a name on it

£50

Buy a brick and have a name, a message and/or a photo

£10

Buy a brick

Buy a brick now:
www.alzscot.org/virtualbrick

The Virtual Resource Centre will continually grow and evolve, and your feedback is essential. Tell us what you'd like to see available – drop us an email at info@alzscot.org

Chief Executive Update

In the six months since national lockdown, Alzheimer Scotland has supported thousands of people with dementia, their carers and families. Like many organisations, we have reimagined and recalibrated our services, accelerating our digital innovations to give people as much stability and consistency as our bricks and mortar support. The impact on our dementia community is devastating.

We are heading into the winter months and a potential second spike in the spread of the virus. We need to protect people, but we also need to balance that with the increasing evidence of the unintended harm that we have seen over the past six months. We simply cannot go into the next few months without learning from what we now know. Alzheimer Scotland have raised these issues with Scottish Government ministers and have called for action to be taken now:

- We have asked that a named identified health worker is assigned to every family with a loved one in a care home to work with the family and the care home to deliver tailored visiting plans. This is required urgently to overcome the current blockages to reintroducing care home visits, which are preventing families from being recognised as equal partners in care. We need an extra level of intervention and help to ease the burden - not just for the families but also the staff. The role of the worker would be to work with the family and the care home to deliver a tailored visiting plan or together agree when that is not appropriate or safe. We believe there is more than enough staff with the right skills who could be redeployed from the existing health workforce to sit down with the individual care homes and understand their issues, then work with the family and build a personal visiting plan. That plan might be to enable visits, but where that's not possible, to support families

to cope. We are also calling for an end to blanket area-wide bans on visiting. We believe this needs to be localised and personalised, and the role of the named identified health worker can help with this.

- We have asked for a dedicated post diagnostic support fund to double the capacity to deliver high-quality person-centred support after a diagnosis, so that everyone who needs it – including those who have missed out as a result of the pandemic - can be supported after they have been diagnosed.
- To deliver Fair Dementia Care in Scotland, we have asked for an increase in the nursing care element of free personal and nursing care payments to end the inequity of people with advanced dementia paying for care, when their needs are clearly health care needs.

Scotland is widely recognised as having some of the most progressive dementia policies anywhere in the world, and there can be no doubt that substantial progress has been made, particularly in the last decade. But there are still gaps which create substantial inequalities for people living with dementia and their families and carers. This was the case in a pre covid world, but the pandemic has exposed these inequalities in the cruellest of ways and we must take action now.

Henry Simmons
Chief Executive

Alzheimer Scotland's Memory Walk Big Weekend 2020

Alzheimer Scotland's Memory Walk was back for 2020 on Saturday 19 & Sunday 20 September and this year we did things differently.

It wasn't your average walk in the park – it went virtual! As it wasn't possible to come together as a group, individuals were encouraged to do their own thing – your walk, your route, your way!

The weather couldn't have been better across Scotland over the whole weekend and hundreds of walkers took part. We had walkers across the country and even had someone walking in Germany!

The virtual walk allowed people to take the walk to smaller towns and areas away from our usual Memory Walk spots.



Rachel Byers, one of our Carer Liaison Workers, took part with her husband, David. They chose to walk up Merrick Hill, the highest of the Galloway Hills and well known across the region.

They started at Bruce's Stone at Glen Trool then took the route up Loch Valley, which was beautiful and peaceful but very boggy!



At the top the panoramic views were spectacular. It was certainly worth the climb as you could see Ailsa Craig, the Mull of Kintyre, Arran, the Isle of Man & Northern Ireland!



The Memory Walk Big Weekend, although different this year, has been a huge success with over £50k raised so far and money is still coming in. For anyone wishing to support, donations can be made on the Just Giving page

www.justgiving.com/campaign/AlzScotMemoryWalk2020

Dementia Advisor and Carer Liaison Worker Update

It has been a very strange and difficult time over the last six months as we have all adapted to life in the world of a pandemic. For us at Alzheimer Scotland we have sadly had to close our Dementia Resource Centres and cancel all our groups and face to face contact. Staff have had to adjust to working from home and the challenges that entails. However, we have endeavoured to continue to offer a high level of support to everyone in need. This has been done through telephone support and the option of digital Near Me appointments and Teams calls.

As we continue to work around the current restrictions, and adhere to the health and safety guidance from Scottish government, detailed below are the services that are currently available across the whole of Dumfries & Galloway:

1. Telephone Support to discuss any problems/concerns you have about your own, or a loved one's memory, and how to deal with the day to day challenges this can bring. We can offer strategies and techniques on how to deal with these.
2. Support and advice if things at home are too difficult and long-term care for a family member may be becoming a consideration.
3. Support and advice regarding a loved one in residential care and visiting restrictions, how to carry out visits in PPE and how to stay connected with a loved one when visiting is so restricted.
4. Digital Carer Support Sessions – providing opportunities to discuss a specific topic with peers and receive advice and information from a Dementia Advisor. If you are interested in this or have a suggestion for another session, please contact Shona or Mandy directly.

5. Our Alzheimer Scotland Facebook page (Dumfries & Galloway) has a Questions Corner post every fortnight, with handy tips on topics from eating, communication, technology and many more. For more information check out our Facebook page or discuss the topics further with Shona or Mandy directly.
6. Garden Visits – Obviously weather dependant but if the telephone and digital platforms are difficult for you and you really would benefit from advice and support, Shona and Mandy can offer a Garden visit where they can visit you at home, see you in your garden, maintaining a two meter distance and wearing PPE.
7. Sign posting to other services within Alzheimer Scotland e.g. CAO Digital Groups and Activity Packs - more information on these services can be found in our Community Activity Organiser update.
8. Sign Posting to external services e.g. Dumfries & Galloway Carers Centre.
9. Online Dementia Friends sessions are also available - please contact Shona and Mandy directly to arrange.

There are two Dementia Advisors that cover Dumfries & Galloway:

Shona Sneddon - Stranraer and Wigtownshire

Tel: 01776 745123
Mobile: 07775 548724
E-mail: ssneddon@alzscot.org

Mandy Cowan - Dumfries and surrounding areas

Tel: 01387 214880
Mobile: 07795 196486
Email: mcowan@alzscot.org

Welcome Back



My name is Jill Rennie and I have recently started as Carer Liaison Worker for the Stewartry and Nithsdale areas. Some of you may remember me as I have worked for Alzheimer Scotland in various roles in the past.

I'm delighted to be back working for Alzheimer Scotland doing a job that is close to my heart - supporting people with dementia and their family carers.

My role as Carer Liaison Worker involves providing emotional support and information to the carers of people with dementia, focusing on family carers who are in transition from caring at home to long term care, or who are bereaved.

There are three Carer Liaison workers covering Dumfries & Galloway on a part-time basis:

Shona Sneddon - Wigtownshire and Stranraer

Tel: 01776 745123
Mobile: 07775 548724
E-mail: ssneddon@alzscot.org

Rachel Byers - Annandale & Eskdale and Upper Nithsdale

Tel: 01387 214884
Mobile: 07823 557046
E-mail: rbyers@alzscot.org

Jill Rennie - Stewartry and Dumfries

Tel: 01387 261 303
Mobile: 07468708816
E-mail: jrennie@alzscot.org

Volunteer Telephone Companion Service Dials Success

Our new Volunteer Telephone Companion service has been up and running for nearly five months now and our volunteers currently support 11 people via this service. The feedback from both parties has been amazing and say they get a lot from the calls.

If you would like more information about this service then please do not hesitate to get in touch.

You can call Nina Raynor our Volunteer Co-ordinator on 07795 681614 or email her at nraynor@alzscot.org



#WorldAlzheimersDay

A very special quilt was designed and created by Alzheimer Scotland's in-house resident quilter Ann Hill to mark World Alzheimer's Day, which took place on 21 September.

The quilt has been designed as a mark of respect and in memory of those who lost their lives as a result of the Covid19 virus. The quilt depicts images and reminders of the impact the virus has had on our communities and across the world.

Dumfries & Galloway Locality Newsletter

The quilt will be on public display in Shambellie House, then journey across Dumfries & Galloway for limited appearances within a variety of visitor centres and community buildings across the region (more details to follow once venues are again open to the public following Covid guidelines).

Huge thanks to Ann for supporting Alzheimer Scotland to honour the many people lost during this crisis. The quilt will also be accompanied by a Remembrance Book for family, friends and visitors to leave comments or messages in memory of someone. The Memory Book has been kindly donated by Solway Print and our appreciation and thanks go to Malcolm and the team at Solway Print for this.

Emma Harper SNP, a keen supporter of Alzheimer Scotland is seen here admiring Ann's handiwork.



Community Activities

As we are currently unable to offer our usual groups we want you to know we are still here with lots of alternatives to keep you busy. We have activity packs with a range of puzzles and ideas such as word and number puzzles, quizzes and reminiscence as well as some ideas of crafts and seasonal activities.

If you would like to receive a pack then please contact Karen Anderson and these can be emailed or posted out.

We also have a range of online groups available for you to join. We know this may not be your first choice, but it is a great way to see some familiar faces. Get involved in a chat group, a quiz or share your memories and favourite music with us.



What's On
in Dumfries & Galloway

www.facebook.com/AlzheimerScotland-DumfriesandGalloway

If you would like an invite to one of our online groups or more information please contact
KAnderson@alzscot.org or call 07833 474867

Digital Community Activities

Digital Activity	When	Time
Click and Chat Coffee Group	Every Thursday	11am
Your Music	1st Tuesday of every month	2pm
Get Active	2nd Tuesday of every month	2pm
Master Minds Quiz	3rd Tuesday of every month	2pm
Memory Lane	4th Tuesday of every month	2pm

Activity Packs

We have on offer a range of Activity packs that can be emailed or posted out these contain a range of puzzles, word and number games, recipes, nature and gardening information and activities, reminiscence with a topical theme such as Back to School and Autumn as well as arts and crafts.

The packs are suitable for all abilities some activities can be done independently or with support. If you have not been receiving these and would like one then please get in touch and we can put you on our mailing list.

If you need any support digitally please get in touch and we can put you in touch with Ability Net who will give you guidance on joining us at our online groups.



Our online support and activities are only possible thanks to the donations we gratefully receive.

To support Alzheimer Scotland D&G please consider donating via our JustGiving page:
<https://www.justgiving.com/fundraising/alzscotland>

If you are interested in joining but don't feel confident why not contact Karen first for a chat and we will do everything we can to make your first online group go as smoothly as possible. We are all new to this so please don't feel like you are alone. There are lots of ways we can help. Please contact Karen Anderson by email at kanderson@alzscot.org or by calling 07833 474867.

Flying High

We wish to extend a huge 'thank you' and congratulations to Mrs Margaret Waugh for completing a tandem sky dive to raise funds for Alzheimer Scotland on her 90th Birthday – an amazing and truly inspirational achievement!



Margaret raised a whopping £2,055 and is seen here presenting her cheque to Gayle Lamont, Practice Team Leader, Dumfries.

Donating Made Easy

As our Dementia Resource Centres remain closed, staff are working from home and it is difficult to get out and about, we appreciate that it is more difficult to get your donations to us - especially if it is cash.

We have launched a **Just Giving** page for Alzheimer Scotland Dumfries & Galloway and you can make your donation using the following link:

www.justgiving.com/fundraising/alzscotdandg

We are extremely grateful to everyone who is supporting us at this difficult time.

Heartfelt Thanks

Over the past few months we have received some lovely cards and letters of thanks from families whose loved ones have moved on to long-term care or sadly passed away.

Here is a small selection of the comments we have received:

'I have had first-hand experience of the help and support you give to families and can I say it is most appreciated. Keep up the good work.'

'He loved your company, your chat and cheer and the warmth of your spirit – if he was here he would thank you from the bottom of his heart. I have the privilege of saying this on his behalf and I do so with love and sincerity.'

'From all involved we wish you well in all the wonderful work you do.'

We sincerely thank everyone who has made a donation and to all of you who sent such wonderful messages. Your comments are hugely appreciated by all the staff at Alzheimer Scotland Dumfries & Galloway.





Technology advice and support in the comfort of your own home

www.abilitynet.org.uk/at-home



We provide free computer support to older people and disabled people of all ages.

Visit our website or call our free helpline to see how we could help you.

**Freephone:
0800 269 545**

We're a charity that provides free help with computers, tablets and smartphones to older people and disabled people of all ages.

Arrange a home visit

Book a session with one of our carefully selected and vetted ITCanHelp volunteers. They can visit you in the comfort of your own home and help you get the most out of your technology.

Partners

We're supported by IBM and Microsoft and work with many of the largest UK charities including Age UK, RNIB, Scope and Blind Veterans.

Call our helpline: 0800 269 545

Have a chat with one of our friendly team for help and advice with your technology needs.

AbilityNet is a registered Charity in England. No. 1067673 and in Scotland No. SC039888

Dumfries Resource Centre

8 Gordon Street

Dumfries

DG1 1EG

Tel: 01387 261303

Email: dumfriesservices@alzscot.org

Stranraer Dementia Resource Centre

Cromarty House

Sun Street

Stranraer DG9 9NL

Tel: 01776 889181

Email: stranraerservices@alzscot.org