

Our **virtual 24 hour Resource Centre** is well into construction. Thank you to everyone who has already donated to this appeal. Trials of the new site will start in February, if you would like to be part of the test group and give feedback, get in touch.

Keep connected

Our virtual groups are a great way to stay connected and to keep mobile, we have 24 groups available to join every week and they remain hugely popular, the 'highlight of the day' and 'vital in helping get through' the day are a couple of the comments made by members recently. The complete list of groups is here

<https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/fife-dementia-resource-centre>

Together with contact numbers for the group organiser, they are always happy to meet new people, don't be afraid to phone and check out if their group sounds right for you.

For those not wishing or able to join the groups, we have our Telephone Companions service who will phone regularly and keep in touch. There is a short waiting list presently, but referrals are still open. **For more details call Yvonne Georgeson on 01592 204541**

Creating Better lives in Fife: zoom conference Thursday 25th February 10-12.30

An online conference to look at the supports that are available and the supports that are still needed for people living with dementia and their carers in Fife. Prior to the event, 3 groups will collate their views of support in Fife. One group for people living with dementia, they can take a supporter along if they wish, one for family /unpaid carers and one for professionals. The findings from these three groups will be put to an expert panel on the day. You can also ask questions to be put to the panel before and during the event. There will also be some video

presentations from Fife based groups including ourselves. To get involved there will be a sign up through Eventbrite, let us know if you are interested and we will send you the link as soon as it becomes available.

Call Janine on 01592 204541

One person shopping rule and face covering exemptions

Fife Voluntary Action Helping Hands shopping delivery service has restarted for anyone in need. https://www.fva.org/helping_hand.asp?action=registerneed

Or call 0800 389 6046

However, if you need to go to the shops urgently and need to take the person you care for along with you, please don't be anxious about the one person rule. People are allowed to go in twos if they are accompanying a vulnerable person. If you are stopped, point out that the person you are with is *vulnerable and needs assistance*.

You can if you wish, wear a sunflower lanyard, wrist band or ribbon badge to let others know you are vulnerable or care for someone who is vulnerable. There are clip on cards and covers available too at a low cost.

<https://hiddendisabilitiesstore.com/shop/sunflower-lanyards.html>

Face masks are an important part of keeping us all safe, but some people who are living with dementia are not able to wear them consistently or safely. Constantly pulling them up and down, putting them under the chin, reusing masks without washing and turning them inside out all pose risks. People are exempt from wearing masks if they cannot manage to wear them safely, or if they would struggle to breathe when wearing a mask, or if a mask would cause them to feel severe distress.

You can apply for an NHS Scotland mask exemption card here,

<https://www.smartsurvey.co.uk/s/exempt/>

You can choose to have a physical card or an email that you can show on your phone. If you need help to apply, call 0800 121 6240 between 10-3 Monday – Friday.

Covid Vaccines

The Fife vaccine roll out has started. NHS Fife/health centres will contact you directly to book in for an appointment when it is your turn.

Be careful as there are lots of scam calls, texts and emails just now. No one should be asked for any money or bank details. The vaccine is provided free of charge.

Any concerns, contact the National Covid Vaccination Helpline 0800 030 8013 – Available 8am – 8pm 7 days a week.

Keeping well during the Lockdown

Get as much daylight as you can, particularly morning light.

This is essential to maintain circadian rhythms: when we should be asleep and when we should be awake. It also helps our mood.

Getting out for a walk in the mornings is ideal when the weather permits, a few minutes outside even if it is cloudy can make a difference. Sitting right next to a window can help, remember light levels drop off very quickly inside, so sit as close as possible or if it is not possible you could try light therapy. This is not a proven therapy but maybe worth a try. Light therapy is via a 1000lux light box (also called SAD lights) which you place next to your loved one and turn on for a couple of hours in a morning, they can be on while they are doing something else, having breakfast, looking at the paper or tv etc.

Mindfulness While you are out walking, make it a mindful walk. Take a few deep breaths in for a count of three and slowly blow your breath out for a count of three. Listen to the sounds around you, look hard and really take time to notice

what is about you and try to clear your mind of thoughts and worries.

Try breathing exercises to help calm your mind if you feel anxious or stressed at any time. For an immediate release, try cube breathing- breath in deeply through your nose so your chest rises and expands for a count of three, hold your breath for a count of three, then breathe out slowly for a count of three, then rest for three. Repeat this a few times and you will find you calm very quickly.

Try something new

If you haven't embraced the digital world yet, there is help available. We have previously been able to help people who didn't have a device or whose device was needing to be upgraded. If you need help **get in touch with our Digital Champions 01592 204541**

<https://connecting.scot/citizens>

Connecting Scotland have videos and information about choosing the right devices, setting up and using safely.

Ability net have a free service to help older and disabled people who have devices but lack confidence or skills to use them

<https://abilitynet.org.uk/at-home/how-we-help>

Edinburgh University offer short digital courses

<https://www.onlinecourses.ed.ac.uk/short-courses>

RVS Virtual Village Hall

<https://www.royalvoluntaryservice.org.uk/virtual-village-hall/>

There is a whole host of video taster sessions available using things you will probably have at home. Themes are: art and craft, technology, wellbeing, dance and exercise, baking, singing and music, needlework, gardening, reading and writing.