

April 2021

Tayside Services Newsletter



Welcome to our Spring newsletter.
The days are stretching, and the
warmer air is on its way!



Adult social care: independent review

Published: 3 Feb 2021

The Independent Review of Adult Social Care in Scotland was led by Derek Feeley, a former Scottish Government Director General for Health and Social Care and Chief Executive of NHS Scotland.

Mr Feeley was supported by an Advisory Panel comprising Scottish and International experts.

You can view or download a copy of the report at:

<https://www.gov.scot/publications/independent-review-adult-social-care-scotland/>



**The Virtual Kiltwalk
Weekend 2021**

Don your kilt and get walking!

23 April 2021 - 25 April 2021

Virtual Kilt Walk 2021

Key Details:

Date: Friday 23 - Sunday 25 April

Location: Virtually anywhere!

Registration fee:

FREE with code **ALZSCOTWEB**

Minimum sponsorship: None but anything you raise is topped up 50% from The Hunter Foundation (so for every £1, we will receive £1.50).

Pick your favourite piece of tartan to wear and decide how long to walk. Will it be a wee wander or a mighty stride? Everyone signed up for the Virtual Kiltwalk will be sent a Virtual Support pack that includes Challenge bibs, Kiltwalk signage, social stickers, a finishers certificate signed by Sir Tom Hunter and more. You will also get an Alzheimer Scotland t-shirt so you can be proud in purple!

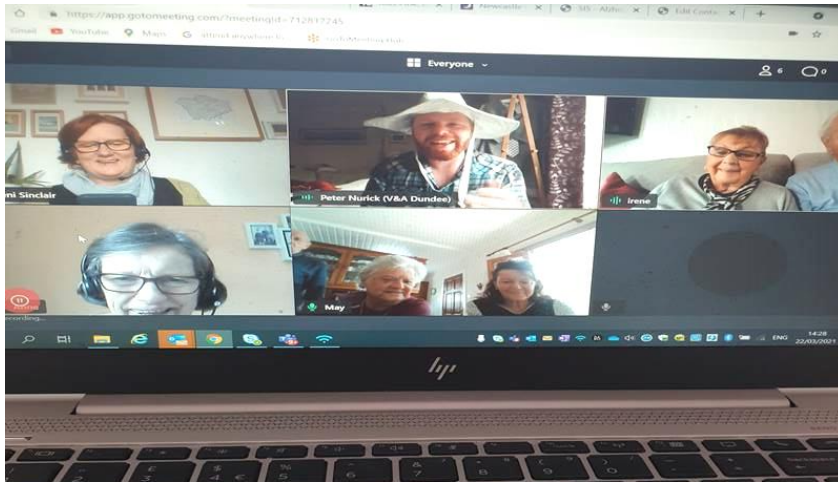
Register Now! at <https://www.thekiltwalk.co.uk/>



Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE Telephone 01241 431770 or 462780 E-mail anguservices@alzscot.org Website www.alzscot.org

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Newsletter - V&A Mary Quant Sessions



We are delighted to continue to work with the V&A Dundee; and have recently completed a 4-session activity looking at the recent Mary Quant exhibition. Facilitated by Peter Nurick, Communities Producer, participants have been getting an insight into the life & work of Mary Quant, a virtual tour of the exhibition and a more in-depth look at the fashion and materials that she used. Whilst describing the various fashion concepts, the group followed in detail with the handling of materials as part of the session, enjoying an up close

feel and sense of the fabrics that Mary Quant used in her designs. This digital session was warmly welcomed and Peter gave a real feel to Mary Quant and her life's work. As part of the final session, the participants look forward to getting a preview of forthcoming exhibition to be hosted by the V&A Dundee - *Night Fever: Designing Club Culture*; which looks at the evolution of nightclubs from the 1960's to the present day and studies the relationship between club culture and design.

For more details contact Jeni Sinclair at JeniSinclair@alzscot.org or on 07825 937161

Fearless Players, Dundee Rep and "Saturdays Doon The JM"

The Fearless Players, Lydia and Shonagh in conjunction with Dundee Rep Theatre, have spent an engaging 6 weeks talking and learning about life in Dundee through the memories of individuals who engage with services at Alzheimer Scotland, Dundee, and have created a short film entitled "Saturdays Doon The JM", which will be filmed in The Dundee Rep Theatre in April and will be released to the public in May. The piece is influenced by everyone who took part in the sessions, so whilst Andy and Eleanor are not directly based on any one person, their story is inspired by and filled with rich details from all those involved.

On undertaking the project both Lydia and Shonagh have said "It has been such a gift to work on this project and we are so grateful to our collaborators for being so open and welcoming and most importantly for trusting us with their stories".

Synopsis:

It's been forty years of highs and lows for Andy and Eleanor since their romance began doon the J.M. Ballroom; but through it all they have always had each other. The life they built together has turned out differently from how they thought it would, but with a record player, an old LP and a box of memories maybe they can find that life again, even if it's just for an afternoon.

Fearless Players, working with Alzheimer Scotland, present a short musical film based on the real-life stories of people living with dementia in Dundee.



Local Fundraising

Your ongoing support is very much appreciated.

Alzheimer Scotland are still here, we still care and we're still doing everything we can to make sure nobody faces dementia alone. If you would like to support us and are able to do so, please donate to our "Justgiving" page. Thank you.



Whether delivered digitally or face-to-face, all our supports and activity groups incur costs and we appreciate that many people have been donating to the Tayside JustGiving page in respect of the ongoing support and activities that they are receiving and attending.

The Dementia Advisor and Community Activity Organiser roles have traditionally been supported by fundraised income and as our ability to fundraise has been severely impacted by the pandemic we would be delighted if you would consider

donating to our JustGiving page in respect of the support you are receiving through our digital groups, activities and telephone support.

<https://www.justgiving.com/fundraising/DundeePerthandAngus>

Action on Rights

Alzheimer Scotland's new Action on Rights team, funded by Scottish Government, has been set up to help carers, families and friends of **anyone** living in Scotland's care homes. The team will support you:

1. To have meaningful contact between those living in care homes and their families and friends of care home residents; and where necessary and appropriate to liaise directly with care homes staff responsible for visiting arrangements to facilitate visits (when permitted and with any relevant restrictions)
2. To be better informed about care home visiting guidance, local public health restrictions and support available to them
3. To be supported to make better more informed decisions and have better dialogue with care homes around visiting
4. Where needed have assistance to liaise directly with care homes or other relevant agencies to support communication regarding visiting or other solutions
5. Seek alternative ways for meaningful contact when restrictions necessitate the suspension of visits
6. To be able to access the practical and emotional support they need to address their anxieties and emotional needs arising from the pandemic
7. To have access to the range of carers support that Alzheimer Scotland provide
8. To be supported to access the support of other agencies or organisations
9. To obtain support to address the trauma and distress of the pandemic and restrictions.



The Action on Rights team will be available Monday-Friday from 8am-6pm and you can contact them by calling (**0808 808 3000**) or **emailing** our **24 hour Freephone Dementia Helpline** in the first instance. Should your call come out with these times, our Helpline volunteers will provide you with information and emotional support before passing your details on to the team.

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Chief Executives Update 25 March



I hope you are all safe and healthy. Tuesday 23 March signified one year since the UK went in to its first lockdown and, alongside the rest of the country, Alzheimer Scotland marked the National Day of Reflection with a minute's silence to honour those who lost their lives as a result of the pandemic. As I've written before, the impact on the dementia community has been devastating, and the families of those who lost a loved one over the last year are never far from our thoughts. We must also reiterate just how grateful we are to every frontline worker who has consistently gone above and beyond the call of duty. They are remarkable, and we are truly indebted to each of them.

Whilst many of us would not have thought we would still be in lockdown a year later, I am pleased to be writing to you with a degree of hope and optimism after the most recent First Minister's update, where she outlined a steady plan out of lockdown. Whilst we still have some way to go, it does feel that we can begin to look forward, both with this route map and the continued success of the vaccination programme. The most recent news that unpaid carers are entitled to self-register for the vaccination was a really positive step; we have regularly heard of the frustrations' carers have felt being unable to access the vaccination, so this was welcome news. You can self-register here. <https://www.nhsinform.scot/covid-19-vaccine/invitations-and-appointments/registering-for-a-coronavirus-vaccine>

Last month, we promised we would update you on the re-opening of our supports. Since then we have received approval to re-commence several of our small-scale day services. We were delighted to see people living with dementia returning to the Dundee and Falkirk day care services during March. Following further agreements, the Mid Lothian day service and both day services in Glasgow will re-open later in March, and the first week of April. We anticipate further agreements will follow, to ensure people get the support they so desperately need. Work is also ongoing to ensure face to face visits with our Link Workers and Dementia Advisors recommence as soon as possible and all of our online support, telephone support and essential wellbeing visits will continue to ensure people remain supported during the transition back to face to face support.

It was great to see our Action on Rights team, funded by Scottish Government, launched at the beginning of March. The team are there for the families and loved ones of anyone living in a care home (not just those with dementia) to help facilitate meaningful visits, explain the Open with Care guidance and offer emotional and practical support to families and friends of people living in care homes who are experiencing high levels of anxiety and trauma as a result of the lack of meaningful contact. Since the service's launch, the team have dealt with many complex enquiries. The majority of the people getting in touch have experienced emotional distress from the lack of meaningful visits, and there has been a common theme in the variances of care homes implementing the new guidance and the communication being received. In these instances, the team have been helping people to confidently understand the current guidance to help them have positive conversations with the care home, as well as providing emotional support and signposting on to other available support,

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This month we also recruited two counsellors to form our National Dementia Counselling Service and one dedicated post for younger persons. We are absolutely clear that this will be a vital level of increased support for many people who have experienced such significant levels of loss and grief and have had to bear an inordinate level of stress and distress as a result of the pandemic. Whilst some people will have support mechanisms in place, others may not, and the Counselling Service will be here for you if you need it. If you think this would be of benefit to you, please get in touch with your local Dementia Advisor or local service.

As some of you will know, in January 2019 Alzheimer Scotland launched our Fair Dementia Care campaign to end the inequities faced by people with advanced dementia and their families. It was, and remains, one of the most significant campaigns that we have ever undertaken. Since then, over 18,000 of you have signed up to support Fair Dementia Care which is just wonderful – thank you. We're in the process of launching the next phase of our campaign ahead of the 2021 Scottish Elections, and we're asking candidates from all political parties to pledge their support by committing to:

Ensuring that every person with advanced dementia, living in a care home, has an individual assessment of their health and nursing care needs.

Support an increase in Free Personal and Nursing Care payments to a level which is equal to the actual cost of the care people with advanced dementia need.

If you would like to help support this pledge, please write to/email your local candidate and ask them to support our campaign. All details on how to do so are here.

<https://www.alzscot.org/fairdementiacarepledge>

People with advanced dementia need, and deserve, to be treated equally, and you can help to make a difference.

I have never been prouder of all of our staff and volunteers in Alzheimer Scotland for the way they have continued to adapt and innovate over the last year. Whilst it has been an immense challenge, I am hopeful we are at the beginning of more positive times and I strongly believe that, between our existing and new services, the support we offer will continue to make a direct difference to the thousands of people living with a dementia diagnosis, their carers and families. As always, if you need information or emotional support, our **Freephone Dementia Helpline is here for you 24 hours a day, 7 days a week (0808 808 3000).**

Best wishes,
Henry

Memory Walk 2021



**Alzheimer Scotland's Memory Walk is back
for 2021 on Saturday 18 & Sunday
19 September**

Check out

<https://www.alzscot.org/memorywalk>
for registration details

Who will you walk for?

You can now sign up for details on the Memory Walk that will take place over the weekend of 18th & 19th of September. It may seem some time off, but it will be here before you know it.

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Our Activity and Support groups online in April

Monday	Tuesday	Wednesday	Thursday	Friday
29 Virtual Café - 10.30	30 Virtual Café Sportseen Digital Art	31 Chair Exercise Football Memories Music & Movement Quiz Night	1 Tea & Blether McManus	2 Virtual Café Music & Memories
5	6 Digital Art Tuesday Trivia	7 Chair Exercise Football Memories Music & Movement Quiz Night	8 Dog Scavenger Hunt Tea & Blether	9 Music & Memories
12 Virtual Café	13 Virtual Café Sportseen Digital Art	14 Chair Exercise Football Memories Music & Movement Quiz Night	15 Tea & Blether	16 Music & Memories
19 Virtual Café	20 Virtual Café Digital Art	21 1:1 Surgery Chair Exercise Football Memories Music & Movement Quiz Night	22 Tea & Blether McManus	23 Virtual Café Music & Memories
26 Virtual Café - 10.30	27 Virtual Café Sportseen Digital Art	28 Carers Support Chair Exercise Football Memories Music & Movement Quiz Night	29	30 Virtual Café Dog Bingo Music & Memories

All groups in **BLUE** are our activity groups.

Those groups in **RED** are the support groups.

A WARM WELCOME

Is guaranteed to everyone attending our groups, it is always nice to have new people joining us, sharing their time and experiences.

For more information or to register your interest in any of our groups please contact:

Janet Quantock on 01241 431 770 or by email at jquantock@alzscot.org

Sportseen Group

COME AND JOIN US

You do not have to be enthusiastic about any sport to join this group as George, our host, is very knowledgeable about so many sports and introduces us to different sports from around the world. George has many interesting stories that he shares with us which brings about a good bit of banter. I have

learnt a great deal since attending this group and look forward to seeing everyone and hearing how everyone is getting on.

We would welcome any new member to the group and would like to hear your sporting related tales be your sport tiddlywink, chess, croquet, badminton or even spectating we would enjoy hearing about it from you. Janet

Join the Fun

Music & Movement



Our Music & Movement group, held every Wednesday at 2pm, is hosted by Lesley Ritchie a very happy, enthusiastic lady who is full of cheer that will soon rub off on you. With great music she gently takes us through seated exercises in a fun way, helping to keep us moving and feeling a bit better. New attendees are always welcome 😊

Dog Bingo

Choose your own nine numbers from 1 to 20, Billy, who is Carla from Dementia Dogs pal, will choose the numbers by picking a numbered ball from a basket. It is real fun and great to see Billy enjoying his task, we have banter and a lot of laughs.



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Public Health Nutrition NHS Tayside - YouTube channel

I am delighted to announce we have launched our new YouTube channel - Public Health Nutrition NHS Tayside - full of recipes, cook along videos, nutritional information as well as information on staying nourished.

Please have a look.

Rachel MacFarlane
Health Improvement
Practitioner Nutrition
Nutrition & Dietetic
Department



<https://www.youtube.com/channel/UCI4gZczHh-GdpQ1RpEfK8PQ/videos>

Cara's Digital Art Group



“With my background in illustration, voluntary work in Crossreach’s Heart for Art group and with the lockdown causing a sudden change in my job role at Alzheimer Scotland, I wanted to create a form of art therapy activity that could be delivered digitally and provide a sense of accomplishment for people during such a difficult time. With the help of our Community Activities Organiser, Rosemary, and our Locality Leader, Nikki, I developed the Creative Christmas Workshop, in which individuals living with dementia and carers could paint a snowy picture of a place that was significant to them. A canvas with a drawing of their place of choice was delivered along with a photo to work from and painting materials.” *Cara Rooney*

To date there have two Digital Art groups, for information on future groups you can contact Cara on CRooney@alzscot.org



Visit our Website

For information and advice on living with dementia and caring for someone living with dementia, details of where you can find a wide variety of support, a range of activities and much more.

Check it out and do a bit of exploring there is so much to discover. -

<https://www.alzscot.org/>



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Flags of the World – Quiz

Which countries flags are these?



1.



2.



3.



4.



5.



6.



7.



8.

1950's Quiz

1	Queen Elizabeth II came to the throne in 1952 - who was her father?	
2	Name the famous movie director who hosted a popular TV series featuring dramas, thrillers, and mysteries?	
3	Who sang the 'Banana Boat Song'?	
4	Name the first man-made satellite launched into space?	
5	Who was on the cover of the first 'Playboy' Magazine?	
6	When Fidel Castro seized Cuba, who did he overthrow?	
7	What was the name of the ranch in 'Bonanza'?	
8	Stalin died in 1953; who succeeded him?	
9	Name the TV crime drama headed by Elliot Ness?	
10	In 1952 the longest running play opened in London, it was?	
11	Dr. Jonas Salk produced the first vaccine for?	
12	In 1955 an amusement park was opened in California; what was it called?	
13	Four days after he was killed in a car crash, the film he starred in 'Rebel Without a Cause' was released. Who was he?	
14	Which reference book for world records was first published in 1955?	
15	What was the name of the dog the Russians sent into space in 1957?	
16	Who sang 'Ring of Fire'?	

Answers to previous quiz.

Bridges and their city location.



1. Golden Gate Bridge
2. San Francisco, USA



1. Sydney Harbour Bridge
2. Sydney, Australia



1. Tower Bridge
2. London, UK



1. Clifton Suspension Bridge
2. Bristol, UK

1	Brings the babies	Stork
2	Batman's sidekick	Robin
3	Proud fellow	Peacock
4	Clock?	Cuckoo
5	Florence?	Nightingale
6	Bye, Bye...	Blackbird
7	Royal angler	Kingfisher
8	Stool	Pigeon
9	Around the Ancient Marnier's neck!	Albatross
10	Short of breath	Puffin
11	Seen at the docks	Crane
12	Jenny?	Wren
13	Symbol of Peace	Dove
14	Does he not know the words?	Hummingbird
15	Woody?	Woodpecker

Bird Quiz

How many of our feathered friends can you get?



24 HOUR

Dementia

Helpline



**Alzheimer
Scotland**
Action on Dementia

Freephone 0808 808 3000
Email helpline@alzscot.org

Our **24 hour Freephone Dementia Helpline** provides information, signposting and emotional support to people with the illness, their families, friends and professionals.

The Helpline can offer information with any of the following topics, and more:

- Understanding the illness
- How to get help locally
- Maintaining independence
- Financial and legal matters
- Rights and entitlements
- Coping with behaviour
- Community care
- Long-stay care
- Anything else to do with dementia

Helpline volunteers also have a panel of expert advisers who can help answer more complex enquiries. The 24 hour Dementia Helpline is confidential, and you don't have to give your name if you would prefer not to.

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