



*Inverness, Nairn, Badenoch and Strathspey*

## **Welcome to our Spring newsletter.**

Our day care services and community groups are still closed, as are our Dementia Resource Centres and offices. However, in line with the Route Map out of lockdown, we are currently progressing with plans and negotiations for the safe reopening of our face to face support in the community and in our Dementia Resource Centres.

We are continuing to support people by telephone, online video chat and through online groups. We have 2 weekly online groups:

**Tuesdays at 4pm – Quiz**

**Thursdays at 2pm – Activity afternoon**

We also have other online groups running including a monthly carers support group and we have recently introduced another monthly support group specifically for people who are supporting a loved one who is in a care home.

If you would like to receive our monthly what's on guide, please contact Karen by emailing [KarenBlack@alzscot.org](mailto:KarenBlack@alzscot.org)

We still have some devices available to give out so please let us know if you are unable to access our online activities and would like to but either don't have the equipment or the skills and we will try to help you.

## Care Visions

In January and February we ran a 6 week block of online sessions in partnership with Care Visions. This involved 4 separate groups of 4-5 people who met twice a week for 40-45 minute sessions of therapeutic activity. These sessions were enjoyed by those who took part and we hope to run similar sessions in the future.

## Art and Music Therapy students

We were pleased to have two students working with our team over the last few months. Lauren, an Art Therapy student, and Sam, a Music Therapy student, ran a 6 week online therapy group for carers from all over the Highlands using a combination of Art and Music therapy. This group was enjoyed by all who attended. Lauren also provided some one to one art therapy sessions and Sam joined in with a few of our groups providing much appreciated music.

## What's new?

### **Action on Rights team**

On 24th February our new Action on Rights team funded by the Scottish Government, became operational. The Action on Rights team will offer emotional and practical support to families and friends of people living in care homes and who are experiencing high levels of anxiety and trauma as a result of the lack of meaningful contact. This service is not solely for people with dementia. If you have a family member or friend living in a care home, irrespective of their health conditions, you can contact our Action on Rights team.

### **National Dementia Counselling Service**

Many people will experience significant stress and trauma for many months to come, as a result of the pandemic. In recognition of this, we are in the process of recruiting experienced and qualified counsellors to become part of our new National Dementia Counselling Service, which will provide professional counselling for people with dementia and for families and carers of people living with dementia who are adversely affected by the COVID-19 pandemic.

Both the Action on Rights team and the National Dementia Counselling Service will work alongside our 24 hour Freephone Dementia Helpline - 0808 808 3000.

## **Fundraising**

As the new financial year begins we have made a change to our Just Giving page. This is a way for people to donate to us locally in South Highland, a virtual version of the collection can that you would normally use if we were in our Dementia Resource Centre. If you would like to donate in this way, please now use the following website address: <https://www.justgiving.com/fundraising/alzheimer-scotland-south-highland>

If donating online is not something you like to do, we are still able to receive donations by cheque sent to the Dementia Resource Centre and in other ways. If you'd like to find out more, please speak to a member of staff who can advise you. Funds raised locally go towards the resources we need for all the groups and activities we put on, as well as the support from your local dementia advisor.

## Messages from your friends

*"I send my best wishes to everyone and look forward to the joy of warmer weather and lots of smiles from people as we are able to get out and about a bit more. Just realised I won't see smiles as we still have to wear masks! However the eyes above the masks will tell me a smile is there"- Esme, Day Care Officer*

*"I am back to work 2 days a week after being on maternity leave. Things are different from when I left but I still get to have lots of lovely chats! I am really enjoying catching up with people I have not spoken to in a while and getting to know new people"- Rhona, Dementia Link Worker*

*Hello everyone, I found this poem that reminds me of spring and I'd like to share it with you.*

Trees

I think I shall never see

A poem lovely as a tree.

A tree whose hungry mouth is prest

Against the Earth's sweet flowing breast.

A tree that looks at God all day

And lifts her leafy arms to pray,

A tree that may in summer wear

A nest of robins in her hair.

Upon whose bosom snow has lain,

Who intimately lives with rain.

Poems are made by fools like me

But only God can make a tree.

*I hope to see you all soon- Ella, Day Care Officer*

A beautiful photo of snowdrops taken by Lilian



*Having moved house at the end of last year when there wasn't much to see in the garden, spring is an exciting season as I'm now beginning to see what plants are there as they start to bloom. It is lovely to see everything come to life! I hope that everyone is well and I'm looking forward to when we can see you all again –*  
Karen, Dementia Advisor

From Gillian, Localities Lead:



*Spring has Sprung!*

*Wishing you all a lovely  
season of Spring; filled with  
peace, nature, and warm,  
happy days xx*

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## Recipe – Easter biscuits

(From BBC good food website)

Bake our easy Easter biscuits then choose from two options to decorate them – or you can halve the amounts of jam and icing sugar and make both.

### **Ingredients**

- 300g plain flour , plus extra for dusting
- 150g white caster sugar
- 150g slightly salted butter , chopped
- 1 large egg
- 2 tsp vanilla extract or vanilla bean paste

For the iced option

- 500g royal icing sugar
- your favourite food colouring gels

For the jammy middle option

- icing sugar , for dusting
- 400g apricot jam , or lemon curd

### **Method**

- Weigh the flour and sugar in a bowl.
- Add the butter and rub together with your fingertips until the mixture resembles

wet sand, with no buttery lumps.

- Beat the egg with the vanilla, then add to the bowl.
- Mix briefly with a cutlery knife to combine, then use your hands to knead the dough together – try not to overwork the dough, or the biscuits will be tough.
- Shape into a disc, then wrap in cling film and chill for at least 15 mins.
- Heat oven to 180C/160C fan/gas 4.
- Line two baking sheets with baking parchment.
- Dust a work surface with flour.
- Halve the dough, then roll one half out to the thickness of a £1 coin.
- Use an egg-shaped cookie cutter (ours was 10cm long; you could also make a cardboard template to cut

around) to stamp out as many cookies as you can

- Transfer them to one of the baking sheets, leaving a little space between the biscuits.
- Repeat with the other half of the dough.
- If you want to make jammy biscuits, use a small circular cutter to stamp holes in half of the biscuits (where the yolk would be). If you intend to make both iced and jammy biscuits, only stamp holes in a quarter of the biscuits.
- Bake for 12-15 mins, until the biscuits are pale gold.
- Cool on the sheets for 10 mins, then transfer to a wire rack to cool fully.
- Once cool, decorate to your liking (see next steps). *Will keep in an airtight container for up to five days.*

### *Decoration*

To decorate the biscuits with icing, add enough water to the icing sugar to make a thick icing – it should hold

its shape without spreading when piped.

Transfer about a third of the icing to a piping bag fitted with a very small round nozzle (or just snip a tiny opening at the tip).

Pipe an outline around the biscuits, then draw patterns in the middle – lines, spots and zigzags work well.

Leave to dry for 10 mins.

Divide the remaining icing between as many colours as you'd like to use, then use the gels to dye them.

Loosen each icing with a few drops of water, then transfer them to piping bags.

Use the coloured icing to fill the empty spaces on the biscuits. You may need to use a cocktail stick to tease it into the corners.

Once covered, leave to dry for a few hours.

To make the jammy middle biscuits, dust the biscuits with holes in the middle with a heavy coating of icing sugar.

Spread the jam or curd generously over the whole biscuits, then sandwich the dusted biscuits on top of them.

## Contact Information

Dementia Advisor (Karen Black)

Tel: 07585 669654

Email: [karenblack@alzscot.org](mailto:karenblack@alzscot.org)

Dementia Resource Centre

Tel: 01463 711707 (diverted to Karen)

Woodlands

Tel: 01463 713424 (diverted to Dorah)

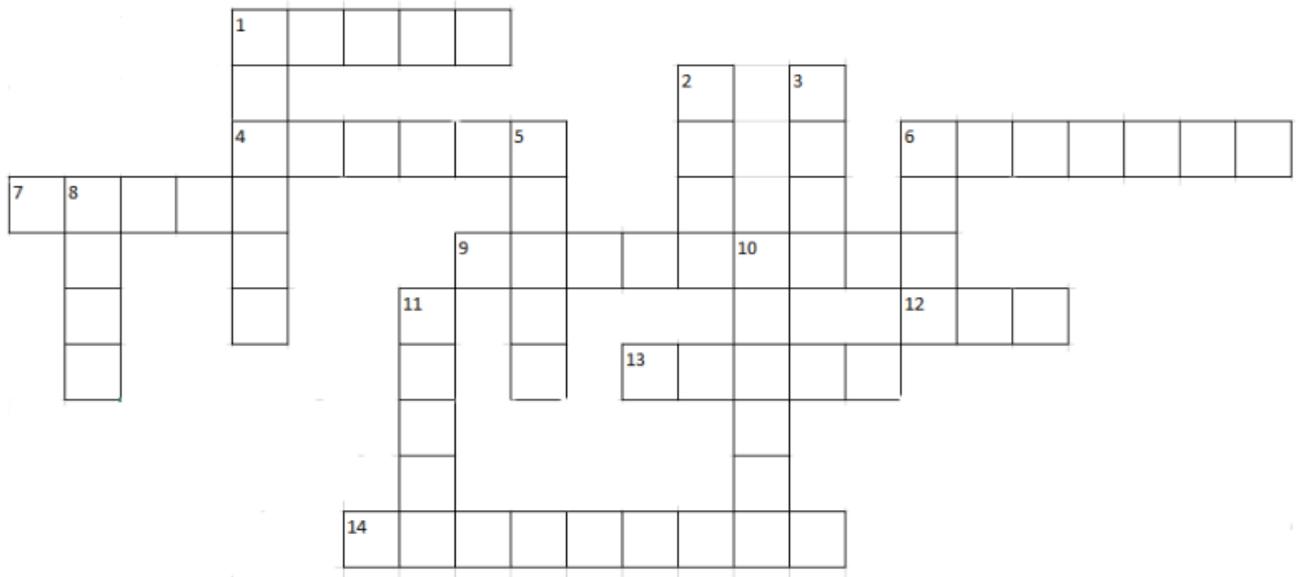
Helpline

Tel: 0808 808 3000

Email: [helpline@alzscot.org](mailto:helpline@alzscot.org)

## Easter Activities

### Crossword



#### Across

1. A young rabbit
4. The season after Winter
6. Bloom from plants
7. Hatches out of a real egg
9. Small, round brightly coloured sweet shaped like a bean
12. A colouring material
13. Kids eat lots of this on Easter
14. Easter eggs are often made out of this treat!

#### Down

1. You need this to collect your eggs
2. Easter flower
3. Put or keep out of sight
5. Colour of grass
6. A discovery of something
8. To search for something
10. A hat, usually tied under the chin
11. We can celebrate Easter as early as 22 \_\_\_\_\_ and as late as 25 April

## Wordsearch

# Happy Easter

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

PASSOVER  
JESUS CHRIST  
HUNT  
FAMILY  
COLORED EGGS  
SPRING  
GOOD FRIDAY  
EASTER  
PALM SUNDAY  
CELEBRATION  
FIND  
LENT  
HOP  
RABBIT  
CANDY  
BASKET  
MARCH  
CROSS  
BUNNY  
HOLIDAY

Play this puzzle online at : <https://thewordsearch.com/puzzle/47255/>