

National Counselling Service

We are delighted to announce the opening of our new National Counselling Service. This is a closed service, available only to people living with dementia, their family and carers who already come along to our groups or telephone services.

Sue and Shereen are both trained counsellors and are here for people who have been experiencing difficult feelings or distress for the past 4 weeks or more and are finding it hard to cope.

Counselling supports people to find their own path through difficulties and can help build up resilience.

For more information, contact Faye or Janine on 01592 204541 email fifeservices@alzscot
Ref: counselling

LGBT+ Carers Group 4th August 12.30-1.30

Our brand-new national group for LGBT+ Carers launches on the 4th August on Teams. It is a lunch time meeting to enable working people to grab their sandwiches and come along too. The group is for anyone who identifies as LGBT+ and carers for someone who is living with dementia whether the person they care for identifies as LGBT+ or not. To find out more or request a joining link get in touch with Faye: fsmart@alzscot.org or Janine: jadair@alzscot.org who will be facilitating the sessions.

Virtual Resource Centre

The Virtual Resource Centre was launched in June this year and will continue to grow over the coming months. It offers different virtual rooms, hosting different specialities.

The link here takes you to the living room.

<https://alzscot-vrc-donor-images.s3-eu-west-1.amazonaws.com/livingroom.html>

Here you will find chairs, a coffee table and a TV. On the coffee table is a remote control. If you click on the remote, you will be able to click through the videos on offer. When you have found one you are interested in, click on the bottom of the TV and icons appear, including full screen. There are videos offering information and activities to join 24/7.

2021 Memory Walk

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

Over the weekend of 18-19 September 2021, we'll be uniting across the country to walk in memory and honour of loved one's living with dementia in Scotland.

We're asking you to join us to walk and fundraise with friends and family. This year it's your walk, your route, your way. Choose a place that is special for you and your family and friends and a time that suits you. We will all be out at different times over this weekend, with our memory walk T shirts on, if you would like one too, they are available here:

<https://memorywalk.alzscot.org/resources>

you can also download sponsorship forms and 'I'm walking for..' cards to fill in, add a photo if you like and pin on your tee shirt here.

Aducanumab (Aduhelm)

Excitingly at last there is the potential for a drug to treat very early Alzheimer Disease. This is not a cure, but it aims to slow the progress of the disease. (current medicines help with symptoms; they are not able to alter the course of the disease). This drug went through early trials a few years ago in Glasgow, Edinburgh and Dundee clinics, then called ENGAGE drug trials. Aducanumab is an antibody that targets the amyloid protein that builds up in the brain of people who develop Alzheimer type dementia. The drug is now available in America for further trials to prove whether it is effective or not.

To find out more take a look here:

<https://www.brainhealth.scot/aducanumab>

There are many more potential treatments currently in development in Britain, including 4 potential treatments in 3rd stage trials looking at the amyloid protein too and lots looking at symptom management in later stage dementia. They all need research volunteers. If you would like to find out more or get involved, phone our helpline 0808 808 3000, or take a look here:

<https://www.joindementiaresearch.nihr.ac.uk/content/whysignup>

Fife Cultural Trust: Cultural Connections

OnFife has a new programme of activities for those living with mild to moderate dementia. Cultural Connections offers you the opportunity to sample fresh cultural experiences.

There are three activities available presently, there will be more over the coming months:

Expert mindfulness coach Martin Stepek has produced a dementia-friendly 'Introduction to Mindfulness' for people who are in the early stages of dementia. Mindfulness is all about being in the present moment - helping with relaxation and overall wellbeing. To take a look click on the link

<https://youtu.be/gdglCHxiRCM>

You can also take a mindful walk with Martin, this is a simple session, looking, listening and noticing nature. This type of experience could easily be replicated, and family or friends could offer similar guided mindful walks with people who are living with more advanced dementia, to help them feel calm and relaxed.

https://youtu.be/dDXZgoxvZYg?list=PLOMqt6_DfLbLz8FgcaEZlqMJLUnqCyVVg

Or how about An Adventure from your Armchair?

Join OnFife on a trip down memory lane in Pittencrieff Park, Dunfermline,

https://youtu.be/WIMXHygmpjo?list=PLOMqt6_DfLbLz8FgcaEZlqMJLUnqCyVVg

Scottish Opera Memory Spinners

<https://www.scottishopera.org.uk/join-in/memory-spinners-resources/>

Scottish Opera Memory Spinners run music, storytelling, movement and the visual arts sessions in Edinburgh and Glasgow but will be coming to St Andrews later this year. Their programme helps people with dementia and their carers relax, get creative and meet new people. Currently they have a set of dementia friendly videos to choose from:

Get singing; Get dancing- amazing fiddle player to dance along to; Get crafting - making some props

You can enjoy a drama workshop- very simple idea but great fun.

Or you can just enjoy videos filmed around Glasgow with love songs from some of the great operas including Carmen and The Barber of Seville.

Smoke and heat alarms

There are new regulations about smoke detectors which come into force in February 2022. This requires your home to have ceiling mounted alarms which are interlinked. This means if the alarm goes off in your kitchen for example, every alarm in your home will immediately sound. These can either be hardwired, or wireless using radio frequency signals. The wireless versions start at about £50 each for a basic alarm, there are also low frequency sounders for people who have mild to moderate hearing loss, flashing lights etc. To meet the new regulations, you will need to fit as a minimum:

- One smoke alarm in the room most frequently used, for example your living room, or if someone lives with you who is bedbound, also their bedroom.
- One smoke alarm in your hallway and one on the landing
- One heat alarm installed in your kitchen

Further information on the requirements can be found here:

<https://www.gov.scot/publications/fireand-smoke-alarms-in-scottish-homes/>

Scottish Fire and Rescue carry out free home safety surveys and can give advice on smoke, heat and CO₂ alarms, self-refer here or call 0800 0731 999

<https://www.firescotland.gov.uk/your-safety/hfsv-form.aspx>

Warmer Homes Scotland have funds available to improve the energy efficiency of private and privately let homes. They provide energy advice and install central heating, insulation, draught proofing, secondary glazing and renewables mostly for free to qualifying applicants. They fit smoke and heat alarms as standard when carrying out these works.

Eligibility includes homes that are EPC rated 67 or below (Warmer Homes Scotland will check for you) and the resident is in receipt of PIP/ Carers Allowance/ aged over 75 and in receipt of Attendance Allowance. See the full list here:

<https://www.homeenergyscotland.org/find-funding-grants-and-loans/warmer-homes-scotland/>

or call 0808 808 2282