

North Highland



Newsletter

Spring/Summer 2021

We celebrated Dementia Awareness Week 2021



A huge thank you to everyone who supported us and got involved with Dementia Awareness Week this year. Here are some of the things that we got up to:

- **NC500 Challenge** – during Dementia Awareness Week we joined with South and West Highland to attempt to walk the 500miles of the NC500 to represent the area that we provide support in. I am proud to say that not only did we walk 500miles, but we did 500 (and a bit) more. Our grand total was 1081miles! Thank you to everyone who donated to us for this challenge.
- **Brain Health Scotland and Buddy** – Buddy joined us on our NC500 journey every day popping up in a new place and telling us the principles that Brain Health Scotland promote for good brain health.
- **Forget-me-not Pledges** – we shared the beautiful forget-me-not pictures and the wonderful pledge made by pupils from Knockbreck Primary School.
- **We hosted online groups** promoting the Importance of looking after me in lockdown and were joined by some amazing musicians on our weekly Musical Memories group.
- **Dingwall Town Hall** – lit up purple for us during this week.

Can't wait for next year!

Alzheimer Scotland DRC, Victoria Road, Tain, IV19 1AU

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Remobilisation of Day Services



Tain and Dingwall – The time has finally arrived! We are so excited to be able to say that we are now able to reopen our day services this June.

Alzheimer Scotland - North Highland have worked alongside NHS and the Care Inspectorate to be able to safely reopen our day services. Unfortunately, it won't be exactly the same as it was when we closed. To ensure that everyone attending will be as safe from Covid-19 as we can make them, we have had to make some changes. We would love to welcome everyone back and have a big party, but for the moment at least, we have had to adapt. This means that we must have smaller groups within the centres.

What will things look like now -

We are going to start by reopening once a week in both Tain and Dingwall. This will help us all find our feet, get to grips with the new way of working and make sure that we are all as safe as we can be. We will hopefully be moving to twice a week in both centres within a few weeks of reopening.

We are going to a shorter session – **10am – 1pm**

The room is going to be laid out, so we have 2m's of space between everybody. Everything is kept simple and clean. We are following Scottish Government guidelines regarding wearing PPE, cleaning, and testing. We are doing everything we can to ensure that those coming into the building are safe and we ask that if you are showing any Covid-19 symptoms or anyone in your household is self-isolating that you stay at home for the recommended length of time.

We can't wait to see those who are able to return to our day services.



Meet the Team



In every Newsletter we are letting you get to know us a little better, so this time let's meet **Hayley Lyons – Dementia Advisor**.

Hello everyone, I am Hayley. I started working for Alzheimer Scotland 10 years ago when I had just turned 18 years old, I started as a support worker and have proudly supported the charity in one way or another over the years. I will always be a big fan of Alzheimer Scotland and the incredible work we do to ensure nobody faces Dementia alone. My role as Dementia Advisor is to support people living with Dementia, carers and family at any stage of your Dementia journey. When I am not at work, I am a mum to a 4-year-old boy who most of you will have met during the first lockdown as he was a frequent guest on our online groups. He keeps me very busy. Lockdown has been tough and at points very cruel. I can't wait to be able to see everyone in person again but for now it has been wonderful meeting so many lovely people online and watch people from across the Highlands build relationships and friendships with people they might have never met. Keep safe until we all meet again. 😊

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Asda - Tain

Our Community Champion Sean – You may have seen Sean when he volunteered in Tain Day Service or in some of our online groups, but he is our amazing Community Champion from Asda in Tain.

Alzheimer Scotland – North Highland Services were successful in getting a grant from Asda to purchase a variety of items from their store. This has helped restock our day services for reopening. Sean was kind enough to get our delivery sorted for us.

We have been able to use some of this stock already to provide goody bags to those who attended our day services.



Our Digital Groups



Dementia Café – Monday at 1.30pm. A place for us to come together, both carers and people with dementia and share stories.

Highland-wide Carers Group – Monday at 10.30am. For people caring for a person with dementia in long term care.

Sutherland Café – Tuesday at 1.30pm (monthly). A catch up for all those living in the Sutherland area.

Music Memories – Wednesday at 10.30am. For all those who enjoy good music and having a trip down musical memory lane.

Carers Groups – Thursday at 10.30am & 1.30pm. A safe place for carers to share their thoughts and experiences with their peers.

Activities Morning – Friday at 10.30am. Join Kelsey and Alexis with a variety of activities.

Action on Rights

Offering support to families and friends living in Scotland's care homes - 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 can support you:

- To have meaningful contact between those living in long term care and their family and friends

- To be better informed about care home visiting guidance
- To make better informed decisions and better dialogue with care homes
- To obtain support to address the trauma and distress of the pandemic and restrictions

and much more...

To **contact** the Action on Rights Team please email: actiononrights@alzscot.org or contact our Dementia Helpline on 0808 808 300.

Action on Rights

Offering support to families and friends of people living in Scotland's care homes, contact our 24 hour Freephone Dementia Helpline: **0808 808 3000** or email helpline@alzscot.org

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Care Visions

Pilot Project – Back in January the Highlands were selected to partner with Care Visions to provide a 6-week digital therapeutic programme for people living with dementia.

18 people from across the Highlands came forward to take part in this project. We were split into 4 groups called: Ben Nevis, Bla Bheinn, Fyrish and Loch Ness. During these sessions we took part in gentle exercises, activities and always finished with music. The lovely Laura and Karina from Care Visions did a fantastic job at making people

Care Visions
Healthy Ageing



6-week digital therapeutic programme
for people living with dementia

feel comfortable and personalising the activities to those who were attending. The programme was a huge success with everyone engaging: 98% experienced positive mood during the session. It was amazing to see everyone engaging so well at the level they were comfortable. Some new friendships have been made and those who had never tried digital activities before are now joining our own - Check out our **What's Online Guide** to see what digital activities we have on Facebook or www.alzscot.org.

Just Giving Page

Online Fundraising – As with so much this last year we have added a digital way to donate to us locally.

The North Highland team would like to Thank You for your continued support this past year. We have been able to raise £680 through our Just Giving page which helps us fund our digital community support and activity groups, and to continue to provide support to

people living with dementia, their families and carers.

We are in a new financial year, so we have a new Just Giving page. If you are in a position to donate [please use the link](#).



You, Me & Grief

Programme of support for Bereaved Carers – We are proud to have piloted the first Bereavement Support programme in May 2021. This programme was created right here in the Highlands alongside carers who have been bereaved of a loved one with dementia. The topics of the course included: coping with grief, practical support, adapting to change and the importance of self-care. A small group of 8 people took part online, supported by Hayley and Sarah.

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Would you like to join our Dementia Circle community?

Dementia Circle is a project within Alzheimer Scotland that helps people to find, test and share feedback on products and services, that help to make everyday living with a long-term condition easier. By testing out a product or service, and giving your unbiased feedback, you are helping other people like you to find things that can also help them. Products that are approved by our community of reviewers will then be published on our ADAM (About Digital and Me) platform to add to the catalogue of recommendations. You can visit ADAM here:

<https://meetadam.co.uk>

We are always looking for more families who are living with the experience of dementia who would be interested in reviewing. You can get involved in several ways.

- You can join our online group sessions.
- You can review a product individually with support from our team throughout.
- Or you can give us suggestions for products or topics that our community of reviewers can test and share feedback.

For all families reviewing products, no matter what route you choose to connect, we will be there to support you through the whole process.



If you are interested in taking part, please fill out our survey and we will be in touch. Click here for the joining survey:

<https://forms.office.com/r/Ty6PeSKqht>

If you would like to share a product that you have found useful or a topic that you would like us to explore please let us know by filling out this survey here:

<https://forms.office.com/r/cRt2cvxCiD>

If you would like to chat further or have any questions, please get in contact with our ADAM Products and Testing Facilitator, Rachel McLauchlan, by email: rmclauchlan@alzscot.org or by phone: 07341 096 832

Our Volunteers

Our amazing volunteers have always been an excellent support to our services, and we could not help as many people without them. From helping in our garden, joining our online groups to fundraising, they have been amazing.

Huge thank you to all our Volunteers here in North Highland!

Want to join the team? We are currently looking for volunteers with a range of interests and skills to help with the varied roles in our Charity Shop in Golspie. No experience is necessary as we'll give you training and support and you can choose how much time you volunteer, some people give us 2 hours while others give 20. To join the team in Golspie please [apply here!](#)



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Local Contacts

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Dementia Helpline



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

Upcoming Event – Scotland’s Memory Walk



[Sign up](#) for Scotland’s Memory Walk – Your Walk, Your Way!

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