

Hello and welcome to our September newsletter.

## **The good news is Day Care restarts on Friday 27<sup>th</sup> August.**

This is based within our Dementia Resource Centre, accessed beside Stance 7 at the Bus Station in Kirkcaldy. We will be offering small group support and although numbers will grow slightly, it will remain a small person-centred group to maximise the therapeutic benefit. There will be four 3-hour sessions per week, the cost will be £10 per session. Places are filling up fast and it is likely there will be a waiting list, so if you are interested, get in touch.

Call or email 01592 204541/  
[fifeservices@alzscot.org](mailto:fifeservices@alzscot.org) ref: daycare

## **Outdoor face to face Groups**

We have walking groups in Dunfermline and Kirkcaldy, open to people living with dementia and their carers, offering social interaction, fresh air/exercise and a good chat. Seating is available during the walk.

We also offer therapeutic garden groups in Tayport and Rosyth.

Places must be booked in advance call or email 01592 204541/[fifeservices@alzscot.org](mailto:fifeservices@alzscot.org) ref: outdoor groups.

## **Indoor Groups**

These will restart in the Kirkcaldy Resource Centre in September, the first one will be a healthy, heart and hips exercise group. Other community venues will open later in the year.

Places must be booked in advance call or email 01592 204541/[fifeservices@alzscot.org](mailto:fifeservices@alzscot.org) ref: indoor groups.

## **Digital Groups**

Digital groups along with phone calls and telephone companions have been critical

throughout the lockdown. As we move to a new normal of smaller in person groups, we want to make sure we don't leave any of the people who have benefited from the virtual groups behind. We appreciate that for some people, travelling to venues to attend in person groups will be very difficult and for some house-bound people, impossible. We plan therefore as we move forward to open more face-to-face groups, to be able to bring the digital groups into these sessions and offer a blended group. We will be installing the technology to make this work in our Kirkcaldy Dementia Resource Centre over the coming weeks, it has been trialled in Dundee and it is working very well.

If you would like to try the digital groups but need help to join, give us a call and our Digital Champions can help, we still have a few Chromebooks (laptops) available too.

Call us on 01592 204541 ref: digital champions

## **Recently diagnosed:**

### **Cognitive Stimulation Therapy/Peer Support Group (CST)**

CST is a short course, recommended as a treatment by NICE for people who have mild to moderate dementia. It is a very sociable programme, fun and enjoyable.

<http://www.cstdementia.com/>

We are introducing a new 10 week CST / peer support course starting in November. The group will meet weekly 2-3.30 each Wednesday, mostly in the Kirkcaldy Resource Centre blending some CST activities with peer support for people who have been recently diagnosed. It is an ideal opportunity to meet others who have been recently diagnosed, share your experiences, and learn from one another.

For more details contact Faye or Janine 01592 204541 / [fifeservices@alzscot.org](mailto:fifeservices@alzscot.org)

## Online Carers get together

Carers can meet others online every Thursday 2-3pm on Microsoft Teams. Invitations are sent out every Thursday morning and new people are always welcome. As restrictions have allowed, we have occasionally ventured outside to meet up in person and have recently enjoyed a lovely picnic in the park.

**We also have a dedicated online LGBT+ Carers group** on the first Wednesday of every month for carers who identify as LGBT+.

email Janine or Faye for a link  
[fsmart@alzscot.org](mailto:fsmart@alzscot.org) / [jadair@alzscot.org](mailto:jadair@alzscot.org)

## Memory Walk 18-19<sup>th</sup> September 2021

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

Help us to help others by joining in our memory walk this year and raise some much-needed funds for Fife. All funds raised in Fife will be used in Fife. Sign up using the link above or phone us and we can get you set up. It is your walk your way again this year, so chose a place that is special to you and don your tee shirt, there are dog bandanas too.

The Fife Staff team will be out for their walk on **Saturday 18th September**, starting at the **Beveridge Park Kirkcaldy at 2pm**, we will be walking a circuit of the park, from there walking down to the prom via Nicol Street to the harbour and then up the High Street. If you would like to show your support, come along and cheer us on.

## GPS

If you are interested in finding out more about GPS tracking devices, give us a call, we have a new information sheet listing tried and tested products for people who have family close by and those whose family live at a distance.

01592 204541 ref GPS factsheet

## Volunteer with Alzheimer Scotland

As we reopen our services, there will be opportunities to get involved in a wide range of activities. If you have time to offer regular support and an enthusiasm to help those living with dementia and their families, please get in touch, we would love to hear from you.

We are delighted that we have again been awarded Volunteer Friendly status in recognition of the excellent support and appreciation we give our volunteers.

Contact Yvonne Georgeson on 01592 204541 / [fifeservices@alzscot.org](mailto:fifeservices@alzscot.org)

**Fife Voluntary Action are currently recruiting new carer representatives for Fife Health and Social Care Panels.**

These panels give carers a chance to air their views and experiences and try to influence decision making.

In Fife there are several planning groups that make decisions on local adult health and social care services. They are looking for local carers to join these groups, to make sure our services reflect the needs of carers and the people they care for.

You don't need any specific qualifications. You will need to commit to the time to attend meetings and read the meeting papers and then contribute to the discussion during meetings.

Before you start, there will be three online training sessions done through Zoom, where you will learn more about what is involved and how carers can have a voice. The sessions are an opportunity to find out what's involved and meet other interested carers.

If you decide to get involved, ongoing support will be provided.

Contact [george@fva.org](mailto:george@fva.org) or mobile 07768038202