

North Highland



Newsletter

Autumn/Winter 2021

Welcome

We have had a busy couple of months since our last Newsletter, and we would like to share with you all what we have been up to. As restrictions have been relaxing, we have been fortunate enough to now start our in-person day services, which we are absolutely thrilled about, and we are looking forward to starting in-person community groups as well. We will continue to have an online presence with various online activity and carer support groups.

Alzheimer Scotland had its [Annual Conference](#) 2021 online this year focusing on “*Moving forward together – what matters to people with dementia, families, carers & practitioners, now and in the future*”. The day included a keynote presentation from our Chief Executive Henry Simmons, followed by Scotland's Dementia Awards and then a panel discussion with the Minister for Mental Wellbeing and Social Care, Kevin Stewart MSP and Scotland's National Clinical Director, Professor Jason Leitch. There were also presentations on drug discovery & research, brain health & prevention, as well as the formal launch of the UK's first Virtual Resource Centre and a very popular Doggy Bingo session. Recordings of the sessions from this conference are available online to view.

Scotland's Memory Walk was another huge success this year with hundreds of people putting on their walking shoes and getting out there, whether it was a walk around their local area or climbing a Munro, it was incredible to see so many people get involved. Alzheimer Scotland raised over £106,000 from this event. A huge **thank you** from everyone here in North Highland to all of you who contributed to this event.



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

Tel: **01862 894 276** | Email: rossshireservices@alzscot.org | Website: www.alzscot.org

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Our Day Services in Dingwall & Tain

Kelsey and Alexis are delighted to be back working in the day services and getting into the new way of working. It's been great welcoming back some old faces and lots of new faces including our new support worker Emma. Emma will be working between both Tain and Dingwall. Things have changed a bit in day care with shorter sessions but still the same amazing place it was before.



We are still joining in with the online groups while in day care and have joined some new groups – Screen Memories and Juke Box days. These sessions are a fantastic way to reminisce through films and music and we will often hear some new stories from the group about their life at that time.

“This is the highlight of my week coming here”

“This is very therapeutic” - making bird feeders

The group have been enjoying doing some fun Autumn activities, making beautiful autumn leaf wreaths, bird feeders and decorating for Halloween. We are now starting to get into the Christmas spirit with some festive activities.



Community and Online groups

We continue to provide weekly online groups for people living with Dementia, their families and carers, such as an online café, music group and carers support groups. In October we hosted our first in person group in over a year, a small group of us walked along Golspie Shore. It was wonderful see people in person again and we got a lovely sunny day for it. We will be offering more in person groups each month. Our Dementia Café is back now the weather is getting colder, we are hosting this in our Tain Dementia Resource Centre. Please contact Hayley if you would like to join any of our groups.



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Bereavement Project



Earlier this year our Locality Leader Sarah and Dementia Advisor Hayley hosted their first Bereavement Support Programme named “You, Me & Grief”. Hayley and Sarah have worked on this Bereavement Project for 2 years now and have secured additional funding from NHS Highland to take it further. You, Me & Grief is a 6-week programme designed for bereaved carers to benefit from peer and professional support, we hope to offer another course early next year for carers in Highland. Hayley is working on an information leaflet, resource pack and some short videos with the funding from NHS which we hope to be able to offer to bereaved carers in 2022. Hayley said “This project is close to our hearts as we have

watched it turn from an idea into real life support for carers who have lost a loved one with Dementia. The launch of this project has come at a very difficult time for carers due to the pandemic and service closures. We hope that this may offer some support to those who need it.” If you would like more information, please contact Hayley on HLyons@alzscot.org

Golspie Charity Shop



Opening Times

Tuesday	10 – 2
Thursday	10 – 2
Friday	10 – 2

Looking to volunteer in our shop then please contact Gillian on gmclaughlin@alzscot.org

We are delighted that our shop up in Golspie has now reopened on Main Street. We have a fantastic group of volunteers in our shop who are happy to help you out when you visit us. Our shops rely on the generosity of the public and all profits from our shop helps support people living with dementia, their families and their carers.

Items our shop can accept:

- general bric-a-brac
- tableware
- clothing & footwear
- accessories
- jewellery
- toys (if kite marked)
- books
- genuine CD's/DVDs
- small items of furniture
- sealed beauty products.

You can also find a selection of beautiful Alzheimer Scotland tartan products for sale which would make for some wonderful Christmas presents.

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Winter with Dementia

By Tilda McCrimmon, Alzheimer Scotland Lead Nurse for Dementia, Golden Jubilee Hospital & NHS24

Five top tips for staying well

Approaching the winter months can be unsettling for many people. Below are five helpful hints to make sure that you are prepared for the change in seasons:

1. Ask about the flu jab. It's freely available to people over the age of 65, and to many adults with pre-existing health conditions, between October and March
2. If you are able, and the weather allows, get as much fresh air as possible and stay active. If the weather makes it difficult to go out, use your time to revive any indoor hobbies
3. Check your GP's opening hours and make sure that you advance order any medication ahead of the festive period when the surgeries are closed
4. Eat well. Ensure you are eating warm, nutritious meals regularly. You could keep a supply of these in the freezer, ready to quickly heat up
5. Keep warm. Wear extra layers of clothes and have a supply of blankets. Wrap up warm when you're going outdoors with hats, scarves and gloves.

If you need medical advice during times when your GP's surgery is closed. NHS24's freephone helpline is available 24 hours a day. Just call 111.

We have lots of information for people living with dementia on our website. <https://www.alzscot.org/>

Our staff team

In each Newsletter we like to introduce a member of the staff team and share a little bit about ourselves. We have had a few staff changes recently within the day care team. Our lovely manager Gail Goller has sadly left the organisation. Gail was a wonderful Locality Leader and was instrumental in steering us right during these last 18 months and getting our day services reopened, we wish her all the best in her new Granny role. Taking on the role of Locality Leader is Sarah Fraser, who has been the Practice Team Leader for several years within the day service and is looking forward to this new challenge. I would also like to welcome our new Practice Team Leader Dorah Fraser, and our new Support Worker Emma Barnsby to the Day Care team, I am sure they will both fit in well in our day care family.



Sarah Fraser – Locality Leader (North, South & West Highland)

I have worked with Alzheimer Scotland since May 2012 in various roles but mainly in the day services. Originally from Glenurquhart, I spent most of my life in Inverness. I lived in Glasgow for a few years studying Psychology but soon after graduating moved away from the busy city life back up north. Anyone who has met me will quickly learn my love of animals and many have met one of my 3 dogs: Meg, Misty and Breeze. I enjoy several hobbies, most recently crochet which can be seen in many video calls by my colourful stash of yarn behind me.

I love my work with Alzheimer Scotland, and I am excited to take on this new role of Locality Leader. I work alongside an incredible team and I am excited to see where the future holds.

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Local Contacts

Sarah Fraser

Locality Leader

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Dorah Fraser

Practice Team Leader

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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...



Christmas Closures

That time of year again where Christmas is almost upon us. We try where possible to only close as few days as we can over the holiday period. For this year our Day Services and Dementia Resource Centre's will be **closed** on:

- Friday 24th December 2021 – Tuesday 4th January 2022

Our Dementia Helpline will available throughout the holiday period 24/7.



Useful Contact numbers over the Christmas Period:

Single Point of Access:-

Mid-ross area: 01349 860460

East-ross: 01349 953131

Inverness-shire:

01463 888333

NHS24:

111

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Karen

Iain

We believe a little bit of magic goes a long way...

This Christmas, make a donation to Alzheimer Scotland

£12

supports our Helpline for an hour, ensuring there's always someone on the other end of the phone.

£30

enables one of our Dementia Advisors to reach out to a family in need of support.

£50

welcomes someone into one of our 22 Dementia Resource Centres for the morning.