

Tayside Locality



Newsletter

Spring 2022



Hopefully when we go to press the weather will be more spring like than it is now as I type this with cold hands. I hope you all enjoyed that lovely warm snap we had at the end of March and looking forward to more of the same very soon. 😊



Tea & Blether in Dementia Awareness Week



Host a coffee morning
this Dementia
Awareness Week to
support people living
with dementia in
Scotland

Now you're talking

30th May to 5th June

You can find out more at: <https://blether.alzscot.org/>

At work, in school, in your local community or with friends and family, you can take your Tea & Blether anywhere. It's easy to sign up for free and download your fundraising pack full of ideas and toolkits to help you host a Tea & Blether worth talking about.

Every tea poured, cake enjoyed, donation made, and conversation shared will support people in Scotland living with dementia.

Register now and get started. Host between Monday 30th May-Sunday 5th June to coincide with Dementia Awareness Week or choose your own date in June.



Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE
Tel: 01241 431770 | Email: angusservices@alzscot.org | Website: www.alzscot.org

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognized as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ 0131 243 1453

Rosemary's Round Up

Rosemary Moncur, our Community Activities Organiser will keep us updated with the activities going on in Tayside.

Arbroath Lunch Club

We had a fantastic turn out for our very first lunch club at the Brewhouse in Arbroath. Everyone thoroughly enjoyed their two-course lunch and are looking forward to the next!



Music, Art & Crafts Arbroath



We have two new activities starting at the Arbroath Dementia Resource Centre, Arts and Crafts and a Music Group, both will be led by one of our wonderful volunteers.

3 Football Memories Groups

Football Memories is going from strength to strength and the new groups at Gayfield in Arbroath and Glebe Park in Brechin have been very well attended. We are also hoping to return to Dens and Tannadice in Dundee very soon.



We have been enjoying visits to both the McManus Galleries and the Dundee Museum of Transport. Lots of conversations and reminiscing at both groups.

We also still have a few Digital Groups running monthly, Music and Memories and Dog Bingo.

For more information on our groups and activities please contact Rosemary Moncur, our Community Activities Organiser:

 - 07585700902 or  - rmoncur@alzscot.org

Dundee Day Care

Dundee Day Care Service are very pleased to have opened our 8th session, so things are progressing well. We still have a few spaces available for more people who would like to come and join us, we offer a wide range of activities that people can join in, offering person-centred sessions tailored to people's interests. We are also looking for volunteers to come and join our team.

For more details contact Carol Houston at the Dundee Resource Centre on 01382 210200. Or by email at chouston@alzscot.org or



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Cara's Art Group



"Being the art group, on the computer screen, is definitely the way to do it. It means you don't need to go into a building and means that people all over the place can take it."

"You know when you don't feel good and your confidence gets a bit shaky? This group has really helped me with my confidence."

Painting by John



Dementia Dog Project

Join Cara for a painting workshop inspired by nature in springtime. The workshop will run for 6 weeks in hourly sessions and will begin on Tuesday 26th April at 10.45am with a Paint by Numbers session with the Dementia Dog team. The canvas painting sessions will then be held on the following five Mondays, from 2nd May at 10.45am.

Each participant can choose a photo they'd like to paint on a canvas over the sessions, associated with the arrival of springtime. This might be a place they'd go to celebrate Easter, their favourite sign of spring or a flower, animal or landscape associated with the season. Each participant will be sent a canvas, acrylic paints and brushes to use during the sessions.

The six week class will be £25 including materials.

For more details email Cara at: crooney@alzscot.org or call 01382 210200

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For more details email Cara at: crooney@alzscot.org or call 01382 10200

You can donate or pay via our [JustGiving](#) page:

<https://www.justgiving.com/fundraising/Alzheimer-Scotland-Tayside-Services>



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An introduction to our new Locality Leader



Hello and lovely to meet you all.

I am Carol Dougan your new Locality Lead for Tayside/Aberdeen/Aberdeenshire and Moray. I have recently joined Alzheimer Scotland to undertake this exciting and highly rewarding opportunity. I have received a lovely warm welcome from my new teams and looking forward to meeting many of you in our communities. I shall be developing, leading and managing the delivery of high quality and innovative services/activities to people living with dementia and their carers/families. I aim to build strong local connections with donors, supporters, and other stakeholders, creating a self-sustaining model of activities and support delivering a person-centred service that supports the outcomes for people living with dementia

I bring with me a wealth of skills, experience, and talent to make a real difference to people's lives that encourages a creative, innovative, and resourceful approach ensuring no one faces their dementia journey alone.

For the last 9 years I worked at Angus Carers Centre as a Locality Development Carer Development worker empowering and enabling our communities to live well together. Building positive partnerships within Angus, through effective communication and engagement with GP surgeries, The Health and Social Care Partnership, private and third sector organisations to recognise unpaid carers and the complex illnesses and disabilities they manage whilst developing new pathways and promoting person centred SDS budgets and better understanding of ACSPs, ACPs and hospital discharge planning. My work was diverse and reflected the needs of citizens. Using a person-centred approach has allowed internal and external partners work together and develop the future direction of our community, empowering residents to live a better quality of life recognising early intervention is vital to communities.

Outside of work I love nothing better than being surrounded by husband, 3 children and our other family members. My hobbies are restoring my VW classic campervans and traveling around Scotland in them enjoying our beautiful scenery and wildlife at every opportunity along with attending various music festivals and events when the opportunity arises.

Dundee Allotment

We are now back up at the allotment on the Dundee Law, looking out for some green fingered people to join us, get your hands dirty while enjoying the fresh air and views.



We meet every Friday 10am to 12noon.

For more details contact
Rosemary Moncure on
07585700902 or
rmoncur@alzscot.org



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ACCESSING THE RIGHT CARE FROM THE RIGHT PLACE



	NHS 24	<p>NHS inform includes self-help guides for a range of common conditions: NHSinform.scot/self-help-guides. If you have a non-life threatening condition for which you would previously have visited A&E, you should now first call NHS 24 on 111 or contact your General Practice.</p>
	Community Pharmacy	<p>Your local pharmacy should be your first stop for common conditions such as:</p> <ul style="list-style-type: none"> • Colds • Sore throat • Indigestion • Cold sores • Diarrhoea • Aches and pains <p>Your pharmacy can also help if you run out of your repeat prescription.</p>
	Mental Health Support	<p>For help with your mental health and wellbeing: Call NHS 24 on 111, 24/7, 365 days a year. Breathing Space: 0800 83 85 87 Weekdays: Monday - Thursday 6pm to 2am Weekends: Friday 6pm - Monday 6am</p>
	Dentist	<p>Contact your dental practice if you have:</p> <ul style="list-style-type: none"> • Tooth pain • Painful or bleeding gums • Swelling to your mouth • Injury to your mouth <p>Your dental practice can also give advice on oral hygiene.</p>
	Optometrist	<p>The majority of eye conditions can be managed by your local optometrist (optician), including:</p> <ul style="list-style-type: none"> • Red or sticky eye • Blurred or reduced vision • Pain in or around your eye • Flashes and floaters
	General Practice	<p>Your General Practice has a range of clinicians to help with both mental and physical health conditions. You may be offered a face-to-face, telephone or video consultation, as clinically appropriate.</p>
	Minor Injuries Unit	<p>You may be asked to attend your local Minor Injuries Unit for non-life threatening but painful injuries such as:</p> <ul style="list-style-type: none"> • Cuts and minor burns • Sprains and strains • Suspected broken bones and fractures
	A&E or 999	<p>Your local A&E is for emergencies such as:</p> <ul style="list-style-type: none"> • Suspected heart attack or stroke • Breathing difficulties • Severe bleeding

If you are unsure about where to go or who to see, find out at:
[NHSinform.scot/right-care](https://www.nhs.uk/healthcare/self-help-guides)

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STEW'S BIG QUIZ & RAFFLE

In aid of Alzheimer Scotland

Quiz @ The Townhouse Hotel:
5th May 2022



Raffle Tickets can be purchased for £5 a strip from The Townhouse, Smithies Deli, Sweet Bakes Patisserie, Candy Dreams, Sea No Waste and Chalmers Cinema.

Raffle prizes include, Arbroath FC signed 2021/22 framed top, Smithies Hamper, Sweet Bakes Patisserie Afternoon Tea, Candy Dreams voucher, Sea No Waste voucher, Chalmers Cinema voucher, Murton Farm voucher, Townhouse voucher, Ashbrook voucher and lots more!

Stew's Big Quiz & Raffle



Stewart from The Townhouse Hotel in Arbroath is raising funds with the Big Quiz & Raffle in memory of his Uncle Dave, who passed away recently. Pre-covid, along with his wife Joy, Dave was a regular attender of our weekly Tea & Blether in our Angus Dementia Resource Centre in Arbroath; he was a lovely gentleman who enjoyed joining in with our activities.

Thank you, Stewart,



Tickets for the raffle can be purchased from the Angus Dementia Resource Centre in Arbroath.

Donating while you shop



Amazon Smile is a new way to make a charity donation while you shop, and as of this month Amazon shoppers can now nominate Alzheimer Scotland as their chosen charity. Instead of visiting the normal Amazon UK website, customers can visit the special smile.amazon.co.uk address and select Alzheimer Scotland as their chosen charity, and then just shop as normal. **The Amazon Smile Foundation will donate 0.5% of the price of all eligible purchases.**

You only need to nominate your chosen charity the first time you use the site, and it will be remembered on future visits.

This is a really easy way for supporters to make a donation to Alzheimer Scotland when making planned purchases.

So, if you're an Amazon shopper, remember to visit smile.amazon.co.uk and select Alzheimer Scotland the next time you're shopping.

Also don't forget to help us spread the word to anyone you know who is looking to do their bit to help Alzheimer Scotland **make sure nobody faces dementia alone.**

Find out about more ways in which people can [support our work.](#)

Making sure nobody faces dementia alone.

Thank you!

The staff at Alzheimer Scotland in Dundee would like to give huge thanks to the staff team at Coffee & Co in Dundee. The independent Coffee shop has supported Alzheimer Scotland over the past few years with the staff generously giving their hard-earned tips. Their support continued during lockdown, when during challenging times they all clubbed together and so kindly continued with their donations. We would just like to acknowledge Heather, Kev and their dedicated staff and their efforts will continue to go towards supporting people living with dementia.



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Scam awareness

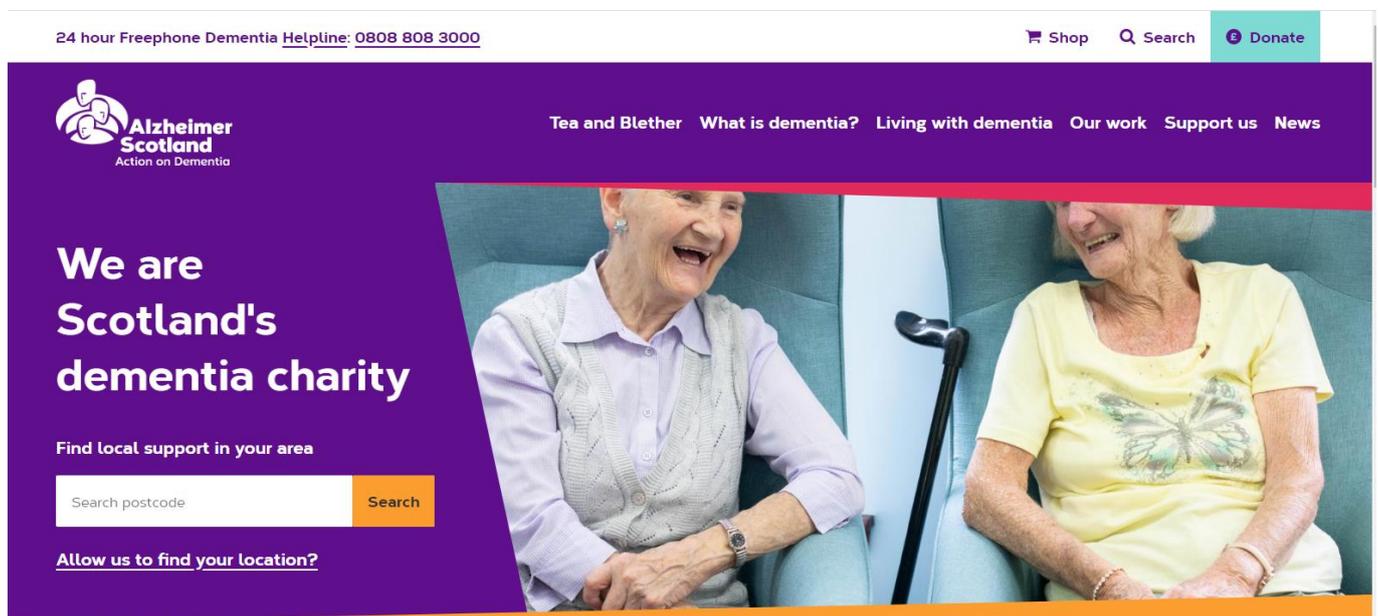


If you would to be kept up to date with the current Scams doing the rounds you can sign up to the weekly updates from Trading Standards Scotland at:

<https://www.tsscot.co.uk/news/scam-share/>

Forewarned is Forearmed

Check out our website



To find out more about our organisation and all that we have to offer check out our website at:

<https://www.alzscot.org>

24 Hour Helpline – 0808 808 3000

Making sure nobody faces dementia alone.



The Helpline can offer information with any of the following topics, and more:

- Understanding the illness
- How to get help locally
- Maintaining independence
- Financial and legal matters
- Rights and entitlements
- Coping with behaviour
- Community care
- Long-stay care
- Anything else to do with dementia.

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