

Newsletter

Summer 2022



It's good to feel the warmth in the air, well on most days!
The colours of the flowers help to brighten the days, the kids are now
off school enjoying their freedom ☺
I hope this newsletter finds you well and enjoying the sunshine. ☀



**Alzheimer
Scotland**
Action on Dementia



Sign up and get more details at <https://memorywalk.alzscot.org/>

**Walk with us for
Scotland's Memory
Walk 2022 this...
September**

Your Walk, Your Way





National Care Service (Scotland) Bill - our response

by Caroline Russell

Alzheimer Scotland welcomes the Scottish Government's publication of a draft Bill for the establishment of a National Care Service in Scotland. Whilst we are still considering the detail of the draft Bill and associated documents, we believe that the fundamental principles set out within the Bill reflect the intention of the recent Independent Review of Adult Social Care in Scotland to deliver positive transformational change to our approach to social care in Scotland.

However, while we recognise that this is a positive step forward, we also stress that our current health and social care system is far too stretched and too many people are in crisis because they are not able to access the help they need, when they need it.

People living with dementia today, and those who care for them, simply do not have the time to wait for three or four years for the improvements that we hope a National Care Service may bring. We already have progressive national dementia policy commitments in Scotland which have been informed by people living with dementia and their carers. However, there is a substantial gap between national commitments and the delivery of those commitments in people's lives where they matter most.

The draft Bill is silent on the inequality of people living with advanced dementia having to pay social care costs for the health and specialist nursing care they need in advanced illness.

The publication of this Bill is not a substitute for immediate action in response to the social care crisis. We need transformative change now, and we need action to deliver on the existing dementia strategy commitments to lay the foundations for the proposed National Care Service.

Alzheimer Scotland will continue to engage in the legislative process of the National Care Service Bill to inform and influence the delivery of a system which best meets the needs of people living with dementia in Scotland. We will also continue to campaign for action now to improve the lives of those living with dementia or caring for someone with dementia today.

What is the National Care Service (Scotland) Bill?

The Bill allows the Scottish Government to transfer responsibility for social care from local authorities to a new, national service. Scottish Ministers are also able to transfer healthcare functions from the NHS and local health boards to the National Care Service. Care or health services that are transferred to the new service could be delivered nationally or locally. Local services will become the responsibility of new 'care boards'.

The Bill also includes other changes to care provision including:

enabling information sharing between the National Care Service and the NHS.

introducing a right to breaks for carers.

giving rights to people living in adult care home to see the people important to them (this is sometimes referred to as 'Anne's Law').

Details about the Bill, including the draft of the Bill itself and explanatory notes, are available here:

<https://www.parliament.scot/bills-and-laws/bills/national-care-service-scotland-bill/introduced>

Coffee and Blether Fundraiser

Back in 2017 Susan Chalmers along with good friend Elizabeth, whose husband had been diagnosed with dementia started planning a fundraiser for Alzheimer Scotland. A planned event in 2018 had to be curtailed as Elizabeth sadly passed away and then followed the COVID pandemic. Always determined that the fundraiser would go ahead one day, Susan along with friends Doreen and Anita planned to host an event in line with Elizabeth's wishes and to her memory. Supported by Elizabeth's close family; the trio planned the coffee and blether event for late Spring. (May 2022). Encouraged by friends along with receiving donations for raffle prizes, the coffee and blether finally took place on Saturday 7th May and was a huge success raising a fantastic £1370. Susan, a leader within Girlguiding in Dundee was also helped on the day by girls from the 30th Dundee Barnhill, St Margaret's Guide company,



The picture shows Susan, along with the guides at the cheque presentation



Montrose Coffee Morning is back on!

After 3 years we are going to be back in the Old & St Andrews Church Hall for our annual coffee morning.





Coffee Morning
Saturday 6th August
10am – 12noon



Usual stalls:
Tombola
Raffle
Bric-a-brac
& more.

**Old & St Andrew's Church Hall
Montrose**

Entry £2
includes refreshments



Please Join US!

Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE
Tel: 01241431770 | 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

Dundee Day Care Services



DUNDEE Dementia Resource Centre

9 Morgan Street, Dundee, DD4 6QE

**Day Sessions Activities- Wednesday – Friday, £15 per session
taster sessions and day session spaces available –**

Session times - AM 9.30 to 12.30 PM – 1.45 to 4.45

Session Week beginning Wednesday	
July 13th At the Races Prep	August 3rd At the Beach – We're all going on our Summer Holidays
July 20th At the Races	August 10th Summer Harvest Prep
July 27th Beach Prep – Summer Holidays	August 17th Summer Harvest
For further information contact: Carol Houston – 📞 - 01382 210200 ✉️ - chouston@alzscot.org	August 24th Festival / Carnival Prep August 31st At the Festival / Carnival

Younger Person/Early Stage Social Group

The team here in Dundee are looking to support younger people with a diagnosis and those in the early stages of the condition within a social group and most importantly, peer support. The aim is to assist in a relaxed and friendly setting on a monthly basis in and around Dundee.

Each month we are looking to meet within different social settings – hospitality venues and places of interest in order to create an easy-going atmosphere. Participants will be supported by a Dementia Advisor, and they will be on hand to assist with any queries in relation to the individual's diagnosis. Ultimately its purpose is for those coming along to make connections and meet others in a similar situation.

If you are interested to find out more, please get in touch with Jeni Sinclair –
jenisinclair@Alzscot.org - 07917 241024



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Exciting News

We are delighted to confirm that the Christmas Concert will be back this year, on Friday 16th December at St Andrews's Church in Arbroath. It is such a wonderful event which will get you into the Christmas Spirit. Watch this space for more details nearer the time. Previous concerts have been very popular with a high demand for tickets, which are £10 including refreshments. If you wish to put your name down for a ticket please call me, Janet, on 01241 431770 or email me on jquantock@alzscot.org and I will add you to our list for when the tickets go on sale.



'87 UEFA Road to Gothenburg Campaign.



The heroes of the 1987 Dundee United UEFA Cup victory over Gothenburg celebrated at the Whitehall Theatre in Dundee, giving their thoughts and memories of the occasion. An auction held at the event raised £4,000 for the two items donated: a Frank's Law t-shirt by Amanda Kopel and a picture by Gordon Deuchars. Pictured is Amanda handing over the cheque to Pat Brodlie from Alzheimer Scotland, also in the photo are (from left to right) Rosemary Moncur, Alzheimer Scotland, Evan Smith, Alec Stanton, portrait winner, Ronnie Smith from Events 105.

It was a great night, thanks to all for their support.

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Carer Support Groups – Autumn Dates



We have Autumn dates for Carer Support Groups. These sessions are aimed at individuals supporting someone with a diagnosis of dementia. Consisting of 4 weekly sessions, these groups will provide information and support in connection with their Caring role.

Each week, the group will look at different topics; participants are encouraged to highlight areas in which they are keen to gain a greater understanding, so as to make the material bespoke to that particular group. Other partner

organisations are invited to come along and offer an insight into their work. Carers are encouraged to attend each of the 4 sessions.

These groups take place within the Dundee Dementia Resource Centre in Stobswell, Dundee. Timings are 2.00pm – 3.30pm. We aim to provide an activity group running alongside these sessions for the Cared for person – please advise if this would be of interest to you.

AUGUST

- Monday 8th August
- Monday 15th August
- Monday 22nd August
- Monday 29th August

SEPTEMBER

- Monday 5th September
- Monday 12th September
- Monday 26th September
- Monday 3rd October

Please get in touch with Jeni Sinclair to book your place:

jenisinclair@Alzscot.org - 07917 241024

New Dementia Café – West End, Dundee

A new Dementia Café in partnership with Dundee Carers Centre will be starting in the Autumn. Located within Logie & St John's (Cross) Church in the Blackness area of Dundee, the café will be a positive addition to the current range of "DCafe's" that we have in Dundee, where there will now be a presence at the East and West end of Dundee and Central Dundee.



Running on a Thursday afternoon, from 2.00pm – 3.30pm, launch day will be Thursday 8th September and will take place on the 1st Thursday of the month thereafter.

This new venture will complement the existing cafés at:

St Aidan's, Broughty Ferry (last Tuesday of the month – 10.00am – 12.00noon)
V&A Dundee (3rd Tuesday of the month – 2.00pm – 3.30pm).

We look forward to welcoming both new and old faces to Logie & St Johns (Cross) in September.

Please contact Jeni Sinclair, if you have any queries at:

jenisinclair@Alzscot.org - 07917 241024

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Independent Living Angus

Did you know that Angus citizens have access to a range of new, online tools that can empower older people to live independently?

A self-assessment can be completed online on the Independent Living Angus (ILA) website which will result in you being offered a range of suggestions to suit individual needs.

Developed by ADL Smartcare, Independent Living Angus offers:

- supported self-assessment for particular problem areas such as falls, difficulty with bathing or using the toilet
- suggestions for safe and suitable solutions to help you manage your daily living tasks
- options about the purchase or loan of equipment
- flexibility in completing your assessment - you can look at as much or as little information as you want at your own pace.

Most services are aimed at adults, but some of the information may apply to younger people as well.

You can visit the Independent Living Angus website by clicking the following link:

<https://www.independentlivingangus.org.uk/>

You can give feedback on the ILA website here: <https://www.surveymonkey.co.uk/r/W38L8MQ>

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Rosemary's Round Up of activities in Tayside

Arts & Crafts Arbroath

We have had some amazing artwork produced at our Arts and Crafts group in Arbroath. The group runs on the second Tuesday of every month and is proving lots of fun for everyone. For more information, please call the Arbroath Dementia Resource Centre on 01241 431770.



Lunch Club Arbroath

The lunch club at the Brewhouse has been extremely popular. Attendees enjoy a two-course lunch plus tea/coffee for £15. The group meets on the last Tuesday of every month at 12.30pm. For more information or to book a place, please call the Arbroath Dementia Resource Centre on 01241 431770.

Arbroath Football Memories - meet at Gayfield, home of Arbroath FC, on the 2nd Wednesday of each month. For more information call Rosemary on 07585 700902 or email rmoncur@alzscot.org

Football Memories Dundee



Some attendees from the Football Memories Group enjoyed a visit to the National Football Museum at Hampden Park. Everyone had a fantastic day and many thanks to the Grey Lodge in Dundee for providing the transport.



We are looking forward to getting back to Tannadice in August for our Dundee United Football Memories group on the third Wednesday of every month.

Dundee Allotment



Our allotment on the Law is coming on well, we have some very tasty strawberries, including Japanese white strawberries! We also have lettuces and rhubarb. We are always looking for helping hands at the allotment, if interested please get in touch. For more information call Rosemary on 07585 700902 or email rmoncur@alzscot.org

Walking Football Dundee

Come along and join us at our new dementia friendly Walking Football group. It's great fun and good exercise for all taking part. We meet at Douglas Sports Centre on the 3rd Friday of every month at 2pm.



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Dementia Dogs retirement



We recently held a special gathering in Arbroath to celebrate the formal retirement of our much-loved local Dementia Dogs, Kaspa, Oscar and Alex. Marking 9 years since they were first placed with their forever families, these 'pioneers' have carved the way for a new dementia assistance dog service, enabling more families around Scotland to enjoy the incredible benefits these trained four legged friends can bring. We wish Kaspa, Alex and Oscar a very well-deserved retirement ahead!

The Dementia Dog team are now inviting applications from families who may be interested in applying for their own dementia assistance dog. Applicants must be at an early stage of their diagnosis, live full-time with their carer and be based in mainland Scotland. **To read more and register your interest please visit www.dementiadog.org**



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Dundee volunteer gardeners

The team based in Dundee would like to say a huge thanks to Ron Byer and Debbie Scott for their support with upkeeping the Garden and exterior area at the Resource Centre in Stobswell. As the centre was not in use during COVID, the garden and car parking area had not been touched. As you can see from the photos the area is now so inviting and it's great to have an onsite space for those who use our services to enjoy.



Dementia Drop in Cafés in Angus

Come along and enjoy refreshments in a relaxed and informal setting. The Dementia Cafés offer an opportunity for people living with dementia and their carers to meet others, enjoy an activity, and to socialise. There will be a Dementia Advisor on hand to offer support and provide information.

Carnoustie: 1st Thursday of the month: 2.00pm – 3.30pm
 (4th Aug | 1st Sept | 6th Oct | 3rd Nov | 1st Dec)

Carnoustie Panbride Church, 8 Arbroath Road.

Forfar: 2nd Thursday of the month: 2.00pm – 3.30pm
 (11th Aug | 8th Sept | 13th Oct | 10th Nov | 8th Dec)

East and Old Parish Church, 38-40 East High Street.

Brechin: 3rd Wednesday of the month: 2.00pm – 3.30pm
 (17th Aug | 21st Sept | 19th Oct | 16th Nov | 21st Dec)

Glebe Park, Trinity Rd.

Montrose: 3rd Thursday of the month: 2.00pm – 3.30pm
 (18th Aug | 15th Sept | 20th Oct | 17th Nov | 15th Dec)

Playhouse Cinema, The Mall.

Birkhill: 4th Friday of the month: 2.00pm – 3.30pm
 (26th August | 23rd Sept | 28th Oct | 25th Nov | 23rd Dec)

Millennium Hall, Couper Angus Road.



24 HOUR

Dementia

Helpline

 Alzheimer
Scotland
Action on Dementia

Freephone 0808 808 3000
 Email helpline@alzscot.org

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

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