

## Activities & Events in December 2022

Please note that any of our In Person groups may be cancelled at short notice if the Government guidelines change or if staff members need to self-isolate.

### In Person Groups

In line with our current guidance for COVID-19, places for all our In Person groups must be booked in advance. Please contact Group Organiser if you would like to attend.



### What's On in Moray



Dates & Times	Activity	Contact Details
<b>Tuesday</b> 6 <sup>th</sup> - 10.00 am 20 <sup>th</sup> – 1.00 pm	<b>Cuppa and Chat Online Group – New</b>  Come along for a cuppa and a chat from the comfort of your own home. This group is for people with dementia, their carers and family to have the opportunity to chat with others in a similar situation. Contact Emma for details & for link to join.	<b>Emma Gregg</b> <a href="mailto:egregg@alzscot.org">egregg@alzscot.org</a> 07925 596232
<b>Tuesday</b> 13 <sup>th</sup> 1.30-3.30pm	<b>Dementia Choir</b> <b>Trinity Church Hall, Elgin</b>  Come along and join our choir, for people with dementia and their carers. Contact Emma Gregg for further details.	<b>Emma Gregg</b> <a href="mailto:egregg@alzscot.org">egregg@alzscot.org</a> 07925 596232
<b>Tuesday</b> 20 <sup>th</sup> 10.00am-11.00am	<b>Moray Carers Support Group</b> <b>Elgin Library (Activities Room)</b>  For carers to come along and have a cuppa and a chat with the Dementia Advisor and other carers	<b>Emma Gregg</b> <a href="mailto:egregg@alzscot.org">egregg@alzscot.org</a> 07925 596232
<b>Thursday</b> 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> 10.00 -11.30am	<b>Pop Up Dementia Café</b>  1 <sup>st</sup> Tomintoul, Richmond Hall, Tomintoul 8 <sup>th</sup> Buckie, Fishermans Hall, Boyd Room, Buckie 15 <sup>th</sup> Keith, Longmore Hall, Small Hall, Keith 22 <sup>nd</sup> Forres, Town Hall, Lesser Hall, Forres  For people with dementia, their carers and families to drop in and enjoy a cuppa and chat with others. This will be a roving group which will meet at different locations around Moray.	<b>Emma Gregg</b> <a href="mailto:egregg@alzscot.org">egregg@alzscot.org</a> 07925 596232

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently **and/or** for those unable to do so should come with a companion who can provide any support for them.

**We don't provide transport for these groups and therefore it is your responsibility to get to and from these community activities, safely**

## CARERS CORNER

### DIGITAL HEALTH LIBRARY



*“Monitoring our own health and wellbeing is more important than ever with the current demands and crisis within health and social care. Having access to a vast range of safe, trusted health apps in the one place is a game changer for those who may never have thought of self-managing their health & wellbeing” –*

**Janice McGhie, Digital Lead, Alzheimer Scotland**

**If anyone gets a tablet or smart phone for Christmas here's a great starting place for apps.....**

At present there are over 360,000 health and wellbeing apps in the marketplace, and only 20% of apps meet current standards and regulations so it can be a minefield trying to find safe, reliable ones.

We have worked with ORCHA (Organisation for the Review of Health & Care Apps) who put health & wellbeing apps through a robust review process, to create an Alzheimer Scotland **Digital Health Library**. Knowing the apps in our digital health library have been measured against a variety of quality standards and regulations gives us the confidence to recommend apps to people we support.

The apps in the carousel categories have been selected by health and care professionals including Allied Health Professionals, Alzheimer Scotland staff and our colleagues in Brain Health Scotland.

We also have a double seal of approval within the Tried and Tested by our Dementia Circle category as the apps have been chosen and reviewed by people with lived experience.

Feel free to navigate the library to see the vast range of health and well-being apps that have passed the ORCHA review, and if you would like more information, please contact Digital Lead –

Janice McGhie [jmcghie@alzscot.org](mailto:jmcghie@alzscot.org)



## Christmas - How to support a person with dementia at Christmas

Christmas means many things to many people—typically a time for food, family and festivities. But for people affected by dementia it can be more difficult. Here are **8 ways you can support people with dementia at Christmas**. There is always so much to consider at Christmas, and that's especially true for carers.

### 1. Put decorations up gradually

Introduce the Christmas environment slowly. Think about putting decorations up gradually over a few days so it doesn't come as a big change to the person's usual setting.

### 2. Keep it simple and familiar

Someone with dementia may feel overwhelmed over the Christmas period, so it's best not to overdo it. Keeping the day's activities low-key will help your loved one to relax. Sticking to a familiar routine and having meals at regular times in familiar surroundings will help to limit any potential confusion.

### 3. Get everyone involved

There are many ways to involve people living with dementia at Christmas time – from something as simple as hanging a bauble on the tree to doing a spot of Christmas shopping. The important thing is that they feel included.

### 4. Create a quiet room

A large number of guests can be overwhelming, so ask family and friends to spread out their visits over the festive period. If things do get busy, designate one room in your house a 'quiet room' where your loved one can relax without loud noise.

### 5. Bring back old memories

Whether it's an old song they used to enjoy or a classic Christmas film, find something fun you can take part in. Making a family photo album or memory box could be a nice way to spend time together.

### 6. Be mindful of food

Although many people eat a lot at Christmas, a full plate can be daunting for someone who has difficulties eating. If you're doing the serving, try not to overload your loved one's plate.

### 7. Be flexible

It's easy to get caught up in Christmas traditions, but your festive season might begin to look different as when someone in the family has dementia. It's always worth having a plan B, and be prepared to change your plans if a particular element isn't working. Even if they seem ok with the whole idea, don't take it personally if they behave the opposite.

### 8. Plan ahead

If the person with dementia is living in a care home, it can be helpful to ask the home in advance what their plans are for Christmas Day.

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## Time For You Winter

Alzheimer Scotland has launched its Winter Essentials fund, part of the 'Time for You' initiative. The Fund aims to provide families £50 grants as an additional helping hand of support for you over the coming winter months.

### What are the grant criteria?

We accept applications from:

- Unpaid carers of someone with dementia (including if they are in a care home).
- People living with a diagnosis.
- People living in Scotland only.
- We can only accept one application per household/family.

### Are there any criteria restrictions?

- We can only accept one application per household, so the Fund can help as many families this winter as possible.
- You must complete the bank sections of the application form – without this, we cannot pay you.
- The grant must be spent on the item or activity you specified in your application.

### What is the process?

- The fund opened on 17th November 2022 and will run for a period of up to 3 months.
- The application process will be a short, simple online form.
- If you don't have access to the internet/email, your local Alzheimer Scotland contact can print out an application for you to complete and send back to us.
- If successful, the Time for You team at Alzheimer Scotland will transfer the £50 directly into your bank.
- We ask that the grant is spent within a month of receiving it.
- We would love to hear how the grant has helped; photos and quotes can be emailed to us [timeforyou@alzscot.org](mailto:timeforyou@alzscot.org).

You can complete our application form [here](#). If you have any further questions or would like an informal chat about how you could benefit from the fund, please email us at [timeforyou@alzscot.org](mailto:timeforyou@alzscot.org)

### How is payment made?

By supplying your bank account details within the application form, Alzheimer Scotland can then transfer the grant directly into the bank account. Rest assured your bank details will be kept safe on Alzheimer Scotland's secure systems. Unfortunately, we're unable to issue cheques.

If you know of anyone who may benefit from this fund, please share the details with them.





Wishing all our readers a very Happy & Peaceful Christmas!  
We'll be taking a break over the festive period  
Most of our community activities will re-start from the 5<sup>th</sup> January 2023.

## Dementia Helpline

Our confidential Dementia Helpline offers 24 hour information and emotional support every day of the year. You can call 0808 808 3000 anytime and also email: [helpline@alzscot.org](mailto:helpline@alzscot.org)

[www.alzscot.org](http://www.alzscot.org)



# What's online

As well as our groups detailed above, there will continue to be online groups run throughout Aberdeen/Shire/Moray which anyone is welcome to join.

The next pages give details about what is on offer. Contact Group Organisers for further details & link to join.



## Online Groups – December 2022



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>
			<b>11.00am</b> Chair Based Exercise Susan Westcott  <b>11.00 am</b> Rare Dementia Carers Support Laura Crockatt	
<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>	<b>9<sup>th</sup></b>
	<b>2.00pm</b> Letting Go Lesley Gray/Mags Corbett		<b>11.00am</b> Chair Based Exercise Susan Westcott  <b>11.00am</b> Rare Dementia Group (for person living with dementia) Laura Crockatt	<b>10.00am</b> Cuppa & Chat Emma Gregg
<b>12<sup>th</sup></b>	<b>13<sup>th</sup></b>	<b>14<sup>th</sup></b>	<b>15<sup>th</sup></b>	<b>16<sup>th</sup></b>
			<b>11.00am</b> Chair Based Exercise Susan Westcott  <b>11.00am</b> Aberdeenshire Carers Support Mags Corbett/Laura Crockatt	

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>19<sup>th</sup></b>	<b>20<sup>th</sup></b>	<b>21<sup>st</sup></b>	<b>22<sup>nd</sup></b>	<b>23<sup>rd</sup></b>
	<b>1.00pm</b> <b>Cuppa &amp; Chat</b> Emma Gregg	<b>11.00 am</b> <b>Festive Music &amp; More with Aimee</b> Kathy Fraser	<b>11.00am</b> Chair Based Exercise <b>Susan Westcott</b>	
<b>26<sup>th</sup></b>	<b>27<sup>th</sup></b>	<b>28<sup>th</sup></b>	<b>29<sup>th</sup></b>	<b>30<sup>th</sup></b>

### More about our online activities

#### Tuesday groups

#### **Letting Go**

Support group for carers who have a loved one in a care home or moving soon into a care home. The group will offer carers the opportunity to meet with other carers in the same situation for emotional support and information.

#### **Rare Dementia Carers Support**

A Group where carers can gain support and advice from other carers in a similar situation and also ask advice from a Dementia Advisor.

#### **Rare Dementia Group (for person living with dementia)**

A social group for someone living with a rare dementia, a chance to meet others in a similar situation, to gain support and form relationships.

#### **Cuppa & Chat – New Online**

Come along for a cuppa and a chat from the comfort of your own home. This group is for people with dementia, their carers and family to have the opportunity to chat with others in a similar situation.

#### Thursday Groups

#### **Chair Based Exercise**

Online exercise group for people living with dementia and their carers. The session consists of a full body warm up, followed by a chair-based exercise session, a cool down and some relaxation/mindfulness exercise. The intensity of the session is low-moderate, lasting around 30 minutes. We will finish the session with a fun health quiz for everyone to join in on together.

#### **Aberdeenshire Carers Support**

For people who support someone with dementia in the Aberdeenshire area to get together for a chat with others in the same situation, share information and experiences.

## Contacts

For further information on any of our groups please contact the following group organisers or Val Sleigh, Service Admin Coordinator on 01467-530516

<b>Lesley Gray, Dementia Advisor – Aberdeen City</b> <a href="mailto:lgray@alzscot.org">lgray@alzscot.org</a> 07769 366201	<b>Kathy Fraser, Comm. Activities Organiser – Aberdeenshire (North)</b> <a href="mailto:kfraser@alzscot.org">kfraser@alzscot.org</a> 07795 391092; -
<b>Laura Crockatt, Dementia Advisor – Aberdeenshire (North)</b> <a href="mailto:lcrockatt@alzscot.org">lcrockatt@alzscot.org</a> 07825 242381; -	<b>Susan Westcott, Comm. Activities Organiser Aberdeenshire (Central)</b> <a href="mailto:swestcott@alzscot.org">swestcott@alzscot.org</a> 07876 003154
<b>Mags Corbett, Dementia Advisor – Aberdeenshire (Central &amp; South)</b> <a href="mailto:mcorbett@alzscot.org">mcorbett@alzscot.org</a> 07769 366 175	<b>Dee Cobban, Community Activities Organiser Aberdeenshire (South)</b> <a href="mailto:dcobban@alzscot.org">dcobban@alzscot.org</a> 07825 546006
<b>Emma Gregg Dementia Advisor (Moray)</b> <a href="mailto:egregg@alzscot.org">egregg@alzscot.org</a> 07925 596232	<b>Helen Moore , Community Activities Organiser Moray</b> <a href="mailto:hmoore@alzscot.org">hmoore@alzscot.org</a> 07554 339151

**Should you no longer wish to receive Moray What's On or updates, please call or write to:** Val Sleigh, Service Admin Coordinator on 01467-530516 or [vsleigh@alzscot.org](mailto:vsleigh@alzscot.org)



Making sure nobody faces dementia alone.

If you like and attend our activities, please consider a small donation via our Just Giving pages to help us support and continue to provide our services for people living with dementia and their carers.



To support Alzheimer Scotland Moray:  
<https://www.justgiving.com/fundraising/Moray/qrcode>

