

# Dumfries and Galloway Services Newsletter



**Winter 2022**

Hello and welcome to the Winter 2022 edition of the Dumfries and Galloway Alzheimer Scotland Newsletter.

## **What is Dementia**

Some people are not sure how to define Dementia and it is important to know that Dementia is not part of the natural ageing process. Dementia affects the brain, making it harder to remember things or think as clearly as before. It's an umbrella term for over 100 different types of illnesses and disease symptoms. Symptoms of dementia may include memory loss and difficulties with day to day tasks, language and problem-solving. Alzheimer Scotland provides information, support and dementia-friendly activities to help make sure nobody faces dementia alone. Contact us for more information.

## **Contribute to the 4<sup>th</sup> National Dementia Strategy**

The Scottish Government recently launched a consultation process for the 4th National Dementia Strategy. They are looking for input from people with lived experience to inform the strategy, and ultimately improve quality of life for people with dementia and their carers. As Scotland's leading dementia charity, we want to support you to share your experiences and opinions that can help shape the new strategy. We invite you to tell us what matters most to you, what you feel works well for you, and what could be done differently. Please contact me if you wish to share your views [cstroyan@alzscot.org](mailto:cstroyan@alzscot.org) or phone 07585 440 354.

## **Supporting You**

We continue to provide ongoing care, support, advice, and education to people across Dumfries and Galloway living with dementia, their families, and carers.

If you or anyone you know of might benefit from any of our services, please get in touch locally on 01387 261303 or email us at [Dumfriesservices@alzscot.org](mailto:Dumfriesservices@alzscot.org). Alternatively, you may use the National Dementia Helpline Number which is 0808 808 3000.

We have introduced seasonal autumnal activities in day care and other day supports including activity groups in the community. The colours and textures have been beautiful.

## **Support and respite for carers**

Scottish Government funding for carers allowed us to consult with carers, to provide respite support, based on their needs and wishes. Some of this included massage, relaxation and other supports for carers alone as well as joint activities with the person with dementia, for a sense of respite together as part of a trip or group. Please contact our Community Activities Co-Ordinator Kelsey McWhirter

Dumfries Resource Centre, 8 Gordon Street, Dumfries, DG1 1EG  
Stranraer Resource Centre, Cromarty House, Sun Street, Stranraer, DG9 7JL  
Tel: **01387 261303 or 01776 889181** | Email: [Dumfriesservices@alzscot.org](mailto:Dumfriesservices@alzscot.org) | Website: [www.alzscot.org](http://www.alzscot.org)

if you or someone you know  
may benefit from attending  
one of our Community

Activity Groups.  
[kmcwhirter@alzscot.org](mailto:kmcwhirter@alzscot.org) or  
phone 07464 901788.

Clare Stroyan  
Locality Leader

## Keeping in touch and up to date

To keep up to date with what's going on in  
Dumfries and Galloway, sign up to our local  
newsletter here:  
[bit.ly/AlzScotDumfriesandGalloway](http://bit.ly/AlzScotDumfriesandGalloway)

Find support in your area here:  
<http://www.alzscot.org/.../dumfries-dementia-resource-centre>

Follow our national socials: Our Facebook is  
Alzheimer Scotland, on Twitter and  
Instagram we're @alzscot and on LinkedIn  
we're Alzheimer Scotland.

People can sign up to our newsletter mailing  
list or follow the national Facebook page.

## Support in your local communities

Day support groups including walking, arts &  
crafts, music, reminiscence and carer  
support activities plus many more are  
reaching out across Dumfries and Galloway,  
including the towns around Wigtownshire,  
Stewartry, Upper Nithsdale, Dumfries plus  
Annandale & Eskdale. Our growing team of  
Community Activity Organisers are busy  
researching their allocated areas to develop  
new activities. Day support groups in the  
community can be enjoyed by anyone living  
with dementia or experiencing difficulties with  
their memory including carers. Our  
community activity groups deliver high  
quality, meaningful and therapeutic activities  
which improve physical, emotional and

mental wellbeing. To get this support off the  
ground we have made a start with groups that  
have worked elsewhere in Scotland,  
including those in remote & rural locations.  
As the groups develop here, we will be  
inviting everyone attending to let us know  
how the groups are working for them, as well  
as what type of groups they want to see for  
example with a farm or pet therapy focus,  
local history. Our 'What's on' guide has all the  
details you need, so please let us know if you  
would like a copy via letter or email, please  
contact Dumfries Dementia Resource Centre  
01387 261303 or Stranraer Dementia  
Resource Centre 01776 889181.

Dumfries Resource Centre, 8 Gordon Street, Dumfries, DG1 1EG

Stranraer Resource Centre, Cromarty House, Sun Street, Stranraer, DG9 7JL

Tel: **01387 261303 or 01776 889181** | Email: [Dumfriesservices@alzscot.org](mailto:Dumfriesservices@alzscot.org) | Website: [www.alzscot.org](http://www.alzscot.org)

## Purple Alert

Launched in September 2017, Purple Alert is a community minded app that's helping people look out for their neighbours. With the support of people living with dementia and their carers', Police Scotland and Health and Social Care providers, Alzheimer Scotland developed the free Purple Alert app to help the community find people living with dementia by keeping an eye out for them if they are lost or not where they are expected to be.

The app allows carers to share the person living with

dementia's profile if they lose their way and allows for eyes and ears on the ground immediately helping to find them. The more people using the app the more successful it will be in helping to look out for people living with dementia. Be part of a community that can assist people with dementia if they lose their way.

Download the Purple Alert app to: -

- ✓ Raise an alert
- ✓ Report sightings

- ✓ Get updates

You can play your part by

downloading the app today from [www.purplealert.org.uk](http://www.purplealert.org.uk) or by visiting the Alzheimer Scotland website for details.



## Know where your old stamps are?

Royal Mail are adding barcodes to their regular stamps. After the 31<sup>st</sup> January 2023, regular stamps without a barcode will no longer be valid. You can either use up these stamps before this deadline, or swap them for the new barcoded ones. Visit: [www.royalmail.com/barcodedstamps](http://www.royalmail.com/barcodedstamps) for further detail.



## D&G Gallery



## Our new Dementia Advisor

Hi, my name is Roxy Linh-McCormack, I am the new Dementia Advisor for Alzheimer Scotland, Dumfries, Upper Nithsdale and Annandale & Eskdale. I joined Alzheimer Scotland in September 2022.

In the past I have supported Carers, before moving to Social Work. I worked with the Local Authority for 5 ½ years, and although I enjoyed my time here, I wanted to return to my love of supporting Carers. I am currently studying Counselling and Psychotherapy and hope to integrate these skills into my work here at Alzheimer Scotland.

As your local Dementia Advisor, I work to provide information, support and advice to people who are living with dementia, their families, and Carers, helping to find the dementia-specific support you need. I can help by connecting you to groups and services within the community or just offering a sometime much needed, listening ear.

Together we will ensure no-one makes this journey alone.



### Supporting you

If you have dementia, I can help you in various ways:

- coping with dementia
- planning for your future
- living well and keeping well
- finding support that's right for you
- staying active in your community
- getting in touch with others who have dementia.

### Supporting your family

I can work with partners and families too, advising on:

- coping with caring
- supporting the person to stay independent for as long as possible
- making plans together for the future
- finding support and services
- getting in touch with other carers.

### Supporting your community

As a Dementia Advisor I aim to make communities more dementia-friendly by:

- talking to community groups and raising awareness of dementia
- offering support and advice to community groups, organisations, and public services
- helping to set up groups and activities for people with dementia and their families.

You can contact me by phone on: 07880790337 or email [rlinh-mccormack@alzscot.org](mailto:rlinh-mccormack@alzscot.org) don't hesitate to contact me for more information.

Dumfries Resource Centre, 8 Gordon Street, Dumfries, DG1 1EG

Stranraer Resource Centre, Cromarty House, Sun Street, Stranraer, DG9 7JL

Tel: 01387 261303 or 01776 889181 | Email: [Dumfriesservices@alzscot.org](mailto:Dumfriesservices@alzscot.org) | Website: [www.alzscot.org](http://www.alzscot.org)



## Warm Welcome to Jamie

Hi, I'm Jamie Brown the Associate Executive Lead for Localities covering Dumfries and Galloway.

I am delighted to be part of the Alzheimer Scotland team joining in August 2022 and have been made feel very welcome.

I have come from a senior management background

within the social care sector and have a passion for delivering high quality care - striving for excellence. I am a strong believer in the phrase "Teamwork makes the dream work!"

I look forward to working alongside you all.



## 24 Hour Dementia Helpline

The Helpline is operational 24 hours a day, 365 days a year and it provides crucial support for people with dementia and their carers and families. We have Helpline cards available for your wallets and purses in our Resource Centre's which you can give to anyone affected by dementia, and the Freephone number is 0808 808 3000. Thanks to the Dementia Helpline team nobody has to face dementia alone.

