

North Highland Newsletter



Autumn/Winter 2022

Welcome



We have had a busy time since our last Newsletter, and we would like to share with you all what we have been up to. We have now restarted most of our in person groups across North Highland and our Day service has reopened in Tain 3 days a week and Dingwall 2 days a week. We are so pleased to see everyone back after a very difficult couple of years.

Alzheimer Scotland had its annual conference in person this year. The theme was 'Prevent, Care, Cure'. The conference included speeches from our Chief Executive Henry Simmons, a speech on 'Fairness is a right...dementia discrimination is the reality' from Dr Donald Macaskill, Chief Executive, Scottish Care. Speeches from members of the Scottish Dementia Working group and from the National Dementia Carers Action Network. You can view the videos on our website <https://www.alzscot.org/conference22>

Full study data have now been released from the successful trial of the drug "lecanemab" for early Alzheimer's disease. We first heard indications of positive results for lecanemab back in September this year and scientists have been eagerly awaiting the release of the full report. The study showed that over a period of 18 months people taking the medication showed a reduction in key markers of Alzheimer's disease on brain scans and also experienced a slower rate of decline in memory and thinking skills and in their ability to carry out daily tasks compared to those not on the medication. <https://www.alzscot.org/news/lecanemab-trial-results-herald-a-new-era-for-alzheimers-treatments>

Alzheimer Scotland DRC, Athole Court, Dingwall, IV15 9SH
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Our Day Services in Dingwall & Tain

Dingwall day service now opens two days a week on a Tuesday and Thursday and is very well attended. Over the last few months, the group have enjoyed making things for Halloween, Bonfire night and Remembrance where lovely wreaths were made and displayed in day care. The groups have enjoyed a wide variety of activities e.g. baking, quizzes, floor games, arts and crafts and they are now preparing for Christmas. Christmas lunch is booked for The National Hotel, on Tuesday 13th December at 12 md and everyone is looking forward to this.

Tain Day service is now open three days a week. It is open on a Monday, Wednesday and Friday and is well attended with some vacancies still available. Tain group members enjoyed making ginger bread and banana loaf which was enjoyed by everyone. We have a new smart board in Tain which allows us to do a lot more activities. The group have also enjoyed making things for Halloween, Bonfire night and remembrance and things to brighten up the room which are displayed on the walls. The groups have enjoyed musical quizzes especially the 60's era, Arts and Crafts, and preparations are well underway for Christmas. Christmas lunch is booked for Wednesday 14th December at the St.Duffus Hotel at 12.30 and everyone is looking forward to this.



Community and Online groups



Ross-shire and Sutherland: We are delighted to see the return of some of our in-person community groups this year after a couple of years without them. We have reintroduced the Dornoch café, Golspie Walking group, Sutherland Supper club, Dingwall café and an activities group. We plan to introduce some more groups including carers education courses and Cognitive Stimulation Therapy in the new year so please keep an eye out for information on these groups. We continue to offer online activity-based groups and carer support groups across the Highlands.

Please contact Hayley for more information on joining our in person and online groups. Our Dementia Resource centres in Dingwall and Tain are now open longer hours, please check our website or with staff for opening hours. As always, we encourage members of the public to drop into our Dementia Resource Centre for support and advice.



We also received funding from the Scottish Government earlier in the year to spend on carers, we hosted a carers pamper session in Tain. This included massages, nails and afternoon tea. We received lovely feedback from the carers who attended. *“Thank you so much for organising the pampering session yesterday. It was a real treat to have a hand and finger massage and have a blether with the others”*

Caithness: We held a carers pamper evening recently in Thurso which was a great success with some lovely feedback from carers. One carer wrote “Thank you so much to you and your team for the Pamper evening. It was good to meet with others caring for loved ones with dementia and I am sure we all benefitted from the chat, refreshments, good company and, of course, having special treatments.” We have recently started Dementia Cafés in Wick and Thurso, please contact Isobel for more information on local groups and support.

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Showcasing one of our community groups

Highland Dementia Working Group

This is an action focused group that works on making the Highlands more dementia friendly. Helping reduce stigma, campaigning for change and being the voice of local people with dementia.



The group is for people with a diagnosis of dementia and aims to:

- Support and share experiences of living with dementia.
- Raise awareness to influence and change attitudes towards people with dementia.
- Influence relevant policy and campaign for better services.
- Take part in consultations and social research.

Held in Inverness Dementia Resource Centre on the third Monday of every month at 2pm.

Margaret who is a member of the Highland Dementia Working Group spoke at an Alzheimer Scotland national conference previously and said *“Although I am no longer working, it is important that I can still contribute to society; to further the understanding and increase the awareness of dementia. People with dementia still have valuable contributions to make in society and need to have their voices heard. The opportunity to participate and be taken seriously is something that makes me feel valued. Being part of the Highland Dementia Working Group gives me a sense of purpose. The resource centre and the groups provide me with an outlet to express my thoughts and feelings, in a safe and nurturing environment. I can express myself, be creative and get mutual support from others. I am encouraged to participate and always feel listened to; I don’t need to try and be anything but my true self. Participating and supporting others makes me feel like I am making connections and forming friendships; together we can have a shared voice. Being supported and having my voice heard is vital and allows me to thrive.”*

For people who are unable to get to Inverness to join the group, there is an option to join online. Please contact Hayley for more information.

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Golspie Charity Shop



Opening Times

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

Looking to volunteer in our shop then please contact Sarah on sfraser@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.

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.

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Our staff team

We have had a few staff changes recently within the team. We would like to welcome our new colleagues.

Isobel Stevenson



“Hello everyone, my name is Isobel Stevenson and I am the new Dementia Advisor for Alzheimer Scotland in Caithness. I am based in Thurso and will be covering Caithness and North Sutherland.

Since I have started in my new role in May 2022, I have been busy getting dementia cafes up and running in Wick and Thurso on a monthly basis. I also hope to establish other groups in the area in the near future.

The local newspaper also did a feature on my new role with Alzheimer Scotland which was great to promote our charity and helped get the word out that a local dementia adviser is now in the area to help and support people with dementia and their carers.”

<https://www.johnogroat-journal.co.uk/news/you-don-t-have-to-face-dementia-alone-says-thurso-based-alz-290293/>

Nicola Mackenzie



“Hello! My name is Nicola MacKenzie and I am the new Post Diagnostic Support Link Worker in Ross-shire. I am based in Dingwall and I will be covering mid ross. I am new to the role and very excited to get started!”

Susan MacColl



“Hello, my name is Susan. I began my role as Post Diagnostic Support Link Worker for Caithness in August 2022.

I am based within the Mental Health Team at Dunbar Hospital in Thurso but cover the whole Caithness area. This is a new role to the area so I've been busy meeting and assisting everyone on my caseload and their carers / families. I'm really enjoying the job and finding it very rewarding.

I've also helped Isobel our Dementia Advisor at her Dementia Cafes in Thurso which have been very successful with a regular turn out and the recent Carers Pamper Evening which was a great night and enjoyed by all. “

Bethany Black



Bethany is our newest Day Service Support worker; you will see her in Tain and Dingwall.

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Local Contacts

Hayley Lyons

Dementia Advisor

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07554 408479

Isobel Stevenson

Dementia Advisor

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Dorah Fraser

Practice Team Leader

dfraser@alzscot.org

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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 23rd December 2022 – Wednesday 4th January 2023

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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William's Cinnamon Swirls



Ingredients

- 1½ tbsp ground cinnamon
- 3 tbsp caster sugar
- 320g ready-rolled puff pastry
- plain flour, for dusting
- 1 medium egg, beaten
- 50g icing sugar

Method

STEP 1

Heat the oven to 200C/180C fan/gas 6 and line large baking tray with baking parchment. Stir the cinnamon and sugar together in a small bowl. Unravel the puff pastry on a lightly floured work surface, then sprinkle the cinnamon sugar mixture all over the top. Gently level the cinnamon sugar mixture with the back of a spoon so it covers the pastry almost completely, leaving a 1cm border on one of the short sides. Brush a little of the beaten egg over the exposed pastry border.

STEP 2

Roll the pastry up in a tight log from the short side without the border. Gently press along the egg-washed border to seal, then slice into 12 equal rounds. Arrange the cinnamon rolls on the prepared baking tray, placing them up against each other so they're just touching. Brush the remaining beaten egg all over the tops and sides of the pastry, then bake for 15-18 mins until golden and risen. Leave to cool on the tray for 10-15 mins.

STEP 3

Combine the icing sugar with 1½ tsp water in a small bowl until you have a thick icing that easily runs off the spoon. Drizzle this over the warm rolls, then immediately serve.

