

North Highland Newsletter



Spring 2023

Welcome to our Spring/Summer Newsletter for North Highland.



In North Highland we offer a wide variety of services, we have two Dementia Advisors, Hayley and Isobel. Dorah, Kelsey, Emma, Beth and Rosie run our Day Services in Tain and Dingwall and Ailsa our service administrator. Four Post Diagnostic Support Link workers: Susan, Amanda, Nicola, Frances. Completing our team, we have our Locality Leader Sarah.

This newsletter will include information about Dementia Awareness week 2023 events. The theme this year is: **One thing, not everything**

We have Brain Health and Dementia Resource Centres in Dingwall and Tain, we host our Day services from these buildings and community groups. To find out more please see below. Please check our website for our opening hours

<https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/dingwall-dementia-resource-centre>

'Each year, Dementia Awareness Week (DAW) is held with the aim of raising awareness of dementia and helping improve the lives of people with dementia, their families and carers. This year, we will consider the stigma people with dementia continue to face, with a particular focus on those facing it earlier in life.

Dementia doesn't discriminate, so why should we?

We want you to see the person behind the diagnosis. Dementia does not define someone. People with dementia can learn new things, continue with work and hobbies, and live a full, enjoyable life. Dementia is just one thing about a person – It's not everything.

Alzheimer Scotland DRC, Athole Court, Dingwall, IV15 9SH

Tel: 01349 808650 | Email: northhighland@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

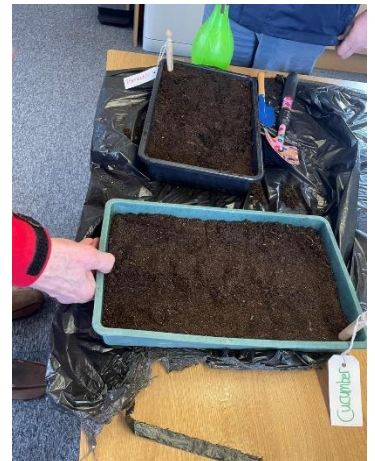
Day Service

My name is Kelsey and I am the Day Care Organiser in Tain on a Monday and Wednesday and Dingwall on a Tuesday.

Each month we have been celebrating different days. In January, we celebrated Robbie Burns Day, Chinese New Year and Australia Day. In February, we celebrated Valentine's Day and Pancake Day. In March we celebrated St David's Day and St Patrick's Day. In April we celebrated Easter and Earth Day. We did lots of different crafts and baking to celebrate these occasions. We have also just finished our solar system for Earth Day which everyone who participated appeared to enjoy. Attached are photos of some of the activities we have done.

Going forward throughout the year we will be celebrating the King's Coronation and other special dates.

In Dingwall we started planting some cucumbers and tomatoes in the greenhouse. The ladies in Tain group made some lovely spring flowers. We also have enjoyed some baking!!



Meet our Team



Hello, I am Dorah Fraser the Practice Team Lead for North Highland. I have a nursing background and I have been with Alzheimer Scotland for four years now and love my job. I manage the day to day running of the services in Tain and Dingwall, responding to referral's and carrying out individual assessments. I complete Personal Outcome support plans for everyone that attends day care which incorporate their individual needs and wishes. I am based in the Dingwall office but go up to Tain weekly.

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Ross & Cromarty and Sutherland

We host several groups for carers and people living with Dementia in the area. We have Dementia Cafes, carers groups, activity-based groups and educational courses available.

Carer Education Courses will be restarting this year, please contact Hayley for more information.

Highland online groups, we have weekly carers support groups, monthly carer support groups for those who care for loved one in care homes. Groups specifically for younger people living with Dementia and the Highland Dementia working group. Please contact Hayley if you would like to be receive our monthly Whats on guide.

Dingwall Brain Health and Dementia Resource Centre



Caithness and North Sutherland

In Caithness and North Sutherland we have Dementia Cafes, a Memory Café, a Carer support group and dementia friendly health walks, great for the spring weather. Carer Education Courses will be restarting this year, please contact Isobel for more information.

At one of our recent Dementia Cafes we had a visit from George from Cycling without age Scotland who brought his tri-shaw which was very popular and a few people had a ride around the local harbour in style.

Isobel has also been visiting Tongue in Sutherland to deliver a Dementia Friends Session to North Coast Helping Hands.



Caithness Post Diagnostic Support update

In Caithness I'm busy working alongside the CPN's and delivering PDS to everyone on my caseload. I have also been assisting the Older Adult Team Support worker Moira Gunn with CST classes in Thurso and a new class is due to begin in May in Wick which I will also be helping to support. – Susan



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Dementia Advisors also offer Dementia Friends. Dementia Friends Scotland is an Alzheimer Scotland initiative to raise awareness of dementia and reduce stigma. You can [become a Dementia Friend online](#) or you can book a [face-to-face session](#).

With the right support and understanding, people can live well with dementia and contribute to their local community. By taking part in Dementia Friends Scotland, you can learn a little about what it's like to live with dementia and turn that understanding into action. Contact Hayley or Isobel to book a Dementia Friends Session.



Golspie Charity Shop

The shop has been really busy over the Easter holidays, a lot of visitors to the area have been in and were delighted with the selection on offer. Recently we were donated a racing bicycle and was sold for several hundred pounds which boosted our funds.

We have a lovely group of volunteers who cover the shop over the 3 days we are open. Hours are Tuesday, Thursday & Friday from 10am – 2pm. Please feel free to pop in and have a browse around and you might pick up a bargain.



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Our staff team

Local Contacts

Hayley Lyons

Dementia Advisor

hlyons@alzscot.org

07554 408479

Isobel Stevenson

Dementia Advisor

istevenson@alzscot.org

07818 538683

Dorah Fraser

Practice Team Leader

dfraser@alzscot.org

07824 452426

Dementia Helpline



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



Our Online and support activities are only possible thanks to the donations we gratefully receive.

To support Alzheimer Scotland – North Highland please consider donating via our Just Giving page.

<https://www.justgiving.com/fundraising/alzheimer-scotland-north-highland1>

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This Dementia Awareness Week we are hoping to have Tea & Blether events in all our localities across Scotland!

Tea & Blether is an easy and inclusive way for people to get involved with fundraising and most people are familiar with the coffee morning/afternoon tea format, so we hope this will be an enjoyable and easy event for you to get behind. If you already host a similar activity in your locality, please do put a Tea & Blether twist to it.

Whether you host your own event, encourage your local community to get involved – or both – we can all make this a Tea & Blether worth talking about!

Tea & Blether is for everyone; people already familiar with dementia and our services, but also people who don't know a lot about the condition or our work. This is an opportunity to bring both communities together.

What should we do?

To hold a Tea & Blether:

- Choose a date between Monday 29 May – Sunday 4 June (or any time in June)
- Choose a location - this could be in your DRC, a local church, community centre or local business
- Invite people along, get the kettle on and bake (or buy!) some treats for staff, people attending the

service/activity, carers and members of the public to enjoy

- If you can, suggest people make a small donation for attending. However, this is not compulsory
- We recommend one member of staff registers your coffee morning via the website so you can be included in the total and access all your Tea & Blether online resources. It's a good idea to sign up under the locality name and put your event details onto the fundraising page!

Please get in touch with Hayley or Isobel if you would like to host your own Tea and Blether. Staff will also be hosting them during Dementia Awareness week. Check page 7 for dates and locations.

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Dementia Awareness Week 2023

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Local events

- 29th of May – Dornoch Café, Dornoch Free Church 10.30-12.00
- 30th of May – Tesco Dingwall drop in.
- 31st of May – Dingwall Café, Brain Health and Dementia Resource Centre 11-1pm (Athole Court IV15 9SH)
- 1st of June – Tesco Tain drop in 12-2pm
- 3rd of June – Community Mini Market - Tesco Dingwall 10-4pm