

North Highland Newsletter



Summer/Autumn 2023

Welcome to our Summer/Autumn Newsletter for North Highland.



What a busy few months we have had here in North Highland. As a team we ventured across the Highlands and had a number of stalls at events including PRIDE in Inverness, the Black Isle Show, Dingwall Community Market, Golspie volunteering event and a number of local shows in Caithness. It has been wonderful meeting everyone at these events.



Fundraising Event: West Highland Way for Tain!!!

Anastasia and her family braved the elements to walk the West Highland Way for Tain Dementia Resource Centre raising an amazing £1750 which is going to be matched by her company.

82.2 km walked, 2,204m of ascent, 36hrs of walking and over 166,000 steps. What an amazing achievement and we would like to thank Anastasia and her family for this very generous donation!

Quote from one of the children: *"Well, the walking is a hard bit, but the way is easy!"*

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

Dementia Awareness Week 2023

We had a busy Dementia Awareness Week here in North Highland, you may have seen us at pop up stalls and community markets during this time. The theme for this year's Dementia Awareness Week was "Dementia is just *one* thing about a person – it's not *everything*." We focused on 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 wanted you to see the person behind the diagnosis. Dementia does not define someone.

With big thanks to all the people living with Dementia who shared their stories during this week. Special thanks to our very own Maureen, you can read their inspiring stories here:

<https://www.alzscot.org/maureens-story>

We had stalls for support and awareness at Tesco Dingwall and at their mini market. We hosted two tea and blethers, in Dornoch and Dingwall. As always, a huge thanks to Michelle at Tesco who often hosts us and the public who supported us and stopped to speak. We also held a tea and blether in Thurso and a stall for support in Wick Tesco.



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Ross & Cromarty

We continue to host a variety of groups across Ross-shire, including our Dementia Cafes, activity groups and carer support groups in Tain and Dingwall. Take a look at our community room in Dingwall that has been freshly painted.

Our Dingwall groups host approximately 20 people each week, it is a warm and welcoming group that offers an opportunity to meet other people in similar situations. We have played musical bingo, done arts & crafts, word games, board games and big groups quizzes. We try and offer a variety of activities to suit everyone. If you would like to come along, please contact Hayley. This month we celebrated one of our attendees 90th Birthdays, Happy Birthday Elma!



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Caithness & Sutherland

In Sutherland we continue to host our monthly café in Dornoch, this group offers support for people living with Dementia, carers and families to meet others in similar situations over a cuppa. We have restarted our walking group in Golspie. Beautiful views from our recent walk along Golspie beach. Our walking group is for all abilities and is set to your own pace. If you would like more information on our local groups, please contact Hayley.

Caithness also continues to hold monthly cafes for people living with Dementia, their carers and families. A monthly carer peer support group, facilitated by a Dementia Advisor. This group is well attended, we are always happy to welcome new carers into the group. Throughout the summer we have hosted Dementia friendly walks every Friday, this group will pause during the colder months. Please contact Isobel for further information on any of our Caithness groups.

We continue to host a variety of online activities and support groups, you can find the most up to date What's on guide on our website: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/dingwall-dementia-resource-centre>



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Day Service

Our Day Services in Dingwall and Tain have been busy over the last few months, enjoying the good weather when we got it and engaging in a variety of therapeutic activities. One big event that happened for our service is our Care Inspectorate visit. This occurs regularly as we are a registered service and it ensures a high standard of care. We would like to thank everyone who spoke with the care inspector for all your feedback and the kind words you said about our service. We are very proud of the service we deliver here and always aim to improve where we can. We are delighted to say that we scored 5 - very good for 'How well do we support people's wellbeing?' and 'How good is our leadership?'.

Earlier in the year we put out a Single Quality Questionnaire to our service users and families to give some anonymous feedback on their experience of our day care services. We received some lovely feedback and we wanted to share some of them, these are just a few of the wonderful comments we received – "The difference it had made is that we know mum is in a safe and caring environment where all her needs are being met to a very high standard. As full time carers we drop mum off and have 3hrs of worry free and stress free time away from her which is very much needed and appreciated", "A huge difference. I can leave my husband for 3 hrs, twice a week knowing he is happy, well looked after and enjoying the company of the excellent staff and other participants. Staff are always cheerful and look after his requirements. I cannot speak of them more highly. This service has made a tremendous difference to both of our well-being's".

Dingwall

We've had a busy few months in our Dingwall day service. In May we celebrated the King's coronation. In June we enjoyed a few trips out, we visited The Highland Farm Café which has outstanding views, made better with some lovely sunshine and an Ice cream! We also visited Dingwall Museum, where the group were able to reminisce back to their school days and growing up in the Highlands. We have been working on our movement and exercise and are now incorporating movement activities into many of our sessions. We have now began our Autumn projects and are decorating for Halloween.

Tain

Here in Tain, we have had a super busy few month. We managed to make the most of the good weather and got out for some lovely local walks, we took a trip to Invergordon to see the cruise liners, we visited Dornoch Market, had a trip out for some tea and cake at Seaboard Hall in Balintore, and got down to Dornoch beach for some Ice creams!!



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We have had weekly visits from Tain Nursery, which has been so much fun. We did a mini sports day, singing and dancing, and some clay crafts, which were enjoyed by young and old.

We have also been celebrating some big Birthdays, 80th & 90th.

Coming into Autumn we have been making soup, baking shortbread and have begun on our Halloween crafts and decorations.



Golspie Shop

The shop has been really busy over the Summer, a lot of visitors to the area have been in and were delighted with the selection on offer. Our shop sells a variety of different items; books, DVDs, clothes, shoes, children's toys, games, jewellery, crockery and linen. We also have some Alzheimer Scotland products available for sale. Unfortunately, we are no longer accepting donations of electrical items at present. Our shop is a cash only shop.

We have a lovely group of volunteers who cover the shop over the 4 days we are open.

Tuesday	10am – 2pm
Wednesday	10am – 2pm
Thursday	10am – 2pm
Friday	10am – 2pm

Please feel free to pop in and have a browse around and you might pick up a bargain. If you are interest in volunteering in our Golspie shop please contact northhighland@alzscot.org or pop into the shop for an application.

Safeguarding information

Purple Alert

Purple Alert is a missing persons mobile app for people with dementia that allows the community to help if someone with dementia is missing. The free app allows the main carer to share information regarding the missing person at the point of crisis and allows for eyes and ears on the ground immediately helping with the search. For more information and to download the app, visit: <https://www.alzscot.org/purplealert>



Herbert Protocol (Police Scotland)

The Herbert Protocol is a form recording information on a person who is at risk of going missing and it's referred to by the Police when there is a missing occurrence for that person. Having the Herbert Protocol to hand when your loved one is missing could speed up the search and mean you don't have to struggle recalling information when you are stressed. You could share a copy of the Herbert Protocol with others in the family and care team.

For more information and to download the form, visit:

<https://www.scotland.police.uk/what-s-happening/missing-persons/the-herbert-protocol/>

Scottish Dementia Working Group (SDWG)

- SDWG are a group run by people with dementia and funded by Alzheimer Scotland and the Scottish Government. They operate independently as a national involvement group led by and for people with dementia within Alzheimer Scotland. They have an elected committee and dedicated members of staff who support the group's campaigning work. To find out more visit: <https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/scottish-dementia-working-group>
- And to become a member: <https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/scottish-dementia-working-group/become-a-sdwg-member>

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National Dementia Carers Action Network (NDCAN)

- Alzheimer Scotland's National Dementia Carers Action Network (NDCAN) is a national campaigning and awareness raising group for carers of people with dementia. They have a general membership which meet twice a year and a committee that meets quarterly. Each year the group decide on the priorities that NDCAN will work on for the coming year. To find out more visit: <https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/national-dementia-carers-action-network>
- And to become a member: <https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/national-dementia-carers-action-network/become-a-ndcan-member>

Brain Health Scotland

(Hosted and supported by Alzheimer Scotland)

- We now understand a great deal more about what impacts our brain health than we did even ten years ago. For example, it is widely known that, for most people, the diseases that lead to dementia start in midlife. The onset of these diseases is driven by many factors – some of which we can't change, such as family history and genetics, but many of which we can, such as our lifestyle.



Hosted & supported by
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- Brain Health Scotland's mission is to inspire and empower everyone in Scotland to protect their brain health and reduce their risk of diseases that lead to dementia.
- To find out more and get involved visit: <https://www.brainhealth.scot/>

National Dementia Advisor Service

Telephone: 0300 373 5774

Email: ndas@alzscot.org

Our National Dementia Advisor Service is wholly funded by Alzheimer Scotland from the generous donations and fundraising activities of our thousands of supporters. The service aims to provide a responsive, high-quality information, advice and advocacy service relating to all aspects of brain health and dementia.

If you are:

- worried about your brain health
- worried that you or someone close to you may have dementia
- a person with dementia
- caring for someone with dementia

Our National Dementia Advisor Service can provide information and advice about:

- dementia
- caring for someone with dementia
- the rights of people with dementia and carers
- support available in your area

- navigating health and social care systems and accessing support
- complaints processes and challenging decisions
- issues arising with hospital admission, visiting and discharge
- issues relating to Power of Attorney and Guardianship and other relevant legal matters
- paying for care
- benefits and money issues
- human rights and equality issues
- information about brain health and risk reduction
- keeping safe in the community
- participating in dementia research

The service is available Monday to Friday, 9am-5pm. Outside these hours you will be given the option to leave your details for a call back from the National Dementia Advisor Service on the next working day, or to be connected to our 24-hour Freephone Dementia Helpline (0808 808 3000).

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Digital information

Meet ADAM

- ADAM is a platform to help you find the right pieces of technology at the right time. Families and carers have told us that they would like to try using digital products and services to look after their health and wellbeing but worry about making the wrong choices or don't have time to go looking for something that will work. We wanted to make things easier: <https://www.meetadam.co.uk/>

Alzheimer Scotland Information Library

- Alzheimer Scotland's website hosts a library of accessible information to help you understand more about dementia symptoms, develop strategies to adapt and cope, and learn about a range of other, related resources. To read and download material, please visit: <https://www.alzscot.org/our-work/dementia-support/information-sheets>

ORCHA

(Organisation for the Review of Care and Health Applications)

- Alzheimer Scotland is working with ORCHA to provide a 'Health Apps Library' website for people living with dementia, their carers, and families.
- ORCHA makes it quicker and easier to access safe, accredited health and wellbeing apps, which can provide you with the opportunity to access vital health information in your own home and enable you to better manage any health conditions you live with.
- Many of the apps have been selected by health and care professionals. We also worked closely with people with dementia to determine the app categories that should be included on the website: <https://alzscot.orchhealth.com/en-GB>

Local Contacts

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07774849697

Hayley Lyons
Dementia Advisor
hlyons@alzscot.org
07554 408479

Isobel Stevenson
Dementia Advisor
istevenson@alzscot.org
07818 538683

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 in person 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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