Welcome to our Summer 2016 Newsletter

ANGUS MEMORY WALK
SATURDAY 3RD SEPTEMBER 2016
FORFAR LOCH SETTING OFF AT 11AM

There are lots of ways you can get involved and support our Angus Memory Walk:

- you can register to do the Memory Walk
- you can help promote the walk by sharing the event on Facebook
- you can take some posters and flyers to distribute in your local community
- or you can volunteer on the day.

We really appreciate all your help and support and look forward to the Angus Memory Walk being a lovely walk and a wonderful way to show support for people living with dementia in Angus.

For a registration pack and more details contact Janet on 01242 431770 or email: angusservices@alzscot.org
Angus Services Newsletter

JOIN US FOR TEA & A BLEther

At the Angus Dementia Resource Centre
Arbroath

Every Tuesday morning 10 am – 12 noon

We look forward to seeing you

Official Opening of the Angus Dementia Resource Centre
Our Dementia Resource Centre was officially opened by Provost Helen Oswald on 31st May as part of the Dementia Awareness Week celebrations. We were delighted to have the Provost officiate at the opening where we had a lovely afternoon with members of Alzheimer senior management, including Henry Simmonds our Chief Executive Officer, along with people who use our services and representative from local Health and Social Care organisations.

Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE. Telephone 01241 431770 or 462780. E-mail angusservices@alzscot.org Website www.alzscot.org

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 22 Drumsheugh Gardens, Edinburgh, EH3 7RN 0131 243 1453
Busy Times
Since our last newsletter there has been a lot going on and our groups have been getting out and about.

Football reminiscence group visited Park Head
Home of Celtic FC.
What a wonderfully informative day we all had when visiting Celtic FC’s home ground.
Mr Michael O’Hara, our tour guide on the day was intent on quizzing the general group and much to his amazement I am proud to report our team got every single answer correct along with adding a few facts of their own.
The visit was topped by one of our group singing on his way down the tunnel and everyone joining in with a rendition of ‘Walk On’

Carnoustie Golf Memories Group met ‘Oor Wullie’
Gather in the garden

Forfar Open Garden is a new project that opened in the Spring this year. The aim of the garden is to provide individuals and groups with the opportunity to learn new skills, meet with other people and access the garden for therapeutic purposes.

In order to allow people to see what the garden has to offer and to inform people about the services that are available in Angus for people with a diagnosis of dementia a ‘Gather in the Garden’ event was held on Wednesday 1st June as part of Dementia Awareness Week. Representatives from Alzheimer Scotland, Angus Care and Repair, Angus Independent Advocacy and the Post Diagnostic Dementia Team were present at the event to offer advice and information.

On the day the sun shone and, encouraged out by the warm weather, the garden welcomed a lot of visitors. Many of the people who came along had a dementia diagnosis, others had family members who had a diagnosis and other visitors on the day were people who worked in the health or social care field and wanted to find out more about dementia and/or the garden. It was a pleasure to see people sitting enjoying a cup of tea or coffee in the garden, chatting to other people and some people even getting stuck in with the planting and weeding.

Feedback from the event was that people found it informative and enjoyable. There was a lot of interest in group being run from the garden for people with a diagnosis of dementia and this will now be taken forward with times and dates hoped to be in place by the end of August.

Any queries or information about the garden please contact Claire Milne on milnec@angus.gov.uk

Arbroath Men’s Group

Over the last few months the Abbey Men’s Group have visited The Signal Tower in Arbroath and Pitmuies Gardens, Guthrie,
Carnoustie Gala Day

The Alzheimer Scotland information van was in attendance at the Carnoustie Gala Day on Saturday 2nd July. The weather was kind to us and the sun shone brightly for most of the afternoon. A number of local residents visited the van, some were worried about their own memory or the memory of a relative or friend, others were seeking information and advice about dementia or caring for a person with dementia and some told us of their experience of living with a person with the illness. ‘Buddy’, the Alzheimer Scotland mascot, stole the show at the Carnoustie Gala day proving to be very popular with visitors of all ages.

Unfortunately the weather was not kind to us the following weekend at the Glamis Extravaganza. However we still handed out a lot of information over the two days. With the bad weather causing a lot of mud Buddy was prevented from making an appearance.

Please join us at our

Bothy Night

Music, Singing & More

Friday 30th September 2016
7.30pm

At the Black Abbot in Montrose

£10 a ticket
Soup & Stovies included

All proceeds for the local Angus Services of Alzheimer Scotland
### Monthly Groups - August

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forfar Music</td>
<td>Forfar - Drop-in</td>
<td>Birkhill Café Drop-in</td>
<td>Forfar - Drop-in</td>
<td>Forfar Music</td>
</tr>
<tr>
<td>Forfar Music</td>
<td>Forfar - Drop-in</td>
<td>Birkhill Café Drop-in</td>
<td>Forfar - Drop-in</td>
<td>Forfar Music</td>
</tr>
<tr>
<td>Forfar Music</td>
<td>Forfar - Drop-in</td>
<td>Birkhill Café Drop-in</td>
<td>Forfar - Drop-in</td>
<td>Forfar Music</td>
</tr>
<tr>
<td>Forfar Music</td>
<td>Forfar - Drop-in</td>
<td>Birkhill Café Drop-in</td>
<td>Forfar - Drop-in</td>
<td>Forfar Music</td>
</tr>
<tr>
<td>Forfar Music</td>
<td>Forfar - Drop-in</td>
<td>Birkhill Café Drop-in</td>
<td>Forfar - Drop-in</td>
<td>Forfar Music</td>
</tr>
<tr>
<td>Forfar Music</td>
<td>Forfar - Drop-in</td>
<td>Birkhill Café Drop-in</td>
<td>Forfar - Drop-in</td>
<td>Forfar Music</td>
</tr>
<tr>
<td>Forfar Music</td>
<td>Forfar - Drop-in</td>
<td>Birkhill Café Drop-in</td>
<td>Forfar - Drop-in</td>
<td>Forfar Music</td>
</tr>
</tbody>
</table>

**For more details please contact:**
Janet, our administrator on 01241 431770
Email angusservices@alzscot.org

- **Brechin Café**
  - 2pm – 3.30pm
  - Brechin Cathedral Hall

- **Kirriemuir: Tea & Blether**
  - 1.30pm – 3.30pm
  - Kirriemuir Community Hub

---

**Music Café:**
2pm – 3.15pm
OAP Hall, Forfar

**Forfar Drop-in:**
2pm – 4pm
OAP Hall, Forfar

**Friday Fling**
2pm – 4pm
OAP Hall, Forfar

**Carnoustie Drop-in:**
11am – 1.30pm
Panbride Church Hall, Carnoustie

**Birkhill Café**
2pm – 4pm
Millennium Hall, Birkhill

**Carnoustie Golf**
10.30am – 12noon
Golf Centre, Carnoustie

**Forfar Golf**
10.30am – 12noon
Driving Range, Forfar

**Arbroath Football:**
10.30am – 12 noon
Arbroath Library

**Arbroath: Tea & Blether**
10am – 12 noon
Angus Dementia Resource Centre

---

### Dementia Advisor

**Dementia Advisor - Lindsay Shaw**
From Alzheimer Scotland Angus Service
Will be visiting

**Carnoustie Medical Group**
Parkview Primary Care Centre, Barry Road, Carnoustie DD7 7RB

- **Tuesday 23rd August**
- **Tuesday 27th September**
- **Tuesday 25th October**
- **Tuesday 22nd November**
  - 2pm - 4pm

No Appointment required - Just drop by for advice, information or An informal chat if you are worried about your memory or dementia

**For more details contact:** Lindsay Shaw on 07979 954445 or 01241 431770
Dementia Friends

Become a Dementia Friend

Learn a little bit about what it’s like to live with dementia and turn that understanding into action

Where: Braid Hall, Kinloch Care Centre, Kinloch Street, Carnoustie, DD7 7EN

When: There will be two separate sessions on:

Tuesday 16th August 3-4:30pm
Thursday 18th August 7-8:30pm.

Please come along to whichever session suits you best, you only need to attend one session.

Please contact: Lindsay Shaw on 01241 431770 or 07979 954 445
dementiafriendsscotland@alzscot.org

Seeking Volunteers

Do you have any spare time?
Do you like to meeting people?
Would you like to help?

WANTED!

VOLUNTEERS

For our Dementia Resource Centre
To welcome people to the Centre
Make them a cuppie and have a wee chat
Provide a friendly atmosphere
For people with dementia and their carers
Just to pop-in.
Successful Sale

The Forfar Forget-me-not Belles

At their last 2 week charity sale at the end of May the lovely ladies of the Forget-me-not Belles raised a magnificent £2886.30. They ladies would like to thanks everyone who came along to support them and to all those that helped at that sale.

Photo shows the Forget-me-not Belles, Isobel, Maureen and Mabel with Henry Simmons Chief Executive of Alzheimer Scotland.

Making sure nobody faces dementia alone.