

Dementia in Scotland



**Alzheimer
Scotland**
Action on Dementia

Summer 2025 – Issue 110



Every
step



**Alzheimer
Scotland**
Action on Dementia

**DEMENTIA
AWARENESS
WEEK** 2 – 8
June



**Alzheimer
Scotland**
Action on Dementia

Prevent.
Care.
Cure.

Worried about dementia?

24 HOUR

Dementia



**Alzheimer
Scotland**
Action on Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org

www.alzscot.org

Contents

4 News & stories

9 Brain Health update

10 Dementia Awareness Week

12 Active Voice

13 Events

14 Innovations & initiatives

16 Your support

Welcome

Welcome to the summer edition of Dementia in Scotland magazine.

We are delighted to share our news and updates with you, from inspiring stories to exciting project developments.

Our Shooting Stars charity football match on 2 March was a truly wonderful event. We were joined by famous faces from the world of sport and entertainment at Falkirk Stadium for a fun filled day. Not only did we raise awareness of dementia and brain health, we also raised almost £35,000 – a huge thank you to everyone who supported this event. Read more about Shooting Stars on pages 4 and 5.

Alzheimer Scotland's Brain Tissue Bank relaunched on 12 May. This innovative project uses donated brain tissue to help dementia research. I was honoured to visit the lab where the Brain Tissue Bank is based and see for myself the amazing work that the team there are doing – you can read more on page 14.

Our Outdoor Dementia Resource Centre at Lauriston Lodge, based in the grounds of Lauriston Castle near Cramond, opens on 5 June. This is our second Outdoor Centre and will bring the therapeutic benefits of nature to a wide range of people. You can find out more on page 13.

Each year, Dementia Awareness Week (DAW) aims to raise awareness and help improve the lives of people living with dementia, their carers and families. Our theme this year is 'Every step' and focuses on the importance of friendship for people with dementia and their carers. Thank you to everyone taking part in this year's campaign – you can read more on pages 10 and 11.

Finally, thank you to everyone who has fundraised or made a donation this year. Your support helps us fund services such as our 24 hour Freephone Dementia Helpline and our network of Dementia Advisors. Whether you are hosting a Tea & Blether, running a marathon or zip sliding across the Clyde – thank you.

Henry Simmons

Henry Simmons,
Chief Executive



We would like to hear your thoughts on Dementia in Scotland magazine. If you have any questions or comments, get in touch with the Editor, Caroline Russell, by email: crussell@alzscot.org

Published by:

Alzheimer Scotland, 160 Dundee Street, Edinburgh, EH11 1DQ

Designed by: Sara Johnston, Creative Designer



Alzheimer Scotland
Action on Dementia

Phone: 0131 243 1453

Email: info@alzscot.org

Website: www.alzscot.org

X: @alzscot

Facebook: AlzheimerScotland

Instagram: Alzscot

LinkedIn: AlzheimerScotland



Subscribe to our mailing list

Keep informed about our work at Alzheimer Scotland and sign up to get regular email updates.
www.alzscot.org/news/sign-up-for-enews

Celebrities kick off Shooting Stars football fundraiser

Famous faces from the worlds of Scottish sport and entertainment battled it out on the pitch in a special charity football match in aid of Alzheimer Scotland.



More than 3,000 people flocked to Falkirk Stadium on Sunday 2 March for Shooting Stars – billed as Scotland's version of Soccer Aid. The game was the highlight of a family fun day that raised almost £35,000 to support dementia care, research and improvements in brain health.

Crowds cheered as they watched big name players including former Scotland midfielder James McArthur, ex-Scotland defender Colin Hendry, former Scotland striker Steve Archibald, and Still Game star Sanjeev Kohli. Also lacing up their boots were ex-Celtic defender Rudi Vata, former Rangers and Scotland player Lee McCulloch, and ex-Rangers stopper Marvin Andrews.

Former Rangers manager and Scotland captain Graeme Souness managed the Scotland side, while Finnish former professional footballer and manager Mixu Paatelainen took the helm for the World team. The thrilling 60-minute match saw Scotland beat the World team on penalties following a tense 2-2 draw. Alzheimer Scotland Chief Executive Henry Simmons presented the winners' trophy to a delighted Graeme Souness.





Alongside the big match, families and footie fans enjoyed a range of interactive games and activities and had the chance to speak to Alzheimer Scotland Dementia Advisors. Scores of fans also bought tickets for the Shooting Stars Sports Dinner, hosted in Glasgow's Radisson Blu hotel, where guests could rub shoulders with celebrity players.

Dundee FC Assistant Manager Stuart Taylor was a lead organiser of the event. He got involved after receiving support from Alzheimer Scotland following his dad's diagnosis of dementia.

Stuart, 50, said: "It was an absolutely brilliant day and it was fantastic to see so many people come along and enjoy themselves and watch these legends play for such a great cause.

"All of the players gave their time for free because many of them have personal experience of dementia.

"Alzheimer Scotland played a big part in my dad's journey with dementia before he passed away in 2021. My family and I wanted to give something back to the charity and the game seemed the obvious way to raise funds and raise awareness too."



Henry Simmons, Chief Executive of Alzheimer Scotland, said:

"It was a fantastic day and a I'd like to say a huge thank you to Stuart Taylor, our volunteers, staff and all our sponsors.

"We're delighted to have the support of these legends of sport and entertainment for what turned out to be an exciting game and a wonderful event.

"It was great to see so many families and fans come together and enjoy themselves.

"Having so many famous names supporting our cause really helps to get out the message that no one needs to face dementia alone – Alzheimer Scotland is here for you."

Not only did Shooting Stars raise vital funds, it was also a great opportunity for us to raise awareness of how to reduce the risk of dementia by looking after our brain health and raise awareness of the concussion guidelines in football.

A day in the life of Jess Bruce, our Head of Communications & Campaigns



We met up with Jess for a chat about her role at Alzheimer Scotland – she's been with us for 6 years, starting off with our Fundraising & Engagement Team before moving to Communications & Campaigns in 2021.

Tell us a bit about your role and your team, and what does it involve?

The Comms Team is a bit like the voice of Alzheimer Scotland – we're here to make sure that what we say, and how we say it, lands in the right way to the right people. We are responsible for all of our content, social media posts, website, information, reports and branding. We have some fantastic skills across the team, so much creativity and energy, and I have the pleasure of heading up the team, which is about making sure our campaigns and all our outputs align with the charity's strategy and mission.

What does a typical work day look like for you?

My role is so varied, which I love. I could be in the office, planning campaigns and meeting other teams, or I could be out filming and interviewing people. No two days are the same!

Tell us what you enjoy about your job?

I love working with our Active Voice members – it's always so inspiring to hear their stories and for me to then plan campaigns and craft our content from their personal and lived experiences of dementia. I love that our job in Comms is to showcase all the amazing work we do, the support we give people, and the difference it makes to people's lives. It really motivates me that someone out there waiting for a diagnosis or newly diagnosed can find information and help from Alzheimer Scotland and feel less alone because of that.

And what's the most challenging part of your day?

There's never a dull moment in the Comms Team – from last minute changes to leaflets before they go to print, to unexpected press requests, we've seen it all! So, the most challenging part is fitting everything in – we never want to disappoint any of our colleagues, so we try really hard to deliver the goods.

We know you volunteer on the Helpline, can you tell us about that?

Yes, I've been volunteering on the Helpline for a couple of years now. I mainly do the overnight shift, so that I can fit it into my own time. I know first hand the difference giving someone space and time to talk and feel understood and listened to can have. Because my day job isn't on the front line of our work, volunteering on the Helpline gives me that direct contact with people and really helps me understand some of issues and challenges people are experiencing. Our Helpline is an incredible service too, which is only possible because of the kind donations we get as a charity, and I love being part of that.

How do you wind down after a busy day?

I'm so aware of looking after my brain health and learned so much about that since I've been with Alzheimer Scotland – so a run after work, and dinner with friends always hits the spot!

Finally, why do you work for Alzheimer Scotland?

On a personal level, I've been given opportunities to learn and develop over the years, and I find Alzheimer Scotland to be a really great employer. I really admire what we do as a charity to raise awareness of dementia, the support we offer people across Scotland and the difference we make to so many people's lives. I was also so inspired when we brought conversations about brain health and dementia prevention into the mix, and I'm excited to see how this work develops over the next few years.

Doug's story: Finding joy in art

Fiona and Jill's dad, Douglas Brown, was diagnosed with Alzheimer's disease in 2022. He became passionate about passing on a message of hope and positivity – that people living with dementia can still participate in activities they enjoy, enhancing their wellbeing and maintaining their sense of self. We met up with Jill to hear her dad's story.

Dad led a busy and fulfilling life and enjoyed a variety of creative pursuits – from painting to sports, fishing and travel, to spending time in his beloved gardens where he revelled in creating beautiful, colourful spaces. He also had a great interest in wildlife and enjoyed a special affinity with animals, especially dogs.

His working life saw Dad take over his own father's office supplies business, and under his leadership, it grew to great success. His business achievements meant that he could retire early and travel the world with our Mum, Liz. But it was his love of art that featured throughout his life – right from the age of 16 when he won an esteemed competition which saw his entry displayed at the Olympia in London.

Suddenly, some years ago, Dad decided to stop painting. He packed away his art supplies and refused to try his hand again, even when we tried to persuade him otherwise. We weren't sure why he'd made this decision at the time but now we understand. Dad was first diagnosed with lymphoma, and then at 83, he also received an Alzheimer's diagnosis. We now believe he had a strong awareness that something wasn't right – and he didn't want his creative flair to diminish in a way he couldn't control.

Once we learned of Dad's dementia, we were keen for him to get back to painting because of the cognitive, psychological, and physical benefits it can bring – but Dad couldn't be convinced.

It wasn't until Dad's condition meant that it was best for him to move into a care home that he began to change his mind. He received post diagnostic support from Alzheimer Scotland and his Link Worker, Bernadetta, told him about an art club for people living with dementia. Still, he was reluctant to give it a try. But when the care home gave out blank canvases as part of a creativity session, Dad softened to the idea and agreed to get involved.

This was enough to reinvigorate his love of art. He was delighted to realise that his dementia had not impacted his creativity at all, and he was still able to think laterally. It was approaching Christmas time and care home staff suggested he paint something with that theme. And so, he created a wonderful image that depicted traditional family preparations for the season. Once he realised that he could still paint as well as ever, he was motivated to try something different – this time a beautiful landscape image. These were displayed within the care home, which gave Dad real satisfaction when he saw them each day.



From that point on, he was determined to spread a positive message about the importance of maintaining interests after a diagnosis of dementia. His rediscovered love of art had given him a new avenue for communication, he felt stimulated, and took great pleasure in his favourite pastime again. Dad didn't want to think of others giving up on something they love after receiving a dementia diagnosis, like he had. He wanted to break down the misconceptions around dementia that had stopped him from painting and spread the word that creativity doesn't have to be lost with the onset of the disease.

In tribute to him, Doug's family are now exploring ways to exhibit his wonderful pieces of art, alongside this positive message.



Joan's story: A sense of freedom

Joan describes how her diagnosis of young onset Alzheimer's disease led her to sign up to a 100-mile cycling challenge for Alzheimer Scotland.

Cycling has always been a big part of my life. I love the sense of freedom I get from being out on the bike, and how it's brought new friends into my life. Both of these things are more important than ever now.

I was diagnosed with young onset Alzheimer's disease last year, aged just 62. I'd known for a few years that something wasn't quite right, but it took me a while to fully accept it and to go to the doctor. Getting the diagnosis took almost a year – once they'd ruled out things like stress, anxiety and menopause. It was a relief in an odd way, but I also felt fear at what might lie ahead, as well as anger that it had happened to me when I was still young and had only just retired. I also had cancer in my 20s, so it felt even more unfair to get this diagnosis now.

I'm grateful to have a lot of support from my husband Andrew, as well as family and friends. I know they're there if I ever need them.

I want to make the most of life while I can. Planning activities and days out takes a lot more effort now, but I'm determined to keep doing different things and meeting different people.

I live near Banchory and joined a local Belles on Bikes cycling club which is great fun. We go out regularly and it's great to explore the area and to chat to the other women. It's such a supportive group that encourages you to focus on what you can do, not what you can't. I wanted to challenge myself this year and raise awareness of dementia, so I hit upon the idea to do Ride the North to raise funds for Alzheimer Scotland. I'm aiming to do the longest distance, which is 150km, beginning and ending at Glamis Castle. It's not a competitive race, it's more about being sociable and enjoying the countryside, which appeals to me.



This is a personal challenge to myself, and a personal way to give something back. I know the hardest part will be planning the months of training before the event, but I'm enjoying it and looking forward to the big day. Before my diagnosis, I didn't know much about dementia but it's something that is affecting more and more people – and many of them are younger like me.

I hope that by doing Ride the North, I can help raise awareness of this illness and reduce some of the stigma around it. I also hope to raise money to help Alzheimer Scotland continue to do the great work they're doing, supporting people affected by dementia and helping to fund vital research.

Would you like to share your experiences?



Stories like yours can educate and raise awareness, inspire people to fundraise, volunteer, and most importantly, help others know that they are not facing dementia alone. Sharing your story can be a positive and cathartic experience and a chance to make a real difference. For someone living with a diagnosis of dementia, hearing how others navigate similar experiences can provide reassurance and practical tips on how to live as well as you can for as long as you can. For carers and loved ones of people with dementia, stories of compassion and resilience can offer valuable insights and encouragement. Our volunteers and supporters also have amazing stories to inspire others, from the smallest act of kindness to incredible feats of physical endurance.

We want to hear stories from all walks of life, reflecting the varied experiences of those affected by dementia. Whether your story is a heartfelt memory, a moment of breakthrough, or a testament to resilience, it matters. Email us at comms@alzscot.org

Women's brain health

Women make up around two-thirds of those living with dementia, and they are more likely to be unpaid carers for someone with the condition. Indeed, dementia is the leading cause of death for women in Scotland.

The fact that women live longer than men is not the sole reason that their risk of developing dementia is greater. Hormones, stress, lifestyle, and even caring responsibilities all play a part in how our brains age. In addition to the significant hormonal changes that women experience at every age, they are also more likely to be juggling work, family and their own health, often without enough support. This can lead to increased stress which can take its toll on mental sharpness and long-term brain health.

But there is much that can be done to help women look after their brains. With the right information, support and action, women can improve their outcomes. This is why women's brain health needs to be treated as a priority. Increased research focused on women will help us to understand more about the risks they face and how to protect them. We can learn more by changing how we talk about women's experiences as they age and by talking more openly about women's brain health, we can develop services that better meet the needs of women.

Alzheimer Scotland wants to ensure women can access the information and support they need to look after their brain health throughout their lives and we have been engaging with the Scottish Government around the inclusion of women's brain health and dementia as a priority in the next Women's Health Plan. To find out more about looking after your brain health, visit our Brain Health Scotland website www.brainhealth.scot

Dementia

is the **leading cause of death** for women in Scotland

In 2022, according to the National Records of Scotland,

4,139

women died of dementia - two thirds of the total number of dementia-related deaths

Globally there are over

55 million

people living with dementia of which

two thirds are women

60%

of carers are women

Women

are **twice as likely** as men to develop Alzheimer's disease

It is thought there are currently

3,000

people living with young onset dementia in Scotland and

two thirds

of these are likely to be women

A 2024 Lancet Report says that "overall, around **45% of cases of dementia are potentially preventable**

by addressing **14 modifiable risk factors** at different stages during the life course"

'Every step' Dementia Awareness Week 2025

Friendship plays a crucial role in the wellbeing of people with dementia and carers. As the condition progresses, emotional connections and social interactions remain deeply significant. Friendship provides comfort, reassurance, and a sense of belonging, helping to combat feelings of isolation and loneliness, and can empower and support people with dementia to live well for as long as possible.

Our 2025 Dementia Awareness Week campaign strapline, '**Every step**' highlights the importance of friendship at every stage of dementia. We met with some amazing people who shared their experiences with us and talked about the difference that friendship has made to them.

You can watch our videos and read our stories on our website at www.alzsot.org/DAW2025



Alzheimer
Scotland
Action on Dementia

DEMENTIA
AWARENESS
WEEK 2 - 8
June

Jean



Alan



Every
step

"My pals are brilliant - they are here for me as I would be for them." - Alan

As part of this year's campaign, we have updated our Friendship & Dementia leaflet. The leaflet offers hints and tips on supporting a friend with dementia – from someone who has just received a diagnosis through to the more advanced stages of the condition.

Copies of the leaflet will be available in our Centres or available to download from our website www.alzscot.org



Tea & Blether

Our Tea & Blether event is back for Dementia Awareness Week, and we'd like to say a huge thank you to everyone who is hosting their own coffee morning, afternoon tea, cake sale or bake off and raising vital funds for dementia. With this year's DAW campaign 'Every step' focusing on friendship, it's a great time to get together with friends, family or work colleagues.

Talking about dementia is so important – it helps make sure nobody faces dementia alone and raises awareness in our communities. Getting together for a cuppa and a blether also helps your brain health and wellbeing. Your Tea & Blether fundraising will help ensure services like our Freephone Dementia Helpline runs 24 hours a day, every day of the year. Wherever you are hosting and whatever your reason, we promise that every cuppa poured, and conversation shared will help support people living with dementia.

Thank you!



Tea & Blether
Now you're talking

2 to 8 June 2025



Active Voice – the power of friendship

For all of us, good friends can have an enduring impact – providing emotional support, boosting self-esteem, and helping to maintain a sense of identity. For those affected by dementia, this can be especially significant. That's why this Dementia Awareness Week, we are exploring the theme of friendship in dementia, and why social connections become more important than ever after a diagnosis.

Alzheimer Scotland works to ensure that nobody faces dementia alone – that is our mission. This is always guided by the voice of lived experience, and at the heart of our charity are our Active Voice groups – representing the collective, independent voice of those who have been personally impacted by dementia. The Scottish Dementia Working Group (SDWG) and the National Dementia Carers Action Network (NDCAN) empower people to have their say on matters that are important to them, ensuring that the actions and decisions of Alzheimer Scotland are informed by lived experiences, insights, and perspectives. Through highly successful campaigning and awareness-raising efforts, Active Voice enables and promotes the diverse voices of people who are impacted by dementia, campaigns for and upholds rights, and drives change.

This might seem like task enough. But Active Voice offers so much more – not least a platform for friendship. Although SDWG and NDCAN are campaigning groups and not support groups, at their core is a hub of friends. People who have come together from different walks of life, from different parts of the country, and with different experiences, they are united by their first-hand knowledge of dementia. It is an inspiring space, and our wonderful members share a passion to raise awareness, influence policy and practice, and change how dementia is perceived in society. They are a powerful force – and friendship underpins it all.

“We started as colleagues and became friends.” – Bill, NDCAN

“Friendship happens and it's special – we become connected, and it feels like one big family.” – Josie, SDWG

*“I always remember how fellow SDWG member Geoff boosted my confidence – he gives me encouragement and supports me.”
– Margaret, SDWG*

*“When you join SDWG you don't know what you're joining- it is not in the plan that you make these special friends- we all gel.”
– Stuart, SDWG*

*“We have formed strong bonds and friendships, all with a shared passion for dementia.”
– Elaine, NDCAN*

Motivated by the belief that positive change is possible, members want to make a difference to the worlds of dementia prevention, care, and cure. But there's more to it than that. A natural part of SDWG and NDCAN interaction is peer support, where friendships can flourish based on empathy and genuine understanding. The philosophy of Active Voice is to ensure that those who make decisions about policy, services, and legislation see dementia as a priority – and members are steadfast in their belief that this should be influenced by lived experience. This has created a sense of community and though rooted in the real world, members always share a positive outlook on living well with dementia.

This sense of solidarity is brought to bear through inspirational campaigning and awareness-raising work. Members meet regularly online and in-person, participating in a wide array of forums, discussions and events – enabling them to connect, learn, and advocate together. They get out and about into communities across the country to make sure that all voices are heard and the diverse perspectives of people living with dementia are represented. And with every new campaign and event, the bonds and friendships within SDWG and NDCAN grow stronger. For more information on our Active Voice groups, visit www.alzscot.org/activevoice



Congratulations to SDWG member Tony Worthington who was recently awarded the Alzheimer Scotland Centre for Policy and Practice (ASCPP) Celebration Medal in recognition of his commitment to enhancing the lives of people living with dementia.



Opening of Lauriston Outdoor Dementia Resource Centre

Our second Outdoor Brain Health & Dementia Resource Centre will celebrate its grand opening on Thursday 5 June. Located in the newly upgraded Lauriston Lodge, within the stunning grounds of Lauriston Castle near Cramond, the Centre will offer a welcoming space for everyone. With a programme of therapeutic, creative, and nature-based activities, it's designed to support people living with dementia, carers, and anyone interested in maintaining or improving their brain health and wellbeing.

This innovative project is the second of its kind in the UK, modelled on our pilot Centre in Badaguish, Aviemore which launched in 2023. We know more about the importance of 'green health' than ever before, and it has been wonderful to see so many people enjoy the nature-based groups and activities that are held there.

Our Lauriston Centre aims to support brain health by enabling people living with dementia, their families, and carers, as well as the wider community, to experience the mental and physical benefits of spending time in nature. You can find out more on our website at www.alzscot.org/centre/lauriston



Alzheimer Scotland's Annual Conference 2025

This year, our Annual Conference will be held on Monday 22 September at the Edinburgh International Conference Centre (EICC). Our conference is a wonderful opportunity for people from the dementia community to come together and hear from a range of speakers, meet up with friends and visit our exhibitor's space.

More information on how to book your tickets is available on our website at

www.alzscot.org/conference25

As always, tickets for the conference will be free for people with dementia and carers.



Alzheimer Scotland
Annual Conference 2025

Relaunch of the Alzheimer Scotland Brain Tissue Bank

Much of our current understanding of Alzheimer's disease, and other types of dementia, is a result of studying brain tissue donated by individuals. Brain tissue donation is vital to finding better treatments for the diseases that cause dementia such as Alzheimer's, and in supporting our goals of prevent, care, cure.

On 12 May, the Alzheimer Scotland Brain Tissue Bank was relaunched at the Spires-Jones Lab, part of the UK Dementia Research Institute at the University of Edinburgh. This relaunch has been made possible through the generous support of people who have donated to our campaigns for dementia research.

A key focus of the event was the partnership between the University of Edinburgh, the NHS Neuroprogressive and Dementia Network and Alzheimer Scotland in enabling world leading research to take place in Scotland on brain tissue donations.

We were thrilled to be given a special tour of the labs by the team that work there.



This included demonstrations of the equipment used and an explanation of the processes involved. We learned how important it is to have access to information about the person's symptoms and health combined with the donated brain tissue.

The lab team treat the donations with the utmost value, respect and care. This ensures the best quality of brain tissue is available for research and this has led to some outstanding findings and collaborations.

Immense gratitude was expressed for the people who have donated their brains to enable this crucial research. It is a privilege for Alzheimer Scotland to support this work.

If you would like to find out more about brain tissue donation, you can contact our Freephone 24 hour Dementia Helpline on **0808 808 3000**.

'Honourable Mention' at missing persons conference

In March this year, Alzheimer Scotland, alongside our partners, was awarded with an Honourable Mention in the 'Working in Partnership' category award at the NPCC's Police National Missing Persons UK conference. Since 2018, a strong multi-agency approach between Alzheimer Scotland, Police Scotland, Edinburgh Health and Social Care Partnership and Scottish Care has brought together diverse skills and experience to forge new ways to collectively support families when a person with dementia goes missing.

In 2018, Police Scotland's Edinburgh Division partnered with various organisations to implement the Herbert Protocol form. This initiative, which was launched in Edinburgh, aimed to streamline responses to reports of missing persons, and was ultimately rolled out across Scotland in 2021. In 2022 a further partnership with Alzheimer Scotland led to the launch of another Edinburgh based pilot called 'Return Discussions' – which focused on a dedicated conversation with families after a missing person has safely returned home.

By working together, the pilot is currently trialling the involvement of skilled Dementia Advisors in conducting the Return Discussions. It is hoped this will improve dementia-specific support for families and help to establish safety planning to reduce the recurrence of missing incidents.

Feedback from families and partner agencies has been overwhelmingly positive so far, highlighting the effectiveness of this collaborative effort. Initiatives like these are helping to pioneer meaningful ways to not only support people and their families after a missing occurrence, but also to embed approaches that can help reduce these occurrences in the future.

"We are delighted that this fantastic and pioneering partnership has been nationally recognised as we believe it's a great example of how a dedicated and dynamic collaboration can achieve timely and meaningful support for families when a loved one with dementia goes missing." – Fiona Corner, Head of Development, Alzheimer Scotland

Childhood dementia

In 2023, Alzheimer Scotland formed a partnership with the Childhood Dementia Initiative in Australia, embedding childhood dementia into our core work, and recognising that dementia-causing diseases can affect people at any stage of life. In late 2024 we developed a collaborative partnership with organisations from Scotland and across the UK to start addressing the challenges around childhood dementia. This includes researchers, academics, and other groups that work with rarer dementias such as Battens Disease Family Association and Niemann-Pick UK.

Childhood dementia is poorly understood and is caused by over 100 rare genetic disorders which are progressive and life limiting. While these conditions are rare, there is a commonality that they cause dementia in children. Types of childhood dementia include Batten disease, Rett syndrome, Niemann-Pick disease and Sanfillipo syndrome. There are an estimated 480 families in Scotland affected by childhood dementia, however many people are still unaware that this condition exists. The experience of every child with dementia is unique – in some cases, symptoms can be present in babies and young children while in other cases they may not appear until teenage years. The symptoms can be similar to those of adult dementia – confusion, memory loss, and loss of speech and motor skills.

This collaborative is called 'Childhood Dementia Scotland' and aims to raise awareness of childhood dementia, help support and give a voice to families of children with dementia, improve the response from health and social care, and encourage greater investment in coordinated and collaborative research around the conditions that cause childhood dementia. The initial focus for Childhood Dementia Scotland is on publishing a report that will highlight the size and scale of childhood dementia within Scotland. It will demonstrate through family narratives and stories the impact that childhood dementia has on the children and their families, and it will look to make some recommendations on how we raise the profile and respond to childhood dementia. We are aiming to launch this report on Childhood Dementia Awareness Day on 17 September.

Alongside the report we will develop a family advocacy group that will sit alongside our existing Active Voice network. The families of children with childhood dementia are often extremely isolated as they are such rare conditions and being part of this network will allow them to share their lived experiences and ensure their voices are heard in areas where change is needed. For more information, please visit www.alzscot.org

Dementia Advisors

Alzheimer Scotland has a network of skilled Dementia Advisors across Scotland. They can offer you, your family or carer confidential advice and support. They work with local communities to make them more dementia friendly.



Call us on:

0300 373 5774 (Charged at a local call rate)
Lines open: Monday – Friday, 9am – 5pm



Email us at:

advice@alzscot.org



Find out more at:

www.alzscot.org/dementia-advisors



Alzheimer Scotland
Action on Dementia

Scotland's Memory Walk 2025

— join us in Dundee, Aberdeen, Glasgow, or Edinburgh

We are delighted to announce the return of Scotland's Memory Walk for 2025. There are four in-person events planned for this year.

Taking part in Scotland's Memory Walk is simple. You can sign up online and tickets are just £10 for adults and free for children.

It's quick and easy to set up your sponsorship page, which you can share with family, friends and colleagues. Every penny you raise stays in Scotland and will help people with dementia and their carers, as well as support better brain health for everyone in Scotland.

Walk with us in Dundee, Aberdeen, Glasgow or Edinburgh – it's always a great day out for the family. We can't wait to see you there!

For more information and to sign up, visit

<https://memorywalk.alzscot.org>

Scotland's Memory Walk 2025 will take place at the following locations:

June – Dundee

Sunday 29 June

RPC Dundee

Caird Park, Mains Loan,
Dundee DD4 9BX

August – Aberdeen

Sunday 24 August

Aberdeen Sports Village

Linksfield Road, AB24 5RU

September – Glasgow

Sunday 7 September

Glasgow Club Crownpoint Sports Complex

Crownpoint Road,
Glasgow, G40 2AL

October – Edinburgh

Sunday 26 October

Lauriston Castle Gardens

2 Cramond Road South,
Edinburgh EH4 6AD



Want to take on your own Memory Walk?

Your Walk, Your Way

Don't worry if you can't attend one of our walk events.

19-21 September is our Your Walk, Your Way weekend for Scotland's Memory Walk. It's free to take part. Just sign up to create your fundraising page.

<https://memorywalk.alzscot.org/yourwalk-yourway>



Corporate partnership update



Over the past year, we have had a number of corporate partnerships raising awareness and funds for Alzheimer Scotland. We'd like to thank them all for their support.

Thomson Cooper, the Edinburgh and Fife based accountancy firm selected us as their Charity of the Year and have so far raised £11,787. Their fundraising activity has included the Falkirk Wheel Abseil, MacTuff, Edinburgh Kiltwalk and the Zipline Across the Clyde. Their staff also took part in our Dementia Friends training. We are delighted that they have chosen to extend the partnership for another year!

Our three-year partnership with **EDF Energy** has raised a whopping £29,166 from across their Scottish sites through staff fundraising and matched funding. Their fantastic efforts have so far included a 100-mile cycle from their Heysham to Hartlepool power stations, a Sahara Desert trek, the Great Scottish Run, Christmas raffle, ultra running events and a London to Bruges cycle ride.

New professional services partner **PwC** selected us as their Charity of the Year for 2025 and have already undertaken a Dementia Friends training session to build up their knowledge ahead of their impressive fundraising plans! They also plan to support us through a programme of fun activities throughout the year including their own football tournament.



The **CBRE** office in Glasgow was a hive of activity at the end of March as 16 teams of five colleagues took to the rowing machines in their annual Row 50 competition which raised over £7,600 in 2024. A huge thank you!

We are delighted to continue our partnership with the world-renowned **Scottish Chamber Orchestra (SCO)**. For the last three years, we have worked with them to develop a series of dementia-friendly Tea Dance Concerts, which offer a relaxed concert-going experience to people living with dementia, their families, carers and friends. This year for the first time, there will also be a Tea Dance Concert as part of the Edinburgh International Festival in August – keep an eye on the SCO website for further information.

In January, generous concertgoers donated almost £3,000 to our fundraising collections at the Orchestra's New Year concerts in Edinburgh, Ayr and Dumfries. This amazing total would not have been possible without the support of our wonderful volunteers across the three concerts.

Trusts & Foundations

The Netherdale Trust has been giving to Alzheimer Scotland for over 30 years, beginning when the charity was first established as Alzheimer Scotland – Action on Dementia. In February 2025, the Trust wound up and left Alzheimer Scotland with one final large gift of £100,000. The longstanding relationship between the two organisations has been instrumental in creating lasting impact for our beneficiaries and the generosity and appreciation for the Trust cannot be understated. This relationship has further excelled through the Trust's account management, provided by the Blair Cadell legal team.

As is often seen with family trusts, the relationship between the solicitors and the charity can be essential in connecting to trustees and promoting the benefits achieved from the gifts. In this case, Alzheimer Scotland has been lucky enough to develop a partnership with both one of the founders of the Trust as well as the Blair Cadell team. Even though the Trust itself has now closed down, its long-term value to Alzheimer Scotland will be felt in years to come and we will continue to stay connected with the trustees and Blair Cadell.



Fundraising events & challenges

We are grateful to have so many amazing individuals and teams take action to help raise funds to ensure nobody faces dementia alone. Our 90k Challenge saw 66 fantastic fundraisers like Nicola push themselves to walk 90k steps over 3 days in January. In just 72 hours, they walked close to 6 million steps for Alzheimer Scotland, raising an incredible £19,456!

In March, 45 brilliant fundraisers came together for Supernova Kelpies 5k night-time fun run, raising £8,428 for our vital support services. And, twenty of our dedicated supporters braved the height of the Falkirk Wheel, abseiling 100 feet in a dramatic descent during this year's challenge event. Special thanks to supporters from PwC and West of Scotland Housing Association who helped raise £8750.



Oriam Walking Football

The wonderful members of the Oriam Football Group have chosen Alzheimer Scotland as their 2025 charity. As part of the club's 10th anniversary celebrations, they hosted a Walking Football Tournament on Friday 9 May within the Oriam Sports performance centre at Herriot-Watt University. The aim of the event was not only to raise much needed donations for the charity, but also highlight the vital services and support offered by Alzheimer Scotland. Find out more about Oriam Walking Football on their webpage <https://oriamscotland.com/product/walking-football/>

Community highlights

Community Fundraiser Chris Bell ensured a brilliant start to 2025 with the production of his Scotland 2025 calendar on behalf of Alzheimer Scotland. Chris built upon his 2024 fundraising success, increasing donations raised through sales to a fantastic £850!



Picture courtesy of North Link Ferries

North Link Ferries, led by the fabulous Supervisor of the MV Hjaltland, Kathryn Fullerton, selected Alzheimer Scotland as their charity for 2024, raising a phenomenal £13,208.19 by January 2025. This inspiring sum was raised through a variety of fundraising evenings supported by the crew and their friends and family, cumulating in a 'Brave the Shave' event undertaken by Kathryn herself.

We are looking for Fundraising Volunteers

Join our exciting team of volunteers at Alzheimer Scotland and gain new skills, meet like-minded people, get involved in your local community, and have fun!

For more information visit:

www.alzscot.org/fundraisingvolunteers

or contact our events team at:

events@alzscot.org



**Alzheimer
Scotland**
Action on Dementia



**Alzheimer
Scotland**
Action on Dementia

DEMENTIA AWARENESS WEEK ²⁻⁸ June

Every step

Friendship is a powerful force in the life of a person with dementia. Staying connected, listening, and showing kindness can bring comfort, joy and a sense of belonging.

We can **all** make sure nobody faces dementia alone.

Get involved

Find out more: www.alzscot.org/DAW2025

#DementiaAwareness #DAW25



@alzscot



@AlzheimerScotland



@alzscot



When you have finished with
this magazine please recycle it.