

Tayside Locality



Newsletter

Autumn 2022



Christmas Concert

St Andrew's Church
Friday 16th December

7.30pm

Tickets
£10

Refreshments available during interval

Good news!

After an absence of 3 years, we are delighted that our Christmas Concert is returning. The Friends of Angus singers provide a great concert with festive songs to get us in the Christmas spirit. This event is always very popular, we are looking forward to seeing you all again and to welcoming new people to this lovely evening.

You can get tickets at our:
Dementia Resource Centre,
262 High Street,
Arbroath,
DD11 1JE,

Tickets can be ordered by post or reserve over the phone by calling **Janet on 01241 43177**

Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE
Tel: **01241 431770** | Email: **angusservices@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

Information

In these demanding and uncertain times, we thought it would be useful to supply details of where you find more information to help in various areas.



Scottish Government
Riaghaltas na h-Alba
gov.scot

Cost of living campaign

<https://costofliving.campaign.gov.scot/>

If you need urgent help with money, food or fuel

Your local council may be able to help if you need urgent help with things like food, heating, and electricity. Offering advice and information on a variety of topics including:



Energy and bills

Check what support you could get with energy, rent or mortgage and other bills.



Benefits and income

Check if you can get any benefits, payments or support with work.



Older or disabled people

Check support available for older and disabled people and those who care for them.



Scarf is a charity/social enterprise delivering a range of services to householders, communities, and businesses throughout the North East.

<https://www.scarf.org.uk/householder/heat/in-home-advice/>

In-Home Advice

Managing your fuel spend can be difficult. Your household circumstances, your property, your lifestyle, your heating system – all can affect your bills.

That's why we provide free home visits. Our advisors will get to know you and your property to provide tailored advice, helping you heat your home for less.

Advisors can identify ways to make your home more energy efficient as well as assess your home for damp and condensation problems. They also provide general energy saving advice that can have you saving energy and money in no time.

Arranging your free home visit:

Call freephone 0808 129 0888 or email heat@scarf.org.uk to arrange the most suitable day and time for a visit.



Where to turn for financial support during these difficult times

<https://www.homeenergyscotland.org/financial-support-scottish-households/>

This website signposts to other organisation for a broad range and more specific help and information such as: Citizens Advice, Age Scotland, Disability Information Scotland and more.

Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE

Tel: **01241431770** | Email: angusservices@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

Introducing a new monthly social get together.



Let's Boogie

Suggested donation
£2 per person

At the British Legion Club - Arbroath

join us!

On

Thursday 27th October 22

Thursday 24th November 22

Thursday 15th December

2pm – 4pm

Refreshments available
Tea, Coffee & Biscuits

For more information contact:
Rosemary Moncur - 07585700902 - rmoncur@alzscot.org

President: Lord Sutherland of Hounslow KT, FSA, FRCG - Registered Office: 160 Dundee Street, Edinburgh EH11 1DQ - Alzheimer Scotland Action on Dementia is a company limited by guarantee and is recognised as a charity by the Office of the Scottish Charity Regulator - Registered in Scotland: 149069 Scottish Charity No. SC022315

Starting on Thursday 27th October we will be holding a Boogie, at the British Legion Hall on Helen Street in Arbroath.

A DJ will be playing the music to get us in the mood for dancing or watching others dance while we jig along in our seat singing along.

Don't forget to put your requests in for one of your favourites.

The bar will be open if wish to buy a wee drink; tea, coffee and biscuits will also be available.

There will be a nominal charge of £2 per person.

To get us going we will hold three Boogies in October, November and December. If these prove to be popular, we will carry them on into 2023.

For more information and to book a place contact:

Rosemary Moncur on **07585700902** or email rmoncur@alzscot.org
Janet Quantock on **01241 431770** or email jquantock@alzscot.org

Thank you to Royal Montrose Mercantile Golf Club



Virginia Jamieson and ladies of the Royal Montrose Mercantile Golf Club arranged a number of events to raise funds for Alzheimer Scotland. They raised the great amount of £825, this will go a long way to support our services.

Thank You



Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE

Tel: **01241431770** | Email: angusservices@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

Dundee Boogie is back!

Starting on Friday 28th October at
Craigie Bowling Club, Dundee.

For more information and to book a
place contact:

Rosemary: 07585700902 - or email
RMoncur@Alzscot.org



Jeni: 07917 241024 – or email
JeniSinclair@Alzscot.org

Places filling up fast!



Come along, shake a leg, shimmy to the
music or sing along to the music.

We look forward to
seeing you there!

Boogie

What is Boogie?

A fun afternoon of music & dancing for anyone who enjoys a proper boogie but
doesn't want or is not able to stay out late.

Boogies are for everyone
Bring your family/friends or carer

When: Friday 28th October 2022
Where: Craigie Bowling Club - Dalkeith Rd, Dundee. DD4 7JJ

Time: 2pm – 3.30pm (Doors open 1.45pm)
Cost: TBC

Tea/coffee provided during the afternoon
Licenced Bar open for the purchase of drinks

For more information please contact:
Rosemary: 07585 700902 – RMoncur@Alzscot.org
Jeni: 07917 241024 – JeniSinclair@Alzscot.org

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them. We don't provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely.

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 180698. Recognized as a charity by the Office of the Scottish Charity Regulator, no. SC022315. 160 Dundee Street, Edinburgh, EH11 1DQ. 0131 243 1453, www.alzscot.org



PoA – Find out more about the importance and
peace of mind a Power of Attorney can provide.

Get It Sorted

Setting up your Power of Attorney in Scotland is simple with the right planning- don't put it off.
Every day, hundreds of people just like you complete their PoA.

<https://mypowerofattorney.org.uk/in-your-area/angus/>

Start your conversation today!

Improving health, wellbeing and independence is a strategic priority for Angus Health and Social Care Partnership. As part of our ambition for people to take more responsibility for their own health and care we are committed to ensuring that everyone who requires to have an anticipatory care plan will have one. We are encouraging our whole Health and Social Care team to use the Anticipatory Care Toolkit – Let's think ahead. An important part of the Anticipatory Care Planning is the Anticipatory Care Plan (ACP) which includes, for example, Power of Attorney, Emergency Care Planning for Carers, Advanced Directive. These documents help people identify how they wish to be cared for should their needs increase or their circumstances change in the future.

<https://ihub.scot/project-toolkits/anticipatory-care-planning-toolkit/anticipatory-care-planning-toolkit/>



Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE

Tel: **01241431770** | Email: angusservices@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

World Alzheimer's Day



September 21st every year is World Alzheimer's Day around the world. This is an international campaign aimed at raising awareness and challenge the common stigma that surrounds Alzheimer related dementia.

It was a proud moment for us all at Alzheimer Scotland seeing Edinburgh Castle illuminated in purple to raise awareness for World Alzheimer's Day this year.



Getting to know us.

With this new feature we will be introducing members of our Tayside team, we are starting with Julia, a volunteer in Angus.

Hello - My name is Julia.

After retiring I continued supporting two close family members living through the final stages of their dementia journeys. Then it was time to think about what I would like to do next.

Volunteering came out top of my list.

I had volunteered in the past and more recently had been a befriender, maintained hearing aids for Action on Hearing Loss Scotland, delivered essentials during the pandemic and was (and still am) part of the Involvement Team with the Care Inspectorate. The latter role has continued for over 5 years and enhanced my knowledge and interest in dementia; those who live with it and the quality of care provided. I have visited many care homes and talked to both residents and their families gaining valuable insight into various types of dementia. Volunteers with the Care Inspectorate all have lived experience and use this, as well as the intensive training given on recruitment, to support inspectors.

I have learned so much that it got me wondering if there was anywhere local where I might be useful.

Now, almost a year on, Wednesday mornings find me making teas and coffees at the Arbroath Dementia Resource Centre. The Tea & Blether group meet for an hour and a half of chat, reminiscing, quizzes, laughter and sometimes song. The time soon flies by and, so far, no one has complained about the quality of their cuppa! I must be getting something right!

Apart from volunteering my interests include weekly Tai Chi, gardening, reading (mostly crime fiction), animal and bird life, baking and catching up with friends and family. I love to travel also but, like so many of us, travel abroad was seriously curtailed during Covid-19. However, we now concentrate on exploring and enjoying Scotland especially when we take our wee caravan too.

Alzheimer Scotland is lucky to have volunteers, like Julia, who give their time selflessly to help make sure nobody faces dementia alone.

Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE

Tel: **01241431770** | Email: **angusservices@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

Make the Call

Make the call is a campaign targeting the carers, family, friends and neighbours of people that may be at greatest risk of fire. The call to action will encourage people to Make the Call – help save a life by putting those at risk in touch with us for a free Home Fire Safety visit or advice from their local station.

Assistant Chief Officer Stuart Stevens said: “These tragic deaths, and the injuries suffered by others, are often completely preventable.

“We investigate every fire that we attend, to understand, how the fire started and developed, how could it have been avoided and could it have been prevented entirely.

“The answer is all too often yes that fire could have been prevented, and that person would have avoided injury or sadly, death.

“But the greatest challenge for us has always been reaching the most vulnerable people in our communities to make sure they have the life-saving advice and support that they need.

“That is why we are issuing a nationwide call to action – if you know someone who is over 50 and smokes and lives alone, has mobility issues or uses medical oxygen – we need you to help us reach them.

“Make the call to us and we can ensure that the people who may be at risk get the fire safety advice and support that they need to help them stay safe in the home.

MAKE THE CALL
AND YOU COULD HELP
SAVE A LIFE

**Do you know someone
OVER 50 who
SMOKES?**

And do they meet one or more
of the following criteria:

- Living alone?
- Mobility issues?
- Using medical oxygen?

**THEY MAY BE AT GREATER RISK OF FIRE
AND WE NEED TO REACH THEM!**

#MAKETHECALL
0800 0731 999
to book a free
HOME FIRE SAFETY VISIT
or text "FIRE" to 80800 from your mobile phone

Rosemary's Round Up



Football Memories - We were delighted to welcome Dundee legend Ian Ure to our Dundee Football Memories Group in October. Ian was part of the league winning side in 1962 before going on to play for Arsenal and Manchester United. Everyone enjoyed meeting him and listening to his stories. We were also joined by some of the St Andrew's and Hampden Football Memories groups.

Dundee Allotment - Sadly, it's coming to the end of the season for our allotment. We have had the most beautiful, sweet peas and dahlias this year. Unfortunately, the slugs got to our

cabbages and cauliflowers before we did!



Brechin Music and Memories - We now have a new Brechin Music and Memories Group which takes place on the 4th Wednesday of the month at Brechin City FC. Lots of fun and laughter reminiscing about fashion, television and music from the past.

Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE

Tel: **01241431770** | Email: **angusservices@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

Walking Groups - Our walking groups continue throughout the winter – weather permitting! Just make sure you wrap up nice and warm.

Boogie - We are delighted to have our Boogie's back in both Dundee and Arbroath. The first Arbroath Boogie will take place on Thursday 27th October at 2pm at the Royal British Legion. **Come along for music, dancing and socialising.** The first Dundee Boogie will take place at Craigie Bowling Club on Friday 28th October at 2pm. Hopefully we will see you there!

For more information on any of these please contact Rosemary on 07585 700902 or email rmoncur@alzscot.org



Arts & Crafts Arbroath – Held on the second Tuesday of each month between 2pm & 3.30pm in our Dementia Resource Centre. Lesley our lovely volunteer instructs us with lovey projects, the latest one being Autumnal hedgehogs which are gorgeous.



Angus Carer Information Sessions

We will be restarting carer information sessions specifically for family carers of people living with dementia. These can be face to face, digital or a combination, the sessions will provide information on dementia and caring for a person living with dementia. **Covering such topics as:**

What is dementia?

Living well with dementia.

Changes in Communication and behaviour.

Future planning



Other topics which have proved popular and can also be covered are:

Welfare rights

Local services available for carers and their relatives

Medication and dementia

Activities in the home

Looking towards long-stay care

Stress management for carers

Remaining involved after long-stay care

First Aid.

If you would be interested in attending an information session for carers, please contact: **Pat Brodlie on 01241 431770 or email pbrodlie@alzscot.org**

Please also contact Pat if you would be interested in attending an evening carers support group either face to face or digitally.

Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE

Tel: **01241431770** | Email: angusservices@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

Contacting us

Our website WWW.Alzscot.org is a great source of information on all aspects of dementia and caring for someone living with dementia, you can also find details of local support in your area.

Local contacts

Our Angus Dementia Resource Centre is based in Arbroath:

262 High Street

Arbroath

DD11 1JE

providing support and information across Angus.

We can be contacted on ☎ - 01241 431770 or ✉ - angusservices@alzscot.org

Our core opening hours are:

9 am – 1pm Monday to Friday

Our Dundee Dementia Resource Centre is at:

9 Morgan Street

Dundee

DD4 6QU

Providing support and information across Dundee and the surrounding area.

We can be contacted on ☎ - 01382 210200 or ✉ - DundeeServices@Alzscot.org

24 Hour Freephone Dementia Helpline



There for you 24 hours of the day providing information, signposting and emotional support to people with the illness, their families, friends and professionals.

Understanding the illness

How to get help locally

Financial and legal matters

Coping with behaviour

Community care

Long-stay care

Anything else to do with dementia

Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE

Tel: **01241431770** | Email: angusservices@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