



Alzheimer Scotland
Action on Dementia

Dundee Service

Newsletter

The times they are a-changing...

Welcome to our Spring newsletter. We have a wide variety of activities and supports available within the Dundee Service and I hope you will find something that you will enjoy or find helpful to you.

We are currently reviewing our service and working together with Dundee City Council to implement changes to our service to meet the 5% reduction in our funding from Dundee City Council. These are difficult times for everyone financially, so I hope you will understand that we are working hard to minimise disruption to service provision as much as possible. When the budget and changes to the service have been agreed we will let you know, however if you have any queries or concerns, then please do not hesitate to get in touch with me.



This year's theme for Dementia Awareness Week in June is 'Dementia Connections' and it seems particularly relevant to us in Dundee as it's a big focus of all the work that we do. Whether that's supporting you to access activities in your local community or supporting you to become part of our community of people and supports within the Dementia Resource Centre or working with communities to develop more awareness and understanding of the needs of people with dementia and their families and friends. To celebrate Dementia Awareness Week we are having a party at **Craigie Bowling Club on Monday 3rd June**- so keep the date in your diary- there will be a buffet lunch, live music and dancing.

We are also delighted to say that we have appointed David Wilson to be our new Project Worker who will take the lead in developing the choir. David will be in post soon and we will let you know details of when and where the choir will be taking place. We are really excited about this project as we know what a difference music can make to people's quality of life.

In addition to this, we also have a very exciting 10 week project starting in Partnership with Scottish Opera on 23rd April until 11 June. Workshops are 1pm-3pm there will be a chance singing, acting and dance led by professionals from Scottish Opera. This is a really unique opportunity and is aimed at people with dementia and their carer attending together although it is also possible for someone to attend independently with support from the Dundee Service team. This project was held in Glasgow last year and was extremely successful if you would like to participate please let Gabrielle or Wendy know.

Dementia Resource Centre, Alzheimer Scotland, 9 Morgan Street

Dundee DD4 6QE

Tel 01382 210200 DundeeServices@alzscot.org



Thanks as always to all the people who use and support our service- the service users, volunteers, staff and family carers. We really appreciate all the support you give us and each other ☺

Gabrielle Colston, Service Manager

Fundraising Quiz Night

We are having a Quiz Night at the Fort Bar in Broughty Ferry on Thursday 2nd May 7.30pm for 8pm £5.00 each, Teams of up to 5 people. Tell all your friends and family and come and join us. It's a chance to have a great time as well as raising funds for the Dementia Resource Centre. Donations for Raffle greatly received.

Living Well with Dementia Event

Nadia Sutherland our Dementia Advisor has organised a fun day for people with dementia, their carers, families and friends. The aim is to promote Living Well and Keeping Safe with a diagnosis of dementia. There will be stalls from other organisations to help keep you well and safe. Organisations attending include:

- Tayside Fire and Rescue are offering advice and home safety checks plus a Fire engine for the kids.



- Dundee Healthy Living Initiative will be offering free health checks.
- Dundee Carers Centre will be there to offer advice and provide information
- Memory Bus
- Football Memories Stand
- Home Safety
- Community Safety
- Gentle Exercise tasters
- Face Painting

Come along and you can meet with Dennis the Menace on **Saturday 23rd March from 11am – 1.30pm** at Dundee Dementia Resource Centre.

Please come and find out more about ways you can help to keep yourself safe and well.

For further information; contact Nadia Sutherland, Dementia Advisor on 01382 210200.

Up and Coming – New Dementia Café, Broughty Ferry

Alzheimer Scotland has teamed up with Dundee Carers Centre to establish an Information and Support Dementia Café in the new St Aidan's Centre at 408 Brook Street in Broughty Ferry. This is to support people with dementia, their carers, and families to provide a local point of contact for people who are worried about their memory or that of a relative or friend. The Café will run on the **last Tuesday of every month and will be from 11am – 1pm**. We will keep you posted on launch date.

For more information please contact Nadia Sutherland, Dementia Advisor.

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Carer Education

The next Carer Education Programme of information sessions will commence on **Monday 3rd of June 2013**. The sessions cover a variety of topics including What is dementia?, Understanding Behaviour and Welfare Rights. These sessions can make a real difference in coping with caring and dealing with the challenges a diagnosis of dementia can bring. If you require further information or would like to participate please feel free to contact Nadia Sutherland, Dementia Advisor on 01382 210200.

Drop in Café- Every Monday 11am-1pm



The Dementia Resource Drop in Café is a weekly social event that offers people living with a diagnosis of dementia, their friends and families the opportunity to socialise together and make friends in a relaxed, informal and supportive environment.

The emphasis of the café is on socialising and sharing good times together – however if you require any support or information there is always a member of the Alzheimer Scotland team to answer any questions.

If you haven't been before, we hope you will come and join us for a chat, coffee and cake.

Early Stage Service

We continue to be very busy, but also having lots of fun! Clare, Lauren, Yvonne and myself are involved with lots of different activities supporting people accessing our service to be introduced to their peers and to have opportunities to access activities of their choice and be part of our positive service both individually and also as part of a group.

I would like to take this opportunity to thank everyone, Staff, Volunteers and their families for their continued support of our service.

Men's Group This group meets every Tuesday at the Resource Centre. The men meet socially, partake in activities and with the weather improving go on outings and walks around Baxter Park.

The men also enjoy a fortnightly outing at the Fairmuir Social Club on Wednesdays, they have been made very welcome at the club and enjoy the banter with the other members.

Ladies Group The Ladies group get together every Thursday afternoon. They are supported to go on outings and socialise together. The ladies enjoy going for lunches and try various venues throughout the local area.

Local Reminiscing Group We are very fortunate to be continuing this fortnightly group in 2013. This is a mixed group which has grown and is well attended. Participants are fully involved especially with sharing their own stories and photographs.

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Football Memories This unique service has grown since being launched last year. Between Alzheimer Scotland and Dundee Football Club we have been very lucky in having volunteers willing to work within our service and share their knowledge and memories. Football Memories is now running twice a month within Early Stage, Day Care and Supper Club services.

We are always looking for volunteers – if you can help and support us – please contact Michael Whyte – 07906239582.



The group enjoying a Football Memories tour of Dens.

Weekly Tai Chi- 3 ladies attend the Tai Chi class at a local Community Centre. These ladies have done this for over a year now and express their enjoyment and how they feel this gentle exercise and relaxation helps them on a day to day basis.

Allotment- It's time to think about getting back to work on the plot! Volunteers urgently required – Please contact Wendy on 210200.

Snooker Group- Men have their own small group who meet every Friday morning and play snooker within the Douglas Community Centre where they have a full size table.

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SDWG – Scottish Dementia Working Group- This campaigning group is continuing to meet and be involved with issues relating to Dementia, including services and attitudes.

The SDWG is run by people with a diagnosis of dementia. The group is based in Glasgow, but also meets in Dundee every 2 months.

If you are interested in this group – contact Wendy on 210200

Physical

Supported Gym Activity- We provide support for people to attend the Douglas Sports Centre every Thursday from 10.00am to be supported by trained staff via the Disability Sports Team to take part in bowls, yoga and in using the gym equipment ie bikes, weights and rowing machine.

Exercise Class

This is still on going and takes place on Monday's from 10am – 11am with Ashley. Come and join us and see a great difference in your fitness in a matter of a few weeks. Cost is £2 and we are looking for more people to come and get fit!



Jack's Dance Class

This takes place on Mondays after the exercise class. Anyone who would like a dance or some tuition on dance steps you would be very welcome.

Social Events

Tea Dance

We had our first Tea Dance on Saturday 2nd March at Dementia Resource Base at Morgan Street from 1pm – 3pm. An excellent time was had by all. Our next one is on Saturday 30th March from 1pm – 3pm when we will be looking for more Dancers!!

Cinema

Anyone interested in Cinema? We have a group of carers and former carers who visit DCA when we see a film advertised which looks interesting. We also visit Dundee Rep and currently have tickets to see "The Rat Pack" on Wednesday 24th April. We will also be arranging day trips once the weather gets better with Fishers Tours, these are free with your bus Pass. Anyone interested can talk to me on Mondays at Drop In Café.

Frances MacLeish

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Awareness on Ice!



Thanks to Murray Ross who took the opportunity to raise awareness for Alzheimer Scotland at the Dundee Curling Club International Bonspiel held in Forfar Ice Arena. Congratulations to the team who placed 5th and thanks also for the donation from the raffle.



Dementia Alzheimer Scotland
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Helpline

24 HOUR

Freephone 0808 808 3000

www.alzscot.org

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