

October – December 2016

# West Lothian Newsletter



## Welcome to our Autumn Newsletter

Welcome to the autumn edition of our newsletter. The weather has noticeably changed and we have moved suddenly into autumn weather with some days being cold enough to feel like winter!

As you will see there has been plenty going on in West Lothian during the summer with the day club being out and about and our small team of support workers helping their clients enjoy the better weather. Most of the dementia cafes continued over the summer and volunteers with 'Forget me Not' continued to visit in care homes. A volunteer recruitment event was also held with 9 people signing up to volunteer, some in care homes, some in cafes and some with general awareness raising.

As you may be aware a consultation took place regarding future Mental Health and Older People services in West Lothian by a company called Figure 8 on behalf of West Lothian Council. The commissioning plan has not been finalised yet as it must go through a governance process to be considered by a number of groups/boards before being approved. Once approved it will be regarded as a public document and will be accessible to all who have an interest. We would like to thank everyone who contributed to this consultation as well as our own Alzheimer Scotland consultation that has also been sent on to Figure 8.

With Christmas approaching much thought is being put into planning events and parties. I am sure there will be more news coming out about these soon. Meantime thank you for your continuing support and we hope you will enjoy this newsletter.

*Aileen Eland, Practice Team Leader  
On behalf of Alan Midwinter, Service Manager*

## Additional Space in Stadium House

Have you been to our office in Stadium House, Livingston? You may be aware that our main office is located on the 1<sup>st</sup> floor and that we had another room where groups were held on the 3<sup>rd</sup> floor (**we no longer have this office space**). If you come to one of our groups and it was previously held on the 3<sup>rd</sup> floor please report directly to our main office on the 1<sup>st</sup> floor and we will take you to the new room we have which is also on the 1<sup>st</sup> floor and is pictured below.



West Lothian Service, Unit 114/115 Stadium House, Alderstone Road, Livingston, EH54 7DN  
Telephone 01506 533 108 Email [WestLothianServices@Alzscot.org](mailto:WestLothianServices@Alzscot.org) Website [www.alzscot.org](http://www.alzscot.org)

AlzheimerScotland - 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

## Day Opportunities Programme

A programme for younger people under 65 with dementia living in West Lothian.

### August

August began with an excellent visit to The Seagull Trust for a Barge Trip to Almondell. We all had a lovely chat, played some dominoes and pirate Pete and a wee game of play your cards right. This was followed by a request for a sing along from the crew Kent and John. A Jolly time was had by all.

Later on in August we went to visit Port Edgar/Queensferry to watch a boat being launched which is very rare. We had a great view of the new bridge under construction, still some key pieces missing!!!



### September

The first week of September saw us in our new home Rosemount Gardens looking through Reminiscence boxes which was very popular. The items in the box were from the 50s and 60s and brought back some very happy memories. We had a lovely day of fun in the sun in the garden, which was very relaxing.

Late September saw us take a trip to the Five Sisters café and mini garden centre. We enjoyed the monkey antics and the many other exhibits. The staff were very helpful and a cheery group outing was had by all.

#### Future Events October to December 2016

- Ten pin bowling
- Local Library tour to see exhibitions
- Christmas pantomime trip to Bathgate

**Please note that the West Lothian Day Opportunities Programme will run as usual during December. Letters will be issued regarding any changes to the programme in January**

## West Lothian Council Advice Shop – Individually Tailored Information Sessions

We are still running monthly information/advice sessions hosted by West Lothian Council's Advice shop. The sessions will be held on the **last Wednesday** of the month from **10am to 1pm** and will take place at the Alzheimer Scotland offices on Level 1, Stadium House, Alderstone Road, Livingston. The sessions will be for clients, carers and families affected by dementia.

Each appointment slot will last for 30 minutes; double appointments can be booked if required. **To book an appointment please call 01506 533 108 or email [WestLothianServices@Alzscot.org](mailto:WestLothianServices@Alzscot.org).** Sessions in the next few months are on the 26<sup>th</sup> of October and the 30<sup>th</sup> of November.

West Lothian Service, Unit 114/115 Stadium House, Alderstone Road, Livingston, EH54 7DN  
Telephone 01506 533 108 Email [WestLothianServices@Alzscot.org](mailto:WestLothianServices@Alzscot.org) Website [www.alzscot.org](http://www.alzscot.org)

## Update on West Lothian Engagement Session

We would like to thank all who attended the recent West Lothian Engagement Session held at the Livingston Football Stadium on Monday the 15<sup>th</sup> of August. The turnout was better than we could have expected and it seems that a number of those attending had an appetite to take things further. We therefore decided that this was the ideal time to set up a discussion group to see who would be interested in joining a West Lothian Dementia Action Network Group. Everyone who attended the Engagement session was invited along to the group at Deer Park Golf and Country Club in the evening on the 6<sup>th</sup> of October.

## New West Lothian Dementia Action Network Group

As mentioned above a discussion group to find out if anyone from the Engagement Session was interested in joining a West Lothian Dementia Action Network Group took place last Thursday (06/10/2016). Fifteen people came along which is great for a first meeting. The purpose of this type of group would be to inform the West Lothian Health and Social Care Integration Board about any issues you have in relation to the support and services available for people living with dementia. The focus would be of a campaigning nature with the added value of gaining support from people living in similar circumstances.

Examples of issues raised by people with a diagnosis of dementia:-

1. There is a challenge in not knowing what you need until you need it – it is good to know who to ask for information.
2. Services should be built around what we want, not the needs of the providers.

Examples of issues raised by carers:-

1. Safety – how best to support the person with dementia to encourage them to continue to be independent but also safe from harm and getting lost – use of gadgets – what are these and how can we access them?
2. How to manage when the behavior of the person you are caring for changes.

If you weren't able to make it to the Engagement session but think that you would like to come along and air your views please contact Ruth McCabe on 07867 180 185 or email

[WestLothianServices@alzscot.org](mailto:WestLothianServices@alzscot.org) and we can add you to our contact list so you receive a letter inviting you to the next meeting which should be held later this year.



## What's On in October, November & December ...

### Bathgate Memory Café

Rosemount Gardens, Mid Street, Bathgate

3<sup>rd</sup> October, 7<sup>th</sup> November & 5<sup>th</sup> December from 1.30pm – 3.00pm

### Café Connect Extra - Livingston

Dedridge Baptist Church, Livingston

5<sup>th</sup> October, 2<sup>nd</sup> November & 7<sup>th</sup> December from 2.00pm - 3.30pm

### Memory Café – Livingston North

Newyearfield Farm Community Centre, Livingston

6<sup>th</sup> October, 3<sup>rd</sup> November & 1<sup>st</sup> December from 2.15pm–3.30pm

### Dementia Café – Whitburn

ANSWER HOUSE, Reveston Lane, Whitburn

11<sup>th</sup> October, 8<sup>th</sup> November & 13<sup>th</sup> December from 1.30pm – 3.15pm

### The People's Café – Uphall

St Andrews Care Home, Uphall

25<sup>th</sup> October & 22<sup>nd</sup> November from 11.00am – 12.30pm, December TBC

### Forget Me Not Café – East Calder

East Calder Parish Church Hall, East Calder

27<sup>th</sup> October, 24<sup>th</sup> November & 22<sup>nd</sup> December from 10.00am - 12.00pm

### The Sunlight Café – Fauldhouse

The Partnership Centre, Fauldhouse

27<sup>th</sup> October & 24<sup>th</sup> November from 1.30pm – 3.00pm, December TBC

### The Caring Café – Linlithgow

The Lowport Centre, Linlithgow

26<sup>th</sup> October, 16<sup>th</sup> November & 21<sup>st</sup> December from 10.00am – 12.00pm

### Memory Cave Café – Armadale

The Community Centre, North Street, Armadale

21<sup>st</sup> October, 18<sup>th</sup> November & 16<sup>th</sup> December from 10.00am – 12.00pm

### Golf Memories

Uphall Golf Club, Houston Mains, Uphall, EH52 6JT

11<sup>th</sup> October, 8<sup>th</sup> November & 13<sup>th</sup> December from 11.00am – 12.15pm

### Carers Support Group

Stadium House, Livingston, EH54 7DN

17<sup>th</sup> October, 21<sup>st</sup> November & 19<sup>th</sup> December from 10am to 12 noon

The group is for carers of anyone diagnosed with dementia when under the age of 65 – the person with dementia is also welcome to attend.



All groups are 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 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 the community activity, safely".*

## Fundraising

### July to September 2016

We would like to thank everyone who came along to the Bathgate Memory Walk this year. It was great to see so many of you.

As monies are still coming in we don't have a final total raised yet but hope to be able to put it in the next newsletter.

For those of you who took part in the route game but don't have access to Facebook the answers were:-

Bonanza  
The A Team  
Are you being served  
The Beechgrove Garden  
Bill and Ben  
Blind Date  
Bod  
Challenge Anneka  
Downton Abbey  
The Dukes of Hazzard  
Fawlty Towers  
The Great British Bake Off  
In the Night Garden  
Knightmare  
Mr Benn  
Something Special/Mr Tumble  
Open all Hours  
Some mother's do ave em  
The Flumps  
Porridge



Thank you once again for your continued support and we hope to see you all again next year.

## Future Events in the East of Scotland (October to December 2016)

22<sup>nd</sup>/23<sup>rd</sup> October – The Goldwing Misfits Bikers Club will be in the Almondvale Centre (beside Beaverbrooks) with all proceeds going to Alzheimer Scotland. They will have a tombola stall as well as the bikes they ride that you can get your picture taken with.

25<sup>th</sup> October – HOBBS, 47 George Street, Edinburgh will again be holding a fundraising fashion show in aid of Alzheimer Scotland from 6-8pm. **Entrance is free ( but tickets are required)**, they also have a raffle, champagne, chocolates, home baking, gift vouchers and 20% discount of all purchases. There will be a short fashion show with 5 outfits being displayed & a collection for Alzheimer Scotland. Please contact Ruth McCabe on 07867 180 185 / RMccabe@Alzscot.org for further information.

Alzheimer Scotland is the Charity of the year for the Marks and Spencer store in the Livingston Designer Outlet. They will be holding a fundraising weekend around Halloween on the 29<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup> of October and another fundraising weekend before Christmas on the 3<sup>rd</sup> and 4<sup>th</sup> of December.



Further details of these events will appear on our Facebook page  
<https://www.facebook.com/alzscotedinburghandlothians>



West Lothian Service, Unit 114/115 Stadium House, Alderstone Road, Livingston, EH54 7DN  
Telephone 01506 533 108 Email [WestLothianServices@Alzscot.org](mailto:WestLothianServices@Alzscot.org) Website [www.alzscot.org](http://www.alzscot.org)