



**Alzheimer
Scotland**
Action on Dementia

Fife Service

Newsletter



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Scotland**
Action on Dementia

ANNUAL CONFERENCE 2024

Our annual conference this year will take place Friday 20 September at the Edinburgh International Conference Centre where you will hear from leading professionals and have your chance to put your questions to them yourself on the day.

There is still time to book your ticket which can be complete [here](#)

<https://www.eventbrite.co.uk/e/alzheimer-scotland-annual-conference-2023-tickets-650653461017?discount=Staff>

As always people living with dementia, their partners and family carers are free to attend this event, tickets for them can be purchased by emailing conference@alzscot.org for their unique link.

Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH
Tel: **01592 204541** | Email: fifeservices@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

CARERS' ONLINE INFORMATION SESSIONS

Our next set of **Online Carer Information Sessions** start next Tuesday 20th August **2-3.30pm**

Booking is through the Virtual Resource Centre (VRC)

What's on Guide here:

<https://www.alzscot.org/virtual-resource-centre-0>

Booking is per session, Carers are welcome to book the session they are most interested in or all three.

Week 1 the **20th August** we look at the Basics of Dementia, the main different types of Dementia, how they can affect people and discuss ways to support people across different levels of need.

Week 2 the **27th August** we look at being a Carer, Carer rights, Adult Carer Support Plans, Eligibility, and being deliberate about looking after yourself

Week 3 the **3rd September** we look at Strategies for the future, this includes the legal stuff, POA and the AWIA, decision making and supports available in the community.

The sessions are all for Carers, we hope to have time for questions too.

If you are working with someone who may be interested, do please let them know.



NATIONAL DEMENTIA ADVISOR SERVICE –

Tel. 0300 373 5774

What is the National Dementia Advisor Service?

Our National Dementia Advisor Service is wholly funded by Alzheimer Scotland from the generous donations and fundraising activities of our thousands of supporters. The service is available from 9am-



5pm Monday to Friday and aims to provide a responsive high quality informative advice and advocacy service relating to all aspects of brain health and dementia.

Our National Dementia Advisor Service can provide information and advice about:

- Dementia
- Caring for someone with dementia
- The rights of people with dementia and carers
- Support available in your area
- Navigating health and social care systems and accessing support
- Complaints processes and challenging decisions
- Issues arising with hospital admission, visiting and discharge
- Issues relating to Power of Attorney and Guardianship and other relevant legal matters
- Paying for care
- Benefits and money issues
- Human rights and equality issues
- Information about brain health and risk reduction
- Keeping safe in the community
- Participating in dementia research.

Who can access the service?

The service is available for people affected by dementia in Scotland.

Call us on 0300 373 5774 (charged at local call rate) The service operates between 9 am & 5 pm Mon-Frid.

Outside of these hours you will be given the option to leave your details for a call back on the next working day or be connected to our 24 hour Freephone Dementia Helpline (0808 808 3000).

Email us at – NDAS@alscot.org

You can find further information about our service on our dedicated web page - www.alscot.org/ndas

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FIFE COMMUNITY OUTREACH SERVICE

Our Fife Outreach Service supports people living with dementia to find the right strategies to enable them to live more independently.

By building your confidence and skills, we can support you to participate independently in activities you have always enjoyed, as well as helping you to participate in new hobbies or groups. If you would like to refer yourself or someone else to this service, please get in touch. Tel. 01592 204541 or Email – fifeservices@alzscot.org

COMMUNITY ACTIVITY GROUPS – WHAT’S ON ACROSS FIFE



We have a range of community groups throughout Fife offering meaningful activities for people living with dementia, their families and carers. Some examples: Football memories, walking, baking, gardening, seated exercise, social and musical memories. All our activity groups are accessible on a drop-in basis and our monthly

programme - What’s on Guide can be found on our website at <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/fife-dementia-resource-centre>

If you are interested drop in or contact us on Tel. 01592 204541 or Email us at fifeservices@alzscot.org for more information.

MAKE A DIFFERENCE AND BECOME A VOLUNTEER!

How would you like to join our dynamic Fife team in helping people living with dementia and their carers? We run fun activity groups across Fife (from Tayport to Rosyth) and are always looking for volunteers to help at these.

We have fundraising events throughout the year from Memory Walks to craft fayres and our volunteers play an important role in these events too.

If you can spare a couple of hours a week or month to help make sure nobody faces dementia alone we would love to hear from you.

Ask for our Volunteer Co-Ordinator on 01592 204541 or Email fifeservices@alzscot.org



Congratulations to our Volunteer Anne who was shortlisted for a Fife Voluntary Action Volunteer Award earlier in the summer. Our team nominated a few of our volunteers and Anne was shortlisted for her work in our Day Services. Anne and Volunteer Co-Ordinator Yvonne Georgeson, enjoyed attending the FVA Celebrating Success in the Voluntary Sector Awards Ceremony at Carnegie College, where they heard about a variety of charities amazing volunteers as well as our Anne.



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OUR SUPPORTERS ARE ALL CHAMPIONS!

Thank you to all our supporters for your **AMAZING** donations and fundraising for us.

A huge **'Thank You'** to Maggie and her friends in Rosyth for fundraising again this year with her 'Yard' sale and tasty dinner – all done in fancy dress. This year Maggie raised over £600 for us in her own unique way!



Dundee Kiltwalk 2024 – Audrey and Yvonne do it for Alzheimer Scotland - two of our team took part in the Dundee Kiltwalk fundraiser – a 20 miler by Audrey and Yvonne took the more sedate 4 mile coastal walk. Between them they have raised over £800 for our organisation.



PURPLE ALERT – IMPORTANT UPDATE!



Purple Alert is currently unavailable due to ongoing maintenance. In the meantime, we want to reassure users of the app that we are still there to support them. If anyone needs immediate assistance or support, please suggest to them to use the Herbert Protocol, this is a valuable alternative for ensuring the safety and well-being of their loved ones. You can find more information on the Herbert Protocol [here](https://www.scotland.police.uk/what-s-happening/missing-persons/the-herbert-protocol/) - <https://www.scotland.police.uk/what-s-happening/missing-persons/the-herbert-protocol/>

For further support, our online platform ADAM (About Digital And Me) can help you find the right pieces of technology at the right time. Visit the website [here](https://www.meetadam.co.uk/) - <https://www.meetadam.co.uk/>

If you have any questions please do not hesitate to contact Alzheimer Scotland's Head of Development, Fiona Corner by emailing fcorder@alzscot.org. Fiona is available to help with any questions or concerns you may have during this period.

During this downtime, as technology continues to evolve, we are assessing the ongoing necessity and value of our app. We are inviting users of our app to complete a brief questionnaire to help us better understand how they use Purple Alert. The questionnaire only has two questions which are:

1. What features of Purple Alert do you find most or least useful?
2. Are there any alternative solutions you currently use or would consider using in place of Purple Alert?

You can access the questionnaire here: (<https://forms.gle/R2AiB3mDYpsBar3S6>)

**We are here to help to make sure that nobody faces dementia
alone –
from the Alzheimer Scotland Fife Team**



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Please read our information at the end of this correspondence to ensure we continue to hold your personal data with your permission.

DATA PROTECTION

ALZHEIMER SCOTLAND MONTHLY NEWSLETTER AND UPDATE OPT-OUT OPTION

Under the Data Protection Act (2018), Alzheimer Scotland is legally required to ensure we comply with General Data Protection Regulation (UK GDPR) and the Privacy and Electronic Communications Regulations 2003 (PECR). This means we should only hold on record the personal details of individuals who want us to retain their personal information. Personal details can include information such as names and addresses email addresses, postal addresses and telephone numbers.

We want to ensure we still have your permission to use your personal details to send you our monthly newsletter and other updates. If you no longer wish to receive monthly updates from Alzheimer Scotland you can opt out of this service by return email saying you no longer wish to receive the updates and request your name and personal details to be removed from the circulation list. If you still wish to receive updates you do not need to do anything and you will continue to receive monthly updates as normal.

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