

North Highland Newsletter



Summer 2024

Welcome to our Summer Newsletter 2024,



We have had a lovely summer here in North Highland. We have enjoyed boat trips along the canal in Inverness, a busy Dementia Awareness week, an inspiring pride event and lots of ice cream even in this dreich Scottish summer. Keep reading if you would like to find out more about what we have been doing this summer.

If you would like any information about the services we provide in North Highland or you require support and advice please don't hesitate to get in touch. Any suggestions on how we should spend our Autumn are more than welcome. We hope you have enjoyed summer as much as we have.

Alzheimer Scotland DRC, Athole Court, Dingwall, IV15 9SH
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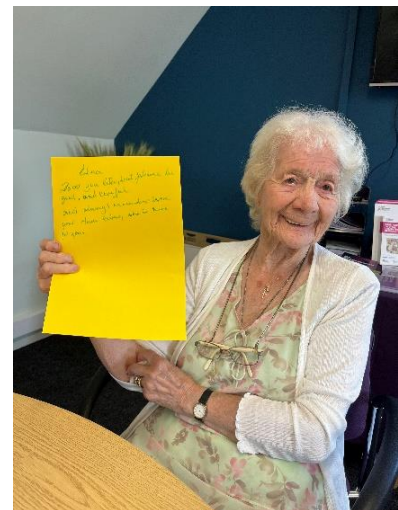
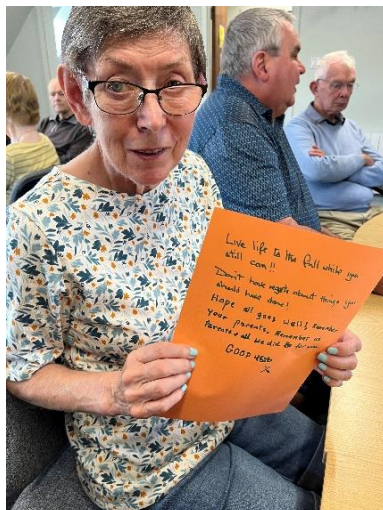
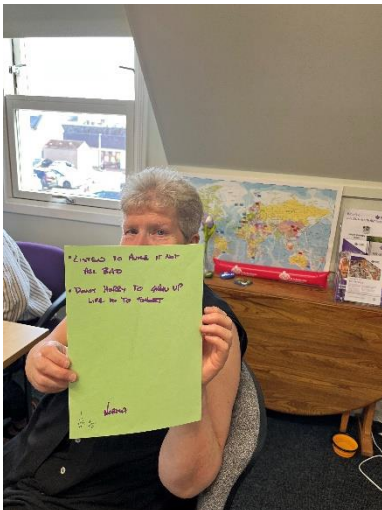
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Ross & Cromarty - Community

Dingwall Dementia Café have had a busy summer with our first group outing. We had two boat trips along the canal in Inverness followed by a lovely cuppa at the botanic gardens.



We have enjoyed Ice creams and laughs with friends. The Dingwall Café group also wanted to share their advice to the younger generation, I think you'll agree it is knowledgeable advice. To find out more about our groups in Ross-shire please contact Hayley.



Some of our favourite bits of advice from the group;

- “Do as you like but please be good”,
- “Push to open. If that doesn't work pull.”,
- “Live life to the full while you still can”,
- “Don't be in a hurry to grow up, life is short.”
- “Be kind, laugh lots.”

Caithness & Sutherland – Community

We have had a good summer here in Caithness with our memory lane café being very popular and well attended throughout the summer. We also have a gentle exercise class with lunch hub once a week that is always busy with lots of laughs for everyone.

We attended the local County Show in Thurso in July with our tent and had lots of people popping in for information and a chat which was lovely. I have also been on my travels to North Sutherland with drop-in sessions being held in Bettyhill and Tongue with more places still to visit on the list. Please contact Isobel for more information on groups in Caithness.

Hayley hosts our Dementia Café in Dornoch free church once a month, our group has been a little quieter during the summer months. We are hopeful that it will pick up in the autumn. This group gives people living with Dementia, carers, family and friends an opportunity to meet others in similar situations.

We continue to host a monthly joint carers group with Connecting carers in Dornoch free church. This group is for any unpaid carer in the area to meet up over a cuppa. The group benefits from peer and professional support. We can add educational materials to these groups, please get in touch if there is a topic you would like to learn more about. Contact Hayley for Dornoch based groups.



Sutherland – We would like to hear from you. Please get in touch with Hayley for group suggestions, this can be educational course, activity groups, peer support groups etc. We want to make sure we are offering you groups that are suited to your needs.



Day Service

Dingwall

We have had a good summer here in Dingwall despite the not so good weather. We started our summer off with a trip down the canal with the Seagull Boat tours. This was thoroughly enjoyed by all and was followed by a delicious lunch at Howdens Garden Centre. We have also taken some trips through to the Strathpeffer this summer, enjoying ice creams by the fountain and even enjoying a stroll round the childhood museum. We have done a number of different crafts and activities this summer from making windchimes and napkin holders to kindness stones and a memory tree. We have been enjoying getting involved in the summer of sports from the Euros

to Wimbledon and then the Olympics. This has encouraged us to keep up with our CAPA (care about physical activity) exercises and made us think how we could incorporate this into different games and activities, which has been fun. Our brains as always have been kept busy with plenty puzzles, quizzes and more. Along with some of our favourite games, music and dances. We are now looking ahead to Autumn and what that may have in store for us, hopefully some late summer sun.



Day Service

Tain

We have had a busy and exciting summer here in Tain with plenty to keep us going. We started off our summer with a trip down the Caledonian canal on the Seagull boat tour. This was a day thoroughly enjoyed by all and topped off by a lovely lunch at Howdens Garden Centre. We have also enjoyed trips to Dornoch cathedral where we got a tour round, we visited Dornoch Community Market where we got to have a look around all the local stalls and have a chat with the local community, a thoroughly enjoyed day out. We began a project called kindness stones, where we painted stones and wrote a positive message on them and left them outside the Dementia Resource Centre for people to take and leave as they please, this has

been incredibly successful and have been spotted all around Tain. We have been busy with an abundance of summer crafts, from display walls to scent bags, bookmarks and magnets. We also been baking shortbread, biscuits and cakes throughout the summer to enjoy with our loved ones. The summer of sport has helped to keep our motivation for our CAPA (Care about physical activity) exercise programme, we have tried to get creative and incorporate movement into a number of different games and activities. Our brains have also been kept busy with plenty quizzes, puzzles, riddles and more. We are now looking ahead to Autumn and what this may bring.



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Golspie Shop

The shop has been really busy over the Summer, a lot of visitors to the area have been in and were delighted with the selection on offer. Our shop sells a variety of different items; books, DVDs, clothes, shoes, children's toys, games, jewellery, crockery and linen. We also have some Alzheimer Scotland products available for sale. Unfortunately, we are no longer accepting donations of electrical items at present. Our shop is a cash only shop.

We have a lovely group of volunteers who cover the shop over the 4 days we are open.

Tuesday 10am – 2pm
Wednesday 10am – 2pm
Thursday 10am – 2pm
Friday 10am – 2pm

Please feel free to pop in and have a browse around and you might pick up a bargain.

If you are interested in volunteering in our Golspie shop, please contact northhighland@alzscot.org or pop into the shop for an application.

Virtual Resource Centre

Our Virtual Resource Centre hosts a variety of online groups each month open to everyone across Scotland. These groups include Carer Education, Brain Health information, Music groups, Gaelic groups and You, Me & Grief (Carer bereavement support programme) plus much more. Please visit <https://www.alzscot.org/virtual-resource-centre-0> for more information and to see what's on this month.

Our team

We have a small team of staff in North Highland. Our Day Services are led by Bethany Black, Day Opportunities Leader, Day Care Organisers Kelsey and Emma F, Support workers Emma H, Rosie, Melanie and Service Administrator coordinator Ailsa. Overseeing all the commissioned services in the area is our Commissioned Service Lead Sarah Fraser.

In the community we have Hayley Lyons, Dementia Advisor for Ross & Cromarty and Sutherland, Isobel Stevenson, Dementia Advisor for Caithness & Sutherland.

In our Post Diagnostic team, we have PDS link workers Amanda, Nicola, Carrie in Ross-shire, Krystle in Sutherland and Susan in Caithness. We are also kindly supported by volunteers in the community.

Dementia Awareness Week 2024

Each year, Dementia Awareness Week (DAW) is held with the aim of raising awareness of dementia and helping improve the lives of people with dementia, their families and carers.

This year's Dementia Awareness Week took place between 27 May and 2 June. Our theme this year was: *Your voice, Your choice, Your future*. To find out more please visit <https://www.alzscot.org/DAW24>

In North Highland we had a busy Dementia Awareness week, we hosted our first ever Give & Take Day in Dingwall Dementia Resource Centre, we raised over £350 from this event. We are so grateful to everyone who donated clothes, came to support us on the day and of course all the lovely volunteers who gave up their day to help us.



Hayley was invited into Tesco Dingwall to have an information stall. Thank you to the Community Champion in Tesco Michelle for all her support and to everyone who stopped to talk and donate, we appreciate it.

A huge thank you to the Balintore United Free Church who hosted a Tea & Blether for Dementia Awareness Week. Raising an amazing £1,100 for Alzheimer Scotland.



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Highland Pride

Sarah (Commissioned Service Lead) & Hayley (Dementia Advisor) went along to the Inverness Pride event which saw many organisations come together in the Eastgate centre to provide information to the public. It was a day full of enthusiasm, respect, warmth and kindness. We thoroughly enjoyed getting to meet lots of people and to be a small part of the day. Thank you to everyone who stopped to talk to us and who donated.



Inverness Memory Walk returns – September 1st 12pm - 2pm

Scotland's Memory Walk is all about celebrating the people we love while raising vital funds for dementia.

Tickets for Scotland's Memory Walk are just £10 for adults and free for children. Each walk is a gentle 5km on flat ground.

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

If you're not able to come along to one of our events, but you still want to be part of Scotland's Memory Walk, look on our website for information on **Your Walk, Your Way**. <https://memorywalk.alzscot.org/>

Alzheimer Scotland Annual Conference 2024

'Your voice, Your choice, Your future'

Our Annual Conference will be held on Friday 20 September at the Edinburgh International Conference Centre (EICC). Free tickets are available for people with dementia and their carers. Tickets are available on our website <https://www.alzscot.org/conference24>

Following the positive feedback from last year's delegates, the conference will once again be held in one large main room with round tables to facilitate networking and discussion.

The conference theme is **'Your voice, Your choice, Your future'** and will feature various plenary sessions, such as:

- Protecting personhood
- Practice innovations
- The future of long term care
- Around the world in 30 minutes
- Drug discovery and research

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Frank Stephen has admitted to being “absolutely gobsmacked” by the amount of money he has raised for Alzheimer Scotland from his coastal walk from Inverness to John O’Groats.

The 74-year-old retired vet, who lives in Thurso, completed a 14-day trek up the John O’Groats Trail at the end of May and is now able to announce an overall total.

Both Isobel Stevenson and Susan Brass from Alzheimer Scotland, Caithness were there to congratulate him on his amazing achievement

at the end of his 174mile walk along with a large crowd of his friends and family who had all come along to support him.

Having initially set a target of £2500 he ended up raising £35,500, including gift aid, for Alzheimer Scotland.

Frank’s wife Moira was diagnosed with vascular dementia in 2019 and moved into Seaview House care home in Wick in August last year. Moira passed away in Seaview House just two weeks after Frank finished his walk.

Moira, a retired primary school teacher, was 74. The couple had been married for almost 48 years.

Frank said, “I am just totally amazed and very appreciative of all the support that I got,” “I’m absolutely gobsmacked.

“Moira passed away exactly a fortnight after I finished. It was a very peaceful passing, and she’d had great care in Seaview Care Home.

Both Frank and Moira regularly attended the Dementia Cafe, Carer Support and CST Groups held in Thurso before moving into Seaview House Care Home.

Frank will be taking part in the Alzheimer Scotland memory walk at Queen’s Park athletics stadium in Inverness, on Sunday, September 1. He has been invited to give a brief introduction at the start of the event, which will cover a 5km route on a track that is suitable for wheelchairs.

Story by Susan Brass – Post Diagnostic Support Link Worker, Caithness.



Quotes taken from the Northern Times and John O Groat Journal

Local Contacts

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Dementia Helpline



Our 24 hour Freephone Dementia Helpline provides information, signposting and emotional support to people with the illness, their families, friends and professionals

Our Online and in person support activities are only possible thanks to the donations we gratefully receive.

To support Alzheimer Scotland – North Highland please consider donating via our Just Giving page.



<https://www.justgiving.com/fundraising/alzheimer-scotland-north-highland1>

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