

# Forth Valley Newsletter

Autumn 2024



**Alzheimer  
Scotland**  
Action on Dementia

## Welcome to our Autumn 2024 Newsletter

Welcome to our Autumn Newsletter where we will give an insight to what's been happening in the Forth Valley Region over the past few months.



## Staff updates

We have welcomed 2 new staff members to our Forth Valley Team. Kayleigh Maxwell and Lindsey Sillars started as Post Diagnostic Support Link Workers for Stirling and Clacks - Welcome to the Team.

In August we said farewell to Lesley Corr as she retired from Alzheimer Scotland. Lesley was one of our Post Diagnostic Support workers in Falkirk and had worked with Alzheimer Scotland for over 20 years! We wish Lesley a happy and peaceful retirement.

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## Post Diagnostic Support Group & Carer Information Session



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Every 6 months we run the Post Diagnostic support group and carer session for people who have been newly diagnosed with dementia.

The course is for people living with a diagnosis of dementia and their partner, relative or friend who provides them with support. The group will meet each Wednesday from 1pm to 2.30pm, over a period of 6 weeks. Sessions are designed to offer a mix of learning opportunities and social support.

When: Starting 23<sup>rd</sup> October for 6 weeks.

Where: Brain Health and Dementia Resource Centre, 2/4 Mill Street, Alloa, FK10 1DT

For more information and to find out more about our courses, please get in touch on 01324 559480 or email [Falkirkservices@alzscot.org](mailto:Falkirkservices@alzscot.org)



35 Johnston Avenue, Stenhousemuir, FK5 4JZ

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## Community Group Spotlight – Falkirk Café

The Falkirk Café runs every Thursday at the Central Perk Café, on the Grahams Road in Falkirk. It's a drop in café that provides support and information in a relaxed environment.

As well as the wonderful staff of the central Perk Café, we also have one of our Post Diagnostic Support Link workers attending each week to offer any support needed.

It's a busy wee group with some weeks receiving over 40 attendees!

The group takes place every Thursday Morning from 10am-12pm.

Central Perk, Grahams Road, Falkirk FK1 1HS.

For further information, please get in touch on 01324 559480 or email us [falkirkservices@alzscot.org](mailto:falkirkservices@alzscot.org)



## The café: 17 Years on and still counting...

### Helen and Stevie: 2 Café founder members

"Until the café, we had no outlet and no one who truly understood just how difficult things were. I walked into the café as a stranger and left with more friends than I could imagine, friendships that have ensured throughout the years.

We left feeling we had somewhere safe to go"

**Staff member: Hi my name is Toni,** in my spare time I love to read and have recently started walking every morning which I find has massively improved my mental health.

Having been at Central Perk for 7 years, I feel a very strong connection to all the members of the dementia cafe and I look forward to seeing them every week. They provide us all with such joy and there is definitely never a dull moment with them around!

I have started fundraising outwith the weekly cafe, including the recent Memory Walk, to deepen my connection with the charity and to ensure that all the cafe members know they are always welcome in Central Perk. No matter their circumstances they'll always have a home in our cafe.

**Staff member: Hi my name is Stephanie,** my hobbies are walking and swimming. I have worked at Central Perk for 9 years and I love it!

I've decided this year I would love to fundraise for Alzheimer's Scotland because I love the work the leaders do in our Cafe and I know how important it is to raise money for this disease. I've just done my first Alzheimer's memory walk in Glasgow on the 29th of September and will be doing my first 5k in March 2025 for Alzheimer's. I plan on doing much more to fundraise.

The Thursday group hosted in my work means so much to me because I feel like everyone is like family, We have bonded with so many of our Alzheimer's customers over the years and will continue to welcome more in the future. Thursday is definitely my favourite day of the week for seeing everyone and I'm forever grateful we have our lovely customers. I'm glad I can call them all my friends.

**Staff member: Hi my name is Yvonne.** I have worked at CP for two years now and Thursday is most definitely my favourite shift to work! When not at work I am busy with two kids, a dog, and a husband to run around after. Walking my dog is my relaxation and de-stress time.

The Thursday group at the cafe is a highlight of our week. We enjoy seeing the same faces and getting to know each of them and their ways. If we can go above our service to help them on any day we absolutely will. I have an Alzheimer's sufferer in my family and know the pain and suffering the patient and carer go through so to be a friendly face for them once a week is the most uplifting feeling for me

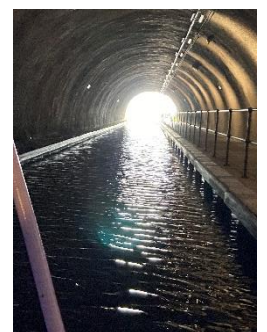




## Falkirk Day Care – Summer day Trip Seagull Trust Cruises



Back in August, our Falkirk Day care had a day drip out with the Seagull Trust Cruises. These are local cruises on the canal starting from the Boat House in Falkirk. The cruise took in the famous Falkirk Wheel and included lunch on board. The group enjoyed a sing-a-long on the boat and a few of the group braved the deck to stand up front on the Bow. The cruise lasted a couple of hours and ended at the Falkirk Wheel basin. Everybody had a fantastic day!



“This has brought back great memories of when I was a lad working on the boats.”



“How Nice to get out and do something different”



“What a great day, I fair enjoyed that and the tea was great”



Making sure nobody faces dementia alone.

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## Fundraising and Donations

Thank you to all our supporters for your AMAZING donations and fundraising for us. Here are a few to name...

### Abba Tribute Night

Larbert & Falkirk 41 Club held a race night & Abba Tribute night earlier in the year to raise funds for both Alzheimer Scotland and Marie Curie. They raised an amazing amount of £3350 for Alzheimer Scotland!



### Knit and Natter's kind donation

The lovely ladies of Denny Knit and Natter raised £130 for Alzheimer Scotland.

The group meets every Tuesday at Denny Library and have a wee natter whilst knitting or crocheting.



### 60<sup>th</sup> Birthday Celebrations

Lynn Preston donated an amazing £1000 which was collected from her 60<sup>th</sup> Birthday bash.

Lynn took part in a bootcamp, followed by a walk/jog over the Forth Road Bridge, followed by a birthday party where Lynn asked for donations to Alzheimer Scotland in memory of her mum who sadly passed away with dementia.



### Clackmannan Bowling Club

Billy Morton and The Clackmannan Bowling club managed to raise an amazing £1400.20 at their charity event in memory of Billy's Mum, Janet Morton.



**Fly fishing competition** – Paul Bainbridge arranged a Fly Fishing Competition and managed to raise a fantastic £940.

**Grangemouth Bowling Club** – Mr Newlands and the members of Grangemouth Bowling Club raised a generous amount of £1200.

**Charity Drag Race** – DH Automotive, Falkirk held a Charity Drag Race and raised an incredible sum of £615.07.

**Thank You!**

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## New Group – Café with Art & Craft

We've updated our Stirling and Clacks Art and Craft group which runs every fortnight on a Friday to a new Drop in Café with the option of an Art and Craft corner.

You can still come along and take part in craft activities, however, for people that would rather just come along and have a cuppa and a chat, there is now the option to do just that.



The groups runs fortnightly from 1pm-3pm at our Alloa Dementia Resource Centre and materials are provided for the Art and Craft.

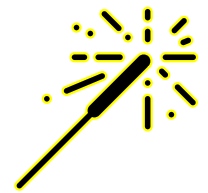


For more information on the new café or to come along, please get in touch on 01324 559480 or email [falkirkservices@alzscot.org](mailto:falkirkservices@alzscot.org)

## Tips for Bonfire Night - 5<sup>th</sup> November

There will be a lot of people excited about Bonfire Night.. With fewer public events, it is expected that there will be more people buying fireworks to set off over the weekend in their gardens and other open areas.

But this can be a very disorientating and confusing time for many. The noise from fireworks can be very scary, especially if you are not sure why they are going off and what the noises are. Add the possible extra noise from fire crews out and it can be a very anxious time. We can't stop the fireworks, but below are some ideas as to how to reduce some of the stress that this weekend may bring.



- Close the curtains or blinds before it becomes dark and keep windows closed to minimise the noise from the fireworks.
- Using earplugs or noise-reducing headphones may help. Earplugs come in many forms, such as soft foam, but not all people are comfortable wearing these
- Find an activity that is enjoyable and will keep someone distracted from the activity outside. This could be a podcast, audiobook, a favourite TV programme or film – something with sound will work best.
- Headphones can be used to block noise and for the person to listen to music they enjoy. Or have a singalong to favourite tunes!
- Get out during the day when it is less likely that fireworks will be set off. Fresh air and exercise makes us feel good and can help us get a good night's sleep
- Avoid alcohol and too much caffeine. They can add to people's stress levels and may make things worse.
- Spending time with trusted friends and loved ones can help us all feel calmer.
- If you feel anxious or panicky take longer, slower breaths. If a loved one is distressed, encourage them to do the same. Be reassuring and stay as calm as possible.
- Not all fireworks will be set off on Bonfire night, so it may be worth looking at keeping a quiet area available for most of the weekend, especially at night.

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## Upcoming events in the Forth Valley Region...



# Digital Roadshow

**with Alzheimer Scotland Digital Advisors**

Join us for information sessions on how digital can support you or bring your own device along for advice and tips:

### **Tuesday 12th November**

10.30 - 12 Drop in Café

1.30 - 3pm Activity Group

Both at Brain Health & Dementia Resource Centre,  
2-4 Mill Street, Alloa, FK10 1DT

### **Thursday 14th November**

10am - 12 Drop in Café

Join the digital table to chat about digital, see some devices  
or bring your own device

Falkirk Café, Central Perk, Grahams Road, Falkirk FK1 1HS

10.30 - 12 Carers Cuppa

Brain Health & Dementia Resource Centre,  
2-4- Mill Street, Alloa, FK10 1DT

1.30pm - 3pm Thursday Social

Brain Health & Dementia Resource Centre,  
2-4- Mill Street, Alloa, FK10 1DT

1.30p - 3pm Get Together Thursday

The Maples, 33 Johnston Avenue,  
Stenhousemuir, Fk5 4JZ.



**For more information, or to make a specific digital enquiry please contact the Forth Valley Office on 01324 559480**



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**Almond Tree**  
The *Caring* Coffee Club



The Almond Tree welcomes carers and those they care for on a Thursday for coffee and chat with well-known hymns, music and a short service.

The Almond Tree's time as a successful coffee shop has ended and it's now open in a new way. Supported by volunteers (including former staff and shop volunteers) it is now part of the church outreach programme. Our aims are to share our faith in Jesus and support our community.

If you have not been before, please contact to book. Remember to leave your number on answering machine so we can call you back.

**Dates for October - December 2024**

- October 3rd, 17th & 31st at 1.30pm
- November 14th & 28th at 1.30pm
- December 12th at 1.30pm

The Almond Tree Coffee Shop  
9 Dundee Court  
Falkirk  
FK1 1PW  
Tel: 01324 626000

Email: [thealmondtree@struthers-church.org](mailto:thealmondtree@struthers-church.org)  
Website: <https://www.struthers-falkirk.org>



**WINTER**  
at  
**The Almond Tree**

Friday 29th November -  
Family Night  
🌲 Christmas Jumper Night 7pm 🌲  
(Dads & Lads Football 6:30pm)

Thursday 5th December -  
Christmas Pop Up Cafe  
10am - 2pm

Sunday 8th December -  
Christmas Family Service 11am  
Followed by Family Lunch 12pm

## National Dementia Advisory Service

Our National Dementia Advisory Service aims to provide a responsive, high-quality information, advice and advocacy service relating to all aspects of brain health and dementia.

Tel - 0300 373 5774

Email – [NDAS@alzscot.org](mailto:NDAS@alzscot.org)



**National  
Dementia  
Advisor  
Service**

Donna Paterson, Dementia Advisor Forth Valley

Contact: 07733302772 or [Dpaterson@alzscot.org](mailto:Dpaterson@alzscot.org)

Cherie Raby, Dementia Advisor Forth Valley

Contact: 07786406668 or [Craby@alzscot.org](mailto:Craby@alzscot.org)

## Local Forth Valley Contacts

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Sarah West

Service Administrator

Coordinator

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## Dementia Helpline

Our 24 Hour Freephone Dementia helpline provides information, signposting and emotional support to people with dementia, their families, friends and professionals.

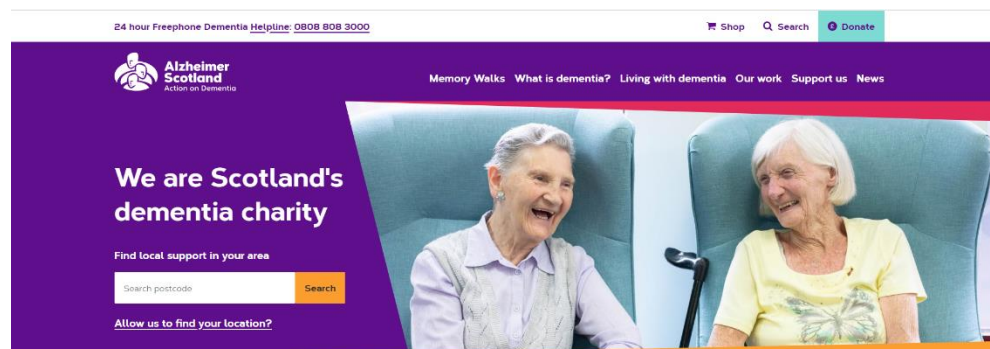


Making sure nobody faces dementia alone.

## Our Website

To find out more about Alzheimer Scotland, please visit our website. From here you will be able to view our monthly What's on Guides for both Falkirk and Stirling and Clacks.

[www.alzscot.org](http://www.alzscot.org)



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



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## By EMAIL

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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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