



**Alzheimer
Scotland**
Action on Dementia

Fife Service Newsletter

Winter 2024

MILESTONE CELEBRATIONS OF OUR SUPPORT SERVICES



Celebrating the 1st anniversary of the world's first **Brain Health Clinic & Service** at our Aberdeen Centre. This is a multi-agency project between Alzheimer Scotland, NHS Grampian and the Scottish Government and has helped over 100 people with advice on risk reduction and tips on looking after their brain health.

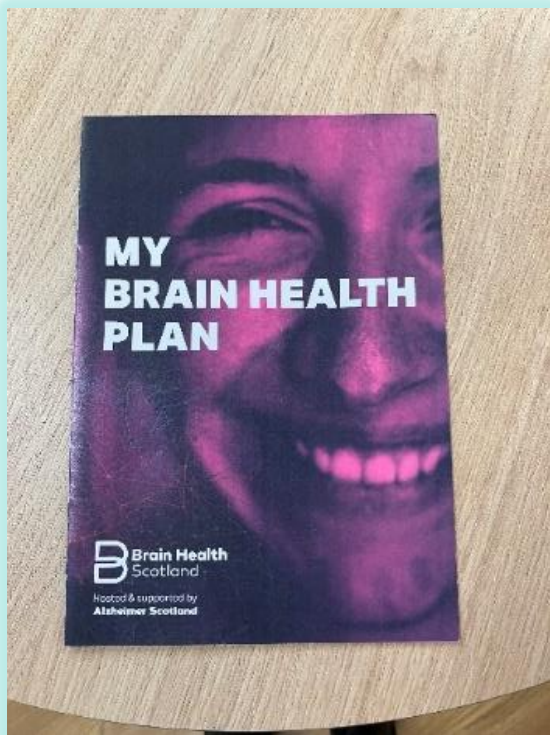
Our National Dementia Advisor Service celebrated its first full year of operation on 21 September - World Alzheimer's Day. Since its launch, the telephone service has helped many people with advice and advocacy relating to all aspects of brain health and dementia.



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

BRAIN HEALTH & DEMENTIA RESOURCE CENTRES



Our Centre offers a friendly accessible space for everyone to enjoy. Whether you want to pop in for some information, advice or support - our friendly staff and volunteers will be able to help you. If you haven't been given a diagnosis of dementia but would like to find out more about how to keep your brain healthy you can drop in for a chat.

It's never too early, never too late!



Our first **Outdoor Dementia Resource Centre** based in Badaguish, Aviemore is celebrating its 1st year anniversary. The Centre has welcomed hundreds of people living with dementia, their families and carers. It is a bustling hub for a wide range of nature-inspired pastimes such as walking, cycling, gardening, art and willow weaving as well a variety of indoor activities themed Bringing the Outdoors In programme delivered in partnership with Highland Wildlife Park.

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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. We can identify local community support or connect you with Alzheimer Scotland community.



We aim to build confidence and skills through supporting you to identify ways in which you can 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. Call **01592 204541** or Email – fifeservices@alzscot.org

NATIONAL DEMENTIA ADVISOR SERVICE

Our National Dementia Advisor 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.

Call us on **0300 373 5774** (charged at local call rate)

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).

You can find further information about our service on our dedicated [website](#) or emailing us at NDAS@alscot.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](#).

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



We are continuing to add new activity groups across Fife. Keep a lookout on our [website](#).

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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



We are looking for Volunteers

Join our exciting team of volunteers at Alzheimer Scotland and gain new skills, meet like-minded people, get involved in your local community... and have fun!

Find out more:
www.alzscot.org/volunteer-with-us

Email: events@alzscot.org

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THANK YOU to all our volunteers across Fife for the support they give our services throughout the year. Enjoy a relaxing time over the Festive Season.

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OUR SUPPORTERS AND FUNDRAISERS ARE ALL CHAMPIONS THANK YOU FOR YOUR AMAZING DONATIONS

Thank You to **Tabletop Scotland** who held a 3-day game convention event which raised over £5,000 for Alzheimer Scotland. They visited Fife Services to see the variety of support we provide and thoroughly enjoyed their day with us. They also promote the power of tabletop games in slowing the onset of dementia.



**TABLETOP
SCOTLAND**
6TH TO 8TH SEPTEMBER 2024

Kirkcaldy **Salvation Army** held a concert sponsored by Yamaha keyboards and raised funds of £1,000 for Alzheimer Scotland and the Salvation Army. The concert was a sell out and a most enjoyable evening.



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FUNDRAISING WALKS 2024

THANK YOU to our volunteers and staff who put on their walking shoes for our local

Memory Walks and the Edinburgh Kiltwalk – the weather stayed dry, and we raised over £2k for our services.



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

If you would like to support our Fife Services, you can give a donation through our JustGiving page. All proceeds stay in Fife. Thank you for your support.

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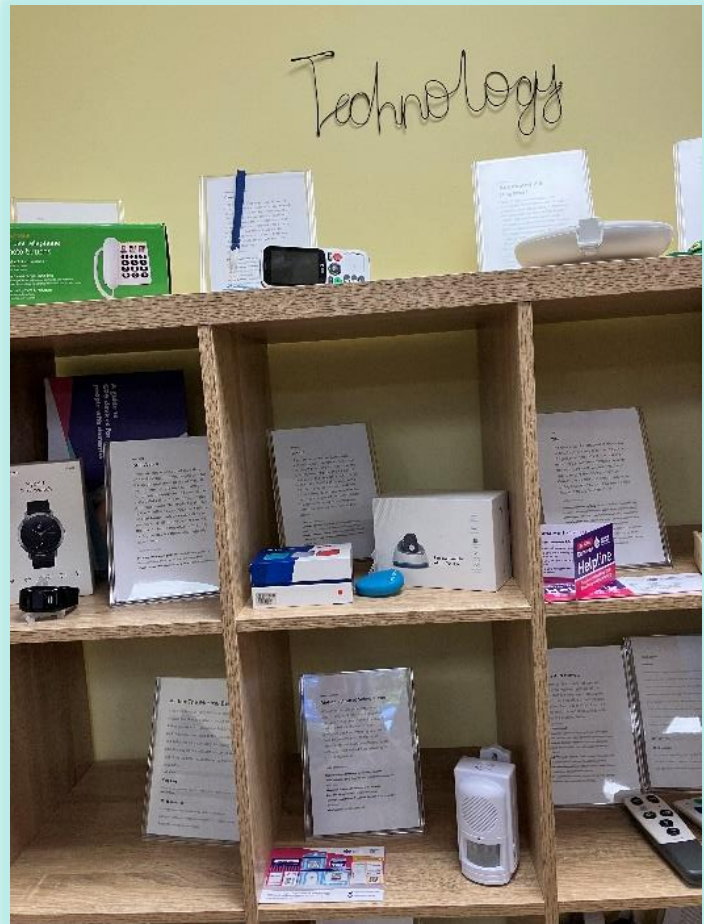
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ADAM (About Digital and Me)

We recently relaunched **ADAM**.

ADAM is a free online platform co-designed by people living with dementia and their carers that helps find the right technology at the right time for you. **ADAM** is an unbiased and trusted resource as all the technology in the catalogue has been tried and tested by people with dementia and carers and is only listed if people with lived experience have found it useful.

Not sure where to start to get information? Visit **ADAM** and try the inbuilt questionnaire which helps **ADAM** get to know you and what you are looking for and what to recommend.



If you would like to know more about devices, come along to our Digital Hub at our **Dementia Resource Centre** where you can have a chat with our Digital Dementia Advisor and see the range of products we have on display.

Sessions take place on the **1st Tuesday of every month between 10am and 12pm**. Please email or call to book a time slot.

Email: amccann@alzscot.org / fifeservices@alzscot.org

Telephone: 07771815332 or 01592204541.

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Wishing all our Fife Service users and supporters a very Merry Christmas from everyone in 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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