

Forth Valley Newsletter

Winter 2024



**Alzheimer
Scotland**
Action on Dementia

Welcome to our Winter 2024 Newsletter

We have had a busy year here in the Forth Valley, and we would like to highlight some of the work we have been doing and what is to come in the New Year.



A very Happy Christmas to all the people we support and all the people that support us from everyone here in the Forth Valley Team.

Included in this Newsletter are details of our Christmas opening hours, along with contact details if you require support over the festive period.

Merry
Christmas
and a
Happy New
Year



35 Johnston Avenue, Stenhousemuir, FK5 4JZ
Tel: **01324 559480** | Email: **Falkirkservices@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

9 Tips – for living well during the festive period



Start decorating early and take it slow

Instead of decorating your house all in one go, plan ahead and introduce decorations gradually. This is a nice way to ease into the season and can help someone living with dementia feel more comfortable with the changes.



Spread out family visits

The festive period is a great time for families and friends to come together, but big gatherings can sometimes feel overwhelming for someone living with dementia. Instead of having everyone over at once, you could consider spreading out visits.



Keep your routine as familiar as possible

It's easy for our everyday routine to change during the festive season. Sticking to regular times for things like waking up, meals, and bedtime can help a person with dementia feel more at ease.



Don't forget about medications or the flu jab

Make sure to have a supply of medications for over the festive season as GP's opening hours will be different. Don't forget to ask about your flu jab too. It's freely available to people over the age of 65, and to many adults with pre-existing health conditions between October and March.



Take time to enjoy the festive period

It's important that you celebrate the festive period too. Whether it's watching a festive movie, having a treat, or just relaxing. Make time to soak up the festive fun for yourself as well!



Keep warm

Stay warm and cosy during the colder months! Layer up with sweaters, and don't forget hats, gloves, and scarves if you're heading outside. It's also useful to have a supply of blankets nearby if you feel chilly inside.



Stay active

If you are able, and if the weather's nice, try to get out into the fresh air as much as possible. If the weather makes it difficult to go out, use your time to revive any indoor hobbies.



Eat well

Make sure you're eating well, especially during the colder months. Warm, nutritious meals can make a big difference! It's a good idea to keep some ready-made meals in the freezer so you've always got something easy to heat up when you need it.



Create a quiet space

If things do get busy, designate one room in your house as a 'quiet space' – maybe a cozy room with a comfy armchair where someone can relax or take a nap. This could make a great retreat for someone living with dementia and carers. Remember, carers need naps too.

Christmas Tips

The festive season is something many of us look forward to, although it can be a stressful time, with excitement and expectations running high, special meals to be prepared, gifts to be bought and guests to entertain.

For people living with dementia, there can be extra challenges – established routines disrupted, dealing with unfamiliar environments and possibly managing without the full range of support services.

Here are our top tips for families, friends and carers to help you make sure Christmas goes smoothly.



Enjoy family traditions



Much of the festive season centres around family activities and customs that have been passed on from one generation to the next, as well as any religious celebrations.

People can feel very disappointed if these customs are not maintained but it is important to be realistic and not to have too high expectations of the holidays.

Even if the person living with dementia is unable to join in to the same extent, there are still many things that you can do together such as:

- decorate the Christmas tree or put up simple decorations
- sing favourite songs or listen to traditional holiday music
- go for a walk
- watch a favourite film.
- go to religious services

The person with dementia may also like to play a part in preparing for any celebrations – helping with preparing meals, doing dishes, light housework etc. As always, remember to consider the person's safety.

Plan ahead and be prepared

If other family and friends will be visiting, you may wish to prepare them for any changes in behaviour such as unusual eating habits or reactions. People may need to be asked to introduce themselves rather than assume that the person will remember them. It can also help if they explain their relationship to the person if he or she doesn't seem to recognise the visitor.

Preparation can also include speaking with the person with dementia about what will be happening over the holiday.

This will vary very much from person to person. Some people prepare their relative in advance for changes to their daily routine, especially if they will be going to someone else's home to celebrate, but this may cause the person with dementia to become stressed and need a lot of reassurance. Other families may prefer just to tell the person on the day what is going to happen.



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If your relative is now being cared for away from home, you may face a decision on whether bringing them home for Christmas is the right thing to do. For some people with dementia, a change of environment can be very stressful.

Here are some tips for planning a successful holiday schedule:

- keep things simpler and quieter.
- ask visitors to come in small groups and space out their visits
- ask visitors to come at a time of day when the person is likely to be at his or her best.



Take time to talk



For many of us the festive season is a time where we catch up with friends and family that we may not have seen in a long time.

If you don't see your friend or relative very often, you might pick up on changes that are less obvious to people with regular contact. You might observe that the person with dementia's condition has declined, and they could do with some more support, or you may notice that their carer isn't coping very well and needs a bit more help.

If you are the person with dementia or carer this could be an opportunity to let your friends and family know that you need more help. It can be difficult to admit that we aren't coping, and it isn't always easy to ask for help. However, putting off asking for assistance can let a small problem grow into a crisis.

Here are some tips for having the conversation:

- Try to find a time to talk to the person when you are both relaxed and doing something together – having a cup of tea out walking together etc.
- Avoid talking about your concerns at already stressful times – if the turkey is burning in the oven, or the kids are fighting over their presents it might not be the best opportunity!
- Be honest and direct.
- Use non-judgemental language and always reassure the person that it is not his/her fault.

Check you have enough medication and emergency contact details

You should make sure that the person with dementia has their prescription(s) and enough medication to cover the holiday period.

If you are not the person's usual carer, speak to the person's carer or to their care manager for details of their medication. You should also ensure that you have a number for the person with dementia's GP.



Your local NHS Board will also publish on their websites details of which pharmacies will be open when during the holiday period.

All local authorities have an emergency social work service – the number is in the phone book or ask the Dementia Helpline (0808 808 3000) for the number for your area.

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New Group – Wednesday Memory Café Grangemouth



Wednesday Memory Café Grangemouth

An exciting new partnership between Grangemouth Stags Rugby Club and Alzheimer Scotland will see a new Memory Cafe open on **Wednesday 20th November** in the brand-new Reminiscence Centre



There will be an opportunity to have a blether and a browse through the impressive collection of old photos covering such topics as Local History, Film and TV and Sports.

Refreshments will be available.

Please note these sessions are for both the person living with dementia and their carer.

Where - Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL

When - Every Wednesday

Time - 11am - 12.30pm

For further information please contact Denise Priestley – 07970784950 or Anne Boyd – 07932120685 or call our office on 01324 559480

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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...



- *Central Perk Cafe, Falkirk continue to support us and raised a generous £89.20*
- *Leith Bowling Club and its members have held coffee mornings and kindly donated £50*
- *Sweet Harmony Barbershop Chorus have raised an impressive £200*
- *The Chit Chat Café of Redding and West Quarter Church have kindly raised £140*
- *Grahamston Evangelical church continue to support us with a thoughtful sum of £205*
- *Zen2yoga Polmont held a soup kitchen and kindly raised £100 for Alzheimer Scotland*

Thank You!



Tunnocks Teacake Christmas Pudding



You will need:

- 1 pack of Tunnocks Teacakes
- Icing: mixed to a thick consistency- Icing sugar and water
- Strawberry Laces
- Miniature Holly or green icing tubes
- You can use Christmas decoration toppers or icing tubes



How to:

- -These are very easy to put together! Just open up your Teacakes & top with icing,
- -To make icing put some icing sugar in a small bowl and mix with a very little water to get a thick consistency.
- -Cut up your Strawberry laces (the thicker kind are best for this) with kitchen scissors and carefully place them on top. If your icing is thick enough, they shouldn't slide off.
- -For the holly use either Christmas holly decorations or coloured icing tube

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Christmas Opening Times



We are open & operational every day except for the public holidays.
Our Day service and Community Groups will be closed between:

Monday 23rd December 2024 until Friday 3rd January 2025

Our Alloa Dementia Resource Centre will be open on the following days- we invite you to join us for hot drinks, mince pies & other goodies. Staff will be present to offer support

- Monday 23rd December – Drop in Dementia Café 10am – 2pm
- Tuesday 24th December - Drop in Dementia Café 10am – 2pm
- Wednesday 25th December - Closed
- Thursday 26th December - Closed
- Friday 27th December - Drop in Dementia Café 10am – 2pm
- Monday 30th December - Drop in Dementia Café 10am – 2pm
- Tuesday 31st December - Drop in Dementia Café 10am – 2pm
- Wednesday 1st January – Closed
- Thursday 2nd January - Closed
- Friday 3rd January - Drop in Dementia Café 10am – 2pm

We look forward to welcoming you back on Monday 6th January when our Cafes, Groups and Day care will re-commence.

Useful contact numbers over the Christmas Period -

24 Hour Dementia Helpline – 0808 808 3000

NHS 24 - 111



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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



Donna Paterson, Dementia Advisor Forth Valley
 Contact: 07733302772 or Dpaterson@alzscot.org
 Cherie Raby, Dementia Advisor Forth Valley
 Contact: 07786406668 or Craby@alzscot.org

Local Forth Valley Contacts

Anne Boyd	Julie Anne Moore	Denise Priestley	Sarah West
Practice Team Leader	Commissioned Service Lead	Community Activity Organiser	Service Administrator Coordinator
aboyd@alzscot.org	jmoore@alzscot.org	dpriestley@alzscot.org	swest@alzscot.org
07932120685	07796187192	07970784950	01324 559480

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.

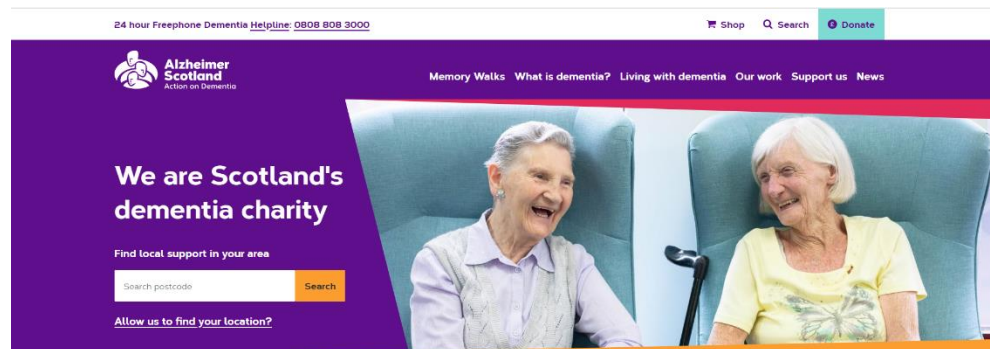
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Our Website

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



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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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.

By POST

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