

# Forth Valley Newsletter

Spring 2025



## Welcome to our Spring 2025 Newsletter

Welcome to our first Newsletter of 2025. We've had a busy winter with lots happening, but now it's time to start looking forward to the lighter nights and warmer weather.

Our Newsletter will give you an insight into what's been happening over the past few months as well as information on what's to come in the coming weeks.



## Falkirk Day Care Student Workplace

In January, we welcomed Kara Dempsey, a Medical student from Dundee University into our Falkirk Daycare.

Kara was with us for 4 weeks learning about how our Day Care operates. The purpose of Kara's workplace was for her to understand the support Alzheimer Scotland provide for those with dementia and for her to design an activity with therapeutic benefits through card making.

She became a firm favourite with our attendees and was a great help to staff too. Kara had expressed that she really enjoyed her time with us and found the whole experience very helpful for her current degree.

Kara was keen to find out more about our organisation and also met with Community Group staff, Link Workers and Dementia Advisors.

We wish Kara all the best with the rest of her course and for the future.



35 Johnston Avenue, Stenhousemuir, FK5 4JZ

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## The Distillery Baggers

The Distillery Baggers, also known as Helen and Andy Chalmers, have raised an amazing £2000.00.

Helen and Andy visited 161 distilleries in Scotland to raise money and awareness for several charities including Alzheimer Scotland. They held an impressive auction along with the Whisky Auctioneer and auctioned off 94 bottles of Whisky.

They also held a whisky tasting session with whiskeys straight from the cask.

They managed to raise £8000 in total and split the money evenly between 4 charities including our own.



You can look back at their journey and visits on their Instagram page [2distillerybaggers](https://www.instagram.com/2distillerybaggers)

## More fundraising and donations...

We are so grateful for all your support and donations. Here are just a few to name...

- **Grahamston United Church** - raised £241.26 at their Christmas Tree Festival and Christmas Eve collection as well as £150 which was raised by 'united in Song'.
- **St Ninians Pharmacy** and their lovely customers raised a fantastic £124.45 by having our collection can on their counter.
- **Larbert East Church and their Memories group** have managed to raise a generous £230. for Alzheimer Scotland.

As always, we appreciate all your kind donations and continues support.

# Thank You!

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## Shooting Stars Charity Football Match

On the 3<sup>rd</sup> March, Alzheimer Scotland held their Charity Football match.. Over 2000 people came along on the day. Here are a few pictures from our Community Activities Organiser, Denise Priestley of her Grandchildren enjoying the big event.



## Online Carer Awareness Sessions

Our online Carers awareness sessions started in February and are continuing throughout the year.

The course covers -

Session 1: Dementia An overview of the causes of dementia and approaches to help.

Session 2: Focus on Caring Carer rights and eligibility, the impact of caring and looking after yourself.

Session 3: Strategies for the future The law and capacity, Defensible decision making, where to turn for help.

Session 4: Digital and Any questions How technology can help and an open forum to ask any questions from the sessions .

Tuesdays 2pm-4pm on Teams Virtual Resource Centre (VRC)

Dates in 2025 –

February 4th,11th,18th,25th

May 6th,13th,20th,27th

August 5 th,12th,19th,26th

November 4th ,11th,18th,25th

Contact: Cherie Raby, Dementia Advisor on 07786406668 or email [Craby@alzscot.org](mailto:Craby@alzscot.org)



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## Upcoming events

### Dementia Awareness week and the Maples Garden Party – Coming Soon!

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 Dementia Awareness week will fall around the 1<sup>st</sup> week in June – We will post more information about all our events nearer the time.

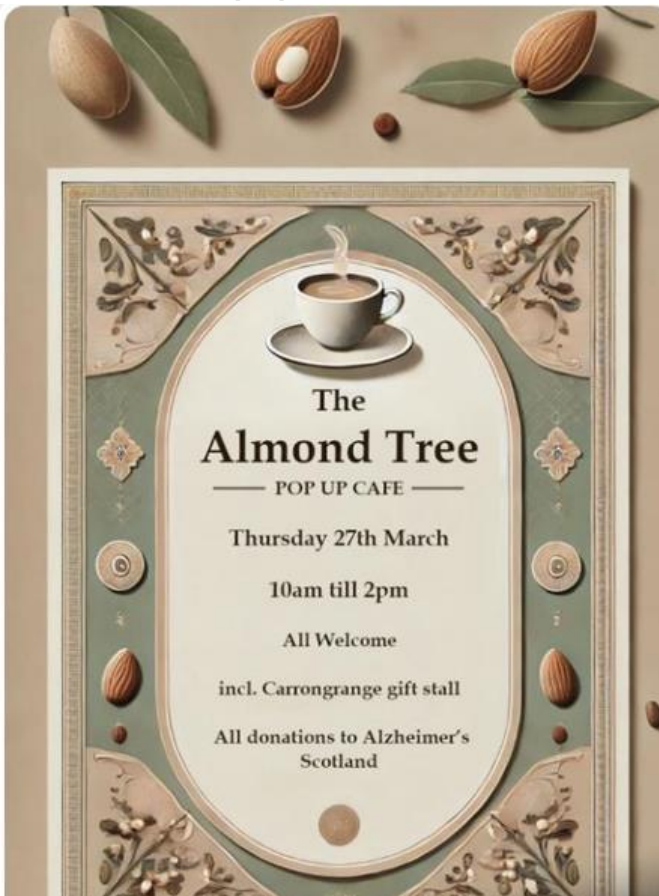


### Post Diagnostic Support Group & Carers Information Sessions – Stirling and Clacks

Our next Post Diagnostic support group and Carers information sessions will take place on the 23<sup>rd</sup> April. They will be held in our Alloa Dementia Resource Centre. If you would like any further information on our courses, please contact [falkirkservices@alzscot.org](mailto:falkirkservices@alzscot.org) or call 01324559480



### Almond Tree Pop up Café -



Thanks again to Lesley Beath for organising another event at the Almond Tree pop up café.

The pop up Café will take place on the 27<sup>th</sup> March from 10am-2pm at The Almond Tree Coffee Shop, 9 Dundee Court, Falkirk, FK1 1PW.

Carronrange school pupils will also be there in their school enterprise groups, selling gifts,

For any further information, please contact Lesley on [Lesley.beath@gmail.com](mailto:Lesley.beath@gmail.com)

OR

Alzheimer Scotland on 01324 559480 or [Falkirkservices@alzscot.org](mailto:Falkirkservices@alzscot.org)

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## Interested in Digital Technology? Would you like to test new products or share your feedback on the technology you own?

### Dementia Circle needs you!

The world of technology is fast-moving and filled with a lot of choice. Knowing what products might be right for you can become overwhelming when you don't know where to start. That's why Alzheimer Scotland created our free online platform ADAM (About Digital and Me) to help families navigate through the world of technology and help them find the best product for them. ADAM is unique because all the products in the ADAM catalogue have been tried and tested by people living with dementia and their carers through our Dementia Circle project. ADAM wouldn't exist without our Dementia Circle reviewers which is why we are looking for more people to join our community.

### What is Dementia Circle?

Dementia Circle is an Alzheimer Scotland project that helps people with lived experience of dementia to find, test and share feedback on products and services that can help make everyday living with a long-term condition easier. By testing out a product or a service and giving your honest, unbiased feedback, you will be helping people like you to find things that can also help them.



### What will happen when I join Dementia Circle?

When you sign up, you will join a pool of people just like you. When we have new products to test, we will contact you if the technology is aligned with your interests and see if you are willing to test. If you think the product is not for you, you can say no and we'll contact you again the next time. We sometimes have limited products available and aim to make the testing process as fair as possible. If you have already tested a product with us, we may prioritise new reviewers or people who have not tested any product before offering a second product to review.

If you are happy to go ahead with testing, we will support you throughout the review process. This can either be an individual review or we may invite you to join a group of reviewers who are testing the same product.

### I'm interested in joining! What shall I do next?

To join our Dementia Circle community, please fill out this online form which can be found at: <https://forms.office.com/r/Ty6PeSKght>

Once we have received your form, we will get in touch for a chat about the technology you already use or the interests you have so we can match you with products in the future.

In the meantime, you can visit ADAM here: <https://meetadam.org>



**Alzheimer  
Scotland**



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## ADAM – About Digital and Me

We recently relaunched ADAM. At the end of last year.

ADAM is a platform which will help you to find the right pieces of technology at the right time. Families and carers have told us that they would like to try using digital products and services to look after their health and wellbeing, but worry about making the wrong choices or don't have time to go looking for something that will work. We wanted to make things easier.

Now, you can have a chat with ADAM, your digital friend, who will ask some questions about the things that are important to you, and things that might be becoming more of a challenge and get recommendations about digital products which you might find useful.

ADAM will tell you about why they've been recommended to you and give you some insight into how easy they are to set up and use, and where you could buy them if you choose to give them a try.

Check out the website for more information - <https://www.meetadam.org>



## 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)



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)

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## 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
<a href="mailto:aboyd@alzscot.org">aboyd@alzscot.org</a>	<a href="mailto:jmoore@alzscot.org">jmoore@alzscot.org</a>	<a href="mailto:dpriestley@alzscot.org">dpriestley@alzscot.org</a>	<a href="mailto:swest@alzscot.org">swest@alzscot.org</a>
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.

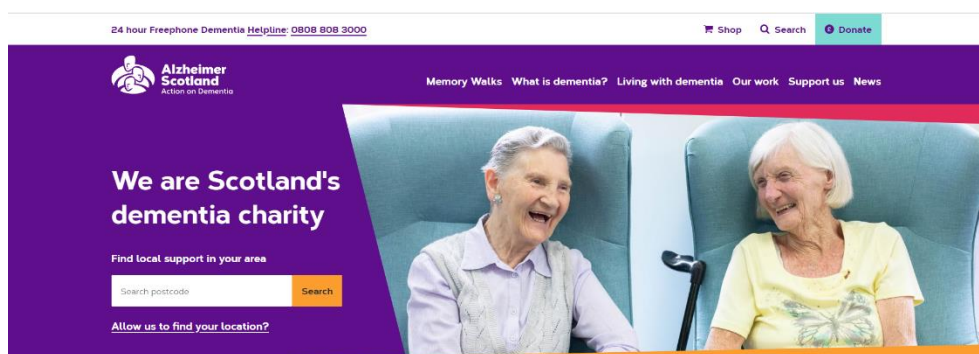


Making sure nobody faces dementia alone.

## 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)



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##### ALZHEIMER SCOTLAND MONTHLY NEWSLETTER AND UPDATE OPT-OUT OPTION

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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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