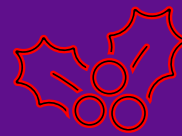


Tayside Locality



Newsletter

December 2022



From all the staff and volunteers of Alzheimer Scotland Tayside we wish you
a safe, peaceful, and happy Christmas with good wishes for 2023.

We are still living in uncertain times; however, we want to remind you that during this festive time we are here for you to help if you need us.

Remember our Helpline is available all day, every day ready to support you.

Helpline – 0808 808 3000 24 hours a day, 365 days a year Helpline – 0808 808 3000

Enjoy the festive period, eat, drink and be merry but let's try not to overindulge!
Easy to say not so easy to do.

Here's to a brighter, more peaceful, and happier 2023!



Angus Dementia Resource Centre, 262 High Street, Arbroath, DD11 1JE
Tel: **01241 431770** | Email: angusservices@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



Christmas Concert

St Andrew's Church
Friday 16th December
7.30pm

Tickets
£10

Refreshments available during interval

Good news!

After an absence of 3 years, we are delighted that our Christmas Concert is returning. The Friends of Angus singers provide a great concert with festive songs to get us in the Christmas spirit. This event is always very popular, we are looking forward to seeing you all again and to welcoming new people to this lovely evening at:



You can get tickets at our:
Dementia Resource Centre,
262 High Street,
Arbroath,
DD11 1JE,




St Andrews Church
21 Hamilton Green
Arbroath
DD11 1JG

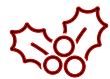
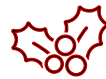


Tickets are still available and can be ordered by post or reserve over the phone by calling **Janet** on **01241 431770**



Resource Centre, Address line 1, Address line 2, Address line 3
Tel: **013241 431770** | Email: **email@alzscot.org** | Website: **www.alzscot.org**

Arbroath Christmas Boogie



Let's Boogie

Suggested donation
£3 per person

Alzheimer Scotland
Action on Dementia

At the British Legion Club - Arbroath

join us!

On

Thursday 26th January 23

Thursday 23rd February 23

Thursday 30th March 23

2pm – 4pm

Refreshments available
Tea, Coffee & Biscuits

For more information contact:
Rosemary Moncur - 07585700902 - rmoncur@alzscot.org

President: Lord Guthrie of Westerwood HT, FRC, FRCG & Registered Charities Ltd, Dundee Street, Edinburgh EH11 1DQ is a limited liability company limited by guarantee and is recognised as a charity by the Office of the Scottish Charity Regulator & registered in Scotland 149016 Scottish Charity No. SC022315

Thursday 15th December, join us for our Christmas Boogie, at the British Legion Hall on Helen Street in Arbroath.

A DJ will be playing the music to get us in the mood for dancing or watching others dance while we jig along in our seat singing along.

Don't forget to put your requests in for one of your favourites.

The bar will be open if you wish to buy a wee drink; tea, coffee and biscuits will also be available.

See you there!



From next year, 2023, will be asking for a £3 per person donation to help cover costs.

For more information and to book a place contact:

Rosemary Moncur on **07585700902** or email rmoncur@alzscot.org

Janet Quantock on **01241 431770** or email angusservices@alzscot.org

Dundee Christmas Boogie



Friday 16th December at Craigie Bowling Club
2pm – 3.30pm

For more information and to book a place contact:

Jeni: 07917 241024 – or email

JeniSinclair@Alzscot.org

Places are filling up fast!



Come along, shake a leg, shimmy to the music, or sing along to the music.



We look forward to seeing you there!



Alzheimer Scotland
Action on Dementia

Boogie

What is Boogie?

A fun afternoon of music & dancing for anyone who enjoys a proper boogie but doesn't want or is not able to stay out late.

Boogies are for everyone

Bring your family/friends or carer

When: **Friday 16th December 2022**

Where: **Craigie Bowling Club - Dalkeith Rd, Dundee, DD4 7JJ**

Time: **2pm – 3.30pm (Doors open 1.45pm)**

Cost: **TBC**

Tea/coffee provided during the afternoon
Licenced Bar open for the purchase of drinks

For more information please contact:
Jeni: 07917 241024 - JeniSinclair@Alzscot.org

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them. We don't provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely.

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Angus Carer Information Sessions

We will be restarting carer information sessions specifically for family carers of people living with dementia. These can be face to face, digital or a combination, the sessions will provide information on dementia and caring for a person living with dementia. **Covering such topics as:**

What is dementia?	Living well with dementia.
Changes in Communication and behaviour.	Future planning



Other topics which have proved popular and can also be covered are:

Welfare rights	Local services available for carers and their relatives
Medication and dementia	Activities in the home
Looking towards long-stay care	Stress management for carers
Remaining involved after long-stay care	
First Aid.	

If you would be interested in attending an information session for carers, please contact:

Pat Brodlie on 01241 431770 or email pbrodlie@alzscot.org

Rosemary Moncure on 07585700902 or email rmoncur@alzscot.org

Please also contact Pat if you would be interested in attending an evening carers support group either face to face or digitally.

Perth Brain Health and Dementia Resource Centre



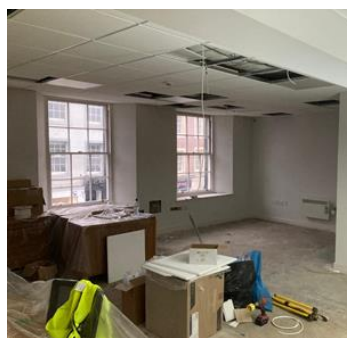
Alzheimer Scotland are delighted to announce that we will be opening a new Dementia Resource in Perth in the New Year. Refurbishment works

are already underway at our new city centre location, what once was an optometrist building is currently undergoing a major makeover and will open its doors next year as an Alzheimer Scotland Brain Health & Dementia Resource Centre. The centre will be carefully designed to ensure it is dementia friendly and will include a digital suite and brain health hub, as well as have ample space for people to access support and advice and be a base for a range of



Hosted & supported by
Alzheimer Scotland

community activities and groups. The new centre will host our skilled staff team who will develop a range of services, specifically to support people living with dementia and their families across the Perth & Kinross area. We are really excited about this new development and look forward to welcoming the community into the centre in early 2023'



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Introducing our Perth & Kinross staff



Hello, my name is Lindsay Brackenridge, and I am the Alzheimer Scotland Post Diagnostic Support Link Worker covering the Strathmore area of Perthshire (Blairgowrie, Coupar Angus, Burrelton, Balbeggie and a load of small villages in that area).



07557 944073



LBrackenridge@Alzscot.org



Hello, I'm Marion McLaren - a post diagnostic support link worker. I cover Perth City and Scone. I support people who have recently been diagnosed with dementia, and their families, providing information and support to help people come to terms with the diagnosis, live well and plan for the future.



07780 001258



MMcLaren@Alzscot.org



Hello, my name is Megan Illsley and I currently work as a Post Diagnostic Support Link Worker for Perth City and Scone areas. Before this, I worked for a number of years as a social worker and mental health officer in Perth and Kinross and in Edinburgh. As a Perth local, I'm excited to see the developments Alzheimer Scotland are making in the area and I'm looking forward to the opening of our new resource centre in the New Year.



07880 086963



Millsley@alzscot.org



Hello, I am Gary Wiscombe, I am the new Dementia Advisor for Perth & Kinross Service currently still in training, learning more about the role and looking forward to getting settled into the new Dementia Resource Centre in Perth. I previously worked for 33 years in Fife as a registered nurse.



07855 644018



gwiscombe@alzscot.org



Hello. My name is Marian Garcia, Post-Diagnostic Support Link Worker for South-East Perthshire. I work with people who have been diagnosed with dementia and their families, including people with young onset dementia. I am passionate about raising awareness about dementia and fighting stigma



07769 298 651



MGarcia@Alzscot.org



Hello. My name is Jackie Daly. I joined Alzheimer Scotland as a Post Diagnostic Support Link Worker in September of this year; I cover the Northwest of Perthshire. Previous to this I worked within the Older Peoples Community Mental Health Teams across Perth & Kinross. I have always worked in close partnership with Alzheimer Scotland to continue to improve the lives of those living with dementia and their families/carers.



07880 086958



JDaly@Alzscot.org

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Co-op Fundraising for Perth Dementia Resource Centre

Alzheimer Scotland - Action On Dementia, Perth is part of the @Coopuk Local Community Fund, to find out more about our project and to choose us as your cause, click here

<https://membership.coop.co.uk/causes/71893>
#ItsWhatWeDo

Christmas Hampers

Angus Service have two hampers they are raffling, £2 a ticket.

Tickets can be bought at our Angus Dementia Resource Centre in Arbroath, 262 High Street, or you can contact Janet on 01241 431770 or jquantock@alzscot.org

You can also purchase a ticket by donating on our JustGiving page at:

<https://www.justgiving.com/fundraising/Alzheimer-Scotland-Tayside-Services>

Please mark your donation 'Angus Hamper'



Playlist for life Help Point



The Angus Service, based in Arbroath, have recently registered as a Help Point for Playlist for life, we are excited to get involved and learn more about this great programme, then offer guidance to people in setting up a Playlist for life.

Our first involvement is letting you know about the Gift a Playlist this Christmas. You can find out more at:

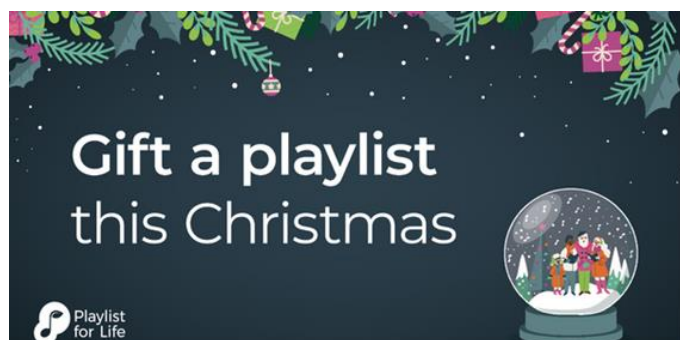
<https://www.playlistforlife.org.uk/christmas>

As a Help Point, we are happy to assist you with your Playlists, we have resources available that can help you with your choice of music.

To find out more please contact us on:

 01241 431770

 angusservices@alzscot.org



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New Dementia Advisor in Angus



Hello. I am Rosemary Moncur, some of you will already know me from being the Community Activities Organiser, covering both the Dundee and Angus areas. I have recently taken the position of Dementia Advisor for Angus. I look forward to meeting you all in my new role.

You can contact me on:



07585700902



rmoncur@alzscot.org



Rosemary's
self portrait

V&A Let's Talk Dementia Café Dundee



With 2022 nearing its end, we are delighted to have added 2 new Dementia Café's to our portfolio. Working in Partnership with V&A Dundee, this venue has proved popular and is continuing to grow. We are lucky to have the Tatha Bar & Kitchen as our monthly venue within the museum. This Dementia Café takes place on the 3rd Tuesday of the month 2.00pm – 3.30pm (with the exception of January 23 – the café will take place on Tuesday 10th Jan) Attendees can be assured of a good cuppa and chat! The image to the left shows the Dementia Café at V&A Dundee. Our 2nd new Dementia Café venture has started at Logie & St Johns (Cross) Church in partnership with Dundee Carers Centre. This café runs on the 1st Thursday of the month 2pm – 3.30pm.

Volunteers

We are delighted to have a fantastic band of volunteers who support us in various guises. Volunteers engage in a wide range of activities – Day-care, Dementia Café's, Carer Support Groups and Community Activities such as Walking Groups, Football Memories and BOOGIE. Volunteers enable us to reach out to those who need our services by assisting in maintaining these various activities.

We are always keen to encourage more individuals to join us, so if you would like to find out more about volunteering with us, please contact:

For Dundee - Jeni Sinclair, Dementia Advisor.

Tel - 01382 210016 or 07917 241024

Email - Jenisinclair@Alzscot.org

For Angus - Rosemary Moncur, Dementia Advisor.

Tel – 07585700902 Email - rmoncur@alzscot.org



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Perth Awareness Day



The team attended the Perth Dementia Awareness Day along with other services who support those living with the condition. It was great to meet the people of Perth city and surrounding areas to both offer information and to give an update on the new Dementia Resource Centre, which is opening in the Fair City, in early 2023. The centre will be located in George Street and is currently undergoing refurbishment ready for its grand opening. Our new P&K Dementia Advisor Gary Wiscombe will be

based at the George Street premises, along with other Alzheimer Scotland services. Watch this space for more info in due course!

Dundee Carer Hubs

Following conversations with Carers, we are starting up monthly Carers Hubs at our Dementia Resource Centre in Dundee. These Hubs will be an ideal opportunity for carers to come together to get information, advice and support as they live with Dementia. Carers Hubs are also designed to be places whereby carer-to-carer support is a major factor, in that those sharing similar situations are able to understand and support one another. Our Carer hubs are for those supporting someone with Dementia – Spouses, Partners, carers, family, friends etc.

Carers Hubs will take place from 2pm – 4pm, folk can drop-in at any time between 2pm – 4pm

Tuesday 24th January 2023 - Tuesday 28th February 2023 - Tuesday 28th March 2023



Carer Support Groups



January 2023 will see the first Carer Support Group of the year. Each Carer support group block consists of 4 sessions, over 4 consecutive weeks. Each group will have the opportunity to tailor the sessions to their requirements, meaning that we can be covering a number of topics. Attendees are encouraged to attend all 4 sessions. These take place at our Dundee Dementia Resource Centre on a Monday morning – for more information regards the groups for the first half of 2023, please contact us.

All places are required to be booked, as we aim to keep the groups at comfortable sizes.

We are also able to offer an activity group running alongside for the cared for individual, as we realise that many carers can only attend if there is care and provision for their loved one. These groups are facilitated by our team of volunteers within the same building as the Carers.

For more information, please contact Jeni Sinclair – 07917 241024 or Jenisinclair@Alzscot.org

Dundee Day Care

Dundee Day Care Service is progressing well. We still have a few spaces available for more people who would like to come and join us; we offer a wide range of activities that people can join in, offering person-centred sessions tailored to people's interests. We are also looking for volunteers to come and join our team.



For more details contact Carol Houston at the Dundee Resource Centre on 01382 210200 or by email at dundeervices@alzscot.org



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