



Alzheimer Scotland
Action on Dementia



Angus Services

December Newsletter

Service Manager Honoured



At the annual general meeting of Alzheimer Scotland held in Edinburgh on Friday 4 November our Service Manager Pat Brodlie was presented with a certificate acknowledging her commitment and service to the organisation and, in particular, to carers of people with dementia throughout Angus. We extend to Pat hearty congratulations on her well deserved award,

“Christmas is doing a little something extra for someone.” - Charles Schulz

Nicola Sturgeon opens new Alzheimer Scotland Dementia Research Centre at The University of Edinburgh



On World Alzheimer's Day, Nicola Sturgeon, Deputy First Minister and Cabinet Secretary for Health, Wellbeing and Cities Strategy, officially opened the Alzheimer Scotland Dementia Research Centre. The Centre has been created in partnership with The University of Edinburgh and will be based within the School of Philosophy, Psychology and Languages Sciences.

The Alzheimer Scotland Dementia Research Centre will:

- provide a high quality environment for dementia research
- commission and develop a balanced portfolio of clinical and scientific research
- attract external dementia research funding
- develop and maintain a brain tissue bank.

Sir Timothy O' Shea, Principal of The University of Edinburgh; Nicola Sturgeon, Deputy First Minister and Henry Simmons, Chief Executive of Alzheimer Scotland

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Nicola Sturgeon, Deputy First Minister, said, "There could be no more fitting way to mark World Alzheimer's Day than opening this impressive new Dementia Research Centre which will aim to help improve the treatment available to people living with the illness and our knowledge of the causes of dementia and its risk factors.

"As part of this, just this week we have announced the introduction of 300 dementia champions by 2013 and already Alzheimer Scotland Dementia Nurses have been introduced in five NHS Boards – with one expected to be appointed to every Board in Scotland by the end of the year.

"All of these measures, as well as a forthcoming programme of inspections on the care of all older people in hospitals including those with dementia, will help improve the standards of care for people affected by the illness. These changes show just how much we prioritise older people's care – and care for people with dementia at all ages – across government. This new Centre of excellence in dementia research will play a significant part in contributing to our knowledge of the illness and the standard of dementia care provided."

Henry Simmons, Chief Executive of Alzheimer Scotland, said, "There are over 82,000 people with dementia in Scotland and that figure is set to double within a generation. It is one of the biggest health and social care problems that Scotland faces. There are currently very few drugs available to people with dementia and not everyone benefits from them. It is vital that we invest in clinical and scientific research, to help people live well with the illness and ultimately to work towards prevention or a cure.

"We are absolutely delighted to be working in partnership with the University of Edinburgh on the Alzheimer Scotland Dementia Research Centre. This would not have been possible without the generosity of the Scottish public, whose donations have allowed us to create this Centre. We want the Alzheimer Scotland Dementia Research Centre to link in with Scotland's growing dementia research community. This community is already producing fantastic work, but more needs to be done if we are to tackle the dementia challenge that Scotland faces."

Professor Sergio Della Sala, Head of Psychology at The University of Edinburgh, said, "The Alzheimer Scotland Dementia Research Centre is really welcome, as it will provide a much needed environment for dementia research in Scotland. It also complements the excellent research on healthy ageing and on human cognition carried out in our department and elsewhere in Scotland."

Staying warm in winter

Source: <http://www.direct.gov.uk>

Keeping warm over the winter months can help prevent colds, flu or more serious health problems like pneumonia. Find out some simple things you can do to keep warm, stay healthy and make the best use of your heating at home.

Financial help with heating your home

If you are over 60, disabled or on a low income, you may be able to get financial help to heat your home.

For more information on schemes like cold weather payments, winter fuel payments and Warm Front, see 'Help with heating your home' at <http://www.direct.gov.uk>

Cold Weather Payment

If you're receiving certain benefits during very cold weather, you may qualify for a Cold Weather Payment. There are some simple tips to stay warm and safe in your home during the winter.

A warm home during the day

To keep warm at home during the day try to:

- heat your main living room to around 18-21°C (64-70°F) and the rest of the house to at least 16°C (61°F)
- heat all the rooms you use in the day
- make sure you keep your living room warm throughout the day and heat your bedroom before going to bed
- set the timer on your heating to come on before you get up and switch off when you go to bed

In very cold weather, set the heating to come on earlier, rather than turn the thermostat up. This means you won't be cold while you wait for your home to heat up.



A warm home at night

To keep safe and warm at home during the night you should:

- try to keep the temperature above 18°C (65°F) in your bedroom overnight
- open the window or door a little at night for ventilation if you use a fire or heater in your bedroom during winter
- never use hot water bottles in the same bed as an electric blanket, even if the blanket is switched off
- unplug blankets before you go to bed, unless they have a thermostat control for safe all-night use
- get your electric blanket tested every three years for safety.

Carer Groups

Carer Groups/Information sessions offer mutual support and sharing of information in a group setting. Our information sessions include "What is dementia?" "Changes in communication and behaviour", and talks by guest speakers. Details of carers groups, which take place in Arbroath, Brechin, Forfar and Montrose, can be obtained by contacting Angus Services direct.

Annual Review

Alzheimer Scotland - making sure no-one goes through dementia on their own



Our annual review describes, in words and photographs, the work of Alzheimer Scotland over the year 2010 - 2011. Our chance to reflect back on the year and highlight some of our major achievements and challenges, as well as set out our plans for the future. We hope you enjoy reading about them. If you would like a copy it is available from our website at www.alzscot.org

"God gave us memory so that we might have roses in December" – J.M. Barrie

Thank You

Once again Angus Services has had a busy, but successful, year.

Many carers, friends of carers, individuals, senior citizen groups and numerous other organisations have presented us with donations, raffle prizes biscuits and sweets and we thank everyone concerned for their support and generosity. Our fund raising events have been well supported by carers and friends and we are grateful for their contribution. Thanks also go to those who have gifted biscuits, soup, tea, coffee and monetary donations to our two Drop-in Centres at Carnoustie and Forfar, our Dementia Café, Music Café and Carer Groups. - *"Caring certainly never goes unnoticed."*

Festive Information Sheet

The festive season is something most of us look forward to. With excitement and expectations running high, special meals to be prepared, gifts to be bought and guests to entertain, it can be a stressful time. For people with dementia and their carers there is the additional challenge of coping with the disruption of established routines, of dealing with unfamiliar environments and of managing without the full complement of support services. Alzheimer Scotland's information sheet – "Celebrating the festive season with someone who has dementia - is aimed at carers of people with dementia, whether they are caring at home, planning for a visit from a person with dementia, or caring for a person who now lives in a care home. Let us know if you would like a copy and we will send it out to you.



Support for Carers

The office will close on Friday 23rd December and reopen on Wednesday 4th January 2012. Our 24-hour answering service will be in use. Call 01241 431770 leave a message and we will return your call as soon as possible. Alternatively if you require to speak to someone urgently you can call the Dementia Helpline on 0808 808 3000.



Raise money by doing your everyday shopping through our on-line mega store at www.our-megastore.com/alzheimer-scotland

Volunteering for Research into dementia

Our information sheet Volunteering for Research into dementia has been updated. Anyone considering taking part in research should know the information before they decide to participate (or agreed to their partner participating). The term research means different things to different people, but it is essentially about finding out new knowledge that could lead to changes in treatment, policies and care. Copies of the information sheet are available from the office on 01241 431770.

Calling all knitters young and old



Alzheimer Scotland (Argyll and Clyde) are going to attempt to beat the current world record for the largest hand knitted blanket (non crochet). The current record stands at 557.34 squared meters and is held by The Ladies of Hatfield Christian Church (South Africa) We would like to create a blanket measuring 710 squared meters. This blanket will be made up of 71000 squares to represent the number of people in Scotland in 2010 that had dementia. This record attempt will not only raise awareness but it is hoped that it can facilitate people from all over to pass on the skill of knitting to someone they know.

We are looking to you for help. If you can knit we would really appreciate you helping by knitting squares measuring 10cm by 10cm. If you don't knit do you know someone who does and who would like to get on board with this record attempt?

If you can help in any way please contact Chris Doogan on 01546 605517 or by email at cdoogan@alzscot.co.uk. We will then send you an information pack containing information on the record attempt and information on what to do with your squares when you have knitted them.

We look forward to hearing from you and working together to bring this record to Scotland.



As another year draws to a close, we thank you for your friendship, support and generosity and sincerely wish you all the happiness that a New Year can bring.

Dementia Helpline
24 HOUR
Freephone 0808 808 3000

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered Office: 22 Drumsheugh Gardens, Edinburgh EH3 7RN. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315.

We rely on fundraised income to help us to campaign and to provide services for Scotland's 82,500 people with dementia and their carers.

www.alzscot.org