

Welcome to our July/August newsletter! Come along to some of our new events.



Pop Up Cafes to continue!

We have been delighted with the success of our 3 pop up cafes and party days. We have organized to have a pop up café on the first Wednesday of every month from 1.30 – 3.00pm. If you haven't been to one yet - do please come along!

The next cafes are Wednesday 1 August and Wednesday 5 September.

We are very grateful to the Melting Pot Collective Band who have kindly agreed to play at both cafes – as the saying goes, “we cannae wait!”.

What happens at our Pop up Cafes?...We have coffee/tea refreshments on arrival - chance for a blether, opportunity to ask questions, pick up information then we have live music, singing, dancing and most importantly great fun.

One carer said after the last café: *“I just had to write and say a big thank you to everyone for such an enjoyable morning at the café on Thursday, it's a long time since I have seen my Dad so animated and could tell my Mum thoroughly enjoyed herself, as did I. Again a big thank you to your team and all the volunteers”.*

All Welcome!

We welcome back Fiona-Jane

Fiona-Jane, a local historian, has agreed to come back and give some more talks on the history of some famous pubs and ballrooms in Aberdeen.



25th July 2-3pm: A Virtual Pub Tour of Aberdeen – a brief history of some of the city's oldest and most notorious hostelries, some no longer with us like “The Hairy Bar” and “The Penny Hing”; favourites like Ma Cameron's, the Prince of Wales, the Royal Oak, and the harbour howff with the reputation of being Aberdeen's hardest pub, “Peep Peeps”, now converted to flats. With memories of booze prices, cocktails, and wild, wild nights, the virtual pub crawl is the only one you can come home sober from!

22nd August 2-3 pm: Aberdeen's Dance Halls and Ballrooms – take a twirl back in time to when ladies had big fluffy petticoats under huge skirted dresses, and men were super-smart and Bryllcreme slick. Looking at the BIG THREE – the Beach Ballroom, the Palais de Danse, Diamond Street, and the Palace Ballroom, Bridge Street, as well as the many smaller suburban halls like the Locarno in George St, the Argosy in Bucksburn, and many more insights into a world long gone of big bands and beautiful people.

Thank you to Jenny our music therapist

Sadly, the musical therapy programme we have been running at the DRC will be coming to an end in June. We would like to say a heartfelt thank you to Jenny Hutton our therapist and Mary Veal of Nordoff Robbins Scotland who have made this all possible.

There is no doubt there is something magical about music and dementia and Jenny's sessions have shown this. We will all miss you Jenny!



Football Reminiscence Open Day

The sharing of memories and personal stories delivers many positive benefits to the quality of life experienced by those affected by dementia. Alzheimer Scotland runs football memory groups in Aberdeen, Stonehaven and Inverurie, who are jointly holding an open afternoon to raise awareness of their activities. The session is a drop-in event with no booking required, open to those who may have a family member or friend who would be interested in attending our groups, carers, health professionals, potential group volunteers and others who wish to learn more about the services and support made available by Alzheimer Scotland.

The open afternoon will be held at the **Teddy Scott Lounge in the Richard Donald Stand at Pittodrie Stadium on Monday 27th August 2018 from 2 – 3.30 pm**. Staff and volunteers will be on hand to showcase the football memories programme, including displays of items which are used to stimulate memory recall such as programmes, photos, newspaper articles and other memorabilia. Refreshments will be provided.



Lingo Flamingo

Hola Mis Amigos!

Our Spanish class is going from strength to strength and as the class has now completed the first 10 week block we are looking forward to a graduation party on 12 July - lots of surprises in store and well done to our graduates!

Comments from those who attend...

“everything about it is good - the companionship, the fun, mixing with the others and of course... Spanish!”

“best day of the week for me...gracias!

This class is open to people with dementia and/or their carers and is on a Thursday at the Dementia Resource Centre, 10.30 – 11.30am.

If you are interested and would like to find out more about the group please contact the Aberdeen Resource Centre 01224 644077 or email Sduff@alzscot.org

Cricket Reminiscence Group



The first meeting of the Cricket Reminiscence group will be held at Mannofield Cricket Club, Aberdeen, on Wednesday the 5th of September, from 2-3:30pm.

Staff and volunteers will assist people with dementia to explore their memories of cricket with memorabilia, newspaper clippings, photos and film clips.

If you are interested in coming along, or want to find out more please contact Lesley Gray on 01224 644077 or 07769 366201 or email LGray@alzscot.org

Art Group

The art group meets every Tuesday 10:30-12pm at the Dementia Resource Centre, King Street, Aberdeen.

Open to all skill levels for people with dementia and their Carers.

We are a small and sociable group! No prior artistic experience needed, so come along and give it a try!



Dementia Dogs Project



Dementia Dog Project
A collaboration between Alzheimer Scotland and Dogs for Good

Are you living with dementia?

Dementia dog project is training assistance dogs to provide specialist support for couples living with dementia, where one person is at an early stage of dementia, and the other is their full time carer.

Like to find out more?

We invite you both to join our drop-in information session we are offering for people interested in applying for a Dementia Dog. Come and meet some of the Dementia Dog team and Lenny and Hope, two of our lovely Dementia assistance dogs. The dogs are fully trained and ready to be placed in their forever homes.

Thursday 5th July, 1:30-3pm
Alzheimer Scotland Aberdeen
Dementia Resource Centre
13-19 King Street
Aberdeen, AB24 5AA

Tea and coffee will be provided. To confirm your place please email nsutherland@alzscot.org or call Nadia on 07771358843



Herbert protocol Keeping people safe



**POLICE
SCOTLAND**
Keeping people safe
POILEAS ALBA

The Herbert Protocol was recently launched by Police Scotland at our Dementia Resource Centre in Aberdeen. This is a local initiative for residents living in the North East of Scotland which provides the police with everything they need to know to help someone with dementia if they go missing.

It's a form that is kept at home containing important information regarding known routines, habits as well as descriptions of the person with dementia and details of others involved with their care. It can be handed to Police so that you do not have to worry about gathering the information during what can be a very stressful time. The police will only need the form if the person is reported missing and the form will be returned when the person is found.

If you do believe someone is missing and at risk of harm, please call '999' at the earliest opportunity and tell the operator you have the Herbert Protocol form.

You can download the form from <http://www.scotland.police.uk/herbertprotocol> or you can contact **Lesley Gray** on 01224 644077 who can send one out to you. It should be kept up-to-date so that all the information is relevant and current. A recent photograph should also be kept with the form.

Memory Walk 2018



Plans are well underway for this year's Aberdeen Memory Walk, taking place on Sunday 30th September 2018 at Hazlehead Park.

There are 2 routes to choose from at the Aberdeen Memory Walk – 3.9K or 1K. It is set to be a fun-filled family day out!

The event will open from 12pm with the walk starting at 1pm.

For more information, visit memorywalksscotland.org/

Prices: Adult - £10, Child 12-16 - £5, Under 12's – free.

We ask participants to try and raise a minimum sponsorship of £100.

Don't miss out, sign up for your place today!



A TRIP DOWN MEMORY LANE - “Down at the Beach”

Alan Johnstone, one of our volunteers, will look back with the aid of nostalgic photos and film to the history of attractions at Aberdeen Beach, including the Beach Ballroom, Pavilion Theatre, Carnivals, Beach Baths and of course an ice-cream at the Inversnecky Café.

So please join us for what promises to be a fun afternoon on **Tuesday 10 July from 2 – 3:30 p.m at the Dementia Resource Centre**

Tea and coffee will be served. **ALL WELCOME!**

CARPET CURLING RETURNS TO THE RESOURCE CENTRE



Due to the success of our first carpet curling session we are holding another series of carpet curling sessions at the Dementia Resource Centre for people with dementia and their carers.

It's great fun no previous experience needed- just a bit of competitive spirit and a sense of humour. So hope to see you on **Wednesday 4th July between 1.30 and 3 p.m**

Please check the calendar for further dates in July and August.

All Welcome!

Information and support for people with young onset dementia and their carers

We are hoping to set up a support group for people with young onset dementia and their carers.

If you would be interested in coming along to an initial meeting to discuss what might be needed please contact Lesley Gray on 01224 644077 or email lgray@alzscot.org

July and August support groups and activities - please check calendar for dates

Musical Memories – Dementia Resource Centre

A fun weekly singing group for people with dementia, family and friends. Friday mornings – 10.30 to 12 p.m. No singing experience required. Due to summer holidays please check the calendar for dates when the Musical memories sessions will run.

Cults Music to Remember – Cults Kirk Centre (Bennachie room) Cults

Fortnightly singing group for people with dementia, family and friends. Meets fortnightly on Tuesdays from 10.15 to 11.45 am. Please contact Anne Middleton at 01224 867334 or Lilian Bruce at 01224 742532 for more information

Coffee and Catch Up – Citadel Community Café, 28 Castle Street

Come and enjoy a chat, a fine piece and make new friends. Everyone welcome!
Meets 2nd Tuesday of the month – 10.30am to 12pm

Qi Gong – Dementia Resource Centre

An ancient form of Chinese exercise which combines gentle breathing, basic movement and calm focus to help relax, strengthen the body and improve balance. Can be enjoyed seated as well as standing. Wednesday mornings - 10.30am to 11.30am. Due to holidays please check the calendar for the dates when the Qi gong is running.

Football Reminiscence – Aberdeen Football Club

For anyone with a diagnosis of dementia who is passionate about football, whether you have played on the pitch or cheered from the stands. Meets monthly on Monday and Tuesday afternoons – please get in touch with Lesley Gray on 01224 644077 if you would like to come along. During the months of July all the sessions will run at the Dementia Resource, Centre, 13 – 19 King Street, Aberdeen. Thereafter the sessions will be held at Pittodrie Stadium, Aberdeen

Art Group – Dementia Resource Centre

Themes will include seasons and local scenes as well as looking at the work of local artists. No experience necessary. Tuesday mornings – 10.30am to 12pm.

Boccia – Dementia Resource Centre

Try your hand at Boccia, similar to indoor bowls. No experience necessary, just good fun. Run by AFC Community Trust on alternative Thursdays at 1.30pm, please see calendar for upcoming dates.

Boogie in the Bar – Hosted by The Foundry Pub, Holburn Street, Aberdeen

Free afternoon disco for anyone who wants to have a good boogie but doesn't want to stay out late. Come along for a Friday afternoon bop to your favourites (or just enjoy the music) from the 60's, 70's and beyond in a fun, relaxed, supportive environment. 3rd Friday of the month – 12pm – 4pm

Positive Dementia Group – Dementia Resource Centre

Informal get-together for people living with a diagnosis of dementia. We come together to share experiences, take part in discussions, share support and have a laugh. For those who want to, there are also opportunities to get involved in research, local and national consultations, citizen involvement and awareness-raising. Meets every 2nd Wednesday of the month – 10.30am to 12.30pm. **The next meeting will be on 11 July 2018 at the Dementia Resource Centre**

Letting Go Group – Dementia Resource Centre

Informal coffee morning for anyone who is supporting someone in residential care or hospital, or planning residential care for someone. A place to share support and information. Meets bi-monthly on a Tuesday morning 10.30am to 12pm. **Next meeting Tuesday 7 August from 10.30 to 12.30 at the Dementia Resource Centre.**

Carers Exchange – Informal meeting for carers of people with dementia. We meet to share information and exchange ideas. We meet on the 3rd Monday of every month from 10 – 12 noon at the Dementia Resource Centre. Please see calender for dates of the next meetings in July and August.

Our community groups and activities welcome anyone living with dementia, including their families and friends. Our groups are intended for people who can attend on their own safely or who can bring their own support with them.

Unfortunately we cannot provide transport therefore it is your responsibility to get to and from the activity safely. For more information on any of our activities, please phone 01224 644077

Should you wish to opt out of receiving our newsletter by email or by post, would you please let us know by:

- either completing the slip below and returning it to:
Aberdeen Dementia Resource Centre, 13 – 19 King Street, Aberdeen AB24 5AA
- or by emailing: lgray@alzscot.org

I no longer wish to receive the Alzheimer Scotland Newsletter by email/post

Name:.....

Email/address

Catch up with our fundraiser Clare!

Hello everyone! There have been a lot of exciting activities happening in the busy world of fundraising! We are now well into the event season where we have many wonderful supporters putting on their running shoes, or taking on a new challenge, all in the name of raising funds and awareness for Alzheimer Scotland.



A big thank you...

Since my last update, we had a wonderful day at the BHGE 10K in Aberdeen. We had lots of runners taking part in this popular event, where everyone seemed to enjoy the day and the atmosphere of the event. I also want to say a huge thank you to our wonderful volunteers who helped to marshal along the race route. We are very grateful to this brilliant team of helpers who joined us on the day to cheer on the runners and make sure everyone was safe while taking part in the event.

Coming up...

There are lots of exciting fundraising activities coming up that we would love for you to get involved in! Remember, if you or someone you know wants to take on their own fundraising challenge or activity – get in touch and we can support you throughout your fundraising journey!

Celebrate Aberdeen Parade – Saturday 25th August 2018

Once again, Alzheimer Scotland will be taking part in the Celebrate Aberdeen Parade and will walk down Union Street towards the Castlegate. More information to be announced soon, however, if you would like to take part in the parade, please confirm your place by Friday 17th August by calling the centre on 01224 644077, or send me an email at cjamieson@alzscot.org

Great Aberdeen Run – Sunday 26th August 2018

Challenge yourself and be part of #TeamAlzScot in the year's Great Aberdeen Run!

Every penny raised will help us make sure nobody faces dementia alone. Our localities across Scotland are committed to providing the best possible care, support and information for everyone living with dementia, as well as making sure that people with dementia and their carers are recognised and valued in their local communities.

Every step you take will help us to make a difference, so sign up now!

www.greatrun.org/great-aberdeen-run

How to contact me:

My office door is always open – if you have any fundraising queries while you are at the centre, please pop in past my office and say hello! You can also reach me on my email CJamieson@Alzscot.org or you can give me a call at the Aberdeen Dementia Resource Centre at 01224 644077, or on my mobile at 07825 937161.

Calendar of Events - July

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Art Group 10.30am – 12 pm Football Reminiscence Group (3) 2 – 3.30 pm	4 Carpet curling 1:30 – 3pm	5 Lingo Flamingo 10.30 – 11.30 Dementia Dogs 1 – 3.30 pm	6 Musical Memories 10.30 – 12pm
9 Football Reminiscence (Group 1) 2 – 3.30pm	10 Art Group 10.30am – 12pm Coffee and Catch-up 10.30 – 12 p.m (citadel) Aberdeen beach history talk 2 – 3.30pm	11 Positive Dementia Group 10.30 – 12.30	12 Lingo Flamingo 10.30 – 11.30 Graduation party	13 Musical Memories 10.30 – 12pm
16 Carers Xchange 10-12pm	17 Art Group 10.30am – 12pm	18 Carpet curling 1:30 – 3pm	19 Lingo Flamingo 10.30 – 11.30 Boccia 1.30 – 3pm	20 Boogie in the Bar 12 – 4pm
23 Football Rem Group (2) 2 – 3.30pm	24 Art Group 10.30am – 12pm	25 Qi Gong 10.30 – 11.30am Virtual pub tour 2-3pm	26 Lingo Flamingo 10.30 – 11.30	27 Musical Memories 10.30 – 12pm
30	31 Art Group 10.30am – 12pm	1 Qi Gong 10.30 – 11.30am Pop up Café 1:30 – 3pm	2 Lingo Flamingo 10.30 – 11.30 Boccia 1.30 – 3pm	3

August

Monday	Tuesday	Wednesday	Thursday	Friday
6	7 Letting Go Group 10.30am to 12pm Art Group 10.30 – 12pm Football Reminiscence (Gp3) 2pm–3.30pm	8 Qi Gong 10.30 – 11.30am Positive Dementia Gp 10.30- 12.30pm	9 Lingo Flamingo 10.30 – 11.30	10 Musical Memories 10.30 – 12pm
13 Football Rem (Gp 1) 2pm– 3.30pm	14 Art Group 10.30 – 12pm Coffee and Catch Up 10.30am – 12pm (Citadel)	15 Qi Gong 10.30 – 11.30am Carpet curling 1:30 – 3pm	16 Lingo Flamingo 10.30 – 11.30 Boccia 1.30 – 3pm	17 Boogie in the Bar 12 – 4pm
20 Carers Xchange 10am - 12pm	21 Art Group 10.30am – 12pm	22 Qi Gong 10.30 – 11.30am Local ballroom talk 2-3pm	23 Lingo Flamingo 10.30 – 11.30	24 Musical Memories 10.30 – 12pm
27 Football Rem Open day 2- 3:30pm	28 Art Group 10.30am – 12pm	29 Qi Gong – 10.30 -11.30 Carpet curling 1.30 – 3 pm	30 Lingo Flamingo 10.30 – 11.30	31 Musical Memories 10.30 – 12pm