

If you want to include something in the next edition of the Dementia Friendly Aberdeen newsletter, or know of anyone else that would like to be included on the e-mail distribution list, please contact Kaja Czuchnicka at ACVO on 01224 686078 or [kaja.czuchnicka@acvo.org.uk](mailto:kaja.czuchnicka@acvo.org.uk).



## Scotland's most innovative dementia projects celebrated

# Scotland's Dementia Awards

## Welcome

**Welcome to the Dementia Friendly Aberdeen newsletter. It will keep you informed with the latest news about the fantastic range of initiatives across Aberdeen as we strive to make the city Dementia Friendly. [Click here for more](#). We are delighted to be working with the Life Changes Trust who have provided funding in support of this project.**

## Myth Buster

### Did you know?

Dementia is not just losing your memory. Although short-term memory loss is a symptom of dementia, some people can easily remember things that happened a long time ago.

Other symptoms of dementia include difficulty with concentration, thinking things through or planning ahead. Some people struggle with routine tasks like following a recipe or using a bank card. Dementia also makes it difficult for

**Scotland's Dementia Awards** announced all winners at an awards ceremony in Glasgow recently to recognise country's most innovative and ambitious dementia projects. The awards celebrate creative approaches, innovation and best practice that make a real difference to the daily lives of people with dementia and their families across Scotland.

### Scotland's Dementia Awards 2016 winners are:

- Best Acute Care Initiative – Wishaw General Hospital, NHS Lanarkshire – MAC (Meaningful Activity Club)
- Best Community Support Initiative – Badenoch and Strathspey Community Transport Company – Here 2 Help
- Best Dementia Friendly Community Initiative – An Lanntair – Arora
- Best Educational Initiative – The University of the West of Scotland – Dementia Class in a Bag
- Best Innovation in Continuing Care – Little Art School Trust (SCIO)
- Most Innovative Partnership – Inch View Care Home
- Lifetime Achievement Award – Margaret Brown

For more information visit: <http://sda.dementiascotland.org/>

people to communicate clearly, or judging distances even though they have no eyesight problems. Unexpected mood changes or difficulties controlling emotions are also a result of dementia. These can be very distressing for both the person, and their loved ones.

Dementia is progressive, which means the symptoms get worse over time. However the rate at which this happens varies from person to person, and many people can live independently with dementia for several years.

For more information on how you can help people with dementia stay independent and live well in their local community, visit

<http://www.dementiafriendsscotland.org/>

## Useful Contacts

### **Alzheimer Scotland**

Dementia Resource Centre,  
13-19 King Street, Aberdeen  
Tel: 01224 644077

[www.alzscot.org](http://www.alzscot.org)

### **Aberdeen Football Club Community Trust**

[www.afccommunitytrust.org](http://www.afccommunitytrust.org)

### **Life Changes Trust**

<http://www.lifechangestrust.org.uk/>

<https://twitter.com/LifeChangesTrust>

## ‘Sheddocksley Superstars’



Laughter. That's what I heard on entering the Sheddocksley Baptist church on a Wednesday afternoon. I was very excited to be joining 'Sheddocksley Superstars', a Cognitive Stimulation Therapy maintenance group, for their weekly session.

The afternoon started with the group song, 'Supercalifragilisticexpialidocious', and continued with a discussion about newspaper articles. There was also a fun quiz and delicious cake. But, most importantly, there was warmth, acceptance and friendliness.

Over the weeks, the members of the group have gotten to know each other well and seemed very comfortable within the group. 'Expressing opinions is an important part of what we do here' – said Susan Bushrod, NHS Grampian Occupational Therapist - 'Everyone is accepted for who they are and people's opinions are respected'.

The CST maintenance programme is delivered in partnership between Aberdeen City Health and Social Care Partnership and Parish Nursing at Sheddocksley Baptist Church. It's a continuation of CST programme - an evidence-based treatment for people with mild to moderate dementia. According to CST's official website, the effects of the treatment 'appear to be of a comparable size to those reported with the currently available anti-dementia drugs'. And, it has no side-effects.

Through the series of structured activities CST leads to significant benefits in people's cognitive functioning including memory, orientation and visuospatial abilities. It also has an impact on language skills including naming, word-finding and comprehension.

At the end of the session at Sheddocksley I had no doubt – this service is invaluable to the individuals that attend it and plays a huge part in their wellbeing. One of the members told me 'It's brilliant. In the last few weeks I've learnt more than I had in a long time. I look forward to every session'

For more information about Cognitive Stimulation Therapy visit:  
<http://www.cstdementia.com/>

For more information about the 'Sheddocksley Superstars' and the Sheddocksley Baptist church email: Phil Burnett,  
[phil@sheddweb.org.uk](mailto:phil@sheddweb.org.uk)

## **Football Memories with a guest visitor!**

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AFC Community Trust do fantastic work in terms of their programme of activities across the city for those with a dementia diagnosis and their carers. Rather fittingly, Pittodrie Stadium hosts Football Reminiscence sessions on a weekly basis which use photos, memorabilia and conversation to stimulate memories and communication for those with a dementia diagnosis. At one such gathering in recent months the topic for discussion was Aberdeen born Dennis Law, who enjoyed a stellar career in the game with Manchester United and Scotland. Unbeknown to the group and completely by coincidence, he was actually in the stadium at the time and at the end of the session he made a surprise appearance much to the delight and amazement of all the attendees!!

For anyone interested in football, the reminiscence sessions are fantastic and the Dementia Resource Centre is also well stocked with matchday programmes from across the years which are free for anyone to go in and take a look at. To find out more about the various sessions across the city, please contact Sarah Geoghegan on 01224 644627 or [sgheoghegan@alzscot.org](mailto:sgheoghegan@alzscot.org).

## **Dementia Enablement Service**

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Aberdeen Care and Repair has been commissioned by the Life Changes Trust to help people living with dementia make their homes safer and more suitable for their needs.

The Dementia Enablement Service is a free, confidential and personal service to help anyone in Aberdeen living with dementia to live safely in their home for longer. Care and Repair's dedicated Officer is approved to carry out a home check to see if there are any works that can be done straight away to make your home safer for you. Staff can then speak with you about how Care and Repair can help you to make changes around your home to suit your needs if necessary.

If you or anyone you know could benefit from this service, please contact Care and Repair by phone on 01224 251133 or email [gencareandrepair@castlehillha.co.uk](mailto:gencareandrepair@castlehillha.co.uk) for more information. Alternatively, you can drop by their office at Aberdeen Care and Repair, 11 Waverley Place, Aberdeen, AB10 1XH.

## **Dementia Resource Centre**

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The Dementia Resource Centre is a dementia friendly building showcasing the environmental adaptations and telecare options available to enable people to live well with dementia. It is for people affected by dementia, whether they have been diagnosed with dementia, or are caring for someone living with dementia. Groups held in the Dementia Resource Centre are for people who are able to attend safely on their own or who are accompanied by someone to support them. The Dementia Resource Centre is based at 13-19 King Street, Aberdeen, AB24 5AA and is open Monday to Friday, 9am to 5pm. For general enquiries, phone 01224 644077 or email [aberdeendrc@alzscot.org](mailto:aberdeendrc@alzscot.org).

At the Centre, you can find information and advice on a wide range of subjects, support to stay as independent as possible, help you stay active in the community and stay active for the future. You can also be put in touch with other local services, groups, and individuals who are affected by dementia.

## **What's going on?**

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To view the range of activities and support available across Aberdeen city for those with a dementia diagnosis and their carers, please visit the interactive map:

<http://www.zeemaps.com/view?group=1775829&x=-2.169430&y=57.149571&z=7>

We would like to encourage everyone to get involved in this initiative and spread the word. If you know of a group or activity that is going on in the city but not currently on the map, please get in touch with Kaja Czuchnicka ([kaja.czuchnicka@acvo.org.uk](mailto:kaja.czuchnicka@acvo.org.uk)) where your group will be included. Or if the details of your group have changed, due to a location or a time change, please let us know so we can keep it updated.

The intention remains to map all activity – physical, spiritual, respite care and mental wellbeing – and we are keen to hear from anyone in order to build an up to date picture of what is available.

## **Tweet Tweet.....#dementiafriendlyabz**

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Keep up to date with Dementia Friendly Aberdeen on Twitter! Follow us and share your success stories on

<https://twitter.com/DementiaAbz>.