

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 Alan Clark at ACVO on 01224 686058 or alan.clark@acvo.org.uk.



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?.....

A diagnosis of dementia is not in itself necessarily a reason to stop driving. What matters, from both legal and practical points of view, is whether or not the individual is still able to drive safely. However, they must fulfil certain legal requirements, including telling the Driver and Vehicle Licensing Agency (DVLA) of their diagnosis. [More information on this topic can be found here](#)

Become a Dementia Friend

People with dementia get by with a little help from their friends. And anybody can become a Scottish Dementia Friend. It is just about understanding a bit more about dementia and the small things you can do to help people with the condition. This could be helping someone find the right bus or being patient in a till queue if someone with dementia is taking longer to pay. Every action counts.

Becoming a Dementia Friend is easy. A Dementia Friends information session is a free interactive and informative training course that will provide you with an understanding of how to interact with people who have dementia. The sessions can be run at your own premises or you can contact Sarah Geoghegan (sgeoghegan@Alzscot.org) at the Alzheimer Scotland Dementia Resource Centre to find out details of the next open session. The sessions last around 90 minutes and at the end of it you will become a registered Dementia Friend and will also receive a certificate and a badge! After the information session you will simply be asked to continue to spread the word about Dementia Friends and use your knowledge to help those who need it.

So what are you waiting for? Get involved and let's help make Aberdeen a Dementia Friendly city.

Get on the Map

ACVO TSI is committed to playing a key part in making Aberdeen a Dementia Friendly City. We are currently spreading the word of what support and activities are available across the city for those with a dementia diagnosis and their carers. We have embarked upon a mapping exercise to highlight the fantastic work that is currently going on across the city and are proud to launch the Interactive Map, detailing a range of activities that are currently in place. The map is colour coded as follows:

- Green – Respite care
- Yellow – Activity (physical, mental, etc)
- Blue – Information/activities for Carers
- Red – Organisers of activities

<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 Alan Clark (alan.clark@acvo.org.uk) where your group will be included.

The intention is 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.

So get in touch to get on the map!!

Celebrating Success in Cults



In his role as Partnership Officer with ACVO TSI, Alan Clark is the primary contact for the Life Changes Trust project, which aims to raise awareness across Aberdeen of dementia as we try to make the city Dementia Friendly. In this edition of the Newsletter, he reflects on his recent visit to a Dementia Friendly initiative in Cults.

"I was fortunate to get the opportunity to start the New Year by attending the Cults Music to Remember group.....and what a fantastic example of a Dementia Friendly Initiative it is.

Cults Music to Remember is a fortnightly singing group (Tuesdays 10.15am – 11.45am) for people with dementia, their family, carers and friends which takes place in the newly built Cults Kirk Centre on North Deeside Road. I was met by the Reverend Ewen Gilchrist, who had extended the invitation to me, and he provided a brief background to the group and how it had set up. Whilst chatting, we were both aware of the noise and, more particularly, laughter coming from further down the corridor where the session was taking place and we cut short our chat to see what was going on. As I walked into the room, I was genuinely amazed at what I witnessed. The room was almost packed to capacity and I was truly astonished at the turnout. The group had around 60 attendees, all smiling, laughing and singing along and the energy in the room was fantastic. On the day that I attended, the group was being led in song by Yvonne

Morton, whose engaging style and enthusiasm for what she was doing rubbed off on everyone in the room. Ably supported by Debbie Gordon and Anne Meldrum, and a raft of volunteers, the session was uplifting and there was some great banter between all in attendance.

At the end of the session, tea, coffee and biscuits were served downstairs, providing opportunities for people to meet with friends and socialise in a safe and pleasant environment. Over coffee, I chatted to Ian, a carer, who spoke with great enthusiasm and was glowing in his praise of the sessions. He highlighted the work of the volunteers in making the sessions run so smoothly for everyone using them, from greeting them at the door on arrival, to assisting with mobility to the room, running the music session, and looking after everyone at coffee time afterwards. I was also fortunate to get the opportunity to speak with Debbie, Anne and Yvonne, who gave me a background to the group and how it had been established. The late Fran Payne was instrumental in setting up the group in 2011/12, with support from Sarah Geoghegan at Alzheimer Scotland, and the first gathering attracted around 20 attendees. Connections were made with three local care homes and over time, word spread about the group. Through the hard work, dedication and enthusiasm of the volunteers, coupled with the support of the Church in providing the venue, the sessions have continued to grow and treble in size!!! A truly phenomenal effort from all involved.

I was struck by what a fantastic example this group is of a Dementia Friendly Community initiative. Created and sustained by the community itself, and continuing to grow, the session provides an opportunity for people with dementia, their families, carers and friends, to come together and develop support networks in a fun and supportive environment. In addition, the singing sessions can improve concentration, stimulate memories and enhance communication skills. All in all, a fantastic initiative!!!”

To find out more about these sessions, please contact Anne Meldrum on 01224 868053 or Debbie Gordon on 01224 863472. And to celebrate your own Dementia Friendly Initiatives across Aberdeen city, please get in touch as we would be delighted to tell your story!!!

New Dementia Resource Centre

September 2015 saw the official opening of the new Alzheimer Scotland Dementia Resource Centre at 13-19 King Street, Aberdeen. The centre serves as a drop-in for anyone seeking information about dementia, as well as providing home support, support for carers and carer education. The centre also hosts a range of training and dialogue events, and is a central hub for

dementia information across the city. To find out more about the centre, please visit the website www.alzscot.org or contact 01224 644077.

Aberdeen Football Club Community Trust

Aberdeen FC Community Trust is also working with the Life Changes Trust on the development of new dementia friendly health and well-being community initiatives in the city. To find out more about the broad range of activities on offer, please visit www.afccommunitytrust.org

Life Changes Trust

The Life Changes Trust was created to drive real and meaningful improvement in the lives of young people with experience of being in care and people affected by dementia. To find out more about their work, please visit

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

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