

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?.....

It is possible to live well with dementia. Many of us are ill-informed and have a very bleak image of what life with dementia looks like. So you may find it surprising to learn that many people with dementia continue to drive, socialise and remain in employment. Despite the progressive nature of the disease, many people continue to lead active and healthy lives even as the dementia progresses. It may make it harder to do certain activities, but with the right knowledge and support around them, it is possible for someone with dementia to get the best out of life. We are

Making New Friends

Since the last edition of the Newsletter, it has been fantastic to see so many organisations and individuals becoming Dementia Friends. These have included staff and volunteers at the James Tyrrell Centre in Mastrick, RVS Volunteers, ACVO staff, the Workplace Chaplaincy, private sector employees, members of the community in Ellon, Aberdeen Cyrenians, Mile End Primary School and many more. We have also had interest from a number of GP practices, eager to get their practice staff trained, as well as some of the legal firms working across the city, which is fantastic!! You can attend an open session at the Dementia Resource Centre, or the team at Alzheimer Scotland can deliver the training at your own premises, whichever is easiest. Please contact Sarah Geoghegan on sgeoghegan@Alzscot.org to find out more.



Fred's Story

Approximately 90,000 people have dementia in Scotland in 2016. Around 3,200 of these people are under the age of 65. However, there is limited knowledge in the workplace of dementia and how it can impact your business. For example, with a growing number of diagnoses in the 40-60 age range, how would your business support an employee when faced with a dementia diagnosis? Alternatively, how

trying to encourage people across Aberdeen to become Dementia Friends, to create a city where those with a dementia diagnosis and their carers can feel supported within their communities.

Upcoming Events

Alzheimer Scotland Annual Conference
3rd June 2016 at Edinburgh International
Conference Centre

Book via the website:

<http://conference2016.daw.dementiascotland.org/>

Grampian Dementia Conference
8th June at AECC

Useful Contacts

Alzheimer Scotland
Dementia Resource Centre at 13-19 King
Street, Aberdeen

Tel: 01224 644077

www.alzscot.org

Aberdeen Football Club Community Trust

www.afccommunitytrust.org

Life Changes Trust

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

<https://twitter.com/LifeChangesTrst>

Age Scotland

<http://www.ageuk.org.uk/scotland/>

VSA – Carers Support

<https://www.vsa.org.uk/carers-and-support-people/adult-carers-aberdeen-city/whats-on-for-adult-carers/>

prepared is your business to support an employee who may find themselves caring for a relative with a dementia diagnosis?

Recently I was invited to attend an event in Aberdeen where I was fortunate to meet Fred* and his wife Sally*, who live in the South of Aberdeen. Fred is a client of Alzheimer Scotland following his dementia diagnosis and he and his wife have been supported by the new Dementia Resource Centre on King Street and by the Dementia Link Worker who was assigned to support them. The first thing that struck me when I spoke with them was the gratitude they both felt in terms of the support they have received from the Dementia Link Worker and how she had been hugely supportive at a very difficult time. It was clear that they felt this role had been extremely beneficial in holding their hands and guiding them through various stages post-diagnosis.

Fred enjoyed a very successful career in the oil and gas industry, working in various roles. He spoke with great enthusiasm when telling me about the far flung places he had visited during his career in the international oil and gas industry, and the diverse range of North Sea rigs he had worked on. Fred was also enthusiastic about the camaraderie amongst the workers that he had enjoyed whilst working offshore and it was clear he had hugely enjoyed his career in the sector.

During our discussion, Fred reflected on the fact that he believes the early symptoms of his illness had occurred during his working career and he spoke of something that had occurred whilst operating a piece of machinery, which he believes was as a result of his dementia. Although not formally diagnosed at the time, Fred believes that the incident occurred as a result of his dementia and although not serious, he reflected on how the situation could have turned out differently.

The discussion with Fred has raised a number of pertinent issues, particularly in light of the growing number of dementia diagnoses in the 40-60 year age range. With the average age of the oil and gas workforce remaining consistently at over 43 years for the past decade, there are potential issues for the industry to consider:

- Health and Safety is a key consideration for the oil and gas industry and is a matter to be taken extremely seriously. How aware is your HSE department of dementia and would you benefit from finding out more about it and how it could affect your employees?
- It is estimated that there are over 750,000 carers aged 16+ in Scotland - around 17% of the adult population. Often people providing care do not self-identify as a carer or with the term because they see their relationship primarily as that of a relative or friend as opposed to a formal carer. But these statistics are stark, and there is every likelihood that within your workplace, someone is acting as a carer (currently thought to be 1 in 7 employees). So does your business have anything in place to support those staff? And do your HR team feel prepared to respond should these issues arise?
- As an employee, if you are worried about your own welfare, or that of a colleague, what is the process for raising concerns within the workplace? And are you afraid of doing so, for fear of losing your job, or is there a robust whistleblowing system in place to keep the whole sector safe?

The good news is that Alzheimer Scotland run **free** Dementia Friends training for all staff and teams across Aberdeen, as detailed earlier in this newsletter. Importantly, the Carers Positive Award scheme (<http://www.carerpositive.org>) is also open for all organisations that employ staff. It is easy to become a Carer Positive employer and the scheme aims to encourage employers to create a supportive working

environment for carers in the workplace no matter what condition they as a family or friend is trying to cope with.

ACVO TSI also have 'Bobs story' on their website (<http://acvo.org.uk/resources/big-aberdeen/10aberdeenstories/bobs-big-aberdeen-story/>). Bob's workplace was a major factor in allowing him and his family to cope and for Bob to be able to return to work. How we cope with this condition will guide an organisation to be able to cope with any condition. If you get it right for dementia, your organisation will get it right for almost every other condition too.

(*names have been changed).

Living Well and having fun!



During March, I was fortunate to attend the Living Well Café project which runs each Tuesday from 1.00pm – 3.00pm, alternating between Newhills and Oldmachar churches. The Living Well Café offers a safe and friendly space to support people with dementia and their carers and families.

My visit to Newhills coincided with Paula Bisset from Sport Aberdeen running a session of Stable and Able chair based exercises followed by some highly competitive games of Boccia!! Not many of us had heard of Boccia before but by the end of the session, we were all hooked!! Despite claims of never having played the game, a number of participants performed like professionals and demonstrated all of the above skills in abundance. The buzz in the room was fantastic and as the game was played in teams, the room was awash with "tactical discussions" and friendly rivalry! I was also fortunate to attend the Oldmachar Café later in the month, where the theme was Easter Crafts, with some musical interludes in between. Both cafés provided a relaxed environment to enjoy a cuppa and some tray bakes, and Jo and Priscilla (the café co-ordinators) and the team of volunteers did a sterling job and were so attentive to everyone.

On both occasions, I reflected on truly enjoyable afternoons and the fun and laughter that had prevailed throughout. However, one conversation stood out for me and truly demonstrates the value of initiatives such as the Living Well project.

"That was for the first time for 9 years that my husband and I were able to do things together."

Powerful stuff.

If you are interested in finding out more about the project please visit <http://www.thelivingwellproject.org.uk/Cafes.html> or the Facebook page

which has photos and videos of some of the activities <https://www.facebook.com/livingwellcafe>. You can also contact Priscilla or Jo on cafe@thelivingwellproject.org.uk or 07935 745435.

Mapping

The initial feedback on the interactive map which was launched in the 1st edition of the newsletter has been very positive and it has been encouraging to see it so widely distributed across the city. ACVO TSI is continuing to highlight the fantastic work that is currently going on across the city via 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 Alan Clark (alan.clark@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.

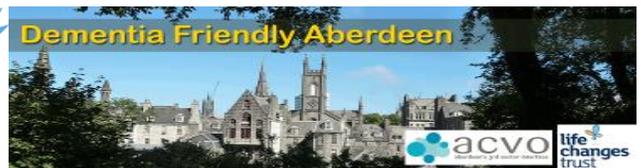
The intention remains to map all activity – physical, spiritual, respite care and mental wellbeing – and we are keen to hear from anyone in order to build an up to date picture of what is available.

Dementia Awareness Week

Dementia Awareness Week in Scotland is 30 May – 5 June 2016. During this week, Alzheimer Scotland and several other health and care organisations will hold information and awareness-raising events across the country. Alzheimer Scotland will also be hosting its flagship national conference at the start of Dementia Awareness Week. We will keep you up to date with events in Aberdeen as details become available.

Tweet Tweet.....#dementiafriendlyabz

Dementia Friendly Aberdeen is now on Twitter! Follow us and share your success stories on <https://twitter.com/DementiaAbz>.



Have a “Ball” with Boccia

As mentioned earlier in this newsletter, Sport Aberdeen ran a very enjoyable and highly competitive Boccia session at the Living Well Café at Newhills recently. We asked Andrinne Craig, Inclusion Development Officer with Sport Aberdeen, to explain a bit more about the sport of Boccia.

Boccia pronounced 'Bot-cha' is a Paralympic target ball sport similar to petanque or bowls. Players all play from a seated position on a court similar in size to a badminton court where the aim of the game is to get their soft leather boccia balls as close to the white target ball or 'jack ball' as possible. Players can roll, kick or use a ramp to propel the ball onto court. Boccia was designed specifically for athletes with a disability affecting locomotor function such as cerebral palsy or muscular dystrophy and interestingly it is one of only three Paralympic Sports with no Olympic counterpart.

Basic rules:

- **The aim of the game is to get closer to the jack than your opponent**
- **The jack ball is white and is thrown first**
- **One side has six red balls and the other has six blue balls**
- **The balls are leather containing plastic granules so they don't bounce but will still roll**
- **The side whose ball is closest to the jack throws until they get a ball closest or until they run out of balls**
- **Once all the balls have been thrown one side receives points for every ball they have closer to the jack than their opponents closest ball**

Boccia is a sport of intriguing tactics, incredible skill and nail biting tension. Full of fun, once you see it or play it you will be hooked!

Despite its origins as a sport for players with a physical disability, Boccia has become hugely popular with people of all ages and abilities and is played throughout Aberdeen in a range of settings from schools and sports centres to sheltered housing complexes and care homes as everyone can take part together on an even playing field. You don't need access to a special court, any flat space will do and with minimal equipment it's easy to get a game going anywhere. Boccia's simple rules and game format make it ideal for participants with dementia, and anyone can learn to set up boccia activities in a 3 hour training workshop.

For more information on boccia sessions in Aberdeen or if you would like to set up your own session or attend training, please contact Andrinne on 01224 047926 or ACraig@sportaberdeen.co.uk

Look out for TV coverage during the 2016 Rio Paralympics in September or why not have a look at www.gbboccia.org or on youtube for short clips of the game.