

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.



First Class Dementia Friendly Transport



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 a normal part of ageing. The risk of getting dementia increases with age, but it is important to remember that the majority of older people do not get dementia.

Useful Contacts

Alzheimer Scotland
Dementia Resource Centre at 13-19 King Street,
Aberdeen
Tel: 01224 644077
www.alzscot.org

Aberdeen Football Club Community Trust

I am very fortunate that my job allows me to go out and about to visit the fantastic dementia friendly initiatives that are going on across Aberdeen. From the various meetings that I attend, one topic never seems to be far away.....transport. We are lucky to have some excellent transport providers in Aberdeen to help us get around, including First Aberdeen who recently extended an invitation to meet with them at their HQ on King Street.

ACVO TSI was joined by Sarah Geoghegan (Dementia Advisor with Alzheimer Scotland) and Janet Thompson (Senior Occupational Therapist with the Aberdeen Health and Social Care Partnership) at the meeting with David Philips (Managing Director of First Aberdeen) and David Adams (Operations Director at First Aberdeen). The first thing that struck me on arrival was the company's clear focus on health and safety. On arriving at reception, we were provided with "high visibility" jackets to wear and were escorted safely across the premises to the meeting room. This health and safety culture was also evident throughout our meeting, with both David's stressing the importance they place on incident reporting and mitigating health and safety risks throughout the business. David Adams mentioned that they have previously invited those that have had a loss of confidence in travelling by bus to the HQ in order to help them re-build their confidence by providing education on their bus operations. This is an excellent initiative and demonstrates a clear culture from the top of the business in ensuring that any issues relating to passenger safety are addressed.

www.afccommunitytrust.org

Life Changes Trust

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

<https://twitter.com/LifeChangesTrst>

Living Well Project

<http://www.thelivingwellproject.org.uk/Cafes.html>

Dementia Friends Scotland

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

Upcoming Events

Dementia Awareness Week

30th May – 5th June 2016

Alzheimer Scotland National Conference

3rd June 2016 at EICC, Edinburgh

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

Grampian Dementia Conference

8th June 2016 at AECC

This tied in with one of the key themes of our meeting which was to raise awareness of dementia at the most senior level within the business in Aberdeen. Many of those with a dementia diagnosis and their carers across Aberdeen are reliant on buses in order to get around and as such, we were keen to explore the possibility of all drivers within First Aberdeen being trained to become Dementia Friends. We were hugely encouraged to learn that **all** First Aberdeen drivers have to undertake a mandatory module on Dementia Awareness as part of their induction and ongoing training. That is around 360 drivers who have been trained.....a shining example to others. On reviewing the training module, Sarah Geoghegan believes it is comprehensive and largely follows the areas covered in the Dementia Friends training offered by Alzheimer Scotland. David Adams, Operations Director, said:

"It was great to meet with Alzheimer Scotland other partners involved in the Dementia Friendly Aberdeen initiative and to listen and learn from each other. Working together to train our staff to help customers suffering from dementia and their carers to have a trouble free journey is important to us and we hope to give them more confidence in using public transport."

First Aberdeen also operates a Safe Journey Card, which has been designed for customers who may need some extra help to make their journey. The card lets you tell the driver what extra help you may need to make your bus journey. This could include needing more time to reach your seat or requiring the driver to speak up because you are hard of hearing. Whatever you need, you can use the cards to let the driver know in a private and discreet way. There are even blank spaces for you to fill in yourself for details of your destination or any special instructions. You can print off a copy of the card via the following link:

[https://www.firstgroup.com/uploads/node_images/Safe Journey Card.pdf](https://www.firstgroup.com/uploads/node_images/Safe_Journey_Card.pdf)

Another great initiative!

AFC Community Trust – A shining example

The Dementia Friendly Aberdeen newsletter aims to inform those across the city of the range of activities and support that is available for those with a dementia diagnosis and their carers. Aberdeen FC Community Trust was established in March 2014 as the official partner charity of Aberdeen Football Club, with the aim to "provide support and opportunity to change lives for the better." Over the past 12 months, with support from the Life Changes Trust, AFC Community Trust have been developing a range of initiatives and programmes aimed at increasing the participation of those living with dementia in health and wellbeing activities across Aberdeen city and Shire. With support from a range of partners, a Dementia Friendly Wellbeing programme has been developed and delivered and is in full-swing on a weekly basis.

Activities on offer are wide-ranging and span different geographical areas across the city. On a weekly basis, activities include walking football, health walks, TechnoGym sessions, stable and able classes, table tennis and QiGong, a Chinese healing system which uses

breathing techniques, movement and meditation to cleanse, strengthen and circulate life energy. All sessions are facilitated by staff members who have completed Dementia Information sessions with Alzheimer Scotland, and each partner is committed to integrating people living with dementia, their families and carers into existing services. This fantastic example of collaborative working aims to increase opportunities for as many people as possible within the community to offer support to people and to make Aberdeen a Dementia Friendly city.

AFC Community Trust have also organised events at Pittodrie Stadium focused on engaging those living with dementia socially and mentally in a safe and calming environment. Residents and carers from four care homes across Aberdeen attended a Burn's Reminiscence Ceilidh earlier in the year and in April a 1960's themed afternoon was held and was a great success.

The Dementia Friendly Wellbeing sessions are open to everyone. To register or book a session, call 01224 650400 or e-mail dementiafriendly@afccommunitytrust.org.

Well done to all at AFC Community Trust and their partners for their fantastic work.

Bobs Buddies

Bobs Buddies is a new local business which uses hand reared owls in a fun, educational and therapeutic manner for you. We are family run business which likes to help anyone who needs it, including those with dementia. Owls have a very calming effect by being so silent, they don't look intimidating and the hand reared therapy owls are extremely lovable. We know that in life not everyone is happy and we have personally seen that our owls help increase the mood in our clients after spending time with them.

When visiting a care home for the elderly with dementia or any additional support needs it is a very unique experience. Some of the residents with dementia may have seen or maybe even looked after an owl when they were younger, so when they see, touch or even hold one of our therapy owls it can stimulate a conversation about their childhood with a previous owl or bird.

Bobs Buddies provides a service to care homes and residential homes. You can book a visit for as long as you would like and we are extremely flexible and can come to you when and where ever you need them. Our main priority is our clients' wellbeing. We are also available to do educational events/talks, party appearances, events/galas, hospitals, schools, photography purposes, and one to one therapy sessions. We understand that everyone is unique in their own way. However we can help, we will go the extra mile to support you.

To book us or for more information, please feel free to contact us. Email: mrboblet@outlook.com Phone: 07492365588 Facebook: Bobs Buddies Instagram: @bobsbuddiesuk Website: www.bobsbuddies.co.uk

What's going on?

To view the range of activities and support available across Aberdeen

city for those with a dementia diagnosis and their carers, please visit the online 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 this week (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. The Dementia Resource Centre on King Street is hosting an open day on Friday 3rd June. Alzheimer Scotland are also promoting a Wear it Purple Party on that date which is open to all across the city, paying £1 per person to wear something purple for the day. To get involved, please contact Andrea Watt on awatt@alzscot.org.

Tweet Tweet.....#dementiafriendlyabz

Keep up to date with Dementia Friendly Aberdeen on Twitter! Follow us and share your success stories on <https://twitter.com/DementiaAbz>.