

Alzheimer Scotland Angus - Newsletter



Forget Me Not Appeal

We are teaming up with Morrisons supermarkets in a nationwide fundraising appeal from Monday 13 – Sunday 19 May. Could you spare a couple of hours to make a difference?

You'll be joining a group of volunteers working across Scotland in Morrison's 62 stores from 10am to 7pm from Monday 13 to Sunday 19 May 2024, in two hour slots.

We will be collecting donations from the public and showcasing our iconic purple sparkly badges in-store for donation. Morrisons colleagues will be taking part in various fundraising events and customers can also donate at the till.

We are looking for friendly people who can spare a couple of hours to help us by collecting during the appeal week. This is the ideal opportunity for someone who would like to volunteer but is unable to commit regularly. No experience is needed, just an enthusiastic and approachable nature.

You'll receive a full briefing in advance and you won't have to handle money directly as donations will be counted and banked by Morrisons colleagues.

Thank you for helping us make sure no one faces dementia alone. If you have any questions please email: morrisons@alzscot.org or phone: **0141 514 0016**.

https://www.alzscot.org/MorrisonsVolunteers?fbclid=IwZXh0bgNhZW0CMTEAAR1qEPcQsGdrlQPmqWJtyaeBfYilBCDqpTxN5u9AYXRVPKcyYsii3BzSEg_aem_AenktKszaFbvp1VjObSeupl318ama7d-Oo3D98RQ2jdmZTHlo1duhnt9RY1FhxS79HYmCmb6Z_9c2DuanD6fzFc2

New Carers Café in Angus

Come along and enjoy refreshments in a relaxed and informal setting. The Carers Café offers an opportunity for carers to meet others in a similar situation. There will be staff on hand to offer support and provide information and advice. At the Arbroath Dementia Resource Centre on the first Tuesday of the month 10.30-12noon. If you are interested in coming along, please contact Rosemary on 07585 700902 or email rmoncur@alzscot.org

Dementia Awareness Week Boogie



Come along to our Boogie during Dementia Awareness Week. At the Royal British Legion, Helen Street, Arbroath on Thursday 30th May 2pm-4pm. A fantastic afternoon of music and dancing. We will also have some great raffle prizes to be won. There is a suggested donation of £3 per person, which includes tea/coffee and biscuits. There is a bar open, if you wish to purchase both alcoholic and soft drinks.

Tea and Blether

We're asking you to get the kettle on and start talking about dementia.



Tea & Blether is whatever you want it to be – coffee morning, afternoon tea, bake sale... the choice is yours. At home, work or in your local community, your Tea & Blether will help to change the world for people with dementia and those who care for them.

It's easy! Pick a date during Dementia Awareness Week (27 May – 2 June), a place and bring your favourite people together for a chat, a cuppa and a slice of cake.

Register for free to set up your fundraising page and to get your downloadable fundraising pack and posters.

<https://www.alzscot.org/tea-blether>

Tuesday Tunes and Tales

We have a new group at the Arbroath Dementia Resource Centre on the fourth Tuesday of every month 2pm-3.30pm. Come along and enjoy some stories, reminiscence and music.



Arbroath Dementia Resource Centre

Please pop into our centre if you are passing, we are at 262 High Street, Arbroath. We have lots of resources and information available.



New App

We are delighted to let you all know that the Angus living with dementia app is now available on the internet and as an app, please see below for how to access this. This app has a wide range of educational resources for people living with dementia and carers, including Angus services and support, which includes 3rd sector and voluntary groups which are divided into different areas of Angus. This also has an interactive wellbeing diary which a person living with dementia can use to track how they are and this can be shared with carers and/or professionals involved in their care.

You can access it by going to <https://dementiawellbeing.scot.nhs.uk> and choosing the Angus toolkit.

To download the mobile version via the Right Decisions app, search on the Apple store or Google Play for “Right Decisions.” Once you have installed the app, search for “Angus dementia”. Open the toolkit. It will then save to your “My toolkits” tab permanently for future use.



For more information please contact Rosemary on 07585 700902 or email rmoncur@alzscot.org

National Dementia Advisor Service – Our National Dementia Advisor Service aims to provide a responsive, high-quality information, advice and advocacy service relating to all aspects of brain health and dementia. The service is available from 9am-5pm Monday to Friday. Please call **0300 373 5774**

24 Hour Dementia Helpline – Access to 24-hour confidential information and support. Freephone **0808 808 3000**

