



At our monthly De Café Zooms we come together for a chat. We check in with each other to make sure we are ok and offer advice and help from general chit chat to accessing help and services in East Dunbartonshire. Current research has found that people who are part of a group, have a better quality of life. As this reduces isolation and loneliness and gives people something to look forward to which increases their general health and wellbeing.

Ceartas Dementia Newsletter

If you are unable to attend our Zoom I will keep you informed of what information has been shared from our Guest Speakers and also our topical Zooms. **I would love to share any contributions you have in our newsletters with regards to reminiscing, music or anything you feel our members would enjoy.** We want to hear **your voice** and for you to know you are **still able to contribute and connect with others.**



Ceartas is a member of the DEEP NETWORK. In order to remain part of this network we:-

- Are part of a group of 2 or more people living with dementia
- We share what we are doing in our De Cafes and Dementia Voices regularly
- We ensure that engaging and **empowering the voices of people living with dementia is the main focus as a group**
- We enable quieter, less confident voices to have opportunities too

You can contact me by telephone on 0141 775 0433 or email mcandlish@ceartas.org.uk for advice on how to contact services or any questions/queries regarding dementia. I am here to help you live your best life by being informed and staying connected.



Connect with Ceartas and live your best life

Michelle

Hello friends

It hasn't been an easy time during the winter months as we are unable to attend our normal groups or meet up with friends and family.

On the image to the right are some of the things our members have been doing to keep themselves motivated and occupied .

What have you been doing? We would love to know.



I hope you enjoy the contents of this newsletter. There is something for everyone. It doesn't seem that long ago I started talking about the blue tits nesting in my garden. I am glad to say they are back again and have been checking out their nice and clean bird box.

I have noticed on my walks the frogs have been busy as there is lots of frog spawn. Nature really is a marvel. We have enjoyed some lovely sunsets recently. The nights are slowly getting a bit lighter which means spring is coming.

We hope you still feel part of Ceartas if you are unable to attend our zoom groups. We would love to share your thoughts and ideas in our future newsletters. Our contact details are on the back page.

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Ceartas De Café Dates for your Diary



Lenzie/Kirkintilloch De Café	Killermont/Milngavie De Café	Bishopbriggs De Café
Zoom	Zoom	Zoom
First Monday of every month	First Tuesday Of every month	First Wednesday of every month
1-2pm	1-2pm	1-2 pm
5 April	6 April	7 April
3 May	4 May	5 May
7 June	1 June	2 June

De Café is a group for anyone living with, or concerned about, dementia or memory loss.

Some comments from our members:-

“The Information you get here is great”

“It’s a great way to meet new friends”

“It helps to be around other people who are having similar experiences”

“It’s something to look forward to, especially during the Covid restrictions”

“De Café has given us great support and advice over the years and we don’t know what we would have done without it”

De café aims to prevent isolation, provide information, encourage people to access the services they are entitled to and provide a relaxed and informal environment where people with dementia and their carers can talk to each other about the some of the same issues they face.

Evidence tells us that people who engage in peer to peer activities have better health outcomes. That means our groups are good for your health. What have you got to lose?

We would love to welcome you. If you want to phone for a chat about we do just contact me on 0141 775 0433 or mcandlish@ceartas.org.uk.

De Café Themed Zoom Groups



All De Café Members

Zoom

Reminiscence



Third Monday
of every month

1-2pm

All De Café Members

Zoom

Playlist For Life

Cuppa Time



Third Tuesday
of every month

1-2pm

All De Café Members

Zoom

Guest Speaker



Third Wednesday
of every month

1-2 pm

18 January

Winters of the past

15 February

Reminiscing about work life

15 March

Reminiscing about holidays

19 April

19 January

What music makes you want
to dance?

16 February

Love songs and your favourite
crooners

16 March

Your favourite live bands/
concert

20 April

20 January

Gerry & Irene from The
Stand—Deep Network

17 February

Deep Network

Dementia Diaries

17 March

Age Scotland

21 April—Optimal Team

We have introduced monthly groups with specific topics for our De Café Members. You can come to all the groups above or choose the one that is most applicable to you.



REMINISCENCE DE CAFÉ

WORK LIFE

REMINISCING
with Seniors

At our reminiscing De Café this month we chatted about past working lives. It was common for people to work for the same company for their whole working career. Nowadays people seem to change careers throughout their working lives.

I asked if people could do any job what would they do and a few people mentioned they would like to be an air hostess. This was a very glamorous job as the outfits and perfect hair and make up made a statement. One of our members had the joy of travelling first class with his work when he travelled overseas. Remember the day when “a hot towel” and a sweetie for landing and take off was standard for all flights regardless of the price. Nowadays you can almost hear the passenger in front's heart beat. (on the economy clients).



It is not uncommon to see male flight attendants.

Daphne Kearly was the first Air Hostess. What do you think of the pilots having a cocktail whilst flying? Also did you notice the **SMOKING PERMITTED** sign or was her hair hiding the **NOT** part of the sign?

I managed to get my son into the cockpit of a flight once it landed for a photograph. I'm not sure if you could even do that nowadays.

One of our members was a school teacher and he had the opportunity to job swap for a year and taught in a school in Australia. What an amazing life experience that must have been.

“Teaching is one of the professions that teach all other professions. Author Unknown”

Our member who is a chef has worked in over 10 different countries.

Someone was a paper boy. I'm not sure there are as many of these nowadays as we can catch up on news, practically as it happens, on social media. My brother was a paper boy and looked forward to Fridays as it was the day he collected the money and more importantly the **“tips”**.

Watch this video clip below to hear a humorous flight attendant. It will make you laugh

[World's Funniest Flight Attendant Leaves Passengers In Hysterics - Bing video](#)

A member said she would like to have been a librarian as she loves books. I think I would find it hard to be quiet. It takes a special kind of person. I have included a Mr Bean you tube clip below of his visit to a library. I hope it gives you a good laugh.

[Mr Bean visits the Library. - Bing video](#)

“Crooners”

Back in the day - and by “day” this means the 1930s, '40s, and '50s, good crooners were a staple of popular music. By the mid-1960s, crooning had lost a bit of its luster. It is by no means dead, however. While many of the top crooners are no longer with us (Frank Sinatra, Bing Crosby, Dean Martin), some still are: Tony Bennett still tours, as does Johnny Mathis. And there are plenty of new modern-era crooners available for you to discover. Harry Connick, Jr., Michael Buble, and Michael Feinstein are all contemporary crooners, putting their own, unique spin on the classics.

Tony Bennett reveals he has Alzheimer's disease and is singing to keep his brain active.

The 94-year-old American singer wrote on Twitter 'Life is a gift - even with Alzheimer's'.



GUESS THE CROONER?
ANSWERS ON THE SECOND LAST PAGE



Who wrote the song when I fall in love?

According to Wikipedia “When I Fall in Love” was written by Victor Young (music) and Edward Heyman (lyrics). It was introduced in the film One Minute to Zero. Jeri Southern released the original version in April 1952 with the song’s composer, Victor Young, handling the arranging and conducting duties.

**When I fall in love it will be forever
Or I'll never fall in love
In a restless world like this is
Love is ended before it's begun
And too many moonlight kisses
Seem to cool in the warmth of the sun
When I give my heart it will be completely
Or I'll never give my heart
And the moment I can feel that you feel that way too
Is when I fall in love with you.
And the moment I can feel that you feel that way too
Is when I fall in love with you.**

Thank you to our Senior Advocacy Worker Gemma for singing this to us. This could be a regular occurrence if we ask nicely. Gemma is a former pupil at the Glasgow Academy of Music.

Click on the links below or look them up online to hear the same song by different crooners. Which one is your favourite?

[♥ 🎵 Doris Day: When I Fall In Love ♥ 🎵 - Bing video](#)

[Nat King Cole sings "When I Fall in Love" - Bing video](#)

[Michael Bublé - When I Fall In Love \[Official Music Video\] - Bing video](#)

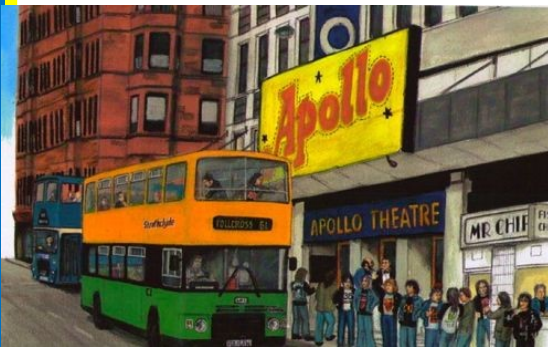
[Jeri Southern ~ When I Fall In Love \(Live\) - Bing video](#)

What or who does the song above remind you of? We would love to share a story of your favourite song and the reason why it is special to you. Our contact details are on the back page.

Other music mentioned at our Zoom De Café was:-

Cleo Lane, George Gershwin, Reggae Ragtime, Jazz, Mules Davis, Eric Clapton, George Lewis—New Orleans, Ella Fitzgerald, Jerry Lee Lewis, Nirvana, Eta James. Quite a varied taste in music.

In our March De Café Playlist For Life on Zoom we will be talking about concerts and live music. What was the first concert you went to? The first concert I went to was Frankie Goes to Hollywood in the Apollo in Glasgow. What memories do you have of the Apollo?



The Apollo operated from 5 September 1973 until closure on 16 June 1985 and was Glasgow's leading music venue during this period.

I have seen a few people in the Barrowlands of which my favourites were Soft Cell and Hootie and the Blowfish. What are your memories of the Barrowlands?

It was originally a venue for stallholders in the Barras market to socialise. From the Thirties to the Sixties it was a popular dance hall. Band leader Billy, of Billy McGregor and the Gaybirds, famously requested the acoustic tiles on the ballroom ceiling which remain to this day, and are one of the reasons why the sound is so good. There's a beautiful wooden, sprung dancefloor.

The building itself has a now-iconic neon sign stretched across its facade. It wasn't all foxtrots and fun: a fire destroyed the building in 1958. It reopened in 1960 but the murders in 1968 and 1969 of three women who were walked home by a man nicknamed 'Bible John' made its reputation so bad that its doors closed in the early 1970s. It had a spell as a roller disco in the 1970s and early 1980s. Simple Minds recorded the video for their Waterfront single in the Barrowland. Watch here.

[Simple Minds - Waterfront - Bing video](#) . It remains a popular venue for live music.



De Café Zoom Groups

GUEST SPEAKERS DORY & GERRY



Our friends Dory and Gerry from the Deep Network were our guests this month. We asked them to talk about their experience of being Dementia Diarists and encourage our members to give it a try. Everybody has something to say.



Dementia diaries - How does the project work?

As the use of technology often becomes more difficult for those living with dementia, this project uses diarists' own mobile or land-lines. Some people also use our 3D printed mobile handsets, which are customised to be as simple as possible, allowing us to both record audio diary entries and capture thoughts and experiences as they occur.

These handsets are linked to a dedicated voicemail and as soon as a diary entry is recorded, it is automatically sent via the internet to the editorial team at On Our Radar. The team will then listen to it, transcribe it and curate it for publication.

Our shared aim is that by opening up our lives to the public we will improve understanding of the diverse experiences of living with dementia and how communities and services can best offer support.

**We are all unique and beautiful,
but together we are a masterpiece. Dory**

Here are some of the topics the diarists talk about.

**STEPHEN'S REALLY FEELING THE SIDE EFFECTS OF HIS COVID JAG
A BEAUTIFUL REMINDER NOT TO TAKE FOR GRANTED THE EVERYDAY WON-
DER ALL AROUND US**

**CLIVE DESCRIBES THE FRUSTRATION OF LOSING THINGS. DAMN THOSE WEL-
LIES**

**RAYMOND'S INTERNET IS BACK, SO HE'S BEEN EXERCISING ONLINE
BILL'S DEMENTIA IS BEING EXACERBATED BY ISOLATION AND LOCKDOWN**

Thank you to Dory and Gerry for sharing your experience with us. We were inspired. If you want to read more or get involved just click on the link below to get started or contact Steve@myid.org.uk or call on 01392 420076.

[Recent Posts - Dementia Diaries](#)



Music Labs

from Playlist for Life

Music and dementia charity Playlist for Life is looking for people living with dementia and carers who are interested in opportunities to:

- Use and test free listening devices
- Share their experience through group discussion or surveys
- Develop self-help materials for people creating playlists



Listening to a playlist of personally meaningful music can improve the lives of people living with dementia. However, it is not always easy for people to find and listen to that music. We are looking for volunteers for our Music Labs project, in which we find ways to make music more accessible for everyone.

Music Labs are open to anyone living or caring for someone with dementia. There is no previous experience with technology or Playlist for Life required. You can choose which opportunities you want to get involved with and how much time you want to give.

If you are interested in taking part, then please visit www.playlistforlife.org.uk/musiclabs and fill in our short sign-up form. If you don't have internet access, then call Rebecca on 07545 336 539 to find out more.



At the Sporting Memories Foundation we help people everywhere to stay connected and have fun – using memories of sport. Whether at home, online or over the telephone

Join our East Dunbartonshire Virtual Club!



Usually we run our Clubs for older adults in local communities but right now we are running sessions online and everyone is welcome to join in! We chat about and remember sport, ignite positive memories and we help everyone to feel part of the team

Interested in joining our **FREE** weekly East Dunbartonshire Virtual Club. For information, contact **SMFS Co-Ordinator; Jim Purvis** on 07752 436587 or email jim@thesmf.co.uk



www.thesmf.co.uk
#TalkAboutSport



The Sporting Memories Foundation Scotland is a charity that runs weekly sporting memories clubs, that brings together older people living with long term conditions such as dementia through sporting reminiscence and physical activities, with the aim of improving well-being and reducing loneliness and social isolation.

Using images of sport, articles and memorabilia, older people are assisted to stay connected to their friends and communities, cognitively stimulated and physically active.

A wealth of evidence on ageing well has highlighted the impact remaining connected to friends, family and communities, remaining cognitively stimulated and physically active can have on our health and wellbeing. Sporting Memories Clubs have proven to help participants, many of whom are living with dementia to do just this.

Since the emergence of the pandemic, all our clubs have closed, but we have embraced the digital world and now our club sessions are online.

The Sporting Memories Foundation Scotland is delighted to announce that in association with Ceartas Advocacy, we are looking to create a new weekly Virtual Sporting Memories Club here in East Dunbartonshire.

Sporting Memories Clubs are for anyone over the age of 50 who enjoys talking about and remembering sport. Some – but not all – of our members are living with dementia or are isolated; others simply enjoy the opportunity to meet other people.

For anyone interested in the development of this new club, could you please contact SMFS Co-ordinator Jim Purvis on 07752 436587 or e-mail: jim@thesmf.co.uk

Maurice Donohue, Chief Operating Officer said *“This is another exciting development in our aims to support older people across Scotland and to connect through the power of sport. It is crucial we enable more people to be physically active and involved in fun, stimulating interests that help create new friendships. “*



Can you Spot The Ball?

Where would you put your X

WHAT IS CRAFTISM?

HOW CAN YOU GET INVOLVED?



In case you haven't seen it yet, I just wanted to send you the link for the new Craftivism website <https://dementiacreatives.org.uk/dementia-craftivists/>

This is an informal and inclusive project that anyone can join in with! If you have created anything that you'd like to be featured on the website, please send me a photo and description and we'll put it up!

Or if you'd like me to record you talking about your crafts/ craft projects, again let me know. And if you have any other ideas about how you can be part of Craftivism, let's talk!

Philly, Co-Director, Innovations in Dementia CIC

To speak to Philly direct, call **07932 995620** www.innovationsindementia.org.uk

Dementia Craftivists are people who are living with dementia who are using their creations to make supportive and enjoyable links across communities. Our project is all about the pride in creating something yourself from scratch (whether it's knitting, painting, song or play-writing, poetry, woodwork, or much more).

In sharing the things we are producing with the wider world, we are demonstrating the talents, skills and resilience of people with dementia. Our overarching message is '**We Can!**'

Some of the Craftivists are helping others to learn new skills, through kits, demonstrations or tutorials. This too is sending out that message of '**You Can Too**' loud and clear. We want to **mobilise** as many people as possible to get involved. Some of the things we are making have **our own messages** on them too. In this way, the project can be seen as a very democratic process of 'gentle protest'. Some of us are leaving them to be found by anyone... on a bench or on a beach. We have produced **labels** with the Craftivists logo which explain that this creation has been made by a person with dementia.



How has COVID-19 affected you? Your experience is valid.

Bethany Whitely from the University of St Andrews would like your help. She is investigating how the COVID-19 pandemic has affected individuals living with early-stage dementia, with regards to your sense of self. This project will be conducted online through a one-on-one interview over Microsoft Teams.

What kind of help/input do you want? People with early-stage dementia.

When will the project take place? Any time you are available

Where will the project take place? Online through Microsoft Teams

How long will people be involved for? A half an hour-hour long interview.

How many people? 2 to 3 people

Short description of why they should help you? This study will allow you to share your experiences during the pandemic this past year. It will allow your voice to be heard and to express any concerns you've had this past year, whether that be concerning your wellbeing, whether you have felt supported or any other concerns.

What kind of support is available? If needed, the interview questions can be sent over to participants in advance.

Who will be doing the administration? A reminder will be set by myself for this interview through Microsoft Teams. As this interview will be over Microsoft Teams, the participant will need to have access to this platform.

What kind of expenses are available? Participants will be rewarded £5 for their contribution to this study.

People's Information

Any information you give will be anonymised, which means you will be given a different name in the study, so no information can be traced back to you.

Ethical Approval This project does have ethical approval from the School of Psychology and Neuroscience Ethics Committee at the University of St Andrews.

Letting people know what has happened Participants may ask for a copy of this project once it has been completed.

When will you be able to report back In June of 2021

If you are interested in taking part please contact Bethany by email bw71@st-andrews.ac.uk

Capturing your thoughts about Social Care data in Scotland— YOU CAN HELP

Lydia Nicholas writes: I'm an independent researcher working with Nesta and the Scottish Government. We started this project as part of longer term research into care systems while working for a small charity (Doteveryone) which closed early in the pandemic, and have worked together to enable it to restart now.

Project Description

The Scottish Government is running several 'data dialogue' projects to learn about Scottish citizens' opinions about how health and care data is used or shared. **This project- Care Data Futures- focuses specifically on people with experience of social care. We will run workshops where we share experiences and think about how the future could be better or worse.**

These ideas will then be used to create stories and artwork which will help a bigger national conversation about care data

What kind of help/input do you want

People in Scotland who have experience of using adult social care services or experience of caring for someone who does.

When will the project take place?

Workshop 1: Thursday 18th March 3pm-5.30pm Zoom - 3 in each workshop (total of 9)

Workshop 2: Monday 22nd March 5.30pm-8pm Zoom - 3 in each workshop (total of 9)

Workshop 3: Tuesday 23rd March 1pm-3.30pm Zoom - 3 in each workshop (total of 9)

Short description of why they should help you?

The wider data dialogue projects are mostly concerned with the general public. I believe strongly that people who actually use adult social care services- especially people with dementia, need to be part of these conversations as they are often the most exposed to risks, errors, oversights, dangers and abuses and they have a lot to gain from good use of data.

These groups are often overlooked in these discussions for many reasons including prejudices, and a lack of experience and willingness from researchers. This creative exercise offers an opportunity to have this conversation, while making sure those who contribute are rewarded well for sharing their expertise and ideas.

What kind of support is available? easy read instructions are available, the meeting will be captioned and there will be help with transcription. **What kind of expenses are available?** Paying £120

Please contact Lydia by email if you are interested in taking part: lydia@lydianicholas.com

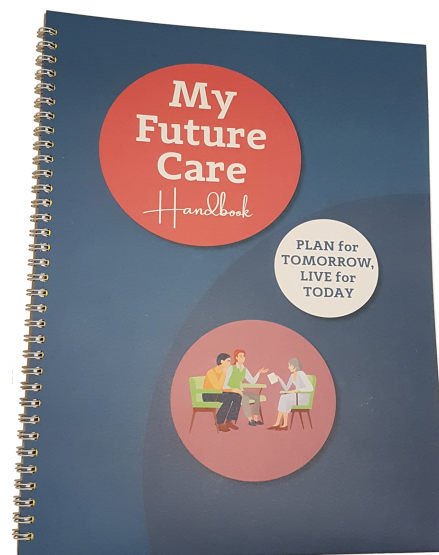
Can you help?



Would you like to participate in a trial for a new service?

Mycarematters, a not-for-profit social enterprise, has recently published an interactive workbook to help people make plans for their later life and future care, called **The My Future Care Handbook**. They have also developed a service offering **one to one conversations via phone or video with a trained Buddy**, and it is currently **free!**

They are looking for people to get involved in a pilot of the **Buddy Service** which is designed to help people shift from just thinking about it to doing something about it. **They are offering a free Handbook (normally £14.95 plus P&P) and up to 4 sessions with a friendly Buddy to support you in identifying and meeting your goals around later life and future care planning.**



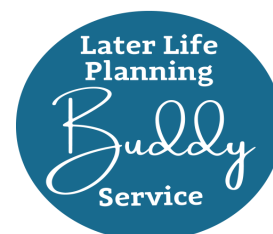
For further information email zoe@mycarematters.org.

All participants will be:

- sent a copy of the My Future Care Handbook and a questionnaire.
- **partnered with a trained Buddy to support them via Zoom or phone to identify and meet their goals around later life / future care planning.**
- people who do not necessarily have all their paperwork and future plans sorted out.
- **an opportunity to have some 1-2-1 support.**
- either living with a life limiting condition (including dementia) or be a carer for somebody with a life limiting condition.

For further information contact zoe@mycarematters.org

Website: <https://www.myfuturecare.org/>



Tackling scams and nuisance calls



True Call Blocking Device

Following an increase in the variety of phone scams being reported by Scottish consumers since the beginning of the Covid-19 pandemic, Trading Standards Scotland is launching the roll out of **free call blocking devices** to vulnerable individuals who are most at risk from scammers and rogue traders.

From Monday 8th March 2021, a web page with the form will be available at www.tsscot.co.uk/apply-call-blocker and more information about the programme will be available at <https://www.tsscot.co.uk/call-blockers/>

Here are some youtube clips explaining how the blocking devices work - <https://youtu.be/BiCqBO616vM> Protecting those with dementia - https://youtu.be/_XBbWjiCanI A carer's story - <https://youtu.be/fQ5qjeQ6dm4>

Installation



self directed support



Have you heard about Self-Directed Support but you are not sure what it is or if it applies to you? Then join Take Control (and GCIL) at one of our online sessions to find out more. The sessions will cover:

What is Self-Directed Support?

What rights do I have?

What about family carers?

How do I get an assessment of my needs?

What are the four options?

How can Take Control support me?

...and much more!

Sign up for a session using this link

<https://www.eventbrite.co.uk/e/self-directed-support-whats-it-all-about-tickets-126575076461>



**For more information call
Karen Heath on 0141 776 2219.**

I would like to introduce myself and the project I work on for Age Scotland. I am a Dementia Training Officer, and my role is to develop and deliver training on **rights issues for unpaid carers of people with dementia**.



There's evidence that some unpaid carers are unaware of their rights, and this can mean missing out on entitlements such as care and support, benefits, and other useful information to support them in their caring role.

We have developed a series of workshops for carers to learn more about their rights and how to access them. These are all currently being delivered online using Zoom, and they are **free, friendly and interactive**. We recognise that some people may need extra support to access Zoom – if this is the case, please get in touch with us, and we can talk you through how to do this.

Our workshops cover such topics as:

- The Carers (Scotland) Act, with a particular focus on Adult Carer Support Plans
- Carers' rights in relation to hospital admission and discharge
- Self-directed Support
- Power of Attorney

We are very interested in hearing from carers if there are other topics they would like to see in future training, and we are also developing an on-line training platform that carers will be able to access in their own time.

We aim for our workshops to be welcoming and inclusive – if you are caring for someone with dementia and want to know more about your rights, please consider joining us.

Rachel, Dementia Training Officer

If you would like know more, or sign up to receive our newsletter, then drop us a line at

dementiatraining@agescotland.org.uk



Care home visiting



Scottish Government
Riaghaltas na h-Alba
gov.scot

Dedicated advice for care home residents, their friends and relatives is available on www.nhsinform.scot/openwithcare. This summarises the new guidance and the safeguards in place to have meaningful contact as safely as possible.

The Scottish Government has also committed to put in place additional support to residents' loved ones, which will be provided by Alzheimer Scotland for anyone who is needing support. Alzheimer Scotland's 24 hour Freephone Dementia Helpline can be contacted on 0808 808 3000 or by emailing helpline@alzscot.org

New Action on Rights Team -

Throughout the pandemic, our frontline staff and **24 hour Freephone Dementia Helpline** have been immersed in supporting people deal with the impact of the lockdown measures. Much of this support has been assisting people with relatives living in care homes. This has involved helping people understand the evolving **care home visiting guidance**, and in some cases helping to facilitate visits or meaningful contact with loved ones.

During this time, we have also continued to support thousands of people with dementia and their families and carers living at home, through a combination of therapeutic interventions, online groups, wellbeing calls and home visits. This new team will build on all of our existing support and provides an extra level of dedicated support for those families with loved ones living in care homes.

The Action on Rights team will support implementation of the Scottish Government's new **Open with Care visiting guidance** for care homes and offer emotional and practical support to families and friends of people living in care homes and who are experiencing high levels of anxiety and trauma as a result of the lack of meaningful contact. The Action on Rights team will be able to provide advice on the new care home visiting guidance and help families have informed discussions with the care home staff who are responsible for arranging care home visits. If needed, the team will liaise with care home staff to help facilitate meaningful visits (within any relevant restrictions) and essential visits. The team will work with families to help arrange meaningful contact in a way that avoids, or when necessary, resolves conflict.

This service is available to anyone who has a relative or friend who is resident in a care home in Scotland. You can access the Action on Rights team by calling our 24 hour Freephone Dementia Helpline on 0808 808 3000 or emailing helpline@alzscot.org



The Scottish Dementia Alumni is a group of people living in Scotland with collective lived experience of a diagnosis of a dementia of almost sixty years.

The group was created to inspire and support people with a new diagnosis of dementia but also campaigns for human rights.

Each member has contributed to and/or written publications, made videos and has been cited in many publications.



We have experienced varying levels of service from our GP practices and noticed from conversations that others living with dementia had struggled to get appointments, adapt to online services and to receive an annual dementia review. We set out to research and discover what a GP practice should be providing. We will share our research widely in order to support others living with dementia to access quality GP services and to improve communication between people living with dementia and GP surgery teams.

If you would like a paper copy of this sent to your home address please contact me on 0141 775 0433 or mcandlish@ceartas.org.uk.

Alternatively you can read it online in the link below;

<https://www.dementiavoices.org.uk/wp-content/uploads/2021/01/GP-Project-Digital-Final.pdf>

Charles Bonnet Syndrome

Symptoms being shown in Coronations Street Storyline



Regular viewers of popular 'Soap' Coronation Street, will be aware of a current story-line regarding Pub landlord Johnny Connor, who is blind and has Multiple Sclerosis who is currently in jail. The future story-line has him developing Charles Bonnet Syndrome (CBS).

I received the following details from Journalist Tom Walker, on his latest Podcast:

The Coronation Street character Johnny Connor has the little-known eye condition Charles Bonnet Syndrome. People with this condition can experience disturbing hallucinations from seeing people in historical costumes to seeing zombies.

To make things true to life, the Corrie script-writers consulted Judith Potts, who runs Esme's Umbrella, which provides support to people with CBS. In this podcast, Judith, along with Nina Chesworth who has Charles Bonnet Syndrome, talk about the condition and what it was like to work with the Coronation Street script-writers. Click on the link below to listen to the podcast.

<https://youtu.be/hmMyjb6UBSc>

HERE IS SOME INFORMATION ON THE CONDITION FROM NHS CHOICES WEBSITE

Charles Bonnet syndrome causes a person whose vision has started to deteriorate to see things that aren't real (hallucinations).

The hallucinations may be simple patterns or detailed images of events, people or places.

They are only visual and do not involve hearing things or any other sensations.

It is important to be aware that hallucinations associated with Charles Bonnet Syndrome are caused by failing eyesight. They are **not** caused by a mental health problem or dementia.

People with Charles Bonnet Syndrome are usually aware that the visions are not real, even if they are vivid.

Always see your GP if you are experiencing hallucinations so they can investigate the cause

You can read more here:- [Charles Bonnet syndrome - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/charles-bonnet-syndrome/)



East Dunbartonshire Visually Impaired Persons Forum

EDVIP was formed in 2010 by a few visually impaired people, who got together while attending I.T. lessons at the Library. Over the years we have outgrown several meeting venues and now, in normal times, we meet at Kirkintilloch Bowling Club in Alexandra Street. We have around 20 Members and are fortunate to have 6 volunteers to assist us. We normally meet every Wednesday morning at 10am and following tea & cakes etc., we discuss topics of interest, or concerns, such as access issues. We invite interesting speakers, enjoy entertainment, arrange our summer outing and our Spring & Christmas lunches

The arrival of the Corona Virus last March, suddenly curtailed our activities, it was therefore important to keep in regular touch with our members. Sight-loss tends to affect those in later life and the majority of our members are in their 60's, 70's, & 80's. As many live alone, it was important to avoid isolation and loneliness. I try to keep regular contact through my weekly Information Bulletin, however, the most effective **way of achieving this has been by everyone keeping in touch by telephone, resulting in many a good 'blether' being enjoyed by members.**

“There’s nothing like a good blether over the phone”

“A blether a day keeps the boredom away”

Our Craft Group, led by Andy & Doris, have continued to produce bespoke personalised cards for all occasions, together with other craft and gift items, throughout the enforced break. I'm sure they will already be working on cards etc. for Easter. (please contact me for details) of their great value and unique craft items).

At the beginning of the 'Lock-down', we identified areas of difficulty and concerned for our members, who have been disproportionately impacted by the 'lockdown' and the rules imposed. While we can all understand the reason for social distancing, sighted people seldom understand that those with sight-loss are unable to do this by themselves.

While family and friends rallied round to assist with shopping etc, many of us value our independence and arrangements were made with Supermarkets and shops in order to facilitate collections and deliveries.

“we may have sight loss but we still value our independence”

Over recent years, we have repeatedly asked our Council to ensure that our pavements are free from clutter, such as advertising boards, planters, etc, despite assurances of 'a zero tolerance' to this practice, no action was taken. Our High Street is now a 'no-go area' for blind and disabled people, as the situation has been exacerbated by further obstacles in the form of Cafe furniture. It is impossible to navigate along our streets, while observing physical distancing, unless screening is placed around tables and chairs. The current situation discriminates against the disabled, as it denies us access to shops, Health Centres, the Post office and prevents us from supporting the many businesses in our town. It is also a breach of the Equality Act 2010 and I will be further campaigning on this when restrictions are removed and your support would be greatly appreciated.



Our members have been amazingly resilient, with several having to 'shield' throughout the long period of restrictions. During the summer months many of us enjoyed our gardens, however the long wet, cold winter has been particularly challenging for many. **Now, with Spring just around the corner and the Vaccination programme progressing at pace, once again we can look forward with optimism, when we can once again meet up with family and friends.**



Losing a language: dementia and bilingualism.

I have always had a love affair with Gaelic, yearning for a lost fluency and familiarity, but she has been a mother tongue to whom I have been a less than dutiful child. It is a loss which I have increasingly regretted. Not least because the critical importance of bilingualism came home to me a few years ago as I witnessed my own mother live her last years with dementia.



Her later years were a time where as the disease progressed she turned into the world of her earlier memories, developing sharp recall and detailed description for days long since lost in time. It was also a time when she increasingly reverted to her mother tongue, the language she knew from childhood, the tones and timbre of which were the companion of childhood and culture, the oxygen of love and belonging.

“We now know from numerous research studies that being bilingual is one of the forms of cognitive stimulation that requires a very different and diverse range of activity within the human brain. On top of this we have solid and extensive research to show that the onset of dementia symptoms in individuals who are bilingual can be delayed by between four to five years.”

Just as with my own mother I have heard stories from care home staff who have described how individuals with dementia who had reached a stage of little or no communication, came alive if there was a carer who was able to speak to them or sing to them in their own language. Just as with my own mother I have seen the spark of light in tired eyes as they have remembered moments and memories re-captured through the memory of song in their own native tongue.

We desperately need to value the ability to use mother tongues more than we do. So it is that a carer with a bilingual or multilingual skill is, I believe, a greater asset than one who is not. We have an impoverished view of language which limits not just our ability to meet the individual needs of people but diminishes the whole fabric of our commonwealth. Our language is not just the way we communicate, it is an intrinsic part of our identity, of who we are as a person. It is both an enabler of our belonging to community and a sign of that belonging.

So personally I will commit to do better to re-capture my lost tongue, even if my partner- in conversation is no longer around, but I will also continue to stress that for us as a society to truly care for another, professionally and personally, we need to tune ourselves into strange and different tongues, we need to learn to love the language, we need to nourish all those sounds of colourful words unknown to us.

Donald Macaskill

Watch the you tube video below to find out about the Gaelic language

[Scottish Gaelic: Explained - Bing video](#)

Can listening to birdsong or observing birds improve our mental health and wellbeing?

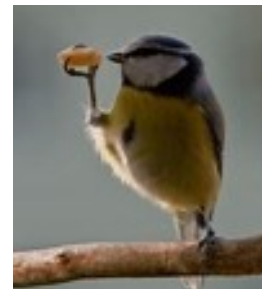
There is a growing body of research that suggests it can, with some people suggesting that it's comforting and calming, reduces stress, and improves focus.

We'd like to encourage you to listen to bird songs or observe birds to see if you find it has any impact on your own mental health and wellbeing.

Listening to birds and birdwatching are great activities to try when you are out exploring your local paths during lockdown or walking as part of your active travel journey.

Here are some simple suggestions to help you:

- Find a spot to pause and observe birds. Try to notice the intricacies of feather patterns and markings. There are often beautiful, underrated birds around us every day.
- As you are walking listen out for birdsongs. Are they the same? Do you enjoy some more than others?
- Observe your surroundings as you listen to birds singing. Keep a count of how many different species you spot. You can even do this from your window or your garden.



Click on the link below to watch some funny bird videos.

[19 Funny Bird Videos || Awesome Compilation - Bing video](#)

[INSANELY FUNNY BIRD VIDEOS! 🐦 - Bing video](#)



Have you ever been at the beach and had to fight for your ice cream or your fish and chips?

I don't think I would be able to sit as still as the man in the photo.

Spot 8 differences



Famous Singers

P	P	I	O	R	T	A	U	Q	I	Z	U	S	H
N	E	E	L	T	O	N	J	O	H	N	R	L	S
O	T	I	J	O	H	N	L	E	N	N	O	N	Y
S	E	H	E	N	E	I	L	Y	O	U	N	G	D
I	R	C	L	U	H	E	H	R	N	N	B	E	N
R	G	I	V	U	Y	L	S	A	A	S	A	I	E
R	A	R	I	I	R	E	U	T	E	E	R	W	Y
O	B	L	S	W	R	N	B	A	C	V	R	O	D
M	R	E	L	K	H	N	E	N	O	E	Y	B	E
N	I	N	L	U	Y	O	T	E	Y	E	W	D	V
A	E	O	S	T	L	X	A	B	L	R	H	I	I
V	L	I	E	N	I	U	K	T	L	M	I	V	N
B	D	L	V	N	D	N	U	A	I	I	T	A	E
A	N	N	O	D	A	M	S	P	B	J	E	D	I

PETER GABRIEL
 SYDNEY DEVINE
 NEIL YOUNG
 JOHN LENNON
 PAT BENATAR
 VAN MORRISON
 BARRY WHITE
 LIONEL RICHIE
 LULU
 ANNIE LENNOX
 BILLY OCEAN
 JIM REEVES
 MADONNA
 ELTON JOHN
 DAVID BOWIE
 KATE BUSH
 SUZI QUATRO
 ELVIS

Time

N	U	M	S	E	P	T	E	M	B	E	R	O	O
U	O	Y	F	U	L	L	M	O	O	N	M	C	A
F	H	S	H	M	P	M	T	T	N	E	U	T	A
L	A	H	Y	J	P	E	N	U	S	N	Y	O	S
Y	L	T	Y	A	D	I	R	F	E	A	Y	B	U
A	F	J	Y	N	S	N	A	M	D	S	F	E	N
D	M	U	T	A	S	A	E	R	O	E	D	R	D
N	O	L	H	U	A	N	U	W	B	O	C	A	A
O	O	Y	U	G	U	T	A	R	M	T	N	N	Y
M	N	T	R	U	A	M	U	L	J	O	Y	D	R
M	N	A	S	S	Y	A	A	I	U	O	O	A	O
L	S	C	D	T	R	R	D	R	N	M	R	N	M
R	U	U	A	Y	H	C	T	P	E	U	H	O	P
B	M	I	Y	O	N	H	J	A	N	U	A	R	Y

JULY
 SATURDAY
 MAY
 FRIDAY
 MARCH
 TUESDAY
 MONDAY
 JANUARY
 HALF MOON
 SUNDAY
 JUNE
 SEPTEMBER
 FULL MOON
 THURSDAY
 AUGUST
 NEW MOON
 SUPER MOON
 OCTOBER
 FEBRUARY
 APRIL

CROONERS

TOP ROW LEFT TO RIGHT

Sammy Davis Junior	Nat King Cole	Frank Sinatra	Matt Monro
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MIDDLE ROW LEFT TO RIGHT

Tom Jones	Andy Williams	Dean Martin	Perry Como
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BOTTOM ROW LEFT TO RIGHT

Jonny Mathis	Bing Crosby	Tony Bennett	Bobby Darin
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USEFUL NUMBERS

Email: info@ceartas.org.uk—general enquiries

mcandlish@ceartas.org.uk—
Dementia related enquiries

Telephone 0141 775 0433

Website www.ceartas.org.uk

Address Suite 5-7
McGregor House
10 Donaldson Crescent
Kirkintilloch
G66 1XF



OPAL INFORMATION LINE 0141 438 2347

CARERS LINK 0141 955 2131

EAST DUNBARTONSHIRE SOCIAL WORK 0141 355 2200

CITEZANS ADVICE BEUAREU BISHOPBRIGGS 0141 563 0220

KIRKINTILLOCH 0141 775 3220

BEARSDEN 0141 775 3220

ALZHEIMER SCOTLAND 24 HOURS/DAY 7 DAYS/WEEK 0808 808 3000

SAMARITANS 116 123 FREE HELP LINE/24 HOURS

BREATHING SPACE— IF YOU ARE FEELING DEPRESSED— 0800 22 44 88

AGE SCOTLAND HELPLINE 0800 12 44 222 MONDAY-FRIDAY 9-5

THE SILVER LINE (FOR OLDER PEOPLE) 0800 470 8090 24 HOURS

DEMENTIA UK HELPLINE 0800 888 6678

NHS 24—out of hours doctor service—Phone:111

Covid-19 Vaccination questions call 0800 030 8013

**A & E Heart Attack/Severe Injury /Stroke/Severe Breathing Difficulty
Call 999**