

Dementia: the Carer's Experience

Better Enabled, Better Equipped

Dementia - A Carers Local Directory

A Resource by Carers for Carers

East Dunbartonshire, East Renfrewshire, Glasgow,
North Lanarkshire, South Lanarkshire, Renfrewshire
and West Dunbartonshire

September 2017

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Foreword

This directory will hopefully be a useful tool on your journey as you care for someone with dementia.

I wish that I had been given information like this when I became a carer. It would have made my journey easier and less stressful.

With the right personal advice, I would have found the right path to take and address the challenges we all face as carers of someone with dementia.

Anne Rankin

Acknowledgements

Dementia – A Carers Local Directory is the work of:

Katharyn Barnett
Maureen McKillop
Anne Rankin

with:

Myra Lamont
Bernard O'Hagan
Annette Tait

Katharyn, Myra, Maureen, Bernard, Anne and Annette have long experience of caring for someone with dementia, unpaid.

All information provided in this directory is available online and in the public domain.

Introduction

The Life Changes Trust believes that carers in Scotland have an enormous amount of knowledge and helpful information to share with each other.

In the spirit of empowerment, the Trust invited these six carers to form a **steering group**, supported and funded by the Trust, to come together to plan and organise, as they saw fit, an event or a series of events, for carers. The group first met in January 2017. **By carers for carers** has been the enduring theme of their hard work over the past nine months. **Dementia – A Carers Local Directory** has been produced by the steering group in the first instance for carers attending the group's first conference, **Dementia: the Carer's Experience**, on 30 September 2017 in Glasgow.

The Dementia Checklist and the Directory - both produced for the conference - are complementary, peer to peer resources. They both provide practical information which the steering group, from lived experience, recognise as relevant and useful for others in the same caring situation.

The Directory lists services and groups by geographical area. This version of the Directory covers seven areas (the catchment area for the steering group's first conference on 30 September 2017) as follows:

East Dunbartonshire
East Renfrewshire
Glasgow
North Lanarkshire
South Lanarkshire
Renfrewshire
West Dunbartonshire.

The steering group plan to reproduce the Directory for its next local event, again tailored to the geographical areas targeted by that event.

Carers Conference Steering Group

Katharyn Barnett
Myra Lamont
Maureen McKillop
Bernard O'Hagan
Anne Rankin
Annette Tait

With support from:

Anna Gaughan, Chief Executive Officer, TIDE (together in dementia everyday)

Elizabeth Morrison, Programme and Funding Manager, Life Changes Trust

Directory

1. East Dunbartonshire

Dementia Advisor for East Dunbartonshire - Angi Inch

Bearsden Dementia Resource Centre, Alzheimer Scotland, 49 Milngavie Road, Bearsden, G61 2DW

Tel: 0141 946 0966

Email: ainch@alzscot.org

Provides support to people with dementia, their partners, families and carers, and also works with local communities:

- providing information and advice
- helping you find the dementia support that you need
- connecting you to local groups and services
- helping the local community be more dementia-friendly
- helping you influence the policies and services that affect you

Carers Link East Dunbartonshire

Milngavie Enterprise Centre, Ellangowan Road, Milngavie, G62 8PH

Tel: 0800 975 2131 or 0141 955 2131

Email: go to <http://carerslink.org.uk/contact-us/> to use its online enquiry form.

The Centre offers support and services including information, advocacy, training, well-being reviews and emergency care planning.

Carers' Support Groups

Carers Link East Dunbartonshire, Milngavie Enterprise Centre, Ellangowan Road, Milngavie, G62 8PH

Contact: Angi Inch, Dementia Advisor, Alzheimer Scotland

Tel: 0141 946 0966

Email: ainch@Alzscot.org

Groups are provided by Alzheimer Scotland in partnership with Carers Link, East Dunbartonshire. This is an opportunity for families and carers to talk to trained staff and get together informally with other people who may be in similar circumstances.

Bearsden Dementia Resource Centre, Alzheimer Scotland

49 Milngavie Road, Bearsden, G61 2DW

Tel: 0141 946 0966

Email: eastdunbartonshire@alzscot.org

A range of services for people with dementia over the age of 65 and their families and carers.

Home Support, Alzheimer Scotland

Bearde Dementia Resource Centre, 49 Milngavie Road, Bearsden, G61 2DW

Tel: 0141 946 0966

Email: eastdunbartonshire@alzscot.org

Personalised one-to-one community-based support for people with dementia over the age of 65 to enable them to continue to live well with their diagnosis.

Burnbank Day Care, Alzheimer Scotland

2 Sinclair Street, Milngavie, G62 8PF

Tel: 0141 946 0966

Email: eastdunbartonshire@alzscot.org

This offers a social setting in which people can make new friends and have the opportunity to take part in a range of stimulating activities of their choice with support from skilled and well trained staff. Transport to and from the centre is available if required. Open to people with dementia over the age of 65 who live in Bearsden or Milngavie. Referrals are made by East Dunbartonshire Council Social Work Department.

Mind That Song, Kirkintilloch, Alzheimer Scotland

Hillhead Church, 2 Rosebank Avenue, Kirkintilloch, G66 2DR

Tel: 0141 946 0966

Email: alang@alzscot.org

This is a group that uses singing to bring people together in a friendly and stimulating social environment. It is a group for people who are able to attend safely on their own or who are accompanied by someone to support them.

Mind That Song, Bearsden, Alzheimer Scotland

Bearsden Cross Church, Drymen Road, Bearsden, G61 2SU

Phone: 0141 946 0966

Email: alang@alzscot.org

This is a group that uses singing to bring people together in a friendly and stimulating social environment. It is a group for people who are able to attend safely on their own or who are accompanied by someone to support them.

The Picture House, Milngavie, Alzheimer Scotland

United Free Church, Craighdu Road, Milngavie, G62 6NL

Tel: 0141 946 0966

Email: alang@alzscot.org

This is an opportunity for people with dementia to get together to enjoy watching classic movies. It is a group for people who are able to attend safely on their own or who are accompanied by someone to support them.

Dementia Café, Alzheimer Scotland

Killermont Parish Church, Rannoch Rd, Bearsden, Glasgow, G61 2LD

Tel: 0141 946 0966

Email: ainch@alzscot.org

The Dementia Café is open to anyone affected by dementia and provides a supportive environment in which to meet up with others for a tea or coffee and a chat. It is a group for people who are able to attend safely on their own or who are accompanied by someone to support them.

Football Memories Group Bearsden, Alzheimer Scotland

Bearsden Dementia Resource Centre, 49 Milngavie Road, Bearsden, Glasgow, G61 2DW

Tel: 0141 946 0966

Email: alang@alzscot.org

Football memories groups are for people with dementia who have an enthusiasm for the beautiful game. They last 90 minutes, with pies and Bovril at half time. This is a partnership project between Alzheimer Scotland and the Scottish Football Museum Trust.

Football Memories Group Bishopbriggs, Alzheimer Scotland

Woodhill Evangelical Church, 30 Wester Cleddens Road, Bishopbriggs, G64 2NH

Email: alang@alzscot.org

Football memories groups are for people with dementia who have an enthusiasm for the beautiful game. They last 90 minutes, with pies and Bovril at half time. This is a partnership project between Alzheimer Scotland and the Scottish Football Museum Trust.

Forget Me Not Service, Alzheimer Scotland

Glasgow Resource Centre, 81 Oxford Street, Glasgow, G5 9EP

Contact: Fay McCormick, Forget Me Not Coordinator

Tel: 0141 418 3934

Email: fmccormick@Alzscot.org

The Forget Me Not Service supports people with dementia in care homes and hospital wards who may be isolated and feeling alone, by matching them up with a volunteer befriender who offers companionship and support to do the things they enjoy. This can be anything from visiting the local café and going for walks, to visiting the theatre, or simply just chatting. The service is available in East Dunbartonshire and Glasgow.

Ceartas Advocacy - De Café Group

Suites 5-7, McGregor House, 10 Donaldson Crescent, Kirkintilloch, G66 1XF

Contact: Karen Heath

Tel: 0141 775 0433

Email: info@ceartas.org.uk

De Café is a monthly café for people affected by dementia. As well as providing the opportunity for new friendships and social support, a visit can give access to useful information. It offers people with dementia and carers peer support, advice and information, including access to independent advocacy. There are four De Café meetings every month:

- **Bishopbriggs** – at Woodhill Evangelical Church, on the first Tuesday of the month from 2.30pm to 4pm
- **Milngavie** – at Milngavie Town Hall, on the first Wednesday of the month from 10.30am to 12noon
- **Bearsden** – at Killermont Parish Church on the fourth Tuesday of the month from 2pm to 4pm
- **Kirkintilloch** – at Kirkintilloch Baptist Church, in the Upper Hall, on the last Friday of the month from 1.30pm to 3pm

Paths for All – Dementia Friendly Walking

Tel: 01259 230 152

Email: Dementiafriendly@pathsforall.org.uk

This is a national project. Paths for All provide support to local Walking for Health projects across Scotland to make their walks accessible to people living with dementia. Walks are led by trained volunteers with an understanding of dementia and dementia friendly walking. Email the project at Paths for All to subscribe to their Dementia Friendly Walking newsletter.

To find your local Dementia Friendly Walk, you can go to the map on Paths for All's website – <http://www.pathsforall.org.uk/pfa/health-walks/dementia-friendly-walking-accredited-projects.html>. The projects shown have been awarded Dementia Friendly Walking accreditation which means they have made their Health Walks accessible to people living with dementia and their carers, friends and family. The local Walking for Health project is:

WALK East Dunbartonshire, East Dunbartonshire Leisure and Culture Trust

Contact: Andy Lynch, WALK Development Officer

Tel: 0141 777 3070

Email: andy.lynch@eastdunbarton.gov.uk

Health Walks are for all. If you want to become active or are recovering from a health issue, Health Walks are perfect for you. It is also a wonderful opportunity to meet new people and explore other areas of East Dunbartonshire. Walks are FREE and last between 20-60 minutes.

A Walking for Health project nearby is:

Walk in the Park, Loch Lomond and The Trossachs National Park

Contact: Cathy Scott, Coordinator

Tel: 01389 722 600

Email: cathy.scott@lochlomond-trossachs.org

Walk in the Park welcomes people living with dementia and carers onto their walks which take place in the Park. It's a free, fun and easy way to get fit and feel better, and to meet new people as the group usually enjoys a coffee and a chat after the walk.

Routes are mostly flat, with slight inclines, and have good walking surfaces. Some are around the town, others out in the countryside. Walks last about 45 minutes. If you are unsure about joining the group, ask about their strength and balance sessions to build your confidence and join the walking group when you are ready.

Walks take place in Aberfoyle (Mondays), Callander (Tuesdays), Killin (Wednesdays), Balloch (Wednesdays) or Drymen (Thursdays). They always meet at 10.20am. No need to book - simply turn up and join in. You can download walking schedules for Aberfoyle and Drymen, Callander, Killin and Balloch – go to <http://trustinthepark.org/walk-in-the-park/>. Routes identified with this logo are suitable for most abilities:



Dementia Helpline, Alzheimer Scotland

Tel: 0800 808 3000 (if calling from an ex-directory number, dial 1470 before dialing the helpline number)

This is a 24 hour, freephone, Scottish service for people with dementia, carers, relatives, professionals, students and anyone concerned about dementia. It is confidential. You don't have to give your name if you prefer not to. It is staffed by trained volunteers, supported by a staff team at Alzheimer Scotland. Many have had personal or professional experience of caring for people with dementia. Free information packs are provided to people with dementia and carers.

Scottish Dementia Working Group (SDWG)

Alzheimer Scotland, 81 Oxford Street, Glasgow, G5 9EP

Tel: 0141 410 1171

Email: sdwg@alzscot.org

SDWG is a national campaigning and awareness-raising group led by people with dementia, and funded by Alzheimer Scotland and the Scottish Government. They are the independent voice of people with dementia within Alzheimer Scotland. Membership is free and open to people with dementia.

2. East Renfrewshire

Dementia Advisor for East Renfrewshire - Richard Leckerman

Alzheimer Scotland, Undercover, 56 Kelburn Street, Barrhead, G78 1LR

Tel: 0141 410 5327

Email: rleckerman@alzscot.org

The Dementia Advisor offers confidential advice and support to people with dementia, their families and friends in the community.

East Renfrewshire Carers Centre

The Gate House, Eastwood Park, Rouken Glen Road, Giffnock, G46 6UG

Tel: 0141 638 4888

Email: enquiries@eastrenfrewshirecarers.co.uk

OR

7 Bank Street, Barrhead, G78 2RA

Tel: 0141 577 3852 or 0141 577 3832

And also:

East Renfrewshire Carers Centre - Young and Young Adult Carers-

Sandlers Cottage, Eastwood Park, Rouken Glen Road, Giffnock G46 7JS

Tel: 0141 638 2600

The Centre provides services to unpaid carers including: information and advice, emotional support, training and information sessions, alternative therapies, access to short break services, income maximization, help to have your voice heard, and young carer's services.

East Renfrewshire Services, Self-Funded or Self Directed Support, Alzheimer Scotland

Memory Lane Club, 32 Riccarton Avenue, Paisley, PA2 6BG

Phone: 0141 887 1289

Email: DOliver@alzscot.org

Services which are self-funded or available via direct payments - they are personalised and built around what people with dementia and families find the most helpful, including personal care, support with everyday tasks, socialisation and assistance in maintaining hobbies and interests.

East Renfrewshire Services, Alzheimer Scotland

56 Kelburn Street, Barrhead, Glasgow, G78 1LR

Tel: 0141 410 5326

Email: EastRenfrewshireServices@alzscot.org

Services include home support service, information and advice, carer education courses and carer support groups.

Paths for All – Dementia Friendly Walking

Tel: 01259 230 152

Email: Dementiafriendly@pathsforall.org.uk

This is a national project which provides support to local Walking for Health projects across Scotland to make their walks accessible to people living with dementia. Walks are led by trained volunteers with an understanding of dementia and dementia friendly walking. Email Paths for All to subscribe to their Dementia Friendly Walking newsletter.

To find your local Dementia Friendly Walk, you can go to the map on Paths for All's website – <http://www.pathsforall.org.uk/pfa/health-walks/dementia-friendly-walking-accredited-projects.html>. The projects shown have been awarded Dementia Friendly Walking accreditation which means they have made their Health Walks accessible to people living with dementia and their carers, friends and family.

The local Walking for Health project is:

Get Up, Get Out, Get Together, East Renfrewshire Council

Contact: Sine Delahunt, Community Health Development Worker – Walking, East Renfrewshire Health and Social Care Partnership (HSCP)

Tel: 0141 577 8361

Email: sine.delahunt@eastrenfrewshire.gov.uk

East Renfrewshire has many health walks to offer in various locations and at different times. See their detailed timetable (August 2017) at <http://www.pathsforall.org.uk/find-a-health-walk/east-renfrewshire/get-up-get-out-get-together.html>

A Walking for Health project nearby is:

Walk in the Park, Loch Lomond and The Trossachs National Park

Contact: Cathy Scott, Coordinator

Tel: 01389 722 600

Email: cathy.scott@lochlomond-trossachs.org

Walk in the Park welcomes people living with dementia and carers onto their walks which take place in the Park. It's a free, fun and easy way to get fit and feel better, and to meet new people as the group usually enjoys a coffee and a chat after the walk. Routes are mostly flat, with slight inclines, and have good walking surfaces. Some are around the town, others out in the countryside. Walks last about 45 minutes. If you are unsure about joining the group, ask about their strength and balance sessions to build your confidence and join the walking group when you are ready.

Walks take place in Aberfoyle (Mondays), Callander (Tuesdays), Killin (Wednesdays), Balloch (Wednesdays) or Drymen (Thursdays). They always meet at 10.20am. No need to book - simply turn up and join in. You can download walking schedules for Aberfoyle and Drymen, Callander, Killin and Balloch – go to <http://trustinthepark.org/walk-in-the-park/>.

Routes identified with this logo are suitable for most abilities:



CrossReach - Heart for Art, a dementia friendly arts community

Contact: Laura MacLeod, Acting Manager

Tel: 0141 620 3092

Use their online enquiry form to send a message -

<http://crossreach.org.uk/contact?enquiryemail=heartfor.art%40crossreach.org.uk&enquirytitle=Heart%20For%20Art>

This is a national project, creating a dementia friendly community of people with dementia and carers interested in art, and also promoting the abilities and potential of people with dementia.

Research identifies that there are enormous benefits to using creative arts. This enables people with dementia to connect with society and express themselves, whilst breaking down the barriers of preconception, stigma and discrimination. Creative arts groups give people living with dementia opportunities to learn new, or re-awaken existing, skills. The project promotes creativity, self-worth and achievement, and offers the opportunity to build confidence, develop social relationships, and access support and information. The project also organises outings to arts venues and holds exhibitions of members' work.

Local groups currently run at:

Stamperland Parish Church, Stamperland Gardens, Clarkston, Glasgow, G76 8LJ.

See the website for a timetable - <http://crossreach.org.uk/heart-art-0>.

Dementia Helpline, Alzheimer Scotland

Tel: 0800 808 3000 (if calling from an ex-directory number, dial 1470 before dialing the helpline number)

This is a 24 hour, freephone, Scottish service for people with dementia, carers, relatives, professionals, students and anyone concerned about dementia. It is confidential. You don't have to give your name if you prefer not to. It is staffed by trained volunteers supported by a staff team at Alzheimer Scotland. Many have had personal or professional experience of caring for people with dementia. Free information packs are provided to people with dementia and carers.

Scottish Dementia Working Group (SDWG)

Alzheimer Scotland, 81 Oxford Street, Glasgow, G5 9EP

Tel: 0141 410 1171

Email: sdwg@alzscot.org

SDWG is a national campaigning and awareness-raising group led by people with dementia, and funded by Alzheimer Scotland and the Scottish Government. They are the independent voice of people with dementia within Alzheimer Scotland. Membership is free and open to people with dementia.

3. Glasgow

Dementia Advisor for Glasgow North - Margo Sweeney

Bridgeton Dementia Resource Centre, Alzheimer Scotland, 11 Bridgeton Cross, Glasgow, G41 1BN

Tel: 0141 410 1077

Email: msweeney@alzscot.org

The Dementia Advisor offers confidential advice and support to people with dementia, their families and friends in the community.

Dementia Advisor for Glasgow South - Polly Mark

Bridgeton Dementia Resource Centre, Alzheimer Scotland, 11 Bridgeton Cross, Glasgow, G41 1BN

Tel: 0141 410 1076

Email pmark@alzscot.org

The Dementia Advisor offers confidential advice and support to people with dementia, their families and friends in the community.

Glasgow East End Community Carers Centre

Academy House, 1346 Shettleston Road, Glasgow, G32 9AT

Tel: 0141 764 0550

Email: centre@eastend-carers.co.uk

The Centre offers carers, and the person they care for, access to a range of activities, groups and services to promote improved health and well-being, reduce isolation and stress, and build capacity and resilience.

Support and services include: information and advice, emotional support, short break services, income maximisation, having your voice heard, and training to support you in your caring role or to assist you to maintain your health and well-being.

It also offers a home care service providing a range of support including assistance with personal care, shopping and housework, medication support, palliative care, care and support for people with long term conditions and complex care needs (as well as a school escort service, and care and support for children and young people with disabilities and complex needs).

Glasgow South East Carers Centre

656 Cathcart Road, Glasgow, G42 8AA, Glasgow

Tel: 0141 423 0728

Email: dixon.carers@btconnect.com

See <https://carers.org/partner/glasgow-south-east-carers-centre>

Services and support include: carer health and well-being, carer support groups/activities, carers of people with mental health issues, education, training and carers in employment, **older carers, including carers of people with dementia**, parent carers, and young and young adult carer services.

South West Glasgow Carers Centre

1479 Paisley Road West, Pollok, Glasgow, G52 1SY

Tel: 0141 882 4712

Email: pollokcarers@volunteerglasgow.org

See <https://carers.org/partner/south-west-glasgow-carers-centre>

Glasgow West Carers Centre

1561 Great Western Road, Anniesland Cross, Glasgow, G13 1HN

Tel: 0141 959 9871

Email: westcarers@volunteerglasgow.org

See <https://carers.org/partner/glasgow-west-carers-centre>

Support and services include: carer health and wellbeing, education, training and carers in employment, **older carers, including carers of people with dementia**, parent carers, and young and young adult carer services.

**Glasgow North East Carers Support Team, Social Work Services,
Glasgow City Council**

400 Petershill Road, Springburn, Glasgow, G21 4AA

Tel: 0141 276 4710

Email: carersnorthsupport@sw.glasgow.gov.uk

Information, training and support to help carers to maintain their own health and well-being at what is often a stressful and emotional time.

**Glasgow North West Carers Support Team, Social Work Services,
Glasgow City Council**

35 Church Street, Partick, Glasgow G11 5JT

Tel: 0141 276 1066

Email: carersnwproject@sw.glasgow.gov.uk

Information, training and support to help carers to maintain their own health and well-being at what is often a stressful and emotional time.

**Glasgow South Carers Support Team, Social Work Services, Glasgow
City Council**

130 Langton Road, Pollok, Glasgow, G53 5DP

Tel: 0141 276 2904

Email: carerssouthsupport@sw.glasgow.gov.uk

Information, training and support to help carers to maintain their own health and well-being at what is often a stressful and emotional time.

**Bridgeton Dementia Resource Centre and Day Care, Alzheimer
Scotland**

11 Bridgeton Cross, Glasgow, G40 1BN

Tel: 0141 429 6428

Email: glasgowservices@alzscot.org

The Dementia Resource Centre, in the heart of Bridgeton, is easily accessible and offers friendly information, advice and support.

Carers Information Course, Alzheimer Scotland

Tel: 0141 410 0106

Email: kblack@alzscot.org

Free carers information courses for unpaid relatives, friends or neighbours caring for a person with dementia at home. They hold a four week programme that runs during the day and in the evening throughout the year and across the city. Courses include: understanding dementia, memory and dementia, communication, meaningful activities, and planning ahead.

Bealach House Day Care Centre

Old Wood Road, Baillieston, Glasgow, G69 7AE

Tel: 0141 771 5655

Email: info@bealachhousedaycare.co.uk

Dementia day care and support for people over 65 with mild to moderate dementia and living in Baillieston, Easterhouse, Shettleston, Springboig, Sandyhills, Tollcross, Carntyne, Riddrie, Mount Vernon or Carmyle. They offer a range of activities that combine mental, physical and social stimulation such as the re-introduction of social skills, reminiscence, reality orientation, quizzes, music therapy, word games, specialist group therapy, plus trips and outings. Transport by minibus is available to and from the centre, with an escort to provide assistance. They have an open referral system, meaning anyone can request the service if they live in one of the areas listed.

Glasgow Younger Persons Support Services, Alzheimer Scotland

Bridgeton Dementia Resource Centre, 11 Bridgeton Cross, Glasgow, G40, 1BW

Tel: 0141 429 6428

Email: GYPServices@alzscot.org

Services include: home support, post diagnostic support (younger onset link workers), information and advice, counselling, carers' support group, self-support groups for people with a diagnosis of dementia, cognitive stimulation therapy and therapeutic groups, day opportunities and carer education.

Dementia Café (East Glasgow), Alzheimer Scotland

Bridgeton Dementia Resource Centre, 11 Bridgeton Cross, Glasgow, G40, 1BN

Tel: 0141 410 1077

Email: msweeney@alzscot.org

The café is a friendly and welcoming place for people with dementia, their family and friends to meet up for a coffee and a chat.

D-Cafe, Castlemilk, Alzheimer Scotland

Kings Park Church, 242 Castlemilk Road, Glasgow, G44 4LB

Tel: 0141 410 1076

Email: ltod@alzscot.org

The café is a friendly welcoming place to meet other people with dementia and their partners, families and carers, and access information and support.

Walking Group at Peoples Palace, Alzheimer Scotland

Peoples Palace and Winter Gardens, Glasgow, G40 1AT

Meeting Point: Dalton Fountain

Contact: Chris Kelly

Tel: 07823 534 244

A short walk through some historical parts of Glasgow Green, sharing stories whilst keeping fit. Pets welcome.

Musical Minds, South Glasgow, Alzheimer Scotland

Larkfield Centre, 39 Inglefield St, Glasgow, G42 7AY

Tel: 0141 410 1076

Email: pmark@alzscot.org

Music for memory – an informal singing group.

Bellahouston Park Allotment, Alzheimer Scotland

Bellahouston Park, Glasgow, G52 1EQ

Tel: 0141 418 3943

Email: CKelly@Alzscot.org

This is an allotment for people with dementia, whether green fingered experts or enthusiastic novices. It is seasonal and weather dependent. Call first before attending.

Football Memories Reminiscing Group – Glasgow, Alzheimer Scotland

Hampden Park Stadium (in the café), Glasgow, G42 9BA

Tel: 07823 534 244

Email: CKelly@Alzscot.org

Football memories is a group for people with dementia to come along and enjoy reminiscing about old games, old players and any other fond memories/interests in football, while their carer can either join in or enjoy a cup of tea and a blether to other carers.

Indoor Bowling Group, Alzheimer Scotland

Glasgow Life Castlemilk, Dougrie Road, Glasgow, G45 9NH

Tel: 0141 410 0106

Email: kblack@alzscot.org

Open to people with dementia, their families and friends. A small charge is made (£3 for non-members or £2.10 for those with a Glasgow Life Club Card*). Call for more information.

* Glasgow Life Club cards are free to those age 60 and above living in Glasgow

Whiteinch (West Glasgow) Music for Minds group, Alzheimer Scotland

81 Oxford Street, Glasgow, G5 9EP

Tel: 0141 410 1077

Email: msweeney@alzscot.org

If you enjoy listening to music and singing along to your favourite songs, this singing 'get together' offers a warm welcome. Music for Minds is held in Smith Street. Get in touch for more details.

Picture House Group, Alzheimer Scotland

Scotland Street School Museum, 225 Scotland Street, Glasgow, G5 8QB

Tel: 0141 418 3943

Email: ckelly@Alzscot.org

This offers a cinema experience held at Scotland Street School Museum.

Forget Me Not Service, Alzheimer Scotland

Glasgow Resource Centre, 81 Oxford Street, Glasgow, G5 9EP

Contact: Fay McCormick, Forget Me Not Coordinator

Tel: 0141 418 3934

Email: fmccormick@Alzscot.org

The Forget Me Not Service supports people with dementia in care homes and hospital wards who may be isolated and feeling alone, by matching them up with a volunteer befriender. Befrienders offer companionship and support to do the things they enjoy. This can be anything from visiting the local café and going for walks, to visiting the theatre, or simply just chatting.

Sporting Memories Network - a dementia friendly community around sport

Contact: Norrie Gallagher, West Scotland SMN Coordinator

Email: Norrie@Sportingmemoriesnetwork.com

or

Contact: Margo Taylor-Lafferty, West Scotland SMN Coordinator

Email: Margo@Sportingmemoriesnetwork.com

Sporting Memories Network believes in the power of stories to reignite connections between generations and combat the effects of dementia, depression and loneliness in communities.

Opportunities to reminisce can be therapeutic for people living with dementia and can improve the mood, cognitive ability and well-being of those with mild to moderate dementia.

Its dementia friendly community promotes physical and mental well-being through activities that help members to reminisce and tell their own stories of watching or participating in sports, as well as providing opportunities to try out new sports. Groups run in a wide variety of settings including community facilities such as sports venues and also care homes and hospitals.

Currently (June 2017), there are three groups running in Glasgow in several different settings. Some groups are 'closed' e.g. in a care home setting and some have a referral system e.g. with referrals coming through the local authority. Most activities are open to carers but it depends on the local groups. Carers may also attend their supporters' club events, intergenerational events, carers forums and training.

Paths for All – Dementia Friendly Walking

Tel: 01259 230 152

Email: Dementiafriendly@pathsforall.org.uk

This is a national project. Paths for All provide support to local Walking for Health projects across Scotland to make their walks accessible to people living with dementia. Walks are led by trained volunteers with an understanding of dementia and dementia friendly walking.

Email the project at Paths for All to subscribe to their Dementia Friendly Walking newsletter.

To find your local Dementia Friendly Walk, you can go to the map on Paths for All's website – <http://www.pathsforall.org.uk/pfa/health-walks/dementia-friendly-walking-accredited-projects.html>. The projects shown have been awarded Dementia Friendly Walking accreditation which means they have made their Health Walks accessible to people living with dementia and their carers, friends and family.

The local Walking for Health project is:

Reminiscence Rambles, Glasgow Old People's Welfare Association

7 Sandyford Place, Glasgow G3 7NB

Tel: 0141 221 9924

A Walking for Health project nearby is:

Walk in the Park, Loch Lomond and The Trossachs National Park

Contact: Cathy Scott, Coordinator

Tel: 01389 722 600

Email: cathy.scott@lochlomond-trossachs.org

Walk in the Park welcomes people living with dementia and carers onto their walks which take place in the Park. It's a free, fun and easy way to get fit and feel better, and to meet new people as the group usually enjoys a coffee and a chat after the walk. Routes are mostly flat, with slight inclines, and have good walking surfaces. Some are around the town, others out in the countryside. Walks last about 45 minutes. If you are unsure about joining the group, ask about their strength and balance sessions to build your confidence and join the walking group when you are ready.

Walks take place in Aberfoyle (Mondays), Callander (Tuesdays), Killin (Wednesdays), Balloch (Wednesdays) or Drymen (Thursdays). They always meet at 10.20am. No need to book simply turn up and join in. You can download walking schedules for Aberfoyle and Drymen, Callander, Killin and Balloch – go to <http://trustinthepark.org/walk-in-the-park/>.

Routes identified with this logo are suitable for most abilities:



CrossReach - Heart for Art, a dementia friendly arts community

Contact: Laura MacLeod, Acting Manager

Tel: 0141 6203 092

Use their online enquiry form to send a message -

<http://crossreach.org.uk/contact?enquiryemail=heartfor.art%40crossreach.org.uk&enquirytitle=Heart%20For%20Art>

This is a national project, creating a dementia friendly community of people with dementia and carers interested in art, and also promoting the abilities and potential of people with dementia. Research identifies that there are enormous benefits to using creative arts. This enables people with dementia to connect with society and express themselves, whilst breaking down the barriers of preconception, stigma and discrimination.

Creative arts groups give people living with dementia opportunities to learn new, or re-awaken existing, skills. The project promotes creativity, self-worth and achievement, and offers the opportunity to build confidence, develop social relationships, and access support and information. The project also organises outings to arts venues and holds exhibitions of members' work.

Local groups currently run at:

Broomhill Church, Randolph Road, Broomhill, Glasgow, G11 7JL

and

Stamperland Parish Church, Stamperland Gardens, Clarkston, Glasgow, G76 8LJ.

See their website for a timetable - <http://crossreach.org.uk/heart-art-0>.

Dementia Helpline, Alzheimer Scotland

Tel: 0800 808 3000 (if calling from an ex-directory number, dial 1470 before dialing the helpline number)

This is a 24 hour, freephone, Scottish service for people with dementia, carers, relatives, professionals, students and anyone concerned about dementia. It is confidential.

You don't have to give your name if you prefer not to. It is staffed by trained volunteers supported by a staff team at Alzheimer Scotland. Many have had personal or professional experience of caring for people with dementia. Free information packs are provided to people with dementia and carers.

Scottish Dementia Working Group (SDWG)

Alzheimer Scotland, 81 Oxford Street, Glasgow, G5 9EP

Tel: 0141 410 1171

Email: sdwg@alzscot.org

SDWG is a national campaigning and awareness-raising group led by people with dementia, and funded by Alzheimer Scotland and the Scottish Government. They are the independent voice of people with dementia within Alzheimer Scotland. Membership is free and open to people with dementia.

4. North Lanarkshire

Dementia Advisor for North Lanarkshire – Lorna Hart

Lanarkshire Dementia Resource Centre, Alzheimer Scotland, 64 Dalziel Street, Motherwell, ML1 1PJ

Tel: 01698 539 790

Email: lhart-thomson@alzscot.org

North Lanarkshire Dementia Link Worker Service - Janice Stewart

Lanarkshire Dementia Resource Centre, Alzheimer Scotland, 64 Dalziel Street, Motherwell, ML1 1PJ

Tel: 01698 275 300

Email: jstewart@alzscot.org

The dementia link worker provides post diagnostic support to individuals and their families who have received a diagnosis of dementia at one of the memory clinics.

North Lanarkshire Carers Together

51 Hope Street, Motherwell, ML1 1BS

Tel: 01698 404 055

Email: enquiries@carerstogether.org or, to arrange an appointment, appointments@carerstogether.org

Support and services to assist carers, both those new to caring or those who have been providing unpaid care and support for a number of years. The Centre provides information that may help carers to:

- Understand a specific condition or illness in more detail
- Know your rights as a carer
- Access assessments and services for the person you care for
- Access services for you as a carer i.e. the 'Carers Journey, carer training, carer support groups, services of a carer support worker
- Apply for disability and carer benefits
- Register with your GP as a carer and access the services of the GP co-ordinator for carers based within the office
- Link and refer you to local services that could make life a little easier

Lanarkshire Carers Centre

Airdrie Base - 92 Hallcraig Street, Airdrie, ML6 6AW

Tel: 01236 755 550

Email: info@lanarkshirecarerscentre.org.uk

The Centre is a resource for carers across Lanarkshire to access information and a range of direct support services, providing individual support to help you manage and continue in your caring role. The centre is based in Hamilton with a second base in Airdrie, supplemented by carer support workers who operate from within locality social work teams across Lanarkshire.

North Lanarkshire Support Services, Alzheimer Scotland

Lanarkshire Dementia Resource Centre, 64 Dalziel Street, Motherwell, ML1 1PJ

Tel: 01698 275 300

Email: LanarkshireServices@alzscot.org

Services include: home support, information and advice, carer support and education, support groups, Dementia Cafes (in Airdrie, Coatbridge and Cumbernauld - call 01698 275 300), singing groups (in Airdrie, Coatbridge, Cumbernauld and Wishaw - call 01698 275 300), and the View Café (at Viewpark Parish Church, 400 Old Edinburgh Road, Uddingston, G71 6PJ).

Lanarkshire Dementia Resource Centre, Alzheimer Scotland

64 Dalziel Street, Motherwell, ML1 1PJ

Tel: 01698 275 300

Email: LanarkshireServices@alzscot.org

The Centre provides information on dementia and many related issues, plus a range of flexible services designed to meet people's needs.

Wishaw Drop In, Alzheimer Scotland

Corrigans Bar and Grill, Main Street, Wishaw

Tel: 01698 275 300

Email: lhart@alzscot.org

A drop-in session where you can meet people and access information and support.

Coatbridge Memory Café, Alzheimer Scotland

Craft Centre Tearoom, 60 East Stewart St, Coatbridge, ML5 3QQ

Tel: 01698 539 790

Email: lhart@Alzscot.org

A café where you can meet people and access information and support.

Airdrie Memory Café, Alzheimer Scotland

One Wellwynd, 35 Wellwynd, Airdrie, ML6 0BN

Tel: 01698 539 790

Email: lhart@Alzscot.org

Come along and visit their café where you can meet people and access information and support.

Knowing Me Knowing You - Befriending Through Life Stories, Alzheimer Scotland

Lynda Martin, Volunteer Coordinator, Lanarkshire Services

Tel: 01698 275 300

Email: LMartin@alzscot.org

A befriending service offering people with dementia regular contact from a volunteer befriender, to provide companionship and help improve mental and social well-being. The service also gives carers an opportunity for respite.

Befrienders support people living with dementia at all stages of the condition through reminiscence therapy within their own homes, covering diverse subjects from sport and local heritage to working life or cultural changes in order to respond to each individual's personal interests and enable people to re-discover old passions and try out new experiences. Volunteers suggest outings to places/groups that link in with the topics they discuss. Memories are then captured in a life-story book completed by the volunteer with the person with dementia and their families.

Sporting Memories Network - a dementia friendly community around sport

Contact: Norrie Gallagher, West Scotland SMN Coordinator

Email: Norrie@Sportingmemoriesnetwork.com

or

Contact: Margo Taylor-Lafferty, West Scotland SMN Coordinator

Email: Margo@Sportingmemoriesnetwork.com

Sporting Memories Network believes in the power of stories to reignite connections between generations and combat the effects of dementia, depression and loneliness in communities. Opportunities to reminisce can be therapeutic for people living with dementia and can improve the mood, cognitive ability and well-being of those with mild to moderate dementia.

Its dementia friendly community promotes physical and mental well-being through activities that help members to reminisce and tell their own stories of watching or participating in sports, as well as providing opportunities to try out new sports. Groups run in a wide variety of settings including community facilities such as sports venues and also care homes and hospitals. Currently (June 2017), there are nine groups running in Bellshill, Coatbridge, Cumbernauld and Motherwell in a variety of settings. Some groups are 'closed' e.g. in a care home setting and some have a referral system e.g. with referrals coming through the local authority. Most activities are open to carers but it depends on the local groups. Carers may also attend their supporters' club events, intergenerational events, carers forums and training.

Paths for All – Dementia Friendly Walking

Tel: 01259 230 152

Email: Dementiafriendly@pathsforall.org.uk

This is a national project. Paths for All provide support to local Walking for Health projects across Scotland to make their walks accessible to people living with dementia. Walks are led by trained volunteers with an understanding of dementia and dementia friendly walking. Email Paths for All to subscribe to their Dementia Friendly Walking newsletter. To find your local Dementia Friendly Walk, you can go to the map on Paths for All's website – <http://www.pathsforall.org.uk/pfa/health-walks/dementia-friendly-walking-accredited-projects.html>.

The projects shown have been awarded Dementia Friendly Walking accreditation which means they have made their Health Walks accessible to people living with dementia and their carers, friends and family.

The local Walking for Health project is:

Get Walking Lanarkshire, North Lanarkshire Council

Tel: 01698 402 077

Use their online enquiry form to send a message -

<http://www.northlanarkshire.gov.uk/getwalking>

Walks are led by trained volunteers who aim to make the walks as friendly and fun as possible and no booking is required - simply turn up on the day with some comfortable footwear and you're ready to go. A health walk is a short, safe, low-level walk ranging from 10 minutes to one hour but with a pace to suit the individuals in the group.

A Walking for Health project nearby is:

Walk in the Park, Loch Lomond and The Trossachs National Park

Contact: Cathy Scott, Coordinator

Tel: 01389 722 600

Email: cathy.scott@lochlomond-trossachs.org

Walk in the Park welcomes people living with dementia and carers onto their walks which take place in the Park. It's a free, fun and easy way to get fit and feel better, and to meet new people as the group usually enjoys a coffee and a chat after the walk. Routes are mostly flat, with slight inclines, and have good walking surfaces. Some are around the town, others out in the countryside. Walks last about 45 minutes. If you are unsure about joining the group, ask about their strength and balance sessions to build your confidence and join the walking group when you are ready.

Walks take place in Aberfoyle (Mondays), Callander (Tuesdays), Killin (Wednesdays), Balloch (Wednesdays) or Drymen (Thursdays). They always meet at 10.20am. No need to book simply turn up and join in. You can download walking schedules for Aberfoyle and Drymen, Callander, Killin and Balloch – go to <http://trustinthepark.org/walk-in-the-park/>.

Routes identified with this logo are suitable for most abilities:



Dementia Helpline, Alzheimer Scotland

Tel: 0800 808 3000 (if calling from an ex-directory number, dial 1470 before dialing the helpline number)

This is a 24 hour, freephone, Scottish service for people with dementia, carers, relatives, professionals, students and anyone concerned about dementia. It is confidential. You don't have to give your name if you prefer not to. It is staffed by trained volunteers supported by a staff team at Alzheimer Scotland. Many have had personal or professional experience of caring for people with dementia. Free information packs are provided to people with dementia and carers.

Scottish Dementia Working Group (SDWG)

Alzheimer Scotland, 81 Oxford Street, Glasgow, G5 9EP

Tel: 0141 410 1171

Email: sdwg@alzscot.org

SDWG is a national campaigning and awareness-raising group led by people with dementia, and funded by Alzheimer Scotland and the Scottish Government. They are the independent voice of people with dementia within Alzheimer Scotland. Membership is free and open to people with dementia.

5. Renfrewshire

Dementia Advisor for Renfrewshire - Iain Houston

Memory Lane Club, 32 Riccartbar Avenue, Paisley, PA2 6BG

Tel: 0141 887 1289

Email: ihouston@alzscot.org

The dementia advisor supports people with dementia, their families and carers and works with local communities.

Renfrewshire Services, Alzheimer Scotland

Memory Lane Club, 32 Riccartbar Avenue, Paisley, PA2 6BG

Tel: 0141 887 1289

Email: RenfrewshireServices@alzscot.org

A range of flexible services and support to people with dementia, families and friends throughout Renfrewshire.

Renfrewshire Services Community Connections

Memory Lane Club, 32 Riccartbar Avenue, Paisley, PA2 6BG

Tel: 0141 410 5310

Email: wrcraig@alzscot.org

Community Connections is a partnership between Alzheimer Scotland and Renfrewshire Council. It aims to support people with dementia, their families and carers to maintain connections within their own communities.

Renfrewshire Services Dementia Café, Alzheimer Scotland

Memory Lane Club, 32 Riccartbar Avenue, Paisley, PA2 6BG

Tel: 0141 410 5310

Email: wrcraig@alzscot.org

A friendly and welcoming group where you can meet up with other people with dementia, carers and families and also access information and support. This is a group for people who are able to attend safely on their own or who are accompanied by someone to support them.

Renfrewshire Services Football Reminiscence Group

Memory Lane Club, 32 Riccartbar Avenue, Paisley, PA2 6BG

Tel: 0141 410 5309

Email: ihouston@alzscot.org

A unique partnership between Alzheimer Scotland and the Scottish Football Museum Trust that uses memories of football to improve the lives of people with dementia and memory problems. Pies and Bovril at half time.

Singing Memories Renfrewshire, Alzheimer Scotland

32 Riccartbar Avenue, Paisley, PA9 1AG

Tel: 0141 887 1289

Email: wrcraig@alzscot.org

A focus on fun, enjoying each other's company and reminiscing through song. No musical talent is required. This is a group for people who are able to attend safely on their own or who are accompanied by someone to support them.

Paths for All – Dementia Friendly Walking

Tel: 01259 230 152

Email: Dementiafriendly@pathsforall.org.uk

This is national project. Paths for All provide support to local Walking for Health projects across Scotland to make their walks accessible to people living with dementia. Walks are led by trained volunteers with an understanding of dementia and dementia friendly walking. Email the project at Paths for All to subscribe to their Dementia Friendly Walking newsletter.

To find your local Dementia Friendly Walk, you can go to the map on Paths for All's website – <http://www.pathsforall.org.uk/pfa/health-walks/dementia-friendly-walking-accredited-projects.html>.

The projects shown have been awarded Dementia Friendly Walking accreditation which means they have made their Health Walks accessible to people living with dementia and their carers, friends and family.

A Walking for Health project nearby is:

Walk in the Park, Loch Lomond and The Trossachs National Park

Contact: Cathy Scott, Coordinator

Tel: 01389 722 600

Email: cathy.scott@lochlomond-trossachs.org

Walk in the Park welcomes people living with dementia and carers onto their walks which take place in the Park. It's a free, fun and easy way to get fit and feel better, and to meet new people as the group usually enjoys a coffee and a chat after the walk. Routes are mostly flat, with slight inclines, and have good walking surfaces. Some are around the town, others out in the countryside. Walks last about 45 minutes. If you are unsure about joining the group, ask about their strength and balance sessions to build your confidence and join the walking group when you are ready.

Walks take place in Aberfoyle (Mondays), Callander (Tuesdays), Killin (Wednesdays), Balloch (Wednesdays) or Drymen (Thursdays). They always meet at 10.20am. No need to book simply turn up and join in. You can download walking schedules for Aberfoyle and Drymen, Callander, Killin and Balloch – go to <http://trustinthepark.org/walk-in-the-park/>.

Routes identified with this logo are suitable for most abilities:



Dementia Helpline, Alzheimer Scotland

Tel: 0800 808 3000 (if calling from an ex-directory number, dial 1470 before dialing the helpline number)

This is a 24 hour, freephone, Scottish service for people with dementia, carers, relatives, professionals, students and anyone concerned about dementia. It is confidential. You don't have to give your name if you prefer not to. It is staffed by trained volunteers supported by a staff team at Alzheimer Scotland. Many have had personal or professional experience of caring for people with dementia. Free information packs are provided to people with dementia and carers.

Scottish Dementia Working Group (SDWG)

Alzheimer Scotland, 81 Oxford Street, Glasgow, G5 9EP

Tel: 0141 410 1171

Email: sdwg@alzscot.org

SDWG is a national campaigning and awareness-raising group led by people with dementia, and funded by Alzheimer Scotland and the Scottish Government. They are the independent voice of people with dementia within Alzheimer Scotland. Membership is free and open to people with dementia.

6. South Lanarkshire

Dementia Advisor for South Lanarkshire - Anna Clements

Alzheimer Scotland, 64 Dalziel Street, Motherwell, ML1 1PJ

Tel: 01698 275 300

Email: aclements@alzscot.org

The Dementia Advisor offers confidential advice and support to people with dementia, their families and friends in the community.

Lanarkshire Carers Centre

Hamilton Centre - Unit 1a Princes Gate, 60 Castle Street, Hamilton, ML3 6BU

Tel: 01698 428 090

Email: info@lanarkshirecarerscentre.org.uk

The Centre is a resource for carers across Lanarkshire to access information and a range of direct support services, providing individual support to help you manage and continue in your caring role. The centre is based in Hamilton with a second base in Airdrie, supplemented by carer support workers who operate from within locality social work teams across Lanarkshire.

South Lanarkshire Carers Network Ltd

65 Bothwell Road, Hamilton, ML3 0DW

Tel: 01698 285 163

Email: joyce@slcn.co.uk

The Network operates over a wide spectrum of unpaid carer support, aiming to ensure that unpaid carers are empowered and enabled to continue in their caring role while feeling supported to maintain their own good health and well-being. It aims to provide carers with comprehensive information (a Carer Information Pack is available on its website) and raises their issues at local and national level.

East Kilbride and District Dementia Carers Group

169 Pine Crescent, Greenhills, East Kilbride, G75 9HJ

Tel: 01355 244 123

Email: info@dementiacarers.co.uk (to visit, book an appointment first)

This is a day care centre, originally formed by carers, providing personalised care for people with dementia and support for carers. The service includes a wide range of activities and outings using its own accessible mini-bus, as well as one-to-one outings. Its Carers Support Group meets on the first Tuesday of every month.

South Lanarkshire Early Onset Service User Support Group, Alzheimer Scotland

Orchard Street Medical Centre, Hamilton, ML3 6FB

Tel: 01698 285 707 or 01698 275 300

Email: jclarke@alzscot.org

An informal group allowing those attending to discuss current issues and share information on accessing services.

Carers Support East Kilbride, Alzheimer Scotland

Strathcona House, Heathery Knowe, The Murray, East Kilbride, G75 0HA

Tel: 01698275 300

Email: aclements@alzscot.org

Provides an opportunity for people who are caring for a person with dementia to meet in a relaxed, informal and welcoming environment.

Musical Memories Singing Group Hamilton, Alzheimer Scotland

St. Johns Church, 10-14 Duke Street, Hamilton, ML3 7DT

Tel: 01555 660 329 or 01355 242 352

Email: musical.memories@hotmail.com

An opportunity for people experiencing memory loss or dementia to sing and have fun with friends and family.

East Kilbride Memory Café, Alzheimer Scotland

Bruce Hotel, Cornwall Street, East Kilbride, G74 1AF

Tel: 01698 275 300

Email: aclements@alzscot.org

A free café where you can meet people and access information and support – for people worried about their memory or who have dementia and for carers. It is a group for people who are able to attend safely on their own or who are accompanied by someone supporting them.

Rutherglen Memory Café, Alzheimer Scotland

Main Street, Rutherglen, G73 3AG

Tel: 01698 539 786

Email: aclements@alzscot.org

A free café where you can meet people and access information and support – for people worried about their memory or who have dementia and for carers. This is a group for people who are able to attend safely on their own or who are accompanied by someone supporting them.

East Kilbride Carers Support Group, Alzheimer Scotland

Strathcona House, East Kilbride, G75 0HA

Tel: 07717 730 047

Email: jmcardle@alzscot.org

A monthly support group for carers of people living with dementia, providing a combination of information, advice and support.

Singing Together

David Walker Gardens, 12 McCallum Avenue, Rutherglen, G73 3AL

Contact: Mair Sethi, Eastvale Resource Centre

Tel: 0141 531 4100

Email: mair.sethi@lanarkshire.scot.nhs.uk

A singing group.

Knowing Me Knowing You - Befriending Through Life Stories, Alzheimer Scotland

Contact: Lynda Martin, Volunteer Coordinator, Lanarkshire Services

Tel: 01698 275 300

Email: LMartin@alzscot.org

A befriending service offering people with dementia regular contact from a volunteer befriender, to provide companionship and help improve mental and social well-being. The service gives carers an opportunity for respite. Befrienders support people living with dementia at all stages of the condition through reminiscence therapy within their own homes, covering diverse subjects from sport and local heritage to working life or cultural changes in order to respond to each individual's personal interests and enable people to re-discover old passions and try out new experiences. Volunteers suggest outings to places/groups that link in with the topics they discuss. Memories are then captured in a life-story book completed by the volunteer with the person with dementia and their families.

The Haven Centre's Befriending at Home for Families

The Haven, Forth, 36 Manse Road, Forth, ML11 8AJ

Contact: Louise Gardner, Service Development Coordinator

Tel: 01555 811 846

Email: louise@thehavencentre.com

A nurse-led, alternative volunteer befriending service, offering a flexible service in the home to people with dementia and carers - care, information and a choice of complementary therapies tailored to suit individual support needs and preferences. The therapy sessions, provided by volunteer befrienders with therapy skills, aim to improve emotional health and well-being and reduce stress so that people with dementia and carers are more able to cope with their condition and caring.

Sporting Memories Network - a dementia friendly community around sport

Contact: Norrie Gallagher, West Scotland SMN Coordinator

Email: Norrie@Sportingmemoriesnetwork.com

or

Contact: Margo Taylor-Lafferty, West Scotland SMN Coordinator

Email: Margo@Sportingmemoriesnetwork.com

Sporting Memories Network believes in the power of stories to reignite connections between generations and combat the effects of dementia, depression and loneliness in communities. Opportunities to reminisce can be therapeutic for people living with dementia and can improve the mood, cognitive ability and well-being of those with mild to moderate dementia.

Its dementia friendly community promotes physical and mental well-being through activities that help members to reminisce and tell their own stories of watching or participating in sports, as well as providing opportunities to try out new sports. Groups run in a wide variety of settings including community facilities such as sports venues and also care homes and hospitals.

Currently (June 2017), there are 7 groups running in Carluke, East Kilbride, Hamilton, Rutherglen and Stonehouse in a variety of settings. Some groups are 'closed' e.g. in a care home setting and some have a referral system e.g. with referrals coming through the local authority. Most activities are open to carers but it depends on the local groups. Carers may also attend their supporters' club events, intergenerational events, carers forums and training.

Paths for All – Dementia Friendly Walking

Tel: 01259 230 152

Email: Dementiafriendly@pathsforall.org.uk

This is a national project.

Paths for All provide support to local Walking for Health projects across Scotland to make their walks accessible to people living with dementia. Walks are led by trained volunteers with an understanding of dementia and dementia friendly walking. Email the project at Paths for All to subscribe to their Dementia Friendly Walking newsletter. To find your local Dementia Friendly Walk, you can go to the map on Paths for All's website – <http://www.pathsforall.org.uk/pfa/health-walks/dementia-friendly-walking-accredited-projects.html>.

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Walk in the Park, Loch Lomond and The Trossachs National Park

Contact: Cathy Scott, Coordinator

Tel: 01389 722 600

Email: cathy.scott@lochlomond-trossachs.org

Walk in the Park welcomes people living with dementia and carers onto their walks which take place in the Park. It's a free, fun and easy way to get fit and feel better, and to meet new people as the group usually enjoys a coffee and a chat after the walk. Routes are mostly flat, with slight inclines, and have good walking surfaces. Some are around the town, others out in the countryside. Walks last about 45 minutes. If you are unsure about joining the group, ask about their strength and balance sessions to build your confidence and join the walking group when you are ready.

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Dementia Helpline, Alzheimer Scotland

Tel: 0800 808 3000 (if calling from an ex-directory number, dial 1470 before dialing the helpline number)

This is a 24 hour, freephone, Scottish service for people with dementia, carers, relatives, professionals, students and anyone concerned about dementia. It is confidential. You don't have to give your name if you prefer not to. It is staffed by trained volunteers supported by a staff team at Alzheimer Scotland. Many have had personal or professional experience of caring for people with dementia. Free information packs are provided to people with dementia and carers.

Scottish Dementia Working Group (SDWG)

Alzheimer Scotland, 81 Oxford Street, Glasgow, G5 9EP

Tel: 0141 410 1171

Email: sdwg@alzscot.org

SDWG is a national campaigning and awareness-raising group led by people with dementia, and funded by Alzheimer Scotland and the Scottish Government. They are the independent voice of people with dementia within Alzheimer Scotland. Membership is free and open to people with dementia.

7. West Dunbartonshire

Dementia Advisor for West Dunbartonshire - Fiona Kane

West Dunbartonshire Dementia Resource Centre, Alzheimer Scotland,
6-8 Miller Street, Clydebank, G81 1UQ

Tel: 0141 410 5303

Email: fkane@alzscot.org

The Dementia Advisor offers confidential advice and support to people with dementia, their families and friends in the community.

Carers of West Dunbartonshire

84 and 72 Dumbarton Road, Clydebank, G81 1UG

Tel: 0141 941 1550

Email: clydebankccc@carerswd.org

A range of support for carers living in West Dunbartonshire or caring for someone living in the area. Open from 9.30 am to 4.30 pm, Monday to Friday, the Centre operates from 72 and 84 Dumbarton Road in Clydebank. It is managed at 84 Dumbarton Road, and 72 Dumbarton Road is a resource base used for groups, training, meetings etc. Staff at the Centre are there to help you with enquiries, provide a listening ear and offer support, both practical and emotional. An outreach service operates throughout West Dunbartonshire, providing carers with the opportunity to access carer support easily. Complementary therapies, carer training and groupwork are also available at the outreach bases. Carer support staff will visit carers at home, if required.

West Dunbartonshire Services, Alzheimer Scotland

West Dunbartonshire Dementia Resource Centre, 6/8 Miller Street,
Clydebank, G81 1UQ

Tel: 0141 410 5306

Email: FDale@alzscot.org

For community groups, contact: Fiona Kane, Dementia Advisor

Tel: 0141 410 5303

Email: fkane@alzscot.org

Services including: information, advice and support, home support (including self-funded services), day opportunities, help with benefit claims, community groups, plus carer support groups and carer education courses.

Community groups are open to anyone with dementia, along with families and friends. There are no charges for these activities but Alzheimer Scotland asks for a donation at each activity, to assist with the costs of refreshments and room hire. At lunch and coffee groups, people pay for their own refreshments. These groups are for people who can attend safely on their own or who are accompanied by someone to support them (there is no provision of direct support for people with dementia).

Dumbarton Carer Support Group, Alzheimer Scotland

Langcraigs care home, Gooseholm Road, Dumbarton, G82 2AY

Tel: 0141 410 5303

Email: fkane@alzscot.org

The group provides an opportunity for people caring for a person with dementia to meet for peer support and to receive up to date information about services and supports available locally.

Carer Education West Dunbartonshire, Alzheimer Scotland

West Dunbartonshire Dementia Resource Centre, 6-8 Miller Street, Clydebank, G81 1UQ

Tel: 0141 410 5303

Email: FDale@alzscot.org

This short programme helps carers to look after themselves and, as a result, helps them to continue to care for a loved one.

Dementia Cafe, Alzheimer Scotland

The Counting House Pub, 17 High Street, Dumbarton, G82 1NF

Email: fkane@alzscot.org

And

West Dunbartonshire Dementia Resource Centre, Miller Street,
Clydebank, G81 1UQ

Email: fkane@alzscot.org

A monthly drop-in held at The Counting House on the second Monday of every month and at the Dementia Resource Centre every Wednesday.

Clydebank Musical Memories Group, Alzheimer Scotland

West Dunbartonshire Dementia Resource Centre, 6-8 Miller Street,
Clydebank, G81 1UQ

Tel: 0141 410 5303

Email: fkane@alzscot.org

This an opportunity for people with dementia, families and friends to enjoy each other's company with a sing-a-long and a blether.

Dementia Friendly Allotment, Dumbarton, Alzheimer Scotland

Eastfield Crescent, Dumbarton East

Fiona Kane, Dementia Advisor

Tel: 0141 410 5303

Email: fkane@alzscot.org

A dementia friendly allotment - a great outdoor space to meet others and do a spot of gardening, or simply relaxing outside. Every Thursday (depending on the weather).

Every Voice Community Choir, Alzheimer Scotland

St Augustine's Church, High Street, Dumbarton, G82 1LL

Fiona Kane, Dementia Advisor

Tel: 0141 410 5303

Email: fkane@alzscot.org

A mix of singing and fun. The singing leader also helps with simple singing techniques to help build confidence and generate a sense of pride and achievement.

Sporting Memories Network - a dementia friendly community around sport

Contact: Norrie Gallagher, West Scotland SMN Coordinator

Email: Norrie@Sportingmemoriesnetwork.com

or

Contact: Margo Taylor-Lafferty, West Scotland SMN Coordinator

Email: Margo@Sportingmemoriesnetwork.com

Sporting Memories Network believes in the power of stories to reignite connections between generations and combat the effects of dementia, depression and loneliness in communities. Opportunities to reminisce can be therapeutic for people living with dementia and can improve the mood, cognitive ability and well-being of those with mild to moderate dementia. Its dementia friendly community promotes physical and mental well-being through activities that help members to reminisce and tell their own stories of watching or participating in sports, as well as providing opportunities to try out new sports. Groups run in a wide variety of settings including community facilities such as sports venues and also care homes and hospitals.

Currently (June 2017), there are 12 groups running in Dumbarton, Alexandria and Renton in a variety of settings. Some groups are 'closed' e.g. in a care home setting and some have a referral system e.g. with referrals coming through the local authority. Most activities are open to carers but it depends on the local groups. Carers may also attend their supporters' club events, intergenerational events, carers forums and training.

Paths for All – Dementia Friendly Walking

Tel: 01259 230 152

Email: Dementiafriendly@pathsforall.org.uk

This is a national project. Paths for All provide support to local Walking for Health projects across Scotland to make their walks accessible to people living with dementia. Walks are led by trained volunteers with an understanding of dementia and dementia friendly walking. Email the project at Paths for All to subscribe to their Dementia Friendly Walking newsletter. To find your local Dementia Friendly Walk, you can go to the map on Paths for All's website – <http://www.pathsforall.org.uk/pfa/health-walks/dementia-friendly-walking-accredited-projects.html>.

The projects shown have been awarded Dementia Friendly Walking accreditation which means they have made their Health Walks accessible to people living with dementia and their carers, friends and family.

The local Walking for Health project is:

Health Walks West Dunbartonshire, WDCVS (West Dunbartonshire Council for Voluntary Service)

Tel: 0141 941 0886 (if you are interested in joining a walk, call first)

Email: info@wdcvs.com

A health walk is a purposeful walk undertaken on a regular basis to improve health and is aimed at inactive people who would benefit most from doing more physical activity. Walks last less than an hour long and include a short warm up at the start, followed by a brisk walk and then a short cool down at the end. Walks are offered on a regular basis so you can get the most benefit of the activity. They are led by a trained volunteer and routes are risk assessed to ensure your safety. For new walkers, there are short routes available. You don't require special equipment or expense, just comfortable shoes and suitable clothing... depending on the weather. Regular weekly health walks take place across West Dunbartonshire:

- Alexandria, Christie Park – Mondays at 9.45am
- Old Kilpatrick to Bowling – Mondays at 10.30am
- Clydebank – Thursdays at 10am.

A Walking for Health project nearby is:

Walk in the Park, Loch Lomond and The Trossachs National Park

Contact: Cathy Scott, Coordinator

Tel: 01389 722 600

Email: cathy.scott@lochlomond-trossachs.org

Walk in the Park welcomes people living with dementia and carers onto their walks which take place in the Park. It's a free, fun and easy way to get fit and feel better, and to meet new people as the group usually enjoys a coffee and a chat after the walk. Routes are mostly flat, with slight inclines, and have good walking surfaces. Some are around the town, others out in the countryside. Walks last about 45 minutes. If you are unsure about joining the group, ask about their strength and balance sessions to build your confidence and join the walking group when you are ready.

Walks take place in Aberfoyle (Mondays), Callander (Tuesdays), Killin (Wednesdays), Balloch (Wednesdays) or Drymen (Thursdays). They always meet at 10.20am. No need to book simply turn up and join in. You can download walking schedules for Aberfoyle and Drymen, Callander, Killin and Balloch – go to <http://trustinthepark.org/walk-in-the-park/>. Routes identified with this logo are suitable for most abilities:



Dementia Friendly West Dunbartonshire

Tel: 0141 280 0129

Email: dementiafriendly@wdcvs.com

Website: <http://dementiawestdun.org/>

Dementia Friendly West Dunbartonshire is a partnership supporting communities across the area to become dementia-friendly so people with dementia and their carers feel understood, respected, supported and included, and know they have choice and control in their lives and in the everyday activities that are meaningful to them e.g. hobbies, leisure activities, shopping.

The project is working to improve general dementia awareness and increase the levels of community support offered to people living with dementia. It is developing a dementia friendly shopping area involving local traders and retailers, establishing a network of Dementia Ambassadors, and offering support to individuals and organisations to pledge actions and service improvements which will improve people with dementia's quality of life.

The partnership includes West Dunbartonshire Health and Social Care Partnership, WDCVS (West Dunbartonshire Council of Voluntary Service), Scottish Care, West Dunbartonshire Council, Police Scotland, West College Scotland, RNIB and Alzheimer Scotland.

Dementia Helpline, Alzheimer Scotland

Tel: 0800 808 3000 (if calling from an ex-directory number, dial 1470 before dialing the helpline number)

This is a 24 hour, freephone, Scottish service for people with dementia, carers, relatives, professionals, students and anyone concerned about dementia. It is confidential. You don't have to give your name if you prefer not to. It is staffed by trained volunteers supported by a staff team at Alzheimer Scotland. Many have had personal or professional experience of caring for people with dementia. Free information packs are provided to people with dementia and carers.

Scottish Dementia Working Group (SDWG)

Alzheimer Scotland, 81 Oxford Street, Glasgow, G5 9EP

Tel: 0141 410 1171

Email: sdwg@alzscot.org

SDWG is a national campaigning and awareness-raising group led by people with dementia, and funded by Alzheimer Scotland and the Scottish Government. They are the independent voice of people with dementia within Alzheimer Scotland. Membership is free and open to people with dementia.

Getting in touch

If you have any queries or wish to share your views and ideas, you can contact the Life Changes Trust in a number of ways:

Phone: 0141 212 9600

Email: enquiries@lifechangestrust.org.uk

Website: www.lifechangestrust.org.uk

Address: Life Changes Trust, Edward House,
199 Sauchiehall Street, Glasgow, G2 3EX

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Life Changes Trust

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