



Ceartas Autumn Newsletter

Connect, Create, Change.

DE CAFÉ



Our De Café's have started back. We are taking every measure to ensure your safety whilst we have been experiencing a surge in Covid.

The good news is the vaccines appear to have made a difference and people are recovering and experiencing less symptoms. People are also being contacted for their booster vaccinations.



The UK Network
of Dementia Voices

I attended the Deep Gathering in Birmingham where I met up with other facilitators of Deep Groups across the UK. Information in this newsletter and the Deep Newsletter.

DEMENTIA VOICES

Dementia Voices Group will start back in the new year. This group enables people living with dementia to discuss various topics around their diagnosis and how to live well.

We have previously invited the manager from Tesco in Kirkintilloch and from that meeting the Sunflower Lanyards were introduced to all Scottish stores. We visited the assisted living house in Bishopbriggs and hope to work with East Dunbartonshire Council testing products to help people live their best life with dementia.

We meet together over a light lunch and the agenda is planned by members. Would you like to part of this? Partners and carers are welcome to attend.

Thank you to those who have contributed to our newsletter and please do send in photos/memories/thoughts/advice or information. We would love to hear from you. It's your newsletter.

We have arranged guests over our winter zooms from members across the UK connected with Deep.

Michelle

Michelle 0141 775 0433 mcandlish@ceartas.org.uk



Dates for your Diary



Bishopbriggs De Café—2nd November—2-3.30

First Tuesday of the month

Woodhill Evangelical Church, Bishopbriggs, G64 2NH

Lenzie De Café—8th November—1.30-3

Second Monday of the month

Lenzie Union Parish Church—Kirkintilloch Road, Lenzie, G66 4LD

Killermont De Café—26 October— 2-4

Fourth Tuesday of the month

Killermont Parish Church, Rannoch Drive, Bearsden, G61 2LD

Kirkintilloch De Café—29th October—1.30-3

Last Friday of the month

The Park Centre, 45 Kerr Street, Kirkintilloch, G66 1LF (behind Tesco)



Tuesday 19th October

2-3pm

Dory has already been to one of our Zoom meetings to show us how to make a water garden feature.

Dory is involved in many projects which she will tell us about and she might even do a bit of mind reading for fun.



Tuesday 16th November

2-3pm

Lorraine from Voices Across the Lands



Deep Gathering—Birmingham

I thought I would make an entrance at the Deep Gathering in Birmingham and dress as a Scottish Lassie. Rachel from Deep always calls me 'The Scottish Lassie.' I actually met them at the train station like this. I thought 'well nobody knows me anyway' and it's a good way to break the ice when you meet new people and also make sure they don't forget you.



Rachel on the left is the UK Deep Coordinator and Anna on the right is the administrator for all the Deep Zoom calls. Rachel connects dementia groups all over the UK. By connecting with Deep I have gained more of an insight into the difficulties people face living with dementia. It has been a platform to listen and learn how some people have achieved new skills, started their own groups and overcome hurdles. Proving you can still achieve after your diagnosis and be an active part in change, educating other people and making positive changes.



Gail on the left (featured in later pages) and Dory are inspirational. They don't deny they have difficulties but live their lives to the full with an attitude of trying new hobbies and focusing on what they can do. We had an exercise on poetry at the Gathering and Dory wrote her first ever poem and Gail wrote a poem. Gail was told she was no good at art when she was at school and took up drawing since her diagnosis and I can tell you she is really gifted.

So don't listen to the negativity of what was spoken over you at school or in the past. Just try anything you want, you might surprise yourself.

East Dunbartonshire

Online Asset Based Map

The East Dunbartonshire Asset Map is an interactive website where you can find information, activities, services, and support that promote health and wellbeing across East Dunbartonshire. You can search for community assets by name, by category, by the sort of person they are aimed at, and by their location.

Asset Mapping is part of the asset-based approach, which looks at the positive things that support you to get healthy and well and then maintain your health and wellbeing, as opposed to the deficit-based approach that looks at ways to help you recover when things have already gone wrong.

If you are looking for ways to keep active, to make new social connections, to try new activities, or to get support to keep yourself well, visit the East Dunbartonshire Asset Map at <https://eastdunassets.org.uk>.



HOME

ASSETS

ABOUT

CONTACT US

FIND ASSETS IN EAST DUNBARTONSHIRE

Category

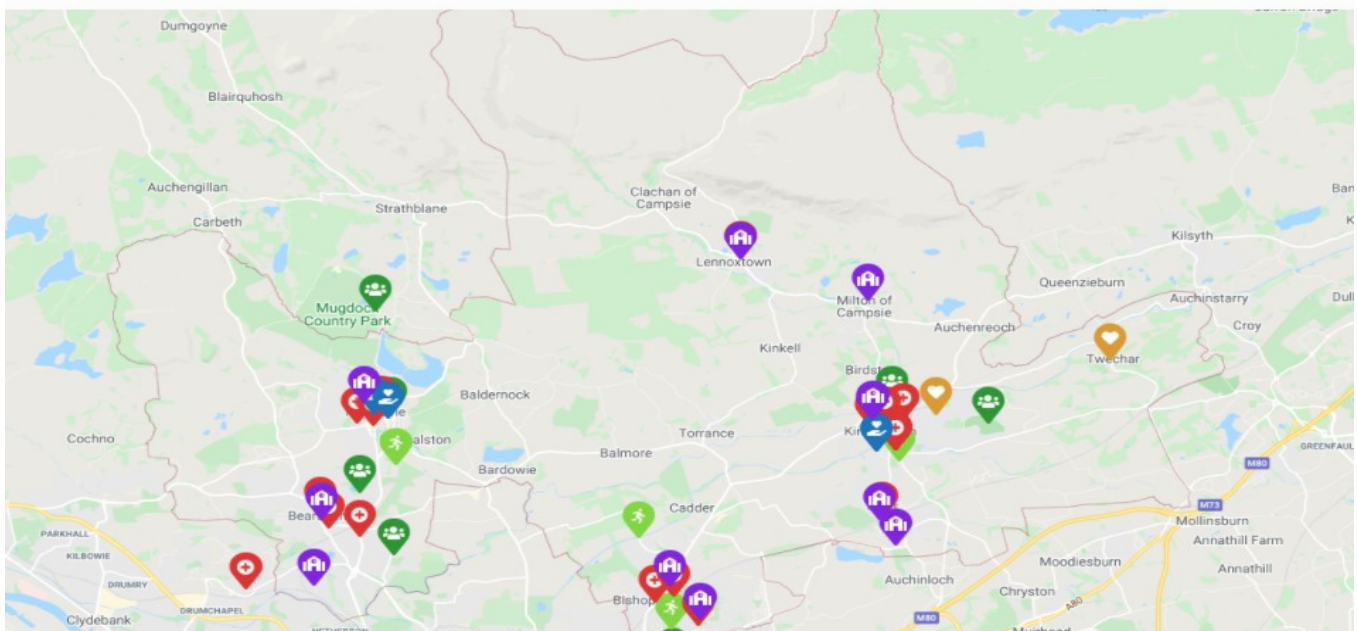
Search by keyword

Demographic

Select option

Areas Served

Select option



Kirkintilloch De Café

Last Fridays of the month 1.30-3



Morag and Julie have offered to volunteer as helpers at our Kirkintilloch De Café. Both ladies have attended Ceartas for a number of years and although sadly Billy and Bill are no longer with us, they still want to remain part of the group. They are gifted with words of encouragement and lived experience. Peer support from people who know what living with dementia is like is invaluable.

Ceartas value our members and never close the door to anybody.



Ceartas De Café in Kirkintilloch has moved to the Park Centre, behind Tesco. Enter on the left hand side via the ramp with handrail. Accessible for wheelchair users.

We meet on the last Friday of every month from 1.30 –3pm. You can get 2 hours free parking in Tesco car park. 2 disabled parking bays at the front door and limited street parking.

It was lovely to see you at our new venue. We enjoyed listening to some music on the CD player and just being together round the table with a cup of tea and friends by our side.

We will be organising guest speakers for future De Cafes. We are hoping to invite the new Community Police Liaison officer along as Chris Murphy has been promoted.

We have had previous guests such as:-

- Men's Shed
- Social Work Department
- Occupational Therapy

If you would like to hear from a particular person/topic just let me know.

Bishopbriggs De Café

First Tuesday of the month—2-3.30

Our Bishopbriggs De café met in September and we were delighted to see our members back together again with some new faces. We look forward to getting to know you.



Thank you to Senga and Sandra for your help with drinks and setting up and David for your manpower putting the chairs and tables back. Great team effort.

I think the smiles say it all.

It's good to be back.



A huge thank you to our volunteer Callum for playing live music.

It really lifted the atmosphere and made that first De Café back special.

Calum is happy to record your favourite song and put it on his you tube channel. If you click on the link you can see a few he has done for some of our members.

Thank you for playing Jeans favourite song Paper Roses. Listen on the link below

["Paper Roses" by Marie Osmond for Jean - YouTube](#)



Bishopbriggs Fire Station sent a crew to visit our De Café. Jean wanted to get a photo to show her son. Someone asked me to play a song from the film The Full Monty to see if they would give us a dance but I think they were too shy.

Killermont De Café

Fourth Tuesday of the month—2-4



A big thank you to our volunteers and hosts at Killermont Parish Church for organizing the reopening the De Café. It's been such a long time since we were together. Hopefully it won't be too long before we can enjoy their amazing home baking. Don't worry we still have cake, it just needs to be served in wrappers because of Covid infection control.



Our friend Jim from Sporting Scotland was our guest speaker.



Watch this space as there might be a chance to join a new sporting memories group in the near future at Killermont.

Sometimes we are treated to some live music at Killermont and we hope to have a date for this soon.

Angi Inch is no longer working from the Bearsden Resource Centre. Vicki Cahill has been employed as a Dementia Advisor. Vicki is familiar to East Dunbartonshire as she has previously worked for Citizen Advice Bureau. We look forward to working in partnership with Vicki to serve those living in East Dunbartonshire with dementia.

Our last but certainly not least De Café to re-open since lockdown. Thank you to our amazing volunteers for following all the guidelines and making sure we were safe.



Thank you to our guest Chris from the Lenzie Myrtle Garden Project (supported by the Lenzie Community Development Trust and Kirkintilloch Horticultural Society) for coming along to explain what the project is about, how everybody can become involved and to encourage people to enjoy the garden in their leisure time. Maybe you could phone a friend and walk to or meet there to share a flask of hot drink and a blether..



Nature and the Outdoors—What does current research tell us?

Research shows that meaningful activity and connection with the natural environment can have a positive effect on people with dementia (*Clarke et al, 2013*) and can slow down the progression of the symptoms (*Greening Dementia, Natural England, Woodland Trust & Dementia Adventure, 2013*).

Including:

Improved physical health: Skin health, fitness, sleeping patterns, eating patterns; improved verbal expression; improved memory and attention.

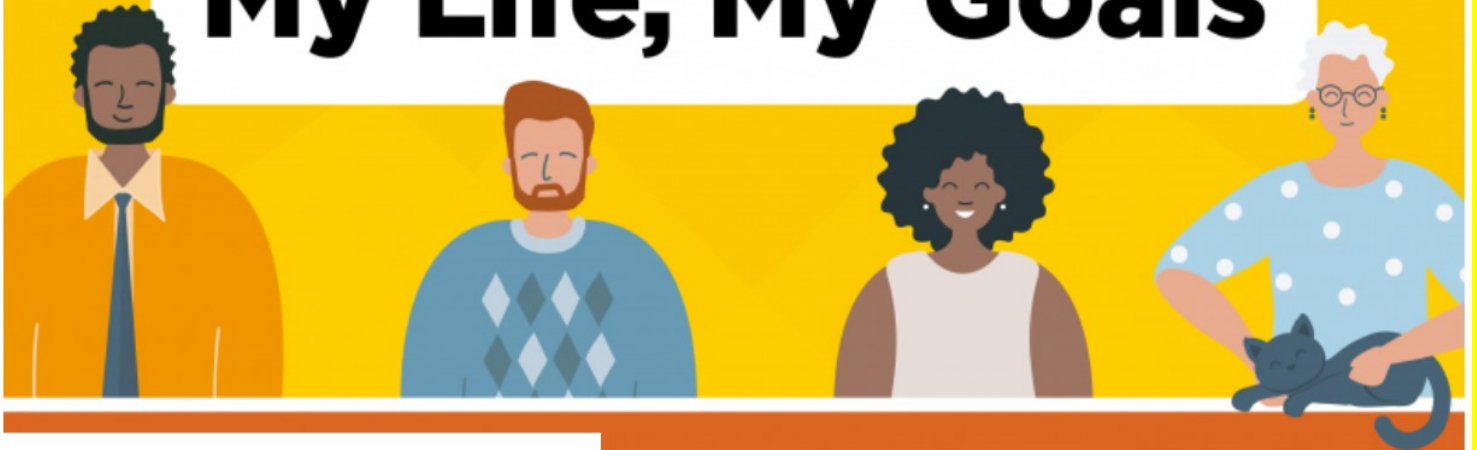
Improved emotional health: Lifted moods, reduced stress, agitation, anger, apathy and depression.

Improved social health: Multi-sensory engagement and joy; improved sense of well-being, independence, self-esteem and control and improved social interaction and a sense of belonging.

Sounds like the perfect prescription—go green



Living with Dementia **My Life, My Goals**



My Life, My Goals

My Life, My Goals – a resource to give hope to people with dementia

In January 2021 the UK was in a lockdown due to Covid restrictions. At the same time a team of people with dementia began work – to create a new resource to help newly diagnosed people with dementia identify their own goals and strategies.



Our De Café guest for September was Allison from Dementia Northern Ireland who we made contact through the DEEP Network. Allison has Young Onset Alzheimer's. Allison chatted about her involvement in the My Life, My Goals project.

As a keen baker Allison's goal was to continue baking for as long as possible. Which I am sure her family were in full support of. After all, there is nothing quite like home baking. Allison was finding it difficult to remember the process of baking and discovered she could still do this by following recipes.

Allison is sure being involved with Dementia Northern Ireland, The Deep Network and Dementia Activism is beneficial to living her best life with a diagnosis of dementia.

You can read more here [My Life, My Goals | Innovations in Dementia](#)

ALZHEIMER SCOTLAND—ACTION ON RIGHTS

For many people, reconnecting will be an emotional time. The Action on Rights team has been set up to help anyone with a loved one living in a care home to have meaningful visits. They offer practical and emotional support to anyone who needs it. This support is not only for families and friends of people living with dementia. It's for anyone needing support. The team will also work with care homes to help facilitate visits where appropriate.

You can reach the Action on Rights team by phoning the free 24 hour Alzheimer Scotland helpline on 0808 808 3000.

Useful information from one of our members.

At last week's De Cafe, one of the men advised that he had one of the Helping Hands, or as my grand daughter calls it " grandpa's pick up stick", where it fully closed to get a better grip of what needs to be picked up.



I have found a new web page called **GRANNY GETS A GRIP**, that has such a pick up stick. It also has a variety of walking sticks and coloured crutches, which may be useful for folk who want something that doesn't look like NHS STOCK (a bit more expensive). We got some equipment delivered yesterday and they look quite substantial.

John is not drinking enough. To stop him becoming de hydrated and getting more UTI's, our daughter found an article and a web page for a company called JELLY DROPS, which was developed by a man whose granny had similar problems.

We received our box of Jelly Drops yesterday to try and they look and taste ok.

I know that you are always on the look out for new things, so you might want to have a look at both of these.

Great to see you and others in person last week. Anne

Thank you for this information Anne. I have contacted Jelly Drops and have a box to try out at our De Cafes.

I have also asked Granny Gets a Grip for some products to try out. I will let you know if we get some.

Michelle



Wellbeing Zoom

Magician Chris Dinwoodie



Thank you to Chris for entertaining us again with some magic tricks and for teaching us how to do a personality test for fun. Chris attempted this on me and got it 100% spot on. You can have some fun trying it on your friends and family. Don't take it too seriously.

The Field, Cube, Ladder and Horse Question

You are walking alone in the desert and you come across a cube.

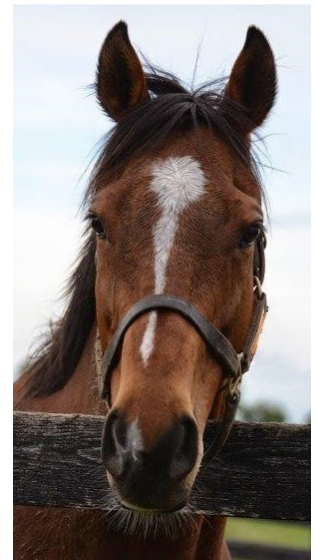
How big is the cube?
What color is the cube?
How does that color make you feel?
Can you see inside the cube?
How big is the cube compared to the desert?

You see a ladder.

Is the ladder leaning on the cube?
What color is the ladder?
What is the distance between the cube and the ladder?

You see a horse.

What is the distance between the cube and the horse?
What color is the horse?
Is the horse tied up or roaming freely?
Is the horse wearing a saddle?



There is a storm.

What is the distance between the storm and the cube?
Is the size of the storm big or small?
Is the storm passing by or staying in place?
Is the storm violent, thunder, and lightning or calm and light rain?

How interpret the questions...just for fun

Cube: The cube represents you and how you see yourself in the world. If the cube is transparent that means people can see right through you. The material the cube is made of represents feelings, and how tough of a front you put up. The size of the cube compared to the desert represents your ego. If the cube is large in comparison to the desert you think highly of yourself.

Ladder: The ladder represents your friends. If the ladder is leaning on the cube, your friends tend to lean on you for support. The distance between the cube and the ladder shows how close you are to your friends.

Horse: The horse represents you partner or ideal partner. The distance between the horse and the cube represents the closeness you have with your current partner.

Storm: The storm represents some obstacle in your life. If the storm is passing, the issue is current with a resolution in the near future. If the storm is staying put, it has been an ongoing obstacle in your life with no resolution in sight. The size of the storm represents how big of an obstacle this is to you, as does the distance. The further away the storm the less importance you place on it.

Meanings of Colours

You can ask just the basic questions or choose to go into more detail and ask about the colours of the cube, ladder, horse, storm, and flowers. Below is a list of colours and what each means.

Black: Black is the colour of authority, elegance, sophistication.

White: White symbolizes innocence and purity, which is why the wedding dress is white. Doctors wear a white coat to imply sterility and cleanliness.

Red: The colour of dominance and power. The color red attracts attention. It is also the color of love.

Blue: One of the most popular colors, blue represents knowledge, authority, and loyalty. Blue causes the body to produce calming chemicals so it is often used in bedrooms. The colour blue shows loyalty.

Green: Green represents compassion, prosperity, money, and vitality. It is a relaxing colour. Many TV studios have a "green room" for people to sit in to relax before they go on the air.

Yellow: Yellow is another attention getter. While it is considered an optimistic colour, symbolizing enthusiasm and playfulness. The colour yellow is very difficult for the human eye to take in and can be overpowering.

Purple: Purple is the colour of royalty. It represents luxury, wealth, and sophistication. It is also feminine and romantic and rarely found in nature.

Brown: Old reliable brown. Brown shows stability.

Hello, I am Jordanne Watson.

I am the Local Authority Liaison Officer for East Dunbartonshire.



POLICE SCOTLAND

As part of my job I deal with the Herbert Protocol, which is a scheme used to protect vulnerable adults at risk of going missing. The scheme is particularly helpful for people living with Dementia and other illnesses affecting their memory.

The Herbert form contains a lot of useful information including a recent photograph, contact details, routines and significant locations. The form is stored within the vulnerable person's home address and the information can be provided to officers to save vital time in a missing person enquiry.

If you know anyone who you believe would benefit from this scheme, I am more than happy to assist with this process. I can send out a pack containing the Herbert form, as well as some helpful information including useful contacts, and a booklet from Ceartas containing information that might make life easier after a diagnosis of dementia.

For further information please do not hesitate to contact me on 0141 532 4473, or by email Jordanne.Watson@scotland.pnn.police.uk.

You can download a copy of the Herbert Protocol to complete on the link below

<https://www.scotland.police.uk/spa-media/4kopmsyq/herbert-protocol-form.doc>



We are hoping to invite Jordanne to visit our De Café's.

In this photo I am delivering copies of the Knowledge is Power booklet Ceartas were involved with other groups in making.

“You have up to 6 years to live. Go home and put your affairs in order”.

That was the common Post Diagnostic Support, when I was diagnosed with dementia last century. Yes 1999! And it continued to be given, for some years thereafter. I saw it drummed home, on an OHP slide (overhead projector). Computers and PowerPoint were still in the realms of science fiction, to the man and woman in the street.

This may have caused some people who go home, and lose the will to live. But not me. After I wallowed in self pity and misery for some weeks, and shut myself away from life, I was encouraged to get outdoors, and to get on with life.

Help came at an opportune moment, from an enlightened lady, who was of the unheard belief, **that you could live life with dementia. It would be a new life with some losses, but with some major gains, if you put your mind to it, and believed in yourself.**

This started a chain of events, that someday would reverberate around the world. It is too long a long story for this page but briefly, with the unstinting help and support I was given, I turned my life around. I acknowledge I would never have succeeded without them.

After being turned away by Mental Health groups, who said I belonged somewhere else, and to go there. But there was nowhere to go. So with the ever present willing support, we started up the **Scottish Dementia Working Group around 2002. A group run by and for, people with dementia. This group flourishes to this day.**

I can't guarantee everyone with dementia will live a long life. But I believe that if you:-

- **keep a sense of humour**
- **keep your body and brain active**
- **socialise with others in the same boat**
- **keep up with friends**
- **stay connected to your religion**
- **avoid cigarettes or other harmful products**



then you will increase your chances, of having a longer happy life. I am still going after 20 years, but age and dementia have finally caught up with me, and life is a struggle now. But I had a great time getting there.

KWAH; S: James.

For your information

The inventor of the weighted blanket, Keith Zivalich, was inspired to create his product when he noticed that he felt a **relaxing hugging sensation** after his daughter placed a beanie baby (a 90's cult toy filled with beans) on his shoulder. He realized that the sensation was calming, and wondered how it would feel to lay under a blanket made of beanie babies. And thus, a new product was born.. You can purchase these from Amazon, Ebay, John Lewis from around £40 upwards. I have one in my house and it really does feel like a cosy hug. I would recommend them for day time power naps too.



NEW WASTE SITE BOOKING SET-UP



A booking-only system has been introduced for local waste and recycling centre.

In line with other regions across Scotland, East Dunbartonshire Council has launched the new procedure for customers at Mavis Valley Household Waste and Recycling Centre.

Entry is now by on-line appointment only on the council's website or by calling the customer services team, Monday to Friday, 9am to 5pm, on 0300 1234510.

Joint Council Leader Vaughan Moody, said: *"The booking system will mean a manageable number of visitors each day and ensure that the volume of traffic off-site does not cause traffic problems on the local access roads."*

"Managed numbers will also ensure that physical distancing can be observed."

Only one adult should unload a vehicle, unless two adults are needed for heavy items. Staff will be unable to assist with any unloading due to physical distancing.

When booking a slot, residents will be asked to include the registration number of the vehicle they will be driving. As always, ID to prove East Dunbartonshire residency will be required.

See www.eastdunbarton.gov.uk/residents/recycling-waste/household-waste-recycling-centres-tipsdumps.



The Department of Health and Social Care

recommends that adults and children over 4 take a daily supplement containing **10 micrograms of vitamin D** throughout the year if they:

- are not often outdoors or live in a care home
- usually wear clothes that cover up most of their skin when outdoors

Gail's Train Journey to Blackpool

Friday 17th September 2021



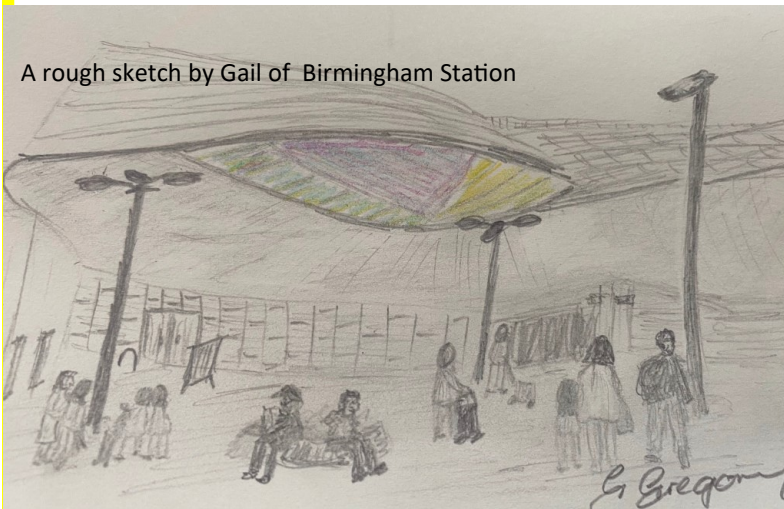
we all wait for our taxis to take us to Birmingham New Street Station, there is a problem. The taxis are running really late. Rachel is frantically trying to sort everything out so that we get to our trains on time.

Me I am panicking inside as the time passes, 2pm...2.15pm... 2.30pm still no taxi and my train is at 3.15pm!

Rachel has introduced me to Michelle who will be boarding the same train. I am relieved as Birmingham train station is massive and so confusing.

Michelle can see I'm panicking and tries her best to distract me. At 2.40pm the taxi arrives. I go into repeat mode...quick...quick...quick as we load suitcases into the taxi, the driver was so lovely and tried everything possible to get us all to the train station on time, unfortunately a road traffic accident near the station so the quick thinking taxi driver took a detour.

A rough sketch by Gail of Birmingham Station



He gave us lots of information of nearby attractions, not that I can remember any... oh Pebble Mill...we passed where Pebble Mill used to be filmed.

I keep looking at my watch. 3.10pm the taxi stops and he points us in the direction of the station. No time for good byes with Liz who was sharing our taxi, me and Michelle just ran with our cases following closely behind.

Inside I could see the screens illuminated with all the different destinations and just spotted Blackpool platform 6...how the hell I spotted it I will never know, familiar word perhaps.

We are off again running trying to find the entrance the glass door was locked, a passerby pointed that we need to be on the other side and go down the escalator. We quickly sped off.

Now I am struggling, I'm tired confused and there is an escalator going down! No! I hate them!

Don't ever be
afraid to ask for
help.

Michelle shouts “***can any one help I have a lady with dementia that needs assistance.***”

A young man takes my case down the escalator for me. There at the bottom of the escalator is the train just getting ready to pull away...we jump on the train, not really sure if it's the right one.

With adrenaline pumping it's like we are on a high. The carriage door opens and people slowly turn and look at us both, it was a look of disapproval...we where a little hyper and out of breath from running through a maze of people, trying to find away through the glass panels to get to our platform.

Me and Michelle look at one another and suddenly realised the carriage is first class... whoops ...I apologise, going into my repetitive state...sorry, sorry, sorry, I am slightly confused and we need carriage F. A lady points us both in the direction we need to go.

We walk through the first class carriage, with me apologising when passing any of the passengers.

Through the automatic doors, we wait near the toilet area while the train stabilises, it's a little to wobbly for me to move at the moment as the train twists and turns out of the station. Once the train has stabilised we make our way to our seats.

Oh my goodness it is so busy, the carriage is packed like sardines, the noise level is high too. Children crying, screaming, people talking very loud, quite unnerving, I think a little alcohol had been consumed. Michelle was concerned for me, she could see I was a little on edge.

Michelle tells me not to move then she disappears down the carriage.

5 minutes later she returns with a man, can't remember his title...**He was very accommodating and escorted us both into 1st class making sure we where comfortable.** Once comfy with cup of tea in hand he collected our suitcases. The rest of our journey was a more relaxing experience, thanks to Michelle for sorting everything out for me.

I arrive at Blackpool Station on time and can't wait to get home.

I think I was missed, Hubby welcomed me with flowers not one bunch but three.

A smile from Toby and a very waggy Charlie!

Good to be home, feels like I have been away for ages!

Note from Michelle, if it wasn't for Gail noticing the train time we would have missed the train, it was a joint effort and insightful for me to understand barriers people experience living with dementia.

Dementia Diarist Gail

I was 54 years young when I was diagnosed with Early Onset Alzheimer's

Valentines Day 2019, don't think I will ever forget that day. Well I might do, seen as I have Alzheimer's and my memory will deteriorate.

The diagnosis hit me hard, and after feeling sorry for my self for a week or so, I came to the conclusion, I was still me and I haven't just suddenly changed, I have two choices,

1. Sit back and let Alzheimer's take over and deteriorate quicker

Or

2. Live my life the best i can and enjoy every minute

I chose the second one

I finish work not long after my diagnosis at the end of March 19, another emotional time, hard to come to terms with but I now keep my self busy, I walk every day, love garden-ing, crafting and at the end of the day **I am still Me! Just because I have a diagnosis of Alzheimer's does not mean I have just changed over night.**

I am at the beginning of my Alzheimer jour-
ney!

So I hope you will join me, as I tell my hon-
est, down to earth story, just what it's like for
me to live with this disease, my sidekick Alz-
heimer's

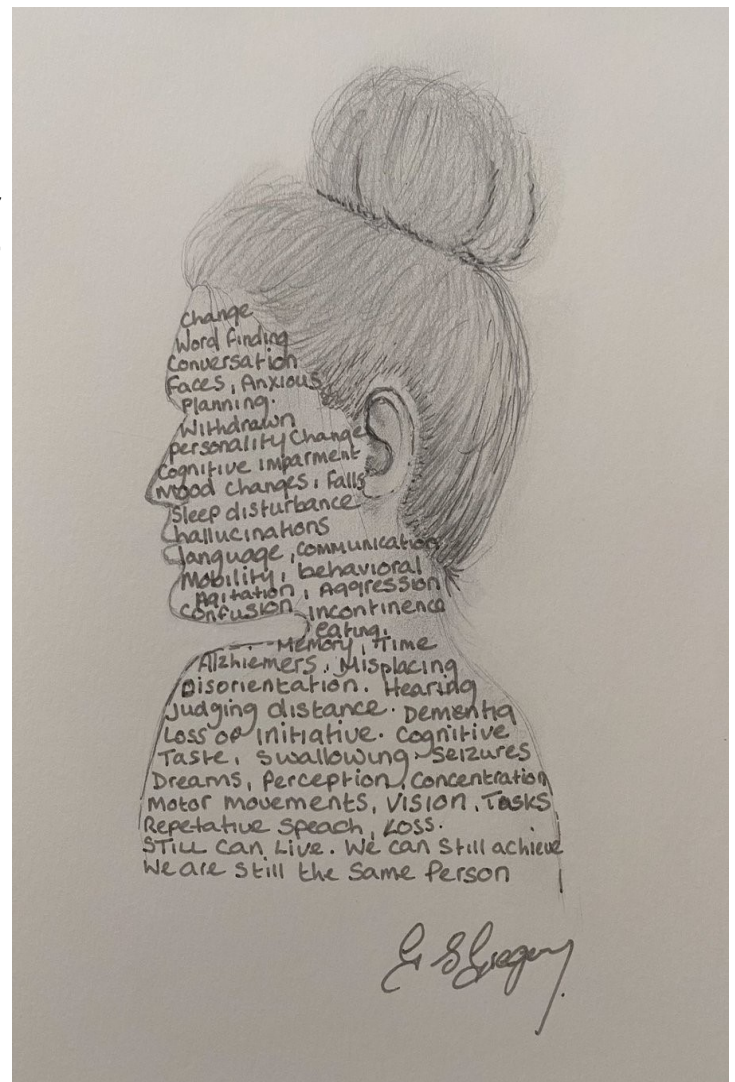
You can read more about Gail in her blog in
the link below

**[https://dementiaalzheimers.home.blog/
about/](https://dementiaalzheimers.home.blog/about/)**

You can listen to Gail's recording on her De-
mentia Diaries on the link below

**[https://dementiadiaries.org/diarist/gail-s-
gregory](https://dementiadiaries.org/diarist/gail-s-gregory)**

Despite the new challenges Gail faces day
to day, her empowering statement in her
sketch **"We are still the same person"** is
such a positive attitude.



SCOTTISH FIRE AND RESCUE



Night-time Routine

Follow this checklist as part of your night time routine to reduce the chances of fire happening in your home and help protect your escape route if there is a fire.

- Switch off and unplug all electrical appliances not designed to be left on overnight.
- Stub out all cigarettes and always empty ashtrays. Pour water over cigarette ends before putting them in the bin outside.
- Put fireguards around open fires. Don't build up the fire before you go to bed.
- Switch off portable heaters.
- Close all doors – it can keep your escape route free from smoke and may stop a fire spreading.
- Make sure the main door keys are to hand.

Once you have made your home safe you can say this prayer and if it works let me know. Or if you have your own and it works please share.

Now I lay me down to sleep
I pray the Lord my shape to keep
Please no wrinkles, please no bags
Please lift my butt before it sags
Please no age spots please no grey
And as for my belly please take it away
Please keep me healthy and keep me young
And thank you dear Lord for all that you have done





Free technology advice and support during COVID—19

Helps people get the most from their computer, smartphone or tablet.

AbilityNet's Tech volunteers provide free IT support to older people and disabled people of any age. Our volunteers can support people located anywhere in the UK. They are all disclosure-checked and can help with all sorts of IT (information technology) challenges, from setting up new equipment, fixing technical issues, showing you how to stay connected to family and use online services.

You can request our support by:

Using the '[Request our help](#)' form below

Calling our free helpline on 0800 048 7642

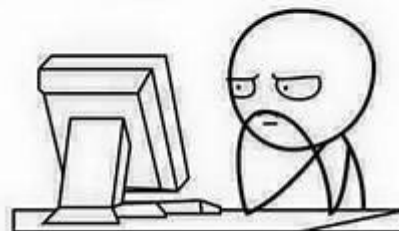
Sending an email to enquiries@abilitynet.org.uk

Click on the link below for more information.

[Request Free IT Support At Home | AbilityNet](#)



Never let your computer know that you are in a hurry.



Computers can smell fear. They slow down if they know that you are running out of time.

Guide/Communicator Service

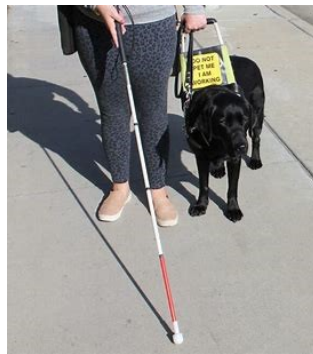
Deafblind Scotland's Guide/Communicator service is available across Scotland. The service is tailored to meet an individual's needs. It changes lives by enabling people to remain involved in their own community by:

- Ensuring equal access for individuals living with dual sensory impairment/ deafblindness.
- Promoting independence
- Providing stimulation

Encouraging integration into the community



Guide/Communicators are highly skilled individuals, trained to be the eyes and ears of a deafblind person. They relay information, facilitate communication with others and ensure they are able to get about safely. They are neutral, alert and give information, not advice, without prior selection or processing.



If you or someone you know finds it hard to see and hear then we could help.

Membership is free to anyone who has a severe degree of combined visual and auditory impairment resulting in problems of communication, information and mobility.

Membership provides access to individual support and services including:

- A guide/communicator service
- Staff visits
- Regular newsletters
- Specialist interest groups

Assistance with Self Directed Support and other services

To apply call 0141 777 5823 or email membership@dbscotland.org.uk

For over 25 years **Deafblind Scotland** has been serving the Deafblind community, sustaining deafblind people's personal and professional support networks and influencing statutory services and policy.

The work we do raises the awareness of deaf blindness, continually highlights the everyday challenges faced by deafblind people and makes a real difference to and for our citizens and their communities across Scotland.



Our Vision is

“ A society in which deafblind people have the permanent support and recognition necessary to be equal citizens.”

Our Aims are

- to help deafblind people in Scotland live as rightful members of their own communities and to encourage and support contact between deafblind people and sighted hearing people
- to liaise with health and social service providers to make appropriate assistance available to deafblind people in Scotland
- to work in partnership with statutory and other agencies to improve the quality of life of deafblind people
- to raise awareness of both the needs and potential of deafblind people to encourage the provision of facilities, services and support for deafblind people

Members Activities

We offer a number of activities for members at our Learning & Development Centre in Kirkintilloch. **All activities are free to attend** so why not come along, **meet new people and have some fun**. Alternatively, please feel free to attend with a friend or family member. **Activities include: * Bingo * Crafts * Drumming * Gardening * Digital Café * Board Games and Counselling Sessions.**

If there is an activity you would like to do, please let us know.

Tips on how to avoid Doorstep Crime

This is the term we use to group together the types of activity which involve bogus workmen/women carrying out unnecessary work usually at hugely inflated prices, distraction thefts and cold calling frauds. The perpetrators often target older or vulnerable residents living in their own home.

To help avoid becoming the victim of doorstep crime we would recommend following our advice.

- Do not allow anyone who you are not expecting who arrives at your door (cold callers) to carry out home maintenance at your property.
- Cold callers often claim to be already working in the area or for one of your neighbours.
- If a cold caller claims to have noticed you need repairs, have a relative or friend look at the claims and get a minimum of 3 quotes from traders.
- Consider if the work is already covered by your home insurance, they may have approved contractors.
- Remember it is often the case that bogus workmen/women will start with a relatively small, inexpensive job to gain trust or build rapport. Do not agree to more work on the spot and do not pay for work done without your permission.
- Use a door chain or bar when answering the door.
- If you do decide to have work done, make staged payments, do not keep excess cash in the house and if withdrawing money from the bank, tell the bank what the money is for and if the trader has accompanied you.
- If you have concerns about anyone who calls at your door, close the door and call Trading Standards on 0300 123 4510 or Police Scotland on 101 (999 if you feel threatened or in danger).

Sign up for Neighbourhood Watch Scotland alerts on the link below:-

www.neighbourhoodwatchscotland.co.uk or call 01786 463732

You can find trusted traders, vetted by trading standards on the link below:-

[Scotland's Approved Trader Directory](#)

(If you do not use computers ask a friend or family member to help you.)

Do you remember milk at school?

Free school milk was a hugely contentious issue in the 1970s. 'Thatcher the Milk Snatcher' was commonly heard after the woman herself (she was the Secretary of State for Education at the time) authorised the end to free school milk for children over seven in 1971. The Conservative government of the time was looking for ways to cut spending so that they were able to honour the tax pledges they had made during the 1970 election.

The Labour Education Spokesman, Edward Short, called it 'the meanest and most unworthy thing' he'd seen in 20 years and it enraged the country, so much so that in 1985 Margaret Thatcher was denied an honorary degree from Oxford University because she took glee in ripping milk away from the mouths of innocent little children.

Or so we thought. Documents that have only recently been released to the public, however, seem to imply that she was actually against the cuts and Prime Minister Edward Heath was the one who insisted she do it. 'Thatcher, Thatcher, she didn't really snatch any milk and in fact tried hard to ensure it was still provided' doesn't sound quite so catchy though.

More to read about in this link [Free School Milk - Do You Remember?](#)



A little bit of personal history from someone born in 1930 and therefore was in the first wave of children to receive free milk, remembers the **milk monitor**, always one of the older pupils of the school, who was responsible for checking the milk in when it arrived and then for handing it out to each child.

John remembers the crates the milk came in were made of metal and were left in the playground. **In the very cold winter weather the milk froze, so it was then stood near the radiators to defrost – yuk!**

There were no fridges for the milk to be stored in, so in the summer it was always given to us tepid – sometimes even quite warm – and the cream on the top would curdle. I never drank it as I didn't like it, but plenty of other children did have it.'

Wellbeing

1. Drink Water. It's what you're made of! 
2. Do your exercise! 
3. Breathe fresh air. 
4. Go outside when the sun is out. 
5. Learn to relax. 
6. Eat your fruits. 
7. Eat your vegetables. 
8. Eat Whole Grains. 
9. White if you choose meat. 
10. Get to bed on time. 

For a quick destress try this

Shrug your shoulders as close to your ears as possible and hold for 3 seconds

Then let them relax

Do this twice and I bet your shoulders feel lower than when you started.



Live an active
Glasgowlife

**Know someone living with dementia?
Could they benefit from weekly
physical activity and stimulation?**

Our FREE programme provides the perfect opportunity to meet those needs through an hour of exercise and then football memories over a cup of tea/coffee.

Contact us now for more information on
football@glasgowlife.org.uk

TORYGLEN REGIONAL FOOTBALL CENTRE

Wednesdays, 10am-12pm

www.glasgowlife.org.uk/sport

  @footballglasgow



DEMENTIA WALKING FOOTBALL



Places to go and things to do

Friendship House, 17 Park Rd, Milngavie

10.30-3.30. Our café, run by volunteers from all the churches in Milngavie is now open and offering tea, coffee, a selection of cakes, pancakes and scones or soup and toast or rolls.

I have visited this café and can confirm it is very friendly and good value for money.

Thursday and Friday



I visited Margaret MacBain's **“Workout for Wellbeing”** at Cairn Halls in Milngavie. (Thursdays from 12-1pm - £7). It was a great all over workout with a friendly and enjoyable atmosphere.

This is a seated exercise class and is a great way to increase muscle tone, stretch and also destress during the relaxation at the end.

You can just turn up or contact Margaret on 07778 137 623

mar.macbain@ntlworld.com for more information if you are interested in her **adult tap or ballet classes**

Age Scotland

Our free friendship line is a place to turn if you are in need of support, comfort and reassurance or even just a friendly chat.

Signing up for weekly friendship calls can also offer a sense of routine that's especially welcome during stressful times and give people something to look forward to. In times of uncertainty, one thing is guaranteed - you always have a friend in us.

You've got a friend in us - 0800 12 44 222

A thought from Tom at the The Deep Gathering

Why does your nose run and your feet smell?

Please send in your answers to

mcandlish@ceartas.org.uk

Come And Sing

Lenzie Old Parish Church—1.15pm

Every second Tuesday starting 12th October 2021

Fun and friendly singing afternoon with welcoming and enthusiastic volunteers

Tea/coffee/refreshments/conversation/singing = happiness



Neighbours

During Covid I have heard many stories from people who have been offered help by caring neighbours they have known for a long time. Also neighbours who have reached out to them who they have never spoken to before.

Many people volunteered to help with shopping and hospital/GP visits. This is beneficial to the volunteer as it often gives them purpose and gives them a feeling of worthiness. Everyone needs a helping hand now and then or a listening ear. If someone offers to help it is mutually beneficial. A win /win situation.



Pre-Internet chat room- but they still used windows!!.. 😂😂



I don't repeat gossip—so listen closely the first time.

A man is walking down the street with a length of string trailing behind him ...

A man stops him and asks "why are you trailing a length of string?"

The man answers "you try pushing it"

If you are doing the best you can under your current circumstances..... then kick up your heels and dance. What is your favourite style of dancing? Do you have any photos to share?

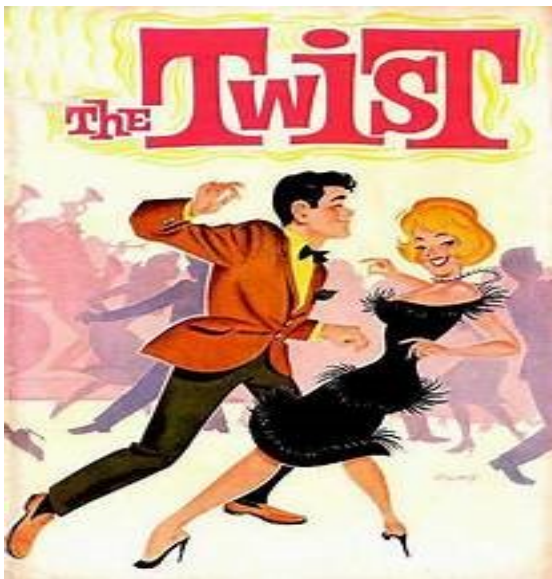


My dad was telling me he used to do the Shake. I asked how do you do it and he said “just shake every part of your body.” And he thought my disco dancing was odd!!!!



The **Teddy Boys** or **Teds**

were a mainly British youth subculture who were interested in rock and roll and R&B music, wearing clothes partly inspired by the styles worn by dandies in the Edwardian period, which Savile Row tailors had attempted to re-introduce in Britain after the Second World War.



Chubby Checker recorded **The Twist** in 1960's

I love this song at family weddings and events as it brings all ages together. It's good fun and also a full body workout and usually gives you a laugh. How low can you dare to go..... and can you get up again?????



Rock n Roll would be a great way to burn off calories. I love how the dresses flow when the dancer is turning. Are you watching Strictly Come Dancing? I dare say there have been a few accidents at wedding and parties doing this dance especially where lifts are involved. Ouch

Places in Scotland

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

AYR
 SALTCOATS
 DUMFRIES
 INVERNESS
 EDINBURGH
 BEN NEVIS
 CARDROSS
 LOCH LOMOND
 HAMILTON
 PERTH
 THURSO
 DUNDEE
 KIRKWALL
 GLASGOW
 HELENSBURGH
 ST ANDREWS
 OBAN
 GIRVAN
 FALKIRK
 ARISAIG

How many places above have you been to?

Is there any place you would like to visit? Why?

What other places have you visited in Scotland?

Have you lived in other parts of Scotland?

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**

Urgent Dental Problem whilst usual dentist practice is closed Call 111