



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

## Ceartas Dementia Newsletter

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



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

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

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



*Connect with Ceartas and live your best life*

*Michelle*

## Springtime



**Thank you to Ashleigh Davis from Dementia Northern Ireland for sharing photos of her new brood with us.**

**Her Bantam hen recently hatched a brood of 5 chicks.**

This made me think of the term we often say “taking them under our wing” which is perfectly demonstrated in the photo above.

I wonder how you are feeling as you are reading this newsletter. You may feel excited about restrictions easing or you may be feeling a little bit anxious or maybe a mix of both. It is reasonable to be experiencing these feelings.

How are you feeling?

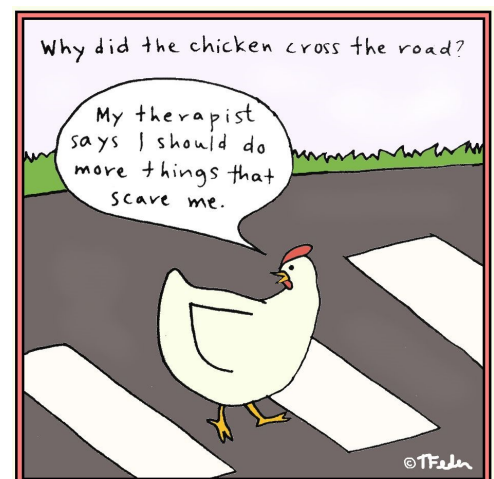


As long as you are adhering to the guidelines and wearing your face mask and using your sanitizer you will be minimising any risk. Hopefully you will be invited for your second Covid injections soon, unless you have already had it. The weather is beginning to improve which means we can meet our friends in our gardens and outside spaces.

If you are feeling anxious, try simply taking some slow, deep breaths. Speaking to friends and family can be helpful. Distract yourself by going for a walk, doing a crossword/sudoku/jigsaw. Phone a friend who makes you laugh or watch a comedy programme. If you feel you need medical advice on anxiety you can contact your GP. There is a phrase I have often heard over this period “It’s ok not to be ok.” Don’t be too hard on yourself. Things will get better.

**We hope you will join in our Zoom wellbeing sessions. Thank you to the Coop for sponsoring these.** If you would like help connecting on Zoom we will do our best to help you.

Take Care, and stay connected with friends and family



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**28 April**

**Weekday Wow Factor Zoom Disco with Pasna**

**1-2pm**



Pasna is an occupational therapist with 19 years experience in the NHS. She is the co-founder and director of Weekday Wow Factor.

Pasna has appeared on BBC News and STV Glasgow.

Pasna facilitates leisure activities for people living with dementia.

This session is an introduction into one of her activities which is free-style dancing over a zoom session.

So if you enjoy music, dancing and the company of others then don't miss this activity.



**5 May**

**Peter Wood Comedian**

**1-2pm**

I am a stand up comedian from Aberdeen, North of Scotland that has gigged all over the country, from Ayr to Invergordon, Aberdeen to Ayr and many times in Glasgow. I have been very fortunate to gig with many comedians and always try to find the laughter in life, you need to these days. I have been to semi -finals and finalist in a national competition and sold out my own solo show.

Material is observational, and find the fun times in darker times. I chat about family, parenting, being a parent, grandparents and touching on stories from my own living. My material is witty, high energy and non- offensive.

To the older people that have reservations about a younger person as a comedian. I always had great faith in my grandad, he was amazing, his friends used to call him a genius, as he knew to lock his door whenever his family tried to visit, it didn't matter how hard you knocked, he still wouldn't open the door!

Anyway, lets have some fun and laughs and blow off those lockdown cobwebs together, Look forward to having a nice time with you all

**TO REGISTER PLEASE CONTACT US BY PHONE OR EMAIL**

**0141 775 0433 [mcandlish@ceartaso.org.uk](mailto:mcandlish@ceartaso.org.uk) [LMcGavin@ceartas.org.uk](mailto:LMcGavin@ceartas.org.uk)**

**WITH THANKS TO OUR SPONSOR, THE COOP**



**12 May**

**Seated Relaxation with Judith**

**1-2pm**



I am trained to offer "Impact Wellbeing" Classes online and in group settings. This includes some very gentle smart moves (seated), relaxation breathing, and visualisation techniques .

The visualisation/breathing/relaxation is a little like Mindfulness.

I will start with some gentle smart moves, followed by breathing and relaxation. I will talk people through it all. It is very slow and relaxing.

**26 May**

**Tai Chi with Hing**

**1-2pm**



**What is Tai Chi?** Tai chi (Taiji) is a Chinese martial art with movements done slowly and gently in practice. It is based on the philosophy of balancing the Yin and Yang , in harmony with nature and through softness to overcome the hard.

Most people practice Tai Chi nowadays for Its great medical benefits as proven by much research. It is especially good to help with HBP, anxiety, Type 2 Diabetic, arthritis and balance. It is an exercise for both the body and mind and suitable for all ages.

**Benefit of seated Tai Chi** - If you have balance problems standing up, it does not mean that you cannot exercise. Being seated takes away this worry and we can still do a lot of Tai Chi hand and leg movements. Being relaxed is a fundamental requirement of Tai Chi practice

# Ceartas De Café Dates for your Diary



## Lenzie/Kirkintilloch De Café



**First Monday  
of every month**

**1-2pm**

**3 May**

**7 June**

**5 July**

## Killermont/Milngavie De Café



**First Tuesday  
Of every month**

**1-2pm**

**4 May**

**1 June**

**"Time for Reflection"**

**Guest Speaker from NHS**

**Optimal Team**

**6 July**

## Bishopbriggs De Café



**First Wednesday  
of every month**

**1-2 pm**

**5 May**

**2 June**

**"Coming out of lockdown"**

**Guest Speakers**

**7 July**

## Dementia Awareness Week Events 1st June to 4th June

Let's talk  
about  
dementia

**3rd June—Knowledge is Power—Booklet Launch—Self Directed Support—The Greatest Gift (Power of Attorney)**

**4th June—Carers Link**

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

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

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

**We would love to welcome you. Contact me for the log in code to our zooms or for information on 0141 775 0433 or mcandlish@ceartas.org.uk.**

# Ideas to boost your Mental Health

## By De Café Members



**Breathing Space**  
Open up when you're feeling down

Need help now? Call free on  
**0800 83 85 87**

#### Opening hours

Weekdays: Monday-Thursday 6pm to 2am

Weekend: Friday 6pm-Monday 6am

This service is for people in Scotland

# De Café Themed Zoom Groups



All De Café Members

Zoom

Conversation



Third Monday  
of every month

1-2pm

All De Café Members

Zoom

Playlist For Life

Cuppa Time



Third Tuesday  
of every month

1-2pm

All De Café Members

Zoom

Guest Speaker



Third Wednesday  
of every month

1-2 pm

19 April

Davie McElhinney from  
Dementia Northern Ireland

Inspired Dementia App

17 May

Hamish Livingstone

Retired Detective Inspector

Policing in 60's—90's

20 April

One Hit Wonders

18 May

Musicals

21 April

Stuart EDC Countryside Ranger

19 May

To be confirmed

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

I recommend you try all of them and if you decide to go to all of them, you will be very welcome.

mcandlish@ceartas.org.uk 0141 775 0433





## REMINISCENCE DE CAFÉ HOLIDAYS

**REMINISCING**  
*with Seniors*



**We chatted about holidays which were varied. Do any of the photos above bring back any memories of your holidays?**

**Holidays have evolved and changed over the years.**

The First World War halted most leisure travel, but as Europe started to recover after 1918 the first commercial flights took to the sky. By 1939 Thomas Cook was advertising holidays by air with a week in Cannes, in the south of France, costing £15/5s (about £930 in today's money) – well beyond the financial reach of most people.

The Second World War again brought foreign holidays to a standstill, but tour operators of the 1930s found there was demand – which would be boosted by ex-servicemen wanting to revisit places in which they had fought. Travel Club resumed holidays to Europe in 1947, and its founder, Harry Chandler, recalled: “I painted a glowing picture of what Switzerland was like – plenty of food, shops full of goods, virtually pre-war conditions and a complete contrast to England at that time with its shortages, electricity cuts and hard times”. Again this was out of reach to the majority of people.

Holiday camps reached their heyday in the 1950s and early 1960s. However they declined once foreign holidays became more common and affordable. In 1939 a new law in Britain said that everyone must have one weeks annual paid holiday. By the 1950s two weeks were common and by the 1980s most people had at least 4 weeks annual holiday.

We would love to hear any stories you have of holidays or share photos of places you have been to and what you thought of them.

## REMINISCING

### My christening photo from our member Chris



Here is my Mother looking happy, standing next to her is her stepsister Elsie holding the baby.

It is the day of my Christening, a day of celebration. Years later she still has the stork, a favour from my Christening cake. I wonder when I learnt I wasn't born under a gooseberry bush?

Isobel is wearing a small hat with a feather perched on the side of her head and a three-quarter length coat. On her feet a pair of smart court shoes and a knee length skirt showing her shapely legs.

I remember her jealousy when my dad was hypnotised by the passing legs of a Chinese waitress.

She had a sense of fun which made her an easy companion. I do miss her.



**Were you told babies came from storks?** Here are some theories I found on the internet.

- Seen as a symbol of good luck, storks had **a tendency to nest on people's roofs and chimneys** and it was believed that **storks on the roof would** result in children for the couple living in the home .
- The legend is very ancient, but was popularised by a 19th-century Hans Christian Andersen story called The Storks. German folklore **held** that **storks found babies in caves or marshes and brought them to households in a basket on their backs or held in their beaks**. These caves contained adebarsteine or "stork stones". The babies would then be given to the mother or dropped down the chimney.



**Remember Stork margarine? Here is an advert I found on the internet.**

**Stork** keeps down the housekeeping bills. When you taste **Stork's** delicious flavour you'll want to **spread** it on generously, and you can well afford to do so when **Stork** costs only 7d/lb!

**Stork** is one of the finest foods you can buy with its energy-giving fats and Sunshine Vitamins, both essential for keeping you fit and strong all the year round.

### THE BARROWLAND

The Barrowland was built in 1934 by Margaret McIver – the matriarch of a family of nine children, who originally bought the land and established the market for traders and their “Barras”. The market was covered in 1926 and completely enclosed by 1931. She instructed her builders Hunter and Clark that the ballroom “should not encumber the ground,” and it was built on stilts above the market. It was a ‘Palais de Danse’ with a big band and became the venue for the traders’ annual Christmas party.



Due to enormous popularity the ballroom was extended in 1938. The original sign on the roof was a man pushing a barrow, imported from the USA, it was believed to be the first animated neon sign in the UK. A flash mechanism gave the impression of spinning wheels. Exterior 1935, showing original neon “barrow boy” sign

The original building was destroyed by fire on 19th August 1958 (just a couple of months after Maggie McIver died). The McIver family rebuilt it and dedicated it to her memory. It was reopened on Christmas Eve 1960.

Over the stairs as you enter the present building, there is a cartwheel – from the original neon sign – is the only remaining fixture rescued from the fire.

The present neon sign was completed in 1985, it is possibly the largest of its kind in the UK.



### The Apollo

The Apollo was another venue for live music. I wonder if you or somebody you know is in this photograph in October 1979 when ACDC were playing. It looks like it was hot inside.



This painting of the Apollo is by local artist Jim MacNee, 2009.



## Dementia and Sensory Challenges Booklet

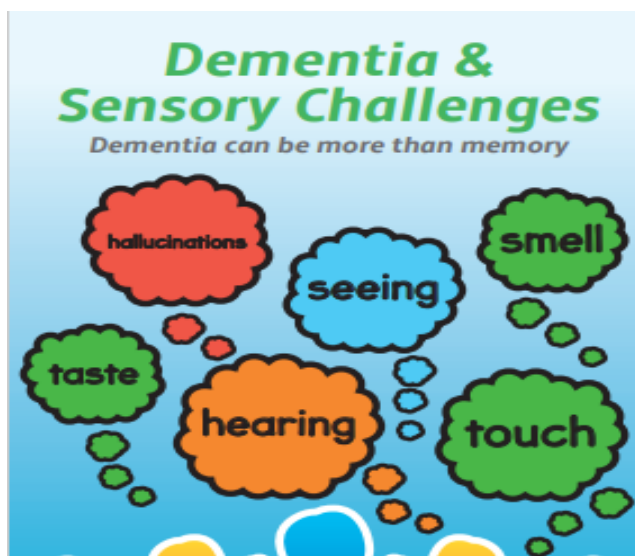
This project was instigated by me, a person with dementia, whose desire was to raise awareness and give hope to other people with dementia as well as carers on how to live a positive life with sensory challenges. I was diagnosed with dementia of the Alzheimer type nine years ago. I expected the memory issues, but when I started to have sensory challenges I did not know what was going on.

I hope this booklet will give the reader ideas on how to make the lives of people with dementia more pleasant.



You can download a copy here [Dementia-and-Sensory-Challenges.pdf \(dementiavoices.org.uk\)](https://dementiavoices.org.uk/Dementia-and-Sensory-Challenges.pdf) or contact Michelle and she will post one to you.

Information travels from eyes to the brain where it is interpreted alongside information from other senses, thoughts and memories. So if you have 20/20 vision and still experience problems seeing, this might be because you have visuo-perception or spatial awareness. I call it Brain Blindness which means your eyes see, but your brain doesn't interpret the information immediately.



### Stuff that helps

- Give yourself more time to process information before acting on it
- Wear correct glasses and make sure they are clean
- Ensure there is bright, even lighting (to reduce shadows)
- Make sure colours contrast
- Have plain backgrounds, especially with carpets
- Prisms can assist with double vision - ask your ophthalmologist aids



- Coloured overlays can help for reading which can be bought from Amazon, Ebay



- A folding white stick to help me with vision and perception and also alert others that I have a visual problem.
- White pointer stick to inform others of a visual problem .
- Use talking books .

**For more information or to sign up to the RNIB Library get in touch:**

**call our Helpline on 0303 123 9999**

**email [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk).**

- If you experience double vision/ghosting go to your optician who may refer you to an orthoptist who is a specialist in this area (remember to tell them you have dementia and what type it is).
- If an optician confirms your lens prescription is adequate, but you still can't see, consider further investigation—You can seek help from RNIB locality officer or health care professionals.

## PRODUCTS CAN BE BOUGHT FROM RNIB ONLINE SHOP

**Orange BumperStops**  
DL25

**Overview**

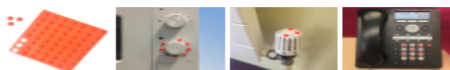
**Features**

**Best seller**



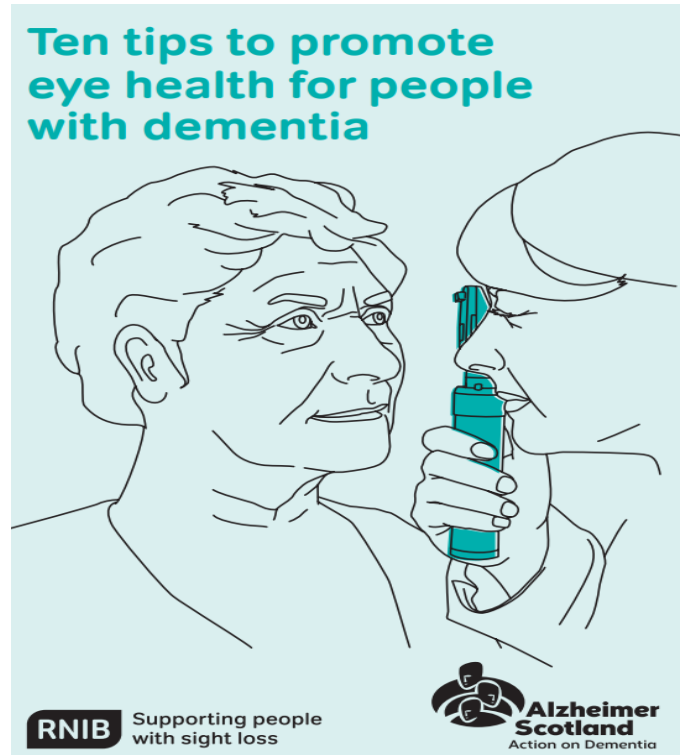
A pack of 72 round orange flat head BumperStops that are 3mm high. Ideal for marking equipment around your home or office, such as the settings and functions on your washing machine, buttons on a remote control, settings on an oven or important keys on your computer keyboard

**They cost £5.99**



**These tips aim to help you and your family/carers feel more confident about accessing eye care services.**

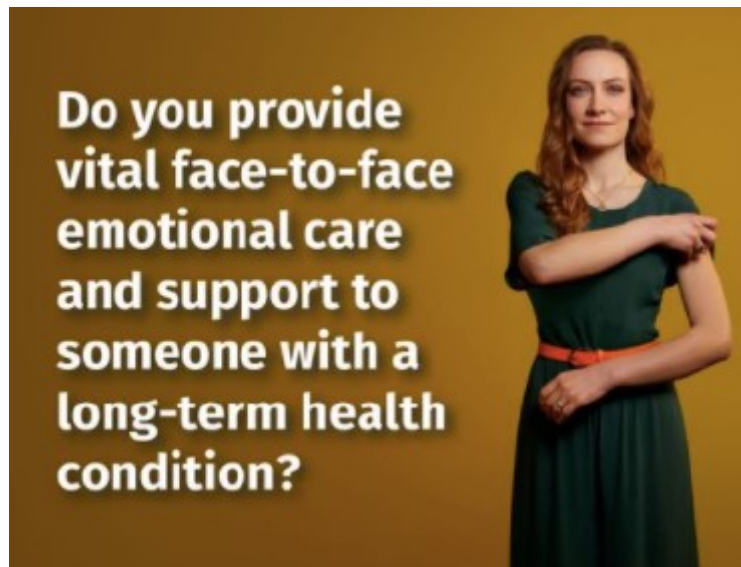
1. Ensure you have a sight test every two years, unless advised otherwise by an optometrist.
2. If you or your family/carer feel a traditional letter chart is unsuitable, don't worry, optometrists have alternative ways to examine your vision.
3. When arranging appointments tell the optometrist you or the person you support has dementia.
4. Some optometrists will visit people in their own home.
5. Take a list of medications to eye appointments as some may affect your vision.
6. Advise your optometrist of any recent changes in behaviour which may indicate undetected sight loss such as a disinterest in hobbies, falls or persistently cleaning glasses.
7. Ask your optometrist to recommend the most appropriate glasses for you.
8. **Think about the 3 C's – correct, clean and current glasses.**
9. Tell your optometrist if glasses are uncomfortable.
10. You may be entitled to financial support towards the cost of glasses or a sight test.  
**All sight tests in Scotland are free.**
- 11.



Download further information from our dementia and sight loss leaflet and complete the checklist before your next sight test at: [rnib.org.uk/aboutdementia](http://rnib.org.uk/aboutdementia)

RNIB Helpline: 0303 123 9999 [rnib.org.uk](http://rnib.org.uk)

## SELF-REGISTER AS AN UNPAID CARER TO RECEIVE YOUR COVID-19 VACCINE



From 8am on Monday, 15 March, those who provide regular face-to-face care can register as an unpaid carer in order to be prioritised for the COVID-19 vaccination.

You are eligible for vaccination at this stage and should register if all of the following statements apply to you:

- You are 16 to 64 years old;
- You provide face-to-face care and support to one or more family members, friends or neighbours;
- The care you provide is not part of a contract or voluntary work;
- You have not already received your first COVID-19 vaccination or vaccination appointment letter.

If you do not meet the above criteria (for example, you provide only emotional support by phone/video call), you will be asked to wait until NHS Scotland contacts you to let you know it's your turn to have the vaccine. It is important not to contact NHS Scotland for a vaccination before then.

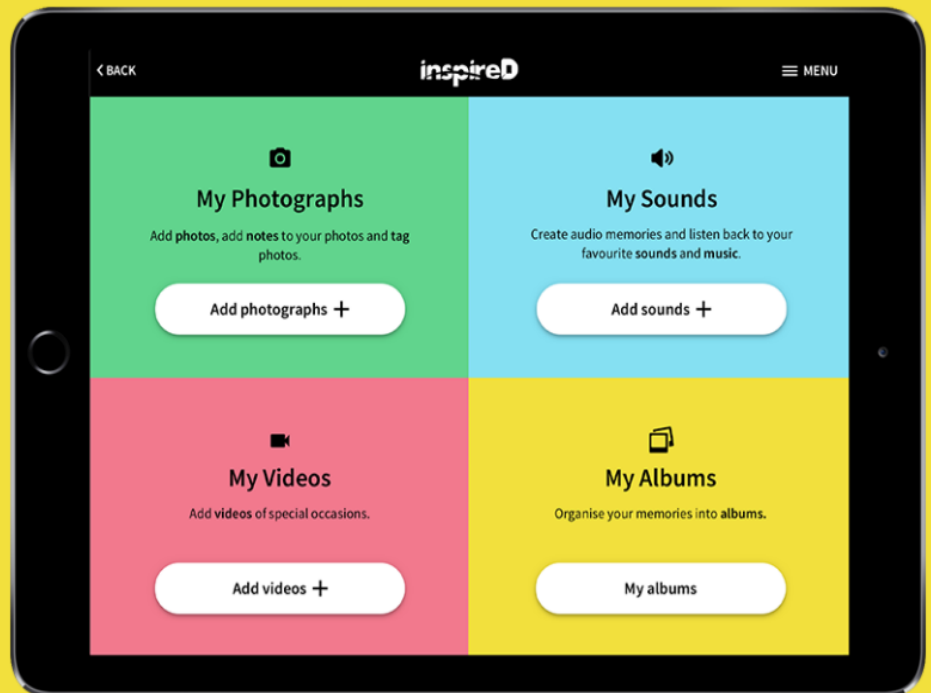
**To access the self-registration website, visit [nhsinform.scot/carersregister](https://nhsinform.scot/carersregister)**

If possible, please use this online option to register. For those who cannot do this online, please call the Covid Vaccination **Helpline on 0800 030 8013**, from 15 March.

If you have already received your vaccination or a letter of appointment, there is no further action to take, and no need to register. For more information on the COVID-19 vaccination programme, visit [www.nhsinform.scot/covid19vaccine](https://www.nhsinform.scot/covid19vaccine).

## The Inspired Reminiscence App

To help people living with dementia and their carers to support each other. This is your life, your story, your app.



### Why Reminiscence?

People living with dementia who have problems with their short-term memory often find it easier to remember things about their past. Reminiscence draws on this strength by supporting people to share their life experiences, memories and stories and in doing so to maintain or build connections with other people.

Research has shown that reminiscence can improve mood, wellbeing, quality of life and relationships for people living with dementia.

The app is free to download on both Apple and Android or from the HSC Apps4Dementia library ([apps4dementia.orcha.co.uk](https://apps4dementia.orcha.co.uk))

Users can add personal photographs and videos with written or voice notes to help family, friends and carers understand why a particular memory or time is special.



**Our DEEP friend from Fermanagh in Northern Ireland was involved in developing this app**

[Inspired \(theinspiredapp.com\)](https://theinspiredapp.com)



## Ceartas New Member of Staff

### Kenny Ritchie shares the Benefits of Walking



Walking is a wonderful activity and can provide a range of benefits to those who can do it. From the early days when humans first started to walk to present day where we have even managed to walk on the moon the ability to walk has proved to be remarkably beneficial.

#### Historical aspect of why do we walk?

Evolution has given us the ability to develop a new skill called walking. Through this the landscape of the human race was forged. Walking on two legs was what differentiated us from many other land animals. Walking allowed cultures to travel longer distances, helped to develop small settlements into larger communities through walking longer distances, allowed people to carry food and water and provided a means of escape. Since evolution the skill of walking has been integral to the development of what we now call society.

#### So what can it do and why should you do it?

- Its free
- **You do not need lots of equipment**
- Freedom of choice where you go
- **Helps promote social interaction or you can do by yourself**
- Provides opportunities for people to learn new things i.e. history of places they walk around
- **Improves your circulation**
- Increases heart rate in relation to how long you walk for, how fast, terrain, weather (if outdoors). A walk that provides a safe intensity will help strengthen the heart muscle which in turn allows you to carry out many more activities in your life without getting as tired as quickly plus reduces the possibility of illness like heart disease
- **Helps to reduce blood pressure. Your heart muscle is more effective at pumping blood out and around the body (systolic BP) and helps keep arteries etc. clearer therefore keeping pressure within the arteries (Diastolic BP) between the heart beats down.**
- BP control is especially beneficial for post-menopausal women
- **Can help extend life and quality of life**
- Helps maintain a healthy weight
- **Helps maintain bone density, especially in women**
- Promotes good mood
- **Helps strengthen our muscles. Muscle decreases in size when not used (muscle atrophy)**
- Helps our joints. The protective tissues within and around our joints are fed with joint fluid generated and circulated by movement (like a natural WD40)
- **Helps promote good sleeping patterns**
- Develops your lungs efficiency. You can do more without getting out of breath
- **Can aid in the slowing down of mental health decline. Studies showed women aged 65 years + who walked 2.5 miles a day had a 17% decline compared to a 25% decline in women who only did ½ mile each day**



Walking is a fun and varied activity so why not get your trainers on and give it a go. You might just be surprised at how far you will get. *Kenny*



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

## **Join our East Dunbartonshire Virtual Club!**



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

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



**[www.thesmf.co.uk](http://www.thesmf.co.uk)**  
**#TalkAboutSport**





Thank you to our Lenzie De Café Volunteer Margaret for providing some feedback on this project Sporting Memories offered our members.



### Encouraged to exercise by a free kitbag from Sporting Memories

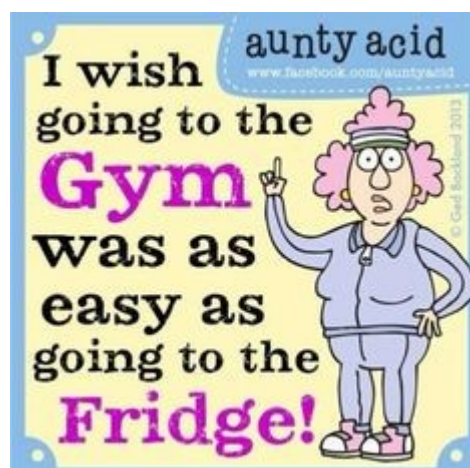
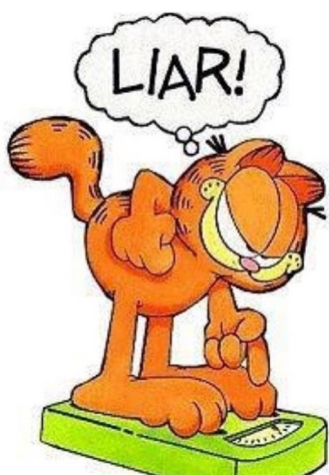
Like most folk during lockdown, I've eaten far too many treats and lead a much more sedentary lifestyle than in normal times. So, as my waistline continued to expand and my energy levels continued to wane, I decided that action was required.

Encouraged to exercise by a free kitbag from the Sporting Memories Foundation, I watched the video, followed the instructions in the handy booklet and so I began!

It is early days yet but getting into a routine has got to be a good thing!

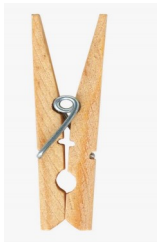
The exercises are simple, achievable and don't take up too much time so I haven't been put off.

So far, so good!





It is the season to hang your washing out again. Labrador puppies would be my dream washing line. It is fair to say clothes pegs have varied and changed over the years.



The shape and design of the clothes peg has evolved a lot in the past. The earliest mention of a clothes peg can be found in the early 19<sup>th</sup> century. Back in the days, people dried out their laundry in the bushes or ropes. These days the clothes peg has a spring and comes in different materials. But back in the days, they didn't have a spring. They were made up of wood. I remember my mum washing blankets in the bath before we had duvets and hanging them out with the long pegs. I used to love running through the blankets much to the annoyance of my mum. I used to love folding the blankets and sheets with my mum when they were dry. It **was like a tug of war to get them folded in to the corners and stretched into shape. Did you ever put a friend in a blanket and play "shake a blanket"?**

Our clothes poles were made from wood. Did you ever make dolly pegs? My clothes poles are thin telescopic metal. The washing line was rope and now I use plastic.

I used to go the launderette with my mum once a week. I loved it when the clothes went into the tumble dryer and you could watch them dancing round and round and I enjoyed folding the clothes (I still do). When I take clothes out of my tumble dryer I sometimes wrap the towels round my neck for a wee heat treat.

**Does anybody have an answer to this question? Where do all the odd socks go?**

Answers on page 39.





## Born during Spanish Flu pandemic – now vaccinated against COVID-19

A 101 year old born during the 1918 Spanish Flu pandemic has received her first dose of the COVID-19 vaccination. Emily Lawson, from Kirkintilloch, was one of the first in line as part of the rollout of the vaccination programme to vaccinate people over the age of 80 in the community.

Mrs Lawson, born in 1919 as the pandemic spread across the globe, was found at one month old lying next to her mother who had caught the deadly strain of influenza and was too ill to look after her new baby. Now, more than a century later and living through another pandemic, she has been vaccinated by Samantha Wheadon, a Practice Nurse from Turret Medical Centre in Kirkintilloch.

When asked how she felt about receiving the vaccine she took it in her stride, commenting: "it was normal, just another vaccine".

### The FACTS guidance:

- Face coverings in enclosed spaces,
- Avoid crowded places,
- Clean your hands regularly,
- Two metre distancing

Self-isolate and book a test if you have symptoms.



**COMPETITION**

**How many vaccines have you had in your lifetime? Check out the history of vaccines in the UK on the next 2 pages and we will give a prize to the person with the highest number of vaccines.**



Email: [mcandlish@ceartas.org.uk](mailto:mcandlish@ceartas.org.uk) or call 0141 775 0433

1796	Development of first smallpox vaccine
1885	Pasteur creates the first live attenuated viral vaccine (rabies)
1909	Calmette and Guerin create BCG, first live attenuated bacterial vaccine for humans
1942	Diphtheria
1950	BCG
1956	Inactivated polio
1957	Pertussis
1961	Tetanus
1962	Live oral polio
1968	Measles
1970	Rubella
1988	MMR
1992	Hib conjugate
1994	Adolescent tetanus and diphtheria
1999	Meningococcal C conjugate



**Elvis receiving the polio injection in 1956**



**Can you guess who this famous person is? I will give you a clue.  
Sir ? ? Answer on page .....**

2000	Seasonal influenza over 65s
2001	Preschool acellular pertussis
2004	Inactivated polio (DTaP/IPV/ Hib or DTaP/IPV or Td/IPV)
2004	Pneumococcal polysaccharide (PPV)
2006	Combined Hib/MenC
2006	Pneumococcal conjugate PCV7
2008	Human papillomavirus (HPV) for teenage girls
2009	Pandemic Influenza
2010	Pneumococcal conjugate PCV13
2010	Maternal Influenza
2012	Maternal Pertussis
2013	Children's Influenza
2013	Rotavirus
2013	Shingles
2015	Meningococcal B
2015	Meningococcal ACWY
2017	Hexavalent (DTaP/IPV/Hib/ HepB)
2019	Human papillomavirus (HPV) Universal Programme

**2021** The COVID-19 vaccine is given as an injection into your upper arm. It's given as 2 doses.



**Margaret Keenan (age 90) was the first person to receive the Covid 19 jab.**



**The most commonly panic bought items last year were:-**

- Toilet roll
- Kitchen cleaners
- Tinned food
- Pasta

**Some people even bought an extra freezer to store food!!!!**

Hi Dementia Diaries, it's Nancy here, I haven't been in touch for a while because I've been having my kitchen gutted out, so that was ooh, very stressful as you can imagine. I've also been running up and down the A9 to do **Scottish Dementia Working Group, Alumni, filming with the Life Changes Trust**, so too much. I need help to try and sort out my priorities and I suppose I'm home now. I just come back from the **Scottish Dementia Working Group** meeting down in Glasgow but it takes me three days to travel, one day to go down, one day for the meeting and another day to come back and it was exceedingly stressful because I didn't get the right timing of the buses and I had to hang around Glasgow. I got up at, oh, half six this morning. I better stop rambling on because you don't want to listen to all my stuff but I do need help I suppose. I'll speak to someone.

Hi there, this is Nancy McAdam recording my Dementia Diary for today. I've spent the past two days at a **conference in Stornoway**. Stornoway – of all people why does nobody go to Stornoway? Anyway here we all are having a great time and lovely, lovely people as you see. I myself today did a lovely **art workshop** with a gorgeous women who helped me prepare a lovely picture of a boat – no bird, a crow a hooded crow in fact. And it was great fun, I really enjoyed it. It was like getting your hands dirty like a child plays with stuff. It was perfect. Please if you can go to Stornoway, see what the whole place is about. And tomorrow, today, tomorrow we're going to the **Callanish Stone** which is pretty famous. I'll tell you all about it tomorrow. Bye.



Hello, it's Nancy McAdam here with a Dementia Diary. I've been at the **Dementia Congress today in Murrayfield** and I spoke to one of the staff and when it finishes I'm able to go outside and look at Murrayfield pitch. I'm so excited about that, it's so exciting, I'll be able to say I've been to Murrayfield. Anyway I'm not even a rugby player, but I think I loved watching the match, a couple of weeks ago, I think it was two weeks ago. Scotland did win, which is quite exciting really to some extent, I'm not really a rugby fan but that was what I felt about it. Cheers Dementia Diaries, I love you all, bye.

**Nancy is not held back by her diagnosis of dementia and is living her life to the full. I don't know where she gets all the energy from.**

**I hope you feel inspired reading her diary entries and if you would like to be a diarist, click on this link:-**

[Microsoft Word - How do I become a diarist?.docx \(dementiadiaries.org\)](#)





## HOW TO APPLY FOR A BLUE BADGE



The Blue Badge Scheme allows eligible disabled people, travelling either as drivers or passengers across the UK, to park in certain restricted areas. As long as the journey is being made for you and you are in the car with the badge, you can travel in any car.

Scotland's Blue Badge Scheme has been permanently extended to allow people who pose a risk to themselves or others in traffic to get a badge, provided they meet eligibility criteria. Some people with a diagnosed mental health, cognitive or behavioural condition (this includes any mental health problem, personality disorder or learning disability, however caused or manifested, examples are dementia, autism or Down's syndrome) may lack awareness of danger from traffic, which is likely to compromise their safety or the safety of others as a result. It is these people who are covered by the extension.

You can apply online here <https://www.gov.uk/apply-blue-badge>.

There is a £20 charge for blue badges in Scotland. They usually last for up to 3 years.

**Apply or renew online** [Blue Badge Information | East Dunbartonshire Council](#)

You'll need a recent digital photo showing your head and shoulders.

You'll also need a photo or scan of your:

- proof of identity (such as a birth certificate, passport or driving licence)
- proof of address (such as a Council Tax bill or government letter)
- proof of benefits (if you get any)

You'll also need to know:

- your National Insurance number (if you have one)
- the details of your current Blue Badge (if you're reapplying)

**If you are unable to complete this online you can request a copy of an application for your nearest hub by phoning 03001234510.**

## Lions Clubs Message in a Bottle

Lions Clubs Message in a Bottle is a simple but effective way for people to keep their basic personal and medical details where they can be found in an emergency on a standard form and in a common location – **the fridge**.

**Message in a Bottle (known within Lions as MIAB) helps emergency services personnel to save valuable time in identifying an individual very quickly and knowing if they have any allergies or take special medication.**

Paramedics, police, fire-fighters and social services support this Lions life-saving initiative and know to look in the fridge when they see the Message in a Bottle stickers, supplied. The initiative provides peace of mind that prompt and appropriate medical assistance can be provided, and next of kin / emergency contacts can be notified.



## How to obtain a Message in a Bottle

**Members of the public and other organisations can obtain a Message in a Bottle kit by contacting their local Lions club. Contact details at the bottom of the page.**

**More than 6 million Message in a Bottle kits has been distributed by Lions Clubs International (MD105) British Isles to people with conditions such as diabetes, allergies, disabilities and life-threatening illnesses.**

**Clubs are able to provide Message in a Bottle within their local communities free of charge thanks to fund-raising and generous donations from the public and businesses. It is not just vulnerable people who benefit from Message in a Bottle. Anyone with health conditions could have an accident at home.**

**The Message in a Bottle kit includes a form, where personal and medical information is detailed. This is placed in the bottle (with its distinctive green branding), which is stored in the fridge. Two stickers are provided: one for the fridge door and the other for the inside of the front door of the premises.**

Email: [enquiries@lionsclubs.co](mailto:enquiries@lionsclubs.co)

Telephone: 0121 441 4544

[Lions Message in a Bottle – Lions Clubs International MD105 British Isles](#)

# Know Your Rights

According to Scottish Government guidelines visits to a person who has dementia is included under the term essential visits. This is found in the following Scottish Government publications:-

**Coronavirus-dementia and COVID-19 action plan- Improving the Hospital Experience (Page 12)** <https://www.gov.scot/publications/dementia-covid-19-national-action-plan-continue-support-recovery-people-dementia-carers/pages/12/>

**Throughout the pandemic patients with dementia have always been permitted to have a visitor while in hospital**, even when visiting is suspended. Visits to support people with dementia were deemed essential throughout, in recognition of the stress or distress it could cause to a person with dementia if they did not have a visit from a loved one. (Reference [visiting guidance](#).)

## Visiting Guidance for Hospitals in Scotland (Page 6)

In Tiers three & four: An essential visit is one where it is imperative that a relative or friend is allowed to see their loved one in a number of exceptional circumstances. Examples of essential visits include but are not limited to :- a birth partner supporting a woman during hospital visits, for a person receiving end of life care..., to support someone with a mental health issue, or **dementia.....where not being present would cause the patient to be distressed.**

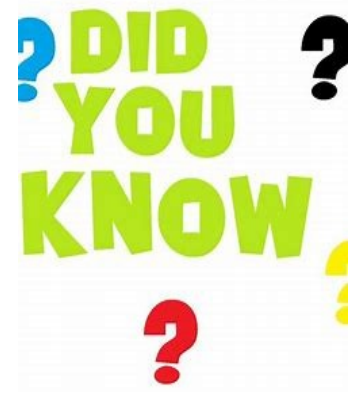


- Have a hospital bag ready “just in case”

a nightdress or pyjamas	clean underwear	comb/hairbrush
dressing gown and slippers	small hand towel	toiletries – soap, toothbrush,
toothpaste, shampoo, deodorant	razor and shaving foam	
book or magazines	small amount of money	healthy snacks
glasses or contact lenses with case	notebook and pen	
address book and important phone numbers, including your GP's contact details		

- Keep a list of medications (dose and name)
- Complete a Getting to Know Me to help staff in hospital know your likes/dislikes  
[Getting to Know Me | Alzheimer Scotland \(alzscot.org\)](https://www.alzscot.org/getting-to-know-me)

## Random Facts (disclosure - found on the internet)



A study by University Chicago in 1915, concluded that the easiest colour to spot at a distance is the colour yellow. Which is why the most popular colour for taxi cabs are yellow.

**Farting helps to reduce blood pressure and is good for your overall health. Maybe not the other person in the room.....**

The classic heart shape that we all know was meant to be two hearts fused together.

**Octopuses have copper-based blood instead of iron-based blood, which is why their blood is blue rather than red. Also, they have three hearts and nine brains.**

The hormones responsible for your growth are only produced when you sleep.

**Dogs can make about 100 different facial expressions.**

Iceland has no army as is often recognized as the most peaceful country in the world.

**Squirrels plant thousands of trees every year, simply by forgetting where they put their acorns.** (photo of a squirrel in Glasgow Botanic Gardens)

Koalas can sleep for up to 20 hours a day.

**The average woman will spend one full year of her life trying to decide what to wear.**

The average woman owns eight times more makeup than she actually uses.

**Rubber bands last longer when refrigerated.**

Peanuts are one of the ingredients of dynamite.



=



The average secretary's left-hand does 56% of the typing.

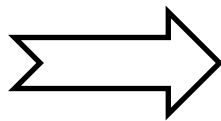
**A shark is the only fish that can blink with both eyes.**

The average speed of a fart is 7mph

**Laughter lowers the stress hormones and strengthens your immune system**



## INTERESTING FACTS ABOUT PIGEONS



There are many things that tend to get left out of the history books, and pigeons are one of them. Here's a story that'll let you in on one of the most remarkable facts about pigeons. During the Franco-Prussian war, Paris came under siege. In 1870-71, pigeons were smuggled out of the city in balloons and later used to transmit messages across France. This was not the first time that the talents of the pigeon have been used during wartime: doves were used to transport important wartime messages as early as 2500 BC in Sumer, Mesopotamia.

Homing pigeons were used extensively over the course of World War I, since messages transmitted via carrier pigeon travelled faster than telegraph messages at the time. Due to a variety of factors, less than 10% these birds survived. Many of those that did survive were awarded medals. The Dickin Medal is a medal which is awarded to animals that have shown admirable bravery during wartime. 55 Dickin medals have been awarded so far, and out of these, 32 of the recipients have been pigeons.



The Dickin Medal was inaugurated in 1943 initially to honour the work of animals in war. Since then 34 dogs, 32 messenger pigeons, 4 horses and 1 cat have been awarded this 'animal Victoria Cross'.



*The Dickin Medal*



**An unusual friendship of a dog that can't walk and a pigeon that can't fly.**

# NAME THAT SONG!

1. Jesus loves you more than you know
2. To the place I belong, West Virginia mountain mama
3. How many ears must a man have, before he hears people cry?
4. Stopped into a church I passed along the way
5. Miracles I guess, still happen now and then
6. I bet you think this song is about you
7. It's time to move your body
8. Got in a little hometown jam, so they put a riffle in my hand
9. Make me happy, make me feel fine
10. Does your granny always tell you that the old song's are the best?
11. The warden threw a party in the county jail
12. I realise the way your eyes deceived me
13. Go on now, go, walk out the door
14. I've fallen in love for the first time

If you need help with the answers.....



**Thank you to our friend Dory from the DEEP Network for your permission to share**

**Quiz—Thank you to David McElhinney from Dementia Northern Ireland**

- 1. In England what is the gravelly hill interchange better known?
- 2. How many members of the pop group Abba are Swedish or Norwegian?
- 3. What is produced at St. James gate Dublin?
- 4. What city in the world can you find a statue with a traffic cone for a hat?
- 5. What planet is closest to the sun?
- 6. What metal is represented on the periodic table as au and the number 79?
- 7. What is the largest country in the world?
- 8. Name the five colours of the Olympic rings?
- 9. What is the most famous Mexican beer?
- 10. What is David Bowies real name?

**THINGS THAT HELP OUR WELLBEING**



**BIRDBWATCHING CUDDLES DANCING FRIENDS FRUIT GARDENING  
LAUGHING NATURE PETS RELAXATION STRETCHING VEGETABLES**

# **I WILL ALWAYS BE HERE FOR YOU—James McKillop**

I nursed you gently snuggled in my arm  
Something deep within me succumbed to your sweet charm  
`Was then that I promised you that you'll come to no harm  
I will always watch over you  
And I will always be here for you



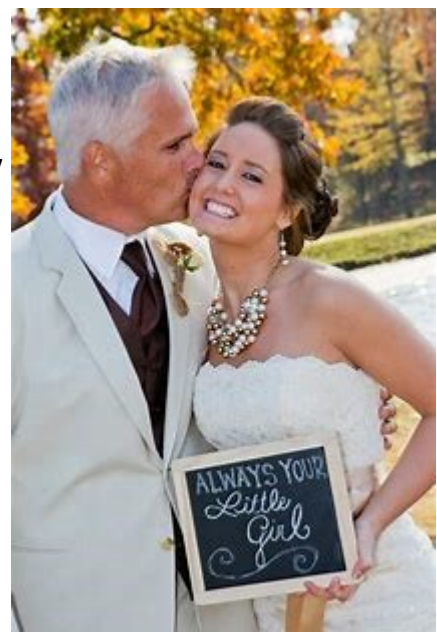
I sat by your cradle until you fell asleep  
And I was there when the sunrise was just starting to peep  
Your first few steps and your first few words, brought a silent weep  
I will always watch over you  
And I will always be here for you

I feel a deep`ning sense of mother`s pride  
While I`m watching you  
Develop your funny little ways  
You twist me around your little finger  
Knowing what you do will earn my praise  
Doing what you know will earn my praise



I cried the first time you went off to school  
I cried the day you left for life can be so cruel  
Yet while I have prepared you to be nobody`s fool  
I will always watch over you  
And I will always be here for you

When you started dating I was kneeling to pray  
That your young head wouldn`t be turned, you wouldn`t be led astray  
I dressed you up in white gown and veil for your wedding day  
Now we will both watch over you  
And I will always be here for you



I feel a deep`ning sense of mother`s pride overpowering me  
When I see the mother you`ve become  
There`s no greater complement paid me  
When you emulate all that I`ve done  
When you emulate all that I`ve done



# Tackling scams and nuisance calls



## True Call Blocking Device

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

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

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

Call Ross Paterson on 07717 582907

Fair Trading Officer—East Dunbartonshire Council

## Installation



## De Café and Dementia Voices member Julie shares an article in her church newsletter.

This month Julie Reid had a lovely surprise when she was nominated for a Deep Hug Bear by the DEEP NETWORK in recognition of her beloved husband Billy's membership and contribution to the network.

Billy who died in October 2020 was a greatly loved and valued member of St. Columba's church, as was shown on the day of his funeral when many of the congregation gathered on the road outside the church, to say their goodbyes to a man who always had a smile and a cheerful word for everyone.

Julie and Billy met at Dennistoun Palais just after Billy was demobbed from the Army. They were happily married for 56 years and have two daughters Linda and Gillian, six beloved grandchildren and one great grandson Aaron Deacon who will be two years old this month.

Billy joined the Charity Ceartas when he was diagnosed with dementia. Together Julie and Billy attended meetings once a month and enjoyed having lunch at Ceartas De Cafes.

**"They were a great support to both of us," Julie told me. "They help families to cope with the illness and I am so happy they have given me this Deep Hug Bear. I can just imagine how this bear would bring a smile to Billy's face." This cuddly little bear now has pride of place on the mantelpiece beside Billy's photograph.**



### (St Columbus Church)



Julie and Billy were a great example of how being connected with other people living with dementia and receiving advice and information on how best to live your life, made the journey through this illness a little lighter.

Julie is a great peer support to other people as she has a very caring and compassionate nature.

I enjoyed hearing Billy and Julie's story of how they met, during a De Café Zoom meeting and other stories about his work and when he won a bike in a competition.

It's never easy saying goodbye to our members and we think of all the other members who have passed during Covid. It is an honor to serve people living with dementia during their journey and get to know them and their interesting and varied well lived lives.

We are grateful for our memories and hope that your memories cradle you through your grief.

# *Celebrating* the life of



ROBERT ANDERSON

3 August 1937 - 2 April 2021

## *How Do I Love Thee? (Sonnet 43)*

How do I love thee? Let me count the ways.  
I love thee to the depth and breadth and height  
My soul can reach, when feeling out of sight  
For the ends of being and ideal grace.  
I love thee to the level of every day's  
Most quiet need, by sun and candle-light.  
I love thee freely, as men strive for right.  
I love thee purely, as they turn from praise.  
I love thee with the passion put to use  
In my old griefs, and with my childhood's faith.  
I love thee with a love I seemed to lose  
With my lost saints. I love thee with the breath,  
Smiles, tears, of all my life; and, if God choose,  
I shall but love thee better after death.

*Elizabeth Barrett Browning*

We are sorry to hear about the passing of 'Bob' Anderson. We will miss him playing the piano for us at our Lenzie De Café and his lively character. We would like to express our heartfelt condolences to Gill and all the family.

Faith was a huge part of Bob's life and he was involved in pastoral work at his church and was regularly asked to sing at events. Latterly, when Bob was in Heathfield Care Home he was playing a hymn on the piano and one of the residents who had been distant and not engaging started singing with Bob. He was able to bring joy to others through his music.

Bob had many careers such as looking after Clydesdale Horses at the Stables in Kirkintilloch, engineering and wood turning. He enjoyed growing fruit and vegetables in his garden and was keen to share his crops with others.

Ceartas also want to acknowledge all our other members who have so sadly lost loved ones during the Covid period. It has been an extremely challenging time which has been exacerbated due to the restrictions.

Unfortunately grief is a part of life that none of us can avoid.



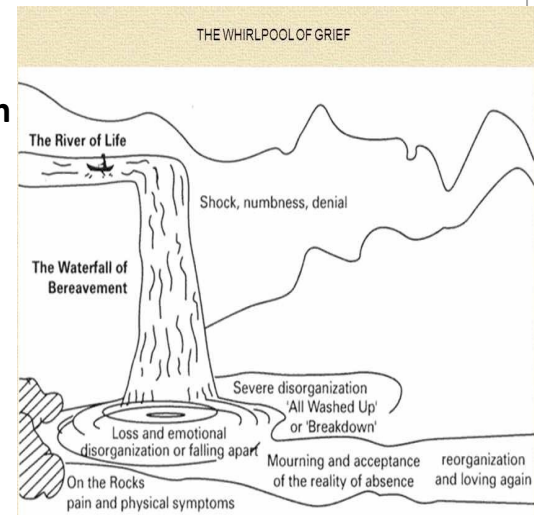
# The Whirlpool of Grief

We often hear the saying "A picture is worth a thousand words" when a big concept is conveyed with just a single image. One of the most powerful illustrations of grief following bereavement that we have come across is 'The Whirlpool of Grief' by Dr Richard Wilson.

In this image, the River of Life represents our life before bereavement. For some people the waters are choppy, whereas for others they are smooth. The Waterfall of Bereavement is the shocking experience of our loss, where powerful emotions hit us alongside an overwhelming sense of sadness.

**The whirlpool at the bottom of the waterfall illustrates the emotional upheaval and disorganization that follows, including emotions and reactions such as pain, anxiety, despair, guilt, poor sleep patterns and physical symptoms.** It can feel just like being battered against the rocks. All of this is normal. There are no rules about how you should feel.

**There is no right or wrong way to grieve.**



Being 'All Washed Up' represents being stuck in your grief and unable to move forward. Some people don't allow themselves to grieve, while others are overwhelmed by their emotion and struggle with daily tasks.

It is very important that we find support through our grief and that we access help from as many sources as we can. **Keeping a journal, creating art and crafts that focus on memories, and talking with people who understand all allow mourning to take place.**

Eventually in our bereavement journey we will reach a point of acceptance – this is different for every individual and will happen at a time that is right for us. Support groups, family and friends can help us to reorganise our life and find a 'new normal'.

A 'new normal' involves embarking on a new way of life without our partner and is perhaps the most difficult task of all, often feeling like a betrayal. It is a way of reinvesting in life again, while holding on to the memories we have and knowing that they will never be forgotten. We need to try and push aside feelings of guilt about this, as it's important to look to the future and find new meaning in life.

There can be setbacks, of course, and it is normal at anniversaries and other significant times for feelings of grief to stir up again and be as vivid as on the day we were bereaved, but over time these emotions will become less raw. With help, we can build a new life, even though it is still difficult at times, and we can begin to accept the different journey that we are on.

**Bereavement is what happens to you, Grief is what you feel, Mourning is what you do.**

## **Dementia Carers' Rights**

We currently have four courses related to Dementia Carers' Rights and will be offering them all over the next quarter. They are all designed for the unpaid carers of people living with dementia.

### **Dementia Carers' Rights: Adult Carer Support Plan**

An interactive online session for the unpaid carers of people living with dementia to introduce the Carers (Scotland) Act and what this means for carers, with a particular focus on the Adult Carer Support Plan. Learn more about what your rights are as a carer and how to access these.

Friday 30 <sup>th</sup> April 10 – 11:30	<a href="https://www.eventbrite.co.uk/e/dementia-carers-rights-adult-carer-support-plan-30-april-tickets-">https://www.eventbrite.co.uk/e/dementia-carers-rights-adult-carer-support-plan-30-april-tickets-</a>
Thursday 20 <sup>th</sup> May 2 – 3:30	<a href="https://www.eventbrite.co.uk/e/dementia-carers-rights-adult-carer-support-plan-20-may-tickets-">https://www.eventbrite.co.uk/e/dementia-carers-rights-adult-carer-support-plan-20-may-tickets-</a>

### **Dementia Carers' Rights: Hospital Admissions and Discharge**

An interactive workshop for unpaid carers of people with dementia. The workshop will look at carers' rights as detailed in the Carers (Scotland) Act in relation to hospital discharge, and other considerations for carers during a hospital admission and stay.

Friday 25 <sup>th</sup> June 10 – 11:30	<a href="https://www.eventbrite.co.uk/e/dementia-carers-rights-hospital-admissions-discharge-25-june-tickets-">https://www.eventbrite.co.uk/e/dementia-carers-rights-hospital-admissions-discharge-25-june-tickets-</a>
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### **Dementia Carers' Rights: Your rights and Self-Directed Support**

Self-directed support aims to give people more choice and flexibility in how care and support is arranged. This workshop will provide an introduction to self-directed support, enabling participants to learn more about what this is, what this can mean for carers and how to access it.

Thursday 22 <sup>nd</sup> April 10 – 11:30	<a href="https://www.eventbrite.co.uk/e/dementia-carers-rights-your-rights-and-self-directed-support-22-april-tickets-">https://www.eventbrite.co.uk/e/dementia-carers-rights-your-rights-and-self-directed-support-22-april-tickets-</a>
Thursday 3 <sup>rd</sup> June 2 – 3:30	<a href="https://www.eventbrite.co.uk/e/dementia-carers-rights-your-rights-and-self-directed-support-3-june-tickets-">https://www.eventbrite.co.uk/e/dementia-carers-rights-your-rights-and-self-directed-support-3-june-tickets-</a>

### **Dementia Carers' Rights: Power of Attorney and other advanced decision making**

This interactive workshop for unpaid carers of people with dementia gives an introduction to power of attorney, with a particular focus on the role of the attorney, and other forms of advance decision-making.

# Care home visiting



Scottish Government  
Riaghaltas na h-Alba  
gov.scot

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

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



## New Action on Rights Team

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

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

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

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



## Answers—Name That Song

1. Mrs Robinson by Simon and Garfunkel
2. Take me home country road by John Denver.
3. Blowing in the wind by Bob Dylan
4. California dreaming by The mama's and papa's
5. Welcome to my world—Jim Reeves
6. Your so vain by Carly Simon
7. Rock DJ by Robbie Williams
8. Born in the USA by Bruce Springsteen
9. Sydney Devine, Tiny Bubbles
10. Merry Christmas everybody by Slade
11. Jailhouse Rock, Elvis
12. Gloria Gaynor, I will survive
13. Queen, I want to break free



### Answer to where do all the socks go

- The washing machine eats them
- Narnia
- They all end up in the car
- They don't want you to know
- Illuminati have eaten them
- Under the bed
- Behind radiators

### Answer: Sir Ian McKellen

1. In England what is the gravelly hill interchange better known ----- spaghetti junction
2. How many members of the pop group Abba are Swedish ----- 3 and one is Norwegian
3. What is produced at St. James gate Dublin ----- Guinness
4. What city in the world can you find a statue with a traffic cone for a hat ----- Glasgow
5. What planet is closest to the sun ----- mercury
6. What metal is represented on the periodic table as au and the number 79 ----- gold
7. What is the largest country in the world ----- Russia
8. Name the five colours of the Olympic rings ----- blue yellow black green and red
9. What is the most famous Mexican beer ----- corona
10. What is David Bowies real name ----- David Jones

## USEFUL NUMBERS

Email: [info@ceartas.org.uk](mailto:info@ceartas.org.uk)—general enquiries

[mcandlish@ceartas.org.uk](mailto:mcandlish@ceartas.org.uk)—Dementia related enquiries

Telephone 0141 775 0433

Website [www.ceartas.org.uk](http://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**