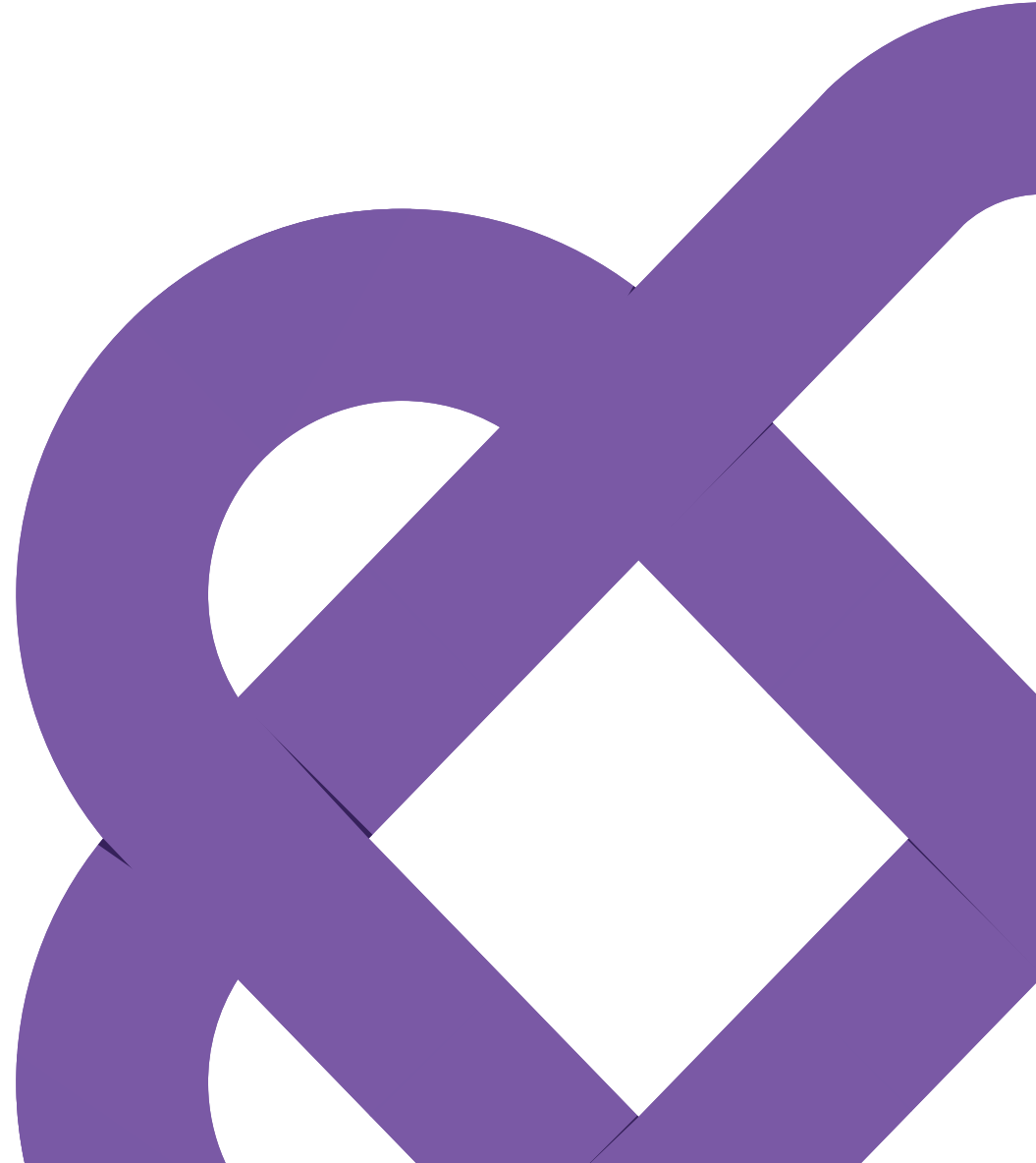


Community Conference 2021

DEMENTIA FRIENDLY SOUTH AYRSHIRE



A Dementia Friendly Community is summed up in the quote below:

“A place or culture in which people with dementia and their carers are empowered, supported and included in society, understand their rights and recognise their full potential”.

Alzheimer Disease International (2014)

The Life Changes Trust has set out outcome statements that link to this work:

- I live in a place that suits me and my needs
- I am able to be as independent as possible
- I get the help I need when I need it
- I feel safe, listened to, valued and respected
- I am empowered to do the things that are important to me

Life Changes Trust (2016)

Dementia-friendly communities

Empowering people with dementia to have high aspirations, confidence and know they can contribute



Dementia Friendly South Ayrshire

Loosely co-ordinated approach to making South Ayrshire dementia friendly

Links to locality work and to thematic work or work linked to particular organisations

Strong links to Alzheimer Scotland and VASA

Awareness raising and training core

Groups now in place leading work in:

- Troon
- Prestwick
- Ayr
- North Carrick
- Girvan



**Dementia Friendly Communities:
helping people with dementia to remain part of their community**

Julie Twaddell

hello@dementiaprestwick.co.uk

dementiaprestwick.co.uk





People - communities - organisations - partnerships



Health Walk
Monday 3rd June
Prestwick Seafront
11am start,
circa 12:30pm finish

Look out for us starting at the
Grangemuir Road end of the
beach, refreshments in
Parkstone Hotel



**Introducing our “dementia friendly
promenade” project**

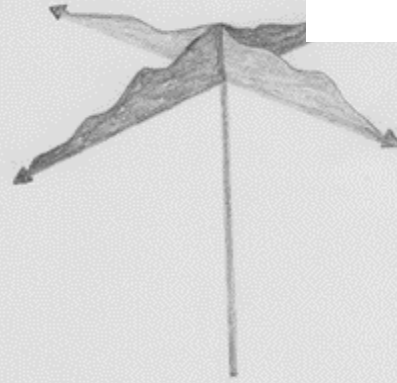
south
AYRSHIRE
COUNCIL
Comhairle Siorrachd Àir a Deas


sustrans
JOIN THE MOVEMENT


Ayrshire Roads Alliance



**Dementia
Friendly**
Prestwick



*the sleeping warrior
wind-vane*

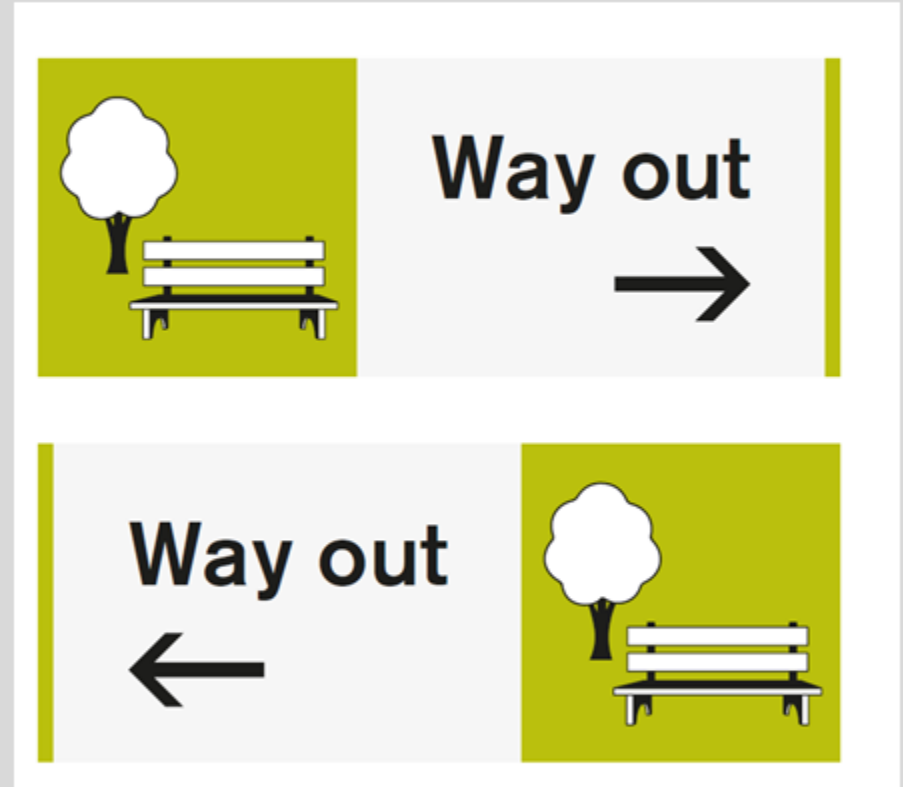
*the sleeping warrior is the name for the sky
as seen from the Ayrshire coast
the windvane foam features the skyline of the island N-S, E-W
- the wind turns the island around*

**paths
for all**

**Dementia
Friendly
Walking**











Introducing Myra and Betty

Seats you Sir, or Madam!

A series of brightly colored seats have made a significant difference to the seafront promenade in Prestwick, writes R. Carroll.

They are similar to the ones used by the Largs for years, and commemorate local people.

The Prestwick promenade is the world's longest dog-friendly seafront, and was officially opened by sitting on the new seats at a ceremony.

Pictured are local friends of the dog, including Michael Loma Walker and Kenny Dalrymple from South Ayrshire Council Neighbourhood Services.

Standing on the right is Julie Brown.



Nominated for "Scotland Loves Local" Awards



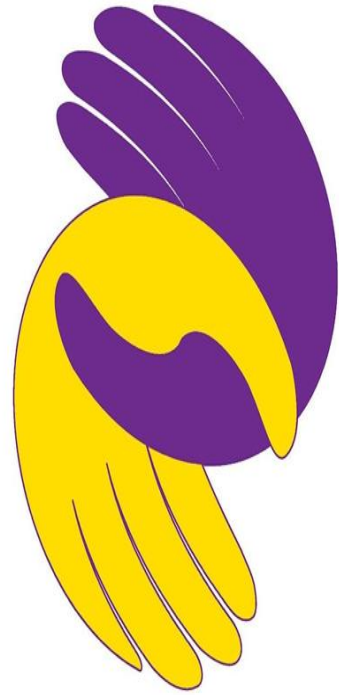


Our Bags of Support initiative, to help support people feeling isolated during the pandemic





Our Meeting Centre Pilot - a “social club” for people with early to moderate dementia, plus their family carers



**Dementia
Friendly
Prestwick**

Thank you

hello@dementiaprestwick.co.uk

DEMENTIA FRIENDLY ACTIVITY IN SOUTH CARRICK



The Girvan Promenade

In partnership with South Ayrshire Council, it is proposed to develop a dementia friendly/accessible facility at the beach. This will include the provision of coloured benches, lecterns to include 'old images of Girvan' to stimulate conversation, 2 beach wheelchairs to allow safe disabled access to the beach, the provision of defibrillators to increase the safety of the area. In addition, the Girvan Town Team are engaging with the Council to develop a 'Play Area' specification that is inter-generational and complements the Promenade proposals.



Wider Health & Care Services - Mental Health

Engagement is taking place between the Girvan & District Men's Shed and the NHS Green Spaces Officer to develop a referral system for those wishing to participate in the horticultural project at the Girvan FC football ground.



Sport and Leisure

The Girvan Town Team has promoted the development of a 'Relaxed Sports Curriculum' with the Girvan Sports Hub. Following a community consultation exercise the programme will now be rolled out across the community when it is deemed safe to do so.

Chat with Roddy McDonald of Girvan Town Team re dementia work...

DEMENTIA FRIENDLY AYR

Dementia Friendly Ayr (DFA) is now a constituted organisation and has employed a part time development worker (using the grant from Life Changes Trust).

My Story



Our 'My Story' project seeks to engage with people in Ayr who are living with dementia or worried about their memory. Through pupils from the four secondary schools in Ayr, working with local authors and the Ayr Writers' Club, we want to engage with them, safely, to allow their stories to become part of this project. As well as providing a therapeutic benefit to the individual, such stories will be important for carers to read when they are required. As conversational prompts, these will be priceless. Unfortunately, the pandemic made it very difficult for schools to be able to look beyond the core work that they had to do with pupils. In addition, youth organisations also were unable to promote to their members. Extensive work has gone into preparing the materials for this project using a local writer who engages with secondary schools as part of his outreach role with the Scottish Book Trust to show how the kernel of a story could become something that epitomises 'My Story'. With the easing of restrictions now beginning taking place this work can be called upon again for a further iteration later in the year.

Awareness



DFA offers training, hints, and tips and how to escalate concerns about individuals who visit businesses locally or engage with community groups. Despite an initial surge of interest in the awareness training which has mainly been from partner staff, local businesses have not picked up the offer. This could be in part due to ongoing pressures local businesses have been experiencing because of the COVID-19 pandemic and further attempts will now take place to re-engage with businesses to raise awareness of the training on offer.

Built Environment



DFA are keen to be available to offer dementia-friendly design advice to any new projects that might be considered for Ayr. There is also a desire to proceed with a project on Ayr promenade ensuring that best practice and learning from Dementia Friendly Prestwick are considered by this new project.



DEMENTIA FRIENDLY ACTIVITY IN TROON

INCLUSIVE MUSIC

Life Changes Trust funded project to roll out awareness training to all venues in area that host live music, work with larger venues to ensure they are as dementia friendly as possible from layout to environment, and work with the larger festival to develop a musical offering that is accessible for people with dementia and their carers.



Due to COVID-19 restrictions this was replaced with an attempt to create a Dementia Friendly virtual choir and instrumental tuition over Zoom during lockdown. Unfortunately, this proved unsuccessful, and the project has now reverted to the original brief and work is progressing with venues and promoters as restrictions ease and further guidance is issued.

RELAXED GOLF

This is a social afternoon over the Craigend course in Troon with buggies and clubs provided. Initially run in conjunction with Alzheimer Scotland, it is now fully Dementia Friendly Troon. This project is part of the Sporting Memories network with reminiscence materials and golf at all levels and has restarted monthly. Contact has been re-established with care homes with plans to reach out to Community Mental Health Teams and Adult Support.

ALLOTMENT

Dementia Friendly Troon (DFT) has a plot at Fullarton Woods and has recently finished work creating raised beds and accessible pathways. DFT is committed to offering beds to people living with dementia locally and giving them the ownership of them to tend and reap the benefits and following the relaxation of restrictions it is planned to re-open securely and welcome people back to the plot.



DEMENTIA FRIENDLY NORTH CARRICK



Dementia Friendly North Carrick (DFNC) is now constituted. The group received funding from the Life Changes Trust for resources, equipment and groupwork. There has been a decision by the group not to commence group work while restrictions are still in place, however as restrictions begin to ease planning will now take place on the re-commencement of activities.



About Alzheimer Scotland

- Alzheimer Scotland is Scotland's national dementia charity. Our aim is to make sure nobody faces dementia alone
- We provide support and information to people with dementia, their carers and families
- We campaign for the rights of people with dementia and fund vital dementia research
- We are a national established charity founded in 1980 with around 500 staff and over 1000 volunteers.



About Alzheimer Scotland

- We have 23 Dementia Resource Centres across the country. Each centre offers a safe place for people and their carers living with dementia to access a range of; social, emotional and practical support
- Due to the pandemic and in line with government guidelines we are currently restricted in offering those services and are busy delivering and developing more online tools and innovative methods to reach people. For example we have just launched an appeal to build a virtual Dementia Resource Centre: <https://www.alzscot.org/virtualbrick>



Therapeutic Activities

We offer a wide range of activities including:

- **Singing groups** – singing groups are an opportunity for people to come along, sing, whilst socialising with one another. Our emphasis is on enjoyment and fun
- **Football Memories groups** – these groups are for anyone with dementia who enjoys reminiscing about old football games, players from the past and any other fond memories or interests in football.
- **Walking groups** – our walking groups can range from walks around your local park or city, through to walks in the forestry areas. Pets are welcome and suitable clothing and footwear are advised.
- **Allotment groups** – these groups run seasonally and welcome enthusiastic novices to green fingered experts



Community Activities

Forget-me-not Carers

Carers with loved ones in long term care

Every Monday

2-3 pm

Carer support Group

Peer support and information sharing

Every Monday

12-1 pm

Troon Esplanade Walk

A gentle stroll along the Esplanade at Troon Beach (Booking essential)

Every Tuesday

11-12pm

Active Minds

Every Tuesday

2.30-3.30pm



What's On
South & East
Ayrshire

Community Activities

Sounds Good Feels Good at Underwood House(Booking essential)	Every Wednesday	11-12pm
Sketch and Paint with Dementia Arts Trust	Every 2nd Wednesday	1.30-2.30pm
Tipi project Kilmarnock A 'Nature Health' group (Booking essential)	Every Wednesday	1.30-3.30pm
Music and More with Aimee Penman	Every Thursday	11-12pm
Playlist for life (a one to one activity)	Call to book	



What's On
South & East
Ayrshire

Making sure nobody faces dementia alone.

Support in your area

Call 01292 318005

Dementia Advisor

Karen Anderson

07833474867

Activities Organiser

Pam Rudge

07788 253234



24 HOUR
Dementia
Helpline

 **Alzheimer
Scotland**
Action on Dementia

Freephone 0808 808 3000
Email helpline@alzscot.org

Dementia related activity funded through Decision Days

Dementia specific activities that have been funded have included:

- Local access to training
- Local access to Cognitive Stimulation
- Dementia Friendly Communities – Prestwick/Troon (including cinema, dementia allotment/howff)
- Arts based activity (Musical/poetry group, Little Art School, Musical Memories)
- Library based story telling – Living Well through Stories
- Language based work (Lingo Flamingo)
- Reminiscence work – Reminiscence Train Carriage, Poppy Mural
- Transport to dementia activities
- Inter-generational work (eg Dragon's Den)
- Men's Group



South Ayrshire Libraries



Linger Longer



Thinking about space and signs



Dementia Storytelling sessions

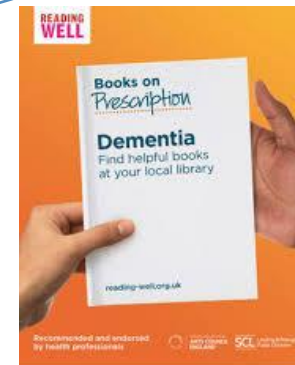
Dementia Friends Training

Pictures to share



Reminiscence Boxes/Exhibitions

Reading Well books



Other activity



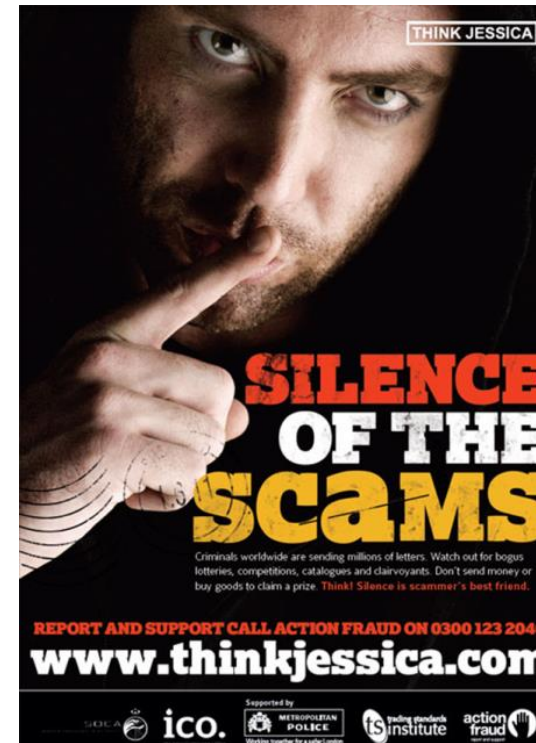
Football Memories



Walking Football



*Dementia Friendly
(relaxed)
Concerts*



SAC Trading Standards

QUESTIONS

<https://www.dementiaprestwick.co.uk/dementia-friendly-promenade/>

<http://www.dementiaprestwick.co.uk/dementia-friendly-promenade-myra-and-betty/>