



# Community and Dementia

A resource for  
creating better lives

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# Dementia and citizenship

*Professor John Swinton  
University of Aberdeen*

## Minding our language: words create worlds

It is interesting to reflect on the types of language that people use when referring to those people who live with dementia. Frequently we hear people talk as if the individual is no longer present, or as if he or she is moving into a place where they somehow cease to be who they used to be. It is not uncommon to hear people say things such as: “*she is not the person she used to be*”, or “*he would never have done that*”. Such language implicitly and explicitly assumes that somehow the person has gone.



But if the person has gone or is on their way out of existence (‘the long goodbye’), then who or what exactly is the person before you and why would you love them or want to care for them? The language of the ‘disappearing self’ is the beginning of care that is depersonalised and potentially dangerous. The way we talk about things indicates what we think we are seeing, and what we think we are seeing affects how we should *respond* to what we think we are seeing.

How we respond will determine the wellbeing of other people. **Language matters**. It matters not for reasons of political correctness, but because it shapes and forms the way we think, the ways in which we act and the ways in which we choose to care (or not to care) for people living with dementia. We can talk people **out** of existence and act accordingly. But we can also talk people **into** existence. Let me explain what I mean by that.

## People living with dementia

If, for example, we think about the expression ‘people living with dementia’, the reason many of us choose to use an expression such as this is twofold. Firstly, we use this phrase as a way of remembering that it is **people** that we are talking about and that these people are **living** and desiring to **live well**. Dementia may contain suffering, but it is not defined by it. People living with dementia want to live well and to enjoy life in the same way as everyone else does. We (all of us together) just need to figure out what that means and what living well looks like in the midst of the inevitable challenges and changes that dementia brings.

Secondly, something that is not always apparent is that the term ‘people living with dementia’ has a broader social and political dimension which is not confined to what goes on within the bodies of individuals who live with brain damage. Dementia certainly manifests itself within individual bodies. However, if we expand our thinking a little, we discover that the term also relates to a wide range of people who are connected to that individual: family, friends, neighbours, communities, towns, cities, countries. Realising this significantly changes our thinking in relation to how we understand and talk about dementia.

We talk a lot about person-centred care. Person-centred care is much more than simply focusing on the individual. All of us are people-in-relationships. In order for me to focus on you as a person, there is a whole raft of complicated social and political conditions that need to be in place before our encounter will bring about the desired outcome. Person-centred care is a community effort with ‘the person’ understood not simply as a discrete individual, but as the Centrepiece for activity which moves outwards like concentric circles, so: individual-the family-the wider family-the caring professionals-society and on in to the rest of the world. **When we use the language of person-centred care we are inevitably using the language of community.** To offer person-centred care we need to take seriously each of these dimensions. **In this sense we are all people living with dementia.**



## Moving beyond the ‘problem of dementia’?

It is an obvious fact that the number of people living with dementia is increasing at a significant rate nationally and internationally. Alzheimer’s Disease International estimated that in 2015, 46.8 million people worldwide were living with some form of dementia. This number will almost double every 20 years, reaching 74.7 million in 2030 and 131.5 million in 2050. Across Scotland, in the region of 90,000 people have dementia. Alzheimer Scotland estimates that 1 in 9 carers across the country are looking after someone with dementia. Faced with such information, it is tempting to fall back on the language of problems. However, whilst there are clear challenges, it is very important that we properly frame the increasing number of people living with dementia. **The increase in dementia must not be perceived primarily as a set of problems to be solved.**

We should always be cautious, careful and thoughtful about the kind of language we use in relation to people living with dementia. The way we talk about a condition will determine the ways in which we perceive and respond to those who bear that label. If dementia is perceived as ‘simply another problem to be solved’, with people living with dementia framed primarily as ‘problems’, providing care for people with dementia and those who support them will become just another burdensome task that needs to be paid for out of an ever-shrinking budget.

## From ‘problem’ to citizenship

A more fruitful way of thinking about our current situation is to think of those living with dementia as **citizens**. A citizen is a person who is legally accepted as a member of a country. A citizen can also be perceived in terms of being an inhabitant of a town or city (the good citizens of Aberdeen). Citizens enjoy the benefits and protections that are common to their country, city, town etc. Human rights and citizenship are thus deeply intertwined, something that is crucial for the protection and flourishing of people living with dementia who can become extremely vulnerable if they are persistently overlooked, talked about and acted towards in ways that are negative and depersonalising.

Above all citizens **belong**. They are not aliens or burdens, they are people who are valued in terms of law and in terms of the day-to-day experiences of living within a culture or place. **The key thing about belonging is the way in which it differs from inclusion.** Human rights, laws and legislations can ensure the inclusion of people living with dementia, but in order to belong, people need to be missed, **there needs to be a unique place within the community for them.**

The idea of citizenship emerges from legal processes that facilitate inclusion, justice and protection. This is very important. However, you can't legislate for belonging because people really need to love and care for you before you feel any sense of belonging. There is a need for the language of citizenship and the development of civic responsibility that will motivate communities to include people with dementia and ensure that they experience belonging.

The question, then, is where within society might we find the bearers of such responsibility? This in turn takes us into the realm of the spiritual and the potential of communities of belonging such as religious communities, philanthropic organisations and other community-based organisations that focus on shaping and forming people to care in ways that enable people living with dementia to live well.

## Language of citizenship

The language of citizenship opens fresh space for the development of communities within which all of us together can live well with dementia. It moves us away from the language of problems and perceived absences towards the possibility of community and belonging, modes of being together that are politically protective and relationally accepting. People are not problems even if certain issues may be challenging. Citizens deserve more than to be the focus of problem solving. The question then becomes: **how can we enable all the citizens of Scotland and beyond to live well with dementia?**

# Community and post-diagnostic support in Scotland

*Anna Buchanan*  
*CEO, Life Changes Trust*

Dementia is not just about the individual, it is about the community and its response to dementia.

In 2013 the Scottish Government made this commitment:



*...by 2015/16, all people newly diagnosed with dementia will have a minimum of one year's worth of post-diagnostic support coordinated by a Link Worker, including the building of a person-centred support plan.*



There are around 90,000 people living with dementia in Scotland. In 2016/17, approximately 17,500 people received a new diagnosis but, of these, fewer than 50% were referred for formal post-diagnostic support and just 39% received that support.

It would be far from accurate, however, to imagine that these stark figures paint a complete picture of the support provided to people in Scotland after a diagnosis of dementia – support that should help them live as full a life as possible for as long as possible. There is a wide range of work taking place from the Shetland Islands to Dumfries and Galloway that is not captured by these figures. There is increasing evidence that community-led work is complementing policy-led offers of support or, in some cases, filling the gap where the formal offer has not been made or accepted.

Policy-led support and community-led support should be recognised as complementary; we should redefine post-diagnostic support in terms that are broader than the Scottish Government's commitment to at least one-year's support post-diagnosis. People with dementia need to know they are currently entitled to one year's post-diagnostic support so they can take up the offer, but localities should develop an approach that looks further, broader and deeper: a whole life approach. The information contained in this box set outlines some of the ingredients of such an approach.

A truly integrated local approach to the support of people with dementia should measure and invest in the combined contribution of health, social care, other agencies such as housing, and the charitable/community-led sector (the abundance of the community) in order to properly assess and secure high quality support for people living with dementia and unpaid carers in each Integration Joint Board area.



The Life Changes Trust has invested £15.7 million in dementia services and support over the past five years; it has also leveraged in an additional £4.4 million in match funding. Through this investment the Trust has reached directly around 16,000 individuals living with dementia and 9,500 unpaid carers in Scotland. Many more people have benefited indirectly from the Trust's investments, for example, carers who receive some respite when the person they care for is occupied in an activity, or professionals who put into practice what they have learned from the evaluation of work funded by the Trust.

There are other organisations, not funded by the Life Changes Trust, providing similar support for people with dementia and unpaid carers across Scotland. None of this, however, is currently recorded locally as post-diagnostic support or recognised as part of the bigger story about dementia in Scotland. It is time it was. Community-led support provides effective, long-term, relatively low-cost options that continue far beyond the first year. They often provide easier pathways to support because that support is accessed through a familiar interest, a trusted organisation or a known community venue.

Over the next two years, the Life Changes Trust will host a number of events, roundtables and webinars that explore more deeply what a community-led, integrated approach to dementia and post-diagnostic support can look like in localities. To be kept up to date about these, sign up for our ebulletin at [www.lifechangestrust.org.uk](http://www.lifechangestrust.org.uk).

# Dementia Friendly Communities Toolkit

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# How to make any community dementia friendly

Over the past four years, the Life Changes Trust has funded a large number of dementia friendly communities across Scotland. We have learned a lot from these communities and have used the learning to date to design this toolkit.

## Community

By 'community' we mean:

- ▶ a geographical place, e.g. Kirriemuir or Prestwick, or
- ▶ a community of interest, e.g. a theatre-going community or sports community.

The aim of a dementia friendly community should not be to separate people with dementia or unpaid carers from others, but to include them to the fullest extent possible.

## Principles

From our learning to date, there are nine key principles that should be common to every dementia friendly community, but how these are expressed will vary because each community is unique. The principles are shown below.

To illustrate these principles in practice, we have produced a 35-minute film. You can view the film on our Life Changes Trust YouTube channel: <https://bit.ly/3bLZNJz>.



# Principles emerging from DFCs

## Dementia Friendly Communities work best when:



They adopt a social model of disability, rather than a medical model

They take an assets-based approach that identifies and mobilises individual and community 'assets', rather than focusing only on problems and needs



People with dementia and carers have a significant say, that places them at the heart of the community so they can shape it



They are multi-generational



They enable people with dementia and carers to do what really matters to them



They provide appropriate training to staff and volunteers that goes beyond awareness raising



They meet with other communities so they can learn from each other

They collaborate with others and work in partnership to maximise use of resources and skills



They mentor new communities, who mentor new communities



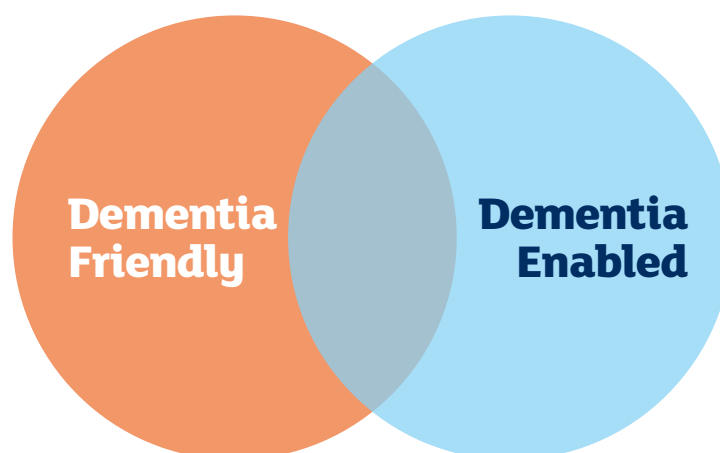
## **‘Dementia friendly’ and ‘dementia enabled’**

Some people talk about ‘dementia friendly’, others talk about ‘dementia enabled’. We talk about both.

For us, ‘dementia enabled’ is a physical environment that is adjusted to make life easier, and places more accessible, for people living with dementia.

People with dementia have said that adjusting the environment is helpful, but relationships and inclusion are what define ‘dementia friendly’.

Therefore, we believe that we need both and that they overlap.



## **From the grassroots**

We fund community-led grassroots communities, that start small, and are the most sustainable. Top-down approaches can tend to lack long-term buy-in and can be costly relative to benefits for people with dementia and unpaid carers.

We have funded small local projects and large national projects that work at a grassroots level. They are equally successful when they take a community-led, assets-based approach and when the national projects support work at a local level. For example, Paths for All’s national Dementia Friendly Walking project supports local walking groups to become dementia friendly.



# How to get started

## 1. Identify and define your community

What is your community? A club, a street, a town? How big is your community? Remember, start small and build from there.

**“We are a community of people with an interest in our local forest. We spend time walking there and taking part in many activities, including cooking and eating together.**

**“We meet together at least once a week and keep in touch in between times. Some of us have dementia and some of us don’t, but the purpose of our community is to make sure that people with dementia are not left behind and can keep doing the things they enjoy.”**

**“Our town has a population of just over 7,500 people. Around 150 people in our community are living with dementia. We want them to continue living life to the fullest extent possible and we want to work with individuals, organisations and our local council to make our town dementia enabled and dementia friendly.”**



**“We know that a significant number of people who were members of this golf club now have dementia and are not supported to play anymore. One gentleman was banned from the golf club for ‘cheating’ on his scorecard, but the reality was that he had forgotten how to fill it in. He and his wife were mortified.**

**“We are working to make this golf club, and others like it, inclusive of people with dementia who still have the capability to play golf but face many barriers to doing so. We want to put support in place and train staff to understand what can be done to keep members active when they have dementia.”**





## 2. Identify people with dementia and unpaid carers or family members that are part of your community

Ask them what would make a difference and enable them to do the things that matter to them. Start with some key questions, but ensure the conversation is free-flowing so that ideas and comments are not overly restricted.

Questions might include:

- ▶ What prevents people with dementia and/or unpaid carers being part of this community?
- ▶ What might help people remain involved?
- ▶ What might help people join the community for the first time?
- ▶ If we could do one thing straight away, what would it be?
- ▶ What do you most value about this particular community?

Tell people in advance what it is you want to discuss and use normal, everyday language in all your communications (no jargon).

At meetings, make sure there is a good selection of refreshments available. Meetings should probably last no longer than an hour to an hour and a half, and make sure to schedule breaks.

Ensure there are suitable toilet facilities and the venue can be easily accessed by public transport and by car.

Many people will be unable to attend a meeting so think about how you will engage them in discussion. Give them a named contact with whom they could have a phone call or to whom they could send an email or letter.





One of the principles of a dementia friendly community is that there is ongoing contribution from people with dementia and unpaid carers. This is not just about consultation but is about enabling people with dementia and unpaid carers to shape the community from its earliest stages.

People with dementia and unpaid carers are an asset to any dementia friendly community. Early on in the development of the community, help each person identify what they can contribute (however small) and make use of that ability. For many people, involvement in a dementia friendly community provides value, meaning and purpose.

**“Every week, without fail, Margaret brings dropped scones to our group. Donald plays the piano, he used to be a music teacher and can play anything. This is an assets-based approach in action.”**





### 3. Identify other interested individuals and organisations

Strong partnership working is one key to the success of a dementia friendly community. If you are a lone ranger on a mission, think twice about starting a dementia friendly community and start seeking out people who will work with you. If a community is built on the efforts of one person, it will likely collapse if that one person is no longer around, or you may burn out.

Some partners will already have an interest in dementia, while others may know very little but nevertheless bring important skills and expertise to the mix. They can learn about dementia through talking with people with dementia and unpaid carers, watching videos, attending events and receiving training.

Think beyond roles and consider what each person can bring. No one person can bring all the ingredients needed to make a dementia friendly community. Early on, identify who brings what, and if any particular ability is missing, ask others who in the community might have that ability.

As your community develops, talk about how each person/organisation contributes to the whole and record it in a way that shows how your particular community partnership will work together. Clarity is key so make sure everyone knows what they are doing and why. Meet regularly to review this, with all partners present.

The most important aspect of this group is the relationships that are built, so make sure your group is not just about business but that there is room for chat and getting to know each other.

Age Scotland's 'Dementia Aware' training has been highly rated by a number of organisations and individuals across Scotland.

See <https://bit.ly/2zb1y5K> or call 0333 32 32 400.



## 4. Advisory group

It can be useful to have an advisory group that thinks through ideas and advises on decisions. If you are setting up an advisory group, make sure it has a membership that includes people with dementia, unpaid carers and others. Meetings need to be at a time that suits everyone.

It can be good to keep a record of decisions and actions, and reasons for those decisions and actions.

## 5. The nine dementia friendly community principles

Discuss the nine principles and think about how these might apply to your community. Watch the 35-minute film together and talk about how the principles are shown in practical ways.

These principles have been drawn from the practical experience and evaluation evidence of a number of dementia friendly communities across Scotland.

Be brave enough to identify where you think your strengths and weaknesses lie, then decide how you will maximise your strengths and improve on your weaknesses.





## 6. Visit other dementia friendly communities

Arrange to visit or have an online video call with other dementia friendly communities that are doing something similar to what you are aiming to do. There are a number of dementia friendly communities listed on the Life Changes Trust website but you may be aware of others.

See [www.lifechangestrust.org.uk/people-affected-dementia](http://www.lifechangestrust.org.uk/people-affected-dementia).

A lot of valuable learning can take place over a coffee or on a walk around the community.

## 7. Decide when your dementia friendly community will launch

A formal start to the dementia friendly aspect of the community can help provide a focus for everyone involved. It makes sense to plan this well in advance so that everyone is clear about what the first steps will be, who is doing what and what can be said about the work.

At this stage, you may wish to describe your community as ‘working towards becoming dementia friendly’. The Life Changes Trust believes that a community is only dementia friendly when people with dementia say it is – this can take some time to achieve.





## 8. Establish regular communication about your activities and achievements

**“The two words ‘information’ and ‘communication’ are often used interchangeably, but they signify quite different things. Information is giving out, communication is getting through.”**

**“Communication leads to community, that is, to understanding, intimacy and mutual valuing.”**

Have a long discussion about how people in your community best receive and digest information. Sending out an email once a month may be the least effective form of communication. Publishing an article in the local newspaper may create interest but it also needs to help people understand how they can be part of the community.

Often word of mouth and personal invitations are the means by which people become involved in a dementia friendly community.

Ask people with dementia, their families and carers how they heard about the dementia friendly community. Also ask them how **they** would describe it because the language we use can be important to attracting others who may benefit from being a part of the community.

The DEEP network ([www.dementivoices.org.uk](http://www.dementivoices.org.uk)) has produced a helpful guide on language and dementia: <https://bit.ly/1Ne5kuC>.

They also have other guides on matters such as creating a website, collecting the views of people with dementia, and writing dementia friendly information. See <https://bit.ly/2KjqmeE>.



## 9. Evaluation and reflection

Evaluation of the work of your dementia friendly community is very important to give you findings to reflect on. When working with people with dementia, feedback often needs to be captured in the moment. This does not need to be overly formal, but could involve taking photos or recording what someone has said.

Where someone has quite advanced dementia, a relative or friend may be the person who notes the difference the community has made to them.

There are many useful tools for evaluation on Evaluation Support Scotland's website: <https://bit.ly/2iCpHnv>. You will also want to develop your own and may find that someone in your community is particularly good at this. The key is to keep it simple and open (no leading questions).

Keep a file with all your feedback and evidence, such as photos, videos, or audio recordings, but don't share these publicly unless you have consent to do so.

## 10. Learn and grow

The purpose of evaluation is not just to tell people how well your community is doing. It provides an opportunity for the community to reflect, learn and grow. Therefore, negative or critical feedback can also be valuable.

You should reflect on feedback with an open mind. Even feedback provided in an unhelpful manner can have a nugget of learning in it.



Share feedback, particularly positive feedback, with the community so they can be encouraged by it and can build on it. This is an important part of retaining volunteers in the longer term. Don't assume that everyone knows how much they are appreciated.

As your community grows, you may need some basic policies and procedures. Only introduce rules where rules are actually needed so they do not stifle growth and ingenuity. Where there is a legal requirement for a particular policy, make sure you have it.

It is useful to keep a pictorial, or similar, timeline of the development of your dementia friendly community so that people can see at a glance. Paint a realistic picture of where you have come from and a vision of where you want to be in, say, two years' time.

Celebrate important occasions and significant milestones. Say 'thank you' swiftly and regularly to everyone who contributes something to the community, no matter how small the contribution. Sometimes the seemingly smaller gifts have involved more sacrifice.





## Evaluation of Life Changes Trust funded projects

Self-evaluation has proved to be very helpful to dementia friendly communities in Scotland, especially in their early days. Many communities have commissioned independent evaluation of their work which has helped them identify what is successful and areas for improvement.

In 2019, the Life Changes Trust commissioned HammondCare to carry out an overarching evaluation of all the dementia friendly communities the Trust funds. The findings were published in an Evaluation Report, Evaluation Stories Report and Evaluation Social Return On Investment Report. The reports were launched at an online learning event in October 2021. The event recording and reports can be viewed here: <https://www.lifechangestrust.org.uk/dementia-friendly-communities-evidence-and-learning-0>.

## Funding

### Local funding

Shape the funding around the work, don't try to fit the work around the funding. The majority of dementia friendly communities funded by the Life Changes Trust needed less money than they thought at first.

Make the community itself the first port of call. Identify someone who has an aptitude for 'asking and getting' and keep them closely involved with all your planning. There are many things that can be obtained for no charge or at a discount.

Also identify someone who really knows which local groups or individuals like to fundraise for local causes. This person may also have a good understanding of funds available from local government. You can phone your local council and ask for details about grants and funding. Some councils have a newsletter you can sign up to for alerts and other information.





## National funding

There is a wide range of funders across the UK, all of which have different criteria for applying for funding. A useful website is [www.fundingscotland.com](http://www.fundingscotland.com). Many funders hold drop-in events or funding workshops for people who are interested in applying for grants.

Some key points to remember when making funding applications:

- ▶ Have a grasp of the extent of the need for what you propose. Explain why there is a need for the dementia friendly community.
- ▶ Be clear about **WHY** you want to do what you propose.
- ▶ Be very clear about **WHAT** you want to achieve and **HOW** you will achieve it.
- ▶ Explain what the expected benefit will be to people with dementia and unpaid carers.
- ▶ Involve people with dementia and unpaid carers when you are thinking about what should go in the application. Let their voice be heard.
- ▶ Have an easily understood project plan that outlines key stages and milestones.
- ▶ Include a well-thought-out and realistic budget. Funders will look closely at this.
- ▶ Describe how you expect to make the work sustainable in the longer term.
- ▶ Make sure you enclose all necessary documentation that has been requested.

Funders will ask you to report back to them about how you have used the money and what you have achieved.

Many funders will only give money to a legally constituted organisation. For more information about becoming a formal charity in Scotland or a Scottish Charitable Incorporated Organisation (SCIO) see the website of the Scottish Charity Regulator, OSCR: <https://bit.ly/2KbDQba>.



## Useful resources

- ▶ Age and Dementia Aware Communities (Age Scotland)  
[www.lifechangestrust.org.uk/sites/default/files/publication/files/Is%20your%20community%20age%20and%20dementia%20aware.pdf](http://www.lifechangestrust.org.uk/sites/default/files/publication/files/Is%20your%20community%20age%20and%20dementia%20aware.pdf)
- ▶ Age Scotland dementia guides  
[www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/dementia/](http://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/dementia/)
- ▶ Dementia and sensory challenges  
[www.lifechangestrust.org.uk/sites/default/files/publication/files/Leaflet\\_0\\_0.pdf](http://www.lifechangestrust.org.uk/sites/default/files/publication/files/Leaflet_0_0.pdf)
- ▶ DEEP guides for organisations and communities  
[www.dementivoices.org.uk/deep-guides/for-organisations-and-communities/](http://www.dementivoices.org.uk/deep-guides/for-organisations-and-communities/)
- ▶ DEEP guides for people who have dementia (includes dementia inclusive spaces checklists)  
[www.dementivoices.org.uk/deep-guides/for-people-who-have-dementia/](http://www.dementivoices.org.uk/deep-guides/for-people-who-have-dementia/)
- ▶ Dementia Friendly Church Resource Guide  
[www.dementiafriendlychurch.org.uk/resource-pack](http://www.dementiafriendlychurch.org.uk/resource-pack)
- ▶ Dementia Friendly Communities in Scotland Report 3 (Life Changes Trust)  
[www.lifechangestrust.org.uk/sites/default/files/publication/files/Dementia%20Friendly%20Communities%20Third%20Report.pdf](http://www.lifechangestrust.org.uk/sites/default/files/publication/files/Dementia%20Friendly%20Communities%20Third%20Report.pdf)
- ▶ Life Changes Trust funded projects  
[www.lifechangestrust.org.uk/our-dementia-programme](http://www.lifechangestrust.org.uk/our-dementia-programme)



# Life Changes Trust funded Dementia Friendly Communities in Scotland





# Aberdeen FC Community Trust: Dementia Friendly Wellbeing



## *Community of interest – sport*

In March 2014, Aberdeen FC Community Trust (AFCCT) was established as the official partner charity of Aberdeen Football Club, 'To provide **support** and **opportunity** to change lives for the better'.

Community initiatives are developed in conjunction with relevant stakeholders, with every effort being made to align relevant strategies and resources. AFCCT creates a demand-led range of community initiatives in a spirit of equal partnership, with all activities being as inclusive as possible.

Aberdeen FC Community Trust works hard to harness the existing support and goodwill felt towards Aberdeen Football Club, and to utilise that positivity to empower communities and individuals locally, nationally and potentially internationally.



## What we do

AFCCT's Dementia Friendly Wellbeing programme takes a person-centred approach in delivering a dementia inclusive programme. By upskilling staff members and programme participants, we have created a dementia friendly atmosphere which is inclusive to all, not just specific to those living with dementia.

Through partnership working, we have created a city-wide timetable of activities that run weekly which are classified as dementia friendly sessions. These sessions are inclusive, provide a safe environment and are based on the needs of individuals living with dementia and unpaid carers.

The sessions held weekly are:

- ▶ walking football – same rules as football except no running
- ▶ health walks – a social walk followed by a cuppa
- ▶ football memories – a reminiscence session around football
- ▶ technogym – a hydraulic resistance machine circuit class
- ▶ active reminiscence – various seated activities including boccia and quizzes
- ▶ Boogie at the Bar – a relaxed afternoon disco held in local pubs
- ▶ sheltered housing sessions – sessions run in sheltered housing complexes specific to their needs

The main objective of all classes at AFCCT is to have fun and reduce social isolation. This is why we ensure there is time set aside in each session for tea/coffee and a chat.



## The benefits for people living with dementia and for unpaid carers

- ▶ people with dementia and unpaid carers have a significant say in how their dementia friendly community is run
- ▶ people with dementia and unpaid carers know they have a community of support around them
- ▶ people with dementia and unpaid carers are included
- ▶ people with dementia and unpaid carers feel safe, listened to, valued and respected
- ▶ people with dementia and unpaid carers are empowered to do things that matter to them

### **If you want to know more, please contact:**

AFC Community Trust  
Pittodrie Stadium  
Pittodrie Street  
Aberdeen, AB24 5QH

**Tel:** 01224 650400

**Email:** [info@afccommunitytrust.org](mailto:info@afccommunitytrust.org)

**Website:** [www.afccommunitytrust.org](http://www.afccommunitytrust.org)

**Facebook:** [www.facebook.com/AberdeenFCCommunityTrust](http://www.facebook.com/AberdeenFCCommunityTrust)

**Twitter:** @AFCCT

# Age Scotland Orkney: Dementia Orkney



## *Geographical community*

Age Scotland Orkney has been working with and for older people for over 25 years.

Previously Age Concern Orkney, we now work with our sister charity Age Scotland to ensure that everyone can love later life.

The aims of the charity are to:

- ▶ help and support older people who live in their own homes, to retain dignity, choice and independence and to enjoy a good quality of life
- ▶ work with other groups, both statutory and voluntary, national and local, on issues which will have an impact, in the longer term, on the lives of all older people





## What we do

### We provide:

- ▶ a 'one stop shop' for dementia information, support, signposting and help to access other services from our dementia 'Hub'
- ▶ weekly drop-ins which provide different games and activities, based on suggestions from attendees. These are very informal, social and fun sessions which are dementia friendly but open to all older people in the community
- ▶ dementia awareness training for local businesses, schools/college
- ▶ experiential learning sessions using the GERT age simulation suit (see <https://bit.ly/2lWsTSF>)
- ▶ stress and distress training for carers (in partnership with Allied Health Professionals)

## The benefits for people living with dementia and for unpaid carers

### People with dementia:

- ▶ have a significant say in how their dementia friendly community is run
- ▶ are included, feel safe, valued, listened to and respected
- ▶ are supported to do the things that matter to them
- ▶ are enabled to live as independently as possible

### Unpaid carers

- ▶ have access to relevant information, resources, training and other services in line with identified needs
- ▶ have the support to help them maintain their own health and wellbeing
- ▶ are included, feel safe, valued, listened to and respected



**If you want to know more, please contact:**

Stephanie Stanger  
Dementia Co-Ordinator  
Age Scotland Orkney  
46 Victoria Street  
Kirkwall, KW15 1DN

**Tel:** 01856 872438

**Email:** [stephanie.stanger@agescotlandorkney.org.uk](mailto:stephanie.stanger@agescotlandorkney.org.uk)

**Website:** [www.ageuk.org.uk/scotland/orkney/our-services/dementia-orkney/](http://www.ageuk.org.uk/scotland/orkney/our-services/dementia-orkney/)

**Facebook:** [www.facebook.com/AgeScotlandOrkney](https://www.facebook.com/AgeScotlandOrkney)





# Alzheimer Scotland: West Dunbartonshire Allotment Project



## *Community of interest – gardening*

Alzheimer Scotland is the leading dementia organisation in Scotland. We campaign for the rights of people with dementia and their families, and provide an extensive range of innovative and personalised support services.



## What we do

The West Dunbartonshire Allotment Project is a community project led by people with dementia, unpaid carers and volunteers. The initial aim of the project was to transform a traditional allotment space into a garden area where all members of the community including people with dementia and their families could feel safe, included and connected to the outdoors.

We hold weekly groups in the allotment (weather permitting) and when the weather makes this impossible we try to meet for a coffee. This is important as it helps to continue the momentum of the group – even if we are not physically doing something we are at least talking about doing something!

The critical success factor of this project was participation and the involvement of people with dementia and unpaid carers in decision making. The idea of a community choir emerged from group discussions and to see the choir take shape and become so successful has given everyone involved a sense of pride.

In terms of being unique, we would consider that whilst it may not be entirely unique, the community support our project has received, both practical and financial, has helped to ensure that the groups which have emerged can be sustained.

The entire community has supported our choir and the allotment but we as a group have also supported other community projects. For example the excess produce from our allotment is donated to local foodbanks and our Dementia Advisor has provided support, information and advice to many other community groups in the area. This has really helped people maintain a purpose in life, feeling that they are contributing to the community.



## The benefits for people living with dementia and for unpaid carers

- ▶ people with dementia and unpaid carers involved in our groups feel empowered and in control of their lives
- ▶ being part of the group activities gives people with dementia and unpaid carers a continued sense of purpose in their lives
- ▶ people with dementia and unpaid carers feel part of something, especially when they come to the choir

There have also been many friendships formed within our groups and we are aware that these social connections have been a crucial element of the peer support. As professionals, we can only facilitate and encourage but we feel that through this process we have provided people with opportunities to create their own sustainable peer networks and for us this is one of the most important outcomes we can strive for.

### **If you want to know more, please contact:**

Deborah Edgar, Dementia Advisor

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

**Tel:** 0141 410 5303

**Mobile:** 07787 445163

**Email:** [dedgar@alzscot.org](mailto:dedgar@alzscot.org)

**Website:** [www.alzscot.org](http://www.alzscot.org)

## An Talla Solais: Dolphin Arts Project, Ullapool



### *Community of interest – arts and geographical community*

An Talla Solais is Ullapool's visual arts centre and we have two galleries that host a range of contemporary artwork throughout the year.

Our main gallery is home to an annual programme of exhibitions featuring a wide variety of exciting and thought-provoking contemporary artworks, including painting, sculpture, ceramics, installation, drawing and performance.

Our smaller gallery, The Room, shows a selection of paintings and sculpture that is changed on a regular basis to complement our main exhibition programme and to offer our visitors the opportunity to view and purchase work from some of Scotland's leading contemporary artists.

We also run events and activities linked to our exhibition programme and the studios on our Market Street site offer workshop spaces and a ceramics facility to artists and groups.

## What we do

The Dolphin Arts Project offers regular creative activities to people living with dementia and unpaid carers. At its heart is a weekly art session which uses a rich combination of activities to explore a series of themes which unfold from month to month.

Poetry and, increasingly, song are an integral part of these sessions, with words being celebrated and enjoyed alongside the process of making art. Our process of 'word gathering' is also an important element of the activities, with individuals' comments and conversation being recorded in snippets and read back periodically to the group, almost as its own poetry, giving a sense that people's words are listened to and savoured.



An important element of these activities is that they involve a handful of volunteers who work alongside the group, creating a sense of equality and community rather than ‘participants’ versus ‘helpers’.

Increasingly we understand that the value of these sessions lies in the richness of creative stimulation, whether or not participants felt at the start that art is ‘their thing’. The social stimulation and pleasure of shared activity, focus, humour and emotion is also a substantial benefit for those involved.

We also work regularly in local care homes to ensure that residents who can’t get to the group sessions aren’t excluded, and we run a monthly art conversation, usually in Ullapool’s gallery.

The Dolphin Arts Project is leading Ullapool’s momentum to become a Dementia Friendly Community. This side of our work involves liaising with other creative organisations, businesses and local networks to ensure that access to Dementia Friends sessions and dementia awareness sessions are readily available across the village.



## The benefits for people living with dementia and for unpaid carers

- ▶ for those living with dementia: access to a reliable creative form of support that stimulates them, is pleasurable, mindful and involves building the social connections that resist isolation
- ▶ for unpaid carers: a combination of ‘respite without separation’, the reassurance of knowing their companion is benefiting from an activity, but also one which they can also enjoy themselves
- ▶ for those living with dementia: be ensured dignity, choice and a chance to be heard, as well as an opportunity to explore and unearth creative pleasure
- ▶ the wider community is increasingly aware of how to support those living with dementia, and puts this into practice in such a way as those living with dementia feel valued in their daily lives





**If you want to know more, please contact:**

Anne-Marie Quinn,  
Dolphin Arts Coordinator  
Market Street  
Ullapool  
IV26 2TD

**Tel:** 01854612310

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**Website:** [www.antallasolais.org](http://www.antallasolais.org)

**Facebook:** [facebook.com/antallasolaisullapool/](https://facebook.com/antallasolaisullapool/)  
[facebook.com/dolphinartsprojectullapool/](https://facebook.com/dolphinartsprojectullapool/)

**Twitter:** @AnTallaSolais

**Instagram:** @antallasolais

Also...

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An Talla Solais Associate Director

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Geraldine Murray,  
An Talla Solais Communications Manager

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# British Deaf Association: Transforming the Deaf Dementia Experience



*National project – Deaf community*

The British Deaf Association (BDA) is the UK's leading membership organisation and registered charity run by Deaf people for Deaf people. The BDA delivers a range of services to achieve its aims of empowering Deaf people to overcome difficulties that they face on a daily basis.

## BSL Dementia Training **FREE**

- Do you have BSL users with dementia access your services?
- Would you like to have a better understanding of the experiences of Deaf people living with dementia, and their carers?
- Do you want to know more about resources suitable for Deaf people?
- Would you like your organisation to be BSL and dementia friendly?

If so, we can provide you and your team with a maximum of half a day training. Get in touch with us to discuss your requirements.

For more information and to book training, please contact Lucy Clark:  
Email: [dementia.scot@bda.org.uk](mailto:dementia.scot@bda.org.uk)  
SMS: 07548 217781

The BDA stands for Deaf Equality, Access and Freedom of Choice  
Company Ltd by guarantee number 2881497. Registered charity numbers 1031487 (England & Wales) and SC042409 (Scotland)



## What we do

The 'Transforming the Deaf Dementia Experience' project is a community interest initiative that supports Deaf people living with dementia and unpaid carers. The project aims to promote a better understanding of dementia by developing accessible resources, sharing information, and creating toolkits in British Sign Language (BSL).

The project also provides BSL dementia training for healthcare professionals, charities, organisations and dementia friendly communities, and conducts research to determine current diagnosis experiences and assess the provision of dementia support for Deaf people.

### We have:

- ▶ created surveys and interviewed people
- ▶ produced factsheets and information about dementia in BSL and shared these on social media
- ▶ gathered archival/reminiscence materials and uploaded them to SHARE, so Deaf people living with dementia and unpaid carers can access these photos and videos
- ▶ visited Deaf clubs/centres to give presentations about the project to groups of Deaf people
- ▶ organised BSL tours to the University of Stirling Dementia Services Development Centre (DSDC)
- ▶ provided free BSL dementia training for care home staff and other professionals

We recently launched 'Remember...The Deaf Dementia Experience in Scotland...A Toolkit for All'. We believe this is the first toolkit of its kind in the world. Please see page 15 in the Information, Awareness and Training Book for more information. See also [www.lifechangestrust.org.uk/project/british-deaf-association-bda-scotland](http://www.lifechangestrust.org.uk/project/british-deaf-association-bda-scotland).

## The benefits for people living with dementia and for unpaid carers

- ▶ beneficiaries are empowered and central to the development of all our BSL resources
- ▶ improved quality of life for Deaf people with dementia and unpaid carers through our toolkit for unpaid carers and families, which contains tools and tips on coping strategies, communication strategies, early intervention and prevention
- ▶ reduced stigma and prejudice towards people with dementia within the Deaf community through our BSL dementia training
- ▶ strengthened personal resources of Deaf people with dementia and unpaid carers through the creation of a dedicated dementia webpage with BSL video resources that empower people to manage the condition with confidence
- ▶ raised awareness of the potential benefits of healthy life choices in reducing risk factors that can lead to dementia through sharing our online resources on prevention
- ▶ improved accessibility of dementia friendly communities to Deaf people with dementia and their carers through collaboration and BSL dementia training delivered to care homes, charities, organisations and dementia friendly communities
- ▶ organisations which support and assist beneficiaries are helped to better meet their needs in ways that are person-centred and timely
- ▶ increased efficiency of partnership agency resources through early signposting of beneficiaries to more appropriate or specialist services
- ▶ beneficiaries' independence and confidence is developed so they can make positive changes in their lives through a pilot befriending scheme



## Training

BDA Scotland provides free BSL dementia training for professionals. See <https://bit.ly/2mWphjF>

Please see page 15 in the Information, Awareness, Training and Education Book for more information. See also [www.lifechangestrust.org.uk/project/british-deaf-association-bda-scotland](http://www.lifechangestrust.org.uk/project/british-deaf-association-bda-scotland).

### **If you want to know more, please contact:**

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Manager, Scotland  
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93 Hope Street  
Glasgow, G2 6LD

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**Email:** [cado.sthscot@bda.org.uk](mailto:cado.sthscot@bda.org.uk)

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

**Facebook:** <https://www.facebook.com/BritishDeafAssociation/>

**Twitter:** @bda\_deaf

**LinkedIn:** [www.linkedin.com/company/british-deaf-association](http://www.linkedin.com/company/british-deaf-association)

# Capital Theatres: Dementia Friendly Community Edinburgh & the Lothians



## *Community of interest – the arts*

Capital Theatres is the largest independent theatre organisation in Scotland. We operate three busy theatre venues in Edinburgh: the Festival Theatre, the King's Theatre and The Studio. A registered Scottish charity, our vision is to inspire a life-long love of theatre, to increase and deepen cultural engagement.





## What we do

In 2015, we founded a Dementia Friendly Community, to enable people living with dementia, their friends and family to continue engaging with live performances. The Community has flourished and there are now four core strands to this work:

- ▶ programming: providing opportunities for people living with dementia, their friends and family to access live performances, both bespoke work and performances adapted to meet the needs of people living with dementia
- ▶ creative engagement: an ongoing programme of work that supports people living with dementia to be active as artists, collaborators, performers and participants in creative work
- ▶ our buildings: an ongoing programme of improvements to our buildings, to support people living with dementia to navigate the physical environment
- ▶ training: a training and development programme for staff and volunteers at Capital Theatres and indeed for colleagues in the wider creative and cultural sector

Underpinning our Dementia Friendly Community are: a focus group, putting people living with dementia at the heart of the community and its development, a volunteer programme, drawing on skills and experience within the wider community to support and develop our work, a newsletter for Edinburgh & the Lothians.

In our work from 2018-20, we are striving in particular to promote positive engagement in our activities among diverse groups of people, including people who may not have a track record of engaging with culture and/or may face additional barriers to engaging with culture.

## The benefits for people living with dementia and for unpaid carers

- ▶ opportunities to engage with the performing arts as audience members and active participants in creative work, as before or for the first time
- ▶ a positive experience of our organisation, in terms of our staff, volunteers and buildings
- ▶ positive developments in the broader creative and cultural sector through sharing our learning and supporting artists and other arts organisations to develop their own dementia friendly work

## Training

We deliver a training programme for artists and arts organisations. Other training and informal consultation may be available on request, please contact us! We are in the process of developing a dementia friendly toolkit for performing arts organisations and anticipate this being available online and as a hard copy in 2020.

Please see page 17 in the Information, Awareness, Training and Education Book for more information. See also: [www.lifechangestrust.org.uk/project/capital-theatres](http://www.lifechangestrust.org.uk/project/capital-theatres)

### If you want to know more, please contact:

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Edinburgh  
EH8 9FT

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**Email:** [dawn.irvine@capitaltheatres.com](mailto:dawn.irvine@capitaltheatres.com)

**Website:** [www.capitaltheatres.com](http://www.capitaltheatres.com)

**Facebook:** [www.facebook.com/captheatres](http://www.facebook.com/captheatres)

**Twitter:** @captheatres

**Instagram:** [www.instagram.com/captheatres](http://www.instagram.com/captheatres)



## Centrestage: Gie it Laldy! Ayrshire

Centrestage  
Fun, Food, Folk

### *Community of interest – musical theatre*

We are a registered Scottish charity that firmly believes in having fun by playing to our strengths. We all need some fun at times to escape the daily routines and challenges. From our Centrestage creative learning activities to our Centrestage productions, there is so much fun to be had across our projects. We now welcome over 2,500 participants across our projects and activities each week.

## What we do

At a Gie It Laldy session, music and conversation intertwine to provide the perfect formula to improve the health and wellbeing of our friends living with dementia and unpaid carers. The music not only rekindles



old memories but ensures new happy memories are made for our participants. Our sessions ensure new friendships blossom and a support network is created for both people living with dementia, unpaid carers and wider families. We currently have one core session at our premises and visit three care homes weekly.



Every week on a Tuesday we host our core session at Centrestage, where we welcome 50-60 participants. At these sessions we pay attention to the finer details which make our Gie it Laldy sessions unique and welcoming. Everything from the flowers on the tables, the colour of the tablecloths, the choice of sweets and cakes is given careful consideration.

The session welcomes our friends with a selection of refreshments. We then have several 15 minutes sets of song interspersed with conversation and, occasionally, games. Our sessions are quite often sensory and involve children and young people to add an intergenerational aspect to our project.

Our themed sessions are hugely popular with our participants and are often inspired by a conversation one of our leaders has had with a participant. By planning our sessions around our friends' interests and their life events, they are given a voice, a sense of value and purposeful role in the running of the project.

Every Tuesday there is a tangible excitement as friends enter the auditorium in anticipation of the theme for that week and the fun that awaits them. Our participants enjoy exploring the props on the table and examining any photos or pictures we have laid out. These serve as reminiscence tools as well as conversation starters.

One of the key strengths is the ability to provide participants with the opportunity to take the lead in the sessions.

Our sessions in the three care homes we visit weekly differ slightly, in that they are not themed. However we continue to listen to the interests and personal preferences of the residents and respond appropriately. Many of the residents in the care homes simply light up when they see us arriving. We know we are offering alternative approaches to practice in care homes by inspiring the staff there to use song and music as part of their routine.

Conversation is a key part of all our sessions. Our project will never simply be a sing song although music is at its heart. We take time to sit, hold hands and chat to our friends living with dementia and to unpaid carers. We get to know our participants well and become friends.



Our sessions are fluid and react to the mood and energy in the room. Our talented keyboard players are able to take requests and play them almost instantly. This ensures our sessions have a personal touch and are never forced upon our participants.

## The benefits for people living with dementia and for unpaid carers

- ▶ we have created a community of support for people living with dementia and for unpaid carers where they feel they belong
- ▶ we challenge the stigma and barriers surrounding dementia, tearing down preconceived perceptions
- ▶ our friends living with dementia have a voice in our project. We listen to them, respect them and allow them to do things that matter to them

### If you want to know more, please contact:

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Centrestage Communitas  
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# Cuimhne, Tagsa Uibhist: Dementia Friendly Project South Uist



## *Geographical community*

Tagsa Uibhist is a voluntary organisation based in Balivanich on the Isle of Benbecula, an island in the Southern Isles of the Outer Hebrides. Since being founded in December 1999, Tagsa Uibhist has provided support for unpaid carers, people living with dementia, and vulnerable people living in their own homes throughout Uist.





## What we do

As per the commitments of the third National Dementia Strategy for Scotland, it is a priority of the Cuimhne Project to enable and support those living with dementia, their partners, families and unpaid carers to be fully informed, and plan their own pathway, encouraging those living with dementia to maintain or regain community connections.

The opportunity to attend a variety of events facilitated for both those living with dementia and unpaid carers, along with the facilitation of short-term respite care, supports the person's wellbeing, irrespective of their diagnosis, age, socio-economic background and care setting.

We address the barriers that prevent people from socialising, interacting and engaging with community life at a local level, such as transport issues. In the past, attendance at community events would not be possible with transport costs often being stated as a major issue. This has been overcome by arranging the hire of Tagsa multi-purpose vehicles, collecting and dropping off several service users in one vehicle, thereby ensuring that travel costs are not prohibitive. The project staff communicate on-going events to service users and unpaid carers, facilitating transport to said events through volunteers, support staff and family members.

The project has the scope to work as a model for all island communities in the Hebrides. The Cuimhne Project strongly believes in the development of collaborative, relational decision making and planning, are what lie at the heart of flexible, person-centred care that takes account of individual needs and circumstances – and with this ethos in mind we work with various statutory and non-statutory organisations.

The Cuimhne project encourages input from family members and unpaid carers and it is an objective of the project that unpaid carers' own needs are recognised and addressed. This has led to family/unpaid carer events being facilitated to provide mutual support with short-term respite care facilitated to allow for families/unpaid carers to enjoy wider social activity within the community.

## The benefits for people living with dementia and for unpaid carers

- ▶ people with dementia can maintain their identity and be treated with dignity and respect
- ▶ people with dementia maintain their best level of physical, mental, social and emotional wellbeing
- ▶ the isolation felt by people living with dementia and their carers is reduced
- ▶ the stigma attached to a dementia diagnosis is dispelled allowing people to seek early diagnosis and help
- ▶ people are able to live well with dementia in the community, they feel empowered and enabled to exercise their right and choice, feel safe and secure, and are able to be as independent as possible

### If you want to know more, please contact:

The Cuimhne Project  
Tagsa Uibhist  
East Camp  
Benbecula  
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**Website:** [www.tagsauibhist.co.uk](http://www.tagsauibhist.co.uk)

**Facebook:** [www.facebook.com/tagsauibhistdementiafriendly](http://www.facebook.com/tagsauibhistdementiafriendly)



# Dementia Friendly Communities Helmsdale



## *Geographical community*

Dementia Friendly Communities (DFC), established as a Community Interest Company in 2012 until 2017 when we became a registered charity (OSCR SC047864), was the vehicle we used as a community to push upwards to ensure we met Scotland's Dementia Strategy coming down.

In 2015 our DFC was awarded funding to become financially self-sustaining while supporting people affected by dementia to live their lives to the full. This funding enabled us to continue and introduce a number of projects to fill the gaps in support available for local people with dementia and for unpaid carers. Our aim was to create a programme of socially inclusive activities that would help people affected by dementia to feel fully supported and able to remain in their homes for as long as possible.



## What we do

The work we do in Helmsdale and other villages within East Sutherland centres around our circle of support model. The model is made up of a series of socially inclusive projects that enable people with dementia and unpaid carers to feel supported, empowered, valued and respected in all areas of their life.

### **The circle of support model is made up of the following projects:**

**The Helmsdale Village Hub** stands at the heart of our work. It operates three days per week for those aged 55+ who could be frail, lonely or are experiencing mild cognitive impairment or perhaps simply want a blether. Activities are centred on creativity, get up and go, and cognitive work.

A second Hub was opened in Golspie in October 2019.

**Dinner to Your Door** is a modern meals on wheels, providing three-course freshly cooked nutritious hot meals to the homes of over 100 people every week. We have two chefs and our delivery driver is a support worker who offers a listening ear to those who have little social interaction.

**Grab 'n Go Bags** is a freshly made lunch or weekend snack bag delivered to people locally with the aim of tackling malnutrition in our older folk. The bags are available every Friday with over 70 bags being delivered to clients each week. This project is run as part of our 'Dinner to Your Door' service.

**Bridge over Troubled Waters** offers tailored short-term support to families at times of illness, injury, moving home or change in circumstance, by filling immediate gaps when statutory services are unavailable.



**Art n' Blether** targets unidentified unpaid carers, giving them not only a place to relax and learn a new skill, but also an opportunity to share issues with peers over a cuppa and home baking. We currently have classes running in both Helmsdale and Golspie.

**Rural interactive screens** began in 2013 in partnership with NHS Highland and allows older folk to get used to interactive work in a community setting. There are presently 10 linked screens across Highland used to share activities like live musical performances.

**Helmsdale Men's Shed** offers a facility for local men, in particular, to socialise away from the pub and use or share their skills alongside old and new companions. It is open every day and refurbishes furniture as well as producing a range of products for sale. A person with dementia is supported to be the project lead, not only giving him a sense of worth, but also providing respite for his wife/carer.

**Socially inclusive events** are a key aspect of our endeavor to bring community members of all backgrounds, ages, abilities together. Annual events include a Dog Show, Community Christmas Dinner and an Open Day.

**Highland Compassionate Communities** is addressing the need in other rural communities across the Highlands for a network of compassionate support. In partnership with NHS Highland Public Health, we are rolling out our circle of support model, working together with local groups to address their own individual community needs through the development of projects, mentoring and sharing of resources.



## The benefits for people living with dementia and for unpaid carers

Our overall aim is to improve the physical and mental wellbeing of people with dementia and unpaid carers to enable them to live as well as they can for as long as possible in their own homes and as part of their community. Well-being as a general term is made up of a number of factors and these include, in relation to our work:

- ▶ the development and maintenance of friendships
- ▶ social engagement
- ▶ emotional and practical support
- ▶ respite for carers
- ▶ inclusion in all areas of our work

### If you want to know more, please contact:

Dementia Friendly Communities Ltd  
Helmsdale Community Centre  
Dunrobin Street  
Helmsdale  
East Sutherland  
KW8 6JA

**Tel:** 01431 821655

**Email:** [hello@dementia-friendly.com](mailto:hello@dementia-friendly.com)

**Website:** [www.connectingcommunities.co.uk](http://www.connectingcommunities.co.uk)

**Facebook:** [facebook.com/ConnectingCommunitiesHelmsdale](https://facebook.com/ConnectingCommunitiesHelmsdale)

**Twitter:** @DFC\_rural



## Cianalas An Lanntair: Western Isles (Eilean Siar)



### *Community of interest – the arts*

An Lanntair is a hub for creativity and the arts in the Outer Hebrides. We are a multi arts venue – at one and the same time a contemporary art gallery, a theatre, a cinema, a dance studio, a concert hall, a platform for poetry and literature, a studio – every space stretched to showcase the arts in multiple forms. Our work stretches across a national and international platform, yet our distinctiveness lies in being ‘of the place’, rooted in who we are, and the creativity of Gaelic and the Outer Hebrides takes centre stage.

**Our mission is:**

**...to connect and inspire people in producing extraordinary, creative programmes, uniquely rooted in the place and reflecting the arts and ideas of our time.**



## What we do

Cianalas is a Gaelic word which does not have an exact translation into English but is related to belonging and, in particular, a warm feeling of home. It is a word that is rooted in the culture of the Outer Hebrides.

Cianalas is An Lanntair's dementia friendly community project, formerly Arora, funded from April 2018 to March 2020 by the Life Changes Trust and The National Lottery Community Fund.

As part of Cianalas we share the inspirational An Lanntair arts programme in the form of exhibitions, festivals, classes and talks and in particular we offer tailored new events and collaborations for people living with dementia and for unpaid carers.

We also strive to offer activity which maintains connections between people within their communities, providing access to arts, cultural or heritage events that are relevant to them. Our current themes explore the material culture of the place through film-making, dance, photography and sonic textiles and through Gaelic/English podcasts.

We create resources for the community to share, such as community artwork, podcasts, films, memory boxes and crafting kits. We offer a regular, seasonal newsletter online and in spoken word format. We have specialist freelance Creative Care Practitioners throughout the islands and Artists in various media with specific skills relating to our work.





Rooted in research, we aim to continue to collaborate with our academic, health, third sector and local authority partners to find ways to resolve issues raised by people living with dementia and by unpaid carers and to uphold their rights and ensure that their voices are heard as valuable contributors to the community.

The importance of remaining active and moving regularly is supported by our dance project. Our Woven Communities work with the University of St Andrews, demonstrated the immense value of cultural, lived experience. Our Sonic Textiles work with Lucy Robertson, PhD student at Duncan of Jordanstone, has been investigating how to strengthen communication between friends and for self-expression.

## **The benefits for people living with dementia and for unpaid carers**

- ▶ we uphold the right of people living with dementia and for unpaid carers to remain involved and connected to the community around them
- ▶ we demonstrate the valuable contributions people living with dementia and unpaid carers can make to local services, to tangible and intangible cultural and heritage collections and to the community
- ▶ we offer opportunities for people living with dementia and to unpaid carers to engage with arts, academic, cultural and heritage opportunities, in order to strengthen communication, self-expression, community cohesion and personhood
- ▶ we share and inform research
- ▶ we find creative ways around problems and issues raised by people living with dementia and unpaid carers so that they are leading the project work
- ▶ we offer lifelong learning opportunities through our community workshops with local and visiting artists

**If you want to know more, please contact:**

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**Website:** [www.lanntair.com/education/education-projects](http://www.lanntair.com/education/education-projects)

**Blog:** <http://cianalas.art>

**Facebook:** [facebook.com/cianalas](https://www.facebook.com/cianalas)

**Twitter:** [@dfclanntair](https://twitter.com/dfclanntair)

**Instagram:** [instagram.com/cianalas\\_an\\_lanntair](https://www.instagram.com/cianalas_an_lanntair)



# Dementia Friendly Dunblane



## *Geographical community*

The formal launch of Dementia Friendly Dunblane took place on 22<sup>nd</sup> September 2018 opened by a local unpaid carer. The Provost awarded certificates of commitment to several businesses/organisations and local volunteers including children. Planning was supported by a steering group and the pupils of Queen Victoria School, a local military residential school.

## What we do

We have 4 strands of work to support Dunblane to become a dementia friendly community.

### **Dementia Friendly Businesses**

On a regular basis we visit shops / businesses / schools and sport facilities with a local person living with dementia to engage with them on the value of becoming dementia friendly. We follow up the progress with mystery shopping supported by an unpaid carer.

### **Braeport Memory Cafe**

The cafe has been a work stream of Dunblane Development Trust since April 2018 with 18 volunteers supporting the weekly cafe. Local talent / artists, who come recommended by people living with dementia and unpaid carers, support the entertainment programme on a quarterly basis. This is free of charge to cafe users. The local care home is engaged and includes residents in all of our activities.

There are working group meetings for volunteers as well as training events to ensure they have the knowledge and skills to support those attending the cafe.

## Intergenerational work

The project is part of the Schools Community Learning Group which is represented by the head teachers of all 5 schools in Dunblane. Each school has committed to becoming dementia friendly.



The project has engaged with Queen Victoria School, a local residential school for children whose parents are in the armed forces. The seniors in the school are connected to the local Rotary Club (Inter-actors) and are available to assist with activities with older members of the community. They held a tea party recently in partnership with the local care home and Contact the Elderly, and provided entertainment with Scottish dancing and bagpipe playing.

Children attend the memory cafe on a weekly basis and bring much joy to attendees. They join in fitness activities and bake cakes for the cafe. Older High School pupils offer manicures and hand massages and help with digital technology. The project also engages with the Boys Brigade.

Playlist for Life training took place on 26<sup>th</sup> October 2018. The plan is that they will help clear iPods recently collected so that they can be recycled for use with attendees at the cafe.

## Networking and Partnership Working

The project lead for Dementia Friendly Dunblane chairs the steering group supported by the following partners:

- ▶ Alzheimer Scotland, Active Stirling, Community Council, Dunblane Council of Churches, Discover Dunblane (BID), Dunblane Development Trust, Presbytery of Stirling Church of Scotland, Stirling Council, Randolph Hill Nursing, Rotary Club, carer, person living with dementia



The project also networks with:

- ▶ Stirling University Our Connected Neighbourhoods project, Playlist for Life, Strathcarron Hospice, Compassionate Neighbours and Contact the Elderly

### **Support for new Buttercup Cafe in Bannockburn**

The project has supported individuals who have set up the Buttercup Cafe in Bannockburn. The project shared materials for setting up a memory cafe, provided training opportunities and have made themselves available to assist with any queries. The project is happy to share learning so others can benefit.

## **The benefits for people living with dementia and for unpaid carers**

- ▶ seeing the whole person and not just dementia
- ▶ a truly dementia friendly community where there is no stigma
- ▶ we enable people living with dementia that we engage with to live well and be active members of the community and to stay connected to the activities they are involved in
- ▶ we signpost people living with dementia, their families and unpaid carers to the right support services in order to prevent crisis occurring
- ▶ we provide a safe place at the Braeport Memory Cafe with a team of volunteers who treat everyone with dignity and respect

## **Training**

We offer dementia awareness training and interactive Playlist for Life training.



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# Dementia Friendly East Lothian



## *Geographical community*

Dementia Friendly East Lothian (DFEL) is inspired by the work of the Christie Commission: if people make things happen, what can we do in our communities?

Our aim is to transform quality of life for people with dementia, however advanced their dementia, and wherever they are living. It's a community-led initiative rooted in how communities include and support everyone. It is led by local community councils, churches, day centres, schools, libraries, care homes, youth organisations, making things happen. We are not a top down, big money initiative, we are grassroots and cheap!



## What we do

Dementia Friendly East Lothian CIC (DFEL) exists to transform the lives of people living with dementia, their families and friends, helping them stay connected and involved in daily life. We make dementia about everyone, every day. Our work is underpinned by lived experience of people with dementia and unpaid carers. We promote citizenship and human rights, challenge stigma and build relationships, creating dementia friendly communities and peer support.

**Living Not Existing** works directly with people with dementia and unpaid carers, helping them adapt to life with dementia, find mutual support and have greater control over the things that matter to them.

**Friendship Groups** run in 5 communities, supporting people with dementia and families to create, laugh, campaign and learn together. Core issues are tackling stigma, contributing to the local community, learning and fun.

We support **Memory Courses** run by Adult Mental Health to support people to adapt to dementia, support long term friendships and community connections.

Our **Gatherings** bring people together to share ideas, experiences and set priorities about what matters to us.

**Made Here by Us** builds dementia friendly communities providing:

- ▶ support to community bodies to provide activities and services that welcome people with dementia and unpaid carers
- ▶ access to training: e.g. Understanding Dementia, Carers, Intergenerational Working, Playlist for Life and Assets Based Community Development
- ▶ innovative projects e.g. Dunbar Fashion School, Our Community Kitchen and Yoga Moments



## The benefits for people living with dementia and for unpaid carers

- ▶ improved quality of life for people with dementia, their families and friends: they decide our outcomes
- ▶ people know they are valued, respected and are active citizens, living a meaningful life, with people to see, things to do and places to go
- ▶ opportunities for people to express their views and opinions and influence decisions that matter to them
- ▶ people know they are not alone, but part of a community of support and hope, finding friendship and support to live, not exist

We want to live in communities where dementia is understood and stigma is challenged.

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# Dementia Friendly Pentlands



## *Geographical community*

Dementia Friendly Pentlands is a volunteer organisation run across the communities of Juniper Green, Currie and Balerno. The idea was born out of a desire to give people living with dementia a stronger presence in local communities by building communities that are safe, supportive, strong and resilient enough to support people living with dementia and unpaid carers.

Creating a community where all are included, where all can experience a sense of belonging and where all can continue to express themselves is critical to Dementia Friendly Pentland's efforts.

## **What we do**

Our vision is that Dementia Friendly Pentlands will provide support to help people living with dementia sustain social contacts and activities that are important to them and provide a safe environment to process the changing emotions and circumstances that dementia brings. This is being achieved by providing a variety of social opportunities and activities for people living with dementia and ensuring that those around them – family, friends, the local community – have a clear understanding of the changing support needs of someone living with dementia and are equipped with the skills to maintain positive interactions with them.

Our work is embedded in the needs of people in our community. We use community consultations to establish local requirements for support and opportunities to develop the community to meet the needs of people living with dementia and those who care for them.



## **Dementia Friendly Pentlands activities:**

- ▶ the provision of a dementia information and support hub to provide information about dementia, connect people affected by dementia to local and city-wide services, and provide both practical and emotional support
- ▶ supporting community organisations to develop new and ongoing initiatives for people living with dementia, including dementia cafes, dementia friendly exercise classes, unpaid carers support and peer support groups
- ▶ raising community awareness of dementia and educating the community (including local businesses) so they can support people with dementia both practically and socially
- ▶ ensuring dementia friendly environments e.g. dementia friendly signage
- ▶ intergenerational work providing education to children in schools and local children's groups and supporting opportunities for young people to engage in activities such as attending local support groups or working together on different projects
- ▶ recruiting, training and supporting a volunteer group to support the activities of DFP

## **The benefits for people living with dementia and for unpaid carers**

- ▶ people living with dementia and their carers feel enabled to actively participate in their communities, contribute to how their communities are developed and carry out their everyday activities for as long as possible
- ▶ communities have access to information and education so they feel equipped to support people living with dementia and carers

- ▶ communities provide additional outlets of support and social outlets for people living with dementia
- ▶ volunteers are given the opportunity to contribute to their communities and develop their personal skills

## Training

We provide:

- ▶ **dementia audits:** personalised audits done collaboratively to build confidence and skills for specific people in specific settings
- ▶ **designs for life:** practical workshops on how to create supportive, positive environments
- ▶ **designs of life:** practical workshops to help people with dementia and families create and share life stories
- ▶ **understanding dementia:** basic training on dementia, the impact on people with dementia, families, friends and how to make a difference, tailored to specific needs and settings
- ▶ **developing friendly communities:** workshops and training on applying assets-based community development to develop dementia friendly, age friendly and carer friendly communities
- ▶ **yoga moments:** we are currently developing training so people with dementia, unpaid carers and activity and health professionals, can use yoga to support their own and others' health and wellbeing

Please see page 20 in the Information, Awareness and Training Book for more information. See also [www.lifechangestrust.org.uk/project/dementia-friendly-pentlands](http://www.lifechangestrust.org.uk/project/dementia-friendly-pentlands).



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# Edinburgh Leisure: Movement for Memories

The logo for Edinburgh Leisure, featuring the text "Edinburgh Leisure" in white on an orange rectangular background with a white swoosh above the text.

## *Community of interest – sport and leisure*

We're the biggest physical activity provider in Edinburgh. There's more to us than meets the eye with more than 30 first-class venues, 13 superb gyms, 9 exceptional swimming pools, over 700 fitness classes, all-weather sports facilities and Europe's largest indoor climbing arena.

With venues throughout the city, friendly experienced staff and value for money membership, we make it easier to enjoy a more active lifestyle and keep Edinburgh healthy.

## **What we do**

Edinburgh Leisure's Movement for Memories programme supports people with dementia to be active within Edinburgh Leisure venues and wider community settings. With a range of physical activity options to choose from, including swimming, the gym, golf, tennis and fitness classes, we believe there is something for everyone. Through Movement for Memories we offer both an individual referral programme and a community outreach programme.

The individual referral programme supports people referred either by a health professional, dementia Link Worker, and a member of their family, or via self-referral. Once referred to Movement for Memories, a member of our Active Communities team will meet with the participant to identify their interests, motivations and goals, alongside the level of support they need to be active. We also provide a Dementia Friendly Buddy Service, delivered by volunteers, supporting participants to access their chosen activity more confidently. For example, they might meet the participant at reception to show them where to go, they may support them to set up gym equipment or support them round the golf course.



Through our outreach service we provide free tailored physical activity sessions for community groups supporting people living with dementia across Edinburgh. These sessions take place in community venues and are based on the individual needs, interests and abilities of each group. Individuals from the group can then be referred for individual support to access activities in Edinburgh Leisure venues, as described above.

In addition to this we also support unpaid carers to be active, protecting their own health and wellbeing. Anyone caring for someone with dementia in an unpaid capacity can make a self-referral to Movement for Memories and they will receive an Edinburgh Leisure Get Active card, providing them with discounted access to Edinburgh Leisure activities.

**We evaluate the impact of Movement for Memories through a range of:**

- ▶ participant focus groups
- ▶ observations of participants
- ▶ informal conversations with participants
- ▶ pre and post fitness assessments
- ▶ participant questionnaires

**We work with Age Scotland to deliver dementia awareness training for all staff and volunteers:**

- ▶ all Edinburgh Leisure staff attend a 60-minute dementia awareness session
- ▶ staff directly involved in the delivery of Movement for Memories activities attend a 3-hour dementia awareness session

**Movement for Memories' volunteers attend two training sessions:**

- ▶ session one – core volunteer training, delivered to all Active Communities volunteers
- ▶ session two – Movement for Memories and Dementia Awareness training

## The benefits for people living with dementia and for unpaid carers

- ▶ people with dementia and unpaid carers become and remain physically active, doing activities that matter to them
- ▶ people with dementia and unpaid carers shape how Movement for Memories is delivered, ensuring they feel included, safe, listened to, valued and respected
- ▶ Edinburgh Leisure improves accessibility for people with dementia by providing more dementia friendly activities and spaces and by delivering dementia awareness training for all staff and volunteers

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**Twitter:** @Ed\_Leisure

**Facebook:** [www.facebook.com/EdinburghLeisure](http://www.facebook.com/EdinburghLeisure)

**Instagram:** [www.instagram.com/ed\\_leisure/](http://www.instagram.com/ed_leisure/)



# Dementia Friendly Banchory: Forget Me Not Club

**FORGET ME NOT CLUB**  
*Dementia Support.*

## *Geographical community*

Founded in 1999 the Forget-Me-Not Club provides invaluable support to those living with and caring for people with dementia. With a dedicated and highly qualified team of staff and volunteers, it runs a host of activities in Banchory and upper Deeside. Our aim is to make Banchory dementia friendly.

## **What we do**

With links to schools, universities and local businesses, we share knowledge and training to ensure Banchory is a truly Dementia Friendly place to be. Bennett House is the resource centre in Banchory from which we operate.

We provide a diverse programme of daily activities for people with dementia at Bennett House and also operate a branch of the charity named Active Forget-Me-Not. This gives many younger and physically fit people living with dementia an opportunity to continue taking part in sports and active pursuits that they love.

Forget-Me-Not advises and educates unpaid carers on the complexities of dementia, providing information and knowledge of things that can be done to help. We talk about coping strategies, how to manage finances and how to help people to stay in their own homes for longer.

The Forget-Me-Not Club currently provides over 600 hours of free care per week, charging nothing for its varied and extensive services. This provides a lifeline for families living with dementia.

At Active Forget-Me-Not, which was inspired by the great increase in our club of younger, fit and active people who have been diagnosed with dementia, we have cyclists, runners, squash players, golfers as well as someone who played football at a professional level.

We needed a programme that they could enjoy, and which would keep up their fitness whilst doing the things they loved, safely.

We have secured two days a week at Knockburn Sports Loch for running Active Forget-Me-Not. We transport people to this amazing indoor and outdoor facility where we can safely host a number of sports sessions. We also use the scout hall where the local football club assists us with walking football sessions. We believe that the holistic approach we take we is unique, combining so many therapies, activities and pursuits and bringing so many positive experiences together.

## The benefits for people living with dementia and for unpaid carers

- ▶ people living with dementia and unpaid carers have a better quality of life
- ▶ people with dementia are overcoming barriers and living their life in the way they would choose
- ▶ those living with dementia, their families and unpaid carers have their voice heard and are empowered to make choices that help them maintain independence and freedom of choice

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## Glasgow Film Theatre: Dementia Friendly Movie Memories

GLASGOW  
FILM



*Community of interest – cinema*

What began as a single screen cinema over 40 years ago has become Scotland's most diverse and best publicly attended independent cinema in the country, with Glasgow Film Festival one of the top three film festivals in the UK.

Glasgow Film Theatre is a national centre for film and moving image media where audiences and filmmakers experience and debate cultural practice and ideas through diverse, unique and quality programmes that transform the way people see the world, through film.



## What we do

In a time of social austerity, endeavoring to achieve our ‘cinema for all’ ethos has never been more crucial. Within the framework of Equalities, Diversity and Inclusion, we at Glasgow Film Theatre are acutely aware of our duty to provide and provoke connection, community and culture through engagement with film, for people of all ages.

Movie Memories is a monthly programme funded by the Life Changes Trust presenting film screenings alongside a programme of multi-arts entertainment in a dementia friendly environment. With dementia aware staff and a team of trained volunteers (Movie Memories Ambassadors) running the event, this programme is designed especially for people affected by dementia. This encompasses people living with dementia, unpaid carers, friends and family.

People living with dementia play a central role in the programme delivery – Agnes Houston MBE is our Movie Memories Coordinator. Movie Memories is developed and informed by a steering group which includes Deal with Dementia, GCVS Community Connectors, Dementia Carers Voices, Health and Social Care Alliance Scotland, DEEP, Glasgow’s Golden Generation, Alzheimer Scotland, North Dementia Forum and TIDE.

Running alongside the programme is a vital academic research programme led by Brian Smith, Glasgow Caledonian University.

### **What can I expect at a Movie Memories event?**

- ▶ a welcoming and safe environment
- ▶ a social space, where conversation is encouraged
- ▶ dementia aware staff and volunteers
- ▶ free refreshments and an interval
- ▶ all tickets are £3



### **Access Information:**

- ▶ all events will be seated
- ▶ the venue will have clear signage
- ▶ there is an accessible toilet
- ▶ the flooring in the cinema is short pile carpet
- ▶ the venue is well lit – the cinema stairs are lit at all times
- ▶ the venue is well ventilated

## **The benefits for people living with dementia and for unpaid carers**

- ▶ people with dementia and unpaid carers have a significant say in how their dementia friendly community is run
- ▶ people with dementia and unpaid carers know they have a community of support around them
- ▶ people with dementia and unpaid carers are included
- ▶ people with dementia and unpaid carers feel safe, listened to, valued and respected
- ▶ people with dementia and unpaid carers are empowered to do the things that matter to them

### **If you want to know more, please contact:**

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**Twitter:** [@glasgowfilm](https://twitter.com/glasgowfilm)



# Glasgow Life: North East Dementia Friendly Community



## *Geographical community*

Glasgow Life is a charitable organisation. Our mission is to inspire the city's citizens and visitors to lead richer and more active lives through culture, sport and learning.

## **What we do**

We run dementia friendly sessions as well as dementia friendly events and outreach support.

Activities include:

- ▶ developing new programmes
- ▶ recruiting volunteers for sessions and engaging staff within venues to assist
- ▶ finding material for activities
- ▶ researching material and dementia friendly experiences
- ▶ visiting Housing Associations and Churches to promote activities as well as consult with people living with dementia and unpaid carers for what they would like
- ▶ creating a box of materials (memory books, accompanying sounds and textures and sample activities) to have for outreach and events such as dementia friendly reminiscence activities
- ▶ arranging necessary training for staff and volunteers



## What we are achieving for people with dementia and unpaid carers

- ▶ people with dementia and unpaid carers experience increased support
- ▶ people with dementia and unpaid carers have a significant say in how Glasgow Life's DFC hubs develop
- ▶ Glasgow Life's DFC hubs enable people with dementia and unpaid carers to do things that matter to them
- ▶ people with dementia and unpaid carers feel less isolated and lonely
- ▶ developing a strong local partnership to meet the needs and aspirations of people living with dementia and unpaid carers
- ▶ strengthening volunteering capacity and how volunteers support people with dementia and unpaid carers

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# Golf in Society: Dementia Friendly Golf Communities East Renfrewshire



## *Community of interest – golf*

Golf in Society is a social enterprise with a vision to improve the lives of our ageing population by introducing them to the health and wellbeing benefits of golf. Our mission is to put golf clubs at the heart of local communities where people can come together to enjoy a full and active life.





## What we do

We improve people's physical, mental and social wellbeing by introducing them to their local golf club. We also provide unpaid carers with much needed respite.

Every week we run a three-hour golf and social session at Mearns Castle Golf Academy. These sessions include two hours of golfing activities and one hour of socialising. This regular support is proving invaluable to people living with dementia and unpaid carers.

The way we combine physical exercise with cognitive stimulation and social interaction using a person-centred approach is why our sessions are proving popular.

**In a single intervention we address four major challenges facing our ageing population, in particular those living with dementia:**

- ▶ improved physical health (balance/co-ordination/dexterity/muscle strength)
- ▶ improved mental health (self-esteem/purpose/achievement)
- ▶ social interaction (reduction in loneliness/new friends)
- ▶ respite care for families/primary carers

We're also proving how golf clubs can become an integral part of dementia friendly communities.

## The benefits for people living with dementia and for unpaid carers

- ▶ people living with dementia enjoy a fun and rewarding day out with other people who enjoy golf and socialising
- ▶ people living with dementia are able to use again the skills they had or learn new skills
- ▶ people living with dementia feel valued and develop new friendships

- ▶ people living with dementia secure their human right to enjoy sport rather than have it removed from their life
- ▶ unpaid carers have time to do the things that they enjoy in life or catch up with tasks they cannot do when caring

## Training

We provide dementia awareness training to local businesses, community members and deliver workshops at local schools.

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# Kinections East Ayrshire: Strengthening Community in Care Homes



*Community of interest – care homes and geographical community*

Our aim is to develop and grow sustainable dementia friendly communities in East Ayrshire with and for older people with dementia living in care homes and those who support them, enabling them to enjoy the best possible quality of life.

## What we do

Kinections is a collaborative initiative, which is working with people who live, visit and work in care homes across East Ayrshire with the purpose of exploring and enhancing community, and particularly dementia friendly communities, in care homes.

How we do this is by:

- ▶ noticing examples of interactions, activities, practices or processes that enable human connection
- ▶ bringing people together for conversations that are in themselves an avenue for enhancing community
- ▶ working with people to explore new ways in which they might engage heads, hearts and hands in developing and enhancing community in care homes
- ▶ developing new resources – our current focus is on resources which support people in getting to know each other, and the strengths that lie within the community
- ▶ identifying and working with collaborators who hold an interest in dementia, care homes or building community

## What might be a bit novel or different in what we are doing?

At the outset of Kinnections we did not start with a pre-defined concept of what a dementia friendly community in a care home looks or feels like, or what precise actions would help. Instead, we are interested in gathering as wide a variety of perspectives as possible as to what works well currently and what people would like to enhance further.

Kinnections is a practice-based research study and as such is generating new evidence on the previously unexplored topic of dementia friendly communities in care homes. An evaluation report has been produced by the University of West Scotland outlining the main findings. You can read it here: <https://bit.ly/3esh139>

Kinnections is interested in the experience of a dementia friendly community for all people who live in, work in or visit care homes, and within this is a particular focus on people living with advanced dementia, and those who no longer communicate through words.

During the first year of Kinnections, efforts have been made to engage with and learn from as wide a range of collaborators as possible. These have included people from the world of health and social care, regulatory services, dementia and care home focused services, and community and creative arts organisations. Within the area of academia and research we have collaborated with colleagues from the disciplines of health, community education, behavioural sciences, design and creative industries.

## The benefits for people living with dementia and for unpaid carers

- ▶ what is important to people with dementia and those who support them are known by others in their community
- ▶ people in care homes have a sense of belonging, in ways which matter to them, to their care home community
- ▶ people who live in, visit and work in in care homes are cherished by their wider local communities



## Training

Development of resources is a key component of Kinnections – all resources developed are freely available online at: <http://myhomelife.uws.ac.uk/scotland/kinnections/>. An example of the development opportunities available within Kinnections is the Kinnections Open Badge initiative. In collaboration with Scottish Social Services Council (SSSC), care home staff across East Ayrshire can apply to be awarded an Open Badge in recognition of their everyday 'on-the-job' learning.

The Open Badge offers an opportunity for staff to reflect on their practice, and identify points of learning from within what could be a small, everyday action or encounter. Through this intentional reflection on moments of learning, for example learning the power of friendship among residents, this learning can then be celebrated and other opportunities explored for it to be applied in other areas/with other residents.

Please see page 23 in the Information, Awareness and Training Book for more information. Also see: [www.lifechangestrust.org.uk/project/university-west-scotland-kinnections](http://www.lifechangestrust.org.uk/project/university-west-scotland-kinnections).

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# Kirrie Connections: The Dementia Friendly Kirriemuir Project



## *Geographical community*

Kirrie Connections is a community hub that serves as the base for the Dementia Friendly Kirriemuir Project. The hub is a place where people living with dementia and unpaid carers can get advice, support and form new friendships. We work with a variety of other partners, including Alzheimer Scotland and the Angus Carers' Centre.





## What we do

Kirrie Connections is a dementia friendly community hub that offers help, support and advice to local people living with dementia and their families and carers.

We facilitate a variety of projects with local artists, poets and musicians. The hub is open 6 days a week and offers a variety of sessions based around the needs and wants of our members. Sessions range from arts and crafts through to sporting memories groups.

Our volunteers are another essential asset of the project and they bring a wide variety of professional and life experience to Kirrie Connections. This ranges from care specific, e.g. a former day care centre manager, through to volunteers with specialist knowledge in subjects related to specific sessions. For example, our sporting memories session is run by members from the local community sports club and the local football team. On a wider local level the collaborative and partnership work we carry out with other local groups and organisations helps to strengthen the overall project. This could be linking up with local Guide and Scout packs who have helped with work in the garden and have in turn been recipients of Dementia Friends sessions, through to more formal relationships like the sessions we have planned with the Young Sports Ambassadors from the High School.

Kirriemuir has a very active and engaged community, and members of our board are involved with several different community organisations. This wider network is essential in helping to support the project and allowing it to grow.

We are currently working with the University of Worcester to pilot the first Scottish 'Meeting Centre'. The Meeting Centre programme was developed in the Netherlands and is based around the Adjusting to Change model (see <https://bit.ly/2ZxnkvR>). This model supports people (members and family members) in dealing with the consequences of living with dementia through making practical, social and emotional adjustments to prepare them for their journey through dementia.

## The benefits for people living with dementia and for unpaid carers

- ▶ people living with dementia and their unpaid carers are supported to fulfil their full potential
- ▶ people with dementia and unpaid carers take part in activities as active partners, building on the skills and strengths that they bring
- ▶ people living with dementia and their unpaid carers are co-producers of support and not just passive consumers
- ▶ people with dementia experience increased quality of life and self-esteem through the use and development of retained cognitive abilities and skills
- ▶ people with dementia and unpaid carers feel less lonely and isolated through psycho-social support provided by the hub
- ▶ unpaid carers experience a reduced burden of care

*This is achieved by a person-centred approach where individuals are supported to recognize their own strengths and are offered meaningful choices. This could range from suggestions for new activities, through to helping develop, plan and run those new sessions. For example, Kirrie Connections currently works with individuals who are living with dementia who are involved in the planning, designing and planting of their garden...*



*...This has involved discussions about suitable plants, visits to garden centres and planting. People with dementia and unpaid carers feel less lonely and isolated through psycho-social support provided by the hub.*

**If you want to know more, please contact:**

Graham Galloway, Chief Executive  
Kirrie Connections  
29 Roods  
Kirriemuir, DD8 4HN

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**Email:** [graham@kirrieconnections.com](mailto:graham@kirrieconnections.com)

**Website:** [www.kirrieconnections.com](http://www.kirrieconnections.com)

**Facebook:** [facebook.com/KirrieConnections/](https://facebook.com/KirrieConnections/)

**Twitter:** @kirrieconnect

# Our Connected Neighbourhoods: Stirling and the Forth Valley



## *Geographical community*

Our Connected Neighbourhoods (OCN) is a community development project based upon a knowledge partnership between the University of Stirling and a range of local, regional and national organisations involved in the support of people with dementia and unpaid carers.

## **What we do**

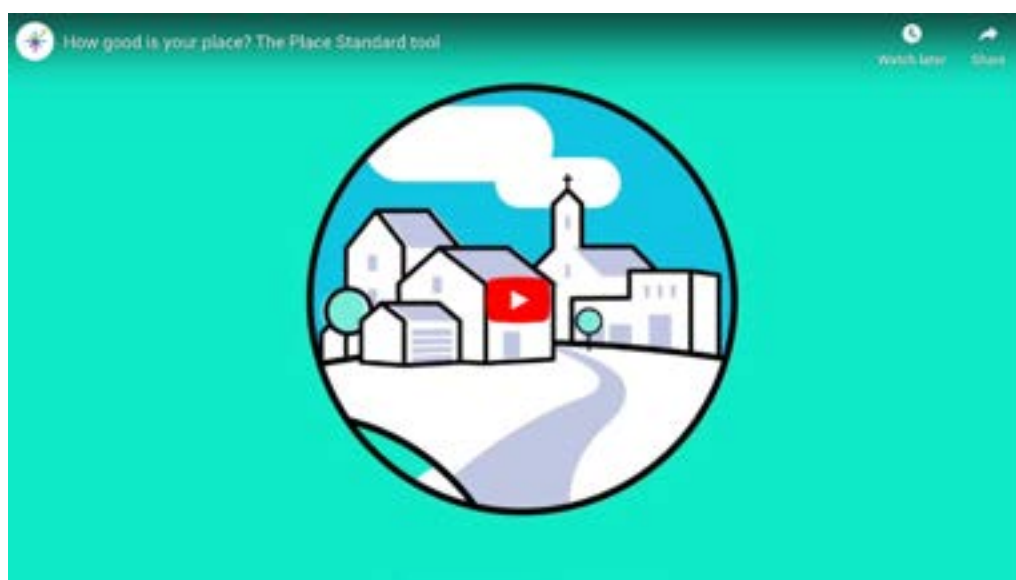
The project was developed using a co-productive approach and is informed by a programme of research into the relationships between people with dementia and the neighbourhoods where they live. As such, our focus has been upon the significance of the localities and immediate social contexts that surround a person's home.

Over three years, the project has three overlapping phases that include an 'audit' phase where we hope to listen to and understand the experiences of people with dementia in Stirling and use this information to guide our work, there is a learning and action phase where we intend to support people with dementia and project volunteers to put this learning into action, and finally an expansion phase where the work piloted in the first two years extends to a wider range of neighbourhoods.



We are currently trialing different approaches under three key strands to the project: a digital strand (which is looking at the online landscape and how it may be made more dementia-enabling), an arts and inclusion strand (where we are piloting creative learning approaches to engaging people with dementia, including those in settings such as care homes) and an environment strand (here we have been exploring the benefits of the Scottish Government's Place Standard tool<sup>1</sup> and how it may be adapted and made dementia inclusive, as well as inviting people with dementia to lead environmental audits of key public spaces and venues).

We have recruited and are working with a team of local volunteers who are engaged in this work and will be leading our project evaluation. The intention is that these strands will be drawn together to support dementia enabling community development. The overarching goal for the project is to help strengthen connections within and between neighbourhoods so that people living with dementia are not only better supported, but also have opportunities to reciprocate and engage in their local communities, having a say in how their neighbourhood can be improved and made inclusive. A key feature of the project is that we incorporate the social, physical and digital aspects of neighbourhood and how they interact and overlap in the course of people's day-to-day lives.



1 <https://www.placestandard.scot/>

## The benefits for people living with dementia and for unpaid carers

People with dementia and unpaid carers:

- ▶ have a significant say in how their dementia friendly community is run
- ▶ know they have a community of support around them
- ▶ are included
- ▶ feel safe, listened to, valued and respected
- ▶ are empowered to do things that matter to them
- ▶ enjoy cultural participation with a focus on place
- ▶ experience political participation with a focus on place
- ▶ build a consensus around a core set of values tied to a rights-based and citizenship approach to dementia

### If you want to know more, please contact:

David Budd, Integration and Inclusion Co-ordinator  
Our Connected Neighbourhoods  
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University of Stirling  
Stirling, FK9 4LA

**Tel:** 01786 467 795

**Mobile:** 07500 071 329

**Twitter:** @InclusiveSFV



# Paths for All: Dementia Friendly Walking across Scotland



## *Community of interest – walking*

Paths for All is a Scottish charity. We champion everyday walking and work to improve environments to support access to the outdoors as the way to a happier, healthier Scotland.

## **What we do**

Paths for All supports a network of health walks across Scotland. For the past three years we have been working with people living with dementia to make our activities more accessible and inclusive. A dementia friendly health walk is much like any other walk. It's social and open to the whole community, led by a walk leader, uses safe, accessible paths and is an opportunity to enjoy the outdoors and fresh air all year round.





What makes a health walk dementia friendly is including people living with dementia in the development of walks, providing Dementia Friendly Walk Leader training to volunteer walk leaders, building partnerships with organisations and agencies and ensuring that people living with dementia know about walking activities in their community.

We have created a Dementia Friendly Accreditation which recognises the positive changes put in place by Walking for Health projects to make their health walks accessible to people living with dementia. Projects working towards the accreditation can access a range of tailored support from Paths for All including Dementia Friendly Walk Leader training, small grants, resources and networking opportunities.

We also want to ensure that everyone living with dementia can enjoy the benefits of walking, being outdoors and connecting with nature.

That's why we have been looking at how our paths and walking environments can be more welcoming to people living with dementia.

We have been working to raise awareness of the challenges and issues faced by people with dementia in accessing outdoor spaces and develop training, resources and support for organisations and groups involved in planning, designing and maintaining paths and outdoor environments. In June 2018, we launched Scotland's first dementia friendly park in Kings Park, Stirling. People with dementia, local community groups and organisations were asked about topics including wayfinding, park facilities, atmosphere, safety and pre-visit information to help identify areas for improvement. A series of changes were then implemented in the park improving signage, wayfinding, seating and facilities.



## The benefits for people living with dementia and for unpaid carers

- ▶ being with other people: walking groups give people with dementia opportunities to socialise and share experiences with other people, in a safe and comfortable environment
- ▶ being outdoors: walking groups give people the opportunity to access the outdoors and a safe and secure environment
- ▶ ethos and atmosphere of achievement: attending walking groups enables people with dementia to demonstrate what they can still do, rather than the problems they face due to dementia
- ▶ feeling secure: walks improve people's confidence as they are able to participate, but also know that help is available if required
- ▶ quality leadership and organisation: the confidence in volunteer walk leaders is essential to the success of groups and supporting walkers
- ▶ feeling included in the community: we have also found that people value having inclusive walks that are open to everyone, rather than walks just for people with a dementia diagnosis

The University of Stirling carried out a qualitative evaluation of dementia friendly health walks and the report can be accessed here:

<https://bit.ly/2mkri9A>

## Training

Paths for All has developed a half day training course for volunteer walk leaders focusing on how we make walks accessible for people living with dementia. We also deliver regular networking opportunities for our health walk coordinators.

In addition, we deliver one-off workshops on dementia friendly design targeted at outdoor access professionals and volunteers. See our latest Dementia and the Outdoors Guidance Note: <https://bit.ly/2n00pcF>

Please see page 25 in the Information, Awareness and Training Book for more information. See also [www.lifechangestrust.org.uk/project/paths-all](http://www.lifechangestrust.org.uk/project/paths-all).

### **If you want to know more, please contact:**

Paths for All  
Kintail House  
Forthside Way  
Stirling  
FK8 1QZ

**Tel:** 01259 218 888

**Email:** [dementiafriendly@pathsforall.org.uk](mailto:dementiafriendly@pathsforall.org.uk)

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

**Twitter:** @PathsforAll

**Facebook:** [facebook.com/PathsforAllScotland](https://facebook.com/PathsforAllScotland)



# Regional Screen Scotland: Screen Memories



## *Community of interest – mobile cinema*

Regional Screen Scotland helps communities to enjoy great screen experiences. We do this by:

- ▶ providing advice and information on setting up local screen facilities
- ▶ operating the Screen Machine mobile cinema
- ▶ managing a grant aid fund for Local Film Festivals across Scotland
- ▶ advocating for the social and economic benefits of cinema for local communities

We provide information, advice, contacts, and support to both individuals and organisations seeking either to start or to develop opportunities for cinema-going in their communities. We're committed to helping to bring people together to share and enjoy exciting, high quality screening experiences, where they live.

At Regional Screen Scotland we work particularly with those communities, across Scotland, which have no or only very limited access to the full range of screening possibilities.



## What we do

Screen Memories uses film still images, memorabilia and selected film extracts to provide structured experiences to stimulate recall, boost self-esteem and confidence. We establish connections within a community of interest for people who are living with dementia and other memory problems, as well as those who are lonely and isolated.

Group and one-to-one film reminiscence sessions are held in a variety of appropriate settings such as peoples' own homes, hospitals, care homes, day centres and community facilities. These are facilitated by activities coordinators, trained volunteers and senior students. Staff, volunteers, family members and unpaid carers receive training in cinema themed reminiscence and all involved have access to online resources and advice. A Volunteer Handbook is available after completion of training: <https://bit.ly/2nb5y00>.

We use specially-commissioned compilation DVDs which mix archive material, period adverts, and trailers and extracts for classic films, to recreate 'A Night at the Pictures'. We also use still images and posters of films from the 1940s, 1950s and 1960s prior to the showing to engage in conversations, trigger memories and set the scene. We also create Oscars-style events where people living with dementia select their favourite film, actor and actress and stage a special event modelled on the Oscars event itself. We also have singing and acting activities based on songs and iconic scenes from famous films.

The unique element of our project is the use of film as a reminiscence trigger. The recreation of the whole cinema experience in a familiar setting involves staff, volunteers and unpaid carers. The acting element is unique and the boost to self-confidence and mood is obvious.

The breadth and depth of recall is spectacular in many cases, including details of plot, dialogue and film stars.



## The benefits for people living with dementia and for unpaid carers

### Benefits for people living with dementia:

- ▶ improvement in mood, self-esteem and confidence
- ▶ having improved communication skills
- ▶ they are more confident, relaxed, involved, stimulated
- ▶ they reconnect with family and volunteers through shared interests
- ▶ they are part of a community of interest, with shared experiences
- ▶ they can rediscover old skills such as singing, drawing and acting
- ▶ they make new friends within the group, in care homes and in hospital
- ▶ memories of films, cinema and events can trigger memories from other elements of past lives - school, work, family or friends for example
- ▶ they have a safe, welcoming environment to relax and share in fun and laughter

### Benefits for unpaid carers:

- ▶ connecting with family members through shared film experiences
- ▶ receiving respite from full-time care
- ▶ receiving support, help and advice from professional staff on hand
- ▶ sharing ideas and resources for home engagement in film

**If you want to know more, please contact:**

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**Facebook:** [facebook.com/screenmemsco](https://facebook.com/screenmemsco)

**Twitter:** [@screenmemsco](https://twitter.com/screenmemsco)



## Scottish Ballet: Time to Dance

SCOTTISH  
BALLET 50

### *Community of interest – dance*

As Scotland's national dance company, our mission is to inspire on stage and beyond. In 2019 the company celebrated 50 years of a creative vision crafted by Scotland. Based in Glasgow, the company performs regularly all over Scotland – from our biggest cities to our most remote communities, and increasingly throughout the UK and internationally – promoting Scotland's pioneering spirit far and wide.

Our creative vision goes beyond choreography. From digital platforms to novel ideas that engage our audiences, we're always seeking new ways to bring the power of dance to as many people as possible.

We are dedicated to supporting the arts and communities in Scotland.

Scottish Ballet nurtures the talent of tomorrow, supporting dancers, choreographers and a wide range of artists. Our goal is to inspire excellence and creativity in everyone and bring dance to people we haven't reached before.





We want to bring the joy and benefits of dance to everyone regardless of age, ability and background. Our engagement programme promotes confidence, fosters wellbeing and encourages creativity in all by delivering inspirational programmes tailored to the needs of each group.

## What we do

- ▶ Intergenerational community dance classes and social cafes at Scottish Ballet, for people living with dementia, their families, friends and unpaid carers.
- ▶ Taster workshops and consultations in community settings including care homes, day care centres and dementia cafes around greater Glasgow.
- ▶ We have developed dementia friendly workshops to take on tour as the performing company travels around Scotland. This is essentially a Care Homes Tour running in parallel to the Company's winter and spring national performance tours.

***So far 13 care home workshops have been delivered in Inverness, Aberdeen and Glasgow during Scottish Ballet's winter tour of Cinderella and again for our spring tour, 'Spring!' reaching 217 people, including 167 people living with dementia.***



## The benefits for people living with dementia and for unpaid carers

- ▶ people living with dementia have a significant say in how their dementia friendly community is run
- ▶ people living with dementia have a community of support around them
- ▶ people living with dementia are included
- ▶ people living with dementia feel that they are safe, listened to, valued and respected
- ▶ people living with dementia are empowered to do the things that matter to them

A project evaluation, undertaken by Dr Bethany Whiteside at the Royal Conservatoire of Scotland, is drawing on a mixed methods approach in the form of a narrative inquiry, to best explore and reflect the core intergenerational aspect. Participant observation, semi structured and ethnographic interviews, and the UCL Museum Wellbeing Measures Toolkit are being utilised to better understand the person-centred nature of Time to Dance, over the three years, and the cultural and social experience of participating.

### If you want to know more, please contact:

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**Website:** [www.scottishballet.co.uk](http://www.scottishballet.co.uk)

**Twitter:** @scottishballet and @EarlyMiriam

# Sporting Memories

## *Community of interest – sport*

Sporting Memories Foundation was founded in Scotland to become the first of its kind, dedicated to the development and use of sports reminiscence, inclusive physical activities, and intergenerational activities to support isolated older people across the country.

## What we do

Our weekly Sporting Memories Clubs are inclusive, dementia friendly groups aimed at older people with an interest in or passion for sport. They take place in a range of settings from local sports clubs and village halls to sheltered housing complexes, community centres and libraries. Our social activities include reminiscence, games and quizzes like ‘Spot the Ball’, as well as inclusive physical activities like Boccia and New Age Kurling that are suitable for all.





We encourage everyone to contribute whether it be sharing stories of watching or playing sports, coming up with quiz questions, or helping to organise games. Our participants become Club members and their specific interests and preferences are reflected in the particular activities at their Club.

Once established, our Clubs also get involved with intergenerational activities which can take place at area 'hubs' where we can bring different Sporting Memories Clubs together to enjoy different kinds of inclusive sporting activities and games.

## **The benefits for people living with dementia and for unpaid carers**

People living with dementia:

- ▶ have a significant say in how their dementia friendly community is run
- ▶ have a community of support around them
- ▶ are included
- ▶ feel that they are safe, listened to, valued and respected
- ▶ are empowered to do the things that matter to them
- ▶ have improved mental and physical wellbeing
- ▶ experience reduced loneliness and isolation
- ▶ connect with wider social and health networks in the community

## Training

A free Replay Sporting Memories App is available to download at Playstore for Android or at the iTunes shop for Apple devices.

Please see page 38 in the Information, Awareness and Training Book for more information. See also [www.lifechangestrust.org.uk/project/sporting-memories-network-get-outdoors](http://www.lifechangestrust.org.uk/project/sporting-memories-network-get-outdoors).

### If you want to know more, please contact:

**Website:** [www.sportingmemoriesnetwork.com](http://www.sportingmemoriesnetwork.com) for contact details and information about Club locations

**Facebook:** [facebook.com/SMFScotland](https://facebook.com/SMFScotland)

**Twitter:** @SMN\_Scotland





## Church of Scotland: Heart for Art



### *Community of interest – art*

The Church of Scotland is one of the largest organisations in the country. We have over 340,000 members, with more regularly involved in local congregations and our work. Within the organisation, we have around 800 ministers serving in parishes and chaplaincies, supported by more than 1500 professional and administrative staff. Most of our parishes are in Scotland, but there are also churches in England, Europe and overseas.

We are one of the largest organisations in Scotland that has a pivotal role in Scottish society and indeed religion throughout the world.



## What we do

Heart for Art provides therapeutic art groups all over Scotland for people affected by dementia. These groups meet weekly or fortnightly in community spaces, bringing people together to produce artwork. The sessions are facilitated by trained Heart for Art staff and supported by volunteers. During the sessions, participants choose what they would like to draw or paint and the team support them to make this happen.

This is a person-centred approach to enable and empower people living with dementia to be creative. From selecting images or subject matter to inspiring their creation and choosing what materials to try, Heart for Art aims to encourage, uplift and energise participants.

Unpaid carers are also benefiting from the therapeutic and relaxing qualities of this type of activity. In many cases we have found that, including participants in creating something, improves their focus and mood. Through unpaid carers taking part in some sessions, this has relaxed participants, reducing agitation and anxiety and contributing to a positive ethos.

The artwork that is produced is often exhibited, whether in a local or national exhibition. The artwork acts as a reminiscence tool for participants. However it also informs and opens up dialogue with members of the public. Speaking about dementia is so important. By talking about it, we not only educate and demystify dementia, but we share strategies for living well. Heart for Art has a profound impact on people, with participants themselves gaining confidence and support, to the whole group sharing and enjoying each other's company. There is then the wider impact of taking this experience out into public spaces and engaging conversation.



## The benefits for people living with dementia and for unpaid carers

- ▶ use of creativity to bring enjoyment and inclusion to people living with dementia
- ▶ improved quality of life through either retaining artistic skills or gaining new artistic skills
- ▶ use of art as a medium to actively engage people and be a catalyst for conversation
- ▶ through art, imagery, colour and textures people tell us how they feel. People are listened to, valued and accepted as they are
- ▶ when unpaid carers see that the needs of their loved one are being met, they feel supported
- ▶ the sessions bring some relief and support to unpaid carers, either through a couple of hours of respite or in chatting with trained volunteers and staff or actively creating art for themselves

### If you want to know more, please contact:

Heart for Art  
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St Margarets Crescent  
Polmont  
FK2 0UP

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**Email:** [heartforart@crossreach.org.uk](mailto:heartforart@crossreach.org.uk)

**Website:** [www.crossreach.org.uk/find-service/care-older-people/getting-creative-dementia](http://www.crossreach.org.uk/find-service/care-older-people/getting-creative-dementia)

**Facebook:** [facebook.com/crossreachheartforart](https://facebook.com/crossreachheartforart)



# V&A Dementia Friendly Programme Dundee



## *Community of interest – museum*

The first ever dedicated design museum in Scotland and the only other V&A museum anywhere in the world outside London, V&A Dundee provides a place of inspiration, discovery and learning through its mission to enrich lives through design.

V&A Dundee is the cornerstone of Dundee's ambitious 30-year, £1bn waterfront regeneration plan which aims to physically regenerate the city's waterfront and address significant issues facing the city. V&A Dundee is at the forefront of changing external perceptions of the city, attracting visitors and investment, whilst also encouraging and instilling pride and purpose in local people and enabling them to benefit from these outcomes.

Our vision is to be an international centre for design, engaging people and promoting the understanding of design. We are delivering this through our exhibitions and engagement programmes that further our key values: collaboration, integrity, innovation and generosity.

## **What we do**

We want to inspire communities and help individuals of all ages and backgrounds fulfil their potential by experiencing and getting involved in design.

We are committed to equal access for all audiences. V&A Dundee has been designed as an inclusive and accessible building, a place where everyone feels welcome.



A range of additional access provisions are available. Our Communities Producer, Peter Nurick, is responsible for the delivery of the local community programme. Emphasis is on co-design, health and wellbeing and social inclusion, and provides a means with which to extend the reach and impact of the museum through engagement, both locally and nationally. Our focus is on actively seeking to engage those individuals that are hardest to reach due to social, economic, or health reasons and this includes activities for those affected by dementia.

## The benefits for people living with dementia and for unpaid carers

- ▶ people with dementia are able to make an active contribution to their community through V&A Dundee
- ▶ people affected by dementia feel empowered, create a sense of wellbeing, and stimulate memories whilst creating new ones through the design process
- ▶ the programme is co-designed by those living with dementia, and addresses the challenges they face
- ▶ as many barriers as possible that dementia might cause are removed, so that people can connect positively with the museum
- ▶ unpaid carers access the museum with confidence and use this as a tool to enrich their own lives or those they care for
- ▶ people with dementia and unpaid carers have ownership of the museum programme, and the V&A museum recognises that they are making a positive difference in their community

**If you want to know more, please contact:**

[www.vam.ac.uk/Dundee](http://www.vam.ac.uk/Dundee)

# Central Scotland Regional Equality Council: Dementia and Care in our Communities, Forth Valley

## *Geographical community – Black Minority Ethnic Communities in Forth Valley*

Central Scotland Regional Equality Council (CSREC) exists and works to promote equality, fight hate crime and discrimination, foster good relations and build partnerships in the Falkirk, Stirling and Clackmannanshire Council areas.

- ▶ We give advice and support to victims of discrimination and harassment.
- ▶ CSREC delivers a range of bespoke training within the public, voluntary and private sectors.
- ▶ We help diverse communities to be able to influence the community planning process.
- ▶ We work with different communities in the Falkirk, Stirling and Clackmannanshire Council areas and schools to deliver a toolkit to address sectarianism, discrimination, prejudice, stereotyping, and bigotry.
- ▶ SREC's Equality in the Community project, funded by the Scottish Government's Equality Unit, aims to reduce the negative effects of inequality, hate and marginalisation experienced by people from ethnic minority communities, LGBTI people and disabled people in Central Scotland. The project aims to promote greater participation of local people in civic life. It will also engage with local community groups to discuss and address their experiences and concerns, and it will strive to facilitate communication and foster good relations between them and partner public and third sector agencies to ensure that practical solutions are developed and delivered.



## What we do

Our project seeks to explore the lived experience of dementia in Black Minority Ethnic (BME) communities in Forth Valley. We are working with people from a variety of communities throughout Central Scotland to raise awareness of dementia and challenge cultural misconceptions surrounding the condition, to signpost people towards support services that may be helpful to them, and to work one-on-one with individuals and families affected by dementia from BME communities in our locality, to learn more about their experiences.

Furthermore, we are working with public, private, and voluntary sector organisations who offer support to people with dementia, sharing our learning to ensure that dementia care services in Scotland are aware of the support needs of people affected by the condition from BME communities.

We know that people affected by dementia in BME communities face additional barriers to accessing dementia care services, and that dementia support organisations in Scotland have struggled to engage people from BME communities in their services. Central Scotland Regional Equality Council (CSREC) has rich, well-established relationships with BME community organisations throughout Central Scotland, and with our Dementia and Care in our Communities project, we hope to bridge this gap, bringing together people affected by dementia from BME backgrounds with appropriate support services, and ensuring that those services are mindful of the unique needs of people living with dementia and unpaid carers from BME communities.

The day-to-day life of the project is diverse and multi-faceted. We might be delivering a dementia awareness workshop to a local BME community group or promoting our Dementia and Care in our Communities project at a local event. Alternatively, we could be running in-house dementia awareness training for our own staff, board members, volunteers, and the public, or meeting with other organisations to discuss how we might work together to support people affected by dementia from BME communities in the region. Whatever the day's tasks, our goal is always to ensure that the needs and perspectives of people affected by dementia from BME backgrounds becomes more deeply embedded in dementia care and support throughout Forth Valley.

## **The benefits for people living with dementia and for unpaid carers**

- ▶ a greater understanding of the number of people affected by dementia from BME backgrounds in Forth Valley so that better service provision can be made
- ▶ a clearer understanding of the impact of dementia on the lives of paid and unpaid carers from BME backgrounds living in Forth Valley so that services and support can be relevant and timely
- ▶ better information for those from BME backgrounds living with dementia, and unpaid carers, on relevant dementia-related services
- ▶ improved support to access these services
- ▶ raised awareness of, and accurate information about, dementia within BME communities in the region



## Training

We hold regular dementia awareness workshops, focusing on issues affecting people living with dementia in BME communities, and we have recently opened these workshops to public, private, and voluntary sector organisations, and the general public. For further information regarding upcoming workshops, please contact [sarah@csrec.org.uk](mailto:sarah@csrec.org.uk)

Please see page 10 in the Information, Awareness, Training and Education Book for more information. See also [www.lifechangestrust.org.uk/project/central-scotland-regional-equality-council-csrec](http://www.lifechangestrust.org.uk/project/central-scotland-regional-equality-council-csrec).

### **If you want to know more, please contact:**

Eman Hani,  
Dementia Project Worker

Central Scotland Regional Equality Council (CSREC)  
Community Education Centre  
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**Email:** [eman@csrec.org.uk](mailto:eman@csrec.org.uk)

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

**Facebook:** [facebook.com/CSREC01](https://facebook.com/CSREC01)

**Twitter:** @CSREC01

## ACVO: 'Widening Dementia Support for People from European Minority Backgrounds'

*Geographical community – European ethnic minorities in  
Aberdeen*

ACVO is the Third Sector Interface for Aberdeen City. ACVO is part of Voluntary Action Scotland. We exist to develop, involve, represent and support the voluntary, charity and social enterprise organisations in Aberdeen. We are one of 32 Voluntary Interfaces (TSI's) created throughout Scotland and represent what is often called the 'Third Sector'.

### What we do

The purpose of this project has been to engage with a number of European ethnic minority communities that support people with dementia and unpaid carers to find out what more can be done to support them. We have:

- ▶ created an 'easy read' leaflet about the project which is available in English, Polish, Lithuanian, Spanish and Romanian
- ▶ designed and distributed a poster in English, Polish, Spanish and Romanian that lets people know where they can find help
- ▶ visited places where people from European ethnic minorities come together and have worked with community champions identified from European ethnic minority backgrounds, living in Aberdeen



- ▶ created an online tool, informed by these visits, which has a map that identifies 'areas of discourse' where people meet to talk. This has already been shared with the Central Locality Leadership Group in Aberdeen city
- ▶ attended events held by European ethnic minority communities to raise awareness of the project and its aims
- ▶ built relationships with professionals working locally with people affected by dementia in Aberdeen, in order to bring equality and access matters to their attention
- ▶ connected with different third sector organisations that could be useful to people from European ethnic minority communities, such as **tide** for carers and DEEP for people with dementia

## The benefits for people living with dementia and for unpaid carers

- ▶ people living with dementia from European Ethnic Minority (EEM) backgrounds feel listened to and valued
- ▶ there is raised awareness about the issues faced by people living with dementia and unpaid carers from EEM backgrounds
- ▶ unpaid carers from EEM backgrounds feel more supported through carer networks
- ▶ people living with dementia and unpaid carers from EEM backgrounds feel more supported in their wider community
- ▶ people with dementia and unpaid carers from EEM backgrounds are able to access appropriate dementia support, which they value



## Training

We have produced useful toolkits for Ethnic Minorities with Dementia (available in English, Spanish, Polish, Russian).

<https://bit.ly/2mMchx7>

### **If you want to know more, please contact:**

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**Mobile:** 07508437826

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**Website:** <http://acvo.org.uk/resources/eem-dementia-project>

**Facebook:** <https://www.facebook.com/groups/1768904156551200/>



## MECOPP: ‘Chi Sin, Chi Mei’ Project – Supporting Chinese People to Live Well with Dementia



*Geographical community – Chinese community in  
Edinburgh, Mid, East and West Lothian*

By working in partnership with carers, the voluntary and statutory sectors, MECOPP actively seeks to challenge and dismantle barriers that deny Black and Minority Ethnic carers access to health, social work and other social care services in Edinburgh, the Lothians and further afield.

### What we do

The project provides dedicated support to Chinese people (Hong Kong and Mainland China) with dementia in Edinburgh, Mid, East and West Lothian. The project does the following:

- ▶ **awareness raising and education:** the project delivers awareness raising and educational sessions to address the significant lack of knowledge and understanding of dementia amongst target beneficiaries and to challenge ‘stigma’ associated with the condition
- ▶ **diagnosis:** The project supports timely diagnosis through improving access to memory assessment services
- ▶ **post-diagnostic support:** this is a key feature of the work and reflects the Government’s policy commitment to 12 months post diagnostic support. Support is provided through advocacy and casework to enable beneficiaries to plan for their future care needs including access to self-directed support and planning for end of life care

- ▶ **support to carers:** carers are also supported, via advocacy and casework, to access services in their own right
- ▶ **capacity building:** the project works in partnership with mainstream statutory and voluntary sector providers to build their knowledge and capacity to work more effectively with the target communities. This will include the delivery of awareness raising sessions on the experience of dementia in the Chinese community to care homes and social work teams

All project activities are delivered by a bilingual Chinese worker who has longstanding links with the community. In addition to being able to meet the linguistic requirements, the worker also has the cultural knowledge and insight to provide a 'culturally competent' service.

This service is unique in Scotland.

## The benefits for people living with dementia and for unpaid carers

- ▶ people with dementia are supported to live either in their own home for as long as possible or, if in residential care, the home meets their care and support needs and preferences
- ▶ people with dementia have their independence protected and promoted
- ▶ people with dementia receive the support they require when they need it
- ▶ people with dementia feel safe, valued and respected and have opportunities to contribute to the life of the community and to participate in things that are important to them



**If you want to know more, please contact:**

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**Website:** [www.mecopp.org.uk/chi-sin-chi-mei-project](http://www.mecopp.org.uk/chi-sin-chi-mei-project)

**Twitter:** @MECOPP1

# Reach Community Health Project: Ethnic Minority Dementia Project, Glasgow City



*Geographical community – Black and Minority Ethnic community in Glasgow*

REACH Healthy Living Project was founded in September 2000 in Glasgow by Shehla Ihsan and focused on health promotion to encourage better dietary and exercise habits within the Black & Minority Ethnic community.

In September 2001 REACH Healthy Living Project evolved into REACH Community Health Project in order to:

- ▶ identify the need to meet the specific and diverse healthcare needs of the Black & Minority Ethnic community living in Glasgow
- ▶ widen its focus on combining mainstream clinical experience with community engagement and development through partnership working with key stakeholders from across the health arena





## What we do

The Ethnic Minority Dementia Project is a developmental project that aims to intervene in order to:

- ▶ lower the risks of dementia
- ▶ help individuals understand early symptoms of dementia and thereby help in early diagnosis
- ▶ support individuals to manage their dementia
- ▶ support individuals to get the right support and services

The project helps empower Black & Minority Ethnic individuals with dementia, their families, and their communities in general. Furthermore, it helps towards reducing stigma about dementia amongst Black & Minority Ethnic communities, helping them understand how to care for and live with people with dementia whilst valuing their right to dignity and respect.

Concurrently, the project helps us better understand the needs of those with dementia, unpaid carers and families so we can promote:

- ▶ current dementia services and care
- ▶ how services should respond to Black & Minority Ethnic community needs and challenges around dementia and what works best

By the end of the project, in addition to seeing the benefits for Black & Minority Ethnic communities engaged in the project, we will be able to analyse and report on the intervention that works best for these communities. We will have a better idea of their specific needs in terms of service provision, their knowledge of dementia and the best ways to engage with them for effective service delivery.

## Some examples of what we do on a regular basis:

- ▶ engage with local GPs, Health and Social Care Partnerships and the third sector to increase and raise awareness of Ethnic Minority Dementia Friendly Workshops
- ▶ engage with individuals and families who have been referred from agencies and make contact (home visits, telephone calls) to complete a needs assessment for the intervention of post diagnostic support
- ▶ arrange activities for unpaid carers and people with dementia, allowing sharing of information and activities, which provides unpaid carers with an opportunity for relaxation, tea and a chat
- ▶ initiate, develop and maintain effective working relationships with other partners working in the field of dementia in the local voluntary and private sectors
- ▶ build new and existing local partnerships and networks internally and externally, to raise awareness of community activities to the Black & Minority Ethnic community

## The benefits for people living with dementia and for unpaid carers

- ▶ greater understanding about dementia within South Asian communities in Glasgow
- ▶ reduced stigma about dementia within South Asian communities in Glasgow
- ▶ people living with dementia and unpaid carers have greater awareness of what dementia services are available locally



## Training

Dementia Information and Participative Workshops have been designed from information collated and carried out through a series of appropriate sessions to Black & Minority Ethnic communities in general. These sessions help raise awareness about dementia and help reduce stigma about dementia among Black & Minority Ethnic communities.

Carer Information Courses consist of a 4-week course for 2 hours each week delivered to unpaid carers.

### **If you want to know more, please contact:**

Shabir Banday

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# LGBTi Project: LGBT Health, Scotland



## *Community – LGBT community*

We are a unique community initiative that promotes the health, wellbeing and equality of lesbian, gay, bisexual and transgender (LGBT) people in Scotland.

## **What we do**

Our project launched in July 2018 and aims to raise the voices of lesbian, gay, bisexual and trans (LGBT) people affected by dementia and to support those working with people affected by dementia to better understand and meet the needs of LGBT people accessing services and support.

When we talk about LGBT people affected by dementia this includes LGBT people with dementia or LGBT people who care for or support someone in their life with dementia – whether the person they care for is LGBT or not.

Dementia is a growing and global health challenge and ensuring equal and meaningful access to support for those affected is a matter of upholding people's dignity, personhood and ultimately their human rights.

We recently developed and released our first briefing introducing our project and its role in supporting LGBT people affected by dementia and outlining the needs of LGBT people accessing services and support.



## LGBT and Dementia Briefing

To mark World Alzheimer's Month 2018, we released our first briefing exploring the needs of LGBT people affected by dementia and the role of our new project.

### Background

Dementia has a wide range of physical, emotional, economic and social effects, not only on people with dementia, but also on carers, families and communities. As we learn more about dementia and its impacts, we are beginning to further understand how it affects people of different identities.

Models of good practice promote working with people to ensure their dignity and rights are maintained and they are enabled to live well with dementia. In order to achieve this, we must ensure that every person living with dementia, or caring for someone who is, can express their full identity and any associated needs and expect to have them met.

At LGBT Health and Wellbeing our National LGBT and Dementia Project aims to add to the growing learning and practice in this area to ensure that the needs of LGBT people affected by dementia are holistically met.

Whilst you can develop dementia at a younger age, dementia mainly affects older people. Older LGBT people have distinct needs as a result of their past and present experiences. For example, if an LGBT person develops dementia, early experiences of discrimination may become more pronounced in their memory and cause them to feel distress.

Research carried out into the current experiences of LGBT people show that they are more likely to rely on formal care in further life but that many fear discrimination in these settings. Some talk of having to return to not being 'out' in their identity in these settings and the detrimental impact this has on their access to services and wider wellbeing.

LGBT carers might worry they will not be recognised and supported as a carer by practitioners or family members of the person that they care for.

## **Representation**

Common narratives around dementia might not fit the lives of many LGBT people. For example, an LGBT person may be caring for someone with dementia who is not supportive of their LGBT identity. LGBT people may have caring responsibilities in their family of choice as well as their family of origin, creating greater strains on their time, resources and wellbeing. Within the LGBT community men and non-binary people are as likely as women to provide informal care.

## **Access to Services**

There are many different types of dementia and each person is affected differently. Through person centred, holistic approaches we can ensure that the needs of LGBT people living with and affected by dementia are met in both specialist and mainstream services.

As LGBT people have distinct histories and life experiences this means that they have distinct needs in accessing services and therapies. For example, therapies focussed on talking in groups about events from our pasts can be made more inclusive by taking account of some of the difficult and unique experiences of LGBT people.

## **Supporting LGBT People**

### **First steps in supporting LGBT people:**

The LGBT people you support might have had negative experiences 'coming out' to services in the past, so finding ways to proactively promote your inclusive practice is important. Don't assume because someone hasn't told you they are LGBT that they are not. This could lead to you unintentionally misinterpreting their needs.

LGBT people often fear discrimination from peers accessing services. It is important that staff are trained in how to manage these situations and that processes for accessing support and reporting incidents are visible to LGBT people using services if they do experience discrimination.



### How to Get in Touch

If you are affected by dementia and would like to find out more about getting involved in the project, or to find out more about how we can support you to support LGBT people you are working with and to keep up with further briefings, contact Megan on [megan@lgbthealth.org.uk](mailto:megan@lgbthealth.org.uk) or 0141 271 2330 / 07949472829

We'd love to hear from you if you have an example to share of good practice in supporting LGBT people affected by dementia

## The benefits for people living with dementia and for unpaid carers

- ▶ increased understanding of the issues faced by LGBT people affected by dementia
- ▶ increased understanding of LGBT issues can help increase the capacity of the dementia sector to respond to these issues
- ▶ service providers are better equipped to provide inclusive services that better meet need

### If you want to know more, please contact:

Megan Johnson, Project Co-ordinator (LGBT and Dementia Project)  
(Female pronouns: she/her)

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**Email:** [megan@lgbthealth.org.uk](mailto:megan@lgbthealth.org.uk)

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

**Twitter:** @LGBTHealthy

# Reading and resources available to all

- ▶ Life Changes Trust Dementia Friendly Communities Report 1 (2015)  
<https://bit.ly/2WpwcjA>
- ▶ Life Changes Trust Dementia Friendly Communities Report 2 (2016)  
<https://bit.ly/2W4mdRF>
- ▶ Life Changes Trust DFC Report 3 (2017)  
<https://bit.ly/36tf0hH>
- ▶ UK Meeting Centres Support Programme  
<https://bit.ly/2ZxnkvR>
- ▶ Remember...The Deaf Dementia Experience in Scotland...A Toolkit for All  
<https://bit.ly/2nqezCu>
- ▶ Bradford Evaluation of DFCs (2015)  
<https://bit.ly/2kpSbYF>
- ▶ Evaluation of the York Dementia Friendly Communities Programme (2015)  
<https://bit.ly/2moQV8T>
- ▶ Mapping dementia friendly communities across Europe (2016)  
<https://bit.ly/2m3KhEF>
- ▶ The interface between dementia and mental health (2016)  
<https://bit.ly/1TYMupg>
- ▶ Community Links Evaluation Report (2016)  
<https://bit.ly/2lXAXlU>
- ▶ Loneliness: the public health challenge of our time (Age UK and Mental Welfare Commission) (2017)  
<https://bit.ly/2C1gSxk>
- ▶ Building Dementia Friendly Faith Communities (2017)  
<https://bit.ly/2mLW8I1>



- ▶ Dementia Friendly Church Buildings  
<https://bit.ly/2ljEMlx>
- ▶ Developing a Dementia Friendly Church: a practical guide  
<https://bit.ly/2nmQJaA>
- ▶ SCIE, Black and Minority Ethnic People with Dementia and their access to services (2011)  
<https://bit.ly/2lTDhux>
- ▶ Exploring good practice on supporting South Asian carers through access to culturally competent service provision (2011)  
<https://bit.ly/2Xq7ArA>
- ▶ Toolkits for Ethnic Minorities with Dementia (available in English, Spanish, Polish, Russian)  
<https://bit.ly/2mMchx7>
- ▶ Hidden Carers-Unheard Voices Report: Travelling People (2012)  
<https://bit.ly/2KYsCrs>
- ▶ What do we mean when we talk about dementia? Exploring cultural representations of “dementia” (2014)  
<https://bit.ly/2lTFtSN>
- ▶ Supporting South Asian People with Dementia: lessons learned from the Jeevan project (MECOPP) (2009)  
<https://bit.ly/2W6BXDQ>
- ▶ LGBT: Living with Dementia, Alzheimer’s Society Project  
<https://bit.ly/2LSWXJr>
- ▶ “Over the Rainbow” Lesbian, Gay, Bisexual and Trans People and Dementia Project (2015)  
<https://bit.ly/2NY6Q7a>
- ▶ Foundations for the Future – Dementia Care for LGBT Communities (2017)  
<https://bit.ly/2lXDH35>
- ▶ Safe to be me (Age UK) (2017)  
<https://bit.ly/2FDQAEU>
- ▶ Early Stage Dementia: a Carers Guide to Creating a Dementia Friendly Home (2017, Age Scotland)  
<https://bit.ly/2zkPq2u>

## Getting in touch

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

**Phone:** 0141 212 9600

**Email:** [enquiries@lifechangestrust.org.uk](mailto:enquiries@lifechangestrust.org.uk)

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