



# Alzheimer Scotland (Dundee)

## February 2025 - Newsletter

### **Bitesize Sessions**

There are a couple of Bitesize Dementia information sessions coming up in March:



#### **Monday 3<sup>rd</sup> March: - Understanding Dementia**

**2pm – 4pm**

We look at the different types of Dementia, along with gaining a greater insight into the condition.

#### **Tuesday 11<sup>th</sup> March: - Communication, Traits & Dementia**

**2pm – 4pm**

Looking at the varying traits and behaviours associated with Dementia, along with Communication and how to support someone with a diagnosis.

**These take place within our Dementia Resource Centre in Stobswell, Dundee.**

**Group sizes are a max of 15. For more information and/or to book a place, please contact:**

**Jeni Sinclair:- 07917 241024 or [jenisinclair@alzscot.org](mailto:jenisinclair@alzscot.org)**

### **Out & About Bus – March 2025 Trips**

**OUT & ABOUT BUS MARCH 2025**

Are you over 65? Would you like to get out and about for a short trip where you will meet other people? Would you like to be picked up and dropped off at your door?

This month we will be visiting:  
3rd-7th March - Glendoick Garden Centre  
10th-14th March - Larick Cafe, Tayport  
17th-21st March - Glendoick Garden Centre  
24th-28th March - Larick Cafe, Tayport

When we pick up in your area:  
Monday - Charleston, Menzieshill, Lochee/Pentland & West End  
Tuesday - Brackens, St Marys, Ardler, Downfield, Kirkton, Mill O' Mains & Claverhouse  
Wednesday - Fairmuir, Coldside/Strathmartine, Glens, Hilltown, Maryfield & Stobswell  
Thursday - Happyhillock, Fintry, Whitfield, Douglas & Craigiebank  
Friday - West Ferry, Barnhill & Broughty Ferry

Bookings can be made on Tuesday 18th and Wednesday the 19th of February between 10am and 1pm. Call us on 01382 305750/305721

PLEASE NOTE ONLY TWO BOOKINGS PER PERSON

SCOTTISH CHARITY SCO36755

The Out & About Bus is heading to the Glendoick Garden Centre and Larick Café in March.

**Booking dates for March Trips is on Tuesday 18<sup>th</sup> & Wednesday 19<sup>th</sup> February.**

The Booking line number:  
01382 305750/305721

Please note that this is a Dundee Community Transport activity.

# Dementia Circle – Testers Required



**Interested in Digital Technology?  
Would you like to test new  
products or share your feedback  
on the technology you own?**

## Dementia Circle needs you!

The world of technology is fast-moving and filled with a lot of choice. Knowing what products might be right for you can become overwhelming when you don't know where to start. That's why Alzheimer Scotland created our free online platform ADAM (About Digital and Me) to help families navigate through the world of technology and help them find the best product for them. ADAM is unique because all the products in the ADAM catalogue have been tried and tested by people living with dementia and their carers through our Dementia Circle project. ADAM wouldn't exist without our Dementia Circle reviewers which is why we are looking for more people to join our community.

### What is Dementia Circle?

Dementia Circle is an Alzheimer Scotland project that helps people with lived experience of dementia to find, test and share feedback on products and services that can help make everyday living with a long-term condition easier. By testing out a product or a service and giving your honest, unbiased feedback, you will be helping people like you to find things that can also help them. We are not affiliated with any brand or product so you can have confidence in the reviews and information we share.



### What will happen when I join Dementia Circle?

When you sign up, you will join a pool of people just like you. When we have new products to test, we will contact you if the technology is aligned with your interests and see if you are willing to test. If you think the product is not for you, you can say no and we'll contact you again next time. We sometimes have limited products available and aim to make the testing process as fair as possible. If you have already tested a product with us, we may prioritise new reviewers or people who have not tested any product before offering a second product to review.

If you are happy to go ahead with testing, we will support you throughout the review process. This can either be an individual review or we may invite you to join a group of reviewers who are testing the same product. The average time to review products is usually 4 – 6 weeks, although some product reviews may take longer.

As a Dementia Circle reviewer, we will also invite you to our new bi-monthly online community gathering where we can chat about the latest products in testing, what technology you enjoy using, new technology devices to look out for and top tips from the community. So even if you are not actively testing a device for us, there will still be opportunities throughout the year to be involved and provide feedback.

### I'm interested in joining! What shall I do next?

To join our Dementia Circle community, please fill out this online form which can be found at: <https://forms.office.com/r/Ty6PeSKght>

Once we have received your form, we will get in touch for a chat about the technology you already use or the interests you have so we can match you with products in the future.

In the meantime, you can visit ADAM here: <https://meetadam.org>



## **V&A Dundee - March Café**

We just want to highlight that due to a longstanding commitment at V&A Dundee, there will be **no Dcafe taking place at the museum during the month of March.**

The café will still run on the February & April dates.

## **Day Opportunities at Alzheimer Scotland in Dundee**

Our Day opportunities continue to take place within our Dementia Resource Centre in Stobswell. Our uniqueness is that our groups are smaller, which creates a cosy, nurturing environment.



Running Wednesday to Friday, sessions take place from either 9.30am – 12.30pm or 1.45pm – 4.45pm. Activities vary and include reminiscence, music and intergeneration work with our local nursery school. Our Day opportunity would suit someone who would enjoy interaction with others and the chance to engage in a variety of activities.

Attendees must live in Dundee city to be eligible to attend. Whilst we don't have a transport service, many families have set up a contract with a local taxi firm to support with transport needs. Costs are £15 per session, which include refreshments.

For more information regards criteria etc, please contact 01382 210200 or Dundee Services [dundeervices@alzscot.org](mailto:dundeervices@alzscot.org)



## **February BOOGIE – Craigie**

The February BOOGIE returns to Craigie Bowling Club on Friday 28<sup>th</sup> February. 1.30pm – 3.30pm (doors open 1.15pm)

The club is located on Dalkeith Road in the Taybank/Baxter Park area of the city.

The venue is well served by both Explore and Strathtay services (Explore 5a & 28/ Strathtay 73). There is ample parking in the streets surrounding the club.

**We ask those who are intending to come along, that they book places. This is to ensure that we can accommodate everyone within the clubhouse and additionally that we have a contact should we need to cancel on the day due to bad weather.**

Tickets are £3.50 per person, this includes tea/coffee during the event. A cash bar is also open for the purchase of both soft and alcoholic drinks. For more information or to book your place(s) please contact Jeni Sinclair [jenisinclair@Alzscot.org](mailto:jenisinclair@Alzscot.org) or 07917 241024



(ABOVE: Craigie Bowling Club image – DC Thomson. LEFT:Google Maps)

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# Advice and Support Drop In – Forthill Sports Club

Please find information regards Advice and Support. These sessions are organised and facilitated by DHSCP & NHS Tayside. They take place on the last Wednesday of the month at Forthill Sports Club, Forthill Road, B/Ferry, Dundee.

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Dundee  
Health & Social Care  
Partnership

NHS  
Tayside

Let's talk  
about  
dementia

## ADVICE AND SUPPORT FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CARERS

PLEASE JOIN US AT OUR DROP IN  
AT FORTHILL COMMUNITY SPORTS CLUB  
ON THE **LAST WEDNESDAY OF EVERY MONTH**

FROM 12.30 PM to 2.30 PM



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For more information about our services and activities,  
please contact Dundee services: 01382 210200

or

Jeni Sinclair on 07917 241024 / [Jenisinclair@Alzscot.org](mailto:Jenisinclair@Alzscot.org)

