

PINE PATTERN

Issue 3
July/August
2009



**Charity Partner of
Sainsbury's
Olympia**

*Make sure you
receive your
regular copy of
Pine Patter—
e-mail or write
with your request*

*Guess who?
See page 2*



Fundraising

As a charity, we need support to continue providing care.

Can *you* help? If you would consider supporting us by standing order, making a one-off donation, or organising an event, we would love to hear from you.

**Please Help Us
Make A Difference**

Making a Difference

I wonder how many of you watched Mary Protas in the recent T.V. series “Mary Queen of Charity Shops”.

Mary was tasked with a challenge to implement change and make a difference.

She was “given” one of a chain of charity shops and challenged to increase the benefit it provided to the charity.

It is fair to say that the shops had not been doing anything particularly wrong, but had been meandering along and following the same culture of virtually every other charity shop, but the needs of the charity were increasing and the shops had failed to adapt and keep pace.

Mary’s challenge is not

dissimilar to what we as care providers now face, the real challenge is to overcome any fear of change, move out from our comfort zones, and recognise that change for the right reasons, and managed correctly, will benefit everyone.

We are not going to stop what we are currently doing, but we are going to increase the care opportunities that we offer, nevertheless, it is still change.

Everyone at “Pine” recognises the positive difference we can make by expanding on the range of care provision that we offer, and we also recognise that the front line care staff must play a major role in identifying and implementing additional opportunities.

Mary met many stumbling blocks on her challenge, and I am sure we will as well, but her forward thinking, self belief, and determination to succeed won through in the end, and so will we..... **we will** make a difference.

When we stand at the starting line of change we must focus on the finishing line, and not on the hurdles we have to clear to get there.

In the next issue of Pine Patter we will advise you how to follow our progress via our website.

**John
Vance
Chairman**



Raising Standards

- Quality of Care and Support: **5**
- Quality of Environment: **5**
- Quality of Staffing: **5**
- Quality of Management & Leadership : **5**

These were the results of our Care Commission inspection which took place on May 28th 2009.

Under the new grading system, there are 6 possible grades for each area inspected, 1-6, being unsatisfactory, weak, adequate, good,

very good and excellent respectively. Our new grades show that we are ‘**very good**’ in all areas inspected.

The full report will be made available on our website once it has been finalised by the Care Commission. It will also be freely available in paper form from our office. All previous inspection reports are also available. I would encourage you to check these out, either via our own site or the Care Commissions, at:

www.carecommission.com

Alexander Brothers in Concert-29th August 09

Scotland's leading international entertainers, **The Alexander Brothers**, are making a welcome return to East Kilbride to perform for the Dementia Carers Group.

Saturday 29th August, 7.30pm, The Village Theatre, Maxwell Drive, East Kilbride, G75 9DQ
Please note that tickets will be sold from our centre, not the venue.

Tickets on sale to the general public
Monday 20th July 2009.

cost £10



I.C.E.-In Case of Emergency



ICE allows emergency services to be able to contact a designated relative / next-of-kin in an emergency situation.

It only takes a few seconds to do, and it could easily help save your life. Why not put ICE in your phone now?

How Does It Work?

Simply use your mobile's phone book to store the name and number of someone who should be contacted if you have an emergency – but add the letters ICE in front of their name.

For more than one contact name ICE1, ICE2, ICE3 etc."

If you're under 18, your ICE partner should be your

mother, your father or an immediate member of your family authorised to make decisions on your behalf. Friends and other relatives won't be able to make decisions for you if you're admitted to hospital.

Please also pass this information on to as many friends, relatives and colleagues as possible....thank you.

Free... Recipe Book & Cryptic Pop Quizzes!!!

Newly posted on our website for **free** download...

A fabulous **recipe book** containing 146 recipes, which

include soups, starters, main courses, desserts and home baking! Also **Cryptic Pop Quiz I and II.** 100 cryptic

clues on each quiz, guaranteed to drive you to distraction! Dare you try it?

www.dementiacarers.co.uk

Meet the Staff – Beth McAteer, Care-Worker

Hi I'm Beth McAteer, and I've been a care-worker at Pine for 5 1/2 years and thoroughly enjoy what I do.

Since leaving school I have had a variety of jobs from hairdressing, inspecting finished golf clubs, shop work, working in the Inland Revenue, a spell with South Lanarkshire Council and not forgetting raising a family.

I came to Pine with no quali-

fications, but now have an SVQ 3 which I completed in only 5 months. I have also had the chance to learn British Sign Language through my work, and much more.

I would like to think I make a difference to the lives of the people that visit us; I know they certainly make a difference to my life. It's a two way thing.

I enjoy hearing about their life

stories, family etc. and love working in a homely relaxed atmosphere with a lot of laughter.

I like to think I treat our visitors as I would like my own parents to be treated if they ever visited a club like Pine.

PINE ROCKS.



Check us out on the web

www.dementiacarers.co.uk

East Kilbride & District Dementia Carers Group

169 Pine Crescent
Greenhills
East Kilbride,
G75 9HJ

Phone: 01355 244123
Mobile: 07919 36 77 90/1
Fax: 01355 244407
Email: info@dementiacarers.co.uk

Charity no: SC0 18844

AGM Update

Committee
2009/2010
Chair
John Vance
Vice Chair
Janette Sime
Treasurer
Sadie Young
Secretary
Carole Richards

Elected members
Susan Bennie
Elsie McCrossan
Margaret McNab
Liz Craig

Our **Annual Report** and accounts for year ending 31 March 2009 are now freely available from the office, or for download from our website.

Read challenging reports from our **Chairman and Co-ordinator**, regarding our hopes and aspirations.

Statistics

- Projected 25% increase in number of people within South Lanarkshire who have dementia... 51% in East Kilbride over same period!
- Projections estimate increase from between **58,000** and 65,000 people in Scotland with dementia, to between **102,000** and 114,000 by 2031.
- In total, an estimated **700,000** people in the UK have dementia. There will be over **one million** people with dementia in the UK by 2025.