

PINE PATTERN

Issue 5

March 2011



Charity Partner of

**MARKS &
SPENCER**

East Kilbride
Town Centre

Accessing daycare may be easier than you think - contact us to discuss options!

Thank You

A number of people kindly support us by **monthly standing order**.

This support is invaluable, as it allows us to project income and plan ahead with our care.

To those who support us in this way, a very special **THANK YOU**.

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.

This Concerns Us All

Just three years ago, our Group only had to fund-raise £7,000 per annum to survive. Since then, overheads have risen considerably and the amount of income generated by daycare has been reduced by 15%.

The result is that this coming year, **we must raise £40,000 to continue providing support to people with dementia and their carers.**

Our Group does NOT pay fundraisers or fundraising teams. Our Directors take NO expenses in return for their time and efforts. EVERY penny donated to our charity goes directly into helping us continue providing a service to people with dementia and their carers.

The statistics locally and nationally are frightening, but simply cannot be ignored!

In total, an estimated **820,000** people in the UK have dementia. There will be over **one million** people with dementia in the UK by 2025. (www.dementia2010.org)

It is estimated that there are around **72,500** people in Scotland with dementia, and that the figure will rise to **127,000** by 2031. (*Alzheimer's Scotland, Feb 2011*)

Of the 32 Local Authority areas in Scotland, South Lanarkshire has the **fourth highest** prevalence of dementia (est 4209 people), with only Glasgow (6696), Edinburgh (6282) and Fife (5389) having more. In actual fact, Lanarkshire as a whole (8020) has almost 20% more people with dementia than the highest region in Scotland (Glasgow). (*Alzheimer's Scotland, Feb 2011*)

Official figures projected that within South Lanarkshire, the number of people with dementia would increase over a 10 year period by **18%**. (*SLC Local Housing Strategy 2004-2009*)

Over that **same period**, the figure for East Kilbride was not 18%, but an estimated **45%**, due primarily to the artificial demographics of a New Town. (*SLC Local Housing Strategy 2004-2009*)

Over 1,000 people in East Kilbride are reckoned to have some form of dementia.

Our aim is to provide a service supported BY the people of EK; run BY the people of EK; FOR the people of EK. **To be a co-operative of care and compassion. We need YOUR help and support to do this.**

**Please Help Us
Make A Difference**

Heart of the Community

Last year was a record high for trips and outings, with **248** in total. This was 78 more than in 2009-10, with an even greater variety of places to visit.

New venues included Whitelees Windfarm, Dean Castle Country Park, Glennifer Braes in Paisley, and The Tall Ship in Glasgow City Centre. There was also an increase focus on one to one outings; trips to dentists, doctors, church, barbers, hospital visits, and meeting other such practical needs.

We believe that people with dementia should continue to be an active part of their local community, and our role is to do whatever we can to enable that to happen.

In addition to finding new and interesting day trips, we still cater for old favourites such as Calderglen, Troon, Callander, Auchlochen, Moncrieff Tearoom, Chapelton, Clyde Valley, the Heritage Park, and many more. **We Are Making A Difference!**

Dementia Café

We are delighted to announce that we have teamed up with Alzheimer Scotland, NHS Community Mental Health Team and the Social Work Department to

create East Kilbride's first Dementia Café. The Dementia Cafe will meet on the Second Wednesday of every month, from 1pm to 3pm in the Bruce Hotel.

Dates for 2011:

Apr 13th
May 11th
Jun 8th
July 13th
Aug 10th
Sept 14th

Oct 12th
Nov 9th
Dec 14th



Digital TV – Switchover Help Scheme



TV is switching over to a digital only service, which will include the original channels plus many more. To avoid losing TV access, the BBC are running a 'Switchover Help Scheme' to help older and disabled people to make the change to digital TV.

Those who are eligible to get help are:

Anyone who:

- Is aged 75 or over; or;
- Has lived in a care home for 6 months or more, or;
- Gets (or could get) certain disability benefits, or;
- Is registered blind or partially sighted.

Although there is a fee of £40 on the standard offer (all equipment, installation support...) this is FREE if the eligible person receives Pension Credit or income related benefits.

For an information pack, call free on:

0800 40 85 909

Capturing and Sharing the Fun Times



Our digital photography services continue to grow in popularity.

When on trips and outings, and within our centre, we regularly take photographs of people enjoying them-

selves. With permission, these photos are then printed and given to Service Users to take home, allowing them to relive the happy experience and their Carer to share in the joy. We also have an e-mail ser-

vice, where family members can sign up to have photos e-mailed to them, allowing them to see their loved one having fun, with photos going as far flung as the USA and Stewartfield!



Press Don't Panic



PRESS DON'T PANIC
SPEAKS WHEN YOU CAN'T

This new device caught our eye and might be

worth looking into if you or someone you care for has communication difficulties. Press Don't Panic® is a small, highly visible, clearly medical, audio device which communicates

vital information in a medical emergency - at the press of a button. The audio button 'speaks when you can't'.

www.pressdontpanic.com
Tel: 01721 730511

Check us out on the web

www.dementiacarers.co.uk

Newsletter edited by Ross McNicol

facebook please 'like' us!

EK 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

Swing Band

Friday 10th June at the Ballerup Hall in East Kilbride. Watch the website / Facebook for details of when the tickets will be available.

Variety Show

In the Village Theatre, EK, starring Gordon Cree & Guests. **Friday 16th September.** Watch the website and Facebook for more details of the event and ticket sales.

Old Gold?

Turn it into local dementia care!!! If you have any unwanted gold jewellery please consider donating it towards dementia care. Happy to collect.

Free Car / Window Stickers Available

Show your support!

