



Alzheimer Scotland

Action on Dementia

East Lothian Services

**3 Edinburgh Road
Dalkeith
Midlothian
EH22 1LA**

**0131 654 1114
midandeastlothianservices@alzscot.org**

Dementia Advisor

Our Dementia Advisor, Michael Huddleston, is a point-of-contact for people with dementia and their carers. He can be contacted about any issue relating to a person's dementia or caring journey.

In particular, Michael's remit is to:

- Provide information and advice
- Help the person with dementia, family and friends plan for the future
- Put people in touch with local sources of support
- Help people navigate the health and social care system
- Help people assert their rights and make choices—and in so doing stay as well and independent as possible

Michael also:

- Supports local communities to become more dementia friendly
- Supports the development of services to meet the needs of people with dementia and their carers
- Liaises with health and social care around strategic and policy development, including both the Dementia and Carer's Strategy

Michael can be contacted on **0131 654 1114** or by **email** [**mhuddleston@alzscot.org**](mailto:mhuddleston@alzscot.org)

Dementia Link Workers

We have Dementia Link Workers within the Psychiatry of Old Age East Lothian Team (POAEL). They work to the Five Pillar Model of Post-Diagnostic Support (PDS), a person-centred approach provided over one year to people recently diagnosed with dementia and their family. The aim is to help people to adjust to the diagnosis and live well with dementia, independently, at home and in their community, for as long as possible.



Five Pillar Model of PDS

Referral

People who meet the criteria for a Dementia Link Worker are referred via their consultant after diagnosis.

To find out more about PDS contact: 0131 536 8568

Psychiatry of Older Age East Lothian
Herdmanflat Hospital
Aberlady Road
Haddington
East Lothian
EH41 3BU

D'Cafés

We currently run two D'Cafés offering a friendly, supportive and stimulating environment for people with dementia and their friends and family.

The cafés are an opportunity to meet others in similar situations for advice, get information and support and to make valuable social connections.

D'Cafes are open to people with dementia who are able to attend safely, either on their own, or with a friend or carer. Please feel free to come along on the day.

Musselburgh D'Café

11.00-2.00pm, 1st Wednesday of the month

St Andrews High Church, High Street, EH21 7EA

- **11.30** Refreshments provided
- **11.30-12.30pm** A Carers group meets whilst our Community Activities Organiser and volunteers provide a range of therapeutic activities for people with dementia at the same time
- **12.30-2pm** Lunch provided
- *Suggested donation £4 per person*

Dunbar D'Café

2.00-3.30pm, 1st Monday of the month

Dunbar Town House High Street, EH42 1ER

- **2 pm** Refreshments provided
- **2.30-3.30pm** our Community Activities Organiser and volunteers provide a range of therapeutic activities for people with dementia
- **2.30-3.30pm** Carers group meets
- *Suggested donation £3 per person*

Volunteering

We are always looking to recruit enthusiastic and caring volunteers to support our work in a range of areas:

- **Befrienders**

People with dementia living in the community require volunteer befrienders to provide one-to-one support to take part in activities so they can continue with their interests

- **D' Cafes**

Our D'Cafés require volunteers to help with food preparation, refreshments and with the activities

- **Drivers**

We are looking for volunteer drivers who could support people with dementia to attend any of our community activities

No previous volunteering experience is necessary and there is no requirement to have direct personal experience of dementia.

We are looking for people with a passion for helping in your community. If you can spare just a few hours a week and you enjoy working with and making a difference to the lives of people in your community, please contact us:

0131 654 1114 or email mhuddleston@alzscot.org

Dementia Friends Information Sessions

Our Dementia Advisor delivers a free interactive and informative training course that will provide you with an understanding of how to interact with people who have dementia.

Five key dementia messages are brought to life through a number of thought-provoking activities. At the end of the session participants become a registered Dementia Friend.

If you would like to arrange a Dementia Friends session in your place of work, or as part of community group, please get in touch.

Alternatively, if you would like to become a Dementia Friend online, please visit:

<http://www.dementiafriendsscotland.org/>



24 Hour Dementia Helpline

Freephone: 0808 808 3000

Our 24 hour Dementia Helpline provides information and emotional support to people with the illness, their families, friends and professionals.

The Helpline is staffed by trained volunteers supported by a staff team at Alzheimer Scotland.

Many of the volunteers have had personal or professional experience of caring for people with dementia.

The Dementia Helpline can provide information right away on many questions or concerns. We can send out free information to carers, family members or people with dementia. We also have a panel of expert advisers who help answer more complex enquiries.

The Dementia Helpline is confidential, so you don't even have to give your name if you prefer not to.

We can provide free information packs to people with dementia and their carers. To request a pack please phone the helpline or **email: helpline@alzscot.org**

Website

For information on all our national and local services, types of dementia, research and up to date news please go to our website:

<https://www.alzscot.org>

Membership

Membership is free to anyone with a diagnosis of dementia, carers, former carers, volunteers, Dementia Champions and Ambassadors.

Members receive our Dementia in Scotland magazine three times a year and regular e-newsletters. You are also invited to our Conference and Annual Christmas lecture and reception. There are opportunities to engage in Members' Advisory Forums, take part in surveys and add support to online campaigns, petitions and initiatives.

Becoming a member is easy, you can join online or you can call us during office hours on

0131 243 1453