



DOCHAS FOCUS

SUMMER 2021



Dochas Carer Centre, 50 Campbell St. Lochgilphead PA31 8JU

Summer – and at last we begin to see some light at the end of the long COVID 19 tunnel. Case rates are remaining low, businesses are opening up again, and we are able to meet up with friends and family and give and receive hugs! There’s always something to be glad about, as Pollyanna would say! 😊 Staff at Dochas can meet with carers in their gardens or outdoors if the weather is good, or we can arrange one to one visits at the Dochas Centre if required, so if you would prefer a face to face visit, let us know and we can arrange this with you. Meanwhile, stay safe and well, and hopefully by the next edition of our newsletter, we will be planning the Dochas Centre reopening. We are missing your lovely faces!

TAKE 5

Five of our staff members at Dochas decided to join in with the Take 5 challenge in March, the details of which we shared with you in the last newsletter. Ryan, Heather, Alison, Wanida and Tracey, set their sights on walking 5 kilometres each day in March to raise funds for Dochas Circle of Friends group. Between them, they raised an amazing total of £1845!

Hats off to you ladies!



OUR VOLUNTEERS

We also appreciate all the volunteers who work for Dochas. We have volunteers who are part of our Circle of Friends group who give their time to others giving carers an hour or two’s break from caring. Ryan wrote this little poem in appreciation of them.

Volunteering is a work of heart ❤️

*Our volunteers are wonderful and are worth their weight in gold.
Over lockdown their efforts got people through by being loyal
sincere and full of good cheer.
Always ready to fulfil their role bringing light and joy and reaching
that goal!
Dedicated people are not easy to find so we want to say thanks
for being special and kind.
A simple phone call can mean so much, planting that seed making
good friendships grow.
So thank you for doing all things well just the way we expect, your
efforts are amazing and worthy of our respect!*

Thank you for volunteering ❤️

If you would like to volunteer for Dochas Circle of Friends, please contact Ryan 07932 039801.



CARERS WEEK 7th – 14th JUNE

The focus for Carers Week in 2021 is to make caring

‘visible and valued’!

Carers often feel that they are an undervalued part of society. Their unrelenting hard work can go unnoticed and unappreciated, and can take its toll on their health and wellbeing.

The Dochas Centre wants to send you a very loud and clear message at this time!

WE SEE YOU - AND WE APPRECIATE YOU!

..... and to show you, we are sending a little something your way to mark carers week.



FLYING HIGH

Tracy Chambers, our support worker in Kintyre, decided to head 10,000 feet upwards and launch herself from a plane in a skydive! Tracy raised £1200 for the Scottish Association for Mental Health. We’re so glad you made it back to earth Tracy!



WARMER HOMES SCOTLAND

The Scottish government provides advice and funding for energy saving home improvements through the Warmer Homes Scotland programme. It can provide things like wall insulation, loft insulation, draught proofing central heating and home renewable systems.

Home Energy Scotland offers free, impartial advice on making your home easier to heat, and can check if you are eligible for financial support. Advisors are available Mon-Fri 8am-8pm, Sat 9am-5pm Tel: 0808 808 2282

Dochas has been contacted by the owner of Meadowsweet Bungalow, Kilmichael Glen, to let us know that this accessible self catering 3 bedroom holiday accommodation will be available from May for bookings. The house can sleep 5, has wheelchair access, wheel in shower, shower chair, ramps, hoists, electric bed and motor recliner chair. More details are available at www.meadowsweetbungalow.co.uk



JUST FOR FUN – ANSWERS!

CAN YOU NAME THE PLACES IN SCOTLAND?

Answers to quiz questions in last newsletter are shown below.
How many did you manage to work out?

1. Very Small Drinks (Shotts)
2. Stupid Chips (Dumfries)
3. Won't Find Hot Water Here (Coldstream)
4. Two Parts of Your Face (Eyemouth)
5. Trip Outside the Church (Falkirk)
6. One of your Parents is Fit and Healthy (Motherwell)
7. Good Looking Card Game (Bonnybridge)
8. Murder with a Garden Tool (Kilsyth)
9. Not in a Medal Position (Forth)
10. Can't Live Without This (Ayr)
11. Not Staying (Leven)
12. Church Surrounds (Kirkwall)
13. You and I are Fit and Healthy (Bothwell)
14. Use a Spoon for This Fish (Stirling)
15. Popular Drink from the Abbey (Buckie)
16. Adds up to 21 (Dyce)

PRIORITY SERVICES REGISTER

Scotland's electricity distribution and water networks have joined forces to launch PSR Scotland, an innovative partnership to inform customers of the free support available when they need it most.

With the launch of the new PSR Scotland website, customers across the country now have a one-stop-shop where they can learn more about the free help available in their individual area, with links straight to the specific pages on each company's website to make the registration process as simple as possible.

Scottish and Southern Electricity Networks (SSEN) Distribution, SP Energy Networks (SPEN) and Scottish Water, have each been running their own Priority Services Registers (PSR) for several years, offering free support to customers during a power cut or an interruption to local water supplies.

Customers are eligible to register if they are: deaf or hard of hearing, have a disability, live with children under five, are blind or partially sighted, have a chronic illness, are over 60, depend on electricity or water for home or medical care, or feel they may need additional support, even for a temporary period of time.

To learn more about the free help and support that is available in your area and check if you are eligible, visit the new PSR Scotland website at PSRScotland.com

SHOULD HAVE GONE TO SPECSAVERS (Disclaimer- other opticians are also available!)

Try this and don't cheat ... it's amazing.
EVERYONE NEEDS TO TRY IT !!!!

This is an EYE  TEST

(I love this part ...
It's absolutely amazing!)

Count every " F " in the following text:

FINISHED FILES ARE THE RE
SULT OF YEARS OF SCIENTI
FIC STUDY COMBINED WITH
THE EXPERIENCE OF YEARS.

(Answer is on the next page)



WE'VE LAUNCHED OUR LOTTERY PAGE

Buy Your Tickets From Our Page - We Get 50%

- We now have a [Argyll Community Lottery page!](#)
- Support local causes and win prizes of up to **£25,000!**
- **50% of all tickets sold from our page go to us!**
- **PLUS 10% goes to other local good causes!**
- Tickets only cost **£1 per week!**
- Support us and win prizes - **WIN WIN!**

Click here to
SUPPORT NOW!

Supporters must be 16 years of age or older

DONATIONS TO DOCHAS

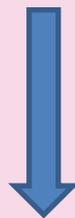
Should you wish to support the Dochas Carers Centre by making a financial gift, you can post a cheque or donate by bank transfer to **Dochas Fund** Bank of Scotland
Sort Code: 80 08 86
Account Number: 00131786

Thank you!

When people say "I couldn't do what you do", take that as a compliment. They are telling you how very strong and how very special you are.

Answer – How many 'F's?

So how many 'F's did you find? 3 or maybe 4? The correct answer is 6! Read the sentence again! Did you find any more?



Our brains, it would seem, often don't register small words like 'OF'.
Interesting eh?

SWEET TREAT Easy Peasy Microwave Tablet (takes 12 minutes to make)

Ingredients

4oz Unsalted Butter
1 tin condensed milk
1lb caster sugar
1 teaspoon vanilla extract (optional)
1 Tablespoon icing sugar

Method

In a large plastic bowl (larger than you think you'll need) melt butter (1 minute in microwave). Add caster sugar and condensed milk (1 minute in microwave). Stir well to combine ingredients. Put back in microwave and cook for further 10 minutes. Remove bowl from microwave (careful -very, very, very hot!) Add icing sugar and whisk for a minute. You will feel tablet thickening. Quickly pour into buttered tray and spread evenly. Cool for 5 minutes then mark into squares and leave to set.

This is good to put in bags and give as presents – or of course just throw out these bathroom scales and eat it all yourself!



TAKING CARE OFYOU!

No matter how well you deal with your caring role, at some point you will probably experience higher than normal levels of stress. Carers can be so busy caring for the health and well-being of the person that they care for that they don't take time for themselves. Taking care of your own mental and emotional well-being is not just vital for yourself, it can also be very positive for the person you care for. Early recognition of the signs of stress, anxiety and depression is the crucial first step in dealing with problems and preventing them becoming more serious. Seek help as soon as possible through your GP or practice nurse. There are things you can do for yourself to improve your own mental and emotional well-being, which can include:

- Drawing on friends and family for discussion and support – talk about your feelings, don't bottle them up.
- Work out what is making you stressed or upset.
- Organise your time – make lists if it helps.
- Find out about practical solutions for things that are troubling you – contact the Dochas Carers Centre for support and advice.
- Keep physically active and take regular exercise if you are able to – start with a brisk walk.
- Moderate your alcohol intake.
- Eat well and regularly.
- Try and take some time each day to do something for yourself.

Dochas Staff Contact Details

Peter (Manager) 07899 242265 peter@dochasfund.org.uk
Wanida (Admin) 07496 918688 wanida@dochasfund.org.uk
Heather (Carer Support) 01546 600022 heather@dochasfund.org.uk
Tricia (Carer Assessment/Support) 07500 194963 tricia@dochasfund.org.uk
Tracy (Kintyre) 07535 036953 tracy@dochasfund.org.uk
Tracey (Islay) 07912 015393 tracey.hunter@dochasfund.org.uk
Ryan (Circle of Friends) 07932 039801 ryan@dochasfund.co.uk
Alison (Counselling) 07432 231217 counselling@dochasfund.org.uk

A&B Transforming
HSCP Together
Argyll & Bute Health & Social Care Partnership

FAO: ARGYLL AND BUTE UNPAID CARERS Short Breaks Consultation

Definition of a short break:

A short break is any form of service or assistance which enables you as a carer to have periods away from your caring routines or responsibilities.

The purpose of a short break is to support you with your caring relationship and promote your own health and well-being. This in turn may be beneficial to the person you provide care to, as well as other family members affected by your caring situation.

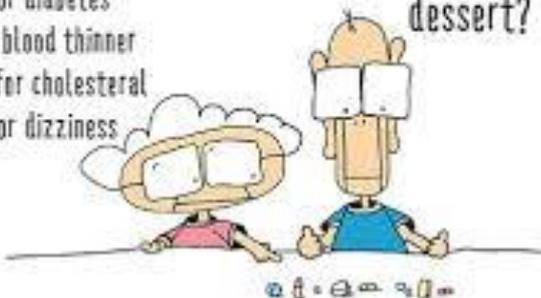
**"HAVE
YOUR
SAY!"**



**[CLICK HERE NOW TO
HAVE YOUR SAY](#)**

That pill is for your heart
that one is for your eyes
that one is for blood pressure
That's for diabetes
that's a blood thinner
That is for cholesterol
That's for dizziness

What's for
dessert?



RAPID LATERAL FLOW TESTS

You no longer need to wait until you have symptoms of COVID 19 to take a test. Everyone can take a test regularly to ensure they don't have the virus. You can order a test kit online using the link below, or ask at your local pharmacy. It is quick to arrive in a box with 7 test swabs. You can only order 1 kit at a time on any day but you can order as often as you want to. It's good to check yourself a couple of times a week, as you may have the virus but have no symptoms, and could pass it on. You see the result in 30 minutes.

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

FOCUS ON DEMENTIA

In this issue of Dochas Focus we are looking at a condition which is impacting more and more lives, mainly due to the fact that more people are living to a greater age now than at any time in the past. Around 850,000 people in the UK have some form of dementia. Dementia is an overarching term which describes different degenerative conditions of the brain. There are different types, causes and effects described on the next page.

But on a more personal note, one of our Dochas carers shares what life is like now her husband has dementia.

A Carer's Experience

My husband and I have been married for fifty years. We both worked hard all our days and I only retired last year, at the age of eighty because I couldn't leave him alone anymore.

Two years ago he was diagnosed with dementia.

I am devoted to my husband and want to care for him always. I had noticed some behaviour that was odd for my husband, but never thought for a minute, he had dementia.

There is no doubt he has deteriorated this past year but I'm not sure whether it is because of Covid-19 and the lack of socialisation and not seeing family or his condition.

I try to keep to a routine every day as otherwise the days and nights can be even more difficult.

I am up early and he sleeps later as we have often been up till at least 1am.

The day starts like this....as soon as he wakes up, he asks for an ambulance or a doctor to take him to hospital.

I get him up, shower and dress him and then breakfast.

We then go for a walk. I try to encourage him to walk every day, at least twice.

He is an avid fan of cups of tea and when he is really unsettled, I always resort to a cuppa as this seems to help a bit. Tea is my life saver and it seems to be the only thing that calms him down at all hours of the day and night.

The hardest part of my day and night starts at 4pm every day.

He is very disorientated and not sure where he lives anymore. We go between Oban and Islay and he is either wanting to get on the ferry to see his mum and dad or we have to go looking for them both. We live in a bungalow, but he lived in a two-story house when he was growing up. This means every night he climbs into the wardrobe, trying to get upstairs to find his parents. All the doors have fallen off our wardrobes because of his searching. Another part of the behaviour is, he packs cases every night to visit his parents. He empties the wardrobes of all clothes and puts them in suitcases. I still iron clothes but wonder why I do this.

It has become an ever-increasing battle to keep him in the house in the evenings, as he constantly wants to go to his parents' home. It is harder in the lighter evenings as he does not know what time it is. We live on a main road and it is extremely dangerous when he is absolutely determined to go out. We had a very near mishap a couple of weeks ago when he was on in the middle of the main road, on a blind corner and a car came round.

He has at times tried to climb out of the bedroom window to look for his parents.

He asks the same questions constantly and is obsessed with the time. He sees people and things that aren't there. He loves running the hot water away. He is always cold and we have to light a fire every day and have the heating on. He hides things everywhere and anywhere. We have no idea where his new hearing aid disappeared to.

What is life like for me?

I get up every day and just get on with it.

Some days or hours or minutes in a day he has no idea who I am. I show him photos of his son and family but he has no idea who they are. His behaviours can be really hard to handle and sometimes he can be very angry. I cope as best I can and try to manage it all and calm him down.

I have really missed my family and friends during Covid-19. I am a really sociable person and love a chat. I feel like I have nothing to look forward to. I weigh up whether we can go away to visit family on the mainland and then decide it isn't possible as my husband gets so distressed and disorientated. We had an awful experience on a plane last year and I still have nightmares about this.

I wouldn't want it any other way, as I want to be with my husband, but the days and nights can be very long and patience is a total virtue which I remind myself about all the time.

The most common type of dementia is **ALZHEIMER'S** - 62% of people with dementia in the UK have Alzheimer's disease. Symptoms include memory loss, difficulties with cognitive process i.e. thinking and reasoning, and problems with disorientation. This is caused by protein plaques forming in the temporal lobe – the area of the brain in which memories are formed. The plaques lead to insufficient blood supply to the brain cells so they eventually die off. In Alzheimer's, the size of the affected area gets bigger and so symptoms worsen.

Another type of dementia is **VASCULAR DEMENTIA** – this accounts for 17% of dementia cases in the UK. Vascular dementia can develop very suddenly. Ability to concentrate declines, memory loss, confusion, changes in personality, possible mobility problems are some of the symptoms. As the name suggests it is linked to blood vessels deep in the brain becoming stiff, twisted and diseased, leading to reduced blood supply to the brain.

LEWY BODY DEMENTIA – Lewy bodies are small deposits of protein in the nerve cells in the brain. These disrupt the messages to other nerves, muscles and organs. This can affect motor skills, and cognitive functioning.

FRONTOTEMPORAL DEMENTIA – damage is caused by death of nerve cells in the temporal lobes of the brain. This area of the brain regulates behaviour, emotion and language. People with this type of dementia can experience distressing changes in personality and behaviour.

There are a few other types of dementia but the 4 detailed above are the most common.

Alzheimer Scotland

Meet the Dementia Link Workers in Mid-Argyll/Kintyre



Hazel McIntyre



Gayle Pearson



Kerrie Noor

The Scottish Government has guaranteed that every person newly diagnosed with dementia will be offered a minimum of one year of Post Diagnostic Support (PDS) from a named and trained person, to help and support you and your spouse, partner, family or carers. Their role is to help you and your carers to:

- help understand the illness and manage your symptoms
- support to keep up your community connections and make new ones
- peer support - the chance to meet other people with dementia and their partners and families
- help to plan for future decision-making and help to plan for your future support.

In Mid-Argyll & Kintyre this service will come from an Alzheimer Scotland Link Worker - Hazel McIntyre, Kerrie Noor and Gayle Pearson. They are part of the Mid Argyll Community Dementia Team and referrals to their service can be made through your GP.

While Alzheimer Scotland also has a helpline and a website for any enquiries about dementia www.alzscot.org | [24 hour helpline 0808 808 3000](tel:08088083000) they also have a team of Dementia Advisors who can support you, your family and your local community by helping you to find the dementia specific support that you need and helping your local community to be more dementia friendly. The Dementia Advisor can be directly contacted: Anne-Marie King, Dementia Advisor (Argyll & Bute) on Tel 07588 531 288 or email aking@alzscot.org

Dementia Awareness Week 31st May www.alzscot.org/dementia-awareness-week-2021 S