



Music for Dementia launches m4d Radio

The Music for Dementia campaign is launching m4d Radio – a free internet radio station created for people living with dementia and their carers. The station goes live on Wednesday, 17th June.

[m4d Radio](#) (click on link to listen) is non-commercial, advert-free and available 24 hours a day, 7 days a week. Through careful focus group research and feedback the music has been curated to provide an instant source of meaningful and appropriate music at any time of the day or night.

The launch is being supported by Lauren Laverne, Music for Dementia's ambassador who has recorded a welcome message and is spearheading a celebrity song dedication campaign on social media #Song4You which commences 18th June.

Listeners can tune into m4d Radio's mix station or one of four further stations playing music by decade from the 1930s to the 1970s. The group of five radio stations includes programming schedules designed to follow the rhythm of the day including sessions on Music to move to, Music from the Musicals, Soothing tracks for sundowning and night time, and Featured Artists.

Talking sections of each programme are kept to a minimum while giving structure to the day's schedule by highlighting upcoming and just-played tracks.

m4d Radio is available via any internet-enabled device including computers, tablets, mobile phones, smart TVs and Alexas.

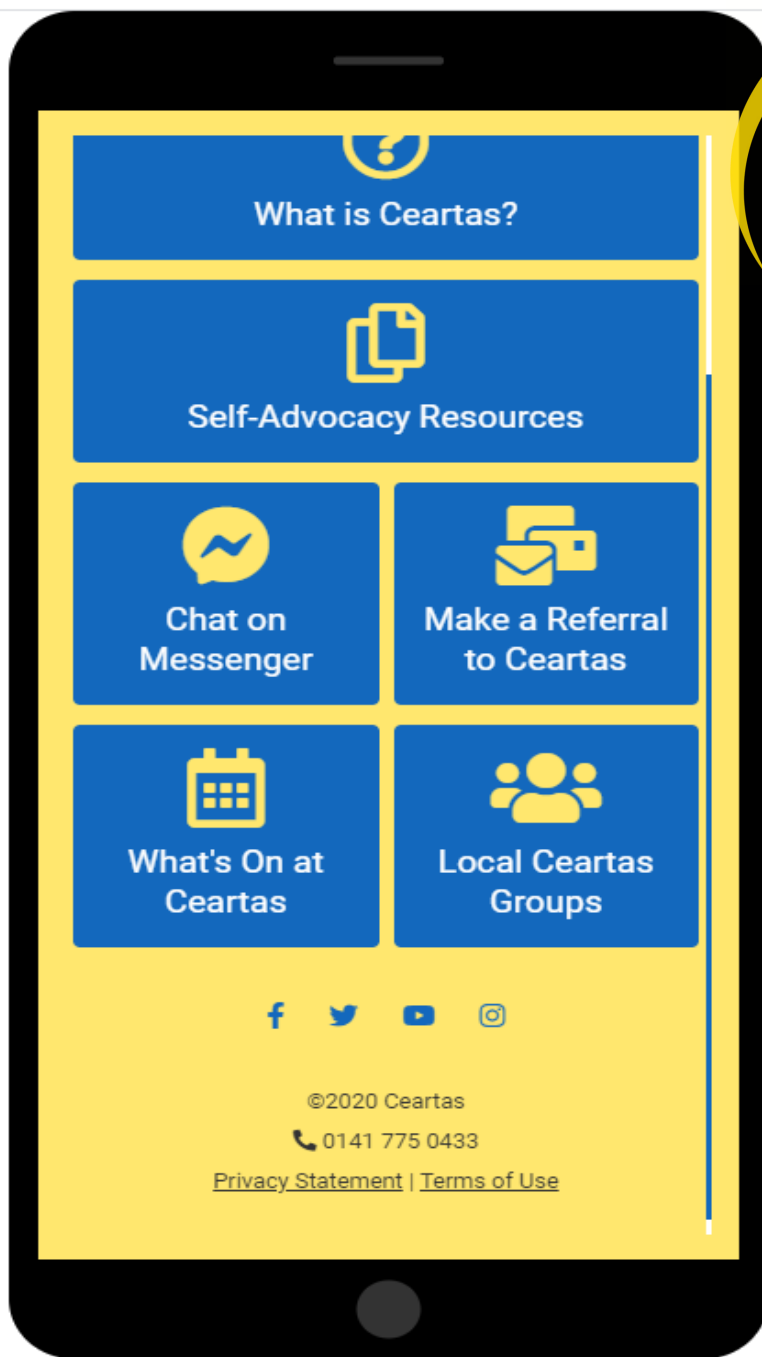
Music for Dementia Programme Director, Grace Meadows, says: "We know that music enriches the lives of people living with dementia and during lockdown the benefits of music for everyone have become even more felt. Providing a choice of era-specific stations to cater for different age groups means the music on m4d radio has more resonance to enhance quality of life.

"There are 850,000 people living with dementia in the UK and m4d Radio brings music direct to their homes. The initiative amplifies Music for Dementia's aim of making music freely available and all those who can benefit from it.



Thank you to Rachel our friend at Playlist For Life and the volunteers for making so many of our members happy with their free MP3 players with personalised playlists.

CEARTAS NEW APP



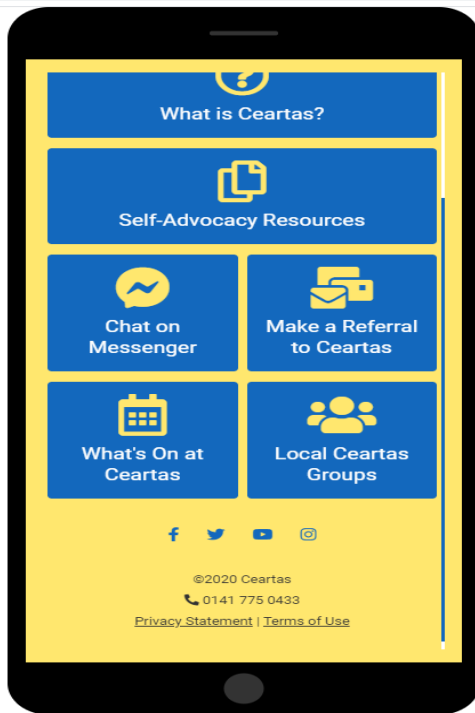
In response to the increasing use of smart technology during the COVID19 outbreak and at the request of our members, the team at Ceartas has developed a new tool to help increase access to the service for the people of East Dunbartonshire.

Supported by the Scottish Government via the Wellbeing Fund operated by our friends at SCVO, the CCCC (Ceartas: Connect, Create, Change) app is a dedicated web-app offering an instant referral process and secure chat facility, helping streamline contact to ourselves for those who would rather do so digitally.

It offers a new route to accessing key information and resources, including details about our groups that are all going digital.

Although the current Ceartas website is fully accessible on all smart devices, our web-app offers new functions and a different route to the service that will appeal to both people who are comfortable using digital tools/technology and those who are new or developing their skills in the digital world.

Ceartas app



What's the difference between a web-based app versus a standard app from the Apple/Play/Other store

We've been asked a few questions about the difference of web-based apps vs an app (that you'd access on the Apple Store or Play Store):

- A web-app is a website that is designed specifically for smart devices, offering new features, ease of access and concise info that are different from a parent website (I'm sure you'll see the difference).
- A web-app presents as a bookmark on your smart device that takes you directly to the web page for the web-app, via your browser (Safari, Google Chrome etc).

- This bookmark will display as a tile on your home screen and look much the same as an app does, but as it goes via your browser you will only be using data (or WiFi) to access, so it will take up minimal storage on your device as you are not actually downloading a file.
- So a web-app still presents as the same, offering the same functions and features of apps on the app store.
- Not only would a normal app on the store take up valuable storage, but it also requires loads of maintenance and would need to be updated VERY often, which is VERY expensive.

Please contact us if you have any issues accessing the CCCC app.

Adding the Ceartas app to your home screen

For iPhones and Apple/iOS devices



Step 1

Open your Safari app and search for support.ceartas.org.uk



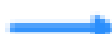
Step 2

Follow the instructions on screen

For Android devices (Samsung, Motorola etc)

Step 1

Open your web browsing app (Chrome, Firefox, Microsoft Edge) and search for support.ceartas.org.uk



Step 2

Click the bar at the bottom of the screen that says add to home screen

If you have any issues doing so, please contact Ronnie on 0141 775 0433 or info@ceartas.org.uk

Thank you for your feedback

That was a brilliant news-
letter. Very interesting, in-
formative and fun too. I have
given the residents copies to
read over.

Michelle thank you for
this.... a treasure trove
of useful and moving
items.

I look forward to
the newsletters

Thanks Michelle, all
this is good for mum,

There is plenty of
reading. It's a
great newsletter

The newsletters help
me feel connected. I
enjoy reading them
and the information is
useful.

Thank you to everybody who has given feedback on our newsletters. We are here to serve you, therefore it is important to know if we are getting it right.

It is likely we will not have face to face meetings for some time so we will continue to communicate with our members in the following ways:-

- Phone calls
- Zoom meetings
- Newsletter

However if you require information or support, you can always contact us on 0141 775 0433 or at info@ceartas.co.uk

Hello everyone my name is Linda McGavin and I am the Advocacy Link Worker here at Ceartas, fancy title I know but my role is to help raise awareness of Ceartas and about the role advocacy can play in people's lives across East Dunbartonshire. In order to fulfil this role I get to wear lots of different hats every day and like all my colleagues at Ceartas, no two days are ever the same.

Some of you may perhaps recognise me, as I sometimes have the pleasure of filling in for Michelle and previously Karen at the 6 De Cafes. I also assist with Dementia Awareness training, again with Michelle, and support her in various events and seminars.

Another part of my role is to facilitate our Still Game, Abi Café and Walk N Roll groups. Still Game is a group for people who have used our advocacy service and want to be involved in the organisation, they meet on the first Tuesday of every month at the Ceartas offices. Abi Café is a group for people with an acquired brain injury and they meet on the 1st Thursday of every month at Kirkintilloch Baptist Church. Walk N Roll is a walking group for everyone, including people who have mobility or wheelchairs and they meet on the last Thursday of the month at our offices. (Due to COVID-19 all our group work is currently taking place over ZOOM).

Throughout the year Ceartas are sometimes successful in sourcing funding which then allows us to work with people who haven't previously used or know about our services. These projects are very varied and can be football related with our very successful Get Onside & Get Set & Go Projects run in partnership with the Clyde Community Coaches.

When I am not working I enjoy spending time with my family and my grandson. During lockdown we have all tried to be a little healthier and I have been walking my dog more. Whilst I have been working from home Miss Tia has been my trusted companion and kept me company which has been great for my health and well-being!



Dementia Diaries is a UK-wide project that brings together people's diverse experiences of living with dementia as a series of audio diaries.

It serves as a public record and a personal archive that documents the views, reflections and day-to-day lives of people living with dementia, with the **aim of prompting dialogue and changing attitudes**.



Dory wonders whether it's the dementia or lockdown that's affecting her emotions.

Hi, this is Dory.

I thought I'd do a diary. For some reason, well there is a reason, dementia and the lockdown, and being alone maybe is NOT a good combination. Although in normal times I do like living alone and having my independence and (pause) anyway the last couple of weeks I seem to be getting really emotional. As some of you may know, I'm not sure, on a ZOOM meeting a couple of weeks ago I burst into tears.

Yesterday I had a lovely day really, my friend decided I needed to get out so we put our masks on and she took me to Latchford beach. It was raining and windy but it was lovely and I kept saying to her 'oh that shop's open, oh that shop's open' and she said 'well yes they are all opening now'.

But because I haven't really been out of the village that I live in I seem to forget that now there's a world out there where life is starting to, you know, the lockdown is lifting. So I was quite surprised seeing shops that were open.

So that was a nice day. Then this morning we had fun Zoom which I look forward to every week. We have such a laugh and a great friendship. So this morning it was lovely on that Zoom but then I was (pause) I had my dinner and then I was just washing up and just felt fine, you know, no different, but all of a sudden I started to cry for no reason again, just started crying.

Maybe it was the thought of washing up, I don't know (chuckle) but I just thought I'd do a diary how maybe (pause) although I try to keep positive, and I am positive with my dementia and everything but how this lockdown is affecting people. I know it's affecting everybody but I think it's the only time that I feel I wished I lived with somebody cos usually I'm quite happy with my own company and love my independence living alone.

Anyway I just thought I'd do a diary about that.

I'm OK now, till the next time(laugh).

OK Bye

LENZIE DE CAFÉ  EVERY SECOND MONDAY	KILLERMONT DE CAFÉ  EVERY SECOND TUESDAY	BISHOPBRIGGS DE CAFÉ  EVERY SECOND WEDNESDAY	KIRKINTILLOCH DE CAFÉ  EVERY SECOND FRIDAY
1-2PM	1-2 PM	1-2PM	1-2PM
13 JULY 2020	14 JULY 2020	15 JULY 2020	17 JULY 2020
27 JULY 2020	28 JULY 2020	29 JULY 2020	31 JULY 2020
10 AUGUST 2020 *	11 AUGUST 2020 *	12 AUGUST 2020 *	14 AUGUST 2020 *
24 AUGUST 2020	25 AUGUST 2020	26 AUGUST 2020	28 AUGUST 2020
7 SEPTEMBER 2020	8 SEPTEMBER 2020	9 SEPTEMBER 2020	11 SEPTEMBER 2020
21 SEPTEMBER 2020	22 SEPTEMBER 2020	23 SEPTEMBER 2020	25 SEPTEMBER 2020
5 OCTOBER 2020	6 OCTOBER 2020	7 OCTOBER 2020	9 OCTOBER 2020
19 OCTOBER 2020	20 OCTOBER 2020	21 OCTOBER 2020	23 OCTOBER 2020

Please feel welcome to join in our Zoom De Cafes. If you regularly attend one and can't make it on the day you are welcome to join in another one.

If you have been nervous about joining in one of the De Cafes because of technology maybe you could ask a family member or a friend to help you. They would be very welcome.

We can send out a user friendly guide to using Zoom on request.

If you would like to practice before attending a Zoom I am happy to set up a practice one to one to help build your confidence. I know how frustrating technology can be when you are not familiar with it. Once you get the basics, it really is very straight forward.

Like anything, it's easy when you know how

Call us on 0141 775 0433 to join in



What is young onset dementia?

Dementia is considered 'young onset' when it affects people under 65 years of age. It is also referred to as 'early onset' or 'working age' dementia. However this is an arbitrary age distinction which is becoming less relevant as increasingly services are realigned to focus on the person and the impact of the condition, not the age.

Dementia is a degeneration of the brain that causes a progressive decline in people's ability to think, reason, communicate and remember. Their personality, behaviour and mood can also be affected. Everyone's experience of dementia is unique and the progression of the condition varies. Some symptoms are more likely to occur with certain types of dementia.

Dementias that affect younger people can be rare and difficult to recognise. People can also be very reluctant to accept there is anything wrong when they are otherwise fit and well, and they may put off visiting their doctor.

"I like to push things, do things that are scary - it makes me realise how alive I am."

- Ken, diagnosed in his mid-50s with Alzheimer's disease

The impact for younger people and their families

Although younger people experience similar symptoms to older people with dementia, the impact on their lives is significantly different. Younger people are more likely to still be working when they are diagnosed. Many will have significant financial commitments such as a mortgage. They often have children to care for and dependent parents too.

Their lives tend to be more active and they have hopes, dreams and ambitions to fulfill, up to and beyond their retirement.

To sign up for regular newsletters click on this link below:- <https://www.youngdementiauk.org/our-publications?bbeml=tp-DjB-C7X8Qkaf9TMfyG3xbg.jnCfT8N4chk-TKPJxpP7zQA.rlmULRqMokkywkqnpnZREhg.lcEDBsJGQekioZUUerAbhPA>

We have gathered together a number of books, we hope will offer additional reading for people with an interest in young onset dementia. The content in these books has not been created by YoungDementia UK. We just hope to provide a platform where people can share young onset dementia related resources that may help, inspire or interest others.

Click on this link:- <https://www.youngdementiauk.org/books-written-person-living-young-onset>

Lynn Sweeney—Community Safety Advocate

Scottish Fire & Rescue

I work within East & West Dunbartonshire and part of my role is to support people to remain safe at home by reducing the risk of fire. I do this by carrying out a Home Fire Safety Visit.

The visit provides information on various things including cooking safely, testing your smoke alarms, raising awareness of other services available and providing a fire safety plan.

The visit lasts around 15/20 minutes and a friend or family member can be with you, in fact we encourage family or friends to be with you as it can help them to support you in your home. By carrying out this visit in your home it enables us to make you aware of simple measures to keep you safe and give you a safety plan that is tailored to your needs and the layout of your home.

With your permission we will go into each room and look for sockets that are overloaded, potential trip hazards, and add additional smoke alarms if necessary.

This is a free service.

We will always contact you in the first instance by phone and arrange a date and time which is suitable. If you prefer we can contact friend/family first to make the appointment. When we arrive at the property we will be in uniform and have identification, which you should always ask to see, which I am sure you do.

If you have any questions you can ask them prior to your visit and hopefully this will put you at ease and encourage you to have a Home Fire Safety Visit carried out in your home.

Contact Lynne on 07557 753132



We have had talks by Scottish Fire and Rescue at our De Cafes and are hoping to invite Lynn to our Zoom De Cafés.

Prior to Lockdown I had been delivering Dementia Awareness training to Fire Fighters in East Dunbartonshire. This has been well received.



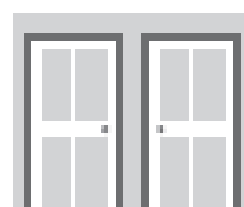
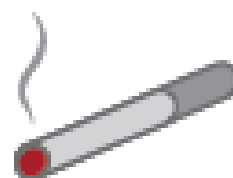
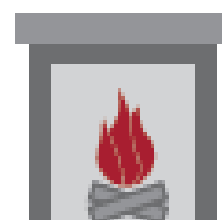
Hopefully the only time you will have a visit from the Fire Service is for a Home Safety check which I can highly recommend.

COVID-19 Home Fire Safety Checklist



At night when you go to bed:

- ☐ Ensure white goods such as washing machine, dishwashers or tumble dryer are **switched off**, and **never used while sleeping or out**.
- ☐ **Switch off** all electrical appliances not designed to be left on overnight.
- ☐ **Don't leave** chargeable items like phones and tablets **charging overnight**.
- ☐ **Turn off** portable heaters and put a fire-guard around the fire place.
- ☐ Keep mobility aids and any methods of calling for help **accessible** for a cared for person.
- ☐ Before going to bed, check any candles and cigarettes are **extinguished**.
- ☐ Make sure the main door keys are **accessible and in a safe place**.
- ☐ **Close all the internal doors** before going to bed.



And finally:

- ☐ Make sure you have **working smoke alarms**.
Test them **once a week**



Dementia Diaries

Thoughts from Shelagh

Hello, I am Shelagh Robinson.



I've been having a real clear out of papers, and amongst my papers I find several pictures of the Japanese artist Kintsugi.

This is where a cracked piece of ceramic – usually a bowl or a vase – is broken open at the cracks and then held together with molten silver or precious metal. It's clearly broken, and yet it still functions, and of course in some eyes looks very beautiful with the gold and silver poured through it.

It occurred to me that this is a little bit like all the people who support people who have Dementia, people who live with Dementia. That they pour their love and care and concern into our broken bits, and although they can't heal us they help us to function and to last a little bit longer than we would have without their care.

It really is golden. And that very much includes Dementia Diaries and the people who run it – thank you for helping us to hang together a little bit longer.

If you would like to contribute your thoughts to Dementia Diaries follow this link <https://dementiadiaries.org/api/wp-content/uploads/2020/06/How-do-I-become-a-diarist.pdf> or contact me:- on 0141 775 0433 or email mcandlish@ceartas.org.uk



KINTSUGI

Kintsugi, also known as kinsukuroi, is the Japanese art of repairing broken pottery by mending the areas of breakage with lacquer dusted or mixed with powdered gold, silver, or platinum, a method similar to the maki-e technique.

POETRY

Why not give it a try.....

In response to your request, here are some Haikus I have written recently while spending more time at home. Haiku is a Japanese poetry form where the first and last line is 5 syllables, the middle one is 7.

Meandering slow
After rain the river runs muddy
Its green waters serene.

Perfectly balanced
The Taiji player is poised
White Crane spreads her wings.



A running magpie
Like a man in a tail coat
Comic and baleful.

Here is a Pebble, a short free form poem

Bumble bees buzz, humm...
The air warms
Soon the bluebells will disappear
A change is going to come.



The last written in Spring near the beginning of lockdown.

Written by Chris from our Killermont De Café

I like the Menzies poem. It reminds me of one that Brian Bilston quite often posts on Twitter on a Tuesday:

Oh, duvet,
You are so groovet,
I wish I could stay under you,
For all of Tuesday.

(From our Information Worker, Roy)



Holidays Quiz

Answers on the last page

1. Which British seaside resort is famous for its illuminations, Pleasure Beach and Tower Ballroom?
2. What are the names of the husband-and-wife puppets that often can be seen in seaside shows?
3. What type of boat commonly took holiday-makers from Glasgow “doon the watter”?
4. What animal would you often see children riding along the beach?



5. What colourful sugary treat could you buy in sticks at the seaside?
6. Which company opened its first holiday camp in Skegness in 1936 and was famous for its Redcoats?
7. Complete the lyrics of Cliff Richard's famous song: "We're all going on a summer holiday...."
8. What is an ice-cream cone topped with a chocolate flake commonly known as?
9. What is the name of the famous ice-cream parlour in Largs that first opened its doors in 1935?
10. In which country is the popular beach resort Costa Brava?

POST IN YOUR LIMERICKS OR ITEMS FOR FUTURE NEWSLETTERS TO:-

Ceartas Advocacy, Unit 5-7, McGregor House, 10 Donaldson Cres, Kirkintilloch, Glasgow G66 1XF

Or email:- mcandlish@ceartas.org.uk Or you can phone in on:- 0141 775 0433

Macular Society

Beating Macular Disease

'We offer hope that enjoyment in life can once again be possible.'

According to research from 2018, people with sight loss were more than twice as likely to have experienced difficulties with unhappiness or depression than the UK average. And the coronavirus outbreak has made isolation and loneliness even more of a pressing issue. Macular Society counselling coordinator Suzanne Roberts says: "There is a lack of routine in people's lives which can be very unsettling. People miss the clubs they used to go to, and the people who used to pop in to see them."

Thankfully her team of counsellors has more than 20 years' experience helping people deal with the complex set of emotions that sight loss can bring. In its first year, they held 101 telephone counselling sessions. In 2019, the team of professional, accredited counsellors delivered that many each month. This year following the coronavirus outbreak, demand for the service has been growing faster than ever.

One person who has recently spoken to our counsellors is singer Vince Hill (below), best-known for his recording of Edelweiss. He was diagnosed with age-related macular degeneration (AMD) in 2011 but didn't speak publicly about it until last year, when his poor vision forced him to retire. While he has managed by making small adaptations around the home and using a variety of gadgets, it hasn't always been easy. He says: "I'll often throw things across the room in frustration. I can't recognise faces and I've had to give up driving. I can't go out on my own any more as I'm a danger to myself and other people."

Suzanne recognises these issues from her clients. "People worry about losing their independence and what will happen if their eyesight gets worse – for example, if their second eye is affected." A key part of the counselling experience is reassuring people that their feelings are normal, and that other people with similar conditions react in the same way. Suzanne says: "The first way we help is by listening and understanding what they are going through. So many of our clients feel unheard and don't have enough information about their eye condition."



And Vince agrees: "It's been great for me having a voice at the end of the telephone. There were times when I told my counsellor about day to day situations that have been very difficult and frustrated me.

"They told me how others get cross about those very same things. That in itself was reassuring as you realise that you are not the only one. "The support from the Macular Society has been absolutely wonderful."

Macular Society

Beating Macular Disease

Suzanne says: “We provide the information and strategies to help people make the most of their vision and build up their confidence again. This often helps to alleviate some of their fear and anxiety.”

After an initial assessment, Suzanne’s team arranges a series of telephone counselling sessions over several weeks. “You can often pick up on a sense of relief that there is an ongoing service out there,” There are three key turning points when people are more likely to ask for help from Suzanne and her team: when they’re first diagnosed, when their sight deteriorates, and when experiencing the visual hallucinations known as Charles Bonnet syndrome. But anyone, at any stage of macular disease, can benefit from counselling.

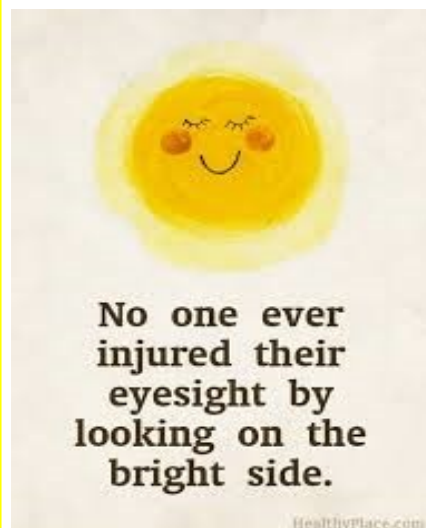
As Suzanne says: “A lady in her late nineties said that at the start she’d thought: ‘What’s the point in talking about my eyesight? That isn’t going to make it better,’” says Suzanne. “But by the end of the sessions her counsellor had helped her adapt to a new way of thinking. She had a different perspective which gave her inner peace.”

Speaking to someone who specialises in supporting people with macular disease means you can get practical help too: “Clients are often inspired to know there is help available in their local area, which reduces their feeling of isolation.”

Suzanne says: “We provide the information and strategies to help people make the most of their vision and build up their confidence again. This often helps to alleviate some of their fear and anxiety.”

After an initial assessment, Suzanne’s team arranges a series of telephone counselling sessions over several weeks. “You can often pick up on a sense of relief that there is an ongoing service out there,” she says. “We will hear that clients are doing more for themselves, which is often a sign that their mood is lifting and their confidence is increasing.”

In short, the team offers reassurance, sympathy, and a new perspective. Or as Suzanne puts it: “I believe we offer hope that enjoyment in life can once again be possible.”



Our team of professional, accredited counsellors provide free, confidential telephone sessions for anyone with macular disease or their family, in the UK or internationally.

To find out more, or to request a referral to the Counselling Service, call our Advice and Information Service on 0300 3030 111.

https://www.macularsociety.org/news/we-offer-hope-enjoyment-life-can-once-again-be-possible?dm_i=37VE,127IN,75BE75,42594,1

FANCY A DAY OUT AT EDINBURGH ZOO

GUARANTEED NO RAIN—CLICK ON THE LINKS



[Live Rockhopper Penguin Cam](#) | [RZSS Edinburgh Zoo](#) | [Edinburgh Zoo](#)

Penguins



[Live Tiger Cam](#) | [RZSS Edinburgh Zoo](#) | [Edinburgh Zoo](#)



[Koala Cam](#) | [Edinburgh Zoo](#)



Public Toilets

Sometimes when you have to go, you have to go....



Bladder & Bowel UK

Supporting people with bladder and bowel problems

part of Disabled Living

t: 0161 607 8219

e: bbuk@disabledliving.co.uk

Monday - Friday 9.00am-4.30pm

Our Just Can't Wait Card is recognised and supported by many retail and service organisations, giving you access to toilets not normally available to the general public.

- FREE pocket sized plastic card
- BBUK confidential helpline
- Available from Bladder & Bowel UK, a charitable service



Age Co Toilet Key & Card Pack

PRODUCT CODE - 26597665



 VAT Exemption Available

£3.95 inc. VAT

DISABILITY RIGHTS UK

Disability Rights state they are the official place to purchase a Radar Key . Giving you access to toilets in shopping centres, pubs, cafes, department stores, bus and train stations in over 9000 accessible toilets in the UK. You can order one online for £4.75 by clicking on this link:- <https://www.disabilityrightsuk.org/shop/official-and-only-genuine-radar-key>



AGE UK INCONTINENCE

The **Age Co Toilet Key & Card Pack** discreetly lets someone know when you need to use the **toilet**. Featuring the universally recognised **WC** symbol, it will help to get the message across wherever you may be. The card is the same size as your bank card, so will fit perfectly into your purse or wallet. To order the key plus card click on this link:-<https://www.ageukincontinence.co.uk/age-co-toilet-key-card-pack.html#:~:text=The%20Age%20Co%20Toilet%20Key%20%26%20Card%20Pack%20discreetly%20lets%20someone,into%20your%20purse%20or%20wallet.>



SLEEP HINTS & TIPS

TIPS TO CREATE A BETTER BEDTIME ROUTINE

By Matt, Consultant Clinical Psychologist

Blogger at A Year of Small Changes to a Healthier You

<https://ayearofsmallchanges.com/>

Sleep Hygiene – Bedtime routine

For people with difficulty sleeping having a relaxing routine for an hour or more before bed can help. For example have a non-caffeinated drink and a snack. Consider activities that help you relax. You could have a bath, listen to music or read a book.

Consider using a relaxation technique like mediation or guided relaxation. Relaxation is a skill that can be learned with practise. There are lots of resources you can use eg. the apps Headspace or Calm.

Headspace—is an online app which you can trial free for 2 weeks and if you like it the annual subscription in £49.99 <https://www.headspace.com/>

Calm-is an online app which you can trial free for a week and costs £29.99 for a years subscription. <https://www.calm.com/>

Use your bedroom only for sleeping in. Don't be tempted to lie in bed and watch TV. If you can't sleep, get up and go to another room. Go back to bed when you start to feel sleepy. This can be really hard to do but is effective if you stick it out.

Medical Treatments are available for insomnia by consultation with your GP for example drugs or Cognitive Behavioural Therapy.

To find out more about sleeping click on the links below:-

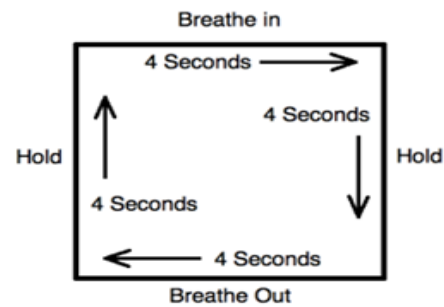
<https://www.sleepstation.org.uk/articles/>

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

STEPS TO RELAXATION

Box breathing

Box breathing, also known as square **breathing**, is a technique used when taking slow, deep breaths. It can heighten performance and concentration while also being a powerful stress reliever. It's also called four-square **breathing**. This is used by Navy Seals.



Breathing to relax

Breathing too quickly, and deeply, can make you feel dizzy, faint or even more anxious. Taking slow, regular breaths can help you to control anxious thoughts and feelings, and make you feel calmer.

To control your breathing:

- place one hand on your chest and the other over your stomach. You want your stomach to move more than your chest as you breathe
- take a slow, regular breath in (through your nose if you can). Watch your hands as you breathe in. The hand on your stomach should move and your chest should not
- breathe out slowly through pursed lips
- repeat this 10 times, twice a day

It might take time to master this technique. Once you have, you won't need to watch your hands or put them on your stomach.



Repeating an affirmation as you drift off to sleep

Once you have mastered the art of calm breathing, you can add an affirmation that helps you to focus on the relaxation aspect of your breath. Follow the steps below to add in an affirmation while you breathe.

1. Lie down and get comfortable.
2. As you breathe deeply through to your abdomen, say a phrase to yourself in your head such as "Inhale relaxation" "I am relaxed" "I am peaceful" or choose your own.
3. Then, as you breathe out and release the air from your abdomen, say "I am relaxed." or whatever phrase you have chosen. Be sure to pause before you exhale and before you inhale. As you exhale, become aware of any tension in your body and let it go.

Continue doing this for 5 to 10 minutes until you start to feel sleepy.

SLEEP HINTS & TIPS

TO HELP YOU SLEEP LIKE A BABY

Sleep hints & tips – Why can't I sleep?

The first thing that most people think about when asked how to deal with a sleep problem are sleeping tablets. However they probably come last on the list of interventions.



Careful consideration into the cause behind the sleep disorder is essential. If pain is preventing sleep, pain control should be addressed. If someone has a prostate problem that is causing them to wake umpteen times overnight to go to the toilet, that should also be discussed with a doctor. Stress and anxiety often affect sleep. There may not be an instant solution but there are definitely ways that symptoms can be improved. Symptoms should be discussed with the family doctor. Talking therapies or anxiety medication may be recommended.

Thereafter the basics of sleep hygiene should be considered as there are many day to day habits that may impact on sleep and may be easily rectified.

Sleep hints & tips – small changes

- ◆ Caffeine is a stimulant which can keep you awake. It is contained in tea, coffee, some soft-drinks and some medicines e.g. decongestants. Its effects can last for many hours, Because of that it should be avoided for 4 to 6 hours before bed.
- ◆ Nicotine is also a stimulant with similar effects to caffeine.
- ◆ Alcohol tends to make you fall into a deep sleep initially. As its effects wear off, mild withdrawal symptoms can be enough to waken you up and disrupt sleep. You may also waken up due to dehydration. If you are having problems sleeping you should avoid it for a few hours before going to bed.
- ◆ Food – being either too hungry or too full at bedtime can disrupt sleep.
- ◆ Exercise – physical exercise is beneficial at reducing insomnia – especially regular moderate intensity aerobic exercise (>150 minutes a week). Strenuous exercise just before bed can make you more alert and make it more difficult to sleep.
- ◆ Noise – some people are more affected by others. If you have to sleep in a noisy environment you might benefit from earplugs.
- ◆ Room temperature – avoid your room being too hot or too cold.
- ◆ Air quality – if your room is stuffy open the window for a bit before going to bed.
- ◆ Light – make sure your room is dark, by using thick curtains, or you could try a sleep mask.
- ◆ Mattress and pillows – make sure your bed is comfortable.

<https://ayearofsmallchanges.com/2020/07/05/sleep-hints-and-tips/>

What is Craftism?

George Rook—member of DEEP NETWORK

Craftivism is a form of activism, typically incorporating elements of anti-capitalism, environmentalism, solidarity, or third-wave feminism, that is centered on practices of craft – or what can traditionally be referred to as “domestic arts”. [Wikipedia](#)

“We believe craft can be a tool for gentle activism. Join us, together we can change our world, one stitch at a time...” Craftism-Collective.com

I found out about Craftivism a few weeks ago. I have described myself as an activist for several years, working within the system and without it to improve the care and support provided for people living with dementia.

I was diagnosed six years ago, and had already become engaged locally to work with NHS Trusts and CCGs as a patient volunteer or representative. I did loads of meetings and saw very little change for the better.

Then dementia found me, and I found DEEP. This was eye opening. I regard myself as a disruptor, as I don't like following the traditional, controlling rules of engagement, governance, status quo, and publicly supporting organisations I fundamentally disagree with.

So I have been a disruptor, blogger, activist, whatever, for a decade. And what have I achieved? Some raising of awareness of dementia and other patient care issues. And very little change. And I have had enough of most of it.

So along comes Craftivism. As I understand it, though I may not be right on target, craftivism is about creating crafty things, making, painting, printing, drawing, sculpting, carving, and using these things to speak for you. To gently promote what it is you want people to know or understand or do.

Great example: the old fashioned Banners made by a number of DEEP groups up North (duck) which illustrate an aspect of dementia, but are just beautiful artistic creations. They don't shout, or stamp, or sit in meetings. They just exist for their own sake. And they speak louder than many words do.



I suppose they ought to sit in meetings actually, all around the walls, to remind decision makers that we exist!

So some of us crafty people in DEEP got together, or rather were brought together, to see if we might become craftivists ourselves.

One of us paints beautifully. Another is just ridiculously good at crafty things like card making, embroidery, carving, bookmarks, and making fairy houses/villages from largely found materials. I have taught myself to whittle and carve whistles of all sorts and sizes, with personalised designs or images.

We are starting to make artistic or crafty creations to give to people, to publicise our message. We may leave things in public places, libraries, shops, on benches, in parks. And we will add a label or inscription that says something like...

'You've found a gift made by a person living with dementia. Enjoy it or pass it on to a friend.'

Simple as that. Nudge theory perhaps, though Dom has nothing at all to do with it. Gently letting people know that dementia does not incapacitate you suddenly. We can still learn skills, make lovely things, and give and have pleasure. We do not all sit and stare at a TV or the wall-paper, dribbling, immediately after our diagnosis. Or probably ever.

So I am thinking of making some simple whistles to give to a local primary school class. I could establish a real rapport and understanding on and with these children, and they would take the whistles home, show parents, friends, neighbours.

Gail, near Blackpool, is making bookmarks and leaving them in places around her area, such as on the steps leading down to the sea.

I have a project at the moment making a large group of people (can't say who as they might possibly read this), for a celebration event. Each whistle is personalised to a person's interests, job role, or some funny event. And they will all know their whistles were made by a person living with dementia.



Now, I started whittling at the start of lockdown, four months ago, and I am learning the skills needed to make whistles, chess pieces, all sorts, with little carvings on them. I am 69 and have dementia.

You can teach an old dog new tricks!

The act of creating is a wonderful way to focus the mind, to block out all those annoying thoughts and anxieties, the calendar to do list, and the what ifs. I just focus on turning a piece of wood that I found on a walk into a whistle and/or a carving.

It's tiring, mind. That sort of concentration (and standing) can leave me drained. Time flies by. Lupin barks after a while to let me know she wants attention.

So Craftivism has several wonderful benefits. It can also be a group activity, either face to face, like making a rag rug, or each person remotely making part of a finished thing. Like the squares being made by DEEP people to go into a massive blanket. That will be a wonderful craftivism creation.

Craftivism is a sort of social movement, in which the personal narrative is in the artistic creation, which speaks for itself. It's gentle, beautiful (usually), and a great communicator.



When we get back to face to face meetings we should all lay our creative skills on the table and make things to share in our communities, including those decision makers.

I would love to hear your thoughts about doing something like this at our meetings and about any crafting you do or would like to do. As George says YOU CAN TEACH AN OLD DOG NEW TRICKS..

**Phone a friend for a blether and take a trip down
memory lane together**

**Use these questions to keep the conversation
flowing and the memories coming**

It's good to talk



Where was your favourite place to go on holiday?

What did you do on holiday when you were young?

Who did you go on holiday with—the whole family or just a few people?

Where did you stay?

How long did you go away for?

Have you ever been abroad?

Have you every flown in a plane—did you enjoy it?

What is your favourite holiday memory?

What is your favourite ice cream flavour?

What holiday souvenirs did you take home?

Have you ever been on a funfair ride—did you enjoy it?

How did you get to your holiday destination and how long did it take?

How did you spend your day during the school summer holidays?

Did you ever go on a boy scout or girl guide holiday?

Did you every go on a school trip?

What do you like best about going to the beach?



Coronavirus (COVID-19): Contact tracing



Contact tracing is a process for identifying people at risk of coronavirus (COVID-19) infection because they've been physically close enough to a person who has tested positive. These people will be given advice to help reduce the risk of spreading the virus.

Contact tracing is a well-established public health intervention. Health protection teams have a lot of experience delivering contact tracing for a range of infectious diseases.

Contact tracing is part of the national Test and Protect approach to containing the virus. **Test and Protect**

Test and Protect is a public health measure designed to interrupt the spread of coronavirus in the community by:

- identifying people who have the virus
- tracing those who have been in close contact with an infected person for a long enough period of time to be at risk of infection
- supporting these close contacts to self-isolate, so that if they have the virus they are less likely to transmit it to others

It will help to gradually change the restrictions so we can avoid a return to lockdown.

How contact tracing works

Everyone who tests positive for coronavirus will be put in touch with their local contact tracing team or the National Contact Tracing Service to help identify who they've been in close contact with.

If you have tested positive, contact tracers will:

- contact you by phone or text message – there's no need to log in to a website
- ask you who you live with, who you have been physically close to recently and where you have been
- decide which of these people might be infected based on how long they spent with you and how physically close they were
- contact these people to tell them to isolate for 14 days

If you are contacted because you're considered to be at risk you will not be told the identity of the infected person unless they have given permission for their name to be shared.

At the start of Test and Protect, not every person with a positive test will be contacted. If you have tested positive you and everyone in your household should follow our [guidance for households with possible infection](#).

Information taken from NHS INFORM WEBSITE ON 3.8.2020

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-contact-tracing>

Real or a scam?



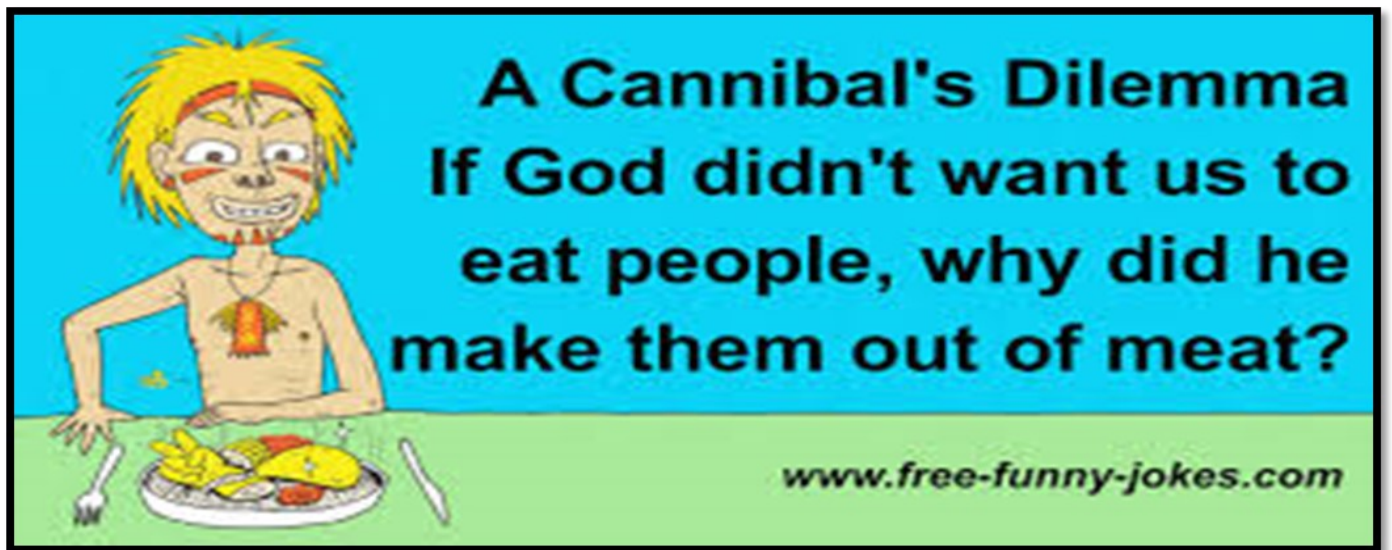
NHS Scotland contact tracers will:

- in some cases, send a text to let you know that you will be receiving a call from NHS Scotland (if mobile is available)
- call from a single, national telephone number - 0800 030 8012 (from end of July)
- always introduce themselves, tell you why they are contacting you and address you by your name
- give you the option to call back the above number to provide reassurance that the service is legitimate

They will never ask you:

- for information other than your movements and the people you have been physically close to
- to phone a premium rate number
- to make a purchase, payment or donation
- for your medical history unrelated to coronavirus
- for your bank details
- for your social media identities or login details, or those of your contacts
- for your passwords or PIN numbers, or to set up any
- for control of your computer, smartphone or tablet, or to download anything to visit a website that does not belong to NHS Scotland or the Scottish Government

Trust your gut instinct, if it doesn't feel right it probably isn't. It is ok to put the phone down.



What helps keep your teeth together? Toothpaste

What do you feed a 600 pound gorilla? Anything it wants!

Why did the gorilla fail English? He had little ape-titude!

Why are gorillas underpaid? They're willing to work for peanuts!

How come the giant ape climbed up the side of the skyscraper? The elevator was broken!

How do bees go to school? On a school buzz

Why do bananas use sun screen? Because they peel

If you see a robbery at an Apple store does that make you an I witness?

Why did the bird go to hospital? For a tweet-ment

What do you call a plant that roars? A dandelion



Answers

Holidays Quiz

1. Blackpool
2. Punch and Judy
3. Paddle Steamers
4. Donkey
5. Stick of rock
6. Butlins
7. A99
8. We're all going on a summer holiday.
No more working for a week or two
Fun and laughter on our summer holiday
No more worries for me or you
For a wee or two
9. Nardini's
10. Spain

Feel free to make a quiz and send it in for the next newsletter.