‘Dementia Friendly Wellbeing’ Workshop
7th EFDN Conference
Ibrox Stadium, Glasgow
4th & 5th October 2016
AFCCT NAMED AS A FINALIST FOR TOP EUROPEAN AWARD
DEMENTIA FRIENDLY WELLBEING

Dementia Friendly Wellbeing
Fun activity and wellbeing sessions open to everyone

To register or book a session call 01224 650400*
or email dementiafriendly@afccommunitytrust.org
*9am - 5pm. Please quote 'dementia friendly' when calling

www.afccommunitytrust.org facebook AberdeenFCCommunityTrust Tweet us @AFCCT

ACTIVITY DESCRIPTIONS

Walking Football: Same rules as football but no running!

Pittodrie Health Walks: Low intensity walk around places of interest, followed by a cup of tea/coffee and a biscuit.

TechnoGym: Easy-going gym equipment designed to help people increase strength, balance and flexibility.

Active Reminiscence: Ceilidh’s, yoga, movie days... something for everyone to enjoy, reminisce, and stay active.

Retro Fun Aerobics With sing-along tunes and easy, basic moves, what are you waiting for? Fun & fitness guaranteed.

Health Walks: Short walks for those who can’t manage far or fast. Walks are free, last 1 hour and finish with a cuppa.

Table Tennis: Coached Table Tennis sessions suitable for beginners or those with some experience.

Stable & Able: A relaxed class with a mix of seated and standing exercises to improve balance, strength & posture.

Qi Gong: Chinese healing system using breathing techniques, movement and meditation to cleanse, strengthen and circulate life energy.

Dementia Café: A dementia friendly caf  where people living with dementia, families, and carers can get together and find out what’s on offer to them across the city.
DEMENTIA FRIENDLY WELLBEING

“People say I have dementia but I have never felt so happy”

“There was nothing for Dad until he moved with me in to Aberdeen”

“My wife and I come to the walks, but I now walk with my friends and she walks with her friends. It’s the best thing I have ever done”
Football Reminiscence Group

Sarah Geoghegan
Alzheimer Scotland Dementia Advisor
(Aberdeen)
• National partnership between Alzheimer Scotland and Scottish Football Museum (Hampden)

• Local partnership with AFC Community Trust.
What are the benefits?

- Stimulates memories
- Helps communication
- Reduces agitation
- Social
- Improves confidence
- Sense of belonging
- Focuses on the ‘can do’
- Reconnects people to their community
• ‘I drive here with this sad person with dementia and I take home my husband’

• ‘He's a different person when he comes out... It's put new life into him, and you can see that with all the men there’.
Scottish League Cup Winners!
Making new memories!
‘I’m right back where I belong’
www.alzscot.org
www.dementiafriendsscotland.org
www.afccommunitytrust.org/home
footballmemoriesleague.co.uk
Life Changes Trust

Anna Buchanan
Programme Director

www.lifechangestrust.org.uk
@lifechangestrst
The Life Changes Trust

- Established in 2013 by the Big Lottery Fund Scotland with the aim of **strategically** investing £50 million over a ten-year period.

**Transformational** and **sustainable** change for:

- people living with dementia
- unpaid carers of people living with dementia
- care experienced young people.
What is ‘community’?
What happens if you lose your community?
What is a ‘dementia friendly’ community?
“One of my beliefs is that there are certain institutions within a community which stand for the spirit and heart of that community. There’s the church, the local football team, the local pub and the theatre.”

David Soul
To provide support and opportunity to change lives for the better