

*Dunbar Dementia Network SCIO  
Minutes of the meeting of the trustees  
held on the 17<sup>th</sup> January 2019 at 4 pm at 81 Countess Road,  
Dunbar*

*Present: Diana Greene, Lorna Bunney, Alasdair Swan  
Apology: Jo McNamara*

*Minutes of the previous meeting: These were approved  
and will now be posted on the website. AS*

*Matters arising:*

*Work on a channel for donation is still o/s AS  
Additional signature for Bank account is work-in-progress DG  
Draft a Vulnerable Adult Policy - o/s JM  
Consideration will be given to splitting "information links" away  
from "local activities" on the website- o/s AS  
Trustee contact details will be collated DG*

*Carers Group review:*

*PRELIMINARY PROGRAMME OF WINTER/SPRING  
ACTIVITIES (Will be updated over next few weeks)*

*Jan 10<sup>th</sup> Regular Meeting 2 30 - 3 30 in Gibb Room 1,  
Bleachingfield Centre*

*Jan 17<sup>th</sup> Regular Meeting 2 30 - 3 30 in Gibb Room 1,  
Bleachingfield Centre*

*Jan 24<sup>th</sup> Afternoon outing to National Museum of Scotland,  
Edinburgh. Special dementia-friendly visit to the sampler  
exhibition "Embroidered Stories". Taxi leaving from  
Bleachingfield at 12 45 (return from Edin 4 30 pm)*

*Jan 31<sup>st</sup> Regular Meeting 2 30 - 3 30 in Gibb Room 1,  
Bleachingfield Centre. First of our 'Desert Island Disc' sessions*

*Feb 7<sup>th</sup> Lorna Hill will come along to read to us at our  
Regular Meeting, 2 30 - 3 30 in Gibb Room 1, The Bleachingfield  
Centre*

*Feb 14th 'Afternoon of Love' at BeGreen, High Street, Dunbar (2-4 pm). Tea Party hosted by Anouska and David of BeGreen.*

*Feb 21st First Classic Film Show, Gibb Room 1, Bleachingfield Centre, 2 30 - 4 30 pm*

*Feb 28th Frances Rollinson, Chair of the Patients Participation Group at Dunbar Medical Practice, will be coming along to talk to us. 2 30 - 3 30, Gibb Room 1, Bleachingfield Centre.*

*Mar 7th Jane Goddard, East Lothian Advocate for EARS (Edinburgh Advocacy and Representation Service) will give a talk on what help is available for older people. 2 30 - 3 30, Gibb Room 1, Bleachingfield Centre.*

*Mar 14th ?Visit from Community Warden, 2 30 - 3 30, Gibb Room 1, Bleachingfield Centre*

*Mar 21st. Regular Meeting 2 30 - 3 30 in Gibb Room 1, Bleachingfield Centre. Second of our 'Desert Island Disc' sessions*

*Mar 28th Seed sowing, (Belhaven Community Garden (Haven Cafe)/Bleachingfield Centre*

*Apr 4th Regular Meeting 2 30 - 3 30 in Gibb Room 1, Bleachingfield Centre. Chris will lead a Mindfulness/Relaxation session*

*Apr 11th Easter Egg painting competition*

*Apr 18th Easter Tea Party*

*Apr 25th Classic Film Show 2 30 - 4 30 pm, Gibb Rm 1, The Bleachingfield Centre*

*The numbers attending the weekly meetings have been consistently around the 20 mark. This is manageable. There is no immediate pressure to start a second group. There is currently no-one on the waiting list.*

*A photobook has been prepared which captures the scope and spirit of the group's activities.*

*The Scotrail application has been lodged. This project includes the appointment of an artist; the appointment of Lorna Hill as the creative writer; and hopefully a rail journey for the group. If something special emerges from the art work consideration will be given as to how it can be displayed on a permanent basis.*

*It was agreed that the transport costs to the National Museum of Scotland (Torrance Taxis) should be paid out of the Be Green grant. This being the primary purpose of that grant.*

***Financial review:***

*The latest accounts have been circulated with the minutes.*

*Grateful thanks were noted for Awards for All, Be Green and the Dunbar Library all of whom have paid grants to the charity since our last meeting.*

*The Co-op funds this year will support this charity, the Beavers and the First responders. It was agreed that volunteers will stand in store to promote the work of the charity.*

*It was noted that the amount in the Social Fund has been segregated in the accounts as promised. At the end of December this figure stood at £169.39 but it has now risen to £242.06*

*It was noted that DG has used her best endeavours to become a cheque signatory but, as anticipated, the Bank of Scotland moves very slowly on such matters and the matter has yet to be resolved.*

*It was noted that the Torness Social Club donation did not appear in the accounts to the end of December. Check whether this money has come in during January.*

***AS***

**DFEL communications:**

*DG explained some difficulties DFEL has faced in keeping their "What's On in Dunbar" calendar up to date.*

*DG has been communicating with Kath Laing, who updates 'Whats On' information for groups on the Memory Skills course, to try to support accurate information being available on both DFEL and DDN websites. Sue Northrop has offered to put a link to DDN on DFEL website.*

**Alzheimer Scotland's plans for Dunbar:**

*Michael Huddleston has explained that dementia carers need to have the space to talk about caring. With this in mind, Michael plans to set up a Memory Café in Dunbar's Town House, to be held monthly on a Monday afternoon, with separate provision for those with dementia and for those who are caring for those with dementia. There will be an activities co-ordinator for the former and Michael will facilitate the meeting of the carers.*

*There is also consideration of the possibility of a 1:1 surgery.*

**DDN communication:**

*Lorna should not hesitate to contact Philip Immirzi if she needs further guidance on how to use the website.* **LB**

*It was agreed that Alasdair should offer for DDN to pay the £72 subscription to Sustaining Dunbar for the use of the Our Locality website.* **AS**

*It was agreed that a hard copy pamphlet is needed to communicate the network of opportunities that exist for dementia families in Dunbar.*

*Verification work is needed to get a short description (and photo if possible) from -*

*The Club at Bleachingfield (listed by dfel as 1-3pm Wed) **JM***

*Walking in East Lothian Tue 10.30-11.30 with Ageing Well **JM***

*-Zumba Gold (listed by dfel as 11.30-12.15 Thu Bleachingfield) **LB***

*Tea Dance by 'Dunbar Castle Social Club' 1st Wed of month **LB***

*Extend Exercise at OLOW **DG***

*Sporting Memories **DG***

*Changes Wellbeing walk on Fridays **DG***

*Belhaven Community Shed **DG***

*Walking Football **AS***

***Future strategy:***

*A quick health check would suggest that the SCIO is on track to meet its strategic objectives. The Carers' Group is flourishing and good work is being done to establish a Dunbar Network.*

*Alzheimer Scotland will hopefully be plugging one of the existing gaps with the Memory Café and there is no immediate pressing need to start any new demanding initiatives.*

***Therapeutic Gardening:***

*As an evolutionary add-on to the existing work in the Backlands there will be an opportunity for those with dementia to work in the Belhaven Garden on a Sunday afternoon.*

*Belhaven patients with dementia appreciate access to the garden from the wards and the Carers' Group will meet in the café during the growing season.*

***Any other business:***

*Lorna asked for a copy of the charity's logo and letterhead. AS*

***Next meeting:***

***21<sup>st</sup> February 2019 at 4p.m. at 81 Countess Road***

- Alasdair extended his apology for absence*
- Lorna indicated that the start time may need to be delayed if the film show overruns.*