

**Diocese of Aberdeen and Orkney**  
Scottish Episcopal Church



# Bishop's Lent Appeal 2019

## Becoming a Dementia Friendly Diocese

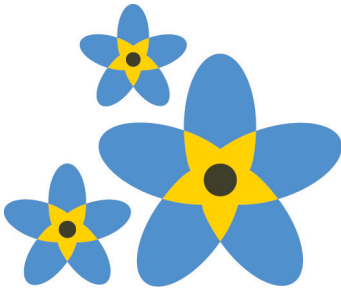
My appeal this Lent is that in every Congregation and Charge, and in the Diocesan Office, we work to become more Dementia Friendly.

Dementia is an illness that affects the brain, making it harder to remember things or think as clearly as before. Dementia can affect every area of human thinking, feeling and behaviour, but each person with dementia is different - how the illness affects someone depends on which area of their brain is damaged.

This leaflet sets out some of the ways we might become more Dementia Friendly:

- by making a donation to a local Dementia Charity, or through the Diocese to Alzheimer Scotland
- by considering how we might make our churches more welcoming to those suffering from Dementia
- by becoming involved in Dementia support in our localities
- by offering the resources of our buildings or people for events related to Dementia support

**Bishop Anne**



## Financial Donations to Dementia Charities

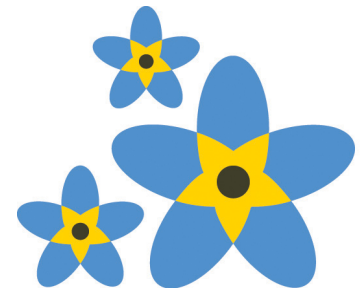
Alms giving is an important part of Lenten discipline. This year the financial donations to the Bishop's Lent appeal will go to **Alzheimer Scotland**.

Charges and individuals can give in the usual way by sending donations into the Diocesan Office. Details are on the back of this leaflet.

As an alternative, Charges and individuals might choose to make a donation to a local charity – one that is active in the area in which the Charge is set, or for which individuals are particularly grateful.

When giving to a local charity, this offers an opportunity for a congregation to establish a link. This might be through asking for information about what is going on locally, information which might inform the prayer of the church.

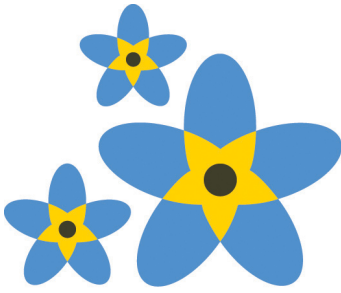
## Working towards making churches and worship more Dementia Friendly



This Lent I am asking every Vestry and congregation to consider how your church and worship might be made more friendly and accessible to those suffering with Dementia. This is a significant issue to think about. You might begin to address this in Lent, and continue to reflect on it through Easter Season. In every place there will be those whose personal experience will be helpful.

Vestries and congregations can be helped to think through these matters by inviting a Dementia Advisor from Alzheimer Scotland to pay a visit. Advisors are available to help across the Diocese.

The result might be a change to the accessibility of the building, or a change to the welcome to worship. Small changes can make a significant difference.



## Making local connections

I am encouraging Vestries and congregations to take a little time to consider how to connect with local Dementia support.

There might be local activities run by Dementia Charities, or local support groups (including other churches) that would welcome more volunteer help.

There might be things that our churches can offer, for example:

- a congregation might put on a **'tea and hymns'** event. Many with Dementia enjoy singing, especially familiar hymns laid down in the memory long ago. Singing can help other memories to surface, and over tea friendly and encouraging conversations can take place. Such events can be those where sufferers and their carers can attend together. A team and hymns, or singing event might be a one off, or be offered more regularly. Generally singing of any kind can be encouraging, and we are well placed to share our resources.
- **Memory Boxes** – churches might encourage congregation members, or those out with the church, to be putting together boxes containing special items that trigger important memories. These might include photographs, music recordings, written materials such as letters and poems. Memory boxes can be used to enable conversations. If a person is in a care home, for example, then this can aid conversation around a visit.
- **Practical aids** – Knitters and crafty people might know about 'twiddle muffs', and other items that can be made to aid memory. People with Dementia often have restless hands, and like to have something to keep them occupied. Twiddle Muffs provide a wonderful source of visual and sensory stimulation. Many hospitals and care homes are looking for those that knit or crochet to provide Twiddle Muffs. Patterns can be found very easy on-line.

## Financial Donations

**Individuals and Charges** might choose to make a donation to a local dementia charity. You can identify your own charity.

If **Charges** do this, please inform the Diocesan Office of this donation, so that we can have a sense of how much has been donated this Lent. We do not want to be informed about donations from individuals, as this is a private matter.

If **Individuals** would like to add to the **Diocesan Donation to Alzheimer Scotland**, please complete the form below. Gift Aid can be claimed by the Diocese on donations from individuals.

**Charges** can add to the **Diocesan Donation to Alzheimer Scotland** by sending a cheque to the Diocesan Office,

**Cheques** should be made payable to: 'Diocese of Aberdeen and Orkney'

**Address:** Diocese of Aberdeen and Orkney, University of Aberdeen, Marischal College, Broad Street, Aberdeen, AB10 1YS



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### Gift Aid Donation – Individual Donor

Name of Charity: Diocese of Aberdeen and Orkney (SC022180)

The enclosed gift of £ ..... is for the Bishop's Lent Appeal 2019, for Alzheimer Scotland

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Please claim Gift Aid on this donation

Title: .....

First Name: .....

Surname: .....

Address: .....

Address: .....

Post Code: .....

Signature: .....

Date: .....