

***MEDIARELEASE:***

**Time for tea – and a talk about dementia:**

**Dementia Awareness Week, 1-7 June 2015**

Having a good blether to someone over a cup of tea is second nature to Scotland. We'll talk about the weather, the news, family and friends – even setting the world to rights! So when you put your kettle on during the first week in June – which is Dementia Awareness Week in Scotland – Alzheimer Scotland wants you to talk about dementia.

Alzheimer Scotland will be having tea and talk events all over Scotland: from Tea & Blether parties in our centres, to Tea in the Park in the great outdoors. We'll also be having a wide range of other awareness-raising and fundraising activities, including information stands in public locations, concerts, takeover days in town centres and supermarkets, plus lighting up some of Scotland's most famous landmarks in purple – the internationally recognised colour for Alzheimer's disease.

This is what is happening in Fife during Dementia Awareness week:

31<sup>st</sup> May – Information day at Dobbies in Dalgety Bay.

3<sup>rd</sup> June – Information stand in the Mercat Centre, Kirkcaldy.

7<sup>th</sup> June - Information day at Dobbies in Kinross.

For additional information about any of our events during Dementia Awareness week please contact Abby on 07795 316741 or email [aparkhouse@alzscot.org](mailto:aparkhouse@alzscot.org).

The worry that someone, perhaps even you, might have dementia is one of the hardest issues any of us will have to face. However, having difficult conversations about dementia – with partners, with family and friends, or with medical professionals – can make a huge difference to someone's future quality of life.

There are 90,000 people living with dementia in Scotland. Make sure your voice is heard when we talk about dementia at events, activities and information sessions from Lerwick to Hawick. To find out more about what's happening near you, visit

[www.alzscot.org/DAW2015](http://www.alzscot.org/DAW2015)

# ***ENDS***

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**Note for Editor:**

- Dementia affects 90,000 people in Scotland.
- Alzheimer's disease is the main form of dementia. The second most common is vascular dementia. As yet there is no cure.

**Alzheimer Scotland** is Scotland's foremost voluntary organisation working for people with dementia and their carers. It:

- speaks out for the rights and concerns of people with dementia and their carers;
- operates services on over 60 sites throughout Scotland providing practical services such as day, evening and weekend opportunities, home support, befriending and carers' support services;
- provides the 24 hour national freephone Dementia Helpline **(0808 808 3000)**;
- provides the website [www.alzscot.org](http://www.alzscot.org);
- supports the Scottish Dementia Working Group and the National Dementia Carers Action Network
- has a network of Dementia Advisors across Scotland;
- has a Dementia Nurse programme;
- publishes leaflets, booklets, reports and a quarterly magazine keeping members and professionals up-to-date;
- has a Dementia Research Centre in partnership with the University of Edinburgh and a Centre for Policy & Practice at the University of the West of Scotland.

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered Office: 22 Drumsheugh Gardens, Edinburgh EH3 7RN. It is recognised as a charity by the Office of the Scottish Charity Regulator, NO. SC022315