

Who are Dunblane Development Trust?

Dunblane Development Trust is a member-based charitable organisation for anyone living in Dunblane. It has steadily grown to provide a range of local services and activities based on priorities set by a succession of community consultation exercises and has five working groups of volunteers.



One service is the Braeport Memory Cafe, which operates weekly for individuals with dementia and their families/carers to meet, socialise and engage in activities.

How was the grant used?

- The grant was used to support 30 individuals by providing them with a motivational time-marked water bottle to prompt regular drinking. The bottles were ergonomically designed for single handed use and included a leak proof seal. Education materials to provide information on the importance of good hydration were included which was supported by NHS Forth Valley Nutrition and Dietetic Department. The organisation engaged with individuals, their families, carers, local GPs and District Nurses to support the initiative.

What had to change due to Covid-19?

- Due to Covid-19, the organisation adapted to provide a soup and cake delivery service to elderly individuals and those shielding, providing 206 deliveries twice weekly. This was supported by a local cafe owner and Braeport Memory Cafe volunteers who agreed to be drivers.
- These interactions prompted a new activity to support good hydration, as reduced attendance at activities such as lunch clubs and the memory cafe may have resulted in reduced fluid intake.



Water bottles and supporting materials

What difference has the grant made?

- The water bottles were well received by individuals, families and carers, with individuals reporting that they really do remind them to drink.
- Interestingly, during the project, no one who had received a hydration bottle had experienced a fall.
- Family members and paid carers reported positively on the use of the bottles saying they were easy to handle, with carers requesting more bottles to support additional individuals.

'X says she was loving her hydration bottle.'
(Daughter in law)

'Mrs X is enjoying the hydration bottle and is drinking a lot more.'
(Carer)

