**‘Fond Memories’**

**A fundraising Cookbook, in collaboration with** [**Alzheimer’s Scotland.**](https://www.alzscot.org/)

[Marc Mazoyer](https://www.glasgowtimes.co.uk/news/scottish-news/24467193.meet-glasgow-man-created-book-mums-recipes/), a Glasgow-based Applied Psychologist who promotes cooking as a therapy, is curating a uniquely beautiful cookbook, containing treasured family recipes that are connected to people with all types of Dementia. All proceeds from the book will go to Alzheimer's Scotland. Do you have a recipe that you would love to donate to feature in this book?

So far, most of the recipes have been submitted by loved ones of people with Dementia. Often it is a recipe the person with Dementia enjoyed cooking, it can also be a recipe that a loved one shared with the person with Dementia and has happy memories of eating or cooking this with them. Food and recipes have a unique way of communicating love and comfort even when words, and memories, are not available.

The book will contain specialised guidance about how to approach cooking with a loved one with dementia as well providing recipes to memorialize and celebrate lives so that these recipes, and those who cooked them, aren't forgotten.

Marc is eagerly seeking some recipe donations from some of Scotland’s national treasures and public figures. Each contribution to the book will be shared alongside the story of the person with Dementia, and what this dish meant to them, or the donator, so Marc would love to hear about the person the recipe is being donated on behalf of. Any pictures of them are very warmly welcomed too.

If you have a recipe you'd like to donate, please email Marc Mazoyer:

mmaz00@hotmail.com

Or via his Instagram:

@cooking\_therapist\_glasgow

Please don't hesitate to contact Marc if you have any questions or wish to discuss further.

N.B.

If you don't have a recipe but are keen to support, please consider sharing details of the project or reposting from Instagram to spread word. Tragically, fewer and fewer people's lives are not impacted by Dementia in some way and Alzheimer's Scotland provides incredible support for the growing number of families affected by this heartbreaking illness. You contribution will help support this wonderful organisation.