



Dementia Friendly Sandbach - Awareness Session for Sandbach & District U3A

Dementia Friendly Sandbach is a local not-for-profit community group aiming to make Sandbach a dementia-friendly town where residents and visitors living with dementia are supported and accepted. As such, we are pleased to offer Dementia Friends Awareness Sessions here in Sandbach, run by a U3A member who is a Dementia Friends Ambassador, trained by and registered with the Alzheimers Society.

One in 14 over 65s are living with dementia in the UK. Translating to a typical U3A group it's reasonably likely that at least one member is affected by dementia. It is an important part of managing the disease to maintain social links and activities as long as possible. Your support and understanding is important to enable this.

These sessions are part of a national initiative organised by the Alzheimer's Society to change perceptions and transform the way people think, act and talk about dementia. There are just over 3 million people in the UK who have already become Dementia Friends!

To become a Dementia Friend, all you have to do is attend an Awareness Session, lasting 45-60 minutes face to face (or 30-35 minutes online via Zoom), and commit to personal dementia friendly action(s). The next online session via zoom, open to all, is on Wednesday 11th December, setting up from 6.45pm to start at 7pm:

<https://us02web.zoom.us/j/83432242297?pwd=ULw1GZTq1ETrrWLhLo18ii0hPZNN4o.1>

If using iPhone/iPad you'll need to download the free zoom app from the app store beforehand. Meeting ID is 834 3224 2297 password 815681. It will be helpful if you have a separate smartphone handy for the last part of the session.

Attendees engage in individual and group activities to:

1. Understand the five key messages about Dementia:
 - a. Dementia is not a natural part of ageing
 - b. Dementia is caused by diseases of the brain
 - c. There's more to dementia than losing your memory
 - d. You can live well with dementia
 - e. There's more to the person than the dementia
2. Discuss and understand what typical dementia friendly actions might look like
3. Commit to their own personal dementia friendly actions if they want to become a Dementia Friend.



4. Receive signposting to further information about dementia.

In recognition of becoming a Dementia Friend, individuals receive a Dementia Friends badge showing a forget me not flower, as well as an information card with the 5 key messages and signposting for further information.