

# Inspiring dementia action in Bristol schools



Dementia can have a significant impact upon a family and community, as well as the person who is living with dementia. We aim to raise dementia awareness amongst our young people in Bristol schools and to create positive social change, so that we can become more dementia friendly as a city and beyond. By teaching young people about dementia, we can improve knowledge and understanding, as well as empower individuals to make a positive difference to people's lives. You can play a part in helping us to achieve this. As one of our ambassadors says; "You can't change my dementia, but you can change the world I live in."

## *Did you know ..?*

Nearly a third of our young people know someone living with dementia.

A diagnosis of dementia is made every 3 minutes.

There are more than 900,000 people living with dementia in the UK.

This figure is predicted to reach 2 million by 2051.

## *How is this relevant to your school?*

There are clear links to the curriculum and OFSTED framework. Through learning, young people will be encouraged to become more active and responsible citizens.

Educating young people about dementia means that they are more able to protect their own future health and wellbeing.

Through education, we are helping to create a dementia friendly workforce for the future, where young people will be able to support their own and others' lives, professionally as well as personally.

Educating young people and the wider school community about dementia can increase understanding and change attitudes, resulting in reduced fear, stigma and isolation for people living with and affected by dementia.

## *What I can offer your school:*

- \* A free assembly raising awareness
- \* A free Dementia Friends session for pupils and / or parents, deepening knowledge and understanding and supporting social change
- \* Additional free opportunities personalised to your school community

## *What next?*

If you would like more information, please contact me;

E: [sally.townsend@alzheimers.org.uk](mailto:sally.townsend@alzheimers.org.uk)

M: 07590 884435



The Dementia Wellbeing Service is a partnership between Alzheimer's Society and the NHS, delivering dementia support services to people affected by dementia in Bristol.

# Feedback from Schools 2022-2023

Year 3 Dementia Friends session

“The session was really informative and engaging—for the adults as well as the children!”

Ashley Down Primary

Year 13 presentation, including speaker living with dementia

“Communication was detailed and the session itself was very impactful, knowledgeable and well resourced.

Thank you so much!”

St Bede’s 6th Form College

Years 7-10 bespoke presentation, preparing students for intergenerational project

“Really clear presenting, good engagement through asking questions. Excellent knowledge and good checking of understanding. Really insightful and useful information to prepare our students for the project. Sensitive issues handled very well and reassured students to increase their confidence.”

Oasis Academy Brislington

Y5 Dementia Friends session

“The session provided a safe space for children to discuss dementia and share their experiences with relatives. Children were able to ask questions and any misconceptions were corrected. They have actions to support the community in going forwards. Fantastic session that the children gained so much from.”

Westbury on Trym C of E Academy

Year 5-6 Assembly

“Thank you for such an engaging and informative session!”

Begbrook Academy

Year R story session

“Really suitable for Reception children! “

Ashley Down Primary