

Want to become a Dementia Friend?

FREE information session

Date: Friday 28 February 2020 at 10am

**Venue: Wheel Phoenix Room at the Public Hall,
West Street, Liskeard PL14 6BW**

**To book a place contact: Steve Neal on 01579
345407 or email reception@liskeard.gov.uk**

Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition.

Information Sessions are run by Dementia Friends Champions to help you understand what it's like to live with dementia and the actions you can take.



What is a Dementia Friend?

A Dementia Friend is somebody that **learns about dementia** so they can help their community.

Too many people affected by dementia feel that society fails to understand the condition they live with. Dementia Friends help by raising awareness and understanding, so that people living with dementia can continue to live in the way they want.

What does a Dementia Friend do?

Dementia Friends help people living with dementia by **taking actions** - both big and small.

These actions don't have to be time-consuming. From visiting someone you know with dementia to being more patient in a shop queue, every action counts! Dementia Friends can also get involved with things like volunteering, campaigning or wearing a badge to raise awareness.



Who can be a Dementia Friend?

Everyone! Dementia Friends is open to anyone who wants to help people with dementia in their community.

Teb's story



I came across Dementia Friends and it really spoke to me. When you join you commit to an action. Mine is to make sure i have five conversations a day about dementia. I can see how important it is to get people talking about the condition.

Teb's dad was diagnosed with Alzheimer's disease and becoming a Dementia Friends helped her to understand what it might be like to live with the condition.

Musti's story



I became a Dementia Friend because in the community I'm from, not many people are aware of dementia. It helps people with dementia because they might feel more comfortable knowing that I'm more aware of dementia and help them if they need it.

Musti became a Dementia Friend to help increase awareness of the condition in his community.

Karen's story



At the weekend I was in my local supermarket. It wasn't particularly crowded. I noticed a couple in front of me, the gentleman seemed agitated and very anxious about something and his wife was trying to reason with him. She wasn't having much luck. I spent five minutes talking to and helping them. The thanks I received from the gentleman's wife made me feel very honoured, and so very grateful for the Dementia Friends Session I had attended that enabled me to assist a couple doing something we all take for granted, a walk around the supermarket, doing a spot of shopping...

Karen from Lincolnshire became a Dementia Friend at work and then just three days later encountered a couple in the supermarket who looked like they needed a bit of help!

**Thank you for your interest.
We look forward to seeing you soon at the
Dementia Friend Session.**