

## Lincolnshire Community Foundation and QEGS - Creating a Dementia Friendly Generation

Dementia touches the lives of millions of people across the UK. At Queen Elizabeth's Grammar School we are aiming to make a difference by educating people to help support those suffering with dementia. Our students will benefit from awareness sessions and with the generous support of the Lincolnshire Community Foundation we will be opening our doors to the community, offering awareness sessions and training outside of school hours.

Mrs Payne, Headteacher, commented: *“At QEGS we recognise that students and their families can be affected by the impact of dementia. This year we are aiming to help create a dementia friendly generation who are aware and empathetic towards dementia sufferers. We have teamed up with the Alzheimer's Society who will be delivering awareness sessions to our students, staff and parents. Now with the money provided from the Horncastle & District Health & Wellbeing Fund we are delighted that we can extend this opportunity through our adult education programme to benefit the local community, offering training in addition to awareness sessions both of which will be free of charge.”*

### What is Dementia Friends?

Dementia Friends aims to give people a better understanding of dementia and the small things we can all do to make a difference to the lives of people affected by dementia. Dementia Friends is led by the Alzheimer's Society and is one strand of its work to create Dementia Friendly Communities. By attending a Dementia Friends Information Session, you have the opportunity to join this national social action movement to change the way people think, speak and act about dementia.

### What is an Information Session?

A Dementia Friends Information Session is a fun, interactive way to learn a little about dementia and how it can affect people's lives. Led by a volunteer Dementia Friends Champion, the session lasts 45-60 minutes and covers five key messages that everyone should know about dementia, through activities and discussion. At the end of the Information Session, participants have the opportunity to turn their understanding into action by committing to a dementia-friendly action. No action is too big or small – from wearing a Dementia Friends badge to spreading the word on social media.

**The awareness sessions are open to all, however, training places must be reserved in advance. We know they will be popular and so please contact Mrs James at QEGS on 01507 522465 to book your place.**

#### **Dementia Awareness Sessions, 1 hour.**

- To be delivered at QEGS, West Street, Horncastle. LN9 5AD.
- Dates & times: 17/05/17, 14/06/17 and 05/07/17 between 6 pm – 7 pm.

#### **Stepping Inside Dementia Training Course, 3.5 hours.**

- To be delivered at QEGS, West Street, Horncastle. LN9 5AD.
- Dates & times: 31/05/17 12.30 pm – 4 pm, 02/06/17 9 am - 12.30 pm, 21/07/17 10 am - 1.30 pm.

There are currently around 850,000 people in the UK with dementia. It mainly affects people over the age of 65 (one in 14 people in this age group have dementia), and the likelihood of developing dementia increases significantly with age. However, dementia can affect younger people too. There are more than 42,000 people in the UK under 65 with dementia.

The impact of dementia is far reaching, from the isolation, fear and loneliness experienced by sufferers and their families to the impact of the cost of care. Within Lincolnshire there are over 11,000 dementia sufferers and this continues to rise, in the Louth and Horncastle area alone this figure exceeds 1800. Although Horncastle is a busy market town, it is predominantly a rural area and members of the local community suffering with dementia do not have the benefit of city center support groups. It is therefore more important than ever that we equip adults and young people, who are the carers of the future, to deal with the challenges they will face.

We strongly value the support of our community and this project is one way in which we can contribute beyond our school to benefit our wider family. Every individual who attends information and training sessions will take this knowledge into their families and their wider social network.

We hope that this will make a significant difference to the 1800 dementia sufferers and their families in Horncastle and the surrounding area.

***National Dementia Awareness Week is 15<sup>th</sup> – 21<sup>st</sup> May 2017***

**We gratefully acknowledge the support of**

**Lincolnshire Community Foundation Horncastle & District Health & Wellbeing Fund.**

<http://www.lincolnshirecvs.org.uk/uncategorised/horncastle-district-health-wellbeing-fund/>

The aim of the Lincolnshire Community Foundation is to promote health and wellbeing for the residents of Horncastle and surrounding district of East Lindsey.

**Alzheimer's Society**

<https://www.dementiafriends.org.uk/>

The Alzheimer's Society is a registered charity and their purpose is to create a society where those affected by dementia are supported and accepted, able to live in their community without fear or prejudice.