

January 2023

We hope that you all had a very well-deserved, restful and enjoyable Christmas break.

As the new year starts, please take a moment to think how we might be able to work together to provide your pupils with enrichment opportunities, as well as helping to improve lives for people affected by dementia. Free opportunities might include; assemblies, class-based Dementia Friends sessions, visits from people living with and affected by dementia, fundraising support for School Councils / PTAs, raising awareness and providing support for parents in face-to-face or virtual sessions or through information stands at Parent's evenings, staff meetings / INSET days... or maybe something new!

To make a plan together that will support your school and wider community, please email me at; sally.townsend@alzheimers.org.uk. Please also share this offer with schools in your academy trust or those you work alongside. Thank you.

School Engagement

Terms 1 and 2 have certainly seen greater engagement as visitors are being welcomed back into schools. It has been a pleasure to work with approximately 1,500 pupils from Year R through to Year 12, as well as staff and parents in a wide range of ways.

Our thanks to the following schools in particular;

Elmlea Infant School
Elmlea Junior School
Badock's Wood E-Act Academy
Westbury On Trym C of E Academy
Ashley Down Primary School
St Bede's Catholic 6th Form College
Oasis Academy Brislington

Making dementia real

A huge thank you to John, our wonderful new recruit for sharing his lived experience of dementia with the Year 12 students at St Bede's 6th Form College.



This aspect of our work is so important in making learning about dementia relevant and meaningful for pupils. We can now offer this opportunity citywide across all the age ranges.

Working Better Together

It has also been a pleasure working alongside Alive! supporting their One Good Turn project, an intergenerational project which creates friendships across the generations and empowers younger and older people to work together to have a positive impact on their environment or their community.

We have worked together with Badock's Wood E-Act Academy and Oasis Academy Brislington, leading assemblies and presentations which have prepared pupils to participate in the project. If you are interested in finding out more, please let me know.



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Reducing health inequalities in Bristol

The 2014 All-party parliamentary report 'Dementia does not discriminate' states that a 2-fold increase in people living with dementia amongst the White British population is predicted by 2051. During the same timescale, a 7-fold increase is predicted for people living with dementia amongst Black, Asian and minority ethnic communities. Cultural perceptions of dementia in these communities can differ and raising awareness is critical, so that knowledge is gained and dialogue opened to reduce the stigma with which dementia is often associated. If your school or any schools you know have a diverse population, I would love to hear from you. Please email me at sally.townsend@alzheimers.org.uk.

What schools are saying about our work

"The session provided a safe space for children to discuss dementia and share experiences with relatives. Children were able to ask questions and any misconceptions were corrected. They have actions to support the community in going forwards."

Westbury On Trym C of E Primary Academy

"Excellent knowledge and good checking of understanding. Really insightful and useful information to prepare our students. Sensitive issues handled very well and reassured students to increase their confidence."

Oasis Academy Brislington

"Communication was detailed and the session itself was impactful, knowledgeable and well resourced. Thank you so much!"

St Bede's Sixth Form College

Upcoming opportunities

Our sincere thanks to Ashley Down Primary School, Westbury On Trym C of E Academy and St Bede's Catholic 6th Form College for supporting Alzheimer's Society fundraiser Elf Day in December. Every penny contributes towards improving lives for people affected by dementia, whilst learning new knowledge and skills, as well as having fun along the way.

The coming terms do not have a specific event, which gives the opportunity to be as creative as you like with any fundraising. This link gives a mass of ideas!

[Fundraising ideas - raise money for charity | Alzheimer's Society \(alzheimers.org.uk\)](#)

Please let me know if you would like any support from Zena, our Community Fundraiser.

Resources to educate and support pupils affected by dementia

We received some very good feedback from a Bristol Primary school looking to support some children on the topic of end of life care recently. This leaflet by Age UK is a useful resource which has some good advice for managing this sensitive issue with young people on page 6.

[talking about death booklet final version.pdf \(ageuk.org.uk\)](#)

Please also see our updated list of resources, including books, film clips and websites to educate and support pupils of all ages in various contexts related to dementia. These include young onset dementia and moving into residential care.

[Top 10 books and film clips July 2022.pdf \(bristoldementiawellbeing.org\)](#)