

# Inspiring Dementia Action in Bristol Schools September 2023

Last academic year was incredibly busy! More than 20 Bristol schools and colleges engaged throughout the year, resulting in nearly 7,000 pupil interactions, which equals the optimum engagement level prior to the pandemic. Pupils ranged from 4 -18 years old and settings were located citywide. Secondary school pupils recalled sessions from when they were in Primary school, and it was brilliant to see a deepening knowledge and understanding of dementia, more positive attitudes towards the condition and an increase in skills and confidence. All of these aspects are truly enabling young people across Bristol to become more dementia friendly and make a difference to lives, as illustrated by the many stories heard within families and the wider community. We are immensely proud of our work and cannot wait to work with as many of you as possible this school year. We are particularly interested in working with schools whose pupils are from more diverse backgrounds and Post 16 settings, as well as schools and colleges wishing to participate in sessions involving people living with dementia. Please email me at; [sally.townsend@alzheimers.org.uk](mailto:sally.townsend@alzheimers.org.uk) if you would like to discuss working together this year.

## School Engagement

Terms 5 and 6 have seen extensive engagement in schools, equalling total engagement in Terms 1 - 4.

Our thanks to the following schools in particular;

Ashton Park School  
Ashton Sixth Form  
Brunel Field Primary School  
Hannah More Primary School  
Holy Cross RC Primary School  
Oasis Academy Brislington  
Two Mile Hill Primary School  
St Bernadette RC Primary School  
Stoke Bishop C of E Primary School

Thank you for all your wonderful feedback!

## Spotlight on Stoke Bishop Primary School

It was an absolute pleasure to work with Stoke Bishop Primary School this year, especially with the Year 6 pupils and staff. Having taken part in an assembly and class-based Dementia Friends sessions, each Year 6 class devoted a day to applying their learning, meeting a volunteer with lived experience of dementia. Sessions were both inspiring and heart warming. The lead teacher said;

*"You really have developed a very unique and special programme. I do mean it when I say that it is one of the most powerful sessions I have been a part of in a long time. Everyone in the room – adults and children – felt that. Well done for all your work in setting this up, I am just so delighted that our Year 6 children were able to experience yours and John's input. The class teacher meant it when he said that everyone is talking about it. I have had feedback from parents who have said that their children just couldn't stop talking about it and just how amazing John was."*



The volunteer was thrilled to be invited back to the school to further events, including the school production of Matilda and a volunteers tea party. These enabled further informal interactions. Our sincere thanks to Stoke Bishop Primary for embracing us as part of their school community!

## Spotlight on Oasis Academy Brislington

It has also been fabulous working with Oasis Academy Brislington this year. Following on from a presentation delivered alongside the charity Alive! as part of the One Good Turn Project in Term 2, the lead teacher invited us to deliver assemblies to each year group during Dementia Action Week in Term 5. These were co-planned and co-delivered with students from the School Academy Council Community strand, receiving great feedback from both staff and students.



It was joyful to consequently see the students interact with residents living with dementia in their matched care home as part of the project. The casino night was great fun! The school have since been given an award by Bristol Dementia Action Alliance for increasing dementia awareness in their school community. Well done to you all!

## Staff development

Thank you to Cabot Learning Federation for inviting us to run an information stand and four Dementia Friends sessions for staff at their Multi Academy Trust INSET day in July. Learning and support was shared at both a personal and professional level with staff from 20 schools. One member of staff said;

*"The session gave me a better understanding of dementia and I feel comforted by the fact that there is good support available for everyone, including pupils in schools."*

We offer free sessions at staff meetings and INSET days. Please email the address above if you would like to find out more.

## Network meetings

We are looking forward to presenting at Governor network meetings this month, raising awareness of our work and engaging with new schools.

If you are part of any networks and would like us to join you to talk about our free offer, please do get in touch using the email address above.

# Inspiring Dementia Action in Bristol Schools

## September 2023

### Volunteering

Memory walk is an inclusive event which takes place at different locations nationally during the months of September or October. It provides an opportunity to get outside, reflect, show thanks, fundraise and much more!

For both personal and professional reasons, I volunteered at the event in Bristol this year, cheering on 850 walkers. Not only did I enjoy myself, I felt like I had made a positive difference to others by giving up just a few hours of my time. The event hopes to raise £70,00 and could not run without the help of volunteers.



There are many opportunities for volunteering which can be an ongoing commitment or a one off. For more information, go to;

[Volunteering | Alzheimer's Society \(alzheimers.org.uk\)](https://alzheimers.org.uk/volunteering)

### Fundraising

All charities rely on fundraising to enable them to undertake their fantastic work. Fundraising can allow pupils (and adults!) to learn new skills, have fun, challenge themselves and make a positive difference to lives. There are a number of events which school and college communities can take part in. These links provide more information on opportunities for this term;

Memory walk season, running through until October.  
[Find a Memory Walk near you | Alzheimer's Society \(alzheimers.org.uk\)](https://alzheimers.org.uk/memory-walk)

Run for dementia [Run for Dementia | Alzheimer's Society \(alzheimers.org.uk\)](https://alzheimers.org.uk/run-for-dementia)

Swim for dementia [Swim for Dementia | Alzheimer's Society \(alzheimers.org.uk\)](https://alzheimers.org.uk/swim-for-dementia)

Elf day; an easy and popular school fundraiser in December. You can sign up for a free fundraising pack here; [Resources for your Elf Day | Alzheimer's Society \(alzheimers.org.uk\)](https://alzheimers.org.uk/elf-day)



Our Community Fundraiser is always happy to provide support with any fundraising opportunities. Contact her on; [zena.jones@alzheimers.org.uk](mailto:zena.jones@alzheimers.org.uk)

### Alive!

If you are hoping to set up some intergenerational links with care homes and pupils this year, Alive! may be able to help you. For more information about their One Good Turn project, click here;

[#OneGoodTurn – Alive Activities](https://www.aliveproject.org.uk/)

### Dates

September and October ; Memory Walk season  
September ; World Alzheimer's month  
21st September ; World Alzheimer's Day  
6th December 2023 ; Elf day



### Resources

Whilst it is less common, we have worked with pupils in both Primary and Secondary schools who have a parent living with Young Onset Dementia (when a diagnosis is made under the age of 65 years old). Young Onset Dementia can present some very different challenges for the person living with dementia, as well as family members. Dementia UK have recently produced this extremely helpful leaflet;

[Supporting-children-and-adolescents web-FINAL.pdf \(dementiauk.org\)](https://www.dementiauk.org/supporting-children-and-adolescents-web-FINAL.pdf)

Finally, we currently have sets of comics suitable for Primary age pupils available free of charge. They are useful in developing knowledge and understanding, as well as promoting conversations about dementia.



If you would like a set of these for your reading corner or library, please get in touch;  
[sally.townsend@alzheimers.org.uk](mailto:sally.townsend@alzheimers.org.uk)