

# Inspiring Dementia Action in Bristol Schools

## January 2024

Thank you all for another busy few months during Terms 1 and 2 in Bristol schools. The majority of our engagement was with Primary schools. Many schools in North Bristol re-engaged (some for the 6th consecutive year!) and there were many schools in South Bristol who became involved with our work for the first time.

We continue to be particularly interested in working with schools whose pupils are from more diverse backgrounds, as well as Post 16 settings. We also have some new volunteers with lived experience who are looking forward to visiting schools, so if you are a school or Post 16 setting wishing to participate in sessions involving people living with dementia, please also get in touch. I have the highest number of bookings in advance this year since being in post, so please email me at [sally.townsend@alzheimers.org.uk](mailto:sally.townsend@alzheimers.org.uk) if you would like to discuss working together in 2024.

Thank you for your continued support and a very Happy New Year to you all. If any pupils, staff or family members are looking for ideas of a new resolution which can help others, please read overleaf!

### School Engagement

Our thanks to the following schools in particular for their engagement during Terms 1 and 2;

Woodlands Academy  
Frome Vale Academy (pictured)  
Elmlea Junior School  
Westbury On Trym C of E Academy  
Ilminster E-Act Academy



Thank you for all your outstanding feedback!

### Congratulations!

Congratulations to students from the School Academy Community Strand at Oasis Brislington for winning the first ever Barbara Award with Bristol Dementia Action Alliance. This was awarded in recognition of the schools work with ourselves and the charity Alive, as part of their One Good Turn project. Thank you to the students and Miss Bidgood for all your hard work and for attending the ceremony.



### Reach and impact

Celebrating in numbers this term, we hit the milestone of creating 7000 Dementia Friends in Bristol schools which is fabulous!

It is an absolute pleasure to hear from staff who I have worked with previously, asking me to work with them in their new schools. This is really helping to grow an even wider Dementia Friendly generation in Bristol schools. Thank you.

More broadly, a local services manager interviewed a candidate for the post of Dementia Navigator in the service this month. The candidate recalled attending one of our sessions when they were in Secondary school and spoke of its impact. What a privilege to know that what we are delivering in schools can influence students' employment choices, supporting the health and social care sector.

### A message from John

Some of you will have met John, one of our volunteers with lived Experience, who visits schools to help educate our school communities and develop more positive attitudes towards dementia. I asked him if he would like to make a contribution to this newsletter, considering the importance of our work. Thank you for creating this fabulous poem John!

#### POEM FROM THE LITTLE ONES.....

When I was small the world was tall and everyone was older.  
I never saw them face to face except when on Pops' shoulder.  
Then one day he got quite old and didn't make much sense  
He'd start to tell us something, then leave us in suspense.

His words got mixed and muddled up, and sometimes none came out,  
I didn't know what I'd done wrong that made him huff and shout.  
One day he didn't know my name when I went round to play.  
Granny only said "he's old," and that Pops had 'lost his way'.

I understood in later life that my Pops had dementia,  
I wish I'd known, I could have helped or even asked Alexa.  
So parents, teachers, carers too, it isn't complicated,  
Just tell us what dementia is, then we're not uneducated.

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### Recycling

If you are getting ready for a new year clear out or wishing to take on a new project for the year ahead, did you know that you can recycle unwanted items while also raising money for the Society? We can recycle old jewellery, currency, clothes, stamps and old technology. We even recycle cars! To find out more or to donate, visit the [website](#).



We love it when being good for the environment is also good for the pocket!

### Companion Call Volunteers required!

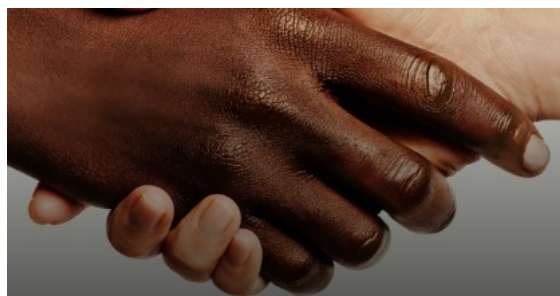
Opportunity for students in Post 16 settings, staff or family members...

Our Companion Call Volunteers help to reduce the loneliness often experienced by people affected by dementia. Through their contact and conversations, people affected by dementia can feel less socially isolated and better connected.

A Companion Call is a regular (usually weekly) telephone call made by a volunteer to someone affected by dementia to check in and have a friendly chat about anything the person they're calling would like to talk about. It could be their favourite TV show, the weather or simply to talk about how things are going.

If you enjoy chatting on the phone and listening to others, then Companion Call volunteering could be for you!

Find out more and apply [here](#).



### Impact of fundraising

Thank you to Ashton Gate Primary School and Westbury On Trym C of E Academy for taking part in Elf Day this year. More than £600 was raised between both schools and every penny of this will support the work of Alzheimer's Society providing help and hope for those living with dementia.



Did you know that;  
£10 could help a family affected by a new dementia diagnosis get support by paying for a 1 hour home visit by a Dementia Adviser.  
£35 could pay towards two hours research by a PhD researcher, helping them investigate the causes of dementia, test potential new treatments, or even bring us closer to a cure.  
£100 could enable 10 people to call our Telephone Support Line (0333 150 3456, open seven days a week) and get personalised information and support right away.

There are a number of fundraising opportunities throughout the year. Please contact me if you are interested in considering an event and I can connect you with Zena, our local Community Fundraiser.

### Dates

27th January ; Parent Mental Health Day  
1st February ; Time to Talk Day  
5th-11th February ; Children's Mental Health Week  
17th February ; Random Acts of Kindness Day  
26th February ; Emotional Health Day  
11th-17th March ; Neurodiversity Celebration Week  
7th April ; World Health Day

