

# Inspiring Dementia Action



## in Bristol Schools January 2026



We hope that you all had a restful and enjoyable festive break and are refreshed for the new year ahead. We are sharing news and thinking ahead in this newsletter. Terms 1 and 2 were busier than previous years, including more engagement with Secondary schools and Post 16 settings. We also had a very interesting invitation to be part of the New Scientist Live Exhibition in London, raising awareness of dementia with pupils nationwide. What an event!

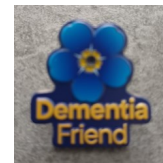
Looking ahead, we now have many bookings citywide with pupils of all ages throughout the year, although there are still some spaces for those of you have not yet booked and would still like to be involved in this fabulous work! Please contact [sally.townsend@alzheimers.org.uk](mailto:sally.townsend@alzheimers.org.uk) for further information. Thank you.

### Dementia Friends

Dementia Friends is a social action initiative which is led by Alzheimer's Society. Nearly 4 million people have become Dementia Friends in the UK, learning more about dementia and choosing to make a positive difference to support the lives of people affected by dementia. Whilst much of the content remains similar, there has been a great new rebrand and refresh of the materials. We have delivered 16 of these updated sessions in Bristol schools during this period and they have all received great feedback.

"Always an excellent session. Well delivered by Sally who has the perfect expertise and engaging manner. Great balance of listening and doing. Powerful images and metaphors. Nice opportunity for children to talk about their real experiences. Thank you!" Class teacher, Elmlea Junior School

We are incredibly proud to have now created 9000 Dementia Friends in Bristol schools, which is a great achievement!



### School Engagement

More than 1100 pupils and staff in Primary, Secondary and Post 16 settings engaged during Terms 1 and 2.

Thank you to the following settings:

Collegiate  
Elmlea Junior School  
Redland Green  
Montpelier High and Post 16  
St Bede's 6th form  
Westbury-On-Trym Academy

### Sharing lived experience of dementia

A huge thank you to John, Sue and David, our wonderful individuals who volunteer their time by joining us to share their lived experiences of dementia. A big welcome to Briony also, who now brings a carer's perspective. We have co-delivered a number of sessions to settings during Terms 1 and 2, all of which have been unique, inspiring and heart warming.

"A superb session! Very informative, inciteful and engaging. It was brilliant to hear from John and Briony, thank you so much for coming in. I know this session will be extremely valuable to our students and their learning."

Class teacher, Montpelier High



St Bedes 6th form



Montpelier High Post 16

### Inter- generational opportunities

During terms 1 and 2, we have enabled a number of schools to connect and reconnect with a range of groups and organisations locally. Many of these have involved working alongside local charities such as Bristol Dementia Action Alliance and Alive. These have included some wonderful sessions sharing the gift of music in a Memory café and a simple yet impactful project, sharing winter wishes between school pupils and care home residents. Thank you to you all for your commitment and for bringing such joyful connections between all ages.

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## Congratulations!

An enormous well done to Westbury-on-Trym Academy for achieving the Barbara award at Bristol Dementia Action Alliance's award ceremony in October. As a school, they have been committed to raising dementia awareness and enabling positive change for a number of years, creating over 400 Dementia Friends, welcoming a number of different individuals to share their lived experience of dementia, supporting many families affected by dementia at Parents evenings, raising hundreds of pounds for Alzheimer's Society through annual Elf Days and much more! This commitment is consistently demonstrated through our interactions with the school community and we are delighted that the school has received this recognition through the award.



Award presented to Westbury-On-Trym Academy by  
Tony Hall (BDAA) and Joe Simms (Radio Bristol)

## Fundraising

**ELF DAY!** was back at the start of December. A huge thank you to Westbury-on-Trym Academy for taking part. Every pound raised from Elf Day makes a huge difference to the lives of people affected by dementia.



**Would your School Council or PTA like to fundraise in the new year and take part in 'Quit for a Bit'?**

As a class/school, you might like to give up something for the whole of January for sponsorship. It could be social media, sugar, gaming, chocolate – or something else. Giving up treats can be hard, but your efforts in January will be worth it as every pound you raise will help us support people affected by dementia in 2026.

For more fundraising ideas, or if you would like a sponsorship form, please get in touch with Zena Jones, Regional Fundraiser for Alzheimer's Society in Bristol at [zena.jones@alzheimers.org.uk](mailto:zena.jones@alzheimers.org.uk)

## Dates



January 26th- World Lewy Body day  
February– Heart Month  
February 6th– Time to talk day  
March 12th– Young Carers action day  
April 7th– World Health day

## It will take a Society to beat dementia



New Scientist Live Exhibition, London

[sally.townsend@alzheimers.org.uk](mailto:sally.townsend@alzheimers.org.uk)