

# Inspiring Dementia Action



## in Bristol Schools September 2024



I hope that you all had a lovely summer break and are ready for another great school year ahead. Terms 5 and 6 continued to be as busy as Terms 3 and 4, with some extensive and quality engagement from schools, raising awareness of dementia, enabling change and meaningful interactions which had a real positive impact on lives.

Looking back over the whole academic year, I am delighted that there were nearly 7000 pupil, staff and parent interactions through a range of sessions across the city. 98% of these sessions were rated as excellent. As the new academic year starts, I look forward to working with those schools who have previously engaged, as well as new ones. Building on data from last year, I am also particularly interested in working with more parents, Secondary and Post 16 settings, as well as schools in East Central Bristol this year. Please contact me if you are interested in exploring what will be most appropriate for your school community: [sally.townsend@alzheimers.org.uk](mailto:sally.townsend@alzheimers.org.uk).

### School Engagement

Terms 5 and 6 saw engagement with pupils from KS1, 2, 3 and 4, as well as parents and staff, citywide.

More than 40 sessions were delivered, including assemblies, Dementia Friends sessions, sessions with people living with dementia, coffee morning / briefings for parents and sessions during an INSET day for staff, resulting in over 3000 pupil, parent and staff interactions.

Thank you to the following schools in particular;

Oasis Academy Brislington  
Redland Green  
St John's C of E VC Primary  
St Werburgh's Primary  
Stoke Bishop C of E Primary  
Waycroft Academy  
and Cabot Learning Federation (MAT)

Thank you for all your outstanding feedback!



Oasis Academy Brislington



St John's C of E Primary

### Interacting with people living with dementia

There have been a range of bespoke sessions during Terms 5 and 6 where pupils have interacted with people living with dementia. This has allowed the chance to apply pupil knowledge and understanding, develop skills and attitudes, and develop relationships. Sessions have had a profoundly positive impact on pupils, staff and service users. Sessions have included:

- \* A group of Year 6 pupils from Stoke Bishop Primary attending a local Singing for the Brain group. A one off visit is now becoming part of a programme of visits.
- \* Regular visits to Robinson Care House by students at Oasis Academy Brislington. ITV recorded and aired one session during Dementia Action Week.
- \* A teacher and pupil from Stoke Bishop Primary attending Bristol Dementia Voice group to share their engagement and its impact.
- \* People with lived experience being welcomed to a musical and tea party at Stoke Bishop Primary.



Stoke Bishop Primary at a Singing for the Brain group

I am also delighted that the offer of working alongside people living with dementia in schools has been shortlisted out of more than 100 submissions for Alzheimer's Society's Dementia Involvement Awards.

### Fundraising opportunities

Taking part in fundraising events can bring a number of benefits, such as learning something new, meeting people and making a positive difference to lives. There are many bespoke opportunities that can be pursued at any time. Additionally, there are a number of Alzheimer's Society's annual events which are easy to get involved with. Two events which several schools have been involved in, Memory Walk and Elf Day, are coming up soon. For more information, go to:

[www.alzheimers.org.uk/memory-walk/find-a-walk/bristol](http://www.alzheimers.org.uk/memory-walk/find-a-walk/bristol)

[www.alzheimers.org.uk/get-involved/events-and-fundraising/organise-your-own-fundraising/elf-day](http://www.alzheimers.org.uk/get-involved/events-and-fundraising/organise-your-own-fundraising/elf-day)

### Dates

September: World Alzheimer's Month and Vascular disease awareness month

5th September: International Day of Charity

21st September: World Alzheimer's Day and Bristol Memory Walk

23rd - 29th September: National Inclusion Week

10th October: World Mental Health Day

13th November: World Kindness Day

21st November: Carers' Rights Day

2nd - 8th December: National Grief Week

4th December: Elf Day



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### Opportunities - CareCoach Children and young person sub-study

I have recently become involved with CareCoach, who are running a children and young person sub-study to create age-appropriate web resources for children and young people who live in a family affected by dementia. CareCoach are looking for children and young people under 15 years old who live in families affected by dementia to take part in their study. Essentially pupils are being asked to take a few photos which illustrate their relationship with someone with dementia. Carecoach will then discuss these with the pupils and this information will inform the resource.

CareCoach are also looking for dementia professionals who work with children and young people living in families affected by dementia, who are interested in being on a panel to review the resource.



For more information, please contact Jen Dawe on [carecoach@uea.ac.uk](mailto:carecoach@uea.ac.uk) who can share the study flyers for children, parents and professionals and answer any questions.

### Resource

iSupport for Young People is an excellent online training and support tool for pupils aged 11-17 years who have a family member living with dementia, created by the World Health Organisation. It is an adaptation of the iSupport for Adult carers tool and has been created with young carers. There are 5 modules to be completed: An introduction to dementia, Being a carer, Caring for me, Providing everyday care and Dealing with behaviour changes. Each module contains a number of sessions which are informative and interactive. There are also opportunities to apply the learning to their own family context.

[iSupport for Young People | iSupport Dementia Courses \(isupportdementiacarers.co.uk\)](https://www.isupportdementiacarers.co.uk)

The tool is also available in Welsh, Brazilian - Portuguese and Spanish.



### iNews article

In March, iNews published an article titled:

[How to talk to children about a loved one's dementia without traumatising them \(inews.co.uk\)](https://www.inews.co.uk).

It reports that in total, 67 per cent of parents said that the diagnosis of a family member or loved one had impacted their children, while 14 per cent were yet to tell their children a family member is living with the condition. A third of parents said they were trying to keep things as normal as possible by limiting what they shared about dementia with their children. This is despite 80 per cent admitting their children have asked to know more, the research, conducted by Censuswide, found.

#### How to talk to children about a loved one's dementia without traumatising them

When it comes to a relative's dementia, parents and carers often sweep difficult conversations under the carpet. Here are tips from the experts to help



Clare Childs with Charlie and Rosie (Clare Childs)

The article contains some really helpful tips on how to talk to children about a dementia diagnosis and may be worth sharing with parents who have family members living with dementia, enabling them to support their children.