

Advertisement feature



Fundraising during Dementia Awareness Week. Picture: ALZHEIMER'S SOCIETY IMAGES



Women gardening during an Alzheimer's Society event. Picture: ALZHEIMER'S SOCIETY IMAGES

Unite for Dementia Awareness Week

Dementia is said to be the 21st century's biggest killer, yet is a condition that can be very tough to open up and talk about. The awareness and understanding of dementia is also low and therefore many families often find themselves facing it alone.

From Sunday, May 14 to Saturday, May 20, Dementia Awareness Week, organised by the Alzheimer's Society, is encouraging everyone across England, Wales and Northern Ireland to unite and take action.

As dementia currently has no cure, the Alzheimer's Society works to create a society where those affected by the condition are supported, accepted and able to live in their community without fear or prejudice.

Debbie Foster, operations manager for Alzheimer's Society in Norfolk and Suffolk, says: "People with dementia often feel – and are – misunderstood, marginalised and isolated, but with the right support and understanding they can continue to live fulfilling lives and make a contribution to their communities."

Committed to creating a world without dementia, the Alzheimer's Society lists its three main values:

1. We get it: We are trusted experts, informed and inspired by people affected by dementia.
2. We are united: Together we

achieve more.

3. We will do it: We demand and deliver lasting change.

By bringing people together during the week, the society believes it can raise awareness and understanding of dementia, while improving the care that is currently available to sufferers and urgently finding a cure.

"This Dementia Awareness Week we are calling on people to take action and unite against dementia. Every action brings us closer to finding a cure and giving everyone the support they need," adds Debbie.

Everybody has a part to play and there are a number of ways in which individuals can support the week. The most common way to get involved and help with fundraising efforts is to attend an event.

You can also go one step further during the week and organise your own event, bringing your friends and family or your whole community together to fundraise for the cause.

The money raised during Dementia Awareness Week goes a long way to support people with the condition, as well as helping to support their families.

For more information on Dementia Awareness Week or to request a fundraising pack for your own event, visit www.alzheimers.org.uk

Dementia Services and Activities in Suffolk

Side by Side

Side by Side is one of many services run by the Alzheimer's Society to help people with dementia continue to live their lives as normally as possible. Available in 29 locations throughout England, Wales and Northern Ireland, it aims to combat social isolation, and the loneliness this can lead to, and develop community-based informal support networks for people with living with the condition.

For more information on Side by Side in Suffolk, call 07484089527.

Suffolk Artlink

Running through the summer, a programme called 'Creative Company' from Suffolk Artlink, is aimed at adults caring for an older family member, who quite often might be living with dementia. This programme consists of regular two-hour, free art workshops which are led by professional artists and held in a number of locations around Suffolk.

For more information and for dates and times of sessions, visit www.suffolkartlink.org.uk

Garden for Older People

During Dementia Awareness Week, ActivLives, an organisation mainly focused on providing activities for older adults, will be launching its 'Garden for Older People'. The garden at Chantry Walled Garden, in Chantry Park has been especially designed to encourage older people suffering with conditions such as Dementia, to be active and enjoy gardening, in an outdoor community setting.

For further details on the garden and on its launch, visit www.activlives.org.uk



Visitors planting flowers in the ActivLives garden.

Dementia care at Headway Suffolk includes:

- Day activities and respite at neuro hubs in Ipswich, Bury St Edmunds, Haverhill and Felixstowe
- Support and personal care in people's homes and local communities
- Physio, OT and speech and language therapy
- Support groups, carers groups and counselling for the client and family carer.



For details see www.headwaysuffolk.org.uk
Phone 01473 712225
Email helenfairweather@headwaysuffolk.org.uk

Dementia - Know the facts

What is dementia?

Dementia is not a disease, but a term given to a group of symptoms from certain diseases which affect the brain. Alzheimer's disease is the most common cause of dementia.

What are the stats?

Alzheimer's Society research shows that 850,000 people in the UK have a form of dementia. There are 82,000 people living with dementia in the East of England, of which 11,000 are in Suffolk.

What are the symptoms?

The symptoms of dementia

are progressive and on an unknown time scale and can include memory loss, communication problems and changes in mood.

Where can I receive support?

The Alzheimer's Society's website is a great starting place for help and support, providing more information on the illness and how you can continue to live as normally as possible after a diagnosis. If you would prefer to speak to someone directly, you can also call the National Dementia Helpline for help and support on 0300 222 11 22.