

# Raising Dementia Awareness in Bristol Schools



## January 2019

### **Welcome back!**

A big welcome to our second newsletter. Thank you for your feedback so far. It has been great to hear of schools sharing the information in staffrooms, reception areas and through social media in school communities. My main aim continues to be to create a quick read bulletin which shares good practice, as well as inspiring you with ideas for involvement which may lead to an even greater impact on your pupils through our partnership. If you have any thoughts to share, please contact me by email; [sally.townsend@alzheimers.org.uk](mailto:sally.townsend@alzheimers.org.uk).

### **School and College engagement**

A huge thank you to the following schools who have engaged in sessions during Terms 1 and 2. We now have more than 2,000 Dementia Friends in our Bristol schools, which is a fabulous achievement!



It has been a highlight meeting Year 7 pupils who previously engaged in Year 6, deepening their knowledge and understanding as well as strengthening positive attitudes within our communities.

Schools who have already engaged in their second consecutive year include:

St Johns C of E VA Primary School  
St Ursula's E-Act Academy  
Shirehampton Primary School  
Bristol Free School  
Redland Green Secondary School

Welcome to new schools who have engaged this year for the first time, including:

Broomhill Infant School  
Elmlea Junior School  
Westbury on Trym Academy  
Ashley Down Primary School

And finally, it has been great to engage Post 16 students for the first time. Thank you to:

Redland Green Post 16 Centre  
Bristol City College

Many more schools have also booked up for Terms 3-6. I look forward to working with you all. If you have not yet booked a slot and would like to, please contact me.

### **Intergenerational projects**

Whilst assemblies and Dementia Friends sessions are great starting points for schools, it has also been refreshing to explore new aspects. These have included the development of some intergenerational projects with local groups, care homes and churches. Research shows the positive impact of such projects on both younger and older people, where incredible relationships are often developed, as well as learning new skills whilst having a positive time. Please ask if you would like to discuss setting up a project in your school.



Sports day event celebrating a monthly partnership between Sunshine Pre-School and our Whitchurch Activity Group

### **Parent's Evenings**

Another new element to our offer has been running stands at Parent's Evenings in the schools who have had extended engagement. School boards have celebrated pupils' learning and enabled further conversations with families, and information giving has supported families within the school community.



St Ursula's E-Act Academy

### **Fame at last!**

Some of you may have spotted an article which were delighted to get published in the Primary Times recently. Thank you to St John's Primary School for enabling this to happen.

[https://issuu.com/primarytimesavongloswilts/docs/avon\\_page\\_turner/38](https://issuu.com/primarytimesavongloswilts/docs/avon_page_turner/38)

We hope that it will encourage more schools to become involved.

I am always exploring new materials to support children and young people in our schools. Please turn over for a range of resources that may support your curriculum and individual pupils / students...

# Curriculum support

## Lessons

Did you know that a sequence of free and ready to use lessons are available from the Youth Engagement team? This is a flexible resource which can support teaching and learning for ages 5-16, exploring how dementia can affect an individual, family members and the community. Please contact me if you would like more information.



## Dates for the year ahead

There are many opportunities throughout the year which you may be able to add to your calendars and use to help contextualise any work that your school might like to undertake. These include;

- Young Carers Awareness Day in January
- New! Bristol Ready Steady Glow in March  
<https://www.memorywalk.org.uk/find-a-walk/>
- Dementia Action Week in May
- Cupcake Day in June

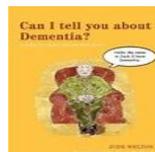
Helpful links will be included in further newsletters.

## Book recommendations

The Memory Journeys  
by Caroline Blanchette and Charlie Draper

The journey of a young boy, Max, whose dad is living with dementia. A support toolkit is also available.

Suitable for Key Stage 1 pupils.



Can I tell you about dementia?  
by Jude Welton

Written from the perspective of a person living with dementia. The book includes facts and challenges about dementia and ways to help.

Suitable for Key Stage 2 and 3 pupils.

## Film clip

'Small changes help make a dementia friendly community.'

A short clip showing some unhelpful and helpful interactions experienced by someone living with dementia when they go out in their community.

Suitable for Upper Key Stage 2 pupils through to adult.

<https://www.youtube.com/watch?v=Fz8ACEu7Lho>



## The Dementia Superheroes

Alzheimer's Society have recently created a comic book and are looking for feedback. 'The Dementia Superheroes' have been created to help teach children about dementia in a child-friendly way. They come in a pack which is sent directly to children, along with collectable cards and fun activities. If this is something that you are happy to share with your Primary pupils and feedback on, please let me know.

## Additional sources of support:

Kooth is an online tool which can offer free support through a texting service to young people of 11– 18 years. A range of topics feature regularly, including dementia. Go to <https://kooth.com/>

Although a separate charity, Alzheimer's Research UK has a great website which offers information from a young person's perspective, as well as support. Go to <https://kids.alzheimersresearchuk.org/>

All feedback on resources gratefully received. Thank you.