

“Those with dementia are still people and they still have stories and they still have character and they are all individuals and they are all unique. And they just need to be interacted with on a human level.”

Carey Mulligan

Local business and organisations who are already ‘Dementia Friendly’.

These are just some of the local groups and businesses in the Lewes District who are supporting a dementia friendly community by attending a Dementia Friends Information Session and committing to actions to promote dementia awareness and accessibility.

- 3VA
- Anchor Field Patient Participation Group
- Chamberlain Dunn
- Claydon House
- Depot Cinema
- East Sussex Fire and Rescue Service
- Flourish
- Home Instead Senior Care
- hrscreative
- Lewes Chamber of Commerce
- Lewes Football Cub
- Lewes Town Council
- Moving Sounds CIC
- The Oyster Project
- Parkinson’s UK
- The Phoenix Centre
- River Lodge Surgery
- The Runaway Café

Some facts about dementia:

Dementia is the umbrella term for a condition with symptoms such as memory loss, difficulties with thinking, problem-solving and language.

Dementia is caused by diseases of the brain. It is not a natural part of ageing.

In the Lewes District over **990 people** are presently living with dementia. By 2035 these estimates will increase by **90%**.

It is estimated that **75%** of people living with dementia live in the community and only **25%** in residential care.

Source: Joint Strategic Needs Assessment published by Lewes, High Weald and the Havens CCG

Getting in touch

If you want to become involved with, or find out more about the LDDAA simply call **07946 228616** or email: esther.watts@alzheimers.org.uk

Find us on Facebook

www.facebook.com/DAALEwes/



Lewes and District
Dementia Action Alliance

‘Confident, understood, supported’



Imagine a community where
people with dementia feel
confident, understood and
supported to live well

Lewes & District Dementia Action Alliance (LDDAA) works to make Lewes and District dementia-friendly

We want a **community** where people affected by dementia – those with a diagnosis and those supporting them – can enter any public space and feel genuinely welcome.

This means **taking action** to support people who work in the everyday places people with dementia go: local shops, cafés, libraries, offices and so on, to have a good understanding of how dementia can affect people and what we can all do to support people affected by dementia to feel fully part of their local community.

To achieve our vision LDDAA is working to:

- Bring together local organisations and forming an information network to improve the lives of people living with dementia.
- Deliver Dementia Friends information sessions
- Support local businesses and organisations
- Organise and support events to raise awareness about dementia
- Publicise dementia-awareness through local media
- Engage representatives from local voluntary & community groups and business in the LDDAA management group.

How can you help?

There are lots of ways you can become involved with the LDDAA and help our community be more accessible for people affected by dementia.

You can:

- Take part in a LDDAA Dementia Friends Information Session to learn more about what it is like to live with dementia and become a Dementia Friend. Whether you attend a face-to-face Information Session or watch the online video, Dementia Friends is about learning more about dementia and the small ways you can help.
- Become a Dementia Friends Champion by attending a free one-day course – this will enable you to deliver Dementia Friends Information Sessions and teach others a little bit about what it is like to live with dementia and how they can join this social action movement.
- Join the growing list of businesses and organisations in the Lewes District taking action on dementia. Get access to resources and information to help you, your business or organisation understand more about dementia and what small changes to your environment or processes you can make.
- Come along to, or volunteer to help with, an LDDAA event.
- Join the LDDAA steering group. Meetings take place every two months in accessible venues and last for about two hours.

Support & resources

If you are experiencing dementia, or supporting someone who is, you can get further support from:



Alzheimer's Society's helpline on **0300 222 11 22** or www.alzheimers.org.uk/find-support-near-you

Alzheimer's Society provides free information and support including a wide range of helpful documents and guidance at www.alzheimers.org.uk



For activities locally contact www.knowdementia.co.uk/moments



Alzheimer's Society's **Dementia Friends programme** is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition. www.dementiafriends.org.uk