



Four Rivers Dementia Alliance

In partnership with



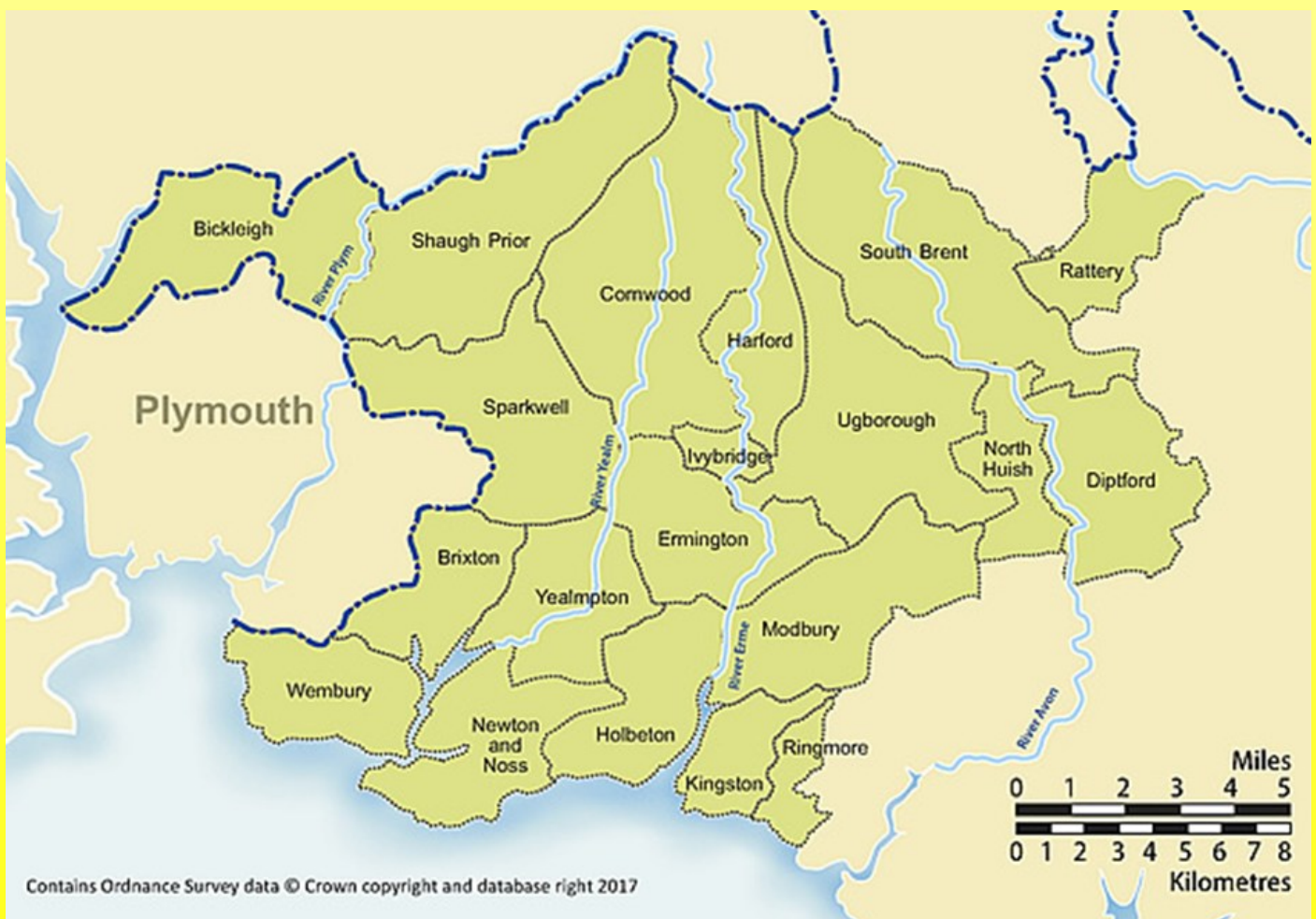
Dementia Friendly Parishes
around the Yealm

COMMUNITY LIAISON AND SUPPORT SCHOOLS INFORMATION PACK



Hello, I am Claire Puckey, Community Liaison and Support Lead for Four Rivers Dementia Alliance (4RDA). I am also the Community Development Lead for Dementia Friendly Parishes Around the Yealm.

4RDA is an inclusive voluntary organisation comprised of twenty town and rural parish councils in South West Devon (located around the rivers Yealm, Plym, Erme and Avon) and a variety of other interested organisations working together to promote dementia friendly communities (Please see the map below which shows the communities we serve).





WHAT WE DO:

-  We work to build inclusive dementia friendly communities and villages in the Four Rivers area through parish and town councils.
-  We share ideas, develop resources and partnership projects.
-  We promote good practice by raising awareness of dementia within our communities. This also encourages inclusivity and reduces stigma.
-  Anyone interested in improving the lives of people living with dementia, their families and carers is welcome at our meetings which are held approximately every six weeks.
-  We welcome suggestions on ways we can develop and hearing about any needs relating to people living with dementia and their families in your community.

WHAT IS AN INCLUSIVE RURAL DEMENTIA FRIENDLY COMMUNITY?

It is one which:

-  Understands, respects, engages with and includes people living with dementia, their families and carers.
-  Enables and supports people living with dementia to feel confident they can continue being involved and contribute to local community life for as long as possible.
-  Works to improve the quality of life for everyone, especially people living with dementia, encouraging them to have choice and control over their day-to-day lives. It also helps in reducing the impact of isolation, loneliness and stigma.
-  Is flexible and adaptive to changing needs.
-  Increases awareness and understanding of dementia amongst all members of the community.
-  Let's people know that it's okay to have dementia and that people in their community understand.



 Is comprised of all sectors of the community e.g. individuals, business, faith, leisure, health and social care, emergency, voluntary, transport, education sectors etc.

WHY BEING DEMENTIA FRIENDLY IS IMPORTANT IN TO YOUR SCHOOL.

Dementia is a hidden disability which is increasingly prevalent in the UK:

 **982,000** people are estimated to be living with dementia in the UK.

 This is predicted to increase to **over 1.1 million by 2030 and to 1.4 million by 2040.** (However, Lancet Public Health Analysis shows a rise in cases and predicts 40% more people are likely to be affected than originally thought).

 **1 person will develop dementia every 3 minutes in the UK.**

 So many young people are likely to come into contact with someone living with dementia in their lifetime.

Sources: <https://dementiastatistics.org/> and <https://alzheimers.org.uk>

(Figures: As of November 2024).

An Alzheimer's Society survey with YouGov (October 2014) found that:

 Almost 1/3 of young people know someone with dementia.

 2/3 would like to help someone with dementia but a lack of understanding is holding them back.

 Over 1/3 think it's important to learn more about dementia.

 2/3 believe that people with dementia should be supported and included in everyday life.

In the twenty rural parish areas covered by 4RDA, we have been working hard for the past few years to build dementia friendly communities.

To further build upon this, we would like to raise dementia awareness amongst more of our young people and schools can play an active part in this.



CREATING A DEMENTIA FRIENDLY GENERATION HOW DEMENTIA AWARENESS IN SCHOOLS STARTED

 The Prime Minister David Cameron launched a Challenge on Dementia in 2012.

 The **Dementia4Schools Project** began as one aspect of this challenge.

 **During Phase 1** of the project (2012-2013): Dementia Awareness was piloted in 22 pioneer schools up and down the country in 11 different council areas (involving approximately 2,000 pupils). It was a flexible approach with schools being given a basic lesson structure and allowed to develop their own further plans and activities.

 Stoke Damerel Community College (SDCC) in Plymouth was one of the pioneer schools.

 They adopted a unique whole-school approach where dementia was embedded across the entire curriculum to include every subject and at every level.

 They developed a wide range of projects e.g. Health and Social Care students going into a local care home and making memory boards with some of the residents, designing posters which were displayed in the city centre library to raise awareness about Plymouth working towards becoming a dementia friendly city etc.

 In 2014, SDCC won a national award from the Alzheimer's Society for their work.

After the first year of Phase 1 the programme was evaluated by the University of Worcester, showing some great results across the board

 After attending a dementia awareness lesson, 76% of pupils reported feeling confident about meeting someone with dementia (compared with 24% beforehand).

 Pupils showed an increased awareness of dementia and a reduction in fear about it.

 An appreciation of the role of carers and how to help support them.

 An increased awareness of how to support people with dementia to live well.

 Teachers showed an increased understanding of dementia.



🏠 Parents learnt about dementia from their children going home and talking to them about what they had done in school.

Based on the evaluation, the 'Dementia Resource Suite' (Dementia resource packs for teachers) was developed.

🏠 **Phase 2** of the project began (2013-2014): With approximately 140 schools using the new resources.

🏠 **CURRENTLY**: Schools can now have trained Dementia Friends Ambassadors coming in to deliver Dementia Friends sessions to their pupils.

The sessions include:

- 🏠 Interactive activities to help the children and young people learn about what dementia is and how it affects people.
- 🏠 Five things that everyone should know about dementia.
- 🏠 Showing how small everyday actions can help people living with dementia and encourage the children and young people to think about how they can help make a difference to people affected by dementia in their community.

The sessions are recommended for class sizes of up to 30 young people and they are approximately 45-60 minutes in duration and are available for age ranges:

- 🏠 5-11 year olds
- 🏠 11-14 year olds
- 🏠 14-16 year olds

At the end of the session, each pupil becomes a Dementia Friend and is given a free Dementia Friends sticker or pin badge.



BENEFITS OF YOUR SCHOOL AND PUPILS

BECOMING DEMENTIA FRIENDLY

 **Health Education** i.e. Dementia reinforces the importance of a healthy lifestyle to help pupils protect their own health (Via messages around a healthy diet, exercise etc).

 **Extended Learning** i.e. Dementia supports a variety of key learning outcomes within the PSHE curriculum:

 **Health and Wellbeing** e.g. Helps to develop an understanding about physical and mental health conditions, including long-term illnesses like dementia.

 **Relationships** e.g. Builds empathy, kindness and respect for others, especially those living with health difficulties.

 **Living in the wider world** e.g. Promotes social responsibility and active citizenship, by encouraging pupils to get actively involved in their local community.

 **PSHE** may be the most obvious link but dementia is relevant, can bring life to some issues you are probably already covering and can be applied to other subjects across the National Curriculum too.

It encourages intergenerational relationships by providing the opportunity for engagement between your pupils and people with dementia and their family carers-this will help to develop their confidence in being around people with dementia. By creating a dementia friendly generation, young people become part of a society that is less afraid to discuss dementia. This may also have potential long-term benefits i.e. when young people reach adulthood and become the employers/employees or carers of tomorrow, their increased understanding may help more people to live well with dementia.

Pupils gain more insight into dementia, which is an issue that will potentially affect them or someone they know, at some point in their lives (**Nearly 1/3 of young people know someone with a dementia** and as the population continues to age and the number of people living with dementia increases, it is likely that more and more young people will be affected in some way via e.g. a family member, friend or neighbour becoming diagnosed or by exposure to dementia in the media).



- It may help pupils to develop a wide range of transferrable qualities, skills and attributes they need to thrive as individuals, members of families and of society e.g. interpersonal and social skills, empathy, active listening, compassion, respect, value for diversity etc. This may also impact on how they engage with the wider curriculum and boost their personal development.

FOR YOUR SCHOOL AS A WHOLE

- In the November 2014 study ['The Link Between Pupil Health and Wellbeing and Attainment: A Briefing for Head Teachers, Governors and Staff in Education Settings'](#) (Public Health England, 5 November 2014) two key findings were:

- 11 % boost in results in standardised achievement tests that has been linked to school programmes that directly improve pupil's social and emotional learning.
- Strong correlation between whole school approaches to social and emotional learning for all pupils and higher attainment. Similarly, an Ofsted educational survey in the year 2013 highlighted the 'close correlation' between a school's whole school inspection and their grade for PSHE education. Having a dementia friendly school would contribute to this and strongly supports and strengthens many aspects of the PSHE programme of study.

- It supports the delivery of the National Curriculum, potentially across all subjects.

- It helps meet Spiritual, Moral, Social and Cultural Development Ofsted requirements.

- It is a vehicle for reaching outwards and helping to embed the school as part of the local community.

- Your teaching staff will increase their knowledge of dementia and why it is important to develop more dementia friendly communities.

FOR THE LOCAL COMMUNITY

- By educating young people, it will increase awareness of dementia and help to reduce any stigma, going towards achieving better community support for people with dementia and their carers, now and in the future.



 By building on children and young people's knowledge and possibly changing their attitudes, it may help to reduce the social isolation and loneliness that many people living with dementia experience.

 If someone in a pupil's family has dementia and the school becomes more dementia aware/friendly, this can help to support and strengthen family relationships by the parents possibly being more enabled to talk to their children more easily about it and their children may develop an increased understanding of the pressures their parents or other relatives might be under if they are carers.



FOUR RIVERS DEMENTIA ALLIANCE CONTACT DETAILS

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info@dementiayealm.org
-  WEBSITE: www.4riversdementia.org.uk

HOW CAN WE GET INVOLVED

By working to develop an understanding of dementia, schools can make a big difference to the experience of people living with and/or caring for someone living with dementia in their local community.

You could follow the suggested action plan overleaf. Every little action taken can potentially help.



ACTION PLAN FOR SCHOOLS WORKING TOWARDS BECOMING DEMENTIA FRIENDLY

Four Rivers Dementia Alliance (4RDA), in partnership with Dementia Friendly Parishes around the Yealm (DFPY**) offer this action plan with suggestions for schools to help promote inclusive dementia friendly communities where people work together to support people living locally with dementia and their families/carers.

Please note that you are **not** expected to take all the suggested actions at once and you may also decide to devise actions of your own that are not included on this suggested action plan.

Small steps and changes can have a big impact on the experiences of people living with dementia, their families and carers in your community, helping them to feel less isolated, lonely and stigmatised which in turn, has a positive impact on their health and wellbeing.

It is also important to remember that you are not alone in starting to work towards your school becoming dementia friendly. As Community Liaison and Support Lead (4RDA) and Community Development Lead (DFPY), I am available to support and advise schools to implement this plan.

Once you have started working towards becoming dementia friendly, I can also help to support with reviewing your progress.

Many schools start by doing **Dementia Friends Awareness Sessions** (which are part of a national Alzheimer's Society initiative).

A Dementia Friend is someone who has attended an information session and has committed to an action that will make the lives of people living with dementia a little bit better. Anyone of any age can be a Dementia Friend and every action counts - from wearing a Dementia Friends badge to spreading the word about dementia on social media.

Dementia Friends Information Sessions facilitate learning opportunities which contribute towards aims of the non-statutory PSHE aspects of the national curriculum. Dementia Friends Information Sessions are delivered by trained Dementia Friends Ambassadors.



Dementia Friendly Parishes
around the Yealm

** For Further information on Dementia Friendly Parishes Around the Yealm and our partnership with them, please see their website at <https://www.dementiayealm.org>.



Action	Person(s) Leading	Barriers	Time scale	Review
1. Identify a link person in the school to take forward promoting dementia friendly approaches in the school and to link in with 4RDA.				
2. Pupils attend a 45 to 60 minute dementia awareness session (Specially adapted versions are available for 5-11 year olds, 11-14 year olds and 14-16 year olds). *Claire could deliver this.				
3. Pupils attend a one-hour dementia awareness workshop (Specially adapted versions available for 5-11 year olds, 11-14 year olds and 14-16 year olds). *Claire could deliver as many of these as you need at times that suit you best.				
4. Staff and/or Governors attend a dementia awareness session (1 hour or 90-minute versions available). *Claire could deliver as many as you need at times that suit you best.				
5. Parents are invited to attend a dementia awareness session (1 hour or 90-minute versions available). *Claire could deliver as many as you need at times that suit you best.				



Action	Person(s) Leading	Barriers	Time scale	Review
6. Conduct a dementia friendly building assessment of your school premises. *Claire could support you with this.				
7. Develop an inter-generational project with a local care home. *Claire could support and advise with this.				
9. Make links to other relevant organisations to support your dementia friendly work. *Claire can help with this.				

If you decide to take some action towards becoming dementia friendly, Claire can arrange for you to have formal recognition in the form of a certificate and window stickers bearing our “Working to Become Dementia Friendly” logo that you can display around your school. Your school could also be listed as dementia friendly on the Four Rivers Dementia Alliance website.



Four Rivers Dementia Alliance

The following organisations have contributed to the production of this information pack.



South Hams
District Council



Ivybridge
Town
Council

