



I'm a Dementia Friend
Join me at dementiafriends.org.uk



Becoming a Dementia Friendly Community

Chirk Town Council was first approached by Jo Lane from the Alzheimer's Society who came to one of our meetings, as someone who has been touched by the disease I felt it was important to act on Jo's words and make our town Dementia Friendly.

Becoming Dementia friendly is quite easy in fact but getting others involved has its usual challenges, however there is plenty of enthusiasm out there for people to attend the sessions as you will often find that most have relatives and friends who have been affected by the many forms of the disease.

To become a Dementia Friend all that is required is to attend a 1 hour session being delivered by a Dementia Champion where you will be given an understanding of how people are affected, for example you will learn that not only is memory damaged but perception as well, for example many shops have black door mats at their entrance but to those with dementia it can take on a different form and look like a deep hole which they will not cross.

A Dementia Champion like myself undertakes a day's training by the Alzheimer's Society and gains a greater knowledge of how to present a "Friends Session" but does not become an expert and their role is to promote the friends network.

With over 550,000 (2011 census) in Wales over 65 and a belief that 1 in 14 are living with dementia we can expect that there are over 40000 across the country, and with a significant proportion living at home there is a need for us all to know and understand the disease better.

We are part of a steering group in Wrexham County Borough where "Friends Sessions" are being delivered to various groups including shops and business, with our target being the title of "Working Towards being Dementia Friendly" and we in Chirk are happy to be a part of that and make our town Dementia Friendly also.

Frank Hemmings

Chirk Town Councillor

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