



yorkshire
and
humber
region

yahru3a.co.uk

SHARING BEST PRACTICE WORKSHOP

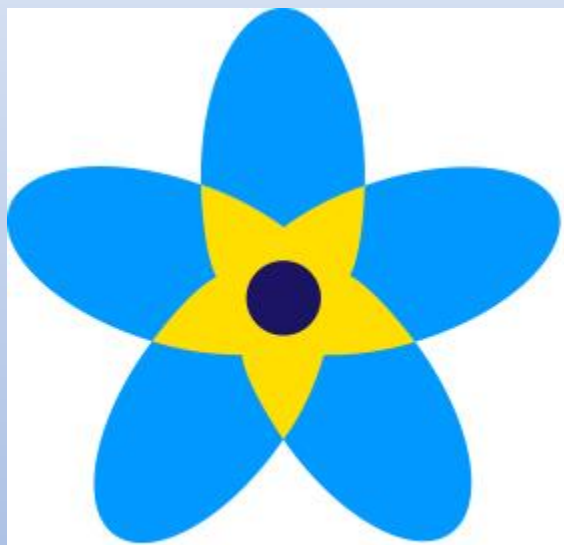
Purpose

To share your issues and concerns and also to learn about other U3As who have examples of good ideas that work well for them.

Dementia Awareness, Jean Smith Ilkley and District U3A

Helping your U3A to support members and their carers.

U3A



Dementia
Friends

An Alzheimer's Society initiative



Social responsibility

- **Grandparent Reading in Schools**
- **U3A Good Neighbours**
- **Developing 4th Age Links**
- **Dementia Friendly U3A**



Our progress so far

- Initial workshop for Group Leaders
- Ilkley: Dementia Friendly town
- Application to become Dementia Friendly U3A
- Dementia Action Alliance:

www.dementiaaction.org.uk



Our Action Plan: A summary

We aim to:

- **Give respect and understanding to those living with dementia.**
- **Raise awareness of dementia among our members.**
- **Reduce the fear and stigma surrounding dementia.**
- **Enable people living with dementia, wherever possible, to participate in U3A activities and feel safe in our groups.**

A summary – Our Actions

- To arrange a series of free talks for all members with Alison Eagle of Dementia Friendly, Ilkley.
- To contact Bev Fletcher (Bev.fletcher@alzheimers.org.uk) to request appropriate information to be included in our Group Leaders' Handbook
- To publicise 'Dementia Friendly Ilkley' events on our U3A website and 'Keeping in Touch' emails.
- To signpost information and support for dementia by displaying links on our website.
- ***For full copy of action plan please contact: jeanmsmith50@hotmail.com***



Our Successes

- Workshops – publicised on website, noticeboard, newsflash email and hand delivered to non emailers.
- TAM article
- Interest shown by National Conference
- Newspaper features
- Advice in Group Leaders' Handbook
- Promoting links for other DF activities in town.
- Signposting members to available information.
- National Dementia Awareness week.



Next Steps

- **Dementia Champion**
- **Spreading the word (eg. U3A+ Wales)**
- **Dementia Workshop at Saturday speaker meeting in February.**
- **Workshops to be offered to members in Otley & Addingham.**
- **Working with Group Leaders.**