



Media Release

14th June 2018

National charity Froglife leaping for joy at dementia friendly funding

The Froglife Trust, a national wildlife charity which protects amphibians and reptiles and the habitats they rely on, has been awarded £15,000 to develop a dementia friendly community in Glasgow. Funding has come from the Life Changes Trust.

The project will focus on tackling the barriers which prevent people affected by dementia accessing the natural environment, and supporting their increased enjoyment of the outdoors, as well as their knowledge and experience of local wildlife.

Froglife will work alongside people living with dementia in Glasgow on practical outdoor projects which will not only make a valuable contribution to the wellbeing and care of their local outdoor spaces, but which will also improve their emotional, social and physical wellbeing. They will deliver the project in partnership with various organisations such as local care homes, Dementia Resource Centres and other support organisations in Glasgow.

Anna Buchanan, Director of the Life Changes Trust dementia programme said, "This project will make a big difference to people living with dementia in Glasgow who perhaps have been getting outdoors less and less due to a diagnosis of dementia. Not only will participants be able to make a direct and valued contribution to the wellbeing of the natural environments where they live, they will also

have the enormous benefit of meeting other people, learning new things and being part of a community.”

The funding award is one of six made by the Life Changes Trust under the banner of 'Get Outdoors', with a funding total of £90,000. 'Get Outdoors' funding will help improve the physical and mental well-being of people living with dementia – and their families - by supporting projects that increase their participation in outdoor social activities.

The six organisations to receive funding are:

- The Froglife Trust, Glasgow
- The Ecology Centre, Fife
- Sporting Memories Network, central Scotland
- NHS Dumfries and Galloway
- Evanton Community Wood, Dingwall
- Instinctively Wild Services, Hawick

Some of the projects concentrate on connecting with nature, for instance taking part in walks or art classes in woodlands, and even learning more about farm based activities. Others concentrate on physical activities such as sport. All of the funded projects aim to empower people with dementia to have a say in how they wish to connect with the outdoors and support them to do so in a way that is meaningful to them.

Froglife believe that for wildlife and wild places to thrive, they need to be appreciated and enjoyed by as many people as possible. Froglife have been working in Glasgow for several years, most recently delivering the Glasgow Green Pathways Project to deliver practical outdoor activities to disadvantaged young people aged 5-25 to improve their local greenspaces for wildlife and the local community.

Louise Smith, Learning Officer with Froglife in Glasgow said,

“Froglife are incredibly excited to start this new project in Glasgow. As a charity we are committed to engaging with the public about amphibians and reptiles, as well as other wildlife, and making practical improvements to greenspaces to support these species and populations.

“Working with people living with dementia on projects like this will improve their mental, social and physical wellbeing but more importantly will hopefully give them, and any carers, the confidence and support to access and use local greenspaces more often. Plus, it’ll be loads of fun!”

Anna Buchanan added ‘By funding a diverse range of dementia friendly communities throughout Scotland, we are developing a deeper understanding of how to meet the needs of people with dementia and their families. Being able to connect with the outdoors has already proved invaluable for people with dementia and their families, and we look forward to watching this project grow.’

The Life Changes Trust was set up with a Big Lottery Fund endowment of £50 million to improve the lives of two key groups in Scotland: people affected by dementia and care experienced young people.

ENDS

For further information and for press enquiries contact:

Deborah Cowan, Communications Manager: 0141 212 9606

Deborah.cowan@lifechangestrust.org.uk

NOTES TO EDITORS:

Our work with people with dementia has shown that the phrase “Dementia sufferers”, or using the word suffering to describe dementia has a strongly negative view from people with the condition. We would request that you avoid using the phrase in headlines or in any article you publish to combat the negative way that people with dementia feel the condition is described.

The Life Changes Trust was established by the Big Lottery in April 2013 with a ten year endowment of £50 million to support transformational improvements in the quality of life, well-being, empowerment and inclusion of people affected by dementia and young people with experience of being in care.

The Froglife Trust is a national amphibian and reptile conservation charity whose aim is to see a world in which reptile and amphibian populations are flourishing as part of healthy ecosystems.

In Scotland:

- It is estimated that around 90,000 people have dementia.

- The number of people with dementia in Scotland is increasing, because the population is getting older. Based on current dementia prevalence rates, the number of people with dementia in Scotland is projected to double by 2038.
- Dementia costs the country more than cancer, heart disease and stroke put together.