



PRESS RELEASE

1st August 2018

Glasgow making things better for people with dementia

Families living with dementia in the north of Glasgow will benefit from a brand new programme of local community activities thanks to a funding award of £31,000. The grant has been awarded to Glasgow Life from the Life Changes Trust.

Glasgow Life will use the money to pilot 13 dementia friendly community hubs across the north east of Glasgow. The aim of the project is to develop relationships with families who are affected by dementia, but who are not currently engaged in local provision. Within each of the hubs, this direct interaction with people living with dementia and their carers will allow Glasgow Life to create a programme of activity that specifically meets their needs and interests.

The project will build on activities that are already established, such as Football Memories and Memory Boxes, and introduce a variety of others, based on what people affected by dementia tell them they want to do.

Activities will include:

- Tea dances and sing-a-longs, with sessions based on participant's favourite songs and linking to the famous Barrowland dances in the past

- Activity sessions ranging from arts and crafts to sewing and gardening
- Digital sessions to encourage better understanding of technology and social media
- Local heritage projects, encouraging participants to take part in walks and learn about heritage in their area
- Playlist for Life
- Book groups
- Inter-generational programmes

Activities will be delivered directly into local areas either in libraries or community centres. This means that carers will also have the opportunity to relax and enjoy a book, access I.T. suites or attend support groups which offer respite and an opportunity to mix with their peers.

In addition, carers will also be offered the opportunity take part in other activities such as adult learning classes or health and fitness sessions.

Anna Buchanan, Director of the Life Changes Trust dementia programme said, "A diagnosis of dementia can lead to social exclusion and isolation, even in cities as friendly as Glasgow. Communities that are dementia friendly can help prevent this by providing ways to keep people included and supported. The aim of this funding is to bring awareness about dementia across north east Glasgow and give people with dementia and carers opportunities that help them thrive rather than just survive."

The funding award is one of five development awards made by the Life Changes Trust for dementia friendly communities across Scotland, with a funding total of £150,000. The funding will help improve the physical and mental well-being of people living with dementia – and their families - by supporting projects that increase participation in stimulating and social activities.

The five organisations to receive funding are:

- Glasgow Life
- V&A Dundee
- Golf In Society
- Dunblane Development Trust
- An Talla Solais (Ullapool)

Cllr David McDonald, Chair of Glasgow Life, said: "Glasgow's libraries and community facilities are here for everyone in the city to enjoy – they belong to the people of Glasgow. But sometimes people need a little reassurance, and support, to access services and feel that the activities and events on offer are for them.

"By developing a programme of activities alongside people with dementia, I hope that our Dementia Friendly Community Hubs will give people with dementia a voice; helping them to feel valued as part of their own community while also strengthening support networks for their families and carers."

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. We look forward to watching Glasgow flourish as a dementia friendly city.'

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.

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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.

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.

www.lifechangestrust.org.uk