



## **Media Release**

**29<sup>th</sup> August 2017**

### **Dementia friendly funding boost for Banchory**

The Forget Me Not Club in Banchory is to benefit from a funding boost of £35,000 from the Life Changes Trust to develop and strengthen their dementia friendly activities.

The Club currently runs a dementia Resource Centre providing support, advice and activities for people living with dementia, in a safe and inclusive space. Additional support and assistance is also provided for families and carers when needed.

This new funding will be used to increase the number of people they can support in the area, as well as the number and variety of services and activities they can provide.

The range of activities that will be offered by staff and volunteers will mean that people with dementia can do things that are meaningful to them, where their views and opinions about how they spend their time are listened to and respected. They will have the opportunity to learn new skills as well as take part in activities they may have enjoyed in the past.

The Forget Me Not Club will also use their resources to act as a catalyst for Banchory as a whole to become dementia friendly, offering dementia-related training to local businesses and service providers such as local shops, hotels, the Police and Fire Services.

In the longer term, they also aim to become a community “hub” and centre for excellence for the dementia community in Aberdeenshire and to be a first point of contact for anyone who needs information and advice about dementia.

**Heather Morrison from the Forget Me Not Club said,** “We are now dealing with a marked increase in younger clients within our Resource Centre, and this has led us to setting up a new strand called Active Forget Me Not. This operates at a local Outdoor Sports Centre, Knockburn Loch, where activities such as dementia friendly cycling, walking football, walking and kite flying make up a program more suited to those still physically fit. The owner of Knockburn, Bert Macintosh and his staff have given the charity outstanding support by providing cost effective usage of the facilities on Monday and Tuesday every week. This new initiative is enabling Forget Me Not to offer support to a wider range of clients, and we are also moving forward in our plans to offer training and support to businesses and services in the Banchory area to enhance awareness and understanding of Dementia.”

**Anna Buchanan, Director of the Life Changes Trust dementia programme said,** “The Forget Me Not Club is already providing vital services and support for people living with dementia and their carers in Banchory. We are delighted that this funding will not only enable them to increase and extend their services to even more people, but will give them the opportunity to become a vibrant hub for the dementia community. This work will make a huge difference to people’s lives.”

The funding award is part of a second phase of Dementia Friendly Communities investment from Scottish charity, the Life Changes Trust. The Trust invested £3 million in 14 dementia friendly communities in 2015, the success of which has led to a further investment of £2 million.

Dementia Friendly Communities are places where people affected by dementia, including carers and family members, are included and supported to do the things that matter to them. They also help empower those whose lives are affected by dementia so that they remain integrated in society, live as independently as possible and participate actively in decisions that affect their lives.

Some dementia friendly communities are geographical communities, relating to a specific location like those already established in West Dunbartonshire or Kirriemuir. Others are communities of interest that bring people together because they are interested in similar activities, for example, sport, art, or walking outdoors.

The Life Changes Trust was established by the Big Lottery Fund 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 two groups: people affected by dementia and young people with experience of being in care.

To ensure maximum awareness of this new initiative, **the Forget Me Not Club is inviting anyone interested to a Family Fun Launch Day** at Knockburn Loch on Sunday 17th September from 1pm when people can try out the bikes, fly kites, and show their skills at walking football. This will also give the public an opportunity to talk to the Forget Me Not staff about Dementia concerns. For more information please call 01330822655.

## **ENDS**

For further information and for press enquiries contact Deborah Cowan on 0141 212 9606 or [deborah.cowan@lifechangestrust.org.uk](mailto:deborah.cowan@lifechangestrust.org.uk)

## **NOTES TO EDITORS**

For more information on Life Change Trust funding for Dementia Friendly Communities, see the Trust website:

<http://www.lifechangestrust.org.uk/projects/dementia-friendly-communities>

\*Dementia Words - 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.