

Dear West Rainton and Leamside Parish Council,

We are writing to you as two local residents living in the village who have volunteered to drive forward the national initiative of Dementia Friendly Communities for West Rainton and Leamside.

We want to raise awareness and understanding of Dementia and support others to take action and make a change. What can often be a small change for you makes a massive difference for someone living with Dementia, their carer and their families. It is possible for people with Dementia to live well and stay included within their community and we believe by working together we can support this and make a real difference.

Why get involved?

- ❖ Raise awareness and understanding of dementia for all in West Rainton and Leamside
- ❖ Granted use of the 'working to become dementia friendly' symbol to proudly promote
- ❖ Support a village wide initiative to create a welcoming, safe and friendly environment for people living with dementia and make a real difference
- ❖ Help to remove the stigma and improve the knowledge of Dementia for all
- ❖ Provide wider opportunity for older residents to access, in turn reducing isolation and offering respite for carers and family members

A few examples of ways you could be involved, big or small any involvement is welcomed:

- ❖ Have a nominated dementia champion within the parish council that promotes and shares information when needed and sits on the West Rainton and Leamside Dementia Steering Group
- ❖ Support making changes to community areas in the village to make it more welcoming and reduce barriers for those living with dementia to access (E.G signage, space, lighting)
- ❖ Use the Dementia Friendly sticker to show that you are dementia aware
- ❖ Keep a list of local support groups and information about where to get help in a folder to be shared with community members if needed
- ❖ Consider funding dementia friendly specific activities in the village working with the steering group to deliver these

After reading this information please contact either Emily or Claire to discuss how West Rainton Parish Council might want to get involved with the initiative and find out more about how we hope to become a Dementia Friendly Village.

We look forward to hearing from you soon and joining us on an exciting journey,

Regards,

Emily and Claire

Emily – 07919115245 or emily_burns1986@live.co.uk

Claire - 07811510242 or gibott0980@gmail.com