

Westminster Health & Wellbeing Board

RBKC Health & Wellbeing Board

Date: 29 November 2018

Title: Dementia Friends information session – Briefing Note

Report of: Bernie Flaherty, Executive Director for Adult Social Care Bi-Borough

Wards Involved: All

1. Background

- 1.1. The Bi-Borough, in partnership with Alzheimer's Society, has planned a series of information sessions for Members and senior staff from Westminster City Council and the Royal Borough of Kensington and Chelsea (RBKC) around dementia and Dementia Friends.
- 1.2. The information sessions have been provided because preventing dementia and supporting those with the condition and their carers through diagnosis and to live well is a key focus for the Health and Wellbeing Board in 2018/2019.
- 1.3. This is in line with both boroughs' Health and Wellbeing Strategies, which include priorities of supporting people with long-term conditions.

2. What is a Dementia Friend?

- 2.1. A Dementia Friend is someone who has learnt a little bit more about what it is like to live with dementia and the small things that can help those with the condition. They then turn that understanding into positive action. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts.

3. Information Sessions

- 3.1. The Dementia Friends information sessions are run by volunteer Dementia Friends Champions, who are trained and supported by Alzheimer's Society.

Each information session lasts around one hour. In the session, members of the Health and Wellbeing Board will learn more about dementia and how to help create dementia friendly communities. Once a member has attended a session, they can sign up for a 'Little Book of Friendship'. This resource pack contains more information and tips on how to support those living with dementia to feel a part of our communities.

3.2. The interactive sessions typically last one hour. They cover the following issues:

- What is a dementia friend
- How dementia affects people
- Personal reflection activity
- Turning action into understanding
- How to make communities dementia friendly and turning understanding into action
- Questions and answers session.

3.3. After the Dementia Friends Information session, members of the Health and Wellbeing Boards will be asked how they think they can turn their understanding of dementia into a practical action.

If you have any queries about this Report or wish to inspect any of the Background Papers please contact:

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APPENDICES:

N/A

BACKGROUND PAPERS:

N/A