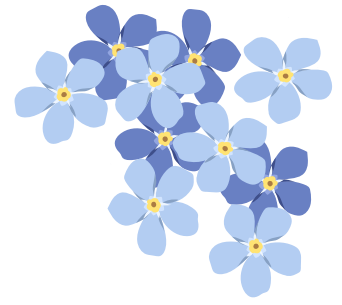


Dementia Awareness Week

15th-21st May 2022

Remember When?



RULES:

Follow the trail and travel the world.
Name all the countries in the photos.
The first letters of each country will
spell out an important tool in the
fight against **Dementia**.

You will find the pictures in the
windows of the 14 local businesses
listed

1. Glen Vue Community Hub

E _ _ _ _ _

2. Headmasters Hair Salon

A _ _ _ _ _

3. Collingwood Batchellor

R _ _ _ _ _

4. Martells

L _ _ _ _ _

5. Good & Green

Y _ _ _ _ _

6. Barclays Bank

D _ _ _ _ _

7. Tree Frog

I _ _ _ _ _

8. Twelve Middle Row

A _ _ _ _ _

9. Herbert Sports

G _ _ _ _ _

10. The Library

N _ _ _ _ _

11. Waitrose

O _ _ _ _ _

12. Kitchens Bespoke

S _ _ _ _ _

13. British Heart Foundation

I _ _ _ _ _

14. Glen Vue Community Hub

S _ _ _ _ _

Please send your completed answer form, or drop it in to:
Age UK East Grinstead & District,
 Glen Vue Community Hub,
 Railway Approach,
 East Grinstead RH19 1BS.
 Closing date 31/5/2022
 Winners will be chosen from all correct entries at random. Prizes are packs of forget-me-not seeds.
 Good Luck!

Name:

Address:

.....

.....

.....

Phone:

It's not called getting old, it's called getting ill.

Over 9 in 10 people affected by dementia say getting a diagnosis has benefited them. It allows them to receive practical advice and support, to plan for the future, Asking the same question, over and over again. It's not called getting old, it's called getting ill. If you or a loved one are experiencing memory loss, it could be a sign of dementia.

Alzheimer's' Society recent research, conducted with over 1000 people affected by dementia, shows that the misconception that symptoms like memory loss are a sign of normal ageing is the biggest barrier to people seeking a dementia diagnosis. This includes rapid forgetfulness, a type of memory loss common in dementia and often demonstrated by repeating the same information and questions. With diagnosis rates at a five-year low, tens of thousands of people are now living with undiagnosed dementia. This means they don't have access to the vital care and support that a diagnosis can bring. Getting a diagnosis can be daunting, but we believe it's better to know. And so do 91% of people affected by dementia.

Getting a timely diagnosis is important and can help people avoid reaching a possible crisis point. Alzheimer's Society offers dedicated advice and support for anyone concerned that they or someone they're close to may be experiencing signs of dementia. From information on memory loss symptoms, to what to expect from a meeting with a GP.

Support and more information about a diagnosis is just a phone call or a click away. Visit alzheimers.org.uk/memoryloss or call 0333 150 3456

Please note: Your data will only be held for the duration of the competition and then destroyed. We will only use it to contact you in regard to the competition.

