

FREE & LOCAL

POP-UP

BRAIN HEALTH & DEMENTIA INFORMATION DAY

21 MAY, 10AM TO 3PM AT



PATCH

An opportunity to learn how to reduce your risk and raise awareness about the condition, have conversations about dementia and get up to date with what's happening in our dementia inclusive borough.

Hear from Public Health Richmond Council, Dementia Friendly Richmond, Alzheimer's Society and NHS Community Dementia Practitioners and Delirium Nurse. Don't miss out on advice on navigating financial and legal matters from Pathways through Dementia and how to stay safe from fraud by MET Police.

Pop in for tea, cake and a chat with us

Learn from experts about the condition and how best to support someone with dementia

Hear from members of Dementia Friendly Communities Richmond and tell us what you want from a dementia inclusive borough

Talk to Richmond Community Dementia Service and dementia advisors from Alzheimer's Society



Think Brain Health - Public Health Richmond Council will be delivering a talk on **'Your Brain, Your Future: Small Changes That Make a Difference'**

Risk Reduction

Join a relaxed, friendly session exploring how everyday habits from staying connected and active to looking after hearing, heart health and wellbeing can support brain health. No lectures, no pressure, just practical ideas, real conversations, and space to reflect on what might work for you.

At Patch Twickenham, 42 York St, TW1 3LJ

This event is free to attend. For more information email dementiafriendly@ageukrichmond.org.uk or speak with Marie Therese Keegan on **020 8744 1965**.

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TALKS AT THE ACADEMY ROOM

10am - 10.15am	Dementia Friendly Richmond	Welcome from Dementia Friendly Richmond and introduction to the day.
10.15am - 11am	Alzheimer's Society Richmond	At the point of diagnosis and moving forward: How an Alzheimer's Society Dementia Adviser can support you on your dementia journey.
11am - 11.30am	Visiting Angels - South Middlesex	Paid Carer Chat and Q&A session. A paid carer shares their real-life experiences of supporting people living with dementia, what they've learned including practical tips that really make a difference day-to-day.
11.30am - 12.15pm	Pathways through Dementia	Helping you navigate legal and financial issues.
12.15pm - 12.30pm	Integrated Care Support Services	Hear about free short courses for Londoners - Funded by the Mayor of London which Boost brain, skills & confidence.
12.30pm - 1.30pm	Share & Care Homeshare	Become a Dementia Friend and attend Alzheimer's Society's Dementia Friends Information Session.
1.30pm - 2.15pm	Richmond & Kingston NHS Trust	Community Dementia Practitioner and Dementia and Delirium nurse speak about their services with Q&A.
2.15pm - 2.30pm	PC Darrell Whiting, Economic and Cyber Champion from Met Police	How to spot and stay safe from courier fraud.
2.30pm - 3pm	Members of Dementia Friendly Richmond	What makes a dementia friendly neighbourhood: Discuss with members of our Dementia Friendly Richmond network and tell us what you want from a dementia friendly Richmond.

TALK AT THE FARADAY ROOM

<p>Three repeated sessions at:</p> <p>11am - 11.45pm</p> <p>12pm - 12.45pm</p> <p>1pm - 1.45pm</p>	<p>Public Health, Richmond Council</p>	<p>Think Brain Health - Your Brain, Your Future: Small Changes That Make a Difference</p> <p>Join us for a relaxed, friendly session exploring how everyday habits from staying connected and active to looking after hearing, heart health and wellbeing can support brain health. No lectures, no pressure, just practical ideas, real conversations, and space to reflect on what might work for you.</p>
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TALKS AT THE ACADEMY & FARADAY ROOMS

At the FARADAY ROOM

Think Brain Health - Public Health Richmond Council will be delivering a talk on

'Your Brain, Your Future: Small Changes That Make a Difference'

Risk

Reduction

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At the ACADEMY ROOM

Hear from **Dementia Friendly Richmond**, **Alzheimer's Society** and **NHS Community Dementia Practitioners**. Don't miss advice on navigating financial and legal matters and staying safe from fraud.



STALLS & INFORMATION IN THE MARKET PLACE

Dementia care providers
Dementia & Delerium Nurse
Social Prescribers
Heritage Sites
Money & Benefits advisor from Age UK Richmond
and more...

REFRESHMENTS

Free refreshments. Tea, Coffee available. Please ask a member of staff or volunteer.

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