

By the end of this year, we will have successfully operated for FIVE years by developing our four activities for villagers and their Carers living with Dementia.
We are regarded, by the Alzheimer's Society, as one of the most successful groups in Cambridgeshire.

Dementia facts.

- *. Over 1 million people have been diagnosed with Dementia/Alzheimer's In the U.K.
- *. No cure exists, however, new drugs are emerging, to slow down the journey, but are unlikely to be available for another 18 months.
- *. In Cambridgeshire alone, 10,500 people are awaiting a diagnosis.
- *. There is also 105+ different types of dementia, plus an individual can have more than one type, making diagnosis difficult.
- * One in 13 over 65yrs. and one in 3 over 85 yrs will live with Dementia.

The Dementia journey often starts with Memory loss / early stages of dementia /increase levels of home care/ need for a care-home / end of life care.

Our current Activities.

Today we are at stage, post covid shutdown, where we are working hard replacing those we lost, during and after lockdown. 10 passed away and 9 went into care- homes. We are still making progress but not quite there yet and still need to grow.

Brampton's four key activities.

- *. Reconnect.
We have as of today, 26 attendees, at beginning of 2023 we changed the time 10.30- 12.30 which is helping.
- *. Love to Move. 32 participants (3 times per month.).
Exercise to music seated in a chair.
- *. Singing Together (our choir) 30 members, 2 parish fete performances
- *. Thursday Club. Launched post lockdown. Limited to 10-12 persons
Object is to provide respite for Carers. current level 7-8 participants where the Carer drops of their loved ones, at 9.30am until pick up at 3.30pm. a hot lunch is provided. This requires two shifts of volunteers.
This club is not easy to maintain consistent numbers.

Our current plan.

Firstly, complete growth in numbers to pre covid levels.
Develop volunteers, we have close to 20 currently, 6 in our Action Team (managing all our activities) We are constantly looking for Volunteers to maintain our sustainability for the future.
Plan two river trips this year and more choir performances.
We are currently working closer with the surgery and Alzheimer's Society. Dementia consultations in the surgery monthly, provided by A.S. also the launching of a new Pre diagnosis assessment.

Our key challenge in the next 12 months is to persuade villagers with significant memory loss/ early stage dementia to join our activities .

Please help us!

Dr. Alan M. Barratt
Chairman- Brampton Dementia Friendly Community