



What is dementia?

Dementia results from damage to the brain which can be caused by a number of diseases. It can strike anyone (including those pictured here) and can be a wicked condition with a devastating impact on those affected, particularly on their families and carers.

What is a Dementia-Friendly Community?

A dementia-friendly community is one where everybody has some understanding of dementia and can perhaps be more sympathetic to those affected. It is a community where those with dementia have the opportunity and confidence to continue to be part of the community.



Why do we need a Dementia-Friendly Community?



There are an estimated 850,000 people with dementia in the UK and Selsey has its share of those affected. Dementia can be frightening - it makes the outside world seem to be a hostile place and those with dementia often become withdrawn and isolated from the community.

What's happening in Selsey?

Selsey's Forget-Me-Not Project aims to make the town a dementia-friendly community, using guidance provided by the Alzheimer's Society. The project, established by Selsey Community Forum, has registered under this process and has now formed the Selsey Dementia Action Alliance to take the project forward.



Selsey Dementia Action Alliance

Selsey Dementia Action Alliance has members drawn mainly from local organisations with a special interest in dementia. Its task is to oversee and direct Selsey's Forget-Me-Not Project.

Establishes and maintains close liaison through partnership with local statutory, business and other organisations professionally involved in dealing with dementia

Listens to people with dementia and their carers and seeks solutions to perceived gaps in local dementia services.

Sets up activity and befriending sessions for those with dementia in safe and friendly environments – with simultaneous respite activities for carers.

Publicises help and advice that is available to those diagnosed with dementia and their family carers.

Advertises and promotes Forget-Me-Not so that it becomes widely known in the local community.

Seeks to educate the local community in an understanding of dementia and the need for compassion, kindness and patience.



Forget-Me-Not

Selsey's Dementia-Friendly Community Project

Seeks local groups, organisations and individuals to become involved in making a success of Forget-Me-Not. If you are interested, please get in touch.