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# Pop and have a conversation about dementia in the pop up shop

Posted on Thursday 16th May 2019

Staff from Cumbria partnership NHS Foundation Trust in partnership with Carlisle Dementia Action Alliance, are hosting a pop up shop in Carlisle to raise awareness for Dementia Action Week.

The Memory and Later Life team will be on hand in the Lanes shopping centre between 10am-12 and 1pm-3pm from Monday to Saturday for members of the public to come and talk to them about dementia.

David Storm the dementia lead for the Trust said:

"If you are worried about yourself or a loved one come and have a chat with us, we can offer support, further tests and advice to understand what might be causing concern and support to improve this"

"The main theme of this year's action week is to start a conversation about dementia so come along and speak to staff or come along and speak to our Dementia Champions who will give sessions on how everyone can make small differences to help people with dementia.

"Many people are now able to live a full life with dementia and we need to be able to celebrate that, not hide away from it. We are keen to start as many conversations as possible."

As well as the pop up shop the team is visiting local primary school children to teach them about dementia using a new child friendly resource developed by the team.

Tess Campbell is a community psychiatric nurse, she explained: "We will be doing some fun activities with the children to really get them thinking about how it feels to have dementia and what we and they can do to help people living with dementia.

"We have also invented Smartie the Pony, and we will be playing a game to teach children about dementia by taking Smartie on a journey following Forget-Me-Not flowers. We hope that they will find the game interesting and that they come away with a better understanding of what dementia is. I hope that if any children have grandparents with dementia this will help them understand that they shouldn't be afraid."

Over the course of the week the NHS in Cumbria will be sharing messages across social media to promote awareness



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