



## Creating new Dementia Friends



**A new Church and Community Dementia Worker has been appointed by the Diocese. Ann Williams took over from Revd Dr Bob Friedrich in August and has a mission to create one thousand new Dementia Friends, as she explains.**

There are over 200 churches in the Diocese of St Asaph all involved in the life of their own community. There will be people in most congregations living with dementia or caring for someone with it. Some people will be known to the church already and others unknown. I would like to reach every church and encourage people to become *Dementia Friends*. I know we already have some in our ranks!

*Dementia Friends* is an initiative by Alzheimer's UK. It is a short online session or video which gives five key messages about dementia. It is informative and informal and

encourages friends to put learning into action.

If just two or three people from each of our churches become *Dementia Friends* and they encourage one or two more people to do the same, we will soon have a 1,000 new *Dementia Friends* ready to become proactive in their church and community. Perhaps begin by putting it on the agenda of your next Church Council meeting or talk about it during services or put it in your newsletters; anything to get the message out.

Please let me know numbers. I'll count them up and let you know when we reach our 1,000 target. Thank you to everyone who accepts the challenge.

**To contact Ann and to find out more about becoming a Dementia Friend, visit <https://dioceseofstasaph.org.uk/fair-in-action/dementia-friendly-diocese>**