

# Know Dementia



Know Dementia, a Sussex based registered charity, was set up in 2012 with the sole purpose of providing community support for all family members impacted by a diagnosis of dementia.

## Our Motivation

As a group of health professionals and family carers, was the lack of events in the community providing the opportunity for families to still feel part of a community. Dementia can isolate people very quickly so opening Memory Moments Cafés, Woodland Moments, Musical Moments and Sporting Moments as weekly community events

**BIGGEST CHALLENGE** - In any charity there is always a daily challenge, our biggest challenge has been ensuring the continuing funding to meet the needs of the families we support.



Photo shows clients enjoying a Memory Moments Café.

## Achievements

Our biggest achievement, which we are extremely proud of, has been working with the NHS Commissioning Team in East Sussex and the Dementia Support Team over the past 6 years to ensure families can access our community events.

## Our beneficiaries

We cover both East and West Sussex and touch over 1000 people every month. We provide physical, mental, and emotional stimulation through the community events providing a variety of activities such as music, song, drum circles, exercise, art and crafts, woodland campfires, sports, and choirs.

We have had many cards to say thank you over the years but this one always stands out

“This charity is probably the most important and beneficial activity that Mum and I, as her Carer, could participate in. I’m hugely grateful to them and cannot support them enough. Covid restricted social activities, mobility, company and fun for all our community. The Memory Moments Cafés provide all of the above and more and I enjoy meeting new people too sharing information as Mum’s Carer. Seeing Mum have fun and making friends is incredibly touching. We are so blessed to have Know Dementia in our lives and they have been a lifeline.”

## Message to the public

Our weekly Moments activities are there to provide Carers with the opportunity to support each other but also to support those diagnosed with MCI/dementia to ensure families remain part of their community. We call them “Moments” as we aim to create Precious Moments that will stay in a family member’s memory as they support their loved one.

[www.knowdementia.co.uk](http://www.knowdementia.co.uk)



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