

Dear Sir or Madam,

**RE: Dementia Friends – Helping to create dementia friendly communities**

Dementia Friends is an Alzheimer's Society led initiative which aims to increase dementia awareness and change the way the nation thinks, talks and acts about dementia.

A Dementia Friend is someone who has attended a one hour information session and has committed to an action that will make the lives of people living with dementia a little bit better. Anyone of any age can be a Dementia Friend and every action counts - from helping someone to find the right bus to spreading the word about dementia on social media.

Dementia Friends Champions are trained volunteers who encourage their family, friends, colleagues and local community to understand a little bit more about dementia, what it's like to live with dementia and then turn that understanding into action.

As a trained Dementia Friends Champion, I would like to deliver a free one hour information session to your Groups in which they will learn more about dementia and how they can help to create dementia friendly communities.

To deliver an information session in your groups I will need a room where people can sit comfortably and around an hour of their time.

If you would like to find out more about Dementia Friends please visit [dementiafriends.org.uk](http://dementiafriends.org.uk) or if you have any questions about running an information session in your groups, please contact me on the details below.

I understand that you may need to verify my identity and that I am a Dementia Friends Champion for the Alzheimer's Society. You can do this by emailing Dementia Friends at [dementiafriends@alzheimers.org.uk](mailto:dementiafriends@alzheimers.org.uk)

I look forward to hearing from you.

Yours sincerely,

**Susan Smith**

[susansmith@cccpartners.org.uk](mailto:susansmith@cccpartners.org.uk) or 01269 830061