



...the voice of older Southwark residents...

Spread the Word!

Getting help for forgetfulness

Leadership forum and information for
African and African Caribbean Leaders
in South London

We are trying to spread the word about dementia, the memory service and get help with research into dementia as it affects African and African Caribbean Elders.

We would like to work with African and African Caribbean Leaders and warmly invite you to our **Spread the Word** Southwark Pensioners Forum chaired by Russell Profitt, Chair, Golden Oldies Walworth.

Friday 15th February 2019

9am to 12pm

Southwark Pensioners Centre

305– 307 Camberwell Road

London, SE5, 0HQ



**South London
and Maudsley**
NHS Foundation Trust



Supporting Older People in Southwark

Programme

9.30 am: Welcome — Russell Profitt, Chair, and Chair ,Golden Oldies

9.40 am: Alexa Longman, Memory Service, SLAM

10.15am: Eleanor van den Heuvel, Research Fellow, Brunel University

10.45am: Samantha Sharp, Researcher, SLAM

11.15am: Next steps — what do you need from us and our offer

12.00pm: Close of Forum and thanks

Memory Services:

1. Forgetfulness is common, particularly as we get older and often this is nothing to worry about
2. However, forgetfulness that interferes with your daily life is not a normal part of getting older and may be the signs of a dementia
3. Dementia is more common in older people, but most older people do not have it
4. For those that get Dementia, it is not a natural part of ageing - it is a physical disease of the brain
5. Treatment and support is available for people with dementia

Dementia is caused by disease in the brain. It is a physical illness like diabetes or arthritis that affects people of all ethnicities but research has shown that there is an increased risk of dementia in older people of African-Caribbean country of birth in the UK than in the indigenous white population.

Growing evidence suggests that there is a real stigma around dementia in some minority ethnic communities. This can mean that people may find it hard to ask for help or even to talk to others about it. Studies from western countries have found that people from African and African--Caribbean groups underuse memory services or are accessing them later when symptoms are more severe and this is leading to poorer outcomes for members of the community.

South London and Maudsley's memory services have set up a project group to help raise awareness in African and African -Caribbean people about the increased risk of dementia and to encourage people to come for assessment so they can get support and treatment much sooner.

It is raising this awareness that we are seeking support with from you as leaders in the community.

To register and for more information:

Please contact Cathy Deplessis at

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