

# FELIXSTOWE DEMENTIA FRIENDLY COMMUNITY



## HOW CAN YOU HELP?

Help make Felixstowe Dementia Friendly by becoming a:

- Dementia Friend
- Dementia Champion
- Dementia friendly business
- And/or
- Support Dementia Action Week
- Fundraise for local initiatives



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To the amazing 12+ volunteers who help at Memory Lane

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If you would like further information, please contact:

Felixstowe Dementia Friendly Community

c/o Felixstowe Town Hall,  
Undercliff Road West,  
Felixstowe, IP11 2AG

Email: [fxttaa@gmail.com](mailto:fxttaa@gmail.com)

Tel: 07717 150993

<http://fxttaa.onesuffolk.net/>

## WHAT IS A DEMENTIA FRIENDLY COMMUNITY?

A dementia-friendly community is a city, town or village where people with dementia are understood, respected and supported.

## Why are dementia-friendly communities important?

Dementia-friendly communities are vital in helping people live well with dementia and remain a part of their community.

## Who can help make their community dementia-friendly?

**Everyone.** From governments and local shops, to book clubs and churches, we all have a part to play in creating communities where people with dementia feel active, engaged and valued.

## MEMORY LANE DEMENTIA SUPPORT GROUP

**Memory Lane opened in October 2017 to support people living with dementia. It can accommodate up to 30 members at any one session.**



grown from 17 members to supporting over 40 in 2019.



welcomed over 52 visitors who provide activities and support



enjoyed visits to the Orwell Hotel, Felixstowe Library, Landguard Fort, New Wolsey Theatre, Delphine's Diner, Punch Trust and more



has raised over £800 through fundraising in 2019-2020

**Memory Lane meets every Friday from 11.00-14.00 at The Salvation Army, Cobbold Road, Felixstowe.**



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## Did you know?

There are ....

Over 1,100 Dementia Friends in the IP11 Postcode

Over 12 Dementia Champions who can deliver Information Awareness Sessions to your community group or business

Over 70 Dementia Friendly businesses who have committed to ensuring they welcome people living with dementia.

## Is your business dementia friendly?

Sign up to the **Dementia Friends Programme** to promote dementia awareness in Felixstowe and surrounding villages.

### How you can help:

- Become a dementia friend to spread awareness
- Volunteer as a dementia champion
- Get your business involved

For further information email: [fxtddaa@gmail.com](mailto:fxtddaa@gmail.com)

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## Would you like a Dog Bandana?

Only £5.00 each, proceeds to Memory Lane



## THANK YOU

Thank you to the many organisations that have either given grant funding or have made donations to Memory Lane.

A full list can be found at

<http://fxtddaa.onesuffolk.net/home/thank-you/>

Since April 2019 we have received the following:

Felixstowe Community Choir	1,000
White Gables	30
East of England Co-Op Token Scheme	200
Pleasure Crafts	100
Ground Works Tesco Token Scheme	750
Wool Baa	475
FOPWA	300
East Suffolk Council Enabling Budget	1,000
St Johns Parish Support Group	1,000
Felixstowe Town Council	1,000
<b>Total Donations and Grants</b>	<b>£5,855</b>

It costs approximately £5,500 per annum to maintain Memory Lane. Your support is very much appreciated.

## 2020-2021 PLANS

In the next year we want to:

- **Improve Lives for People Affected by Dementia by continuing to manage Memory Lane Support Group**
- **Raise £5,000 in fundraising to cover the costs of running Memory Lane**
- **Increase the number of dementia friends in the IP11 Postcode**
- **Increase the number of dementia friendly businesses in Felixstowe**
- **Raise awareness of the needs of people affected by dementia by supporting Dementia Action Week**

For the latest events programme visit and other information: <http://fxtddaa.onesuffolk.net/>