

## Five things you should know about dementia:

- Dementia is not a natural part of ageing
- Dementia is caused by diseases of the brain
- Dementia is not just about losing your memory
- It is possible to live well with dementia
- There is more to the person than the dementia

### To find out more contact us:

 [www.facebook.com/kindacommunity](https://www.facebook.com/kindacommunity)

 [kindacommunity@gmail.com](mailto:kindacommunity@gmail.com)

Knighton & District Community Support

01547 520653

## Does KINDA work on its own?

Although KINDA focusses on the needs of our own local community, we are part of an already effective UK wide, social movement creating Dementia Friendly Communities.

### Bringing people together

Supported by the Alzheimer's Society the effectiveness of Dementia Friendly Communities relies on people learning a little bit more about what it is like to live with dementia then turning that understanding into action to make a difference.

### Doing things that make a difference



# KINDA

## Knighton

## Initiative for

## Dementia

## Action



## What is KINDA?

KINDA is a quick way to say:  
Knighton Initiative for  
Dementia Action

## Who are we?

We are a local group aiming to raise awareness of dementia and help Knighton and the nearby communities become dementia friendly.

## Who can join?

KINDA is open to anyone; individuals, businesses and organisations. We want as many people as possible to know more about dementia and the many small and simple ways we can all make life more friendly for people living with dementia.

**Contact Kinda to find out projects and activities that we are promoting locally or to tell us about a good idea that you have.**

## How can you help?



You can help us make a difference by becoming a Dementia Friend

### Raising awareness

A Dementia Friend information session takes less than an hour and helps with understanding about dementia. Should you wish, you can turn your understanding into local action and become involved.

### To find out more contact us:

 [www.facebook.com/kindacommunity](http://www.facebook.com/kindacommunity)

 [kindacommunity@gmail.com](mailto:kindacommunity@gmail.com)

Knighton & District Community Support

01547 520653

---

**Alzheimer's Society  
National Dementia  
Helpline:**

**0300 222 1122**

---

Nearly 70% of people with dementia said the main reason they stop going out is a lack of confidence.

Your encouragement and support will help people living with dementia to remain part of the community, to be more active in the local area and live more enjoyable, fulfilled lives.

**Dementia Friends website:**  
**[www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)**