



























My Achievements :

-  Dementia is caused by _____ of the brain 
-  Dementia is not a natural part of _____ 
-  Dementia is not just about losing your _____ 
-  It is possible to _____ with Dementia 
-  There is _____ to the person than the Dementia 
-   I learned a new pop song   
-   I played a memory game with someone from home
-   I can remember 5 foods that are good for my brain
-   I completed the good brain food word search and maze
-   I made a recipe with food good for my brain and tried it 
-   I told members of my family what I learned about dementia









Dementia Action Week

at home!




Date: _____

Signature: _____

Key messages about Dementia

- 🔑 **Dementia is caused by diseases of the brain.**
There are over 400 different types of diseases that cause Dementia, Alzheimer's & Vascular Dementia are the most common.
 - 🔑 **Dementia is not a natural part of aging.**
For example Vascular dementia is caused by narrowing / blockages in blood vessels which causes parts of the brain gets starved of oxygen and dies. A stroke can cause vascular dementia.
Any one can have a stroke at any age, the causes of strokes in children and babies tend to be different to those in adults.
 - 🔑 **Dementia is not just about losing your memory**
The brain has many functions, anything can be affected by Dementia.
 - 🔑 **It is possible to live well with Dementia**
The Alzheimer's Society together with the UK government started a national campaign Dementia Friends. This is an awareness session to teach people about dementia, so that we can understand their needs and support people to live amongst their own community and friends.
 - 🔑 **There is more to the person than the Dementia**
We are all different and will react different to living with dementia.
We all have skills to offer and a place in our community!
- Dementia Action Week was going to be 11th–17th May, the Alzheimer's Society has postponed it due to Coronavirus, but we can all still do our bit to make a positive difference for so many people living with Dementia. ☆
- There are 50 million people world wide living with Dementia and numbers are expected to triple by the 2050, how many is that? ☆
- The stigma through lack of understanding about Dementia causes the biggest problems for individuals and families living with dementia: ☆
- a) people are frightened and don't go to the doctor for help
 - b) they are treated badly by people in the community who don't understand
- If you and your family would like to make a difference, go on to the Dementia Friends website and watch a virtual awareness session and become a Dementia Friend: <https://www.dementiafriends.org.uk/> ☆
- If you haven't got the internet, you can contact Lynn Evans and she will arrange to deliver a session with you when it is safe to do so. ☆
Telephone: 07855 099353 Email: lynnevans@cannockchasedc.gov.uk

Beetroot and Feta Patties

(You must have adult help!)

Ingredients

- 100g sesame seeds (for coating)
- 140g raw beetroot (coarsely grated)
- 140g apple (peeled and coarsely grated)
- 100g feta cheese coarsely grated
- 2 spring onions very finely chopped
- 50g oats
- 1 large egg
- 2 teaspoons ground cumin
- 2 teaspoons turmeric


For the avocado dip

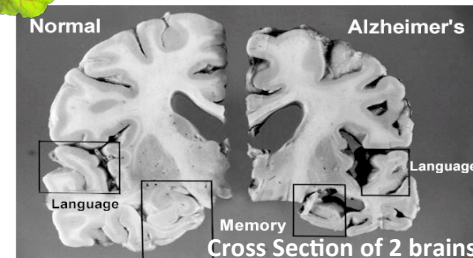
- 1 large ripe avocado
- 8 tablespoons pro-biotic live Yogurt
- 1 small garlic clove
- ½ lemon squeezed for the juice

Method

- Whizz the **dip** ingredients with a food processor until smooth,
1a. Put the **dip** in the fridge till until ready to serve.
- Heat oven to 200C/180C fan/gas 6
- Line a baking tray with baking parchment or grease the tin with oil
- Mix all the ingredients for the patties together until well blended
- Divide mixture into 12 round patty shapes in your hands
- Coat the patties in the sesame seeds in a bowl.
- Put patties on the baking tray and bake in the oven for 20 mins
- The patties should be golden brown, serve with the dip.

<https://www.bbcgoodfood.com/recipes/beetroot-patties>

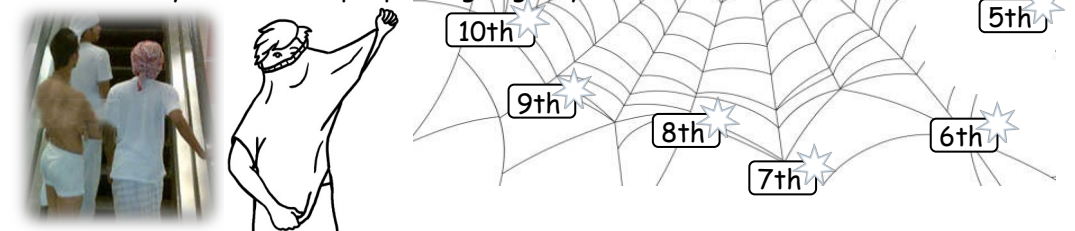
-  Betalain is the red pigment in beetroot used as a natural dye, (you will see it when you cut it up)
- In 2014 research, scientists found that betalain and choline in beetroot helps to remove toxins in the liver and increase blood flow to the brain.
- Have a look at facts about dementia, why is it important that you get good blood flow to the brain?



Connections in the brain

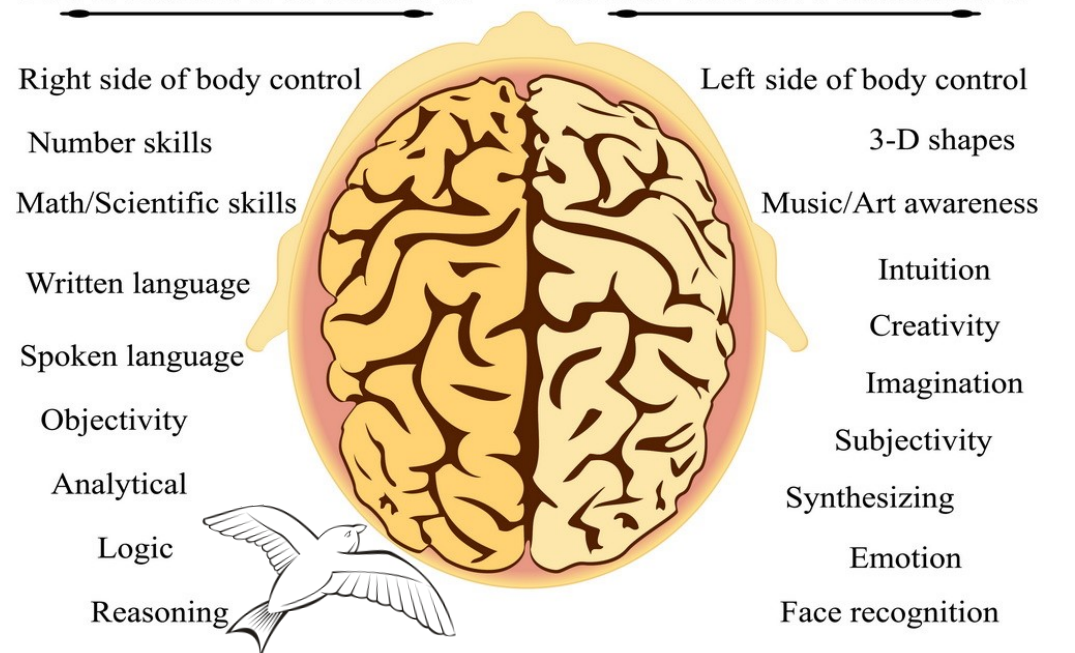
Electrical sparks build pathways and connections in our brain as we learn new skills and practice them.

- * Write down the order you get dressed
- * Relate the order you get dressed to the spider's web
- * The web symbolises connections in your brain
- * Dementia cuts those connections
- * You would get dressed as normal
- * But some parts of your brain have gone
- * Your brain would tell you that you were dressed
- * Check the web, what connections are missing?
- * What clothing would you NOT have put on?
- * You would look funny without that piece of clothing?
- * How would you feel with people laughing at you?



Learning songs uses different areas of the brain including emotions. People living with dementia remember and respond well to music.

LEFT BRAIN FUNCTIONS **RIGHT BRAIN FUNCTIONS**



- AVACADOS
- BERRIES
- BLACKCURRANTS
- BLUEBERRIES
- BROCCOLI
- COCONUT OIL
- DARK CHOCOLATE
- EGGS
- EXERCISE
- GREEN TEA
- KALE
- MINDFULNESS
- NUTS
- OILYFISH
- PUMPKIN SEEDS
- SAGE
- SEEDS
- SLEEP
- SOYA BEAN

Good for the brain!

M	I	N	D	F	U	L	N	E	S	S	E	P
W	A	V	A	C	A	D	O	S	G	A	H	U
A	S	B	R	O	C	C	O	L	I	G	O	M
T	I	I	K	Y	O	G	A	Z	I	E	S	P
E	Z	H	C	S	O	Y	A	B	E	A	N	K
R	E	A	H	E	X	E	R	C	I	S	E	I
N	W	H	O	L	E	G	R	A	I	N	S	N
B	L	A	C	K	C	U	R	R	A	N	T	S
N	H	C	O	C	O	N	U	T	O	I	L	E
U	O	I	L	Y	F	I	S	H	K	A	L	E
T	O	M	A	T	O	E	S	L	E	E	P	D
S	F	L	T	G	R	E	E	N	T	E	A	S
B	L	U	E	B	E	R	R	I	E	S	O	E

Find the things that are good for your brain in the wordsearch

Travel the brain maze and see if you can name any of the good brain foods.

What part of the brain does what:

*Play a memory game with the drawings, race against someone in your house, hide this page and see how many drawings you can remember?
 *Find the Cerebellum little brain below, then find the other 9 little brains.
 *Can you colour the other little brains correctly?
 *Draw the 5 senses on the head and body
 *Colour in the drawings

Motor Area:

- Regulation of Voluntary Movement

Sensory Area:

Processing of Data Received from the Senses (Touch, Taste, Sight, Smell, Hearing)

Frontal Lobe:

- Executive Functioning
- Reasoning
- Memory
- Problem Solving
- Judgment
- Planning
- Initiation
- Movement
- Concentration
- Inhibition
- Impulse Control
- Behavioral, Attentional & Emotional Regulation
- Personality

Parietal Lobe:

- Sensation
- Perception
- Integration of Sensory & Visual Input
- Body Awareness
- Attention
- Language

Occipital Lobe:

- Vision
- Perception

Wernicke's Area:

- Language Comprehension

Cerebellum:

- Posture
- Balance
- Coordination of Movement
- Fine Muscle Control

Temporal Lobe:

- Emotions
- Hearing
- Auditory Processing
- Language Processing (Receptive)
- Memory (Long-Term)

Broca's Area:

- Speech
- Language Production

Brain Stem:

- Consciousness
- Breathing
- Heart Rate
- Swallowing

Drawing is Fine Muscle Control

