



Since January 2014 when it was first set up, the Dementia Awareness & Support Project has established itself as one of the frontline service providers within the Chinese National Healthy Living Centre. Firstly the project has translated into Chinese the **Defeating Dementia** booklet published by Alzheimer's Research UK. The booklet was launched on 28 May 2014 at Woolwich Common Community Centre, attended by over 100 people, in the presence of officers from Alzheimer's Society UK and Chinese Channel TV. Copies of this has been distributed free of charge to local community centres in various London boroughs. Individuals who would like to have a copy of this can get it in person at the Chinese National Healthy Living Centre at 29-30 Soho Square, London W1D 3QS. Alternatively, the Chinese National Healthy Living Centre can arrange it to be posted (to either individuals or organizations) for a postal cost of £1 per copy.

In addition, with the help of organizations such as Alzheimer's Society UK and in particular in partnership with various frontline service providers on health promotion, training sessions have been organized for project staff and volunteers over the past period. These were followed by workshops on Alzheimer's & dementia presented (by professionals from Alzheimer's Society UK) at a number of Chinese community organizations across London, including the Chinese Women's Group at Woolwich, East London Chinese Community Centre, Lambeth Chinese Community Association and Camden's Jubilee House shelter home. More workshops and activities, including Reminiscence Tea House gatherings, are planned in the coming period, these will include:

- Workshop at Chinese National Healthy Living Centre, 1:30pm to 3pm, 23rd July 2014 (Wed)
- Workshop at Islington Chinese Association, 1:30pm to 3:30pm, 8th August 2014 (Fri)
- Tea House at Chinese Women's Group Woolwich, 2:15pm to 4:15pm
 - 11th August 2014 (Monday)
 - 30th September 2014 (Tuesday)
 - 28th October 2014 (Tuesday)
 - 25th November 2014 (Tuesday)
 - 27th January 2015 (Tuesday)

For copies of the booklet or further information regarding the above events, please visit us at the Centre or call (0207) 534 6546.