



Irish Memory Loss Alliance



Cuimhne means memory in Irish (pronounced queevna).

Our Cuimhne Campaign aims to address the needs of Irish people in Britain living with dementia and the family members and friends who care for them. We want to make the Irish community and its organisations fully inclusive and enabling for everyone.

We want the whole community to involve people with dementia and carers in promoting awareness of dementia, breaking down the barriers people face, facilitating quality of life and maximising independent living.

Join our Cuimhne campaign and help us to:

- Advocate for a dementia inclusive and enabling society
- Challenge social and cultural taboos around dementia
- Raise awareness of inequalities in dementia policy and provision
- Facilitate workshops on culturally sensitive dementia care
- Support organisations to develop services for people with dementia, and their family carers
- Provide culturally relevant resources around dementia prevention and care for Irish communities
- Gather personal stories and experiences that contribute to learning and best practice
- Recruit and develop volunteers to join us in our mission
- Encourage donations and support in kind to achieve our aims

Join our Cuimhne campaign!

“Supporting people living with dementia and their carers has never been more important.”

Brian Dalton, CEO Irish in Britain

Cuimhne carers: support for family carers and volunteers

We have created an online collection of culturally sensitive reminiscence resources, information, links to Irish culture, heritage, music and external services available through our website including:

- a series of recorded webinars focused on carers explaining dementia, giving practical advice and highlighting the importance of carers' health.
- our memory book "My Story"

We encourage Irish community organisations to explore technology that connects people with dementia and carers virtually and safely in order to reduce social isolation.

"The Cuimhne Campaign has the potential to mean the difference between true person-centred and one-size-fits-all-care. It is the type of support that can light up the face of somebody who cannot speak, when their name is pronounced correctly, or they hear an Irish accent.

"Culturally relevant activities can encourage a person who hasn't spoken for ages, to clap their hands, tap their feet, sing along, recite a poem or enjoy a story. Information and recorded webinars can help a carer understand why somebody might be anxious or angry and take measures to avoid situations or minimise distress.

"Personal stories can help people feel less alone and more confident to share with and learn from others in similar situations. Cuimhne is not a panacea for everything but is the beginning of an informed way of helping Irish people with dementia and those who care for them."

Dr Mary Tilki, Cuimhne Patron Irish in Britain

Please get in touch to find out:

- how to access our services
- how you can make a difference by helping us raise funds or by volunteering your skills, ideas and time to our campaign

If you would like to make a donation to our Dementia and Memory Loss campaign via SMS please Text **CUIMHNE** to **70500** to give **£5**.

The charity will receive 100% of your £5. You will pay £5 from your mobile phone account plus 1 standard network rate message. Always get the bill payer's permission. Phones registered with accounts on UK networks only.



Contact us

Irish in Britain

Haringey Irish Centre | Pretoria Road | London N17 8DX
0203 903 0994

Email: info@irishinbritain.org www.irishinbritain.org

 [@irishinbritain](https://twitter.com/irishinbritain) |  [/irishinbritain](https://facebook.com/irishinbritain) |  [/irishinbritain](https://instagram.com/irishinbritain)

This leaflet is available in large print format on request.

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