

Help us raise awareness

Have you ever?

- spoken to a friend or relative about [dementia](#)?
- wanted to improve things [locally](#) for people living with dementia in your area?
- posted something dementia related on Facebook or Twitter?



If you answered yes to any of these questions then you are already raising awareness about dementia, and [campaigning](#) on behalf of people living with the condition. Raising awareness of dementia can take as little as thirty seconds of your time. This Dementia Awareness Week help us to spread our key campaign messages.

Getting Involved

If you have 30 seconds

Sign up to our [Campaigners' Network](#). You will receive regular email updates about our key campaigns and quick and easy ways you can get involved.

If you have 1 minute

Fill in this [online form](#), which creates a letter about Dementia Awareness Week you can amend and automatically send to the editor of your local newspaper. If your letter gets printed everyone in will know more about about dementia.

If you have 2 minutes

Share our short campaign film, '[Five things you should know about dementia](#)' with your Facebook

friends and ask them to pass it on to their friends. You can also share it with local politicians and other key contacts via Twitter or their Facebook page.

If you have 5 minutes

Fill in one of our [Remember the Person poster templates](#). You can create any image you like to explore the theme; a drawing, a collage, or just words. You can find some examples here. Try to make it eye-catching and display it somewhere prominent so members of the public will be able to see it.

Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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