



# PRECIOUS MINDS

## Dementia Awareness for schools

a fun unique learning programme  
for years 3 and above

*"I just wanted to say how much the year 5 pupils enjoyed your workshop today. I spoke to all the teachers and some of the pupils and they were all really positive about it. We noticed there was a good range of activities balanced in an informative way."*  
*Gill Turner – Headteacher - Greenholm Primary School*

## What is Precious Minds?

The Precious Minds Programme provides fun sessions for Years 3 and above by raising awareness of dementia. This fun, interactive unique programme is delivered by our team using games, arts and crafts and helping children overcome their fear of dementia.

We can provide sessions to either small or large groups which can be adapted depending on age and ability and parents are also welcome to attend the workshops at school with their child.

These fun unique sessions will help them to understand what dementia is and explain the importance of children having an understanding of living with relatives with dementia and explore a variety of ways to engage with them.



### Our Aim is To:-

- Remove the fear around dementia.
- Help children to learn how to communicate and interact with a person living with dementia.
- Support children to understand the impact of making someone with dementia feel safe.
- Identify ways for schools to support the community and people living with dementia.



## Benefits of Raising Awareness of Dementia

By reducing the stress for children when they hear a relative has dementia or visiting a relative with dementia enables them to feel more confident when communicating and interacting with them.

Children can often talk to people with Dementia better than adults and the benefit of young and old communicating together can have a real impact on people with Dementia, by making them feel safe, happy and joyful - even if it's only for a short period of time.



### Meet the Team:-

Precious Minds is a partnership between experienced specialists Beeches Training and GM Building and Property Services Limited. Sylvia Cowleard, owner of Beeches Training, has been devising and delivering interactive dementia training for over twenty years and has personal experience of caring for people living with dementia. Estelle Greenwood, Director of GM Building and Property Services Limited was trained by the Kings Fund in Creating Environments for People Living with Dementia and has over 10 years experience of working within the NHS and over 15 years of Management Consultancy.

All sessions will be led by either Sylvia or Estelle.





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*For further information contact:*

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