



Sparkle for Dementia NI



This Christmas, we invite you to add some sparkle to the lives of local people with dementia. Join our Sparkle for Dementia NI Christmas campaign and let's light up the holidays together!

Hi, I'm Julie, a member of Dementia NI. Thank you for supporting our Christmas campaign...



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I was diagnosed with early onset Alzheimer's disease at 58 and realised how important it is for me to be able to continue to do all the things I enjoy which enable me to live well with dementia.

I try to find sparkle and joy in everyday things, like volunteering at my local charity shop to give back to my community.

Of course, my husband Dave, my family and our dog Buster are a big part of my life, and we take time to celebrate birthdays, go for picnics and afternoon tea which we all enjoy!

I'm happy in my job at a local leisure centre. The staff are a great support and I'm open about my diagnosis. How else are people going to understand dementia if we don't talk about it? While I might have dementia, dementia doesn't have me.

I'm a very bubbly person and love being with other people. I look forward to attending the Dementia NI Empowerment Group. I know that the other members understand what it's like to be diagnosed with dementia and how to live well.

The Empowerment Group is an important part of my life. It offers me support, advice and a group of friends who are all in the same boat.

Your support helps me to Sparkle every day of the year. Of course, some days are challenging and don't go as planned, but with family and friends around me I can continue to live with hope and purpose.

Thanks & Happy Christmas!

Do you love to

SPARKLE?



Then this Christmas is the perfect time to **SPRINKLE** your **SPARKLE** and support the work of **DEMENTIA NI!**

Even if you're not a fan of glitter, Christmas jumpers and beard baubles - and why not?! - there is something you can do to add sparkle to the lives of Dementia NI members, all of whom are living with dementia.

How can I raise funds?



- ★ Hold the now famous Christmas Jumper Day
- ★ Have an office Christmas coffee morning where the treats and YOU are decked out in Sparkle!
- ★ Decorate your desk in some Sparkle for the month of December
- ★ Sparkle your dog on their Christmas walks
- ★ Organise a Sparkle event with friends

However you choose to Sparkle this Christmas, your support will empower our members to live well and challenge the stigma of dementia.

How can I get the funds to Dementia NI?

- ★ Why not fundraise via Just Giving or Facebook or visit our website at dementiani.org and donate via the Donate Now button
- ★ Give us a call on 02896 931 555 and we can provide our bank details or send a cheque made payable to 'Dementia NI' to our office at Dementia NI, NICVA, 61 Duncairn Gardens, Belfast, BT15 2GB
- ★ Remember to tick the Gift Aid box and your donations will be worth 25% more to us at no extra cost to you!



**You're a
superstar!**

Thank you for taking the time to fundraise for us. It means the world to Dementia NI members, not just at Christmas but all through the year.

Together, we can empower local people with dementia and give them the opportunity to live well with dementia.

For more information or to receive your Sparkle pack, call Karen or Jacqui on 02896 931 555 or email fundraising@dementiani.org and we will be happy to support your activities.

MERRY
Christmas
From all at Dementia NI

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