

FREE

Apply online at
www.dementiauk.org/what-we-do/uniting-carers/join

About Dementia UK

Dementia UK is a national charity, committed to improving quality of life for all people affected by dementia. Dementia UK was officially registered as a charity in 1994. The charity has four core areas:

- **Admiral Nurses:** specialist dementia nurses
- **Admiral Nursing DIRECT:** a national telephone and email helpline provided by Admiral Nurses
- **Uniting Carers:** a network of family carers, former carers and friends of people with dementia
- **Dementia UK Training:** the training division providing high quality, affordable training to care staff and other professionals

There are over 100 types of dementia, which currently affect 820,000 people in the UK. This is set to rise to over a million by 2025.

How to contact us

Uniting Carers, 6 Camden High Street, London NW1 0JH
T 020 7874 7225 / 7209 F 020 7874 7219
carers@dementiauk.org www.dementiauk.org

If you would like to make a donation to support the work of Dementia UK, please call **0845 257 3310** or visit www.dementiauk.org/donate



Uniting Carers

Uniting Carers



Uniting Carers is a national network of family carers, former carers, family members and friends of people with dementia, which was established by the charity Dementia UK. The network is governed by a committee of family carers, which reports to the charity's Board of Trustees.

The aim of the network is to raise awareness and increase people's understanding of dementia.

“Taking part in research, looking at the positive aspects of caring, made me realise that my experience as a carer could count for something.” Vera Zissimos

Uniting Carers offers the opportunity for those affected by the experience of looking after someone with dementia to work together, to have a voice and make a real difference to services offered to people with dementia and their families.

People around the country join to share their stories and challenge the stigma and fear that often surrounds dementia. Speaking out can have a real impact, leading to an important shift in understanding dementia.

“I feel so angry about the stigma, the ignorance and how hard it was for us at the beginning and how helpless we felt. Uniting Carers has supported us to focus, to feel useful again and to know how to share our story.” Geri and John Ravenhill

Members of the network empower the lives of other carers by:

- Helping to train and educate professionals
- Speaking to the media
- Supporting campaigns
- Publishing their stories
- Contributing to research

“Getting involved with Uniting Carers has helped me value my experience as a carer and given me the confidence to speak out. It has had a huge impact on my life and given me respect for myself, that I didn't have before.” Manjit Kaur Nijjar

Join Uniting Carers to:

- Hear about opportunities to get involved
- Raise awareness about dementia and the experience of caring
- Receive support and training where appropriate
- Develop new skills and confidence
- Join an online national community
- Raise funds to support the charity's activities
- Join other carers in making a difference

Members can commit as little or as much time as they feel able. Many carers find it is both healing and empowering to share their experiences and work together so that others may benefit.

“I joined Uniting Carers after caring for my wife for 10 years. It's been such a positive experience, given me purpose and restored my confidence. I have shared my experiences with professionals in training... my friends say that I have become the person I used to be!” Brian Hills

Membership application form

If you would like to join Uniting Carers, please fill in your details and return this form to us at the address below. Alternatively, join online at www.dementiauk.org/uniting-carers/join

Name		Postcode		Date	
Title	Address	County	Telephone	Email	Signed

Please return to: Dementia UK,
6 Camden High Street, London
NW1 0JH.