

STOKESLEY PROBUS CLUB

Neta Kaur-Brown – Dementia Awareness Speaker Notes 20.5.25

The Chairman gave a warm welcome to Neta with a personal reference to her “nuisance but gorgeous” labradors.

Neta described Dementia Action Teesside as a local charity dedicated to supporting individuals living with dementia and their families across Teesside, including Redcar & Cleveland, Middlesbrough and extending support to Stockton and Hartlepool.

Their mission is to help people live well with dementia and remain active for longer as members of their communities. She went on to detail some of the projects that the charity is involved in.

Community Activities: Organise inclusive events like music sessions, dances and social gatherings to enhance well-being and reduce isolation.

Dementia Friendly Communities: Lead initiatives to make local areas more dementia-friendly by collaborating with businesses and organisations.

Support Services: Provide resources and support for individuals with dementia and their Carers, including information on young-onset dementia

Awareness Campaigns: Participate in events like Dementia Action Week to raise awareness and challenge stigma

Neta went on to highlight their website and showed a video of their dementia dances, the links to which are included below.

Website: www.dementiaactionteesside.org

Dementia Dances YouTube link to Victory for Europe Day: please view at:

<https://youtube.com/shorts/0Q8xvouCbLg?feature=share>
<https://youtube.com/shorts/0Q8xvouCbLg?feature=share>

Neta highlighted a number of key facts listed below:

1. Over 900,000 people in the UK are currently living with dementia — this is projected to rise to 1.4 million by 2040 and 1.6 million by 2040 in some estimates.
2. One in two people will be affected by dementia in their lifetime if nothing changes — either by developing the condition themselves, caring for someone with it, or both.
3. Dementia is not a normal part of ageing — while age is the biggest risk factor, dementia is caused by diseases of the brain, such as Alzheimer’s disease.
4. Alzheimer’s disease accounts for 60–70% of all dementia cases, making it the most common form of the condition.

5. 1 in 14 people over 65 in the UK has dementia. This risk increases significantly with age.
6. 57% of people with dementia in the UK are women, and dementia has been the leading cause of death among women since 2011.
7. Dementia is NOT Just About Losing Your Memory
8. Two-thirds of unpaid carers for people with dementia are women highlighting the gender imbalance in dementia care responsibilities.
9. 50% of people with Down's syndrome will develop dementia, and by age 40, most will show signs of Alzheimer's disease in the brain.
10. 55 million people worldwide are currently living with dementia — a growing global challenge demanding urgent attention and support. By learning more and spreading awareness, we can break the stigma surrounding dementia and work towards a future where those affected feel supported and included.

There was a wide range of questions and comment from members who had taken a keen interest in Neta's presentation. She thanked them for the opportunity to speak to the group.

Members, in turn, gave her warm applause in appreciation.