



Have Tea Together to Boost Your Brain



At Dementia Jersey, we're on a mission to spread the word that up to 45% of cases could be reduced through lifestyle changes.

Sadly, someone can do everything 'right' and still develop dementia. However, research shows there are steps we can take to reduce risk.

These can be grouped as:
Love Your Heart, Stay Sharp, and Keep Connected

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 **Dementia
Jersey**

 **Public Health
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Why



The colder months can mean we stay home more often – but we're encouraging everyone to Keep Connected by meeting up.

Staying in touch may not be the first thing we think of to reduce dementia risk. But strong evidence suggests

infrequent social contact, and especially isolation, are risk factors.

Whether in a tearoom, restaurant, or at home, taking the time to catch-up is good for our brain.

So, this is one tiny step we can make to reduce risk!

Tips for a Terrific Teatime Chat!

Put Your Phone Away!

Did you know some studies have suggested that the mere presence of a phone can reduce attention - even when it's not in use? So put those mobiles out of sight!

A Time and a Place

We all have preferences for things like lighting and background noise, and some of us have sensory challenges. Try to meet somewhere that suits you both. You also need to know that neither party is in a rush! Feeling relaxed and comfortable is key.

Are you sitting comfortably?

Many cafes (and even homes) place seats directly opposite one another. However, sitting at a slight angle can feel less intense. Try, also, to avoid loudspeakers and avoid tables where one person has a television in their eyeline - they can be hard to tune out!

Make Plans

Try to create a habit – schedule your next meet up before you leave!

Boost Your Brain is based on a campaign by Alzheimer's Research UK, Think Brain Health. Dementia Jersey acknowledges their support and consent for us to share this messaging.

Find out more by calling 01534 723519 or go to www.dementia.je/boostyourbrain

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