

MEDIA RELEASE

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Free Northern Beaches Dementia Expo shows it's ok to ask for help with navigating the day-to-day of dementia

Swapping uncertainty for knowledge and a path forward

The Healthy, Active and Connected Expo, a new free initiative by Northern Beaches Dementia Alliance (NBDA), will be held on Thursday 4 May 2023 at Dee Why RSL to present the services and support available on the Northern Beaches for people living with dementia and their loved ones.

With a keynote address from Professor Sue Kurrle (Professor in Health Care of Older People at Sydney University and Geriatrician with Northern Sydney Local Health District) plus presentations and interactive workshops, the Healthy, Active and Connected Expo has been created to replace fear and uncertainty with knowledge and a path forward.

Topics covered at the expo will include falls prevention, supporting the carer and advance care planning. Workshops will provide the opportunity to try a range of activities including creative art therapy and a dance class. There will also be morning tea and music to enjoy.

“With one in 30 people on the Northern Beaches living with dementia, and their families and friends being affected by it too, it’s important to make the Northern Beaches a dementia-friendly and compassionate and connected community. The expo will be a fantastic contribution to that,” said Lynelle Hales, Sydney North Health Network CEO.

“The expo will focus on the topic ‘It’s ok to ask for help’, and we’ll have interactive workshops as part of this theme. We’re hoping to connect the community with some of the supports that are on offer to help people with dementia, and their carers, to live an active, inclusive, and connected life,” said Bettina Esposito (Manager of Clinical and Service Operations at Just Better Care Northern Beaches & Northern Suburbs) on behalf of the Alliance member organisations.

“This expo is the perfect opportunity to explore the helpful resources available, rub shoulders with people who understand the dementia dilemma and learn more from Professor Kurrle’s frank and informed discussion on dementia,” said Lyn Macintosh, carer.

With the support of Dee Why RSL, the expo has been organised by the NBDA, a group working to make the Northern Beaches a dementia-friendly community – one where people living with dementia are supported to have a life of meaning, inclusion, social participation and safety. The Alliance is a partnership between Northern Beaches Council, Sydney North Health Network, CCNB, Hammond Care and Just Better Care Northern Beaches and Northern Suburbs.

Registrations for the Healthy, Active and Connected Expo are now open through [this link](#).

The Healthy, Active and Connected Expo

Date: Thursday 4th May 2023

Time: 9.30am - midday

Location: Dee Why RSL, 932 Pittwater Road Dee Why

Cost: Free

Register to attend:

<https://www.eventbrite.com.au/e/dementia-healthy-active-and-connected-expo-tickets-538325424837>

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About Northern Beaches Dementia Alliance: <https://dementiaalliancenb.com.au/>

Available for interview

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