



Forget-me-not News.

Your kindness in action.

**We exist
because
you care.**

Inside this edition:

- Meet Enda one of the amazing carers from The Orchard Day Care Centre
- The future of dementia inclusive spaces
- Read Sinead Spillane's beautiful tribute to her mum
- All the latest news from our wonderful community of care

You are changing Ireland – for good

Thank you for all you do



Hi there,

There is simply no way that we could ever thank you for all that you do or introduce you to all the people who you are helping or inspiring. It would take us all year.

In this newsletter you will find a small sample of stories about the incredible work that you are helping to make possible. You'll get to meet some of the incredible people who like you, help to make our Alzheimer Society community so special.

I really hope you enjoy reading it.

Andy Heffernan

CEO, The Alzheimer Society of Ireland



Setting new standards of dementia awareness

Every year, thanks to your support we are taking huge steps in creating a more dementia inclusive Ireland.

In November, The Frascati Centre and ASI launched Dublin's first Dementia Inclusive Shopping Centre.

At the same time, The Slieve Russell Hotel in Cavan were unveiling Ireland's first dementia inclusive hotel. The hotel now offers a safe, supportive environment for guests living with dementia and their families.

A huge thanks to all of the management and staff in The Frascati Centre and The Slieve Russell hotel for setting such a powerful example of how we can all make Ireland a safer place for those living with dementia.



If you would like to talk to someone about any aspect of dementia, just phone our

**National Helpline
on 1800 341 341**

Meet Enda Kelly, one of The Alzheimer Society of Ireland's amazing team of carers who puts your love and support into action in the Orchard Day Care Centre in Blackrock.

My mother had dementia and lived with us for about 10 years. When my wife died, I had to give up work to care for my mother fulltime. We had carers who came in and every time they did, I could feel this huge weight lifting off my shoulders. So, I decided I'd like to do something like that for others because it was such a relief for me.

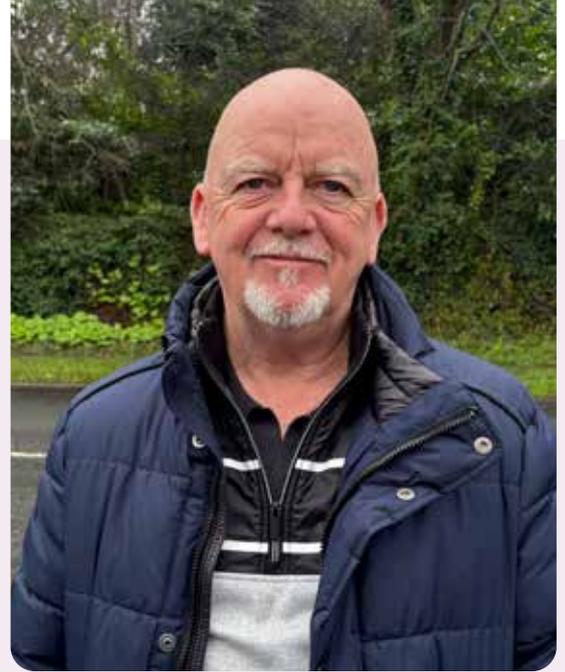
Being able to give some relief to families who are caring for a loved one with dementia 24 hours a day, the job satisfaction is just incredible.

I'm retiring this year, but that's not going to stop me. I'm a musician so I'd like to still come back here and play sometimes. And I want to spend a lot more time fundraising now. Because we have to keep these centres going.

I know there's a huge amount of good people out there that want to help.

And without the donations they make, centres like the Orchard wouldn't exist and people with dementia would have nowhere else to go. That's what I say to people.

We have nearly 130 people that come into the Orchard Centre every week. That's 130 families who are getting at least one day's relief thanks to your donations. You are the blood in the veins of The Alzheimer Society.



"I'm so proud of the work we do."
– Enda Kelly



Enda with colleagues Aga and Sharon in the Orchard Care Centre.



"I'm going to keep fundraising for these vital services"
– Enda Kelly

A Very Special Thank You

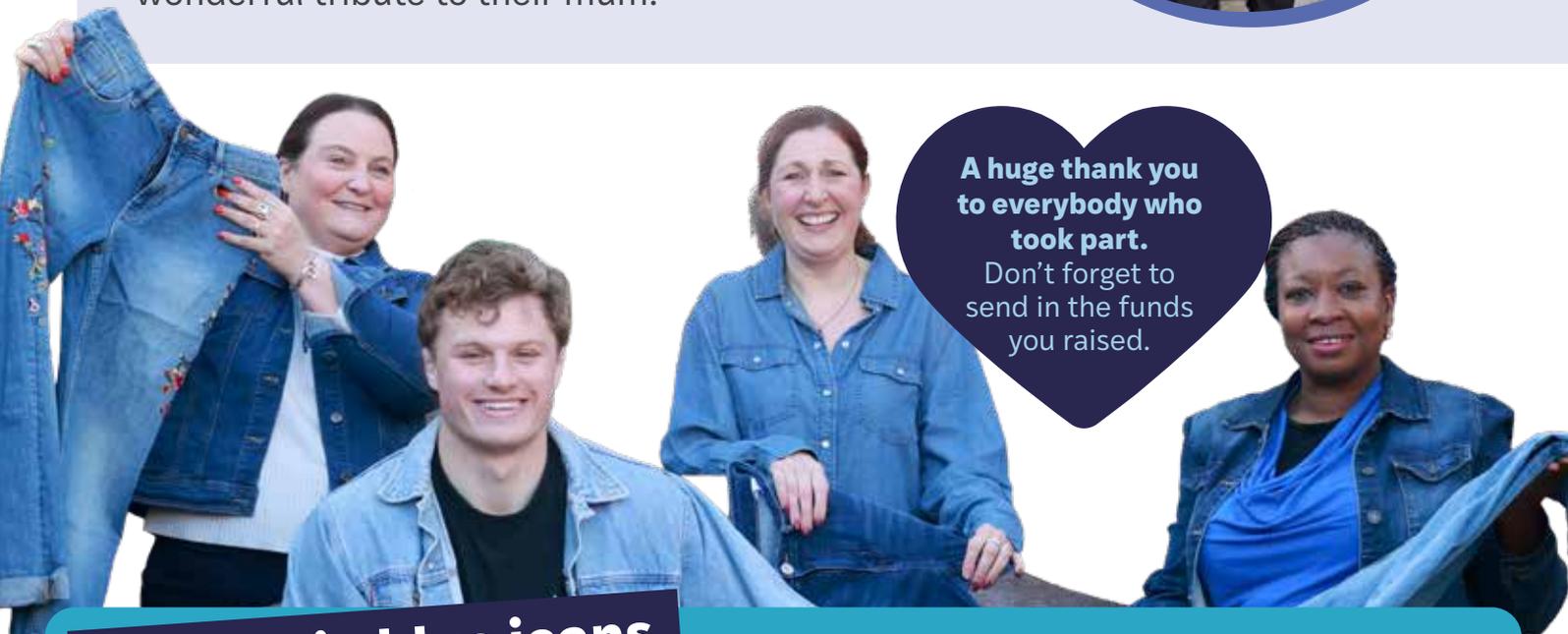
Here is a very special thank you message from Sharon, whose husband Seamus attends the Young Onset Activity Club in the Teach Mhuire, Care Centre in Co. Cork.

You're at the heart of our community

“My husband is transformed and long may his face light up with joy on a Tuesday morning. A huge thank you and the deepest gratitude from a wife who wants to see her husband happy and who appreciates the few hours to breathe and just be herself.” – Sharon

The Stewart Brothers

You may remember Kealan Stewart who shared the moving story of his mum Sandrine in our Autumn appeal. Well in October, Kealan and his brothers Louis and Oscar completed the Dublin City Marathon raising an incredible €23,369 to support families affected by dementia. What a wonderful tribute to their mum.



A huge thank you to everybody who took part. Don't forget to send in the funds you raised.

Forever in blue jeans

On February 27th thousands of you joined Irish Rugby Star Cian Prendergast, by donning your denim and helping to raise vital funds for essential Alzheimer Society services.

“I'm really proud to have supported Denim Day for Dementia. Dementia touches so many families across Ireland and wearing your denim on the day is a simple but powerful way to show support and help fund vital services.” – Cian

Cherishing the Journey

**“We were lucky to care for her at home,
but many families don’t have that support.”**

– Sinéad Spillane.

My Mam Pat passed away in 2023 after living with dementia. Since her 40s, we noticed little things that didn’t seem quite right. At the time we thought it was just normal forgetfulness.

In her late 70s, Mam was still quite independent but struggled with money in shops and would get flustered, so we stepped in to help.

Mam was a wonderful, gentle soul who loved being around her five children and 13 grandchildren. While we lost bits of her along the way, we had an amazing journey along with her.

Mam was a gorgeous woman, and Dad was always by her side.

Sometimes she got upset over little things, but we knew it was her illness, not her. We loved going to the beach and just watching the waves. She would hold my hand and I loved every second.

My advice to any family in this situation is to embrace the person they become. Try to find humour in the little things – there will be funny moments, and it’s okay to go with them. Take lots of photos and videos because when they’re gone, those memories are all you’ll have.

Sinéad



*Sinéad with her
mum Pat.*

Join us for this year’s Alzheimer’s Tea Day

Remember you can host a huge party or simply put the kettle on and share a cuppa with a friend. The important thing is that you are there to support people in your community living with dementia. **Sign up now at teaday.ie or scan the QR code.**



**Save
The Date
Tea Day
May 7th**



Thank you

Your 2025 Unwrapped

The amazing difference you make

The people you helped
4,253 calls and
1,944 emails to our National Helpline.

The funds you helped to raise
Memory Walk raised over **€230,000**
Your Tea Day raised over **€365,000**
Thank you on behalf of every person, family and carer you have helped.



You are part of an amazing community working together to care for those most in need. From Harry and Diego's Halloween House to events like Tractor Pulls and Christmas Jumper Days, all of your amazing fundraising efforts make such a massive difference.



Kind hearts that never stop caring

Every day, kind people like you donate to The Alzheimer Society of Ireland to help care for their loved ones, neighbours and friends. If you would like to make a caring gift today simply use the form enclosed with this newsletter, or go to

alzheimer.ie/donate

Thank you for your incredible support.

You can make an instant donation by pointing your phone camera at this QR code.



THE Alzheimer
SOCIETY OF IRELAND