

Thursday 12 September 2024

Have a cuppa and make a difference to the lives of people living with dementia

Dementia Australia's Cuppa Time for Dementia is back this October with the national peak body for dementia encouraging everyone to pop the kettle on and help raise funds for Australians impacted by dementia.

Entering into its third year, Cuppa Time for Dementia is all about getting together with friends and family in October, putting the kettle on and raising funds to help Dementia Australia provide vital support and services.

Dementia Australia CEO Professor Tanya Buchanan said with 421,000 Australians living with dementia she could not think of a better reason to invite your family and friends over for a cuppa.

"Whether you choose to have your cuppa at home, in your workplace or with your friends and family, you'll be raising much-needed funds to support the 421,000 Australians living with dementia and the 1.6 million people involved in their care," Professor Buchanan said.

"Your Cuppa Time can be as simple as having a few friends over to your kitchen table and registration is free. With dementia the leading cause of death of Australian women I encourage you to visit cuppafordementia.com.au and sign-up today."

Returning Cuppa Time participant Belle Hogg will be hosting her third Cuppa Time – a cuppa over an art exhibition hosted in Canberra.

"My Mum showed signs of dementia at the age of 68 and Dementia Australia were so supportive to our family." Belle said.

"Now she is 72 and I am watching the impact dementia is not only having on her, but on many others and it's tough.

"Last year I hosted a Cuppa Time at my Mum's care home and it went down a treat with carers and residents alike. This year I am hosting an art exhibition with a cuppa and I encourage everyone to do Cuppa Time their way and get involved to help provide vital support and services."

Cuppa Time for Dementia runs throughout October, allowing you to host a cuppa whenever suits you. To register and for more information visit cuppafordementia.com.au

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Whenever possible please include: 'If this story has prompted any questions or concerns, please call the **National Dementia Helpline 1800 100 500** (24 hours a day, seven days a week) or visit dementia.org.au.'

Dementia Australia is the source of trusted information, education and services for the estimated more than 421,000 Australians living with dementia, and the more than 1.6 million people involved in their care. We advocate for positive change and support vital research. We are here to support people impacted by dementia, and to enable them to live as well as possible. No matter how you are impacted by dementia or who you are, we are here for you.

For support, please contact the **National Dementia Helpline on 1800 100 500**. An interpreter service is available. The National Dementia Helpline is funded by the Australian Government. People looking for information can also visit dementia.org.au



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When talking or writing about dementia please refer to [Dementia-Friendly Language Guidelines](#).

Note to Editors:

We request, where possible, details for the **National Dementia Helpline 1800 100 500** appear alongside news stories about dementia, as these stories often prompt questions or concerns:

If this story has prompted any questions or concerns, please call the National Dementia Helpline 1800 100 500 (24 hours, 7 days a week) or visit dementia.org.au.