

DO YOU KNOW A GOOD JOKE OR STORY?

SEND IT IN AND GET IT PUBLISHED

As well as enjoying a good laugh - members of the Scottish Dementia Working Group rate humour as a very effective coping strategy. We want to publish a *Joke Book* to use humour as a way of getting a positive message out to people with a diagnosis. We know life changes and there are many challenges, but a laugh along the way definitely helps.

We now have an offer from a publisher to bring the book to life and we need your jokes and stories fast. Send us in your favourite joke or witty saying. It can be one you made up yourself or one you've heard. There will be a small section in the book for personal amusing anecdotes, Sometimes our members can look back at something that happened because of our dementia that does have a humorous side to it. Grandchildren sometimes find a way of explaining things that bring a smile in a very warm way. They might also have some great jokes! Send us whatever you have that you think is funny. If you can draw cartoons please also let us know You can post or e-mail your contribution in. You can also send it in directly on our website: www.sdwg.co.uk

Contributions are welcome from people who have dementia, their families and friends and professionals working with them. We will also be inviting contributions from comedians, celebrities and others in the public eye. So, send your contribution in now.

Tell us your joke, story or saying here. (Use other side or more paper if necessary)

Add name, address or e-mail here if you would like to be updated about progress and publication.

Thank you

POST to: *Jokes at SDWG*

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