



# Community Bursary Case Study

## Forget Me Not Club

- Organisation:** Forget Me Not Club
- Aim:** Forget-Me-Not Club is a Banchory based charity that helps those with dementia, and their carers, throughout the Deeside area.
- Bursary amount:** £2,000
- Spend:** The bursary money has been used for Tai Chi support throughout 2009. A pilot project carried out by the charity has shown that Tai Chi can help encourage fuller range of movement, improved posture, concentration and communication as well as creating a sense of peace, relaxation and enjoyment.

Reg Christie, Chairman of Forget-Me-Not said: "We were absolutely delighted to be selected for the bursary scheme. This has allowed us to continue to run our Tai Chi sessions for those with dementia and their Carers. As well as encouraging a fuller range of physical movement and improved posture, it also provides a sense of peace, relaxation and great enjoyment.

"One client for example, who has advanced dementia, attends our group to give her family respite. We were amazed by her response. She can now follow movements with more precision than some of the volunteers. After the session she is calm and contented."