**Chris Norris - 2023 – A Year in Review**

A priority for Chris is to make sure that all our newly trained health professionals are provided with dementia awareness training, and in 2023 he continued this work through the Time for Dementia programme. This programme involved Chris giving talks to over 100 third year medical and doctorate students at the Canterbury Universities and at Salomon’s House in Tunbridge Wells. Chris’s talks were well received by the medical students, partly because of the humour he so often includes, but also because the students recognised the importance of gaining a deeper understanding of dementia from a person who is experiencing the dementia journey themselves. Chris continues to advise future health professionals on what they can do to improve how people with dementia experience health appointments. This included professionals refraining from assuming their patient’s abilities, allowing extra time for their appointments with dementia patients, adapting their communication, and addressing any fears they may have of talking to people with dementia.

Chris consistently delivers a message of hope to people who have received a recent dementia diagnosis, and in 2023, he continued to attend and present at the Canterbury Living Well With Dementia (LWWD) courses. This is a four-session course delivered by the Kent and Medway Partnership Trust to support people with a recent dementia diagnosis as well as their families or supporters. At the groups, Chris talks about his own journey with dementia and how he still gets out there to live his life by focusing on the positive things that he can still do. Chris is a source of great knowledge and he offers people who are attending the course opportunities to ask questions around dementia, and get recommendations for which groups and activities they may wish to attend in the future.

In 2023, Chris has worked collaboratively with Keith Oliver, another dementia envoy, to create coursework and deliver training to the Clinical Associate Psychologist’s Masters training at Canterbury Christ Church University. This helped to form a key part of the trainee’s learning and meant that they will qualify with a more comprehensive understanding of dementia, and how to be more accessible to patients who have a dementia diagnosis.