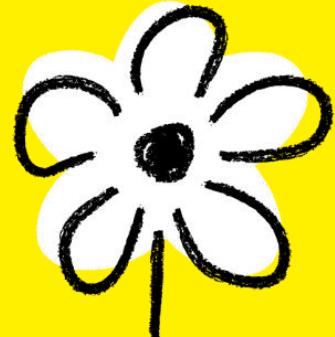


bold Bringing Out Leaders in Dementia

bold Online Social Leadership Programme

Are you living with dementia or supporting someone who is?



bold is for anyone with early-stage dementia and those working with, living with, or supporting someone who has a dementia.



At **bold** we recognise that everyone in our communities has the potential to be a leader. **bold** is about developing your social leadership skills, helping to create change and make a difference.



If you are curious, enjoy making connections with people, sharing stories and making a difference then **bold** is for you. It will help you uncover your potential to help yourself and others flourish. No previous experience or qualifications necessary.

bold Programme core values

Showing Love

Showing Character

Being Creative

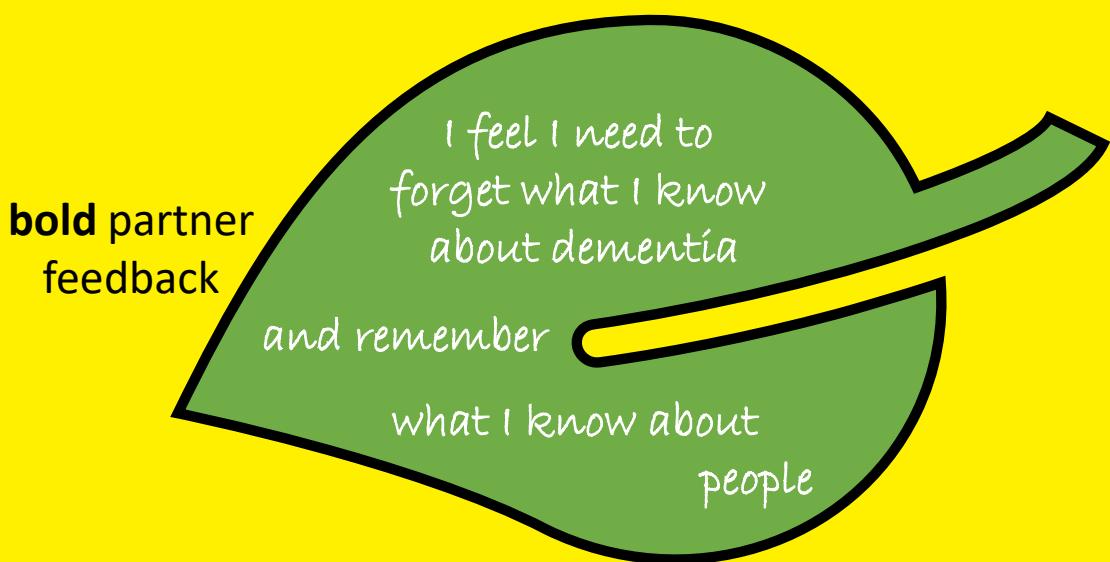
Being Bold



All you will need is access to a computer, tablet, laptop or mobile phone that can access the Zoom Meetings system. The **bold** team will support you to get set up and comfortable using Zoom and there will be opportunities for you to have some one-to one time with the team throughout the programme.

The free online sessions are delivered using zoom and run as follows:

- Over 6-weeks which allows all the partners taking part to connect, share stories and reflect before the next session.
- With weekly two-hour sessions delivered by the **bold** team who are associated with Edinburgh and Queen Margaret Universities.
- Includes a variety of creative and fun sessions designed to nourish your potential and help you flourish as social leaders.



bold is funded by Life Changes Trust and is the joint project of Edinburgh & Queen Margaret Universities

We look forward to welcoming you soon!

To find out more or sign up for this programme, please get in touch with us by email at Info@bold-scotland.com or visit our website www.bold-scotland.org

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bold Bringing Out Leaders in Dementia

Queen Margaret University
EDINBURGH

life changes trust
Creating better lives.



THE UNIVERSITY
of EDINBURGH