

bold Bringing Out Leaders in Dementia

Introducing the **bold** Online Social Leadership Programme



Do you know someone who has a dementia?

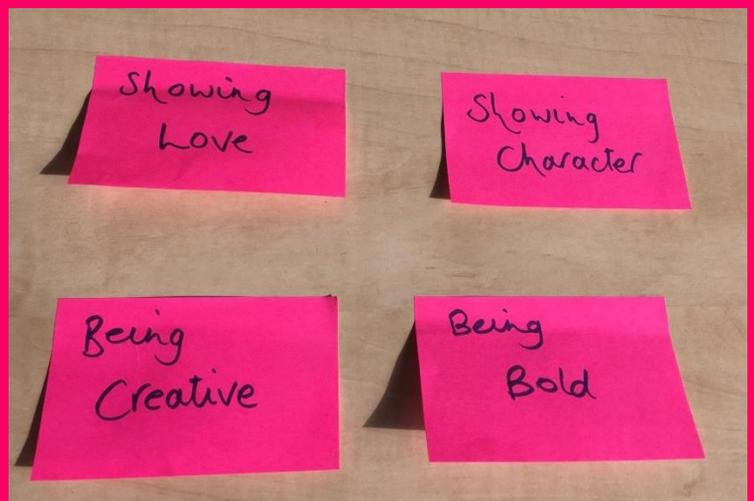


bold is for anyone working with, living with, or supporting someone who has a dementia and for those who have an early-stage dementia.



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.

bold stands for **B**ringing **O**ut
Leaders in **D**ementia. This is a
free 7-week online programme
that will be delivered using
Zoom, a popular online
meeting system.



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.

Here's what we do on the online sessions:



The weekly two-hour sessions will be delivered by the **bold** team who are associated with Edinburgh and Queen Margaret Universities. The programme will include a variety of creative sessions designed to nourish your potential and help you to flourish as social leaders.



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



I feel I need to forget what I know about dementia and remember what I know about people



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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