

The Tiffin Girls' School

Forget-Me-Not

3 GOOD HEALTH
AND WELL-BEING



Our goal is to improve the lives of people suffering with dementia in our local area. We have been volunteering and fundraising in order to improve their standard of living inside their nursing homes. We believe this is a particularly important project as we are working with a group often overlooked in our society. From our school world cultural muftiday, we raised £500 to be spent on renovating a garden at a nursing home. While we are planning to do more fundraising, we are excited to start this part of our project.

Highlights of our experience include working as a team, running sessions with the residents, and the support we've received from people similarly passionate about this. The nursing homes we've worked with have been so welcoming to us and we really feel we've made a difference to the residents' lives. We've learnt a lot about how dementia affects people's lives, and the accommodations we can make to improve them. We've seen how rewarding it can be to work with the elderly community, and worked together as a team to run our sessions and fundraise. While it has not always been easy, we originally wanted to work with a hospital, but due to schedule issues we had to change, we have thoroughly enjoyed taking part in the GSL project.



Throughout our project, there were many memorable experiences. However, some of the most memorable were the weekends spent visiting local care homes in our area to propose our plan. Our hearts were heavy with a shared feeling of apprehension as we were shown out many times, asking to contact them on a different day, which is what we did. The humbling experience was what made us bask in the success of our project even more and made us acknowledge just how much effort this project would need. It wasn't the best memory, however, it taught us that not everything would go quite smoothly and softened the impact of complications in the future. We realised that we would experience many rejections and trials in order for our project to succeed but with time and lots of effort, it would be possible to make an impact on our local community.



10 REDUCED
INEQUALITIES



17 PARTNERSHIPS
FOR THE GOALS



2025 Global Social Leaders Project

Forget-me-not

Our project will have a long-term positive impact on the current and future residents of the White House Nursing Home, who will benefit from a new wellness garden that we are creating using the money we are raising. This allows them to foster a connection with nature that will significantly improve their mental health and reduce the anxiety many dementia patients suffer. Additionally, we have brought joy to the residents at Ashton Meadows who we visited as these residents often do not get visited. Through this, we have improved their mental health, and brought them, happiness and stimulated their mental growth by offering them someone to talk to and interact with. Not only have we significantly improved the lives of the often overlooked elderly community in our area but, our project has created a lasting positive impact on our on our team members as we all managed to interact with and help patients on their dementia journey, one-on-one, allowing us to give back to our community.

Our project has also impacted our school community, from assemblies on spreading awareness, to charity events to raise money the care home, we have provided our school community a path to connect with the elderly. This project has allowed us to create lasting impacts on different parts of our community, and have as big an impact as possible. One challenge we encountered was how visiting the care home often meant we lost some of our lesson time. However, we overcame this by forming a rota and lessson catch-up strategy that allowed us to ensure that we did not miss out on our own education.



The Team - Group Roles:

Aamenah - Team leader, Reminders
Amelia - Patient Contact Leader, Schedule Organiser
Seerat - Fundraising Leader, Fundraising Team
Aditi - Fundraising Leader, Fundraising Team
Tamana - Fundraising Team, Research Leader, Carehome Contacter
Gabriella - Scribe, Video Leader
Arabella - Reminders, Funds Manager, Submissions Manager

To achieve the funds needed to help elderly homes in our community, we had a World Cultural Day where everyone could come into school wearing clothes that represent their heritage. We sent out a letter explaining our cause and parents and

students had an option to donate a pound for this amazing cause. All in all, from world cultural day, we raised £500 - an amount we wish to grow after the deadline of this project with more fundraising - to get enough money to help renovate care homes.

