

contact us

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what we've done

in September we decided as a class that we wanted to do our young social innovators project on brain health and how to keep your brain healthy as we thought people aren't reading, playing riddles, making puzzles etc.. Our first project was contacting the local community hospital in New Ross, County Wexford about making CD with music from the 40's, 50's and 60's to help with their memory and we are also fundraising for them aswell. In January two people from our team went down to beat 102 103 in Waterford and was interviewed about our project for the Sunday Grill. On March 4th - 8th we had a brain health week which we got our whole school involved in this included card games' gess the year and student vs teacher dodgeball, during the brain health week we also had a bake sale for the local community hospital . wehave also sent this leaflet to all primary schools, secondary schools, third level schools all over ireland

brain boosters

OUR LADY OF LOURDES, TY2



YOUNG

social innovators

12 ways to keep your brain healthy

1. get mental stimulation e.g. word puzzles
2. get physical exercise
3. improve your diet
4. improve your blood pressure
5. improve your blood sugar
6. improve your cholesterol
7. consider low dose aspirin
8. avoid tobacco
9. don't abuse alcohol
10. care for your emotions
11. protect your head e.g. wearing a helmet when playing hurling
12. build social networks

3 basic stages of dementia

1. early - when symptoms are mild and despite being quite forgetful, most people are still living relatively independently. They might be still driving or working
2. middle - this is the longest stage and can last many years. Forgetfulness and confusion gradually becomes more pronounced, your loved ones might also become withdrawn, depressed or moody, and need an increasing amount of help with daily life
3. late - most people at this point become increasingly frail, they may not talk or communicate very much and can appear to be 'in a world of their own'. They often need round the clock care

concussions

ACTION PLAN

Recognise the signs and symptoms
Report if suspicious
Rehab with rest and medical guidance
Return after following return to play protocol and getting medical clearance

SYMPTOMS

- headache
- confusion
- nausea
- dizziness
- double/ blurry vision
- sensitivity to light
- feeling hazy or groggy
- just not 'feeling right'
- memory problems
- pressure in head
- if in doubt sit them out!!!!1

