



The Dementia Engagement  
and Empowerment Project

**DEEP (dementia engagement and empowerment project)** – helping to connect involvement groups of people with dementia

## January 2015

Dear All

Happy New Year!

The DEEP network continues to grow - there are now **50 involvement groups** of people with dementia. If you know of other groups in your local area who would benefit from connecting with other groups or DEEP - do let us know.

## “Make a Point about Dementia”

A film by people with dementia and carers was launched at Dementia Congress in Brighton in November. This 6 minute film is a collection of views about dementia.

The question was asked:

**“if you had to make your main point about dementia - what would it be?”**



Hundreds of people watched the film at Dementia Congress: including the government minister Norman Lamb.

The film was incredibly well received. You can watch the film on You Tube by following this link: <https://www.youtube.com/watch?v=mf8Z4Qsjzk&feature=youtu.be>

DVDs of the film are being created. Each group will receive a copy soon.

## Other DEEP activities at Dementia Congress

DEEP groups and people with dementia were very busy at Dementia Congress.

Chris, Keith (Forget Me Nots) and Tommy (SURF group, Liverpool) gave a fantastic **opening presentation** with three family carers (from the Carers Call to Action).

There was a **DEEP workshop about rights** led by Jo and Chris (from EDUCATE), Keith (from Forget Me Nots) and Peter and Chris, both people with dementia, involved in national influencing work.

Thanks to Jo Hanley for the photographs.



Other workshop presentations included:

**Forget Me Nots:** about their life writing project, their involvement in the British Psychological Society work about diagnosis and support (see below), and the role of student supporters for the group

**EDUCATE:** about the role of volunteer buddies in the group and their involvement in a piece of theatre (which was performed at the end of Dementia Congress)

**Oldham Springboard:** about the experience of being part of a creativity project

## British Psychological Society guide

DEEP groups did a lot of work to help to develop an important document for the British Psychological Society. The guide is about the psychological support that can help people with dementia before, during and after the diagnosis process. The views of people with dementia are contained throughout the document. There is also a catalogue of the kinds of the psychological support available - this was only written because of the recommendations of DEEP groups.

## Sharing your achievements with DEEP

A few groups have been sending us information about the work they are doing. We have a simple form to fill in, if you would like to start to share your work with us more regularly. Please contact Katrina to get the monitoring form. Email: [kjenkins@mentalhealth.org.uk](mailto:kjenkins@mentalhealth.org.uk)

## Evaluation interviews

A huge thanks to groups that have been in touch with the evaluation team Brightpurpose. Brightpurpose are writing a report about what groups want from DEEP, and the kind of influence the network is having as a whole. Their final report will be delivered in February 2016.

# Your news

## Purple Angel Leadership group (Torbay)

The Leadership group have been working on recommendations about how the use of colour and contrast can improve life for people with dementia. They are keen to hear from other people with dementia about their own recommendations e.g. using brightly coloured crockery. If you have any ideas to share please contact: [norrms@gmail.com](mailto:norrms@gmail.com)

## Forget Me Nots (Kent)

Eight people with dementia from East Kent are causing positive waves by writing and publishing a book that challenges the stereotypical views about living with the condition.



It's thought to be the first time that a group, whose members are all experiencing symptoms of dementia, has come together to tell their stories, record their memories and publish them in a book.

The stories were developed during a six session life-writing course.

## Northern Ireland Dementia Action Group

We are delighted to welcome this new group to the DEEP network. Members of the Scottish Dementia Working Group travelled to Belfast in 2014, to inspire people with dementia in Northern Ireland to want to set up their own working group. A small core of people with dementia are working together to connect to other people across Northern Ireland

The Northern Ireland Group are keen to be in touch with other groups, to learn from your experiences.

## DEEP involvement grants 2015

We are delighted to have agreed funding for 16 projects. This includes:

- new involvement groups
- iPads
- films
- networks for people from Black, Asian and minority ethnic communities
- mentoring and support services led by people with dementia.

A full list of grants will be in the next DEEP update. Thank you to all groups who submitted applications - we were sorry not to have been able to fund everything.

## Keep in touch

It is always good to hear from you. And I like to get 'out and about' so feel free to invite me to your group.

Here are my contact details:



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