



The Dementia Engagement  
and Empowerment Project

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

January 2016

Dear All

Happy New Year and welcome to the January DEEP Update.

Following our request for input into the look and feel of the Update, we are trialling a new format and slightly larger font – we hope this helps. Your feedback is welcome as always!

We have also been asked to look into an audio format – if this is something other groups may be interested in, please do let us know and indicate whether you would see this as a sound file available as a download from our website or emailed together with the Update?

In this month's Update:

**network news:**

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## Short films at the Live it Library



### Chris R - Forget Me Nots

Chris went to the GP after having memory problems and being prompted to go by his wife. Chris also has diabetes and other health problems and thought it was connected. He was then referred to a memory clinic.

Chris has become involved in the Forget Me Nots group which has helped him learn about dementia. He now talks at conferences and campaigns for change. His advice is 'don't be afraid. It's not a death sentence'.

This video was filmed in December 2015.

The video includes question prompts, there is a playback facility on the video which you can use to pause and replay sections of interest.



Several members of the Forget me Nots and the SUN Shiners in Kent have made short films about living with dementia.

These are available through the Kent Live it Library or click here for more information

<http://dementivoices.org.uk/deep-groups-news/live-it-library-in-kent/>

## WRAD (World Rock Against Dementia)

An open letter from Marc Wortmann, Executive Director of Alzheimer's Disease International:

*Dear Friends*

*Norman McNamara who is a great advocate living with dementia in Torquay in the south of England, has come up with a wonderful initiative: **World Rock Against Dementia** and this is going to happen on 19 March 2016.*

*Wouldn't it be wonderful if we can make this a global event like we have developed World Alzheimer Day and more recently World Alzheimer Month all over the world?*

*Please give it a thought whether this is something for your country as well, now or in the future.*

*And let me know!*

*Marc Wortmann*

**A footnote from Norms...** Please share and please hold an event yourself if you can, no matter how small and no matter where in the world you are, please contact me either on Facebook or at [norrms@gmail.com](mailto:norrms@gmail.com)

Click here for further information:

[www.wrad.co.uk](http://www.wrad.co.uk)

<http://www.rivieracentre.co.uk/event/394>

## Experts by Experience – GP surgery walkthrough

The Torbay Dementia Leadership Group recently conducted a local GP surgery walkthrough to ensure it is as dementia friendly as possible and have produced an Expert by Experience document around this.

The group are excited to be playing such an important role in development of improved services for their peer group and are willing to share their work as an example of good practice.

For further information and a link to a PDF version of the document – see the TDLG section of our website:

<http://dementivoices.org.uk/group/torbay-dementia-leadership-group/>

## network support

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### DEEP Involvement Fund

We recently emailed you about two pots of money available via DEEP to circulate to groups and projects around involving people with dementia:

- Influencing fund - a pot of £30,000 for small projects – up to £2,000 for each award.
- Working Together fund - a pot of £45,000 for larger projects involving two or more DEEP groups – up to £7,000 - 10,000 for each award (split between the groups involved).

Deadline for submissions:  
Monday 14 March 2016.

For more information, please speak to Nada:

[nada@myid.org.uk](mailto:nada@myid.org.uk)

### Information and Website Update – a reminder

Thank you to those groups who have returned their information update request.

If you would like to update your online information, please email [kate@myid.org.uk](mailto:kate@myid.org.uk) or if you would like to update your own details and add group news items online, email Nada for a unique login and instructions.

Click here to go straight to the list of DEEP groups:

<http://dementivoices.org.uk/deep-groups-alphabetical-order/>

Remember the DEEP website ([www.dementivoices.org.uk](http://www.dementivoices.org.uk)) is a great way to publicise your work and keep up to date with happenings in the DEEP network.

## New DEEP Guide

A new DEEP guide has recently been published – involving people with dementia in dementia friendly communities.

Click the link for more information on the Dementia Voices website where you can also download this guide.

<http://dementivoices.org.uk/2015/12/new-deep-guide-involving-people-with-dementia-in-dementia-friendly-communities>

## have your say...

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### Project input - Dentistry and Dementia

Our friends at Dementia Friendly Hampshire are working on a 'Dementia Friendly Dentists' project which will involve them working with Wessex Academic Health and Science Network to create a dental equivalent of the ISPACE project.

They need your help in understanding ***What would make visiting the dentist a better experience for you?*** Please send your responses to:

[jane.ward@andovermind.org.uk](mailto:jane.ward@andovermind.org.uk)

## keep in touch

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Let us know about your work – it is great to share it through the DEEP Update.

Here are the contact details for Steve and Nada:

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