

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

October 2014

Dear All

There are now **43 involvement groups** of people with dementia, part of the DEEP network. If you know of other groups in your local area who would benefit from connecting with other groups - do let us know.

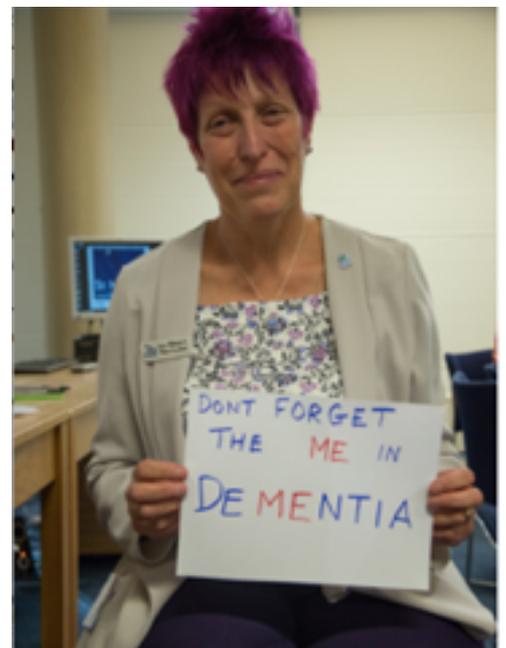
People with dementia at conferences

At the Young Onset Dementia Conference in Oxford, there were 22 people with dementia in attendance. At the recent Alzheimer's Europe conference in Glasgow there were 44 people with dementia.

People with dementia:

- Made speeches and presentations
- Led workshops
- Asked questions
- Connected and learned from each other
- Raised awareness about living with dementia

Such participation really opens the eyes of professionals in the audience.



Joy from Manchester, at the Young Onset Dementia Conference

UK Dementia Congress

This year's Dementia Congress will be held in Brighton between **10th and 12th November.**

Dementia Congress is a large yearly UK conference. It brings together professionals, academics, dementia leaders, carers... and increasingly people with dementia...to discuss and debate current ideas in dementia.



This year, members of the DEEP will be speaking at the opening session of Dementia Congress, with the Carers Call to Action. There will also be a DEEP workshop on the 11th November. This was an incredible experience last year - standing room only, with professionals wanting to learn from people with dementia.

Are you coming to Dementia Congress this year? Do let us know - it is great to meet up.

The Joseph Rowntree Foundation information stand will be the meeting point for people with dementia.



Twittering...!

Do you tweet? Do you know what a #hashtag is? Do you want to express your views about dementia to a global audience of thousands? Can you express a viewpoint in about 140 characters (that's about the length of the previous few sentences).

Some DEEP groups are already using Twitter to tell the world about their work.

If your group is interested in learning more about Twitter - let me know.

We are writing guidance notes about "How to use Twitter".

Influencing Age UK

Age UK have recently published a new guide called *Living with early-stage dementia*, aimed at people who have been newly diagnosed with the condition. It looks at the practical steps to take – such as writing a will, organising their finances, setting up a Power of Attorney – and lets readers know about the help they can access to continue living their lives as well as possible.

We are now keen to test the guide with people who have early-stage dementia, to make sure it's as useful and accessible as possible. We are hoping some of the DEEP groups will be able to help us with this. We'd like to send the group copies of the guide along with some questions and ask you to run your own discussion group and feed back comments to us.

If you're interested and would like to find out more, please contact Sara Vali at sara.vali@ageuk.org.uk or 020 3033 1108.

You can see the guide online here:

http://www.ageuk.org.uk/Documents/EN-GB/Information-guides/AgeUKIG46_living_with_early_stage_dementia_inf.pdf?dtrk=true

Dementia Action Alliance

Dementia Action Alliance is a network of organisations, connecting together to make improvements for people with dementia.

Their large yearly event will be in London on 2nd December. We want to support lots of people with dementia from DEEP to have your voices heard.

If you would like to attend you can fill this form in <https://survs.com/survey/mzmfvohcit>. Or ask Katrina to fill it in for you.

It would be good to know if you are planning to attend. We will reserve some DEEP tables at the event.



Laverstock Memory Group

BBC Wiltshire visited the Laverstock Memory Group as part of their project to develop packages on dementia for the local radio. Several members shared their feelings about living with dementia. The visit highlighted the need for better support and services for younger people who have dementia.

The Laverstock Memory Group have also taken part in the making of a film for Channel 4. A short sequence of the group will be shown as part of the Channel 4 programme at 10:00pm on the 29th of October 2014. This was written about in the *The Guardian* newspaper.

The York Dementia Forum

The York Dementia Forum has recently joined the DEEP network. At the inaugural meeting of York Dementia Forum in September, forum members compiled a list of Top Tips for coping with dementia—a guide **for** people with dementia, **by** people with dementia.

In another productive Forum meeting, members met Bob Sydes, head of CYC's *Wayfinding* consultation. The Forum helped Bob to understand the needs of people living with dementia when it comes to signage and getting about.

De-Active

De-Active is a group of eight active couples who are living with dementia. Members of De-Active believe it is possible to live well with dementia by keeping positive and having good friends for support who are in the same position. Through joining as a group, De-Active members have become great friends and increasingly spend time together. Some of the group's activities have included theatre trips, days out, weekend breaks and walks and sports activities. They are keen to do some work around raising awareness.

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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