



The UK Network
of Dementia Voices

Details on how to join the DEEP Network

Thank you for your interest in becoming part of
DEEP - The UK Network of Dementia Voices

Dudley from Memorybilia in Kent says:

‘I really struggle to make it sound like a ‘must-have’ – but IT IS!
These groups are my thing and there aren’t enough of them’



@DementiaVoices



www.dementiavoices.org.uk

What is DEEP?

DEEP is a UK wide network of groups of people with dementia. It connects people together to share, learn and support.

DEEP is:

- **Independent** – The network belongs to the groups themselves, and not to any particular dementia service or organisation. DEEP is not an organisation
- **Diverse** – it is made up of groups strongly rooted in their local communities.
- **Rights based** – it encourages groups to identify and speak out about the issues that are important to them (as well as being asked about issues that are important to others).

People who are part of the DEEP network say:

‘People become more than friends. The group is like a second family. The support, love, and safety of like-minded people’.

‘We feel equal with an understanding. We have a purpose; a voice and we are listened to’.

‘Our roots are in our peer support. People are in similar situations and understand. The confidence to ‘speak up’ comes from feeling safe and supported’.

‘We feel equal with an understanding. We have a purpose; a voice and we are listened to’.

‘Laughter and fun in a safe haven’.

You might also find it useful to take a look at a summary of ‘DEEP Values’. You can find out more by reading ‘What is DEEP?’ (2019)

These are some principles that under-pin DEEP

Unity – DEEP is a place where we come together as part of a network of groups.

Opportunity and right to have a voice – Being part of DEEP provides equal opportunities for all voices in our groups to be heard, involved, and contribute about what matters. This might include conversations with policy-makers, decisionmakers, researchers and local or national communities.

Respect – DEEP members respect different views and voices.

Busting the stigma of dementia – DEEP members respectfully challenge the stigma of dementia through our voices and our activities.

Honesty – DEEP offers a safe place to be raw, emotional, and even angry, whilst being respectful and mindful of the needs of others



Anchor – DEEP provides a safe environment to belong and enable.

Humanity – DEEP members treat each other with kindness and respect.

Our voices – DEEP is about more than one voice; it is a powerful, collective network.

Influence – DEEP members can aim for any level of influence in the dementia world, your home, your street, your country. No action is too small.

Love – DEEP groups encompass a sense of safety, belonging and unity.

The DEEP Network belongs to groups of people with dementia. It thrives by sharing, learning, and supporting each other.

Groups operate in a variety of ways.

A group can:

- start in a pub (or a cafe) with two people!
- be supported and ‘housed’ by a variety of organisations including the NHS, local authorities and local charities including the Alzheimer’s Society or Dementia UK.
- take place in a service setting e.g., a day centre or care home.
- set up independently, with a constitution and bank account.
- be led by people with dementia.
- have paid staff members who provide practical support to the running of the group, as well as volunteer support. Groups also exist without any professional input at all.

Groups want to do different things and could be involved in:

- campaigning, awareness raising and training about dementia.
- consultations and local practice, or policy development.
- working to create dementia-friendly communities.
- research, as well as potentially leading their own research projects.
- arts and activities.

Many groups dip in and out of taking part in opportunities, which is absolutely fine.

A group can:

Some are large and some work on a country-wide basis like Dementia NI - which serves as a hub for 12 groups. Most, however, are smaller, local groups, varying between 4 and 30 members. It only takes two people to make a group and don’t be afraid to start small and slow.



Find out more:

Read about the activities of groups at the DEEP website. We recommend you take a look at:

- Our DEEP News
- Latest News and Taking Part opportunities
- Individual group pages.
- ‘Making an Impact Together – Sharing the learning on dementia activism from and across the DEEP network.’
- Download (or we can send you a copies) ‘What is DEEP?’ booklet for your group members.
- Watch the DEEP Moment films.

www.dementiavoices.org.uk @DementiaVoices

What are the benefits being part of DEEP for our group?

Belonging – connect you to other DEEP groups UK wide who embrace the same values.

Learning – from each other

Amplifying – collective voices where every voice matters

Support – each other

Together – Sharing - ideas and finding solutions.

As a member of DEEP you will:

- Receive a welcome pack of information and resources
- Receive a monthly DEEP Newsletter with news from other groups. You will be invited to share your own news and activities
 - Be invited to take part in weekly facilitators peer support Zooms
 - Have your own group page on the DEEP website. This is a place for you to share your activities, stories and photographs and so much more.
- Find national opportunities to become involved e.g in research, meetings, or conferences.
- Have access to advice and support about issues or developments facing your group
- Be invited to DEEP networking events – known as ‘Gatherings’
- Share your experiences – what you are doing, your achievements and what you would like to do



- Ensure that the engagement and empowerment of people living with dementia is at the heart of what you do

Many people also talk about the benefits of learning from groups in other parts of the UK. There are many different examples of what works well and not so well across the four nations in the UK.

Details on how to join the DEEP Network.

In order to be part of the network we ask that you:

- Are part of a group of two or more people living with dementia.
- Share what you are doing with the network at least every 4 months.
- Ensure that engaging and empowering the voices of people living with dementia your main focus as a group.
- Enable quieter, less confident voices to have opportunities too.

Next steps – please complete the DEEP registration form and email to **DEEP@myid.org.uk**

And we will then be in touch with you.

www.dementiavoices.org.uk

DEEP is funded by:



And supported by:



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