

Issue 6

June 2019



Making Waves

...we're stronger together

Our contributions to Research!

You wanted to get involved with research, and guess what - WE DID IT! In June, Chris and Damian visited us from York. Thanks to each and every one of you for your valuable feedback, including:

- Why it's important we learn how dementia interrupts our life early on so we can prepare and adapt for the future
- The emotional and practical support we value from family, friends and the NHS!
- Some of the terms we don't like e.g. "living well with dementia". This doesn't capture how difficult it is!
- The negative impact when people assume we **can't** do the things we love
- How we feel about sharing our diagnosis and enabling those who are afraid
- What questions research can ask about the content, outcome and impact of courses like "A Good Life with Dementia"
- Key information we need to decide if we want to take part in research, or not

Comment of the Month, from Jan:

★ ***"Dementia is not an end,
it's a different start!"*** ★

The research is an important reminder that thanks to **YOU**, "Making Waves" can do amazing things! Watch. This. Space...

Tweets Tweets & replies Media Likes



damianmurphy @elhijodevera · 13h
You cannot underestimate the contribution of [#Makingwaves](#) @DementiaVoices group today. huge thanks to one and all who had 'ideas that others do not know about' @batteryfinker



Sarah Mitchell @DrSarahM... · 15h
We contributed to some important #research thank you @elhijodevera @YorkMandV for inviting us to be involved! So many valuable #ideas shared for the #goodlife course.. wa...
[Show this thread](#)



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June

What was the research about?

Chris and Damian were gathering views on a "Good Life" course.

The 7week course helps people learn about dementia from "experts by experience" - people who are living with dementia in York.

People with dementia help to run sessions. They are "tutors" who empower others by sharing their ups and downs!

The research will help us discover how the course benefits different people and if it can improve hope early on.



Exciting news for July!

As the summer days are finally here, we thought it was time to celebrate!

Don't worry if you missed out on Glastonbury this year. In July, our colleague James is coming to play us some music. He's also going to tell us about the impact of music on emotion and memory, and how we can use music whenever we're feeling upset or distressed to calm and soothe.

Carer's Centre

Lesley Gair came to talk with us about The Carer Centre in North Shields, YMCA. As a carer, you may be entitled to more support than you realise.

Shepherds Dene are offering free spa days on July 11th or August 30th. For information or advice, call: (0191) 643 2298.

John's Campaign

This campaign calls for hospitals to welcome families and carers onto wards. You have a right to be an equal partner in care and should not be restricted to visiting hours.

www.johnscampaign.org.uk

Opportunity Corner

FREE Exercise Class, Cuppa & Chat! Every Thursday 10.45—12noon, Whitley Bay Baptist Church NE26 1DX. Call Ann, 07305 469 915

BBC



The BBC want to create a documentary about life with dementia. If anyone wants to get involved or know more - call us!

**Our next group:
Tuesday 30th
July 2-4pm**

Any questions contact Sarah or Vicky on 0191 2932749
Or Lynsey on 0191 2877014