

our deep News

The Newsletter from the UK
Network of Dementia Voices

Welcome to our March/April edition

Raising our voices to influence

Action for Happiness produce a calendar for every month... we loved the 19th of March.

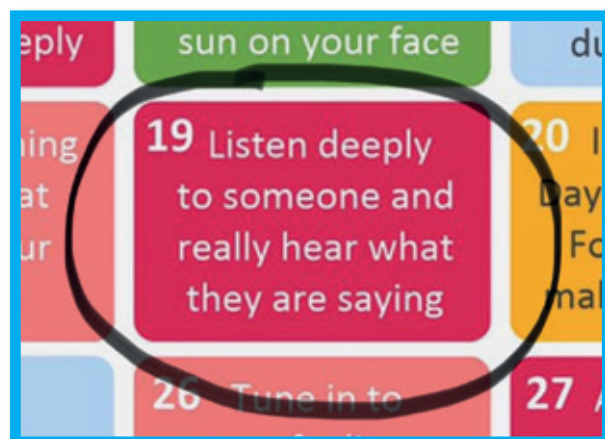
'Listen deeply ...'

How much do we think that people are hearing what we say?

One of the main aims of the DEEP network is that our voices have **influence**.

By bringing our voices together across the UK, we can make more of a noise! Please share our influential moments.

When we come together in Gatherings, we share what we do confidently and securely. One professional who came to a recent Gathering said that she had never been to an event where she had heard people with dementia speaking like this. She listened very deeply. People with dementia are bringing about real and lasting change. Let's make more of a noise about this together.



Please check out www.dementiavoices.org.uk

- Opportunities in Taking Part
- Latest News
- Keep your news and activities alive by sending us items for your group page
- See what other groups are doing
- Reports and resources
- DEEP Guides

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Our DEEP Views

Dementia Enquirers Grants

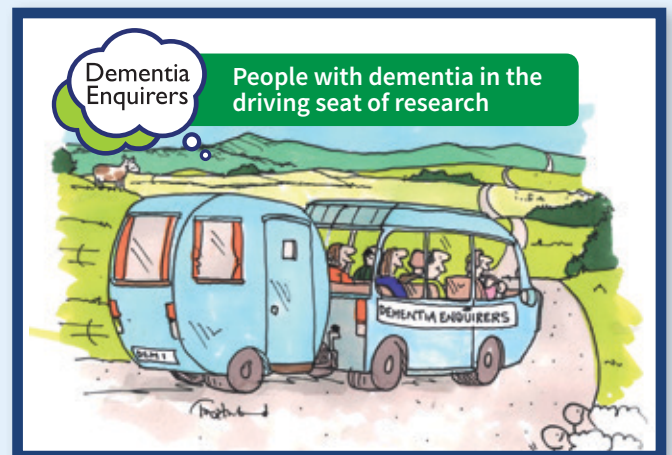
You should have received information about Dementia Enquirers grants. This will have been sent to the main contact for your group. The grants are for projects that put people with dementia in the driving seat of research.

At this stage, we are inviting groups to send in an expression of interest- deadline 29th April 2019. We hope this gives your group enough time to meet to talk about the opportunity.

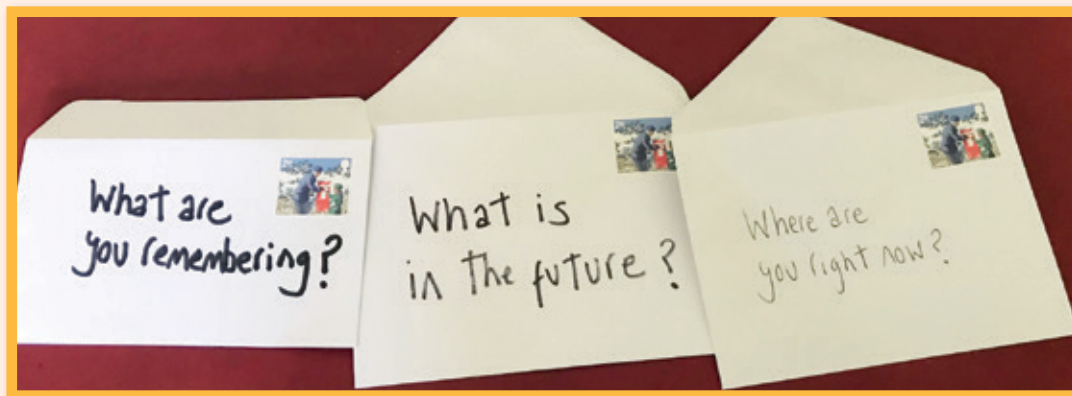
You can apply alone as one group (up to £5000) or two or more groups can apply together for up to £10,000.

We expect to be able to fund about 8-10 projects.

Please contact rachael@myid.org.uk if you have any questions.



DEEP moments – creative film making project



We are looking for 7 groups who would like to get involved in this creative project. You will be working with a film company called Biggerhouse. We will be creating a film patchwork of people, moments and connections across the UK wide DEEP network.

Full information will be sent to all groups in early April.

Please visit the DEEP Website for Taking Part Opportunities and latest News from the DEEP Network
www.dementiavoices.org.uk

Meet a DEEP Group

The newly formed Eastbourne Group – (the name is work in progress...)

“ We had our first DEEP meeting today. It was supposed to be an auditing exercise, but ended up being a group of friends talking, sharing experiences, learning from one another and drinking tea... was brilliant!

In two hours, we had touched on the following topics:

Fear, anger and isolation during post-diagnosis. Losing the sense of one's self. Difficulties in dynamics within the family. Leaving work, losing a sense of purpose. Having even the smallest of task being taken away from you (such as drying the dishes for fear of you breaking them). What is choice? The need for friendship, and support from like minded people and how much we like hugs!

We met a man who wanted to know more about the DEEP Network. At the beginning the question was 'is this not just a replication of all the other services out there?

At the end of the session he asked, 'Why haven't you come sooner???' We are here now ”

Thanks to Aimee Day, Chris Maddocks, Ian Cottrell and new DEEPers who are spreading the DEEP message in East Sussex with D-Mob.



What do we talk about?

Please share our conversations! Our Network.

A very warm DEEP hug. Welcome to new Groups:

'DEEP Thread' in Liverpool

'In at the DEEP End' - Nottingham

'The Urchins' – St Austell

'Pathways' - Bradford



Regional Updates – what are we doing?

Sharing Our DEEP Voices

England

Coventry Gathering:

'In at the DEEP end', Violet, John, Jean. Pete and Jane, a swimming group in the DEEP network came from Nottingham to Coventry.

Mhari McLintcock has a vision for Coventry – a new growing project. This would be a project to enable people with dementia to get outside and benefit from the joy this brings.

Kath Pyke from Garden Organic and Dementia Adventure came along to share natural delights.

Shilpa, Kenneth and Faziz are all truly keen to get this going too! Thanks to Hugh, Mhari and their friends for supporting this Gathering to happen. It was a truly golden nugget day.



Great Camden Minds are making a film



The film explains the value of the group and all the DEEP activity they get up to!

You can now hear Great Camden Minds on Dementia Diaries too.

We have seen a preview of this film and it is truly wonderful.

Wales



Halcyon Quest in Rhuddlan and **Me Myself & I** from Briton Ferry may have been celebrating the rugby Six Nations victory or having a lovely time anyway...

Regional Updates – what are we doing?

Sharing Our DEEP Voices

March saw National Poetry Day. This is a poem by Singing for Fun, Chepstow Group member Sharon Brewer:

We Are Singing for Fun
We meet every Wednesday
be it sunny or dreary
And however, we arrive
we leave feeling cheery
We start with a cuppa
as friends reunite
To share the week's gossip
woes and delights
Some of us have trouble remembering who's who
So, we all wear a name badge
to give us a clue
We are wheelchair users
and hasty walkers
Silent deep thinkers
and incessant talkers
We're a real box of all sorts embracing our quirks
With trust and acceptance
and that's why it works
There's no pressure to perform
no need for ability
Just the freedom to be daft
or just to sit and be
We're diverse like our songbooks Tom Jones to Vera Lynn
Rekindling memories
with all that we sing
For our songs are like keys unlocking the mind
To the pathways that some of us struggle to find
And we laugh and dance
and come alive
In our safe community we thrive
In friendship and voice
together as one
We meet every Wednesday
we are Singing for Fun



Regional Updates – what are we doing?

Sharing Our DEEP Voices

Scotland

Scottish DEEP Short Films

We are about to begin production of five short films to launch a DEEP in Scotland YouTube Channel. These 10-15-minute films will focus on issues which are important to people living with a dementia in Scotland. Our first two issues will focus on “How to - Powers of Attorney and Guardianships” and “How to – Give a Diagnosis Well”. We will be asking DEEP Groups for other ideas, but if your group has an idea you would like to develop into a video, please **contact Paul Thomas**.

Memory Quilters at Evanton Community Woodlands

Evanton Community Woodlands has been celebrating! It has been awarded a status of Scotland's first dementia friendly woodland. Work in the cabin has been focused lately on the production of Memory Quilts.

These fantastic Memory Quilts are being put together by couples who are living with dementia. The work is facilitated by Lizzie McDougall. Lizzie is an artist and storyteller. People's stories are shared, drawn, and distilled into images. These images are then sewn and embroidered onto quilts which people can take home. The quilts will keep folk warm with loving memories for many Highland Winters yet! We will be sharing the full stories together at our Scottish DEEP Gathering at Evanton Woodlands on 28th (yes Sunday!) and 29th April 2019. Interested in joining us for some love, laughter and fresh air? **Contact me - Paul Thomas 07510284760**



Welcome to: Dementia Friendly Fife Group, who have recently joined the DEEP network. We look forward to building on our meetings in Glenrothes and Dalgety Bay and supporting contact at **Ruth.McCabe@fife.gov.uk**

Dates for your diary

Northern Ireland

Celebrations and recognition for John McErlane of Dementia NI

Fionnuala Savage from Dementia NI said 'Very deserving award John. Look what you and others living with dementia have achieved in four years. Absolutely overwhelming and I am looking forward to what the next for years brings. Delighted to work with you all to ensure voices of people living with dementia are heard'

Dementia NI have been key to developing the very successful JAM (Just a Minute) card in Northern Ireland with the company NOW Group.

It is now being adopted by Virgin Trains in the UK.

Dementia NI are also interested to hear from any group in the DEEP network who would like to try out the JAM card in their local community anywhere in the UK.

Contact Dementia NI on: 02890 68 67 68



If you are interested in going to the Dementia NI Gathering on May 9th in Belfast please contact **Rachel on 07720 538851**. We have limited funding for a few places.

Dates for your diary – see the DEEP Website or contact your coordinator for further details:

April:

- London DEEP Facilitators Gathering - Tuesday April 16th
- DEEP Webinar - Thursday 25th April - Open to all
- DEEP in Scotland Gatherings 28th & 29th April 2019

May:

- Exeter DEEP Gathering - Thursday May 2nd
- Northern Ireland DEEP Gathering, Belfast - Thursday May 9th
- Manchester DEEP Facilitators Gathering - Monday May 13th – Fully Booked.
- DEEP Webinar - Thursday May 16th - Open to all
- Cornwall DEEP Gathering - Wednesday May 22nd
- Dementia Action Event, Salford - Friday May 24th June
- DEEP Scotland Gathering - Edinburgh Festival Theatre 17th & 18th June
- Kent DEEP Gathering - Thursday 20th June
- DEEP Webinar - Friday 21st June – Open to all
- Working Together Grants Gathering Woodbrooke, Birmingham – 26th and 27th June – only open to groups who have received a Working Together Grant

Closing Thoughts:



“ DEEP are the furthest thing from replication of other services out there. DEEP are Caring, Empowering, Dynamic, Initiative and **most importantly they are family** ”



“ ‘I want to speak please’ yellow cards spotted on the way to People’s Vote March ”



“ ‘I want to fly’ Wendy Mitchell – We all want some adventures! ”

Next Month will be:

Special Edition Focus on Scotland and Northern Ireland

Share our news...

...get in touch with your news, stories and images. You can:

- Post them to: **PO Box 616, Exeter EX1 9JB**
- Email them to **Niblock@myid.org.uk**
- Telephone them to **07720 538851** or if you are a **Dementia Diarist** you can record your news item there.



For more information please contact:

Paul Thomas – Coordinator for Scotland

Email: Paul@myid.org.uk **Mobile:** 07510 284760



Rachel Niblock – Coordinator for England, Wales and Northern Ireland

Email: Niblock@myid.org.uk **Mobile:** 07720 538851



www.dementiavoices.org.uk



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Innovations in Dementia

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