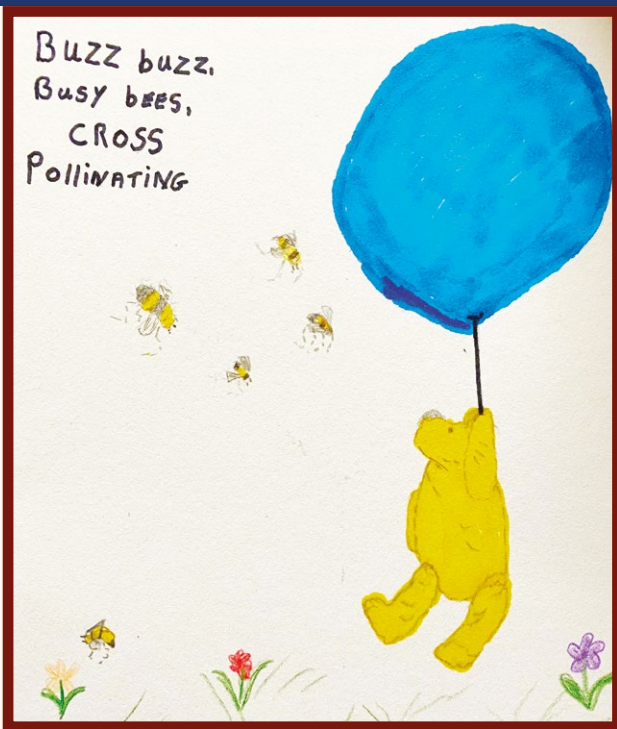


**“Anyone who thinks they are too small to make a difference has never met the honey bee.”**



## **After meeting up with other DEEPers Ken from Buddies said:**

“I left feeling invigorated, renewed and full of new ideas. I am in awe of the awesome people that I was given the opportunity to meet, make friends with and, at the same time, be inspired by.”

I love the buzz in a room when a group of people ‘in the same boat’ come together. Every group in the DEEP network that I have been privileged to meet, have had that ‘buzz’ and passion. It feels so natural to compare the activity in DEEP to honey bees. Cross-pollinating and sharing the

nectar of wisdom and humanity. There is no such thing as too small a bee to add to the honey pot!

Dory is a great fan of Winnie-the-Pooh. She has only learnt to draw recently, thanks to Frances (Frannie) Issacs.

It feels fitting to share her latest picture on the theme of bees! Frannie is also promoting a DEEP Art Club more details on page 6.

**Go gently DEEPers xxx**

**Keep an eye out for Dementia and Us**  
featuring some DEEPers on BBC2.

Part one of the film will be shown on the 5th October at 9pm and part two on 12th October.

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# Damian visits STAND – A Good Life with Dementia

A Good Life with Dementia' is a course designed and delivered by people with dementia for people with dementia in their local area.

Damian Murphy worked with STAND in Scotland to support the development of their course.

## Damian writes:

“ Having worked alongside the STAND group super 'tutors', Gerry, Fiona, Robert, and Irene I was so chuffed to take my first post covid rail trip up to Fife. I received a right royal welcome in 'the Kingdom' as it is known.



I visited their 3rd session of the course so far which was about the potential barriers we face and tips to get over them. Tips were shared around about things like handling money and getting dressed etc. However, it was L who posed the biggest and most important question of the morning “So what can help with this dementia, then?” She was clearly thinking about the very value and purpose in her own life. L was clearly preoccupied but felt safe to ask about what can help with ‘this dementia’. She was fairly desperate, and she mentioned feeling like ‘ending it all’. The group handled it brilliantly. There were no meaningless platitudes.

What was beautiful was how the group of peers supported L to answer her own question. L began to see that any solution might lie beyond any purely medical intervention. She spoke about the value of fresh air and getting out for a walk; in keeping active and revisiting the museums and starting to think about painting again. She became increasingly enthusiastic, inviting us all to share a walk and also planning a weekend's boat trip. Her face lit up, as did everyone else who felt so buoyed by her transformation. R, a fellow learner, said to her, “You're doing really well, You are in control”. L closed the session with a recognition of the power of being amongst new friends, ‘It's a real treat to join up with all of you’.

This safe space for shared learning and support amongst peers continues next week – and will do so beyond the life of the course. These new friends, with a unique shared experience and mutual understanding, will continue to meet within STAND.

Does your group want to create a ‘Good Life’ course?  
Contact Damian [Damian@myid.org.uk](mailto:Damian@myid.org.uk)



# Dementia Enquirers grants



We are delighted to announce 8 new Dementia Enquirers projects. These are research projects designed by DEEP groups with people with dementia very firmly in the driving seat. The projects were decided on by a group of people with dementia – known as the Pioneers. They shape all the work of the Dementia Enquirers programme.

## Dementia Enquirers

### The NEW projects are:

- **Beth Johnson Foundation:** Does dementia testing need testing?
- **Great Camden Minds:** Ease of access to offline dementia information in Camden
- **Scottish Dementia Alumni:** An intergenerational game
- **Ashford Phoenix:** Therapeutic values of involvement in practical music making
- **Making Space, Derby:** Dementia friendly venues in Derby city
- **Up and Go, Leeds:** Can a dementia diagnosis open doors to new opportunities?
- **Forget me Not research group:** Exploring experiences of post-diagnosis support and ideas for improving practice
- **Shrewsbury Riversiders:** Dementia: post diagnosis reviews and care/living plans

**The Beth Johnson Foundation** group are one of the successful recipients of a Dementia Enquirers grant. Their research question is: “Does dementia testing need testing?” Members within the group have frequently questioned the testing methods used for a diagnosis of dementia. Many other people across the DEEP network have also raised concerns about the current diagnosis testing process.

The group will be producing a short questionnaire for people living with dementia to complete. Later in the project we will be facilitating meetings with DEEP members and memory clinics representatives in their area. If you are interested, please contact group facilitator Betty at [betty.machin@bjf.org.uk](mailto:betty.machin@bjf.org.uk) or by phone on **07961 751111**.

The new projects will start this Autumn, and finish in Summer 2022. You can read the results from the first round of projects here:  
<https://bit.ly/39J6H3H>



“We believed we could...  
and we did!”



# A DEEP Facilitator's Gathering –

The people who support groups to happen - facilitators of groups in the DEEP network are pretty amazing folk. Some facilitators are professionals, some volunteers, some carers or partners, and some people living with dementia too. Facilitators from over 20 groups came together at the end of September to share, learn, and support each other at a gathering at Woodbrooke in Birmingham. The aim was to rest, relax and restore. But we also created a resource for other facilitators. We made new friends, cross-pollinated ideas, creativity, and kindness.



The facilitators will weave their magic with you.

- “ I won't forget those few days in a long time and feel I'm all the better for having had the chance to be with you all. ”
- “ I left feeling invigorated, renewed, full of new ideas and in awe of the awesome people that I was given the opportunity to meet, make friends with and at the same time be inspired by. ”
- “ I've never experienced a work trip that has been so beneficial, so restorative and so inspiring. I've come home with renewed energy and ideas to take back to Dementia NI. So wonderful to be surrounded by so many like-minded people. ”
- “ I've come back to work today rejuvenated, full of life and ideas!! ”

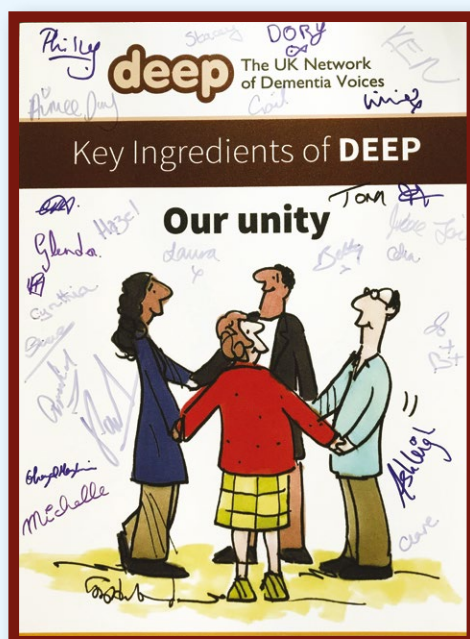
**We have weekly facilitator meetings on Zoom every Wednesday between 12.30 and 1.30pm**



Please contact [Anna@myid.org.uk](mailto:Anna@myid.org.uk) to register and join in.

We are putting together a “Top Tips for Facilitators” resource from the gathering. It will be available by the end of 2021.

We also had the joy of a poet 'artist in residence'. Liz Jennings, created poems from words, activities, experiences and emotions over the three-day gathering. Here is just one of her wonderful creations...



## After Lockdown

I think I was dry when I came here  
 I think I was feeling worn down  
 For so long I've been pushing  
 Adapting, conforming  
 To guidelines, restrictions  
 Learning, trying, failing, learning  
 Yearning for more; maintaining with less  
 Until I loved less and dreaded more  
 And I came here tired out with my mask and my bag  
 And I wondered what I could possibly bring,  
 Being so dry.

And you fed me and asked me about my name  
 And you listened as I talked  
 And you showed me what you'd made  
 And I stretched and I stood  
 Barefoot in the grass  
 And I banged my feet to a fresh beat  
 And I laughed  
 And I sat with my thoughts  
 And wrote some of them down  
 And all the time you kept feeding me, so naturally I barely  
 Noticed it happening.  
 My belly rumbled; food appeared.

There's a squirrel outside of my window  
 And she's gathering nuts with her mate  
 And she hops off to hide them in some secret place  
 Keeping treats back for later to draw on  
 As the season changes;  
 So I'll hide the bounty of Woodbrooke  
 Tuck it away DEEP inside  
 And then I'll return to it often  
 When the dryness creeps on  
 And the guidelines morph  
 And we're all back on Zoom  
 Or not – for who knows?  
 I'll have Woodbrooke stashed away, buried treasure  
 A midnight feast all of my own.



## DEEP Art Club



Frances Isaacs writes: “One of the results of the Craftivism Project is that we have now set up the DEEP Art Club. We started up during the lockdown and continue to meet weekly with occasional breaks for Bank Holidays etc. People that hadn’t picked up a paint brush since their art teacher at school told them they were no good have discovered they are actually very good indeed. The image included in this article is by one such person (George Rook).



There are around 10 people who pop in and out of the Club when they want and each week we paint, draw, and learn together. Frannie (amateur artist) leads the group, sends out the link and sets the programme. When new members join us, she will give them a few Zoom sessions to ensure that they will not feel left behind when they join the others.

Occasionally, Philly Hare arranges for us to be led by another artist. For example, at the end of September we welcomed back Willy Gilder, portrait artist, who gave a further series of tutorials which are both practical and great fun.

Club membership is FREE and open to everyone in the DEEP Network. You can join at any time so please come along. Contact Frannie at [francesisaacs44@gmail.com](mailto:francesisaacs44@gmail.com)



### An update from Steve at Dementia Diaries:

In the last newsletter we told you that the Dementia Diaries website is out of action.

Having investigated it more fully, it is clear that we now need to rebuild the website from scratch. It is likely that the website will not be back until the start of 2022!

We will continue to post diaries on **Twitter @Innov\_Dementia**, and to the Dementia Diaries Facebook page – so keep on making those diaries in the usual way.

Once we have rebuilt the website, we will have a much more secure platform that will support Dementia Diaries for years to come.

**Thanks for your patience everyone!**



Dementia  
Diaries

**If you want to find out more about Dementia Diaries contact [Steve@myid.org.uk](mailto:Steve@myid.org.uk)**

### Make your point about dementia

We have had a terrific response to our call out to 'Make a point about dementia'. All your responses are being collated by Philly. It is never too late to make your point – so please do keep your ideas and comments coming. Here is just one example of a powerful summary from Chinese Wellbeing Centre in Liverpool.



#### The Young Dementia Network would like to hear from you...

“How can we engage more people with a diagnosis of young onset dementia in Young Dementia Network activities? This includes our steering group and workstream group activities?” Please email [catherine.kiely@dementiauk.org](mailto:catherine.kiely@dementiauk.org)

#### “Ditch The D” – by Joy Watson

When Joy was diagnosed with young onset Alzheimer's in 2013 at the age of 55, she thought her world had ended. But after the initial shock had begun to subside, Joy decided to try to help other people who were living with dementia. Joy goes into schools to help children to understand a little more about the disease. She has now written a song called “Ditch The D” to encourage people to talk about the disease more openly. Joy and friends have produced a short video with schoolchildren and some people living with dementia singing this song. They launched this video on World Alzheimer's Day.



This video is now live on YouTube  
[https://youtu.be/8\\_AgJ0SO4m8](https://youtu.be/8_AgJ0SO4m8)

What do you want your government to do?  
Make your point about dementia?

1. **I need more care and support to help me to remain in my own home for as long as possible as I do not want to go in to a care home.**  
我需要更多的照顧和支持來幫助我盡可能長時間地呆在自己的家中，因為我不想去養老院。
2. **Please listen to my needs and make more effort to communicate with me, I do not understand English.**  
請傾聽我的需求，多努力與我溝通，我不懂英文。
3. **I want to be active but my memory is not good and I have mobility difficulties, I would like a safe place to go where people speak my language and understand my needs.**  
我想活躍，但我的記憶力不好，行動不便，我想要一個安全的地方，人們會說我的語言並了解我的需求。
4. **More activities which are language and culture specific.**  
更多針對語言和文化的活動。
5. **Please refer to your Dementia Strategy and take action to implement, I have no time to wait.**  
請參考您的癡呆症策略並採取行動實施，我沒有時間等待。
6. **Action! Action! Action!**  
行動！行動！行動！
7. **I would like more care support to enable me to live well and die well**  
我想要更多的關懷支持，讓我活得好，死得好
8. **Please remove the barriers in mainstream services and start working to support minority groups**  
請掃除主流服務的壁壘，開始支持少數群體

#### Winners of 'The Comfort Book' by Matt Haig

- DEEP Vibes in Scarborough
- Springboard in Oldham
- Shrewsbury Riversiders
- Kindred Spirits in Kent
- Happy-Go-Luckies in Devon
- Friends for Life in Nottingham





## Closing remarks

### Springboard in Oldham are back in the room!

Like Springboard, many groups are coming back together again. Whilst it is such a delight to see each other again it can also feel quite exhausting. Finding the energy, concentration to be amongst people and noise may be quite hard.

We would love to hear your stories about what it has felt like for you to get back together. What have you done to make it easier for yourself and others?



And finally, another poem from Liz Jennings. This is based on what the DEEP values might smell, look, feel, taste like. Also an inspirational piece of art from George Rook about what DEEP means to him.

Does this inspire you to write your own poem or do your own painting about your group?



### “Upholding” by Liz Jennings

If love is a strawberry bootlace  
And influence mustard and spice  
Opportunity sandpaper, rough in my hands  
And unity like edelweiss

If respect can be held in a heartbeat  
And friendship tastes like fish ‘n’ chips  
And the future’s a fabric that’s woven  
With the patterns from our fingertips

If we dazzle like sequins on satin  
And we’re gentle as birds with a nest  
There’s a DEEP power when people stand clapping  
Every full heart upholding the rest

**Next month: My life, my goals**  
**What do you want to do for Christmas?**

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

- Post them to: **PO Box 616, Exeter EX1 9JB** or 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.



**Rachel Niblock** – UK Coordinator for the DEEP network  
**Email:** [Niblock@myid.org.uk](mailto:Niblock@myid.org.uk) **Mobile:** 07720 538851

**DEEP is supported and funded by:**



[www.dementiavoices.org.uk](http://www.dementiavoices.org.uk)



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