



December 2009 / January 2010

Newsletter No. 22

Brain Waves



A monthly newsletter from Innovations in Dementia CIC

The aim of these newsletters is to keep people with dementia and their allies informed about the work of Innovations in Dementia Community Interest Company.

Looking forward to 2010

Happy New Year to all our friends.

We're looking forward to 2010. Find out more on page 2.



In this newsletter:

Deciding what Innovations in Dementia should do	p2
Looking forward to 2010	p2
Dementia friendly communities	p3

Deciding what work Innovations in Dementia should do

It is important to us that our work is based on what people with dementia want us to do. With this in mind we asked ThinkTank for their ideas.

ThinkTank is made up of different people with dementia. Some people come to meetings. Some people meet one-to-one with someone from Innovations in Dementia. Sometimes we go out to meet a group of people at their support group or day centre. As one member said "ThinkTank comes in all shapes and sizes"!

Some ThinkTank ideas are:

- A plan your future service
- Make the word 'dementia' more acceptable - more optimistic.
- Run projects that make the most of peoples' interests
- Promote exciting social activities - competitions; having a wish fulfilled
- Raise awareness about dementia in local communities.



ThinkTank also said that projects should be easy to get involved in.



Looking forward to 2010

We have got the following plans for 2010. These plans have been decided with our ThinkTank members. Let us know if you think there is something else we should definitely be doing this year!

- We will be launching 4 films made by people with dementia. These are films about how people's lives are so much more than dementia
- We will be looking for funding for more 'positive' projects. These are time limited projects that demonstrate that people with dementia can and do live well with dementia
- We'll be trying to make sure that people with dementia can influence delivery of the National Dementia Strategy
- We'll be looking at how technology can help people with dementia to carry on taking part in our work
- We'll be pushing the message about living positively with dementia
- We intend to highlight on a public platform how important it is to listen to and work with people with dementia.

Dementia friendly communities

We are doing some work with a village in Surrey. We want to see if we can help the village to be more 'dementia friendly'.

We will start by finding out what kind of projects could help people with dementia to carry on taking part in local life.

For example:

- using local shops
- going for walks
- visiting friends
- going to church
- being in contact with people from other age groups



ThinkTank will help us to think about the ways a community can be more accessible to people with dementia. We will also talk to local people with dementia and local shops and businesses.

We are waiting to hear about funding for some initial research. We will use this to find out what kind of positive 'dementia friendly' projects the village would like to set up.



**Innovations
in Dementia**

Innovations in Dementia is run by three directors - Rachael, Steve and Nada. We are a Community Interest Company. This means that any profit we make is put back into the organisation.

We do not offer services for people with dementia. Instead we work with other organisations to make sure that people with dementia can continue to take part in their communities and have active lives.

Please share your ideas, experiences and positive stories with us.

Contact us

Email: ideas@innovationsindementia.org.uk. Telephone: 01392 420076

Innovations in Dementia CIC, PO Box 616, Exeter, EX1 9JB

Website: www.myid.org.uk

If you wish to receive (or stop receiving) copies of this newsletter email newsletter@innovationsindementia.org.uk

Registered as a community interest company No. 06046815