



June 2010

Newsletter No. 27

Brain Waves



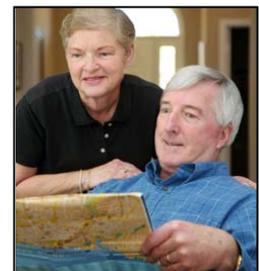
A monthly newsletter from Innovations in Dementia CIC

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.

Thinking ahead

Thinking ahead means we can make plans for how we want to live if we can no longer make decisions for ourselves.

Find out more on page 4



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Dementia pioneers in West Berkshire

Recently we joined 18 people with dementia who came together in Newbury.

They talked about becoming “dementia pioneers” for the West Berkshire branch of the Alzheimer’s Society.

They watched films by people with dementia (our Walking Group film and a film made by the Scottish Dementia Working Group) and talked about:

- **The things that are important to them in their lives**
 - having skills and interests recognised and valued
 - not always talking about dementia
 - being seen for the person I still am
 - challenging stigma.
- **What kinds of things would help them to get involved?**
 - local meetings
 - a nice lunch
 - transport
 - laughter and fun
 - things that are worthwhile.
- **How they would like to get involved in the future in West Berkshire**
 - deciding how money is spent
 - having influence
 - campaigning
 - making a difference.

It was a very inspirational day. People said they learned a lot from each other. They thought it was important that people with dementia have a collective voice as well as an individual voice.

Keep an eye on our website for a short film by these dementia pioneers.

Creative expression by people with dementia

- send us your suggestions



In the May issue of Brain Waves we featured a conference on creativity and dementia.

The conference will take place in September 2010. It is the annual conference of Trent DSDC (a dementia centre). This year the conference will be held in collaboration with Innovations in Dementia.

The theme of the conference is Creativity - and includes creative care practice as well as creative arts.

We will be exhibiting art work and other creative expression by people with dementia (including audio poetry readings).

This picture of a tree was produced by people who attend the Tresham day centre in Westminster, London.

If you are aware of any artwork by people with dementia that could be added to this exhibition, please contact Rachael at rachael@innovationsindementia.org.uk

There are still places available at the conference

To find out more about the conference and how you can attend go to the Trent Dementia Services Development Centre website -

www.trentdsc.org.uk

email info@trentdsc.org.uk or telephone 0116 257 5017

Thinking ahead

Innovations in Dementia are looking at a number of ways of exploring issues around thinking ahead.

Thinking ahead means we can make plans for how we want to live if we can no longer make decisions for ourselves.

We can think about:

- how we want to be cared for
- where we might want to live
- who can speak on our behalf
- who manages our money
- what medical treatment we might want, or not want.



Would you like to help us?

We want to put together a group of people with dementia to help us explore these ideas, and how we might help other people with dementia to think about planning ahead.

Many of these things are likely to be very hard to think and talk about ... but if you are feeling brave and would like to get involved we will do our best to support you in any way we can.

Contact us

If you'd like to join a group to look at these challenging issues contact Steve at steve@innovationsindementia.org.uk

Telephone: 01392 420076

Write to: Steve at Innovations in Dementia CIC, PO Box 616, Exeter, EX1 9JB

Need a holiday?

Recently we were contact by a new company called Totally Time Travellers.



Totally Time Travellers arrange holidays for people who may need a little extra help, support or care - especially those time travellers who are travelling with dementia.

We hope to work with them to investigate further what people with dementia need from the whole holiday experience. This may include:

- information about the holiday and the booking process
- feeling safe on the holiday
- the activities that are offered.

The first holiday they are organising is to Bournemouth in early December. They are organising coach pick-ups from various places around South England.

If you want to know more please ring Dawn on 01344 425177.

We think it's good that people with dementia will soon have more choice about their holidays and trips.

We are also working with another organisation called Dementia Adventure (see the April issue of the Brain Waves newsletter).



**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

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

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