



May 2016

Newsletter No. 98

# 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.

## Values, Equalities, Rights and Dementia

We are proud to be part of the Values, Equalities, Rights and Dementia network (VERDe) led by the Mental Health Foundation.



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## Values, Equalities, Rights and Dementia

Innovations in Dementia has always supported the rights of people with dementia. So we are proud to be part of the Values, Equalities, Rights and Dementia network (VERDe) led by the Mental Health Foundation.

The Values, Equalities, Rights and Dementia network (VERDe) aims to embed different thinking and a rights-based approach in policy and practice for people living with dementia.

It is doing this through holding six events across the UK over an 18 month period, bringing together a network of influencers, community activists, project providers, practitioners, people living with dementia, their families and friends.

The first event was held in Scotland in January 2016 and over 50 people attended.

VERDe is building upon the Joseph Rowntree Foundation's (JRF) Dementia Without Walls (DWW) programme to sustain, promote and develop the themes, values and work that DWW has supported.

As well as the events VERDe aims to expand the UK-wide network of individuals and organisations brought together through the DWW programme and to identify, and wherever possible, implement, practical and achievable ways for the network to have a lasting impact for people, policy and practice. People, communities, equalities and rights are VERDe's central themes.

VERDe is funded by the JRF and the Life Changes Trust (LCT).

### Join the debate

Details and reports from the events will be presented on the Dementia Without Walls website. You can comment on the reports and issues. Go to:

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



## A good life with dementia?

Another issue that has always been close to our hearts is people with dementia living well. Such a simple phrase can mean so much to different people. Only people with dementia themselves can define a 'good life'. And it is important to understand that many people with dementia can experience difficult times.

## Age UK

Steve has been working with Age UK to find out what 'a good life' means to people with dementia and their supporters. Age UK want to make sure that their work reflects what people want - so came to us for help.



Groups from the DEEP network including Minds and Voices in York, Redditch Friends Together, Educate in Stockport, the Face it Together group in Bradford and SURF in Liverpool have been working with Steve, Philly and Damian discussing what a good life means - what helps and what can get in the way.

What is nice about this bit of work is that it is not focused on dementia, or on services, but mostly just on the idea of a good life.

## IDEAL Project

We are also working as part of the IDEAL study led by Professor Linda Clare at the University of Exeter.

The IDEAL research project is a major, five-year longitudinal cohort study of 1500 people with who have dementia or an associated condition, and on the family members or friends who provide support throughout the UK.

The aim of the IDEAL project is to find out what makes it easier or more difficult for people to live well with dementia, and what can be done to help more people to live well with dementia.

To find out more go to the IDEAL project website:

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



**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**

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