

# LIVING WELL AND ENHANCING ACTIVE LIFE: THE IDEAL PROGRAMME



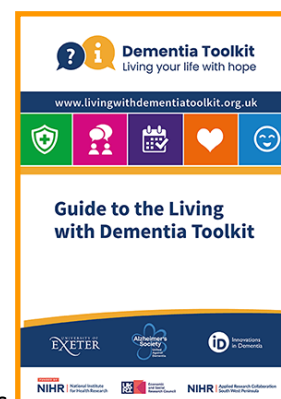
Welcome to the August edition of the newsletter. We hope that you are well and are enjoying more freedom and sunshine since the last newsletter.

## Living with Dementia Toolkit

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

You should have received your copy of 'Guide to the Living with Dementia Toolkit' by post. We have recently added some new content to the website:

- **'Adjusting to a diagnosis'** where MAQ and others share their feelings about having dementia. This is in the 'Stay positive' section.
- **'Connecting with your culture'** where Angela shares her experience of caring for her Jamaican mother. We learn about Chinese Wellbeing's Dementia Network, and the team from Mary Seacole House in Liverpool show us how they help to keep people connected to their culture. This is in the 'Stay connected' section.
- **'Ideas for happy days'** designed by school student Raina Lele. Raina shares her ideas and activities which could lead to happy days. This is in the 'Stay positive' section.



Please **contact us** if you would like us to send you any of the resources in the post.

## IDEAL at the Alzheimer's Disease International Conference

Aptly nicknamed the 'Fab Four', Cathy, Jane, Keith and Rachael spoke about co-producing the Living with Dementia Toolkit. Co-production is a way to involve people who have dementia when developing services or products for people with dementia.



Cathy, Jane, Keith and Rachael on stage at the conference.

Cathy said: "The four of us standing together to share the story of co-producing the toolkit was really powerful and the reaction from the delegates around the world has been really positive."

Professor Linda Clare spoke about 'dementia representations'. This is how people with dementia understand and make sense of the condition. Linda spoke about the importance of finding out each individual's perspective on the condition. This can then be used to drive how we try to improve the experience of living with dementia.

To find out more about Linda's work on this subject, please visit <https://bit.ly/DEMREP> or request a copy in the post.

## The IDEAL song!

The IDEAL project team wanted a positive, memorable, and catchy song to play at events and workshops. This is to share a message of hope for people living with dementia, especially those recently diagnosed.

They commissioned two musicians living with dementia, Paul Hitchmough and Tommy Dunne BEM, to create a song based on what the IDEAL research reveals about living well with dementia.

Tommy and Paul created the song 'Brave New World', based on the research and their personal experience.

Tommy says: "Brave New World is about facing life following a diagnosis of dementia. It's about realising that you can live a full, different life, in a world that has hope rather than despair. That is why the melody needed a strong lyrical content to get the message across."

Paul and Tommy are two of the Co-Directors of **thred CIC**, an organisation which aims to be the agent of change with and for people living with dementia to reduce social isolation.

Hear the song by visiting <https://bit.ly/BNWsong>

The song featured on ITV news and the Alzheimer's Disease International Conference. Read more here <https://bit.ly/BNWITV>

Read more about thred here: [www.thred.org.uk](http://www.thred.org.uk)



Tommy and Paul recording 'Brave New World' for IDEAL.

## Recent Publications

Thanks to the information you've given us, we can provide new scientific knowledge. It also helps to support campaigns to improve things for people affected by dementia. Some recent questions we have explored are:

- **How can we include people with severe dementia in research?**
- **What do carers find satisfying about caring?**
- **Does quality of life change over time for people living with mild-to-moderate dementia?**

For summaries of all our publications, visit our website. Please **contact us** if you would like paper copies of any summaries sent to you by post.

## Contact Us

To get in touch with us, update your details or let us know of changes to your circumstances, please contact the IDEAL team at the University of Exeter.

**You can leave a message on:**  
**telephone number: 01392 724653**  
**Email: IDEAL@exeter.ac.uk**

We are sending you this newsletter because you have taken part in the IDEAL programme and have given us your permission to contact you.

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