



# LIVING WELL AND ENHANCING ACTIVE LIFE: THE IDEAL STUDY



## Welcome to the 'IDEAL Study' newsletter.

We are sending you this newsletter because you have taken part in the IDEAL study and have given us your permission to contact you. In this newsletter we would like to update you on how the study is progressing and tell you about upcoming opportunities.

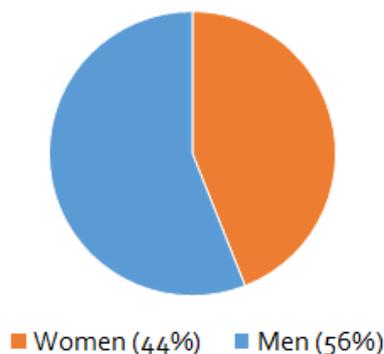
For more information go to: [www.idealproject.org.uk](http://www.idealproject.org.uk)

You can now follow us on twitter  @IDEALStudyTweet

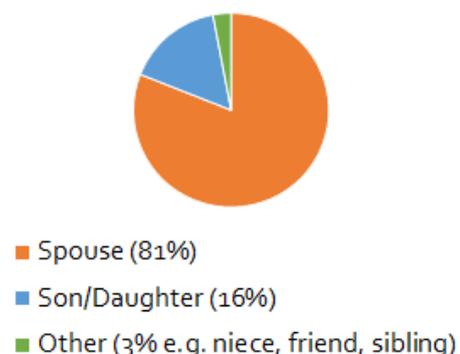
## An IDEAL Study Milestone: Recruitment Success

We are pleased to report that the IDEAL study has reached its target with over 1500 individuals joining the study, as well as over 1250 of their friends and relatives. We would like to say a big thank you to all involved. Below is a little more information about the group of volunteers who are taking part in the study and the relatives and friends joining them in this study.

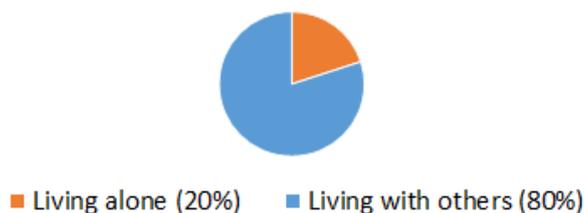
Numbers of men and women taking part\*



Family/friends taking part



Those taking part that are living alone or with others\*



\*Numbers do not include participating family/friends

## Recent IDEAL Activities

### Dementia Awareness Week, May 2016



Led by the Alzheimer's Society, Dementia Awareness Week (DAW) in May aimed to increase awareness of dementia and encourage those who have concerns about it to seek help and support. Over 890,000 people visited the Alzheimer's Societies webpages during the course of DAW, and more than 730 community-based events were held in aid of DAW.

During DAW, IDEAL study investigator Dr Alexandra Hillman and the Wales Institute of Social & Economic Research Data & Methods (WISERD), sponsored a screening of 'Away from Her' in Cardiff. After the screening of this thought-provoking film which focuses on Alzheimer's disease, Dr Hillman and other experts led a discussion with the audience about related issues. As well as discussing the IDEAL study as part of this expert panel, Dr Hillman featured on BBC Radio Wales to discuss the study during DAW.

### IDEAL featured on BBC Panorama

Chris Roberts was diagnosed at a young age with mixed dementia. Chris and his wife Jayne have been active in raising awareness about dementia and as part of this work they allowed the BBC's Panorama program to film their home life over 18 months. The show provided an insight into one families' experience of living with the diagnosis.

Since his diagnosis, Chris has been an advocate for dementia research and the Join Dementia Research initiative. Within the BBC program we see Chris meet with IDEAL study researcher Dr Anthony Martyr and complete part of the set of questions from the IDEAL study. Living with Dementia: Chris's Story is available on the BBC iPlayer <http://www.bbc.co.uk/iplayer/episode/bo7dxmyh/panorama-living-with-dementia-chriss-story>



### Researcher training, June 2016



IDEAL study researchers from our sites across England, Scotland and Wales met in London in June for training on the final stage of the study. We hope the researcher training results in a positive experience for those taking part.

The researchers very much enjoy the research visits they undertake for the study, and have been amazed by how accommodating and hospitable so many of you have been.

They also attended two masterclasses: 1). Loneliness in people with dementia and 2). Support for people living with dementia.

## Artist's Workshops

Linked to the IDEAL study, Ian Beesley (photographer), Tony Husband (cartoonist) and Ian McMillan (poet) have joined forces to work alongside one of Age UK Exeter's 'Budding Friends' groups. This group maintain a local allotment and go there weekly, planting, watering and spending time together. The artists aim to illustrate the day-to-day experiences of the group through different mediums. Some images of the workshops are below.

"The allotment of time" by Ian Beesley



"I remember that day, I'll never forget that day, it's sort of stuck in my mind."



The workshops will continue in Kent and Oldham later in 2016. People who have taken part in the IDEAL study who live near these locations will be informed of opportunities to take part.

## IDEAL Study Timeline

**TIME 2:** We would like to visit everyone who has already taken part in the study again 12 months after their initial involvement (these visits will run up until June '17).

**TIME 3:** Many of you will have already seen a researcher for your second set of visits (Time 2) and will soon be visited for Time 3 of the study. This will be 12 months after your Time 2 visit (these visits will run from August '16 to June '18).

You will be contacted by researchers in your local area in advance of these visits. We hope you will take the time to support the study again, and to share your experiences with us.

**Interviews:** In 2016/17 we will also be asking a small selection of people if they wish to take part in some additional in-depth interviews with Dr Alexandra Hillman from Cardiff University.

**Results:** As we have now stopped recruiting new volunteers into the IDEAL study, we are in the process of drawing together all of the information you have provided us with to-date. We anticipate that IDEAL findings will be available in the first half of 2017, and we look forward to sharing these findings with you.

## IDEAL will be at the UK Dementia Congress 2016

We will be hosting a workshop at the 11th UK Dementia Congress in Brighton.

**Title: What does living with dementia mean? Learning from people with dementia and carers through the IDEAL study.**

**Date: Wednesday 2<sup>nd</sup> November 2016 at 12.00.**

This event will be facilitated by our ALWAYS (Action on Living Well: Asking You) network members.

If you are attending the congress please come along and join the discussion.

[http://www.careinfo.org/wp-content/uploads/2016/01/2016UKDC12pp\\_v2sb-lo-res6.pdf](http://www.careinfo.org/wp-content/uploads/2016/01/2016UKDC12pp_v2sb-lo-res6.pdf)



## Thank you for your continued support for the IDEAL study.

**Please keep us updated :** If we do not have your most up-to-date address or if you are moving in the near future please do let us know so that we can keep you updated on IDEAL study progress and opportunities for involvement.

**You can contact:** Ruth Lamont, Washington Singer Laboratories, Psychology, College of Life and Environmental Sciences, University of Exeter, Exeter, EX4 4QG.

**Tel:** 01392 726865 **Email:** r.lamont@exeter.ac.uk