

LIVING WELL AND ENHANCING ACTIVE LIFE: THE IDEAL PROGRAMME



Welcome to our first newsletter of 2023. We hope that you are well, and this year brings you much happiness and interest.

IDEAL Update

We are heading into the tenth and final year of the IDEAL programme and what a year it's going to be.

The team are busy writing up findings as well as continuing to run events to publicise the great work that you've made possible, and we are writing a book!

We are hosting a series of free webinars across 2022-2023 on Zoom. These webinars give us a chance to share our findings with you and cover a range of topics, such as **Social and community connection in dementia** and **Assistive technology and dementia**. They are hosted by researchers and experts by experience.

You can book onto them here www.idealproject.org.uk/news/events and access the recordings of the ones that have already taken place.

A Documentary Film Based on IDEAL's Findings



A care home in North London held a community screening.

'The World Turned Upside Down' play was staged in Exeter in January 2022.

The play was about communication around dementia. It portrayed situations involving individuals, family members and healthcare professionals, where the outcome depended on what was communicated, and how.

A film has been created about the process of making the play and the play itself.

The film is freely available on the IDEAL website www.idealproject.org.uk/projects/twtud or by typing <https://bit.ly/twtudfilm> into your web browser.

Here is a quote from someone who watched the film:
"I found this film very moving and beautiful in parts. I wish I'd known more about dementia when I was caring for my mother."

A scene from the play, showing Gill (middle), in character, telling her family about her dementia diagnosis.



An IDEAL Opera



Photography by Ian Smith

We are proud to have received Arts Council of Wales funding to create an opera. 'The Bridge/Y Bont' will be based on IDEAL's research and real-life experience. The performances will be held in North Wales and a recording will be created.

As a man is edged into a darkness he cannot control, his loved ones learn to create moments of love, understanding, self-worth and even humour to help him cross the bridge between shared realities and his own mind.

Like the successes of the play and the film, we hope to get people thinking about the importance of communication and other people's actions.

The opera will be performed in the Ucheldre Centre, Holyhead, on the 31st March, in English, and 1st April in Pontio, Bangor, in Welsh. If you would like to attend or would like more information, please contact us.

IDEAL Publications

As we edge closer to the end of IDEAL, we're shining a spotlight on our publications. These are research articles based on the information that you have given us over the years. This information helps to support campaigns to improve things for people affected by dementia. For each publication that our academics write, we produce an accessible summary; a short document simplifying the findings.

We have included two of these summaries with the newsletter to give you an example. You can find all our publications and accessible summaries on our website

www.idealproject.org.uk/activities/papers/

Please contact us if you would like more information.

What Would You Like to See?

As IDEAL is finishing at the end of this year, the next newsletter that we send to you will be the final one.

We would really love to hear from you about what you would like to see included. This could be anything from more accessible summaries, to more pictures of the events that we are running. Perhaps you would like to tell other participants what IDEAL means to you and share a little story about your time with the project.

If this is something that you would like to do, please get in touch using the details opposite. Please email or call us if you would like postal details.

We look forward to hearing from you.

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.

For more information go to www.idealproject.org.uk

You can also follow us on Twitter [@IDEALStudyTweet](https://twitter.com/IDEALStudyTweet)