



April 2010

Newsletter No. 25

# 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.

### Dementia Adventure day out in Sussex

ThinkTank members went to Standen in Sussex to discuss the importance of a good day out.

Find out more on page 2



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## Dementia Adventure day out in Sussex

In March 2010, six members of ThinkTank visited Standen National Trust property in Sussex. We had two reasons for a nice day out!

- Reason 1: ThinkTank meetings are usually held in interesting places. ThinkTank members tell us that informal meetings are better. And it is too easy to switch off in formal meetings.
- Reason 2: ThinkTank members were giving their views to an organisation called Dementia Adventure. Dementia Adventure helps to support and organise short breaks and activities for people with dementia and their carers.

Standen is an “Arts and Crafts” former family home. A lot of the designs in the house are by William Morris.

Whilst viewing the beautiful house and gardens we talked about ‘days out’ with dementia.



### What makes a good day out?

- Getting out into nature
- Places where you feel safe
- Having support from someone you know well
- Going as a group can make you feel safer
- A group of friends have taken me on as a project - “Let’s walk Malcolm”!
- “I love to dance. I would like to meet a rich husband who is not very short”.
- Seeing a wild tiger.

### How does dementia impact on getting out and about?

- “I need organising. But then I’m waiting for people to turn up”
- “I get bored of my local area. I like to get further a-field. But now I’m completely frightened of going alone”
- “My family clamped down on me going away on holiday. It feels like you are in prison”
- “I got the fear. When I go away from my local area, it’s a panic, a blank”
- “I only go to London on Sundays. It’s too busy to go on your own”
- “You need things to fill the time”.



### People gave their views on the visit to Standen:

“The staff were sensitive and nice. They answered our questions.”

“It is a unique place. Very beautiful”.

“I would visit other national trust places because of today”.

“It would be useful to have names on the trees and plants”.

### People also had lots to say about what the day out had meant to them:

- “When I walk around looking at these things, I forget I have dementia”.
- “When you’re with interesting people, the Alzheimer’s goes”.
- “It has been educational, interesting and helpful”.

**“When you get a diagnosis of dementia, you can’t get your life back. But you can get a new life.”**

### Find out more

- Watch the film that some ThinkTank members made. Go to [www.myid.org.uk/ThinkTank.htm](http://www.myid.org.uk/ThinkTank.htm)
- Find out more about Dementia Adventure. Go to their website at [www.dementiaadventure.org.uk](http://www.dementiaadventure.org.uk)

## Successful launch of films made by people with dementia

April 2010 saw the launch of four films made by people with dementia. The launch took place at the Exeter Picturehouse cinema.

Many people were there including professionals from all over the South West and beyond. Most importantly many of the stars of the films also attended.

The four films can be seen on the Innovations in Dementia website.

Go to [www.myid.org.uk/videos.htm](http://www.myid.org.uk/videos.htm).

The films are about people who are living with dementia, but the films are not just about dementia. They are about people living their lives positively, with vitality and creativity. They are about people who are still learning, and still growing. They show that dementia is life-changing, but not life-ending.

The four films are:



### Nick's Misericords

This film follows Nick as he visits the oldest known collection of misericords, in Exeter Cathedral.



### A story for Josh

We accompany Sandra as she visits the library where she spent most of her working life. There we meet some of the cast of a story that Sandra wrote for her grandson.



### Listen to Me

Peter has had a long and illustrious career as a sculptor and educator. In this film, Peter shows us round his studio, and recalls some of the events that shaped his life and career.



### The Walking Group

The Walking Group is made up of members of the Forget-me-Not Centre in Swindon. Join us as we try to keep up with them as they tramp across the Wiltshire countryside.



**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](mailto:ideas@innovationsindementia.org.uk). Telephone: 01392 420076

Innovations in Dementia CIC, PO Box 616, Exeter, EX1 9JB

Website: [www.myid.org.uk](http://www.myid.org.uk)

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

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