



Welcome to the October 2023 ADS newsletter!

It has been an extremely busy start to the new academic year – not least because, on top of our multiple ongoing projects and activities, **ADS has moved campuses** at the University of Worcester (see page 2).

We have **published a book** and a **digital app** (page 2), celebrated **students' graduation** and **welcomed new ones** (page 3) and, as ever, have lots of research work under way (to see if you could **take part**, see page 4).

Conference season is also upon us – having just returned from **Alzheimer's Europe** (see page 4), we are gearing up for a bumper **UK Dementia Congress** (see below).

Thanks for reading – **the ADS team**.

ADS will be at the UK Dementia Congress 2023 in November!



Mary Bruce (left) and Jennifer Bray (right) on the ADS stand at last year's UK Dementia Congress

It's that time of year again when those involved in the dementia care sector from around the UK get ready to meet up for two days of discussion, networking and the sharing of news, information, stories and practice.

The 17th UK Dementia Congress (UKDC) will take place once again at Aston University, Birmingham, on the 7th and 8th of November. UKDC is the largest annual multi-disciplinary dementia care-focused event in the UK. ADS is again acting as Academic Partner for the event and will have a big presence there.

As well as chairing some sessions, we're hosting symposia on both days: On the 7th, together with Meeting Centres Scotland, on *National Strategies, Perspectives and Developments* (followed by the presentation of the *Hennell Award for Innovation and Excellence in Dementia Care*); and on the 8th on *Leisure and Everyday Life with Dementia*.

Elsewhere we will have multiple presentations from our researchers and PhD students on the wide range of research projects that we have been working on. These will include talks on developing resources to support family carers providing personal care (the Crossing the Line project); the use of online platforms to encourage people to engage with local heritage resources; how fine art can be embedded into Meeting Centre activities; how we developed an app version of our Enhancing the Healing Environment assessment tools; what can help or hinder community support groups in keeping going long-term (the Get Real with Meeting Centres project); and the experiences of people living with dementia in Extra Care Housing (the DemECH project).

ADS Professor Emeritus Dawn Brooker MBE and Keith Oliver will also be talking about the impact of their growing Reconsidering Dementia book series and, of course, we will have an ADS stand at the event throughout – so if you are going, come and find us!

For more information on attending – and the full programme – visit: <https://journalofdementiacare.co.uk/events/uk-dementia-congress>



Contact Us

Twitter: [@DementiaStudies](https://twitter.com/DementiaStudies) Website: www.worcester.ac.uk/dementia

Blog: adsdementiablog.wordpress.com Email us: dementia@worc.ac.uk

ADS moves home!

Over the summer we have moved offices – as of the new academic year, ADS is no longer based on St John's Campus but is now settled in our new home in the centre of Worcester. We can now be found in room JL2026, on the top floor of the Jenny Lind Building (pictured right) on Farrier Street, near to the Hive and City Campus buildings. Special thanks to our fantastic administrator Zuleika Sankey who oversaw the mammoth task of crating up the whole department, ferrying it across town and unpacking it again!



Dementia-Friendly Environments App now available

Download the environmental assessment tools App

The tools are available as an App which can be downloaded here:

FERSTWYN CYMRAEG
LAWRLWYTHWCH YR AP

ENGLISH VERSION
DOWNLOAD THE APP

For information and support on how to download and use the App please refer to the Frequently Asked Questions section on this [web page](http://www.worcester.ac.uk/discover/kings-fund-environmental-assessment-tools.html). More information about the development and use of the environmental assessment tools is also [available here](http://www.worcester.ac.uk/discover/kings-fund-environmental-assessment-tools.html).

We're pleased to say that the popular suite of **dementia-friendly environmental assessment tools** originally developed by The King's Fund and recently refreshed by the Association for Dementia Studies (ADS) is **now available as an app**. The tools cover care homes, gardens, health centres, hospitals, housing and wards, and are available in an App which can be **downloaded for free from the ADS website**: <http://www.worcester.ac.uk/discover/kings-fund-environmental-assessment-tools.html>

Thanks to funding and support from Betsi Cadwaladr University Health Board in Wales, the App is available in both Welsh and English. It is aimed at helping health and care staff, together with people living with dementia and their carers, to assess and improve care environments for people living with dementia. The original paper versions of the tools are still available and remain free to download from the ADS website.

RECONSIDERING



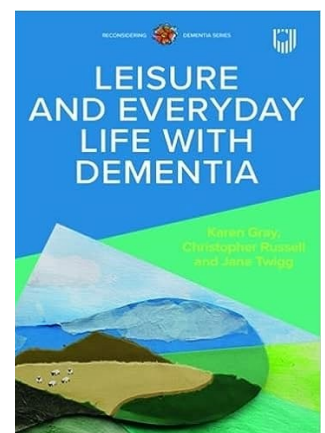
DEMENTIA SERIES

Leisure and Everyday Life with Dementia book - now on the shelves!

Leisure and Every Day Life with Dementia, the latest volume in the Reconsidering Dementia series, was published earlier this month, and is now available to buy in paperback (and as an e-book on Kindle), here: <https://www.amazon.co.uk/Considering-Leisure-Christopher-Russell/dp/0335251307>

Edited by ADS's Dr Chris Russell, researcher Dr Karen Gray (former ADS), and physiotherapist Jane Twigg (who has experience living with dementia and caring for someone who has), this book examines leisure in the lives of people with dementia, emphasising the active role people with dementia can play as citizens in contributing to the world in which they live, given opportunities to make choices about their participation in it. It is designed to inform those studying and working in nursing and dementia care, occupational therapy, social work, arts therapies, arts, health and wellbeing, sports and exercise, and gerontology.

The Open University Press **Reconsidering Dementia** book series is jointly commissioned and edited by ADS Professor Emeritus Dawn Brooker and Dr Keith Oliver.



Welcome to our new PhD students!

At the beginning of October ADS was delighted to welcome five new PhD students to our existing cohort of five. Another two are expected in January 2024. The topic areas the new five students will be covering are:

- **Mark making in Meeting Centres (Gemma Moore)**
- **PTSD and dementia in care homes (Mary-Joy Albutt)**
- **Empathic communication in dementia care (Di Bushell)**
- **The Care Fit for VIPS framework (Suzanne Mumford)**
- **Dementia in occupational therapy education (Samita Kirve).**

Watch this space for more about their valuable work in the months and years ahead!

Graduation day for ADS students

September saw the graduation of 13 of our students from the **Postgraduate Certificate in Person-Centred Dementia Studies**, with many attending the ceremony at Worcester Cathedral in person. Dr Shirley Evans, Director of ADS, said: "It was an absolute privilege to read the names of our amazing graduands – they have worked so hard and deserve this success."

Course leader Dr Chris Russell added: "It was great to see so many of our wonderful graduating students at the ceremony and afterwards for a drop of something fizzy and a chat. We are all so proud of all our graduates!"

Module lead Nicola Jacobson-Wright, who taught many of the students online, said: "It was so lovely to see students in three dimensions! There were lots of hugs, chatter and celebration and a few glassy eyed moments. It was an emotional day and really special to be able to be there in person to mark the occasion."



Course leader Dr Chris Russell, Module leads Teresa Atkinson and Nicola Jacobson-Wright and ADS Director Dr Shirley Evans at the graduation

Courses: Study with ADS

Post Graduate Certificate in Dementia Studies

In January we will welcome new students to our Post Graduate Certificate in Dementia Studies. Why not join? There is still time to find out more and sign up!

The course is provided on a distance learning basis and offered online. Building on the wealth of research evidence held by the Association for Dementia Studies, our priorities are to support students do their very best in their studies and enable them to use their learning to make a real difference to people's lives.

Interested in finding out more? Please watch this short film <https://youtu.be/ofYrLaW0xN4> and visit the webpages for the course, from where applications (either to study the full course or select an individual module) can also be made <https://www.worcester.ac.uk/courses/person-centred-dementia-studies-pg-cert>

Enquiries to the course leader, Dr Chris Russell c.russell@worc.ac.uk are most welcome. We look forward to hearing from you!



Championing
physical activity
for people affected
by dementia



"I've learnt so much about how physical activity can impact the lives of our customers with dementia and how I can begin to introduce it in an approachable, appealing way" (Student)

Our online course on 'Championing physical activity for people affected by dementia' will be running again in the new year.

If you support people affected by dementia but aren't sure how to offer physical activities, or if you work in a sport or leisure setting but don't feel confident to support people affected by dementia, why not see if our online course could help?

The course develops the knowledge and confidence of students to facilitate physical activity for people affected by dementia. There are live and interactive sessions with tutors, as well as a multitude of resources to support learning and practice.

To find out more please follow this link:

<https://www.worcester.ac.uk/documents/CPA-flyer-v2.pdf>

or contact Course Leader Dr Chris Russell: c.russell@worc.ac.uk

Please forward this newsletter on to others who you think would be interested.

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ADS Travels...

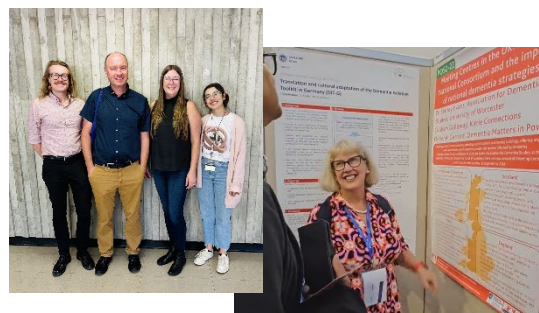
In August, Dr Shirley Evans and Jen Bray headed to **Llanddewi, Powys**, for the third Dementia Matters in Powys (DMiP) Summer Games - an annual event for members and carers of the four Powys Meeting Centres to meet up and have fun. This year had a summery beach theme along with the usual traditional fair-style games, fairground organ, quiz corner, singing and dancing. DMiP, who currently run the only Meeting Centres in Wales, are unfortunately at risk of closure due to a funding crisis, and have started **a campaign to raise money to save the charity**. For more information, visit: <https://www.justgiving.com/campaign/dementia-matters-to-me>

In October, our Senior Lecturer Dr Chris Russell visited the **University of Nevada, Reno**. Chris met with Dr Jennifer Carson and several of her colleagues there. Jennifer leads the Dementia Engagement, Education and Research (DEER) Program which heads a number of innovative research, education, and community-based initiatives. It is hoped exciting collaborations can take place with ADS. The visit was also notable because Dr Carson is co-author of a chapter in Leisure and Everyday Life (see page 2).

Also in October ADS was well-represented at the **33rd Alzheimer Europe conference in Helsinki**, with two presentations (on the Get Real and Crossing the Line projects) and a poster covering 'Meeting Centres in the UK: the UK National Consortium and the impact of national dementia strategies'.



Top: Singing at the DMiP Summer Games; Below left: Chris with colleagues at the University of Nevada; Below right, Shirley with the poster at Alzheimer's Europe



Can you
contribute to
our research?

Crossing the line

Are you a current or previous family carer of a person with dementia?

Do you have direct experience of providing personal care to a person with dementia in the past 10 years? If yes, we would value your help!

Our **Crossing The Line** study is looking at the experiences of family carers who have current or past experience of providing personal care for someone who is living with dementia. We would like to invite you to participate in an anonymous interview, which will help us to understand family carers' experiences of providing personal care for someone living with dementia.

To arrange an interview or if you have any further questions, please contact Pauline Finlay at p.finlay@worc.ac.uk

You can also take part in our family carers survey here:

<https://ucw.onlinesurveys.ac.uk/crossing-the-line-english>

Say hello to...

Ruby Swift, Senior Research Fellow



Ruby joined ADS in 2016 as a PhD student as a part of The Arts and Dementia Doctoral Training Centre (TAnDem DTC). TAnDem was a partnership between the Universities of Worcester and Nottingham, funded by the Alzheimer's Society and focussing on studying the arts and dementia. Ruby's background is as a singing for health and wellbeing facilitator within a range of settings including care homes, hospitals, and prisons. Her PhD explored sharing and making music with people affected by dementia, her area of particular interest and expertise.

Since completing her doctoral studies in 2021, Ruby has worked on various projects including Get Real with Meeting Centres, which was concerned with how Meeting Centres can keep running over time. As a part of this project, her focus was understanding who attends Meeting Centres and the challenges that can prevent people attending.

Most recently, Ruby has been exploring the perspectives of Meeting Centre members, their families and professionals providing dementia diagnosis and support within Worcestershire. Through interviews and a survey, she has been mapping the routes people take from diagnosis through to attending a Meeting Centre and peoples' experiences of that journey.

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