



University
of Worcester

Association for
Dementia Studies

Association for Dementia Studies

Newsletter

January

2024

Welcome to the January 2024 newsletter – and a very Happy New Year from ADS!

As we go into 2024 there is lots of research work happening behind the scenes, with multiple projects ongoing. We also have **new cohorts of students starting** on our courses, and existing ones returning to continue their studies (see page 3).

Looking back to the end of 2023, we have a report on a bumper year for ADS presentations at the annual **UK Dementia Congress** (page 2). In other news, as the year turns, so does the team: we are **saying goodbye** to a valued long-standing ADS colleague who is moving on to pastures new, and **welcoming a new colleague** to the team (see page 4).

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

The Meeting Centres UK Family Blanket



The Meeting Centres UK Family Blanket – made up of individual squares created by different Meeting Centres and their members across the UK – kept growing throughout 2023. It went on display at the UK Dementia Congress in November, and is now hanging up in our new offices – but it may well go out to go on view in other places later this year.

International Meeting Centres meet-up

February will see the first ever **global online meet-up of Meeting Centres** from across the world.

On February 1st at 8am GMT, people running and attending Meeting Centres for people and families affected by dementia from as far and wide as the UK, Japan, Australia and Zimbabwe are invited to dial in to meet and talk with each other about what they do and their experiences where they are.

Meeting Centres are a form of community-based support that originated in the Netherlands. ADS spearheaded Meeting Centres in the UK and will be hosting this world-wide session.

Items to be discussed include updates on the situation with Meeting Centres in each country, as well as a discussion of key challenges going forward. We will report back on how it goes!

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Us

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

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

ADS at the 17th UK Dementia Congress

In November (I know it already seems like a long time ago!) ADS colleagues, students and friends delivered a plethora of presentations at the UK Dementia Congress 2023, from the opening address to the final session. Here's a brief overview of what we got up to at the two-day event in Birmingham.

To kick things off, [Dr Shirley Evans](#) made the opening address of the conference, saying how proud the Association for Dementia Studies (ADS) was to be Academic Partner of the event and giving some of our highlights from the past year. She then introduced two of our PhD students who talked briefly about their studies:

- Exploring stigma towards people living with dementia in Extra Care Housing – [John Bosco Tumuhairwe](#)
- Exploring re-partnered couples affected by dementia – [Jen Edgecombe](#)



L-R: Dr Shirley Evans welcoming people to UKDC; Dory, Frances, Becky and Chris talking about Leisure and Everyday Life; Shirley and Sue talking about family carers providing personal care; PhD student John talking about stigma in Extra Care Housing

Other presentations we did during the event were:

- **Meeting Centres Symposium on National Strategies, Perspectives and Developments** – Shirley Evans, Thomas Morton and Jen Bray, with Graham Galloway from Kirrie Connections Meeting Centre and the Scottish Meeting Centres Network, family member Allan Gall and Colin Capper from the Alzheimer's Society.
- **Crossing the Line: a co-production approach to developing resources to support family carers providing personal care** – Shirley Evans with Sue Briggs, a family carer expert-by-experience with the Crossing the Line team.
- **Using online platforms to encourage engagement with heritage-based resources** – Jen Bray
- **How can Fine Art be embedded into Meeting Centres** and can this further alleviate symptoms associated with dementia? – Gemma Moore, one of our PhD students
- **The Hearwell Project** – identifying and addressing reversible hearing loss for people living with dementia in care homes – Suzanne Mumford, one of our PhD students
- **Developing an App version of the Enhancing the Healing Environment assessment tools** – Sarah Waller and Jen Bray
- **Leisure and everyday life with dementia** – A symposium led by Chris Russell and former ADS colleague Becky Oatley, along with Frances Isaacs and Dory Davies. Chris also had a poster on display about the topic
- **What can help or hinder community support groups in keeping going long-term?** – Thomas Morton
- **'I felt like I belonged somewhere': Extra Care Housing for people with dementia** – Teresa Atkinson
- **How can books change the world of dementia care and support?** – ADS Emeritus Professor Dawn Brooker and Keith Oliver as co-editors of the 'Reconsidering Dementia' book series

ADS had an information stand throughout UKDC, where the Meeting Centres family blanket was displayed (see page 1) and where we presented **The Hennell Award for Innovation and Excellence in Dementia Care** to the Alive Meeting Centre Team (see page 3). If you would like more information about any of our presentations or projects, please feel free to get in touch with us on social media or by email (dementia@worc.ac.uk). Roll on UKDC 2024!

The Hennell Award for Innovation and Excellence in Dementia Care

In memory of the late Brian Hennell, this award celebrates the achievements of an individual or team who have shown their ability to implement positive change for people living with dementia, and is open to anyone who has attended a course facilitated by ADS.

The winner for 2023 was the **Alive Meeting Centres** team, who run Meeting Centres for people living with dementia in and around the Bristol area. The judging panel were especially impressed by the innovative and excellent standard of the work, and how barriers were overcome using a range of means, including energised and imaginative leadership.

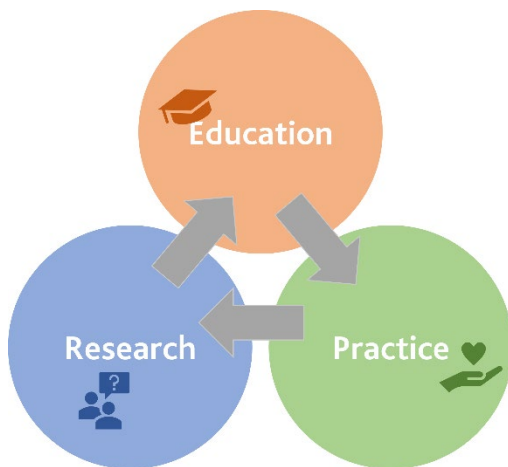
Louise Spencer, Alive Meeting Centres project manager, said: "I am delighted that our Meeting Centres have been recognised by the University of Worcester. We encourage people to remain active following diagnosis. Thanks to our professional, skilled and passionate staff, our members have built strong relationships and supportive communities that helps them continue to live independently and enjoy life. We also have loads of fun!"

The judging panel also highly commended the entry by Lynne Phair, Kara Gratton and Milford Care. The call for nominations for the 2023/24 is now open – details can be found on our website.



Nicola Taylor and Isobel Jones from Alive, receiving the Hennell Award

Record numbers on our Post Graduate Certificate in Dementia Studies!



It's an exciting time of year as we welcome a new cohort onto this fully online course. We have a mix of new students just joining us and those who have already completed other module(s), many from different backgrounds, so it's a great opportunity for everyone to share experiences and learn from each other.

This year we've had record numbers of new students, a testament to the quality of the course, which won a **University of Worcester Teaching Award** in 2022. The team aim not just to teach person-centred dementia support, but also take a person-centred approach to teaching, focussing on the needs and aspirations of the student. Course Leader Dr Chris Russell said: "Our aim is to support you in your learning, so you feel more confident and empowered to lead positive change in practice."

Three modules are just getting under way: *Expert Practice in Delivering Person-Centred Dementia Care*; *Engagement and Empowerment in Dementia Studies*; and *Dementia in the Family Context*. There are more modules in September, and we will be accepting new students in the autumn also.

If you are interested in signing up for September, please watch this short film <https://youtu.be/ofYrLaW0xN4> and visit <https://www.worcester.ac.uk/courses/person-centred-dementia-studies-pg-cert>, from where applications (either to study the full course or select an individual module) can also be made – and feel free to contact Chris at c.russell@worc.ac.uk if you have any questions.

Our **Championing Physical Activity for People Affected by Dementia** course is also underway again for the new year. This is a short online course combining live teaching sessions, self-directed learning activities and the opportunity to put learning into practice and reflect on it with the rest of the group. It's a course we've run a few times before with great student feedback, and we're thrilled that we are able to run it again for a new cohort.

We're also aiming to publish a journal article about the course and how it was developed, in the near future. In addition, Year 2 Graphic Design students from the University of Worcester's School of Art are taking part in a competition to design an 'infographic' to communicate the research related to this innovative course. Watch this space for further developments!

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, this course could help. We will be running it again through 2024, so **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

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Becky and Teresa sharing the DemECH findings at the House of Lords last year

'Lights, Camera, Action!' for new DemECH videos

DemECH, our project about **supporting people living with dementia in extra care housing**, ended in 2023 – but now, to go with the booklets produced last year (see <https://adsdementiablog.wordpress.com/2023/03/16/demech-launch-at-the-house-of-lords/>), we are developing an infographic and a series of videos to help share the findings with different audiences. Dr Julie Barrett is overseeing the creation of three short videos, working with Sean Macreavy Media and Fix8Films. Filming with DemECH project members and stakeholders has been carried out at various locations, and recently the ADS offices were turned into the backdrop for the final scenes, with project team members Teresa Atkinson and Dr Becky Oatley. Teresa said: "Sean and his team making filming fun and easy. They have a unique way of putting you at ease enabling you to get your message across." When the videos are out, we'll let you know here! *DemECH is funded by the National Institute for Health & Care Research (NIHR) School for Social Care.*

Farewell!

Mary Bruce – Senior Lecturer

In February we will bid a fond farewell to Mary Bruce, our Senior Lecturer, who is leaving ADS – we are sorry to see her go but wish her all the best for her continued work in the field. So over to Mary for a few parting words:

"As I bid farewell to the Association of Dementia Studies after ten incredible years, I can't help but feel a sense of gratitude and fulfilment. It has been a fantastic journey filled with countless memories, insights, and relationships I will cherish.

It was a big step when I entered academia after 23 years in healthcare, but I knew that my passion for improving the quality of life for those living with dementia was aligned with ADS values. And so, I took the leap of faith, and what an incredible journey it has been. Working alongside amazing colleagues with vast experience in many areas has been a true privilege, and I am proud to have been a part of the fantastic team within ADS.

Our work is never easy, but it is fulfilling and meaningful. I have had the pleasure over the past ten years of teaching and working with many, many groups and organizations throughout the UK, all dedicated to positively impacting the lives of those living with dementia and their families.

As I close this chapter and embark on a new journey, I am excited about the future. My passion continues, and I will carry the lessons I have learned from ADS with me as I continue to try to make a difference in the world for those living with dementia. Thank you, ADS, for the memories and the opportunity to be a part of something extraordinary. Working alongside all of you has been a privilege and an honour."



Say hello to...

Holly Lambeth – ADS Administrator



Holly has joined the Association for Dementia Studies this January, and now provides administrative support for the ADS training and education provision, including the [Post Graduate Certificate in Person-Centred Dementia Studies](#). Holly has worked at the University of Worcester since 2023, and has previously held administrative positions at University of Bristol and Cardiff University.

In 2018, she achieved a First-Class degree in Art History from the Open University and has worked and volunteered extensively in the Arts and Heritage Sector, taking a particular interest in accessibility and widening participation. Holly has also recently qualified as a Therapeutic Coach to further her passion for supporting people to improve their wellbeing in creative ways. She is continuing her training to be able to support people living with chronic health conditions and the impact of trauma.

We are pleased to welcome Holly to the ADS team!

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