



Dementia Toolkit – Stay positive

Real-life positive stories



Dementia Toolkit
Living your life with hope



Stay positive

Real-life positive stories

It can be difficult to find positive stories about dementia to read. So we have curated a selection of them for you right here! You can find even more on our website.

All of these stories are from Our DEEP News, the monthly newsletter of the DEEP network. The full newsletters are all online and also come with audio recordings if you would prefer to listen to them.

To read the Our DEEP News monthly newsletters visit:

<https://www.dementiavoices.org.uk/deep-news/deep-updates/>

Roy sets new benchmark

Roy Sager is a member of the Buddies group. In March, his daughter suggested that he take his beloved bench and place it at the front of the garden overlooking the road. What started off as a casual wave here and there turned into a daily occupation, with people honking their horns, runners passing by clapping and neighbours shouting out encouragement. Roy says he feels very fortunate to have so much love and support, but he knows a lot of people don't have that. He thinks we all should be encouraged to wave, smile, and talk to each other.



Roy says "My attitude is to try and be cheerful"

‘The Big DEEP Blanket Reveal’

Back in March 2020, we all became cocooned in our homes due to Coronavirus raging across the world. Living with dementia brings many challenges and being disconnected from our friends, also living with dementia (who really understand), made it so much harder. Together Dementia Support and our Fabulous Forgetful Friends were already keen knitters, and when we heard about the blanket project led by DEEP, we couldn't resist getting stuck in with gusto!

During the first phase, volunteers and staff became ‘Knitting Connectors’. They delivered wool and needles to people's homes, had phone conversations, formed friendships to keep people connected through this shared joy of creation. One member, Helen, even knitted lovely teddies to send to her fellow knitters, and even responded to a plea from the Littlest Wildlife Hotel in Cornwall for knitted beds for baby birds and hedgehogs.

As restrictions eased slightly in Greater Manchester, we decided to get together and do a ‘Sewing it all Together Project’. For 6 weeks we met outdoors over tea and cake, happily sewing our squares together and reconnecting.

At our weekly facilitators zoom with DEEP, we chatted about the unfinished blanket and Rachel asked our help to drive it forward across the UK. The response came from far and wide, with DEEP members as far as Scotland, Wales, and all over England pitching in! Lots of emails, needles, and wool were posted out. Beautiful cards, letters, videos and squares came back with so much love and support! This was clearly a project that united people and brought them together.

Finally, as restrictions started to ease, and with a glimmer of Hope (and she is a good knitter!), we finished. Phew! Over cream teas, DEEP members across the country united in one big blanket at our 'Big Reveal' event on the 8 July 2021 in Manchester.



Now, what to do with it? The blanket, as one big piece, is quite a sight to behold. We are now unpicking it and making small, useful lap blankets made with love. Our Fabulous Forgetful Friends members felt that our sections will go to our former members who have gone into care, as a symbol that we still care and miss them at our groups.



**A swan is often thought to be calm and graceful.
What is hidden from the eye is the frenetic activity
going on under the surface.**

Dementia Actif Gwynedd have produced a very special performance of Swan Lake.

Even the famous ballet choreographer, Sir Matthew Bourne, said that he thought it “beautiful and so moving” ! Filmed on the Welsh coast and in people’s homes, we see the most stunning movements of grace, gentleness, and emotion. The final moment is a dedication - ‘In loving memory of the friends we have lost’. You can see the film on the DEEP website on the latest news page. DEEP congratulations to all at Dementia Actif for your vision and achievement.



You can watch the performance here:

https://www.youtube.com/watch?v=x3zEXbz_Nqc

A summer of DEEP sunflowers

We have had some flops and non-starters. They've been eaten by the dog or swept away in a storm. We've had some small beauties suitable for bouquets.

The seeds and powers of 'wishful tall sunflower thinking' have stretched the length and breadth of the UK. It's been great planting seeds of hope and joy with you all.



This resource is on the internet. Use the camera on your phone or tablet to scan the QR code below to visit the webpage.



Contact us

We would love to know what you think of the toolkit. We want to improve it based on your feedback.

Please get in touch with us by emailing
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