

## ARC Stevenage Dementia Involvement Group

# Information Sheet

### **What is Stevenage Dementia Involvement Group?**

Stevenage Dementia Involvement Group aims to provide opportunities for people living with dementia in Stevenage (and their family carers) to influence dementia research and the planning of new services. This group aims to share news about what is happening in dementia research and opinions on local services and developments in **Stevenage, Hertfordshire**.

### **What happens at the Stevenage Dementia Involvement Group?**

The aim is to have a lively and enjoyable discussion that everyone can take part in. Each meeting will take 2 hours. We start with lunch and then split into smaller groups to discuss a particular topic or issue (e.g. Transport, GP surgeries). Staff will support conversations where necessary. Occasionally, researchers, professionals and volunteers will attend the group to listen and share ideas. We will write up a report after each meeting that will be shared with you.

The group is organised by researchers from the University of Hertfordshire as part of the National Institute of Health Research Applied Research Collaboration (ARC) East of England.

### **Why are we setting up this group?**

There is a lot of work being done in dementia care research, but it can be difficult to make sure that people affected by dementia set the priorities and comment on what is being planned. This group is one way of making sure that research and local services are relevant and useful.

### **How often will this group meet?**

This group will meet 2 times a year to begin with, but this may increase if there is sufficient interest.

### **Will it cost me anything to be part of this group?**

No, attendance at the group is free. Lunch and refreshments will be provided. Travel expenses will be reimbursed by filling out a form on the day – please keep receipts!

### **Will I get help with my dementia at this group?**

No, this group is about discussing your experiences of living with dementia in Stevenage. If you need support, we will try and provide you with contact details of a relevant service.

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## **What topics will we discuss?**

Topics will be planned in advance of meetings but we welcome any ideas/issues to do with living in Stevenage. We will ask you to feedback at the end of the group what you liked and disliked about the group.

Possible topics of discussion:

- Experiences of NHS services in Stevenage
- Experiences and tips on living with dementia in Stevenage
- Experience of transport in Stevenage
- Experience of receiving a diagnosis and the memory service in Stevenage

## **Who can I get in contact with if I would like more information?**

Please contact Nicole Darlington at the University of Hertfordshire if you have any questions or would like to join the group or attend the launch event.

**Tel:** 01707 284457 **Email:** [n.darlington@herts.ac.uk](mailto:n.darlington@herts.ac.uk)

**Address:** Centre for Research in Public Health and Community Care (CRIPACC), Health Research Building, University of Hertfordshire, College Lane, Hatfield, AL10 9AB.

## **What is ARC East of England?**

The NIHR ARC East of England is a five-year collaboration between researchers, NHS Trusts, local governments, charities and industry partners across the region. We aim to improve care by undertaking applied research which supports NHS and Social Care staff to change practice and look at whether care and treatments are effective and provide good value.

