

THANK YOU

A summary of the work from the Stevenage Dementia Involvement Group 2020-2021



The group launched!

We launched the Stevenage Dementia Involvement Group in **December 2020** with our first meeting via Zoom. We heard from the "DEMCOM active" study about Physical Activity in Stevenage. In total, the group has 20 different members all with direct experience of living with or supporting somebody with dementia. A special thank you to Su Harvey from The Red Shed for co-ordinating and facilitating the groups!







In the last year, together we:

- ✓ Ran 5 groups
- ✓ Helped 8 different researchers with their research projects
- ✓ Inspired the set up of a new walking group in Stevenage
- ✓ Supported the development of an activity booklet that will be circulated via Stevenage Borough Council to people living with dementia (DEMCOM active study)



You said:

-  **Communication** between different services in Stevenage is really important
-  More **information** about support is required not only at first diagnosis but throughout the dementia journey
-  **Face-to-face** activity groups & support groups in Stevenage are really important
-  **Extra support from staff** at hospitals where the needs of people with dementia are understood makes all the difference

Visitors to the group said:

- "The comments from the group gave the review more depth and highlighted the importance and variety of sharing a dementia diagnosis with other people"* - Gianna Kohl (PhD student)
- "The group provided valuable feedback about the design of the resource, other activities they were aware of that we had not included and ways in which we could promote the resource"* -Becki Hadley (DEMCOM active project)
- "The members of the group were incredibly honest about their experiences of hospital care. This reinforced the importance of the CONNECT study and suggested other potential areas for future research"* -Melanie Handley (CONNECT study)

Looking ahead...

Next year we aim to: involve the group in key areas of development in Stevenage; continue helping projects with their research and continue discussing what is important to us.