

Journeying through Dementia newsletter issue 4, summer 2018

What is Journeying through Dementia?

Journeying through Dementia is a large research study designed to find out whether attending a 12-week community programme helps people in the early stages of dementia to live well. 30 people living with dementia in Sheffield previously took part in a similar programme. It was found that this helped people to stay independent and continue to enjoy life. Their feedback led to the current Journeying through Dementia study.

How is the Study Going?

Journeying through Dementia is what is known as a Randomly Controlled Study. This means that some people take part in the community based sessions and some do not. This allows us to compare the two groups. So far, 508 people living with dementia have agreed to take part and 364 relatives.

We Would Like to Know How You are Getting on.....

Everyone who volunteers to take part is invited to meet with a researcher three times, over several months, to answer some questions about their health and well-being.

We would like to thank those who have already met with a researcher. The information you give really does help!

You may have been contacted recently to arrange to meet with a researcher. These visits are important as the information you give really does contribute and could help people living with dementia in the future to have access to programmes which will improve their quality of life. We would therefore be delighted if you were able to continue to take part in the study in this way.

New Member of the Study Team



We would like to welcome our new researcher Michelle Drury who joined the study team in June. Michelle will be carrying out some of the research visits and is looking forward to meeting people.

Need to Get in Touch with Us? If you wish to contact the Journeying through Dementia team to advise us of a change in your circumstances, or that you no longer wish to take part in the study, then please contact us **via email to jtd@sheffield.ac.uk or telephone 0114 2159122.**

Activities in the Programme Group Sessions

There are lots of different activities happening in the programme sessions. The painting shown below was done by a participant whilst listening to music in one of the Humber groups. Examples of what other groups have tried include sharing hobbies, table tennis, African drumming, knitting and poetry reading.



Painted in 10 minutes to music by a research participant as part of the group intervention within the 'Journeying through Dementia' study.

Our Latest Experts by Experience Advisory Group Meeting

The Experts by Experience Advisory Group (a group of people living with dementia and their relatives) met in August to work with us in making sure that the study continues to be a success. We asked the group to give feedback on how the study team might continue to improve the ways they work with participants.



The group also discussed working together with researchers to pull out important points made in the interviews that some participants have taken part in. The interviews asked about their experiences of being involved in Journeying through Dementia.

Organisations that support people living with dementia, and their supporters and carers

AGE UK - . Please call 0800 678 1174 or speak to your local Age UK Alzheimer's Society - Their helpline is there for you on 0300 222 11 22.