

Friends for Life DEEP (Nottm)

Further information available from

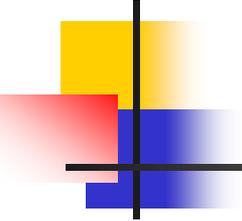
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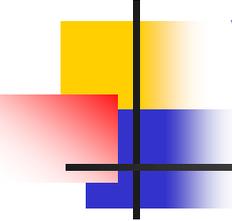
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People living with Alzheimer's coming together to help one and other.

Supported by Trent Dementia Charity
number: 1109855

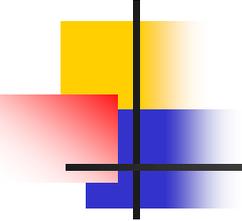
Who are DEEP (Nottm) ?

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- DEEP was initiated by the Rowntree Family in York, joined by other like minded Charities Comic Relief.
 - There idea was to bring together people with a Dementia and help each other in self help groups Simple!
 - Now there is over 120 groups in the U.K.



The first Nottm DEEP group is “In at the DEEP end” 2018

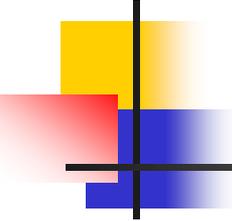
- Initiated October 14th by Trent Dementia at a forum at Nottm Race Course.
- Where speakers with Alzheimer’s talked about what they had overcome and their hopes for better understanding, that we can still contribute to plans of what is more suitable for us to flourish and not fade away.
- 2 speakers Jean Eastwood and Steve Litchfield created the DEEP end swim group.



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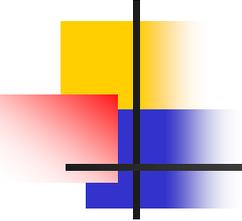
Our second group 2019

- Started by Steve & Cynthia Litchfield
- Cynthia came in as Co-ordinator, but spent much time on fund raising and covering up any mistakes I made.
- We have had 4 meetings, with 3 events achieved.
- Recently the group of 12, has grown to 24.
- We are now securing a permanent venue for the monthly meetings, with plans to do much more.



(T.B.A.) DEEP in Bridgford perhaps ? Our 3rd group Oct 2019

- Started by a co-ordinator Suzanne Osborne,
- It's early days, but she is a great admin support, with valuable knowledge of media accounts / advertising flyers etc.
- She is extremely busy networking and attending Memory Café's to spread the word.



Trent Dementia plans

- They have repeated this year a seminar at Nottm Race Course, with great applause from the medical profession.
- They would like Nottingham to have 6 DEEP groups running successfully.
- They are a very small charity with little funds and need much more support, to meet what is now in demand..... comradeship!
- Thank you for listening.