

What's on in Notts

Part of the Dementia Notes from Notts Project



WWW.TRENTDEMENTIA.ORG.UK



Trent Dementia charity

**we are a charity
trying to improve
the quality of life
for People Living
with Dementia**

We run projects and events and aim to work alongside people living with dementia and their supporters.



Empowerment

Our approach to empowerment started in late 2017 and was founded in listening to people living with dementia and offering them support in the way they wanted, to do the things they wanted to do.

This approach meant taking time to build relationships and maintaining regular communications in a way that worked for every individual, by phone, letter, email or face-to-face.

What did people want?

- Social Contact
- Conversation
- Information
- Sharing experiences

What activities do we offer?

We currently run weekly craft groups on Zoom and monthly face-to-face;
we provide support with setting up peer support groups;
we have a monthly walking group;
we organise day trips;
and we have annual events.



A few Pictures of our activities



Notes from Notts – Boots Charitable Trust funded project

The project started in late January 2022.

We asked people affected by dementia in the Nottinghamshire to share their experiences.

We provided opportunities for people affected by dementia to have free and relaxed day trips and:

- Meet others with similar experiences,
- Share their experiences and expertise
- And, think about how their experiences could be shared with others to improve their lives.

Wisdom shared:

People affected by dementia shared hints and tips about what might be helpful at different stages of the journey.

Posters, leaflets and other resources are being developed and produced by Trent Dementia in collaboration with people and families living with dementia in Nottinghamshire.

“It’s no good sitting back. It won’t come to you. That’s why it’s important to join groups, because they share information in the groups.”

- Partner of a person living with dementia



What's on in Notts? - information

We have been offering a web guide for the past few years.

Our What's On in Notts leaflet details activities for people living with dementia and those that support them.

The guide contains contacts and local details of support and advice centres, activities and social groups in Nottingham.



What's on in Notts?

**Contacts and Local Details of Support and
Advice Centres, Activities and Social
Groups in Nottingham**

Updated May 2019

What's on in Notts? – updated 2022

The current update of the guide is part of a project called Dementia Notes from Notts funded by Boots Charitable Trust.

We are working with people affected by dementia to produce locally relevant resources because they have asked us for this. They tell us a lot of the resources are national or inconsistently available, especially since they want to hear from others in similar situations.



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Contacts and Local Details of Support and
Advice Centres, Activities and Social
Groups in Nottinghamshire

Updated September 2022

What's on in Notts? – updated 2022

People affected by dementia who joined Notes from Notts project said that going to a dementia support group or memory café in your area will connect you to other people in the same situation as you.

“Support groups are a lifesaver... there's a shared understanding ... and people there know of other groups and services that might help you.”

- Partner of a person living with dementia

Other topics of the locally developed resources in development:

- Financial guide
- One piece of advice