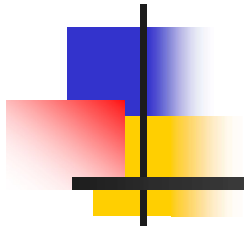


Friends for Life **DEEP** (Nottm)

Further information available from
contact@trentdementia.org.uk



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

Supported by Trent Dementia Charity
number: 1109855

Who are DEEP (Nottm) ?

Dementia Engagement and Empowerment Program

- ✓ DEEP was supported by the Rowntree Family in York, joined by other like minded Charities Comic Relief.
- ✓ Their idea was to bring together people with a Dementia and help each other in self help groups Simple!
- ✓ Now there are over 130 groups in the U.K.

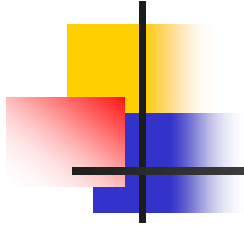


The first Nottm DEEP group is **“In at the DEEP end” 2018**

- ✓ 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 “In at the DEEP end” swim group.

Nottingham Race Course

14th October 2018





Friends for Life DEEP (Nottm)

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 28.
- ✓ We have now secured a permanent venue for the monthly meetings, with plans to do much more.

“Friends for Life” enjoying a day out in good company 2019.





Westdale Lane Methodist Church, Mapperley, Nottm.

- ✓ Starting 2020, we will meet every third Thursday of the Month, 10:25 am / 12:30.
- ✓ Amenities include equipped kitchen, plenty of tables and chairs, Table games and Carpet Bowls as well as Internet and a microphone and music availability, we can't wait for return to normality.

Our Venue for Monthly Meetings for 2020 10:25am start.





(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 Cafés to spread the word.

Trent Dementia plans

Tom Denning and Dr. Jane Rowley

- √ They have repeated in 2019 a seminar at Nottm Race Course, with great applause from the medical profession. Covid ruined any plans for 2020.
- √ 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.