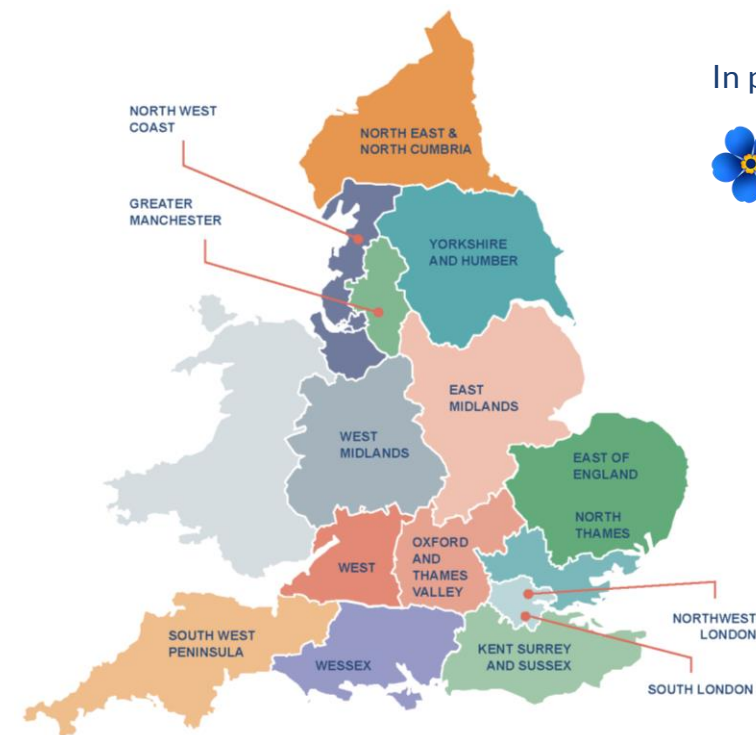


# National Festival of Applied Dementia Research

During Dementia Action week | 19 - 25 May 2025 we are celebrating the work of applied dementia researchers

This is your guide to our events across England



In partnership with



Together we are help & hope

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ARC SOUTH WEST PENINSULA

ARC WESSEX

ARC KENT SURREY AND SUSSEX

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ARC OXFORD AND THAMES VALLEY

ARC SOUTH LONDON

ARC NORTH WEST LONDON

ARC NORTH THAMES

ARC WEST MIDLANDS

ARC EAST MIDLANDS

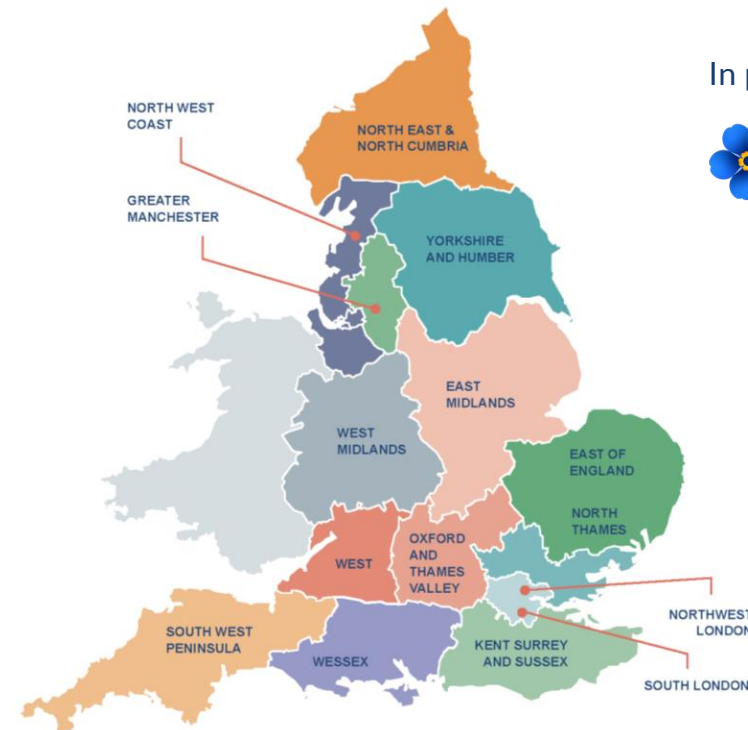
ARC EAST OF ENGLAND

ARC NORTH WEST COAST

ARC GREATER MANCHESTER

ARC YORKSHIRE AND HUMBER (3 events)

ARC NORTH EAST AND NORTH CUMBRIA (2 events)



In partnership with



## Dementia Care Research: What's that all about then?

### What's on offer?

Many people have experience of living with dementia or know someone who is affected by dementia. Earlier this year, we engaged with local communities and asked people what they would like to know about dementia care research. In this short video, dementia researchers address questions asked and discuss examples from their own research experience. The video will be available online for viewing nationally.

### What's it about?

Research in dementia care aims to improve care by focusing on approaches that place the people living with the condition at the centre. The research is wide-ranging, for example, from primary care support, home care services, to supporting fun activities. Here, we invited the public to tell us what they would like to know about dementia care research, to find out what is important to them.

### Who is leading the event?

Hannah Wheat, Tomasina Oh (University of Plymouth)  
Ilianna Lourida, Catherine Alexander (University of Exeter)

### Open to

The general public and people concerned about or living with dementia.

### Of particular interest to

People living with dementia, including family carers and professional carers, and anyone who would like to know more about dementia care research.

### Schedule

The video will be accessible through the link on the website from 19<sup>th</sup> May 2025.

## Event details

### Date

Dementia Action Week  
19-25 May 2025

### Event format

Watch the video online from the link (*Dementia Care Research: What's that all about then?*) on the PenARC website.

### Audience

All welcome

### Access

The video will also be shown at an in-person event for Dementia Action Week at a venue in the South West. This will be held at an accessible venue, advertised locally.

### Event type

Video of researchers talking about dementia care research, answering questions asked by members of the public in spring 2025.

### Online link

<https://arc-sw-p.nihr.ac.uk/news/>

# Dementia Tea Dance: Connecting Communities, Sharing Knowledge.

## What's on offer?

TOSH (The **O**ld **S**chool **H**ouse, Boscombe), Dementia researchers and the Bournemouth Symphony Orchestra are holding a tea dance for people living with dementia and their supporters in the local area.

Come along to enjoy music and dance. Get social and get active. We have soup, cakes and tea for refreshments.

Alongside the tea dance will be a range of experts in the field of dementia, providing information, advice, new findings from research, local services and ideas to live well with a dementia diagnosis.

## Who is leading the event?

Holly and Carol from TOSH

Researchers Pippa, Cathy, Gladys and Nuno from ARC Wessex

**Contact:** Pippa 07780 004101

## Event lead on the day: Holly

This is a drop-in event aimed at people living with dementia and their supporters.

## Date & time

TOSH, Gladstone Mews,  
Bournemouth. BH7 6BG

Thursday 22 May 2025

1pm – 3pm

## Event format

**Drop in event.** Attend in person

## Audience

People living with dementia and their supporters.

## Access

Wheelchair accessible.

Parking on site

Refreshments provided.



# SUPPORT THAT MATTERS: a Dementia Art & Research Exhibition

## What's on offer?

Join us for a unique art exhibition created by people living with dementia, exploring the theme: "What support matters most to you?" The exhibition combines artwork, personal stories, and research insights to offer a personal perspective on care and connection. This exhibition highlights the talents and achievements of those living with dementia, and how they contribute to art and influence research.

## What's it about?

Support for people living with dementia takes many forms. It can be both practical and emotional, provided by trained professionals or found in everyday interactions and community inclusion. It is often mutual, with those living with dementia giving support as well as receiving it. Through art - an important form of support itself - this exhibition explores how meaningful support is experienced by people living with dementia and how it connects to dementia research.

## Who is leading the event?

ARC KSS Dementia Fellows  
Alessandro Bosco, Georgia Bell,  
Rasa Mikelyte, Sarah Polack and  
Barbora Silarova, along with artists  
Lucy Stockton-Smith and Becky  
Vincer, and the Bright Shadow  
Dementia Arts Charity.

## Open to

This event is open to all (in-person and online)

## Of particular interest to

Anyone who is interested in finding out about the experiences and perspectives of people living with dementia.

## Gallery Exhibition



### Creative Space Art Gallery

 1 Red Lion Lane,  
Whitstable CT5 1FG

 21 – 26 May 2025

 10am – 6pm

 Drop in, no booking needed

**Opening night:**  
Tuesday, 20 May 2025,  
5-8pm

Ground floor venue,  
no step-free access

## Virtual Exhibition



### Including talks from participants

 **Zoom**

 23 May 2025

 12-1pm

 **Register:**  
<https://tinyurl.com/supportthatmatters>

## Cannot make Dementia Action Week?

**Come to a preview:**



**Skyway Gallery**, 2 Pond Road,  
Shoreham-by-sea BN43 5WU

Wheelchair  
accessible venue



9 – 15 May 2025



10am – 4pm

**Opening night:**

Thurs 8th May 2025,  
5.30-7.30pm

## Dementia Action Week – Dementia Research and Me

### What's on offer?

Join us for fun activities, refreshments and a chance to hear about dementia research that is happening locally.

Researchers will be there to share what they are doing and to listen to what you think research should focus on in future.

You can also sign up to be involved in future research.

### What's it about?

We are working to improve the lives of people with dementia and their families, and we think dementia research is better if it involves people living with dementia and their supporters. We would like the local community to have the opportunity to hear about research happening in the South West and help us make sure future research focuses on what matters to people living with and supporting those with dementia.

### Who is leading the event?

Katie Breheny and Lis Grey from the University of Bristol and Natasha Woodstoke from the University of the West of England. This event is in collaboration with the Dementia Health Integration Team (HIT).

### Open to

This event is open to anyone interested in dementia and we would particularly welcome people with dementia, their family and friends, and people who work with people with dementia.

### Of particular interest to

People who want to learn more about dementia research and how they can get involved.

### Schedule

Arrive from noon for a buffet lunch or later in the afternoon for tea/coffee. Activities will run throughout the afternoon. The event will end at about 4pm.

This is a drop in event, so no need to pre-book. Just turn up on the day!

## Event details

### Date

20th May 2025

### Event format

Attend in person

### Audience

People living with dementia, their supporters and people interested in dementia research

### Access

The venue is accessible to those with mobility issues and wheelchair users

### Event type

Creative activities, refreshments and time to chat

### Venue details and times:

The Royal Hotel, Weston-super-Mare, BS23 1JP

Noon to 4pm

# Life in Embrace – Navigating the realities of dementia in the UK and India

## What's on offer?

Join us for a screening of “Life in Embrace”. This documentary explores the emotional, cultural and philosophical differences in how dementia is embraced in two contrasting societies: India and the UK.

## What's it about?

Life in Embrace is a powerful documentary exploring how families in India and the UK navigate dementia and other long-term health conditions. Through personal stories, the film highlights the cultural and systemic differences in caregiving—contrasting India's intergenerational, community-driven approach with the UK's medicalised system.

Featuring diverse families and expert insights, the documentary sheds light on resilience, connection, and the role of cultural traditions in dementia care, fostering a global conversation on compassionate caregiving.

## Who is leading the event?

Claire Schwartz at University of Oxford.

## Open to

The documentary is for:

- Families impacted by dementia and multiple long-term conditions.
- Healthcare professionals and policymakers,
- Academics and researchers in cultural anthropology, aging, and health systems.
- General viewers interested in cultural stories and human resilience.

## Schedule

Life in Embrace Screening: **23rd May, 2:00pm – 2:45pm**

Followed by refreshments and a chance to find out about current dementia research and meet the researchers at **2:45pm – 4:00pm**

## Event details

### Date & time

23rd May 2025 2.00pm - 4.00pm

### Event format

Attend in person

### Audience

People living with dementia, carers and those supporting people living with dementia

### Access

Wheelchair, lifts, disabled parking

### Event type

Exhibition

### Venue or online link

<https://www.readingbiscuitfactory.co.uk/>



# Dementia Community Research Network (DCRN) Public Conference

## What's on offer?

Join the Dementia Community Research Network (DCRN) for an afternoon of **talks, information stalls** and an **artwork** exhibition. We will share experience, knowledge and local service information about dementia care across South London, with a specific focus on people affected by dementia from minority ethnic backgrounds.

The event is **free to attend, with complimentary food and refreshments**.

## What's it about?

The Dementia Community Research Network (**DCRN**) is a team of public, community and research partners from across South London, working together for better dementia care.

We are connected through our **shared goal to improve care for all people affected by dementia** by giving opportunities to people of all backgrounds and ethnicities to be involved in dementia research.

The **Public Conference** is the second public engagement event hosted by the DCRN, bringing you the latest developments in dementia care research and opportunities to connect with different community services.

## Who is leading the event?

DCRN Coordinators, Annabel Farnood, Olivia Luijnenburg and Lesley Williamson from King's College London.

## Open to all

Wheelchair access with drop-off zone. Nearby on-street parking available (parking charges apply).

## Of particular interest to

Anyone with an interest in dementia, including people living with dementia, family members of people with dementia, health and social care practitioners, policymakers, and the public.

## Schedule

2.00pm Welcome and refreshments

*Opportunity to watch short presentations, visit information stalls, speak to dementia charities, community providers and researchers, and enjoy some music and artwork.*

4.30pm Close

Book this event now:

<https://www.eventbrite.co.uk/e/dementia-community-research-conference-tickets-1255488202009>

## Event details

### Date & time

Monday 19 May 2025  
2.00pm-4.30pm

### Event format

Attend in person

### Audience

Anyone with an interest in dementia

### Access

Wheelchair access with drop-off zone

### Event type

Conference, local community service information stalls, art exhibition

### Venue

Lambeth Town Hall, 1 Brixton Hill,  
London SW2 1RW





## Five Days, Five Ways to Keep Your Brain Healthy: DAY 1

### What's on offer?

**Join us for Day 1 of our Mental Stimulation & Social Engagement event (Afternoon Tea) on 19 May, 2025!**

This special gathering is an opportunity for people living with dementia, their carers, and families to enjoy an afternoon of tea and friendly conversation.

During the event, our DemCOMM Fellow will share insights from the DemCOMM work and highlight on making small habits using the five-finger approach— a simple, practical way to promote well-being and support brain health.

### What's it about?

An afternoon designed to foster social connection and shared experiences. Guests will have the opportunity to engage with others in the community, connect with researchers from Imperial College London.

### Who is leading the event?

The ACTIVE MINDS Wellbeing Programme (DDA Hammersmith and Fulham), in collaboration with the Dementia Partnership Board, is leading this event.

Our DemCOMM Fellow will share insights from the DemCOMM work, highlighting experiences and learnings in dementia care.

### Open to

People living with dementia or cognitive impairment, their family members and carers.

### Schedule

Workshop 19th May (2:00pm to 4:00pm), followed by refreshments to follow and a chance to network and continue conversations

## Event details

### Date & time

19 May 2025  
2:00pm-4:30pm

### Event format

Attend in person

### Audience

People living with dementia or cognitive impairment, their families and carers

### Access

Wheelchair accessible

### Event type

Friendly conversation  
Networking

### Venue or online link

Fulham Pier at Fulham Football Stadium, Stevenage Road, London SW6 6HH

## Five Days, Five Ways to Keep Your Brain Healthy: DAY 2

### What's on offer?

**Join us for Day 2 of our Mental Stimulation & Social Engagement event (Virtual Reality) event on 20 May, 2025!**

This immersive session features two Virtual Reality (VR) experiences that aim to promote cognitive stimulation and social engagement for attendees. Through carefully curated VR content, participants will embark on calming journeys through nature, art, and culture, creating a safe and soothing environment that promotes emotional well-being—all led by experienced facilitators who will support participants throughout.

### What's it about?

An immersive experience designed to help attendees reconnect, relax, and engage in a virtual world that mirrors the beauty of the real one. The facilitators together bring their expertise to ensure a supportive and enriching experience for all participants.

### Who is leading the event?

Our DemCOMM Fellow is leading this in collaboration with an expert from KIDWISE, who specializes in working with adults living with dementia

### Open to

People living with dementia or cognitive impairment, their family members and carers.

### Schedule

Workshop 20th May (10:30am to 1:00pm), followed by refreshments to follow and a chance to network and continue conversations



### Event details

#### Date & time

20 May 2025  
10:30am - 1:00pm

#### Event format

Attend in person

#### Audience

People living with dementia or cognitive impairment, their families and carers

#### Access

Wheelchair accessible

#### Event type

Virtual Reality Experience  
Networking

#### Venue or online link

Danehust Centre, Brentford  
TW8 8HX

## Five Days, Five Ways to Keep Your Brain Healthy- DAY 3

### What's on offer?

Join us for Day 3 of our Physical Activity & Social Engagement event (Yoga) on 21st May, 2025!

We will offer two Modified chair-based Yoga session and positive Psychological practice, led by qualified yoga instructors, lasting **20 minutes**.

Discover benefits by enhancing physical, cognitive function, reducing stress, and promoting well-being.



### What's it about?

This session highlights the benefits of **Yoga** and **Psychological practice** for individuals with dementia and their carers. It promotes physical activity, mental stimulation, social engagement, and well-being through gentle movement, mindfulness, and music.

### Who is leading the event?

Our DemCOMM Fellow is a certified yoga teacher with connections in the teaching community and holds the required insurance document.

### Open to

People living with dementia or cognitive impairment, along with their family members, carers and friends.

### Schedule

Workshop **21st May (10:30am to 1:00pm)**, followed by refreshments to follow and a chance to network and continue conversations

## Event details

### Date & time

21 May 2025  
10:30- 1:00pm

### Event format

Attend in person; flexible

### Audience

People living with dementia or cognitive impairment, their families and carers

### Access

Wheelchair accessible

### Event type

Hands-on Yoga Session

### Venue or online link

London Care  
42 Westbourne Park Road,  
W2 5PH

## Five Days, Five Ways to Keep Your Brain Healthy- DAY 4

### What's on offer?

Join us for Day 4 of our Healthy Diet event on 22 May, 2025!

The event will feature a talk by Allison Smith, a Prescribing Support Dietitian within Clinical Commissioning Groups, followed by sharing nutritional experiences in smaller circles. Attendees will also have the opportunity to sample healthy foods.

**Discover benefits by enhancing healthy eating habits and promoting well-being.**

### What's it about?

The session will offer valuable insights into healthy eating habits and practical strategies for overcoming related challenges for people living with dementia, their families, and carers.

### Who is leading the event?

Our DemCOMM Fellow is leading this with two expert dietitians.

### Open to

People living with dementia or cognitive impairment, their family members and carers.

### Schedule

Workshop 22<sup>nd</sup> May (10:30am to 1:00pm), followed by refreshments to follow and a chance to network and continue conversations

### Event details

#### Date & time

22 May 2025  
10:30- 1:00pm

#### Event format

Attend in person

#### Audience

People living with dementia or cognitive impairment, their families and carers

#### Access

Wheelchair accessible

#### Event type

Talk  
Interaction and networking within groups  
Food tasters

#### Venue or online link

Loveday Kensington  
2 Kensington Square, London W8  
5EP

## Five Days, Five Ways to Keep Your Brain Healthy: DAY 5

### What's on offer?

**Join us for Day 5 of our Community Health Checks event on 23 May, 2025!**

The event will feature 30+ stalls of healthcare providers, community organizations and Imperial Researchers working in the field of Dementia.

As DemCOMM fellows, we will share our research insights and discuss the Five Finger Model for Community, along with highlights from the Dementia Week events conducted throughout the week

### What's it about?

This is a community day event where professionals working in the field of dementia come together to offer our expertise and support to people living with dementia and their carers under one roof.

### Who is leading the event?

Dementia Action Alliance Westminster and Kensington, in partnership with Imperial College London, Health and Care professionals, and Community Organizations in Westminster

### Open to

All- People living with dementia or mild cognitive impairment, their family members and carers, Health and Care professionals, Charities, Researchers and Community Organizations working in the field of dementia

### Schedule

23rd May (1:00pm to 4:00pm), followed by refreshments to follow and a chance to network and continue conversations

### Event details

#### Date & time

23 May 2025  
1:00- 4:00pm

#### Event format

Attend in person

#### Audience

Everyone: people living with dementia, carers and professionals working for dementia

#### Access

Wheelchair accessible

#### Event type

Talk, Health Check and Stalls

#### Venue or online link

Kensington Town Hall, Hornton St, London W8 7NX



# Seeing Dementia Differently: A Journey Through Research & Lived Experience

## What's on offer?

Join us for a catered, interactive drop-in event exploring innovative dementia research. Meet experts, discover ongoing studies, and take part in engaging activities designed to spark conversation and idea-sharing.

This is a unique opportunity to connect with researchers, share your experiences, and influence the future of dementia care. Whether you're a person living with dementia, a caregiver, a researcher, or simply interested in the field, your perspective matters. Drop in, explore, and be part of the conversation shaping dementia research.

## What's it about?

People living with dementia have unique needs that should shape the support designed for them. This interactive, drop-in event invites you to explore cutting-edge research and share your thoughts with experts working to improve dementia care.

Visit four research stands to learn about preventing dementia, personalising treatments, supporting people with multiple health conditions, and understanding the challenges of social isolation. Engage with researchers, take part in activities, and contribute your voice to the future of dementia research.

## Who is leading the event?

Silvie Cooper ([silvie.cooper@ucl.ac.uk](mailto:silvie.cooper@ucl.ac.uk)), UCL

**Contact on the day:** Jess Wright ([jess.wright@ucl.ac.uk](mailto:jess.wright@ucl.ac.uk)), UCL

**Comms contact:** Katy Murray ([katherine.murray@ucl.ac.uk](mailto:katherine.murray@ucl.ac.uk)), UCL

## Open to

Open to all but of particular interest to people who have experience of living with dementia or are carers or supporters of those with dementia.

## Of particular interest to

People who have experience of living with dementia or are carers or supporters of those with dementia.

## Schedule

2:00-2:20pm:

**Welcome & Introduction**

2:20-4:00pm:

**Interactive Research Drop-in with refreshments**

4:00-4.45pm:

**Reflections & Connections Panel with PPIE Group Members**

4:45-5:00pm:

**Closing Remarks & Next Steps**

Book this event now:  
<https://seeing-dementia-differently.eventbrite.co.uk>

## Event details

### Date & time

**Thursday 22nd May 2025**

2.00pm-5.00pm

### Event format

Attend in person. Drop-in between 2pm and 5pm.

### Audience

People who have experience of living with dementia or are carers or supporters of those with dementia.

### Access

Wheelchair accessible, lift access, and accessible toilets available.

### Event type

Interactive Exhibition & Community Café

### Venue

**St Pancras & Somers Town**

**Living Centre**

2 Ossulston Street London  
NW1 1DF

## What is happening in dementia research in the West Midlands?

### What's on offer?

Please join us for the premiere screening of a new documentary film called “**Life in Embrace**” which shows how families in the UK and other parts of the world experience the dementia journey. After the film you are invited to join researchers from Keele and Birmingham universities over tea/coffee and cake to talk about some of the latest dementia research happening now within the West Midlands.

### What's it about?

Research in dementia can be most effective and have greatest impact when it involves people living with dementia, their families, carers and supporters, staff who provide direct support, and other researchers in dementia.

At this event we want to bring all these people together to share different perspectives on dementia, and to learn from each other.

### Who is leading the event?

Subhashisa Swain (University of Oxford and Keele) with Sue Molesworth (University of Keele)

### Open to

- **People living with dementia, their families, care partners and supporters.**
- **Health and social care practitioners who work in this area.**
- **Dementia researchers.**

[This event provides disabled access facilities.](#)

### Of particular interest to

Anyone living with or affected by dementia, practitioners from voluntary and community sector organisations and charities, NHS and local authority staff, researchers and academics in the field of dementia.

### Schedule

Film screening with Questions & Answers. Drinks and cake follow, and a display of research - 20th May 2025, 1pm – 4pm (arrive from 12:45pm)

## Event details

### Date & time

20<sup>th</sup> May 2025, 1pm – 4pm  
(arrive from 12:45pm)

### Event format

Attend in person

### Audience

All ages

### Access

Lifts, disabled toilets, Blue Badge parking

### Event type

Film (with Q&A), tea and cake, informal chat about research

### Venue or online link

Stoke-on-Trent Film Theatre, Wade Centre, Hartshill Road. ST4 7NY

## Do you want to help improve care and support for people with memory problems and dementia – but don't know where to start?

### What's on offer?

At the University of Nottingham we do research to improve care and support for people with dementia and family members. For this we work together with people with dementia and family members.

People with dementia and family members help us come up with new research questions, design flyers, advertise new research projects, amongst many other things. They help us to make sure that our research addresses the needs of people with dementia and their families, and that it is accessible.

### What's it about?

We asked our current members with dementia or experience of caring for someone with dementia to record a short video on 'hints and tips'. We hope you will find their views interesting, and it may inspire you to get involved or to tell a friend. Come and join our 'drop-in' session where we can have a chat in person and answer your questions. The video will be available online. We will also have a workshop as part of our University Showcase event about how to get involved in research projects.

### Who is leading the event?

Esther, Neil and Orii (NIHR ARC Dem-Comm Fellows at University of Nottingham)

### Open to

Everyone interested in improving dementia care is welcome. We are planning events in community venue as well as a workshop type meeting at University of Nottingham

### Of particular interest to

We have been holding community meetings with South Asian communities, Caribbean communities and people with young-onset dementia. We are keen to talk with anyone interested or affected by memory problems, dementia or Alzheimer's Disease. We know that family members can also feel worried, and we are keen to hear your views too.

### Schedule

Drop-in chat with video presentation –  
Saturday 17<sup>th</sup> May – 12.00-1.00pm  
Wednesday 21<sup>st</sup> May – as part of Showcase at University of Nottingham

No need to book - drop-in chat at  
New Arts Exchange

## Event details

### Date & time

Sat 17<sup>th</sup> May 2025 1.00pm-  
2.00pm  
Tues 20<sup>th</sup> May 2025

### Event format

Attend in person,  
Watch video online

### Audience

Open to all

### Access

Wheelchair, lifts disable  
parking

### Event type

Drop-in chat

### Venue or online link

New Art Exchange,  
39 Gregory Boulevard,  
Nottingham NG7 6BE

## How do we foster dementia-friendly communities?

A conversation between people with lived experience of dementia and Hertfordshire County Council

### What's on offer?

Join us for a public conversation about how we can make communities across Hertfordshire more dementia-friendly.

### What's it about?

Hertfordshire County's Dementia Strategy (2023-2028) includes a key priority on dementia-friendly communities. A new programme of dementia-friendly accreditation is being piloted in four communities across Hertfordshire.

This meeting will bring together officials from Hertfordshire County Council and residents impacted by dementia. We will update on dementia-friendly work being done and facilitate conversation on how we can improve the community experience for people living with dementia. Key messages from these conversations will inform the further development of dementia-friendly communities across Hertfordshire County.

### Who is leading the event?

Greg Windle, University of Hertfordshire

### Open to

People living with dementia in the community and their carers; dementia-friendly community service workers, Hertfordshire County Council officials.

Open to all – with disabled access

### Of particular interest to

Carers and families and people living with dementia, dementia-friendly community services, local government

### Schedule

Wednesday, 21 May – 10.00am -12.00pm  
Drinks and lunch follow

## Event details

### Date & time

21<sup>st</sup> May 2025 10:00:12:00

### Event format

Attend in person

### Audience

Adults

### Access

Wheelchair, lifts disable parking

### Event type

Workshop

### Venue or online link

Please contact  
[g.windle@herts.ac.uk](mailto:g.windle@herts.ac.uk) for  
venue details.

# Dementia Knowledge Exchange Event in the South Asian Community

## What's on offer?

The focus of this event is a culturally specific knowledge exchange whereby we can collectively share food, music knowledge and experiences that are specific to South Asian Communities and involvement in research.

## What's it about?

As researchers, we hope to gain more knowledge of South Asian Communities that are less well understood in terms of living well with a diagnosis of dementia and the most appropriate ways to involve these communities in research. In return, we will encourage attendees to share their experiences and explore what future research topics may be important to them. It is important that these ideas come from the communities that are less well understood and not regularly involved in research so that we can work on ways to increase wellbeing in these communities. The conversations and discussions from the event will inform an information booklet to be produced following the event regarding the importance of the information shared and gained on the day.

## Who is leading the event?

The event will be jointly led by the Universities of Manchester and Liverpool in order to combine efforts in the Northwest of England.

## Open to

We welcome attendees from South Asian Communities that are living with dementia, are caring for someone living with dementia, their families and friends. We also welcome people in the South Asian Community who would like to learn more about dementia and ask any questions on the day.

## Of particular interest to

People living with dementia and care partners from South Asian Communities who would like to learn more about dementia research.

## Schedule

Presentation and talk – 22<sup>nd</sup> May – 12.00-1.00pm

Drinks and lunch follows

## Event details

### Date & time

22<sup>nd</sup> May 2025 10.00am-3.00pm

### Event format

Attend in person

### Audience

Young people, adults

### Access

Wheelchair, lifts disable parking

### Event type

Knowledge Exchange Event including lunch

### Venue or online link

Please contact sarah.smith-10@manchester.ac.uk for venue details.



# Chai & Chat: South Asian Dementia Café

## What's on offer?

If you are a member of the South Asian community, you're warmly invited to join us for a coffee gathering at the South Asian Dementia Café.

Enjoy a free drink and sweet treats in a warm and welcoming space where you can relax and connect with old and new friends!

## What's it About?

This event supports the South Asian Dementia Café, Hamari Yaadain (Our Memories), which meets every Thursday and is hosted by Touchstone, a local charitable organization in Yorkshire.

The café provides a safe and culturally familiar space for South Asian people living with memory issues and their carers. The event will be held in the mother tongue, creating a welcoming environment to socialize, share experiences, seek dementia care support, and build friendships!

## Who is leading the event?

Amirah Akhtar – University of Bradford  
Lin Gong – University of Leeds

## More information about

[South Asian Dementia Café](#)

## Inquiries

A.Akhtar46@bradford.ac.uk

## Open to

People from South Asian Community

## Of particular interest to

South Asian people with lived experience of memory issues and their carers.

## Schedule

22 May 2025 (Thursday) 1.00-3.00 pm  
Refreshments provided.

## Event details

### Date & time

22 May 2025 1.00pm-3.00pm

### Event format

In person attendance

### Audience

South Asian Community members

### Access

Wheelchair accessible.  
Transport can be requested for a minimal charge if you have limited mobility.

### Event type

Coffee Chat

### Venue

Mary Sunley House, Banstead Street  
West, Leeds, LS8 5RU.

### Registration

No registration required – just drop in!

## Let's Talk: 3D (Diabetes, Depression, & Dementia) Prevention for Everyone (With a Guided Tai Chi Session)

### What's on offer?

Did you know that dementia is preventable? Small lifestyle changes can make a big difference!

Join us for an engaging workshop to explore daily habits that support brain health and help reduce dementia risk.

### What's it about?

This workshop creates a space to discuss how health conditions like diabetes and depression impact brain health. Engage in a conversation with local dementia researchers to learn about recent findings in dementia prevention and gain practical tips for maintaining a healthy brain.

To wrap up, we'll have a relaxing Tai Chi session—a great way to refresh your body and mind. Participation is optional.

### Who is leading the event?

Lin Gong & Sudha Raman from University of Leeds

### Inquiries

s.raman@leeds.ac.uk

### Open to

Open to all – with disabled access

### Of particular interest to

People who are interested in brain health and building healthy lifestyle.

### Schedule

23 May (Friday) – 10.00-12.00 pm

Healthy drinks and refreshments will be provided.

Reserve your spot at [Ticketsource](#) or scan the QR code below.



### Event details

#### Date & time

23 May 2025 10:00-12.00pm

#### Event format

Attend in person only

#### Audience

All are welcome

#### Access

- Wheelchair accessible
- Lifts available

#### Event type

Workshop with Tai Chi exercise

#### Venue

Cloth Hall Court, Quebec Street  
Leeds LS1 2HA

(A 2-minute walk from Leeds Train Station)

## Brain Health & Dementia Prevention in the Black African Community

### What's on offer?

Did you know dementia is not a normal part of ageing? It is a medical condition. Small lifestyle changes can make a big difference!

Join us for an engaging workshop where we will explore the meaning of dementia, some misconceptions surrounding dementia and simple, practical ways to reduce dementia risk in everyday life. We will share valuable tips to protect your brain health from staying physically healthy to keeping socially connected. Come along, learn, and take charge of your well-being!

### What's it about?

This workshop is a great chance to learn what dementia is and what it is not. It is an opportunity to chat about how things like diabetes, social isolation, loneliness, depression, and high blood pressure affect brain health. Join us for a conversation with a local dementia researcher to learn about the latest findings in dementia prevention research and pick up some useful tips for staying healthy in both body and mind.

Plus, we will wrap up with a fun traditional African dance session - an enjoyable way to boost both body and mind.

### Who is leading the event?

Emmanuel S Nwofe, Amirah Akhtar (University of Bradford), Lin Gong & Sudha Raman (University of Leeds) in partnership with **Igbo Union Yorkshire CIC**

### Contact

[e.s.nwofe@bradford.ac.uk](mailto:e.s.nwofe@bradford.ac.uk)

### Open to

Open to Afro-Caribbean communities – with disabled access

### Of particular interest to

Black African and African Caribbean community.

### Schedule

25 May (Sunday) – 17.00 - 20:00  
Cultural Nigerian Food and snacks will be provided.

## Event details

### Date & time

25 May 2025 17:00-20:00

### Event format

Attend in person only

### Audience

African-Caribbean focused but can be attended by other communities

### Access

Wheelchair, disable parking

### Event type

Workshop

### Venue

**Blackburn Hall, Commercial Street Rothwell, Leeds. LS26 0AW**

## Dementia research in the North East – how can it help me?

### What's on offer?

Come to the Newcastle United Foundation to meet local dementia researchers from Newcastle and Northumbria Universities. We would like to share new research happening in the North East to support people living with dementia and their families. Join us to have a chat, lunch and stay and to watch dementia friendly walking football.

### What's it about?

We are exploring new ways of providing care and support for people living with dementia and their families. This includes people living at home and people living in care. We will talk about how things like music, food and football can all help improve life with dementia; dementia prevention and dementia risk. Our work is about care in our local communities but can benefit people throughout the country.

Walking football can have many health and social benefits for people living with dementia and their carers. Stay to enjoy waling football after the short research talks.

### Who is leading the event?

Dr Marie Poole from Newcastle University with Thomas Graham from the Newcastle United Foundation

### Open to

Anyone who is concerned about, or living with dementia, including family carers, practitioners, service providers or researchers interested in dementia support.

### Of particular interest to

People living with dementia and their families living in the communities and care homes; local services offering or thinking about offering dementia support.

### Schedule

Short, informal research talks, followed by a fun quiz, lunch and time to chat to researchers and other attendees, followed by dementia-friendly walking football.

Lunch will be provided.

## Event details

### Date & time

Wednesday 21st May 2025  
11.00am-1.00pm

### Event format

In person

### Audience

General public

### Access

Wheelchair, lifts, disabled parking

### Event type

Talks, quiz and lunch

### Venue or online link

Newcastle United  
Foundation, Diana Street,  
Newcastle upon Tyne, NE4  
68Q



Dementia Action week | 19 - 25 May 2025

With special thanks to

Professor Ruth Bartlett – DEMCOMM lead  
Rachel Tobin – DEMCOMM senior programme  
manager

And all our amazing DEMCOMM applied research  
fellows from across the NIHR Applied Research  
Collaborations in England, and all the people that  
have supported our work, spoken about their  
experiences of care and living with dementia and the  
health and social care professionals that work  
tirelessly to help people and families

In partnership with



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