

How to get involved?

- Are you aged 65 or above with a dementia diagnosis?
- Are you passionate about helping others with your life experience and skills?
- Do you care about yourself and others feeling heard?
- Would you like to attend local monthly meetings?



For more information please contact:

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DEEP Values

Each group commits to the engagement and empowerment of its members. We all have the power to influence and change what happens in the dementia world: in our home, or street, our town or our country.

Our unity



Our rights



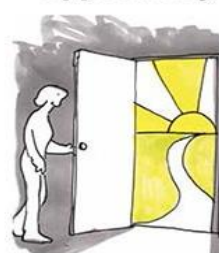
Love



Respect



Opportunity



Our voices



deep

The UK Network
of Dementia Voices

ARE YOU LIVING WITH DEMENTIA?

DEMENTIA EMPOWERMENT & ENGAGEMENT PROJECT



 Caring | Discovering | Growing | Together

Who is DEEP for?

“It’s about **our right** to have a say, have a voice to influence what matters to us as people living with dementia”

There are lots of different types of groups that exist for people with dementia including post-diagnosis groups, peer support groups and social groups.

Other groups have...

- Given talks at **Dementia conferences**, educating Police on how to safely support those with Dementia on duty.
- Collected **donations** for Dementia.
- Created a **‘Knowledge is Power’ booklet**, providing information regarding the available benefits and support.
- Dementia **walk throughs** to make sure buildings are safe for those with dementia, improving accessibility.
- Offers a **space for community** for those with dementia to retain skills and create strong friendships.

Why be a part of DEEP?

“Through the DEEP groups I learnt to laugh again... DEEP gives us hope and that hope fuels the lighthouse that we need to help us see our way through dementia.”

Member of DEEP THRED and SURF

“After my diagnosis I felt my life was over and then I went to my first group meeting. I instantly felt hope and realised life could... still be lived and enjoyed. The peer support was amazing, and the friendships quickly developed. It was fantastic to be with a group of friends who knew exactly how I was feeling and the challenges I faced daily.”

Member of Dementia NI

What is DEEP?

UK wide network

Connects groups to each other to share views, hopes and intentions of people with dementia. Supporting learning and skills and to increase confidence.

Independent

The network belongs to the groups themselves, not to any particular dementia service or organisation.

Diverse

It is made up of groups strongly rooted in their local communities, including some in care homes.

Rights based

It encourages groups to identify and speak out about the issues that are important to them.

