

Forget-Me-Nots: Successes from the fifth year

Thank you and congratulations to all members who...

- Welcomed new members to the group, alongside visiting and encouraging the starting up of similar groups
- Improving KMPT services by partaking in a care co-ordination improvement project, interviewing both psychologists and students, formulating a buddy scheme for Canterbury, and helping Helen come to the '10 commitments' that KMPT has made to service users.
- Raising money by writing, publishing and promoting 'Walk the Walk', donating to Polly's marathon and partaking in the memory walk with the Canterbury pilgrims.
- Speaking at local, national and even international conferences including those on memory services, young onset dementia, and were even were the first with dementia to talk at the UN's convention for human rights in dementia, to raise awareness of dementia alongside improving experiences and services. Even winning a prize at one for a poster made from the tree of life workshop.
- Attending, organising and partaking in events raising awareness and challenging stigma's about dementia including: 'conversations with fronto-temporal dementia' at the UK's dementia congress, during dementia awareness week by manning stands and assisting in formulating a video montage on the emotions experienced by those with dementia, helping Philly Hare to audit the Marlowe Theatre, using a checklist devised by DEEP etc.
- Assisted in formulating the dreams and visions project– a scriptwriting project for those with dementia.
- Worked alongside the dementia diaries to enable people who are living with dementia to record their day-to-day reflections, which can be used to help others affected by dementia or publicly by professionals in training, media, meetings, or conferences.
- Designed and created badges for the group
- Campaigned for change in 'Back to Work' assessments for people with dementia, including changing the assessments for PIP.
- Members of the Forget Me Nots helped Philly Hare to audit the Marlowe Theatre, using a checklist devised by DEEP.