

SDAA Book Club

Books, podcasts, articles, blogs, TV shows and films can help us understand the world from someone else's perspective. They can be powerful in showing what someone with dementia might be experiencing. We have made some recommendations below of some of our favourites that you might want to share with your colleagues, volunteers or members. They help give an insight into different people's experience of living with or caring for someone with dementia.

If there is anything you have read, watched or listened recently that is informing about dementia, let us know! We would love to share any articles, books or films you recommend with other members of Sheffield Dementia Action Alliance.

1. 'Somebody I used to know' by Wendy Mitchell (book)

An insightful and inspiring book into Wendy's life since received a young-onset dementia diagnosis. Wendy was interviewed by Age UK about her book and living with dementia and said: "I hope that it gives them less fear about dementia. I like to think of a diagnosis as the beginning of a different life – one of adapting and support, and not one you'd have imagined whatsoever – but the start of a new life rather than the end of life. That helps people see it in a different perspective."

For the full interview go: <https://www.ageuk.org.uk/discover/2019/march/wendy-mitchell-on-life-with-dementia/>



2. 'Which me am I today?' Wendy Mitchell (blog)

Soon after her diagnosis, Wendy began writing a blog, 'which me and I today?'. She shares her experiences on what she calls her "new life" with dementia in an honest and eye-opening way. You can find her blog here: <https://whichmeamitoday.wordpress.com/>

3. Our Dementia Choir With Vicky McClure (series)

The focus on this series is the power of music for people living with dementia. In a two-part series Vicky McClure meets people with different types of dementia and at different stages of dementia. They share their stories as they connect through music and learn about the difference it can make for some with dementia.

BBC iplayer <https://www.bbc.co.uk/programmes/m0004pyd>



4. Dementia Diaries (audio clips)

Dementia Diaries is a UK-wide project that brings together people's diverse experiences of living with dementia as a series of audio diaries. People with dementia give reflections on their day-to-day lives. The aim is to encourage conversations around dementia and to change attitudes.

<https://dementiadiaries.org/>

5. Dementia and Me (podcast)

Grace Stead and Peggy Walker talk to people with dementia, their loved ones and friends. In two of the episodes they talk to both Wendy Mitchell and Vicky McClure, who you might recognise from this list!

<https://www.bbc.co.uk/programmes/p07fsqj9/episodes/downloads>

What we've recently been recommended:

1. The Father (2020 film)

The Father navigates dementia through the eyes of a man living it.

2. Supernova (2021 film)

A new film portrays a couple whose relationship is tested by the impact of dementia.

More information

For more information on supporting people with dementia in Sheffield:

Visit www.ageuk.org.uk/sheffield and find "Dementia services" within "Our services"

Call Age UK Sheffield on (0114) 250 2850

E-mail dementiaadvice@ageuksheffield.org.uk

To find out more about how to be dementia friendly contact sdAA@ageuksheffield.org.uk