



Let's Talk Dementia

Event Programme

Saturday 23rd May 2026

10.30 am - 4.30 pm

Bristol Beacon

**A one stop event to learn more
about dementia.**

Hosts

Today's event is brought to you by three small Bristol dementia charities, Alive Activities, Bristol Dementia Action Alliance and BRACE Dementia Research.

We quite simply need to be talking more about dementia.

One in two people will be affected by dementia in their lifetime, either through developing the condition or through caring for a loved one with dementia.

Knowledge is power and we hope you, and all attendees, leave the event armed with new ideas about how best to support your loved ones, and yourself.

Alive Activities

Alive is the UK's leading charity enriching the lives of older people in care and training their carers.

Alive:

- Engage older people creatively through meaningful activity sessions.
- Train staff to deliver outstanding care at every opportunity.
- Connect older people to their local communities.
- Speak up for the rights of older people in care.

Visit their website to learn more: www.aliveactivities.org

Email: info@aliveactivities.org



Bristol Dementia Action Alliance

BDAA educates Bristol communities about dementia and supports those living with dementia and their loved ones through activity groups. BDAA provides free dementia awareness sessions for businesses, organisations and groups; and recognises those who are striving to make Bristol a dementia aware city through its annual BDAA Awards.

Visit their website to learn more: www.bdaa.org.uk

Email: office@bdaa.org.uk



BRACE Dementia Research

BRACE funds world-class clinical and laboratory research across the West Country and South Wales, into dementia to find better treatments, achieve earlier diagnosis and hopefully, one day, a cure. BRACE is based in Southmead Hospital, in the Brain Centre, with the charity contributing almost £600,000 towards its development. Together, we will defeat dementia.

Visit their website to learn more: www.alzheimers-brace.org

Email: info@alzheimers-brace.org

Call: 0117 414 4831



Event Spaces

Activity Room - Run by Alive Activities

A creative space for people living with dementia to join in free activity sessions throughout the day. See page 10 to find out more about the activities and the times.

Exhibitor Floors

A chance to speak to experts about health, care, research and the practicalities of dementia. Have your pressing questions answered in a friendly setting. A full list of exhibitors can be found on pages 11-12.

Complimentary hot drinks are also available for attendees.

Lantern Hall - Talks

There will be 20 minute, easy to understand, talks from dementia experts. At the end of each talk there will be the chance to ask the experts questions. Please go to pages 8-9 for talk times and titles.







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Would you like to take part in dementia research?

We welcome people from all backgrounds.

Please contact us at the Bristol Brain Centre for more information.

Email:
ResearchVolunteer@nbt.nhs.uk
Telephone: 0117 414 5739



Gold Sponsors: ReMemBr Group

The ReMemBr Group (Research into Memory, the Brain and dementia) includes neurologists, psychologist and researchers from both University of Bristol and North Bristol NHS Trust.

We diagnose and treat patients with dementia and also offer clinical research opportunities to people with and without dementia. Our research focuses on early diagnosis of dementia, understanding how memory is stored in the brain and how this can be enhanced and clinical trials of treatment in dementia.

We also regularly invite patients, carers and others with experience of mild cognitive impairment (MCI) and dementia to advise us on our research.

Thank you to our sponsors for making Let's Talk Dementia 2026 possible:



St Monica Trust

100 YEARS 1925 – 2025

Lantern Hall

10.45am - 11.15am: EMPATHY Project

Anndeloris Chacon (CEO of Bristol Black Carers) and Emily Choi (Dementia Project Coordinator at Chinese Community Wellbeing Society)

The EMPATHY project is a community research project led by Bristol Black Carers, Chinese Community Wellbeing Society, Dhek Bhal and UWE which aims to transform the dementia assessment and diagnosis pathway for those from the Caribbean, Chinese and South Asian communities in BNSSG.

The project launched in October 2024, which has developed an intervention to help bridge the gap between the community and GPs in an effort to make dementia diagnosis and assessment more accessible to those from minoritised communities.

11.30am - 12.00pm: Fastball EEG test to diagnose Lewy bodies dementia

Dr Oliver Hermann – Fastball Research Associate, BRACE

Oliver will talk about an EEG test called Fastball which is being adapted to support diagnosis of dementia with Lewy Bodies and Parkinson's Disease dementia. The test uses a cap to measure the participants' brain waves while they watch images on a laptop screen.

As many as one in five people with dementia have Lewy body pathology, yet this condition is frequently misdiagnosed and means that the person living with dementia may be offered incorrect support or medicine for their needs.

If the research and development of Fastball is successful then the quick, portable test could support many thousands of people to receive an accurate and timely diagnosis of dementia with Lewy Bodies and Parkinson's Disease dementia.

12.15pm - 12.45pm: Eating well with Dementia

Victoria Kubiak

Victoria is a nutritional councillor and therapist running clinics in Bristol and Clevedon for 35 years. Her husband George was diagnosed with dementia at age 59 and stayed at home till he died aged 70. Victoria's presentation offers hints, tips, resources and knowledge which arose through their 12-year dementia journey together.

1pm - 1.30pm: Empowering people living with Dementia

Jen Cave – Ayland, Alive Activities

It may seem simpler and faster to do tasks on someone's behalf, but how and why should we empower a person living with dementia to continue to carry out activities themselves?

Jen has worked as an Occupational Therapist for over 25 years in a variety of settings. She is passionate about partnership working and has seen what a difference voluntary and statutory services working together can have with individuals and communities.

With personal and professional experience of supporting older people and people with dementia, Jen works with individuals to live lives that are meaningful to them, focusing on what they can do, not what they can't. This includes enabling them to carry on with the activities they did before, but perhaps in a different way.

Jen loves to see people develop and enjoys coaching and mentoring. She also supports occupational therapy undergraduate students and apprentices on placements.

1.45pm - 2.15pm: Living with Dementia

Bristol Dementia Deaf Group

Eva, a profoundly deaf woman, will be interviewed by a native British Sign Language (BSL) user about her experience of being diagnosed with vascular dementia.

Eva was born to Hungarian, Holocaust-surviving parents. They moved to Israel when she was three years old.

Both her parents and her sister were deaf, but Eva was not diagnosed with a hearing loss until she was 14 years of age. She later met an English man and moved to England in 1984.

For most of her working life, Eva worked with young people, many of whom were deaf and disabled.

Approximately three years ago, Eva was staying with her sister, who began to suspect that Eva had dementia. Initially, Eva was resistant but agreed to an assessment, where a diagnosis of vascular dementia was confirmed.

This interview will be conducted in BSL and interpreted into spoken English. Following this, there will be an opportunity for audience members to ask questions.

2.30pm - 3.15pm: Let's Talk Dementia - Your questions answered

A panel of dementia experts, from a wide variety of backgrounds, will be available to have your pressing questions answered.

Silver Sponsors: St Monica Trust

The St Monica Trust is a Bristol-based charity which has been helping older people in our region since 1925.

Our goal for innovation at the St Monica Trust is to become a centre of excellence for healthy ageing and care innovation, funded through our Charitable Foundation.

We believe everyone deserves to live a healthy, independent life for as long as possible - whether that's in their own homes, one of our retirement villages or care homes, or anywhere else they choose.

To enable this, we are building on the Trust's 100-year history of caring by driving forward bold new initiatives that bring together experts from a wide range of disciplines. By partnering with leading researchers, innovators, and organisations across the globe, we are shaping a future where healthy ageing and care innovation thrive.

To learn more, please visit: www.stmonicastrust.org.uk



Activities

10.30am - 11.00am:	Reminiscence
11.15am - 11.45am:	Wellbeing in nature
12.00pm - 12.30pm:	Music JukeBox
1.00pm - 1.30 pm:	Move to the groove
1.45pm - 2.15pm:	Drumming workshop
2.30pm - 3.15pm:	Wellbeing in nature

Exhibitors

Barcan+Kirby

Barcan + Kirby
www.barcankirby.co.uk



Bristol Age UK
www.ageukbristol.org.uk



Bristol Black Carers
www.bristolblackcarers.org.uk



Bristol Dementia Wellbeing Service
www.bristoldementiawellbeing.org



Bristol Energy Network CIC
www.bristolenergynetwork.org



Carers Support
www.carersbsg.org.uk



Centre for the Deaf and Hard of Hearing People
www.cfd.org.uk



Chinese CWS
www.chinesecws.org.uk

Deaf Dementia Club
www.deaf-dementia.club



Dementia Community
www.journalofdementiacare.co.uk



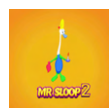
Dementia Life
www.dementialife.org



Home Instead
www.homeinstead.co.uk/bristol-north/



Lovell Place Hamberley Care Homes
www.hamberleycarehomes.co.uk/care-homes/lovell-place-care-home



Mr Sloop - Children's Story Books
www.mrsloop.com



North Bristol Trust NHS
www.nbt.nhs.uk



North Somerset Council
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ReMind^{UK}

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www.reminduk.org

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www.waysideherbaltea.com



Your Care South West
www.your-careuk.co.uk

The host charities would be delighted to meet you at their exhibitor tables, in the activity rooms or elsewhere in the event space.



Alive Activities
www.aliveactivities.org



Bristol Dementia Action Alliance
www.bdaa.org.uk



BRACE Dementia Research
www.alzheimers-brace.org

Thank you for joining us at Let's Talk Dementia 2026.