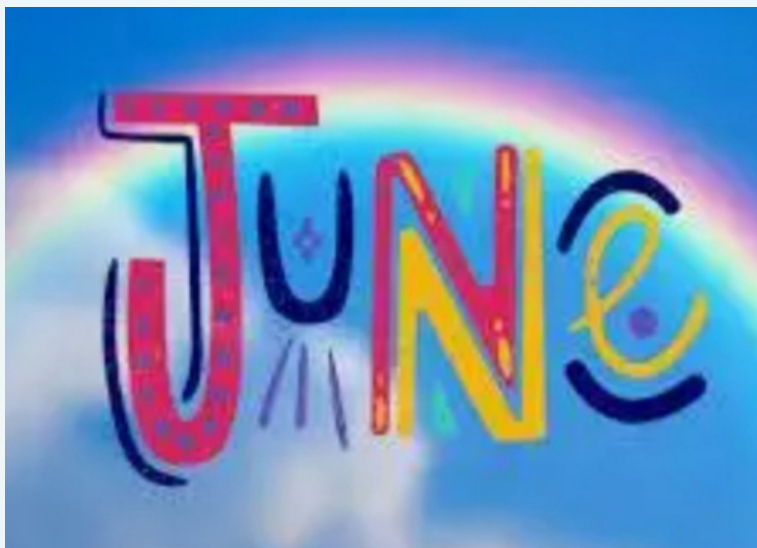


[Sign up to our Monthly Newsletter](#)

Hello and welcome to all our new readers. It's June! We're nearly half way through 2024 already! This month brings lots of interested articles.



If you are living with dementia, a carer, or a family member and you have any questions you would like Teepa Snow to answer, or if you have any articles, news, poetry, or paintings you would like to be considered for publication then please forward them to me: Anne Scott.

scottanne@live.co.uk

If you would like to sign up for all our mailings the, buttons above...

Please do circulate and share this newsletter with your friends and on social media.



Below are some quick links to the articles and videos.

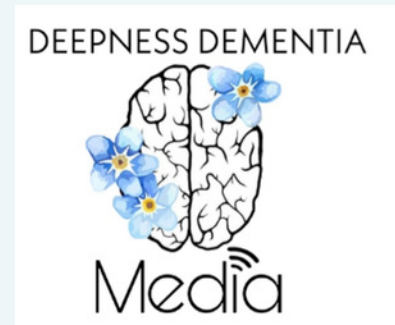
- Deepness Dementia News...[CALL OUT - Participant to take part in Scottish Dementia Arts Festival 2024](#)
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CALL OUT - Participants To Take Part Scottish Dementia Arts Festival 2024

11th to 14th November 2024, Edinburgh

NEWS AT



Welcome to Deepness Dementia Arts!

Here, you'll see the Arts through the eyes of people living with dementia. We're always looking forward to getting started on the next project. After the huge success of the first Scottish Dementia Arts Festival in Inverness, last year (2023). We are super excited to announce this year's Scottish Dementia Arts Festival taking place in Edinburgh. This is going to be bigger and better, taking place over four days (Monday 11th to Thursday 14th November 2024). The Dementia Art Festival will showcase the best of music, theatre, poetry and film, all produced by those diagnosed with dementia. We're here to dispel stigma – just because you've received the diagnosis, that doesn't have to stop you from making the most of life and expressing your creativity! We also want to draw your attention to three projects we're working on currently.

The Scottish Dementia Arts Festival Edinburgh November 11th - 14th 2024 CALL OUT FOR PARTICIPANTS TO TAKE PART What is the Scottish Dementia Arts Festival? The Scottish Dementia Arts Festival is an annual event that celebrates the creative achievements of people living with dementia. It aims to raise awareness about dementia and its impact on individuals and communities while highlighting the importance of arts and creative activities in improving the quality of life for those affected by the condition.



We are planning to have three festival venues' that are close to each other in south Edinburgh. We will programme four evening performances in a flexible professional venue which (depending on layout) seats around 200 people. We also have exhibition, workshop, and limited performance space available in two community venues nearby.

Financial Help We have a limited pot of money to help artists showcasing their work at the festival preference will be given to artists that either have dementia or can evidence clearly co production in the creative process. We also have some funds for those who wish to run workshops. If you wish to discuss funding or the types of help available to get your work to the festival then in the first instance contact ron@deepnessdementiaradio.com The following guidelines detail the submission requirements for proposing performances, exhibitions, and workshops. Ensure compliance with the guidelines and submit your proposal before the deadline for consideration.

Submission Guidelines If you require another form of submission by Zoom for example, then please e-mail ron@deepnessdementiaradio.com and we will arrange a time with you. The following guidelines detail the submission requirements for proposing performances, exhibitions, and workshops. Please ensure compliance with the guidelines and submit your proposal before the deadline for consideration.

Please note proposals may relate to existing or upcoming work. If proposing a new creative piece that doesn't yet exist, then provide as much information as possible. Decision making process Contact and Deadline: Proposals must be submitted by Tuesday 30th July 2024. Submit proposals to ron@deepnessdementiaradio.com .

Successful submissions will be notified by 20th September 2024. Submissions will be reviewed continuously, and acceptance decisions will be made accordingly. Submission decisions will be made by a panel of people living with a Dementia / cognitive impairment diagnosis.

What we are looking for: Performance Proposal: Describe your project in up to 250 words. Include a description of the piece and details about the creators and performers. Provide relevant web links and/or still images of the production if available. Describe technical needs in up to 100 words, such as lighting and sound support. Film, Visual Arts, or Crafts Exhibition Proposal: Describe the works in up to 250 words. Include information about the pieces and the creators.



Provide relevant web links and/or still images of the pieces. If applicable, describe how the pieces would need to be exhibited in up to 100 words. Workshop Proposal: Outline the workshop's content in up to 250 words. Identify the workshop leader. Specify any attendance limits and technical or space/layout needs.

Submission Format: Submit proposals via email or designated submission platform. Optionally, submit information in a short video or other format, ensuring all required information is covered. Additional Information: ☐ Proposals may relate to existing or upcoming work.

If proposing something that doesn't exist yet, provide as much information as possible. We welcome both types of proposals. For more information or to chat through your proposal contact ron@deepnessdementiaradio.com

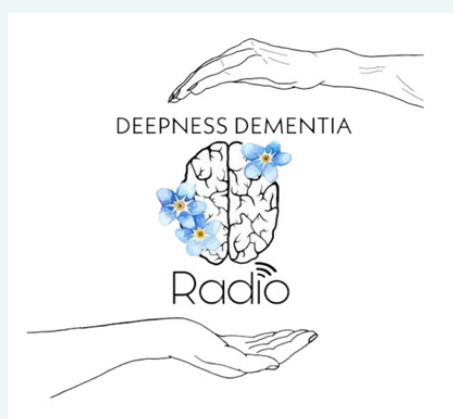
All proposals must clearly show how people with a lived experience of dementia were involved in the production of the work.

Closing Date: - **Tuesday 30th July 2024**

CALL OUT TO TAKE PART

https://www.deepnessdementiaarts.co.uk/shared/images/content/bus_56233/pdf/Submission_-

[_The_Scottish_Dementia_Arts_Festival_Edinburgh_November_2024.pdf](#)



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Gail Gregory...Photography

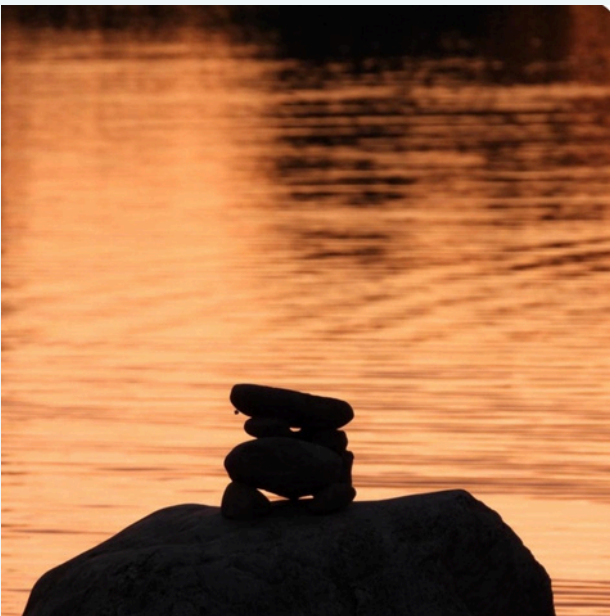
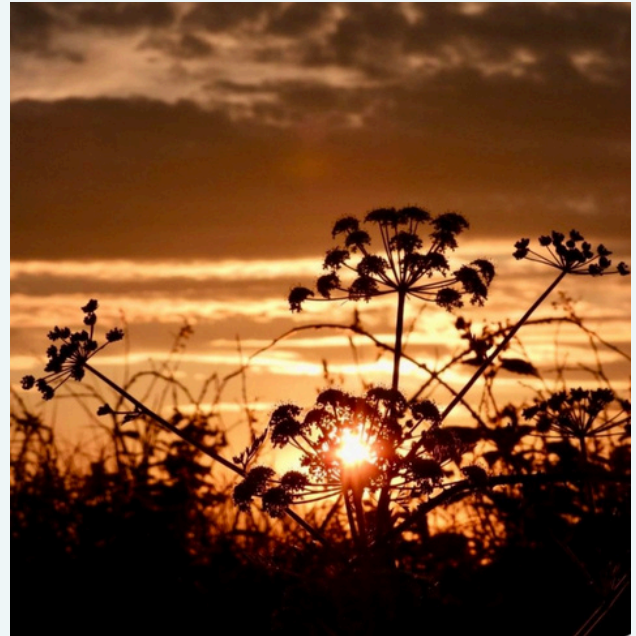
As the world awakens from its sleep, there is a magical moment that captivates my senses...The sunrise.

Watching the sun appear on the horizon as it paints the sky with fabulous colours of orange, pink, and gold, it is such a wonderful calming experience.

The sunrise always offers me a moment of stillness and calm. My world seems to pause for a moment as nature performs its daily ritual.

The best thing of all is, that in that moment of wonder, while the sky transforms like a painting of vibrant colours, dementia is forgotten.

I'm calm relaxed and ready to start a new day.



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Human Rights...by Howard Gordon... Consultation on Reforming Disability Benefits

Consultation on reforming disability benefits

At the beginning of this week, the government published its Modernising Support Green Paper.

This includes plans to “reform the disability benefits system to ensure they’re targeted at those most in need.” No doubt this will sound as drearily familiar to you as it does to me...

There are proposals to move away from a fixed cash benefit system towards tailored support. The consultation on the proposals runs for 12 weeks, until 23rd July.



Modernising Support Green Paper looks at fundamental redesign

The Government says that the Modernising Support Green Paper explores how the welfare system could be redesigned to ensure people with disabilities and long-term health conditions get the support they need to achieve the best outcomes, with an approach that focuses support on those with the greatest needs and extra costs.

The UK’s health landscape has changed since [Personal Independence Payment \(PIP\)](#) was introduced in 2013 with the intention that it would be a more sustainable benefit that would support disabled people to live independently by helping with the extra costs they face.

However, the caseload and costs keep going up. There are now 2.6 million people of working age claiming PIP and DLA – with 33,000 new awards for PIP each month, more than double the rate before the pandemic. This is expected to cost the taxpayer £28 billion a year by 2028/29 – a 110% increase in spending since 2019.

Increase in awards for mental health conditions

This is in part fuelled by the rise in people receiving PIP for mental health conditions such as mixed anxiety and depressive disorders, with monthly awards doubling from 2,200 to 5,300 a month since 2019.

Since 2015, the proportion of the caseload receiving the highest rate of PIP has increased from 25% to 36%. And many more people being awarded PIP now have mental health conditions than when it was first introduced.



Proposals focus on attempt to make support more targeted

In line with the wider reforms to ensure the welfare system is fair and compassionate, the Modernising Support Green Paper proposals centre on targeting and improving the support for those who need it most.

These ideas include removing the PIP assessment altogether for people with certain long term health conditions or disabilities, including those with terminal illnesses to reduce bureaucracy and make life easier for those most in need of support.

By targeting support more accurately, the government hopes to ensure the large scale of government expenditure on PIP translates into better outcomes for disabled people and those with health conditions.

Eligibility criteria to be changed

The Green Paper sets out proposals across three key priorities to fundamentally reform the system, including making changes to the eligibility criteria for PIP. Previous consultations have shown that the criteria currently used in assessments do not always fully reflect how a disability or health condition impacts on a person's daily life. The criteria have changed over time and no longer capture these different impacts as originally intended.

The government is considering whether the current thresholds for entitlement correctly reflect the need for ongoing financial support. This includes whether current descriptors – such as the need for aids and appliances – are good indicators of extra costs.

They are also looking at changing the qualifying period for PIP in order to ensure the impact that people's conditions will have on them over time is fully understood and considering whether they should change the test used to determine if a condition is likely to continue long-term.

PIP assessments to be reformed

The Modernising Support Green Paper proposes reforming the PIP assessment so that it is more closely linked to a person's condition and possibly removing assessment entirely for those most in need.

PIP is over a decade old and a lot has changed since the assessment was developed.

In a masterpiece of understatement, the government says:

“We know some people continue to find PIP assessments difficult and repetitive, and view the assessment as too subjective.”



Turning full circle...

The reforms to be considered include the idea that some people could receive PIP without needing an assessment, by basing entitlement on specific health conditions or disabilities supported by medical evidence.

This includes looking at whether evidence of a formal diagnosis by a medical expert should be a requirement to be assessed as eligible for PIP. This will make it easier and quicker for people with severe or terminal conditions to get the vital support they need.

You may recall that prior to the previous reform, awards were made on the basis of a claimant's health condition or disability, something which the government argued was counter to the principle of providing targeted support in accordance with how the person was affected, rather than what their disability or condition was.

Exploring different approaches

The government says it is exploring alternative approaches to ensure people are given the right help to fulfil their potential and live independently. The UK has used a fixed cash transfer system since the 1970s but there are a number of international systems that look at the specific extra costs people have and provide more tailored support instead.

For example, in New Zealand, the amount of Disability Allowance is based on a person's extra costs which are verified by a health practitioner. Norway's Basic Benefit requires people to provide a letter from a GP outlining the nature of their condition and the associated extra costs.

Future options could include grants and vouchers

Options being considered include one-off grants to help people with significant costs such as home adaptations or expensive equipment, as well as giving vouchers to contribute towards specific costs, or reimbursing claimants who provide receipts for purchases of aids, appliances or services.

This reflects the fact that some claimants will have significant extra costs related to their disability, and others will have minimal or specific costs.

While these alternative models help people with the extra costs of their disability or health condition, the government acknowledges that other forms of support including health care, social services care provision and respite are also important to help people to realise their full potential and live independently.

They are considering whether some people receiving PIP who have lower, or no extra costs, may have better outcomes from improved access to treatment and support than from a cash payment.

Different situations across the four home nations

Please note that this consultation concerns the disability benefit PIP in England and Wales.

In Northern Ireland, PIP is transferred and is the responsibility of the Department for Communities.

In Scotland, [Adult Disability Payment \(ADP\)](#) has replaced PIP and is the responsibility of the Scottish Government. The transfer of existing Scottish PIP claimants from DWP to Social Security Scotland started in summer 2022 and will continue until 2025.

The Westminster government will work with the Devolved Administrations to consider the implications of the proposals in the Modernising Support Green Paper in Scotland, Wales and Northern Ireland.

[You can find the consultation on the government website here](#) (external link will open in a new browser tab or window).

Accessible Gardening

Don't let age or disability get in the way – accessible gardening is possible with a little forethought.

We Brits are famous around the world for our love of gardening, and for many of us, pottering in the garden is the activity that makes us happiest. More than three quarters of the population gardens, and the overwhelming majority find pleasure in doing so.



RHS champions accessible gardening

Recently displayed at RHS Hampton Court Palace, Get Started gardens are aimed at anyone needing extra encouragement to begin their gardening journey, and to inspire people of all ages to get planting, whatever their physical or mental ability, budget or space, with an emphasis on showcasing reliable, affordable and easy to look after planting.

The ideas have been created by garden designers from different career backgrounds or who are new to horticulture, working collaboratively with communities and charities who want to introduce accessible gardening for educational purposes or to enhance personal wellbeing.



Self-taught gardener Sue Kent recently retired as a massage therapist to concentrate on gardening projects and presenting on BBC Gardeners' World. Born with an upper limb difference, Kent's concept #knollingwithdaisies (shown above) is a low maintenance garden using re-purposed materials and native planting, specifically designed for people with limited physical dexterity and strength, or for those with busy lives who want to garden but don't have a lot of free time. Fresh air and physical activity both bring benefits

Just getting out in the fresh air is a great buzz, and the satisfaction of watching something grow is an added bonus. There is quite a gender split when it comes to tasks in the garden – twice as many men enjoy mowing the grass, whereas women tend to favour weeding and planting.

Remembering the importance of keeping physically active, as a means of maintaining health, many of the regular gardening chores can be quite a workout. Digging over a vegetable patch or raking the lawn will both work up a sweat, and stretch some muscles. Pruning and hoeing may also contribute to your daily quota of exercise.

However, not all of us can manage strenuous activity in the garden, no matter how beneficial it might be. Whatever your favourite garden activities, it would be a crying shame to forego them because of problems with mobility or dexterity. New research has shown that there are significant health benefits for older people in doing light exercise on a regular basis. Five hours a week pottering in the garden would pass in a flash, and help with managing weight, preventing diabetes and staving off other chronic health conditions.

Some top tips for gardening made easier:

- Raised beds – if you can't bend down, then bring the garden up to a height that is more comfortable for working. Raised beds don't need much, if any, digging, and can also solve problems with drainage. You will find fewer weeds, as well.
- When it comes to lifting, think small. Whether it is bags of compost or watering cans, smaller and lighter means easier and safer to carry around the garden.
- Wheels can do much of the work for you – if you have large containers that need moving, a wheeled pot trolley is much better than risking your back. Equally, a light and manoeuvrable wheelbarrow is good for transporting everything from compost and gravel to garden waste, without strain.
- Beat the weeds in permanent beds by choosing groundcover plants that will smother weed seedlings before they can get established, or lay a weed-suppressing membrane – just cut slits for planting, and let your chosen flowers flourish without competition from weeds. The membrane isn't pretty, so cover it with a mulch of bark chips or gravel.



- Lawn maintenance can be hard work, so do it a little at a time. Don't obsess about invaders such as clover and daisies – they look pretty and provide nectar for bees and other insects, so leave them be. In times of drought, they will keep your lawn looking greener, as well.
- While considering lawns, tidy edges can take longer than mowing the main area of grass. A lightweight powered strimmer may be the answer, or a permanent edging strip that allows you to mow right up to the edge. Keep the shape of the lawn simple for fastest results.
- If regular weekly mowing is proving too much work, you could let areas of grass grow longer. A flowering meadow is beautiful and great for wildlife and the environment. You can just mow pathways through it. For more accessible gardening, you could replace the lawn altogether with a surface such as paving, gravel or decking. Make sure your solution doesn't cause drainage problems, though.
- Hedges that are informal and slow-growing need less time and attention. Yew or holly are good choices if you are planting a new hedge. Avoid fast-growing evergreens which can quickly become over-dominant. If you keep hedges regularly trimmed to a height you can work on comfortably, you won't have to use ladders or trestles to keep them under control.
- Pruning can be hard on wrists and hands, so if possible, steer clear of plants that need a lot of attention, such as wisteria, vines or elaborately trained fruit trees. Go for self clinging climbers such as hydrangea, and low growing fruit bushes which will be easier for harvesting, as well.
- Watering and feeding is hard work, particularly if you're growing vegetables, or lots of tender flowers in pots. Some tricks to make it faster and easier – group containers together; one big container with several plants will need less watering than lots of separate little ones; a layer of gravel will help retain moisture in pots; for hanging baskets, add water-retaining granules to the compost and line with perforated plastic for better water retention.
- Tender plants that can't survive the winter outside can be grown in pots, to save you the trouble of lifting and replanting each year. Simply move the pots indoors at the end of summer.

Accessible tools for gardening

Choose the right tools to make gardening as easy as possible!

Some of the helpful products that can make gardening chores easier. Generally, look for tools that are light but strong, to keep your effort to the minimum. Before you start work, always prepare yourself with some gentle stretches to loosen up your muscles, and don't rush into a marathon gardening session at the first sign of good weather – little and often is better to conserve energy and prevent back strain or other injuries.



- Long-handled trowels, forks and grabbers can all save on bending down.
- Telescopic shears, secateurs and loppers can make pruning and hedge maintenance easier and safer, as you can avoid climbing up on ladders. But unless they are extremely light, they can be quite a strain for anyone with weak arms.
- Hand tools with a larger contoured handle are easier to manage with a weakened grip. You can also find tools with an extra support on the forearm, as shown here, which allow you to spread the load, rather than concentrating all the effort in the hand.
- A padded kneeler can make working at ground level more comfortable. Some have handles to make it easier to stand up. The kneeler shown here can also be turned up the other way to form a low seat or handy step.
- Lightweight and robot power tools. Budget permitting, you can get light electric hedge trimmers, shears and strimmers, all of which can take away much of the hard work normally involved in garden maintenance. A lightweight hover mower is great for a small lawn; or a robot lawnmower, which will quietly nibble away at the grass without any attention on your part. If you have a really large garden, a ride-on mower is fun and effective, if not the most environmentally-friendly solution!

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Colm McBriarty ...Community Development Officer (Dementia) Healing Arts Scotland

DFC Network member Scottish Ballet are one of the co-organisers of a week-long festival in August 2024. The aim of the week is to mobilise and strengthen local arts and health projects and organisations to address Scotland's current health concerns, focusing on four priority areas where existing evidence demonstrates the arts can have a measurable impact: loneliness & isolation, mental health in younger people, dementia, and mental health in prisons. You can learn more here:

Healing Arts Scotland | Healing Arts Scotland



<https://www.healingartsscotland.org>



Playlist For Life

Pam Ribbeck, Communities Officer:

pam@playlistforlife.org.uk

I'd love to hear from anyone in the DFC network who is interested in finding out more about Playlist for Life.

As mentioned, we have Community Mental Health and Wellbeing Fund funding for Glasgow City, East Dunbartonshire and Moray to build and support our Help Point partner network in these areas. We are looking for groups and organisations offering free support to older people and/or people living with dementia to tell them about our free Help Point offer. If anyone has any suggestions, please do get in touch! · Our Help Point Network registration form & info can be found here. · Our public resources page is available to all. Here you'll find resources and advice for creating and listening to personal playlists, including our 100 Years Book pdfs to download, a link to our Spotify playlist library and our automated 'playlist maker' which helps you create a playlist using Spotify (enter your own year of birth in the 'suggest song songs' tab for songs from your own Memory Bump!) There is also advice on tech in the How to Listen section and more. Our fun and education Young Music Detectives workbook can be found here. · We also have lots of blogs highlighting Help Point partnerships with various groups and organisations including libraries, Crossreach Heart for Art, Sporting Memories, the RVS etc... · I mentioned the Iain Fraser video - there are two on our Real Life Stories page with this lovely gentleman from Inverness.

Sporting Memories Foundation Scotland

Brian Sloan, Development Director, spoke about the work which the Foundation delivers across a large part of Scotland. If you are interested in working with Sporting Memories, you are welcome to contact Brian here:

Brian.Sloan@sportingmemories.uk

Information about the Foundation's activities, local groups and lots more can be accessed here: <https://www.sportingmemories.uk/smfscotland/>

The website features a very helpful resource for finding the nearest Sporting Memories club to your area: <https://www.sportingmemories.uk/clubs/>



Town Break

Helen Duncan, CEO of Town Break, gave us an overview of Town Break's work since it began in the early 1990s. Still going strong, their future plans include the regeneration of a former care home into a Dementia Support & Wellbeing Centre.

Helen's PowerPoint presentation has been attached to my email as a PDF, and you can learn more about Town Break here: <https://www.townbreak.org/>

<https://youtu.be/ddaxNOD6MHl>

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Poetry...The Best of Me

The Best of Me

For many years you have been lost to me
When I tally up the time, it's the cost I see
A debt accrued during a well-lived life
A sister and mom, a grandma and wife

Your life's been stolen by a thief
Who left behind despair and grief
Your memories, he snatched them all
So many moments you can't recall

When you turn your weary face to me
I see the wonderful lady you used to be
Beyond the folded hands and vacant eyes
I feel my tears begin to rise

They spill over and run down my face
I grieve the life that's been erased
So feisty and fun, you've been missed
I can't believe it's come down to this

But through my tears it's so clear to see
You have been such a gift to me
One day you'll leave, but you won't be gone
In my memories you'll live on

So kind and gracious, a gentle soul
That's the lady that I love and know
I'm grateful for your precious legacy
When I look at you I see the best of me.

-Kala Cota



dementia capable care

www.crisisprevention.com/dcs



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Michael Cheung Recipes

This month's delicious recipe is...Easy Kimchi



KOREAN FOOD CULTURE: A BRIEF HISTORY

Korean food culture is not just about food, it is about the experience. The world has simply fallen in love with the unique textures and mouth-watering flavours. One of the best ways to find out more about Korean food is to take a look at the history behind it. In this article, I hope to provide you with the inside of Korean cuisine. The next time you are dining in a Korean restaurant, or practising making a Korean meal in your kitchen, you will be familiar with the traditions and etiquette, making the most out of your experience.

Food is medicine - Koreans understand that food is not just for nutrition but also for 'mental and emotional well-being'. Korean people see nutritious food as a cure for some illnesses and ailments, but also as a 'preventative'. To achieve health benefits holistically in traditional Korean foods, They believe that food should be harmonious. Much like Japanese culture, there is a belief in the five elements (earth, water, fire, air and wood) and yin and yang all contributing to the presentation and the taste of food. These five elements are present in five tastes (spicy, sour, bitter, sweet and salty) and five colours (red, yellow, black, white and blue).





Korean meals are communal

Korean culture puts a lot of importance on sharing food. In Korea banchan (Korean side dishes) sharing is a feature on the table at mealtimes. Banchan are lots of little side dishes spread across the table. Every Korean dining table looks like there is a party taking place, full of variation and colour. Their meals are communal, it's rude to keep going back and forth to the dishes. You are to take enough food each time, don't double-dip and don't eat directly from the serving plates.

In restaurants in Korea, you don't even have to order banchan, they'll automatically bring out a selection – it will always include kimchi (more on Korean kimchi culture later). Banchan includes vegetable dishes, seafood, seasoned eggs and sometimes meat. What's more, banchan in restaurants are usually included for free and you can often simply ask for a refill! There is sometimes a communal grill in the middle of the table for grilling your own meat.

Hot and spicy food

Korean food is well-known for being hot and spicy. Their chilli pepper was actually brought to Korea by Portuguese traders in the 17th century. Korea's favourite chilli pepper Cheongyang (named after the region) is the hottest in Korea. Cheongyang pepper is said to have a rating of 10,000 Scoville units. Cheongyang contains more capsaicin than other chilli peppers. It is said to boost your metabolism and is also rich in vitamin C. But a little warning; don't eat too much or it'll give you a tummy ache.

This fiery pepper is usually used in Korean dishes as a powder or made into gochujang. Spicy Korean dishes include: tteokbokki (rice cakes in chilli sauce), jjambbong (spicy seafood noodle soup) and buldak (aka 'fire chicken', heavily spiced BBQ chicken).

There are also numerous non-spicy dishes in Korea. These include: kimbap, bulgogi (marinated and grilled beef), japchae (sweet potato starch noodles) and pajeon (Korean pancakes with spring onions).

Dining etiquette

Korean culture is deeply ingrained in every meal, and this extends to Korean dining etiquette. Take a look at some of the expectations:

- Start your meal with soup. All the dishes might be spread across the table, but in Korean food culture, you must start with the soup. You can serve yourself some soup using the serving spoon in the communal bowl.
- Don't lift bowls off the table. In traditional Korean food culture, you don't lift the bowl off the table in a formal setting.
- Use polite language. In Korean food culture, you start the meal by saying: 'jal meokkessubnida', which means 'I will eat well' (complimenting the cook). When you finish the meal, you place your spoon and chopsticks by the side of your plate or bowl and say: 'jal meogeosseubnida', which means you've enjoyed your meal.
- Think about fellow diners.
- Don't chew noisily.
- Use both hands when passing food.
- Serve yourself modest amounts of food that you know you can finish.
- Pour drinks for others and let them fill your drink.
- Elders are top of the hierarchy.
- You don't pick up your chopsticks or spoon until the oldest person has started to eat (or at a business meal, the person with the higher job ranking). At the same time, ensure that you're not eating too long past when the eldest/highest ranking has finished eating (it's a fine balance!). Remember to also face away from people when you're drinking alcohol (just turn to the side a little). Chopsticks and spoon placement. Stainless steel spoons and metal chopsticks are common in Korea. The spoon is placed on the left and the chopsticks are placed vertically on the right.



Most popular Korean dishes



Kimchi

Kimchi plays a big part in Korean food culture. It is listed as a UNESCO intangible cultural heritage. Without a doubt, Korea is top of the class when it comes to the sheer choice of fermented vegetables available with over 200 different varieties of kimchi. Historically, kimchi came about as a necessity, a way to preserve food to avoid starvation during the long cold winters. Kimchi can be stored for longer due to the fermentation process, helping the vegetables to mature. The good bacteria that grow from the process adds to the health benefits of kimchi as well as tangy flavour and slightly fizzy taste.



The ritual of 'kimjang' is very much part of Korean identity. It is the tradition of making kimchi, whereby entire neighbourhoods or villages make vast amounts of kimchi to support those who live locally. The kimchi used to be fermented and aged in underground pots but today many families have a dedicated refrigerator.



Kimchi is so much part of Korean culture and identity that when Soyeon Yi, Korea's first astronaut, went into space, she took specially made kimchi. In fact, the South Korean government took nearly 10 years to create the special freeze-dried kimchi to take into space. Sadly, the space kimchi lost all the good bacteria in the process, but Yi maintained that it was comforting to have kimchi while in space and that eating traditional Korean food was especially important to her to feel emotionally supported. Kimchi has significant cultural value, because even in space Koreans ensure that it is still available!

Top Must-Try Foods in South Korea

- Kimchi.
- Bibimbap.
- Red rice cakes (tteokbokki)
- Bulgogi.
- Korean stew (jjigae)
- Jajangmyeon.
- Samgyeopsal.
- Korean fried chicken.

It is clear that Koreans' love of food extends way beyond eating for necessity, it's about the experience and the emotional connection too. With the popularity of the K-culture, there's an increased interest across the world in all things Korean and Korean food is a large part of it. If you haven't tried much Korean food, there is a sensory experience awaits you.



And finally; Korean traditional food is overall really healthy. A huge portion of our society eats rice and side dishes that are primarily made of vegetables. Many eat fish on a regular basis too. Many people don't even eat white rice at home. We eat brown and black rice most of the time. I plan on going on a 10-day brown rice and fermented bean vegetable regiment. I'll consume nuts for my protein.

References

Watch this interesting you-tube video <https://www.youtube.com/watch?v=7nXdKcUNijo>

Recipe of the month:

Easy Kimchi

Ingredients

- 1 Chinese cabbage/similar.
- 3 garlic cloves, crushed.
- 2.5cm/1in piece ginger, grated
- 2 tbsp fish sauce (optional)
- 2 tbsp sriracha chilli sauce or chilli paste (see below)
- 1 tbsp golden caster sugar
- 3 tbsp rice vinegar
- 8 radishes
- coarsely grated.
- 2 carrots, cut into matchsticks or coarsely grated.
- 4 spring onions, finely shredded



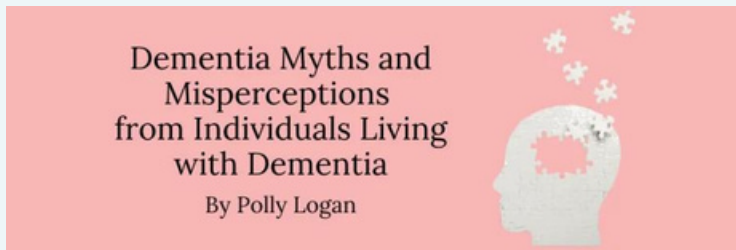
Method

1. Slice the cabbage into 2.5 cm strips. Tip into a bowl, mix with 1 tbsp sea salt, then set aside for 1 hr. Meanwhile, make the kimchi paste by blending the garlic, ginger, fish sauce (if using), chilli sauce, sugar and rice vinegar together in a small bowl.
2. Rinse the cabbage under cold running water, drain and dry thoroughly. Transfer to a large bowl and toss through the paste, along with the radishes, carrot and spring onions. Serve straight away or pack into a large jar, seal and leave to ferment at room temperature overnight, then chill. Will keep in the fridge for up to 2 weeks - the flavour will improve the longer it's left.

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Teepa Snow tells us about... Dementia Myths and Misperceptions from Individuals Living with Dementia



How do myths and misperceptions about dementia impact the way that people living with dementia are treated and viewed?

Published by Polly Logan

Topics

Family/Friends . People Living With Dementia

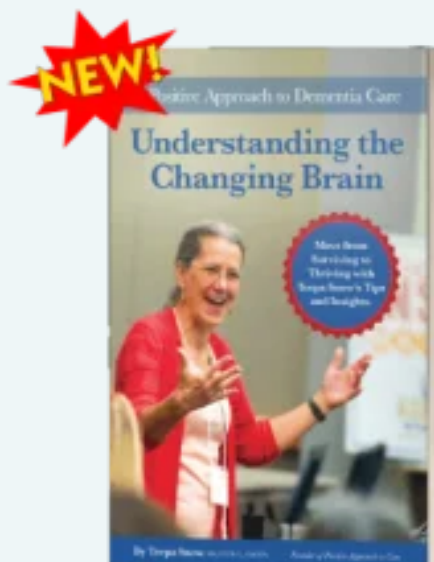
Scroll down to read full article

Are You A Dementia Care Partner?

Teepa Snow's newest book will help you understand what happens to the brain, so you can experience more successful interactions



[Learn More Now >>](#)



By Polly Logan, Positive Approach to Care Team Member

For many people around the world, dementia is still a word that unfortunately carries stigma and negative stereotypes. How do myths and misperceptions about dementia impact the way that people living with dementia are treated and viewed? Joanna Fix and Jenn Lee, both living with early onset forms of dementia, shared their thoughts on dementia misconceptions.



Myth: You're too young for dementia!

The most common myth that Joanna and Jenn encounter is that only elderly people can be diagnosed with dementia. Jenn, who was diagnosed with frontotemporal dementia just before her 41st birthday, says that many people still only see dementia as a disease that older people have. She will hear comments such as, You're too young, you can't have dementia because she doesn't fit the common stereotype of an elderly individual living with dementia.

Joanna, who was diagnosed with early onset Alzheimer at age 48, feels that her young age was one of the reasons that it took almost five years for her to receive a diagnosis. It was difficult for her to get medical providers to take her seriously when she explained that something was wrong with her brain, and dementia wasn't initially explored since they didn't consider her to be old enough to have the condition.



Misperception: I can't relate to you now that you have dementia

Jenn shares that, after being diagnosed with dementia, many of her friends stopped communicating with her. She feels that people don't know what to say and they don't understand the condition, so it can feel easier to just avoid the person. With most other people in their age range still busy with careers, it can be a bit lonely and isolated to no longer be working or driving.

However, both Joanna and Jenn spoke about the friendships they have formed with others living with dementia, and how they are grateful for the opportunity to connect virtually and develop a community with others online, without always needing to leave the comfort and familiarity of home.

Misperception: Wouldn't it be easier not to know?

Another misperception about dementia held by some people is that it is better just not to know whether you have the condition, since it is not curable. Jenn and Joanna strongly disagree with this idea.

Joanna explains that when she was experiencing symptoms so significant that she was unable to function at her job, it was incredibly frustrating for her to not know the reason for these changes. She feels that her cognitive state and health declined more rapidly during those nearly five years than they have since being diagnosed. She believes this was due to the stress and distress of not being able to receive a definitive diagnosis, and describes the experience as being in a state of *limbo and purgatory*.

Also, she reports that some of her friendships and family relationships were negatively affected, since she was acting differently than she had in the past but could not explain why. Although Joanna's dementia does continue to progress, she feels that receiving answers and building a care team helped stabilize her condition.

Myth: Medication is the solution

Both Joanna and Jenn feel that myths and misunderstandings about dementia medications is an extremely frustrating aspect of the illness. Jenn feels that far too much money and time is spent trying to find a magic cure, and instead some of those resources should be focused on helping people live well with dementia and remain in their homes for as long as possible.



Chronic disease management should not just be focused on medication, Joanna believes. As dementia is a complex condition that affects the entire body, effective management should include an entire care team of such individuals as occupational and physical therapists, primary care providers, neurologists, psychologists, and even massage therapists.

Jenn also feels that, for the medications that do exist, there is far too little emphasis placed on the side effects of the medications, which are debilitating for many individuals.

Joanna certainly agrees with this statement. When Joanna was initially diagnosed, she was put on a dementia medication that caused her heart to go into Atrial Fibrillation and resulted in a medical emergency. Because of her young age, the first responders did not believe that she was on an Alzheimer medication and assumed she had been using illegal street drugs. Joanna also felt that her ability to communicate was significantly decreased while on this medication.

Listen to Joanna's response to a recent advertisement for an antipsychotic medication to be used to reduce agitation in people living with Alzheimer. You too can learn how to relate to people living with dementia in a better way. [Click here to sign up for a free 30-minute consultation with a PAC Consultant.](#)

Misperception: Those living with dementia can't speak for themselves

Even though many of the available medications severely affect an individual's quality of life and don't change the final outcome or course of the disease, they continue to be frequently advertised. Joanna is further frustrated at how pharmaceutical commercials continue to show the stereotypical dementia patient as being elderly, disheveled, and unable to communicate.

Joanna and Jenn both feel that these advertisements continue to push the tragedy narrative about life with dementia and promote silencing of individuals living with dementia. To Joanna, this feels archaic, as it is something that we should have moved past by now in this era of increased inclusivity and acceptance. She feels that people living with this condition should be able to speak for themselves and be depicted in a way that is not always negative.



Joanna and Jenn both have backgrounds in education – Jenn as a high school English Teacher and Librarian, and Joanna as a university Professor of Psychology. Although they are no longer employed in these fields, they both continue to be passionate about educating others. They currently focus on helping to dispel myths and misperceptions about dementia and to eliminate the negative stigma of dementia through their volunteer work with Positive Approach to Care (PAC) and other organizations. They choose to speak for those living with dementia who are no longer able to speak for themselves, and to show that it is possible to live, and live well, with the condition of dementia.

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Ronald Amanze

The mayor of London's museums Dementia programme.

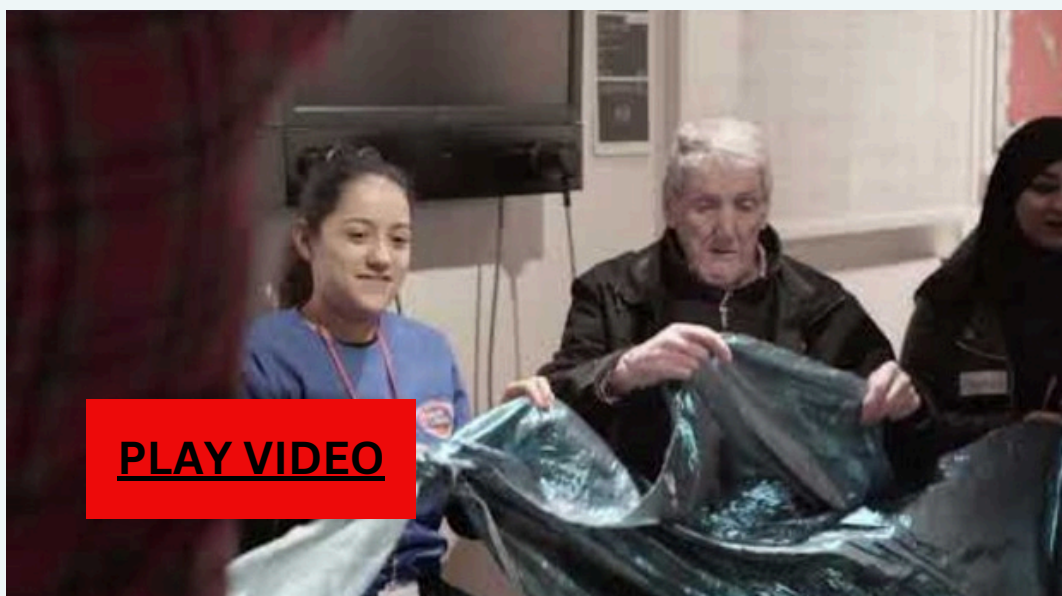
Ronald was born and brought up in north-west London, but now lives in Luton. He had a stroke in 2013 and in 2015 was diagnosed with vascular dementia.

Ronald has often felt culturally misunderstood when receiving dementia support.

He has had several careers, including as a music producer. Inspired by Black history and reggae music that shaped his early years.

Ronald has a number of dementia radio shows, including the much loved Ronald Amanze show on Deepness Dementia Radio.

He is also a Board member of Deepness



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Howard Gordon...Low satisfaction with social care.

If you were shocked to hear that public satisfaction with the NHS had declined to an all-time low of 24%, the situation with social care is even worse. Just 13% of respondents professed themselves satisfied with social care services.

The King's Fund and Nuffield Trust jointly sponsored the health and care related questions in the British Social Attitudes (BSA) survey for 2023. This is a 'gold standard' nationally representative survey that uses a robust methodology to explore public views on a wide range of issues.



Satisfaction with social care services in 2023

Just 13% of respondents said they were satisfied with social care, the lowest level of satisfaction recorded since the survey began. 57% were dissatisfied with social care.

There are three main reasons for dissatisfaction with social care:

- inadequate pay, working conditions and training for social care workers (57%)
- people not getting all the social care they need (56%)
- not enough support for unpaid carers (49%)

Responding to this new research, Evan John, Policy Advisor at national disability charity Sense, said:

“It's little surprise that so few people are satisfied with their experiences of social care, given the huge challenges facing the system right now.



“Social care has been chronically underfunded, under-resourced and understaffed for years, with devastating consequences. We hear countless stories at Sense from families who are battling a complex system that comes with huge costs, yet often does not meet their needs. No matter your salary, everyone is expected to make a contribution to their social care, which can leave people spending a huge amount of their income on their care costs, including those who rely on benefits. This prevents many disabled people from ever becoming financially secure, while others run into debt.

“With local authority budgets increasingly under pressure, more and more people are seeing their social care support cut. Sense research found that a quarter of people with complex disabilities who use social care had their provision cut last year. This puts even more strain on family carers, and leaves disabled people without the support they need to live healthy and happy lives.

“The social care system is on its knees and it’s vital that budgets increase substantially, so that disabled people can access the care they need and providers can afford to pay care workers well. We also urgently need a social care workforce plan, which will lay out how the government will plug the staffing gaps in the sector.”

British social attitudes to individual aspects of NHS

Just a third of people said they were satisfied with GP services, which is the lowest level of satisfaction recorded since the survey began. Satisfaction with GP services has fallen by 34 percentage points since 2019.

Satisfaction with NHS dentistry services also fell to a record low of just under a quarter, with dissatisfaction at a record high of 48%.

Levels of satisfaction with inpatient, outpatient and A&E services are all the same or very similar to the previous survey, with 35% satisfied with inpatient services and 44% satisfied with outpatient services. Both of these are at record low levels. Just 31% said they were satisfied with A&E services.

Perhaps unsurprisingly, people were more likely to have a view on services they had had contact with themselves.

[You can download the report from the King’s Fund website](#) (external link will open in a new browser tab or window).



Suffolk Libraries: Reading with Dementia project. Hearing your views and ideas

An introduction to the project

Reading with Dementia is a new project developed by Suffolk Libraries, with The Reading Agency, to support people living with dementia and their carers.

Our libraries are safe spaces for anyone to come and talk to like-minded people about their experience with dementia, and to access resources available to them through the library, including the Reading Well collection.

To support this philosophy, Suffolk Libraries is setting up book groups in three libraries across Suffolk (Ipswich, Lowestoft & Newmarket). In each location, both carers and people living with dementia will be invited, and it will provide a weekly opportunity and safe space, to be together and access support from one another, as well as resources available.

In each location, we are trying to work with less heard voices within the community who are experiencing dementia (either as a carer, professional or a person living with dementia).

This survey aims to get your feedback, views and ideas to help ensure this programme is accessible and meets your needs.

We want to understand any specific needs and potential barriers to you or the people you care for in this project. We also want to hear your ideas to make this project as inclusive as possible.

We are particularly looking to hear from People Living with Dementia from:

- Ethnic Minorities
- Learning Disabilities
- LGBTQIA+ communities



Please take a few minutes to fill in our survey. Your views and ideas are crucial to making this project as accessible as possible:

<https://forms.office.com/r/vC4FaXxJ4u>

If you have any questions about this survey, please e-mail: hello@thinklusive.org

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Michael Cheung ... How to use chopsticks

- 筷子 (kuàizi): Mandarin
- 筷子 (faai3 zi2 | kuai4 zi5) Cantonese

Chopsticks are probably the most versatile utensil ever. They are a fork, knife, pair of tongs, a whisk, and a steamer stand (just place them in your wok, and they can hold your dish above water) all rolled into one. Learn how to use chopsticks in this post!

History of Chopsticks

Chopsticks are typically used as the eating utensils of choice across Asia as well as the wider world. The humble chopstick has an interesting history, and dates back to around 5,000 years ago believed to have first been nothing more than a simple twig used to fish food from cooking pots. The first examples of chopsticks are dated back to around 1200 B.C. They were discovered in the Henan province of China, which is also where early versions of writing utensils were found. However, as cooking practices developed, chefs realised that they could cook food faster and conserve fuel by cutting it into smaller pieces. This method eliminated the need for knives at the dinner table and made the use of chopsticks more prevalent.

Researchers (Parkinson disease) shown that 'Using chopsticks can be a supplementary option for cognitive and fine motor training'.

- Stroke is a leading contributor to the chronic impairment of adults and has a major effect on everyday life. Chopsticks may help with coordination.
- Using chopsticks requires hand-eye coordination which stimulates the brain and improves recall. If you are not sure how to use them, now is the time to learn. If you already know how to use them, try using your non-dominant hand.
- Using chopsticks makes every meal an exercise for your brain.

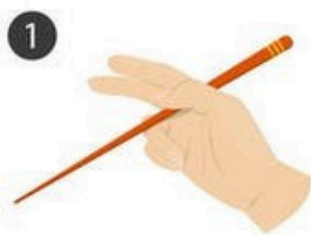


- In particular, having your children use chopsticks is extremely beneficial. Teaching young children how to use chopsticks can help develop their hand eye coordination.
- Using chopsticks is thought to help improve your memory; probably safer than using knives and forks.
- If you hold your chopsticks correctly, you're engaging over fifty muscles in the body - some workout.
- Some people use chopsticks to spear food, though that will only get you so far. That method doesn't hold up with noodles and rice!

Eating with chopsticks comes with certain ground rules, and these should be followed whenever possible.

1. Don't eat directly from common dishes. ...
2. Use your chopstick holder. ...
3. Don't hover. ...
4. Don't dig. ...
5. Don't share via chopsticks. ...
6. Put your chopsticks down when not eating. ...
7. Don't cross chopsticks. ...

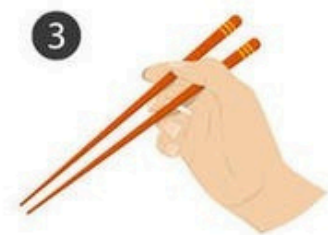
HOW TO USE CHOPSTICKS



1
PLACE CHOPSTICK BETWEEN
POINTER FINGER AND THUMB.
BALANCE IT ON THE RING FINGER.



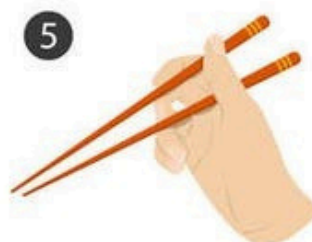
2
PLACE SECOND CHOPSTICK BETWEEN
POINTER FINGER AND THUMB.
REST IT ON YOUR MIDDLE FINGER.



3
USE THUMB, POINTER
AND MIDDLE FINGERS TO GRASP
THE SECOND CHOPSTICK MORE TIGHTLY



4
INDEX AND MIDDLE FINGERS DO
ALL LIFTING WITH
THE SECOND CHOPSTICK,



5
USING INDEX AND MIDDLE FINGERS
CLOSE CHOPSTICKS OVER THE FOOD



6
WELL DONE!

References

[How to use chopsticks like a pro \(as a beginner\) - left handed and right handed \(youtube.com\)](https://www.youtube.com/watch?v=...)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7174121/>



Recipe 2

Tomato and Tofu Miso soup 味噌汁 V Tomato and Tofu Miso soup is a traditional Japanese soup made with a base of miso paste, tomato, and tofu. Additional ingredients may include mushrooms, onions, carrots, edamame, seaweed, and spices such as ginger, garlic, and chili pepper. This soup is a major source of protein and a flavourful way to enjoy a variety of vegetables.

Ingredients:

- ½ a block (150 g.) of firm tofu, cubed 1 cm sizes
- 2 large tomatoes, diced.
- 2 teaspoons of miso paste
- 1 teaspoon of sesame oil
- ½ dessertspoon of ginger paste
- ½ dessertspoon of garlic paste
- 1 teaspoon of sugar
- ½ tablespoons of soy sauce
- 400 ml. of vegetable broth
- 1 medium carrot diced.
- 100 g. of diced mushrooms
- 3-4 spring onions of chopped.
- 100g. of frozen peas
- Packet of pak choy – optional





Method:

- Heat a large pot over low-medium heat, add in the sesame oil and stir in the ginger, garlic, and diced tomatoes.
- Cook until the tomatoes are soft and fragrant, about 5 minutes.
- Add the miso paste and sugar, stirring to combine.
- Pour in the vegetable broth and soy sauce and bring the mixture to a simmer.
- Add the tofu, carrots, mushrooms, green onions, sweetcorn, and peas.
- Simmer for 10 minutes or until the vegetables are cooked through.
- Taste and season with salt and pepper.
- Serve hot.

Use chopsticks for the vegetables, not for the soup!!!

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Age Scotland...Awards



Our awards recognise the hard work and dedication of individuals, groups and organisations who make a positive difference to the lives of older people in communities across the country.

We have five award categories:

- Member Group of the Year
- Jess Barrow Award for Campaigning and Influencing
- Patrick Brooks Award for Best Working Partnership
- Services for Older People
- Volunteer of the Year

The deadline for our 2024 award nominations is the 12th of July.

[To learn more about our award categories, download our Awards Guide](#)

2024 Awards Nominations

[**Nominate here**](#)

Member Group of the Year 2023

Find out about our 2023 Age Scotland award winners

Member Group of the Year - Haydays

Services to Older People - Kinross-shire Volunteer Group and Rural Outreach Scheme

Patrick Brooks Awards for Best Partnership Working - Saltcoats Armed Forces and Veterans Breakfast Club

Jess Barrow Award for Campaigning and Influencing - Diana Findlay

Volunteer of the Year - Betty Glen

Inspiration Award - The Scottish Asian Ekta Group



Stay informed

Award categories Jess Barrow Award for Campaigning and Influencing Jess Barrow was Policy Manager at Age Scotland's predecessor charity, Age Concern Scotland. She campaigned widely for the rights of older people. Jess was passionate about the problems faced by older people, actively campaigning on many issues and had a single-minded focus and commitment to making things happen. The Jess Barrow Award is given to an individual or group who by campaigning has highlighted a specific issue that has been of benefit to older people. Nominations are accepted for political campaigns or awareness-raising campaigns that have made an impact on the lives of older people. Our judges will be looking for examples of creativity and innovation as well as an ability to demonstrate the impact of the campaign. Please include facts and figures that highlight how the campaign has achieved its purposes and real-life examples of the impact of the campaign on older people. This may include case studies and/or personal testimonials.

Patrick Brooks Award for Best Working Partnership After a long and distinguished career in medicine, Dr Patrick Brooks joined the Scottish Office in 1974 with a focus on health and older people. In retirement, Patrick became actively involved with a number of health-related organisations and was on the Board of Age Scotland's predecessor charity, Age Concern Scotland, until his death in 2007. He was a true champion for older people. The Patrick Brooks Award is for partnership working that has made an outstanding contribution to address the needs of older people. The partnership should be two or more groups or organisations working together to achieve more for older people. Our judges will be looking for evidence that all partners played an active role in the project, service, or activity. Judges will be looking for both facts and figures that demonstrate the success of the work and real-life examples of how the partnership has improved the lives of older people in Scotland. Please do include case studies and/or personal testimonials that show the difference your partnership is making.

2 Services for Older People Award The Services for Older People Award is given to an individual, group or organisation who have provided an innovative service run by, or on behalf of, older people which has addressed the issue of loneliness and isolation, supported older people to stay connected, and/or improved health and wellbeing in later life. Our judges will look for examples of creativity and innovation as well as an ability to demonstrate the impact of the service. Judges will be looking for both facts and figures that highlight how the service has achieved its purposes and real-life examples of the impact of the service on older people. Please do include case studies and/or personal testimonials that show the difference your service is making. The panel will consider all types of service provision. Nominations for a group, organisation or individual whose services tackle loneliness and isolation, support older people to be connected, and help older people to be as well as they can be are particularly welcomed.



Member Group of the Year Award (Open to Age Scotland Community Group Members only) The Member Group of the Year Award is given to an Age Scotland Community Member Group or Organisation which has made a positive impact on the lives of older people in their community. Our judges are looking for nominations from all Age Scotland Community member groups and organisations, whatever their nature. Judges will be looking for both facts and figures that highlight how the group or organisation has achieved its purposes and real-life examples of the difference the group has made to the lives of older people. Please do include case studies and/or personal testimonials that show the difference your group/organisation makes.

Volunteer of the Year Award The Volunteer of the Year Award is given to an individual who has an outstanding record of volunteering with or for older people. Nominations are invited for individuals who have volunteered their time and made a positive impact to the lives of older people. Nominations must be for someone who gives their time to help others in an unpaid capacity. Judges will be looking for both facts and figures that show the work of the person nominated and real-life examples of the difference they make.

Remember:

- You can nominate an individual or group or organisation for more than one category.
- If you are nominating for more than one category, be sure to tell us why your nominee meets the criteria for each of the categories you are nominating them for.
- You can nominate an individual or group or organisation even if they've previously been nominated for an Age Scotland Award. We encourage you to apply even if you have been successful previously, though priority will be given to new nominations.
- Nominees can be any individual, group, organisation, or service benefiting older people and operating within Scotland. However, nominees for the "Member Group of the Year" Award must be an Age Scotland Community Group Member.
- The judging panel reserves the right to select a nominee under a different category from the one the nominating person suggests.
- The deadline for nominations is 12th July 2024.
- The judging panel will meet in August 2024. All winners will be notified with arrangements made for making of the winners' films, which will be shown at the conference on the 1st October 2024.
- You can view films celebrating our previous Awards Winners on the Age Scotland website: <https://www.agescotland.org.uk/how-we-help/community-groups/awards>

If you would like more information about the Age Scotland Awards 2024, please contact the Community Development Team: Telephone: 0333 323 2400 Email: awards2024@agescotland.org.uk We look forward to receiving your nominations!

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Dementia support services...Town break



Town Break is a charity focused on reshaping the way we think about Dementia. They were founded in 1992 by Rosas Mitchell to provide support to people living with dementia and their unpaid carers.

They started with a single drop in centre in Stirling allowing unpaid carers to leave their loved ones safely cared for and enjoy some respite time to do what was important to them (hence the name Town Break). From there they have grown to offer dementia specific support services across Forth Valley.



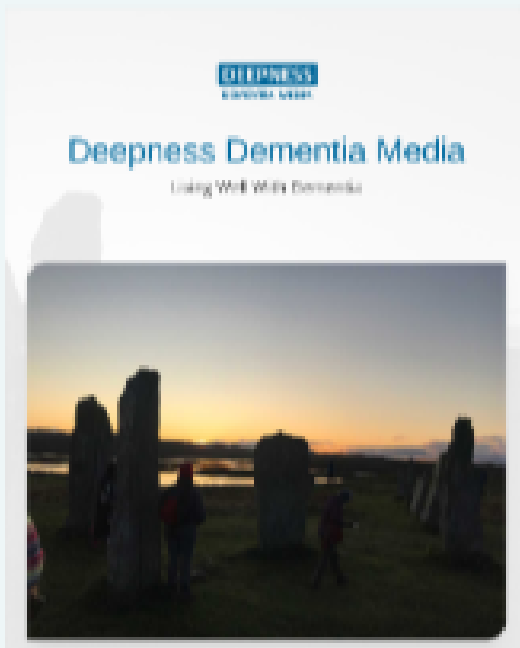
Behind the philosophy of Town Break sits a highly personal and holistic approach that places the physical, emotional and spiritual well-being of people living with dementia and their unpaid carers at our heart. This means that they can achieve something special.

They support people living with dementia and their unpaid carers using the skills of trained, supportive and committed staff and volunteers. They liaise with other agencies, both statutory and voluntary, to help support people living with dementia.

If think yourself or someone you know may benefit from their services, please contact them on 01786 641 841 or admin@townbreak.org.

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Dementia Media is a platform that gives people tools for living well with dementia designed collaboratively with those with dementia leading the process. By coming together in a supportive, energetic common space makes up a huge difference to the well-being of those going through dementia. As opposed to providing a cure, our goal is to help people become autonomous and get the most out of life. We bring a series of innovative projects - such as our radio station, online education courses, and much more - that use technology and music in a way that keeps people connected and stimulated.

“I didn’t want to die without leaving something for my family to enjoy and remember my strengths,” he says of the thinking behind the EP. “The whole concept was to create something that was a legacy for the person, and as soon as I thought about wanting to do that for myself I knew it was something other people would want to do, to leave our mark on society. It’s almost like leaving our families a gift.”

The Demented Poets EP is on sale now via Bandcamp iTunes and other outlets:

Bandcamp - <https://thedementedpoets.bandcamp.com>

Spotify - <https://open.spotify.com/album/6pngYVybZ3qUf6XMhOOFuK>

Deezer - <https://www.deezer.com/en/album/258048592>

iTunes / Apple Music - <https://music.apple.com/us/album/the-demented-poets-ep/1585080810>

Amazon - <https://www.amazon.com/dp/B09FRVYQ1F>