

BIG



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Life beyond a dementia diagnosis

Still

by those **living with it**

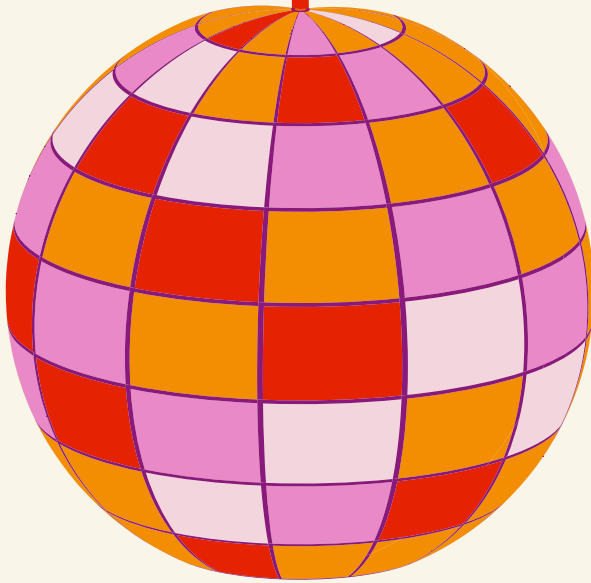
Me



WHEN YOU PAY, ALWAYS TAKE YOUR BIG ISSUE. A HAND UP, NOT A HANDOUT

NEW EVERY WEEK

ISSUE



Dementia disco Set adrift on memory bliss

→ Dementia Disco was founded by Kate and Nick Shaw and Phil Bostock as a way for people living with dementia and their families, carers and friends to get together and enjoy the music they love.

People living with dementia are all ages, with eclectic tastes, and the music reflects that. A video even exists of Prime Minister Andy Burnham dancing to *Elvira* by The Oak Ridge Boys at one disco.

We spoke to people at Dementia Discos in Stretford and Heaton Mersey in Greater Manchester about the music that matters to them.

Dementia disco Stretford



Interviews
by Izzie Carter

Jenny and Brendan

Brendan: My favourite song is *I Want to Hold Your Hand* by The Beatles. It brings back memories.

Jenny: Dad, do you remember you used to play your records?

Brendan: I've still got some of them.

Jenny: What's the special vinyl you've got that you like playing?

Brendan: *The White Album* by The Beatles.

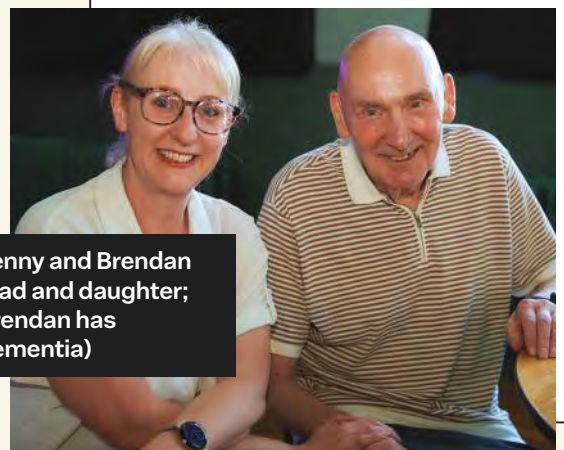
Jenny: We love listening to records don't we? My favourite song is *Over the Rainbow*, but not the Judy Garland version, the Israel Kamakawiwo'ole version. It was my wedding song; it's a really good memory for me of getting married and my dad giving me away.

Brendan: I didn't think you were married.

Jenny: I am married, do you remember where we got married?

Brendan: Yeah, downstairs...

Jenny: No we got married in Las Vegas and we had our honeymoon in Hawaii. You remember that don't you... so it's just a lovely, nice family memory that reminds me of my whole family and my husband. It's just a lovely song.



Jenny and Brendan
(dad and daughter;
Brendan has
dementia)



Susan and Grayam
(husband and
wife; Grayam
has dementia)

Susan and Grayam

Susan: Grayam likes *Do You Wanna Dance?* by the Ramones and the reason he likes it was he used to sing it really well on karaoke. I think it's very therapeutic and it's very good for Grayam because it motivates him to move a bit and he likes singing along. He used to sing *You to Me Are Everything* by The Real Thing to me and then used to get me up on karaoke to sing it with him – and I am not a good singer! It has got fond memories.

Ann Smith

What is your favourite song and why?

The Night by Frankie Valli because it takes me back to when I was 16 on holiday with my friend in a caravan park.

What song gets you on the dancefloor?

Shania Twain's *Man! I Feel Like a Woman!*.

What song brings back an emotional memory for you?

That would be *Never Too Much* by Luther Vandross because it reminds me of my husband.

Why do you volunteer at Dementia Disco?

I think it's a really good cause and really helps people with dementia. It brings them out of themselves and they might not have been up and dancing. The difference when they hear the music – it brings back so many memories because that's what music does, doesn't it? It's so heartlifting, it's really nice and they get a lot out of it.



Ann, one of the
volunteers

Dementia disco Heaton Mersey



Interviews
by Kate Darby

Errol and Connie

"Any kind of reggae gets us both up and dancing."

Husband Errol and Connie, living with dementia

Sandra Oldfield

***Dakota* by Stereophonics**

Phil Oldfield: "It brings back the summer memories of 2005 in Torquay and Sandra, my wife, comes alive!"

Richard Bones

***In the Ghetto* by Elvis Presley**

"Great melody and explores the difference between haves and have-nots in society at the time."

Janice

***Your Song* by Elton John**

"A family favourite."

Paula Neal

***Blackbird* by The Beatles**

"At a Paul McCartney concert a few years ago, Paul was on stage on his own with his guitar, playing *Blackbird*. I looked over at my brother, and he was crying like a baby! The magic of music!"

Ann Burgess

***Don't Stop Me Now* by Queen**

"This is a song that always gets me up to dance!"



Ann (right)

Frank Stead

***Sweet Caroline* by Neil Diamond**

"Always brings a smile to my dad's face and a tear to his eye (although he wouldn't admit it)."

dementiadisco.org