



SPIN-D
NETWORK+

Sustainable Prevention,
Innovation and Involvement
for Dementia

Welcome to the July 2026 edition of the SPIN-D Network+ Newsletter

Our newsletter this month introduces a dedicated section highlighting the work of our Core Lived Experience Group (CLEG) members. We are launching our 'Top Tips' for Early Career Researchers' series. We also share some exciting events coming up in the SPIN-D calendar as well as news and events from across the dementia network plus initiative.

SPIN-D Network News

SPIN-D Members Contribute to WHO's Updated Global Guidelines on Dementia Risk Reduction

The [World Health Organization has published the second edition of its guidelines on reducing the risk of cognitive decline and dementia](#), marking the first major update since 2019. The new guidance reflects substantial advances in the evidence base and provides countries with practical, evidence-based recommendations to help prevent or delay dementia across the life course.



Led by SPIN-D co-applicant Aimee Spector, SPIN-D contributors included Georgina Charlesworth, Chris Fox and Huw Williams.

**[Read: WHO Guidelines
on Risk Reduction of
Cognitive Decline and
Dementia \(Second
Edition\)](#)**

Flexible Funding: Funding Announcement: SPIN-D Flexible Funding (Round 3)

Call for Early Career Researchers: "Inclusion in Practice" Projects

SPIN-D is excited to open our third call for Inclusion in Practice projects under the Flexible Funding initiative, designed specifically to support Early Career Researchers (ECRs). This initiative funds projects that deepen our understanding of dementia or build upon existing research to drive real-world impact.

Focus Areas for Round 3

While we continue to support research into dementia risk factors and disease progression, this round places a special focus on practical application.

We are particularly inviting projects that aim to translate research into practice around understanding brain health and reducing dementia risk.

Who can apply?

Early Career Researchers, in collaboration with practitioners and people with lived experience, looking to translate dementia and brain health insights into practical, real-world tools and care models.

Full application guidelines, eligibility criteria, and key deadlines are outlined on the [**SPIN-D funding web page**](#).

Launching 'Top Tips' for Early Career Researchers

The SPIN-D ECR '5 tips' series is a collection of short-form videos featuring one of our SPIN-D members sharing 'tips' they think might be helpful for dementia researchers, particularly those in the early or middle stages of their careers. Members with lived experience as well as non-academic and academic members in SPIN-D contributed to these videos. A new video will be released every month - we hope you find them helpful!



Stephen Kennedy shares his first tip for early career researchers: treat people living with dementia as partners in the research process, not simply as participants.

**Click the image to
launch the video**

SPIN-D Events

SPIN-D Engaged Partners Forum: Building Connections Across the Dementia Landscape

Tuesday, 15th September 2026

9 – 10:30am

Online

Following a successful first meeting in February, we are preparing for the next online gathering of the SPIN-D Engaged Partners Forum on 15th September 2026.

The Engaged Partners Forum is a collaborative network designed to bring together diverse organisations operating across dementia care and research. Whether you are part of a community organisation, industry or tech company, or a policy unit, this forum offers a dedicated space to connect, share insights, and foster meaningful partnerships. The forum aims to build opportunities for cross-sector networking, creating strategic links and to provide an opportunity to keep up to date with emerging initiatives, best practices and innovative approaches in brain health and dementia care.

Who should attend: All welcome, mainly focussed around organisations such as dementia charities, community groups, health tech, industry, and policy bodies.

Register your interest to attend the September meeting by emailing **spindnetworkplus@live.ucl.ac.uk**

Save the date: SPIN-D Rural and Coastal Special Interest Group meeting

Tuesday, 15th September 2026

1pm – 2pm

Online

The SPIN-D Network Plus Rural and Coastal Special Interest Group (SIG) is set up with support from Empower Network Plus to connect people with lived experience, community organisations, practitioners and researchers focused on brain health, dementia prevention and dementia support in rural, remote, island and coastal communities.

Register your interest to attend the September meeting by **[visiting our sign-up page.](#)**

Registration open: SPIN-D 2026 Flexible Fund Showcase

Tuesday, 6th October 2026

Milner Hotel, York



SPIN-D Network Plus Flexible Fund Showcase



by SPIN-D Network Plus
0 followers

Follow

📍 The Milner York · York, England

📅 Tuesday, October 6 · 9 AM - 4:30 PM

Free
Tue, Oct 6 · 9 AM

[Reserve a spot](#)

This event will bring together researchers, practitioners, people with lived experience of dementia and community partners to showcase progress and outline future directions in dementia research.

What to Expect

SPIN-D Flexible Funding Showcases: Highlights from projects funded through SPIN-D so far, featuring vital work on:

- Understanding dementia risk
- Improving safer medicine practices for people living with dementia
- Developing targeted support systems for individuals and carers.
- Next Steps for GRACE & APPLETREE: Updates and insights on future directions for these core initiatives with presentations from experts within the Dementia and Ageing Research (DARE) unit at the Centre of Psychiatry and Mental Health (QMUL), alongside further guest speakers to be announced soon.

Who should attend: Researchers, people with lived experience of dementia, healthcare professionals, advocates, and partners across the dementia care landscape.

Registration now open!

Visit the Eventbrite page to register (free of charge).

All events hosted, attended, or represented by members of the network are listed on the **SPIN-D Network+ Calendar** on our website.

Follow SPIN-D Network Plus on LinkedIn to stay up to date with events and activities.

Other Events

International Symposium on Solutions to Dementia Inequalities – a joint Equadem & INTERDEM Taskforce on inequalities event

Friday, 11th September

10am – 3:30pm

Manchester

Hosted jointly by EqQUADEM Network Plus and the INTERDEM Taskforce on Inequalities in Dementia, we invite everyone with an interest in dementia to join us for our special Symposium on Solutions to Dementia Inequalities, featuring keynote speakers from Lithuania, Norway, and Portugal!

We will hear about the state of dementia diagnosis and care and associated inequalities across the UK, Lithuania, Norway, and Portugal, and jointly discuss possible solutions. We want to share learnings about solutions across different countries.

If you are an academic, student, health or social care professional, person with dementia, unpaid carer, commissioner or charity provider, do join us!

Refreshments will be provided.

[Registration is open here.](#)

UCL200 Dementia Research Showcase

Friday, 18th September

UCL, London Bloomsbury



As part of the UCL200 bicentennial celebrations, this showcase will highlight the breadth and impact of dementia research at UCL – past, present and future – through interactive booths from research groups around the university.

The showcase will finish with a screening of the BBC documentary *The Jennings vs Alzheimer's*, which explores the discoveries made by researchers at UCL and UCLH that have given hope for Alzheimer's disease over the past four decades, and the very special family that helped make it happen.

This will be followed by a Q&A session with Stuart Jennings, Professor Nick Fox (Director of the UCL's Dementia Research Centre) and Professor Cath Mummery (Head of Clinical Trials at UCL's Dementia Research Centre).

Visit the **[Eventbrite page](#)** to find out more and to reserve your ticket (free of charge).

What is research and how to get involved?

Thursday, 8th October
Manchester

EQUADEM Network Plus are hosting a free public workshop for people with dementia, carers, and health and social care professionals about research, public involvement and engagement, and funding opportunities for health and social care professionals. This will take place on Thursday, 8th October, at the People's History museum in Manchester, with lunch and time for networking. **[Registration is open here.](#)**

CLEG Highlights

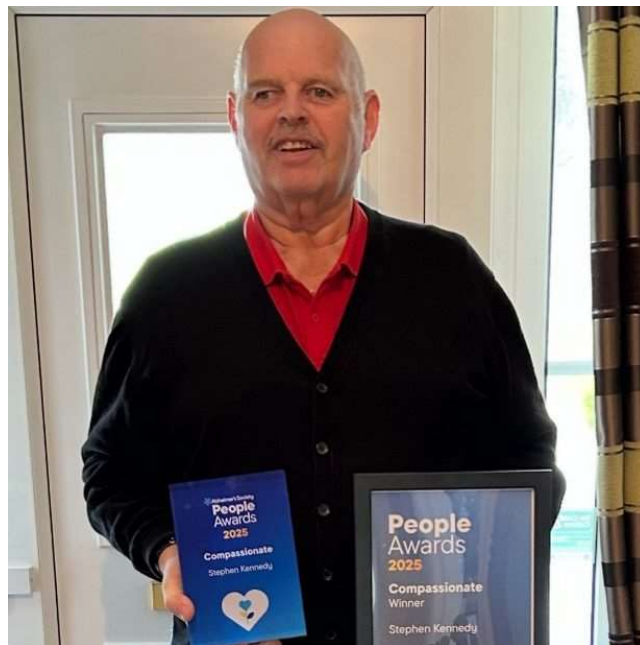
Bettina Wallace British Heart Foundation (BHF) Red Bench honour

Bettina does not do anything half hearted, and we were not surprised to learn that her efforts have recently been honoured by the British Heart Foundation (BHF) in the form of a Red Bench in the heart of Nottingham. Bettina was one of 65 people across the UK chosen by BHF to have a red bench installed with their name, marking the charity's 65th anniversary and highlighting real life stories of people surviving cardiovascular disease.



Steve Kennedy Alzheimer's Society People Award 2025

This month Steve received an award from the Alzheimer's Society to honour some of his work with the organisation over the last 12 months. The award itself is the Alzheimer's Society People Awards 2025 which is awarded to someone who is not employed by the Society but who is deemed to be the most compassionate while working for and on behalf of people living with a diagnosis of Alzheimer's/Dementia. Steve said "the award came completely out of the blue and was totally unexpected, but I'm absolutely delighted to receive such an award".



Martin Robertson on the Rural and Coastal Special Interest Group

The SPIN-D Rural and Coastal Interest Group is close to Martin's heart, he co-chairs the group and invests significant energy in improving things for people who can be forgotten and he has written the article below for inclusion in the SPIN D Newsletter.

[Read the blog here.](#)

Pete Middleton on The Power of Lived Experience in



Strengthening Research Funding Bids

Peter inspires others to live positively and proves that life with dementia can still be meaningful and full of purpose. The following article was written by Peter to encourage researchers who are in the process or who are planning to submit funding bids to “give your bid a better chance of success through collegiate co-production”.

[Read the blog here.](#)

Other News and Resources

A European Survey on the Knowledge and Experience of Patient and Public Involvement and Engagement in Dementia Research in academics and PhD students

Title of the research project: A European survey of knowledge and experiences of Patient and Public Involvement and Engagement in dementia. Name of researchers: Dr Clarissa Giebel (PI), Prof Mark Gabbay, Emma Williams, Fiona Rushton, Sue Williams, Joanne Hitchen, Adam Smith.

What is the study about?

This online survey seeks to explore the knowledge, experiences, and barriers to patient and public involvement and engagement of people with dementia, unpaid carers, care professionals, and charity representatives in dementia research across Europe, by researchers and PhD students.

[Further information and link to survey](#)

Research about the Good Life with Dementia Course

Please note the researchers are seeking participants living in or around Sheffield, Manchester or Bristol. For more information **[visit their website.](#)**



UNIVERSITY
of York



Innovations
in Dementia

Research about the Good Life with Dementia course

Good Life is a 6 week course for people with dementia, delivered collaboratively with people with dementia.

The course is about living well with dementia.



Would you like to take part in some research about the Good Life course?

What would taking part involve?



A University of York researcher would ask you some questions about your well being (they would invite you to do this 3 times – you don't have to say yes).



Some participants will be invited to attend a 6 week Good Life course this autumn. Not everyone will be asked to do this, but everyone's answers are valuable.

To find out more

Visit the website to read more about the research (scan this QR code with the camera on your phone)



To take part

There is a link on the website to express interest. Or you can contact Mandy at the University of York for a chat about taking part on:



07385 341592



mandy.willcox@york.ac.uk

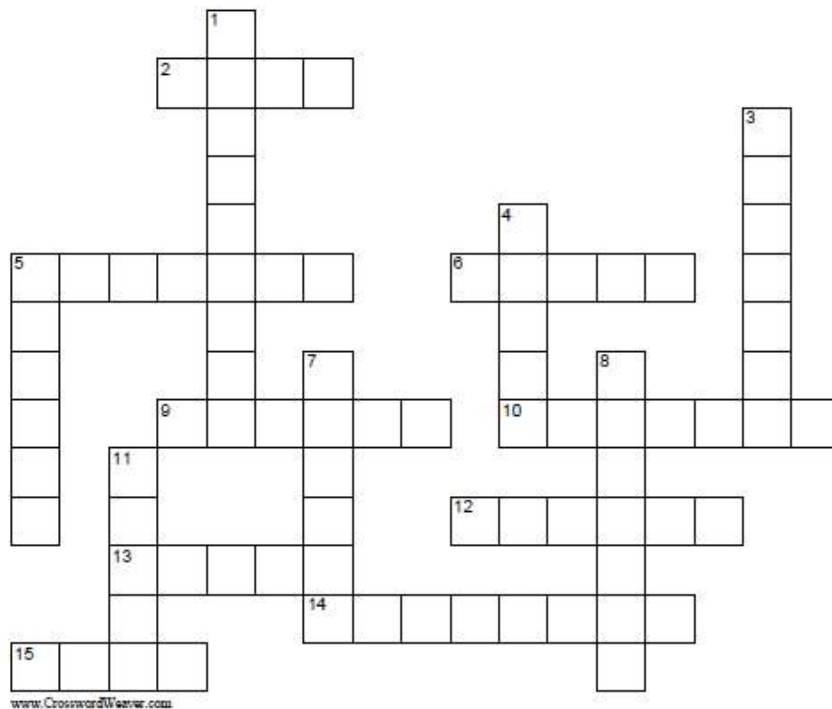
Doc 10 Recruitment Flyer (Good Life feasibility study) V2 9th July 2026 IRAS 356285

SPIN-D Crossword

Thank you to Pete Middleton (SPIN-D CLEG member) for this submission.
Answers in next month's newsletter.

SPIN-D

Easy Crossword



ACROSS

- 2 Assistance given to make a task or day easier.
- 5 A regular, familiar way of doing things.
- 6 Paying close attention to a specific task or idea.
- 9 The ability to store and remember information.
- 10 Being clear, easy to see, or easy to understand.
- 12 Showing kindness and concern for others.
- 13 Having knowledge or understanding of a situation.
- 14 Using your mind to consider or reason about something.
- 15 Your thoughts, feelings, and awareness as a whole.

DOWN

- 1 Talking or thinking fondly about happy memories from the past.
- 3 Giving help, comfort, or encouragement to someone.
- 4 Sensible, step-by-step reasoning.
- 5 To bring a past event or fact back into your mind.
- 7 To be unable to remember something.
- 8 Able to stay calm and gentle without getting annoyed.
- 11 The organ inside your head that controls thought and movement.

SPIN-D Network+ is now one of eight Dementia Network Plus initiatives.

Four networks are jointly funded by the Alzheimer's Society, the Economic and Social Research Council (ESRC, part of UK Research and Innovation), and the National Institute for Health and Care Research (NIHR).

EMPOWER Network+

EQUADEM Network+

Working with Dementia Network+

Four networks are jointly funded by the Alzheimer's Society, the Engineering and Physical Sciences Research Council (EPSRC, part of UK Research and

Innovation), and the National Institute for Health and Care Research (NIHR).

BRIDGES for Dementia (University of Sheffield)
CONSOLIDATE (Heriot Watt University)
TEDI (Northumbria University)
ZeDTech (Imperial College)

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