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SPIN-D NETWORK+ | Sustainable Prevention, Innovation and Involvement for Dementia

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

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In this month's newsletter, we look back at **SPIN-D's Flexible Fund Showcase** and our recent **collaborative workshop with INTERDEM Academy**, alongside highlights from **BRIDGES Network+'s workshop** exploring arts, sport and culture in dementia. We also share news from our **Core Lived Experience Group (CLEG)**, including Martin Robertson's work raising dementia awareness in farming communities, and look ahead to SPIN-D's contributions at **UK Dementia Congress**. Finally, discover **new resources for dementia carers from Together in Dementia Everyday (tide)**, upcoming learning opportunities from **Working with Dementia Network+**, and opportunities to get involved in dementia research and innovation, including **ZeDTech's funded internships.**

SPIN-D Network News

SPIN-D Flexible Fund Showcase & Conference 6th October 2026

We recently hosted our Flexible Fund Showcase & Conference in York, bringing together researchers, people with lived experience and representatives from organisations including **Innovations in Dementia**, **Queen Mary University of London**, **King's College London**, the **Universities of Liverpool, York, Portsmouth and West London, Cardiff Metropolitan University, and Tees, Esk and Wear Valleys NHS Foundation Trust.**

The event celebrated SPIN-D's achievements to date, including 21 research projects supported through £460,000 in flexible funding, and featured presentations exploring dementia risk reduction, safer prescribing,

communication support, inclusive interventions and improving quality of life for people living with dementia and their carers. The day also provided valuable opportunities for discussion, knowledge exchange and networking.

Missed the event or interested in learning more?
Visit our **Showcase webpage** to explore the programme and discover the funded projects presented. Further resources from the event will be available soon.



SPIN-D x INTERDEM Academy: Strengthening Collaboration in Dementia Research

On 17 September 2026, SPIN-D Network+ and INTERDEM Academy brought together early and mid-career researchers for an interactive online workshop exploring opportunities for collaboration in dementia prevention and care research. Through themed breakout discussions, participants exchanged ideas on psychosocial approaches to dementia care, biological and clinical research, brain health, and lifestyle interventions, identifying shared priorities and opportunities for future partnerships.

Read our **event highlights** to discover the key discussion themes, emerging research interests and opportunities to get involved in future collaborations.

Interested in getting involved?
Join the SPIN-D Early Career Researcher network to hear about future events, funding and collaboration opportunities.
Join INTERDEM Academy to connect with a European network of dementia researchers.

Together in Dementia Everyday (tide) launches 'Sowing Seeds': A new resource for dementia carers

Together in Dementia Everyday (TIDE), one of SPIN-D's Strategic Co-production Partners, has launched Sowing Seeds, a new series of co-produced online leaflets sharing practical insights and experiences from current and former carers of people living with dementia.

The first leaflet, 'What carers of people with dementia have shared about aiming to achieve happiness', explores how everyday activities, meaningful connections and small changes can help reduce stress, encourage calm and create moments of happiness. Drawing on carers' lived experiences, it offers ideas rather than prescriptive advice, recognising that every caring relationship is different.

A second leaflet, 'When bereavement brings caring to an end', is currently in development and will explore the emotional and practical challenges of transitioning out of a caring role.

Read more about the first Sowing Seeds leaflet.

SPIN-D 'Top Tips' for Early Career Researchers - New Video Shorts

We continue our Tops Tips series with two video shorts this month from members of our Core Lived Experience Group,.

WATCH: Martin Robertson's first tip for early career researchers is to look after yourself.

WATCH: Pete Middleton's first tip is about the importance of communicating regularly, especially important to people with cognitive impairment. This enables people to stay informed and make more meaningful contributions.

Will continue to release a new Top Tip video short every two weeks. Keep an eye on our **LinkedIn page** and **YouTube channel** for the latest!

SPIN-D Events

Rural and Coastal Special Interest Group Webinar

Wednesday, 18th November 11am - 12pm
Online

Join SPIN-D's Rural and Coastal Special Interest Group on Wednesday 18 November 2026 at 11:00 for a webinar exploring dementia awareness and brain health in farming communities.

Martin Robertson and Faye Watson, co-leads of the Mind Our Farmers project, will share insights from their ongoing work with Scottish farming communities, including approaches to raising awareness of dementia risk and promoting brain health among younger farmers.

The session will explore the challenges and opportunities of dementia risk reduction in rural communities, providing an opportunity for researchers and those with lived experience to share perspectives and identify areas for future collaboration.

Tor receive an invite to the event, join the Rural and Coastal SIG via the **sign-up form**.

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

SPIN-D at Alzheimer Europe 2026

27th–29th October 2026
Dublin

SPIN-D members attended the 36th Alzheimer Europe Conference, which took place from 27–29 October 2026 at the Convention Centre Dublin. This year's theme, *Sláinte: Building momentum in dementia through policy, research*

and partnership, brought together researchers, professionals, policymakers and people with lived experience from across Europe.
SPIN-D researchers and public involvement members contributed presentations and posters showcasing collaborative dementia research, including work on rural and coastal dementia research, co-production and public involvement.

SPIN-D at the UK Dementia Congress 2026

17th - 18th November 2026
Doncaster

SPIN-D will be represented at the 20th UK Dementia Congress, with several presentations showcasing our work in dementia research, public engagement and co-production. Clare Hammerton, SPIN-D Co-production and Involvement Lead, will deliver a three-minute presentation on collaborative approaches across the eight UK dementia networks on 18 November at 14:10 (Parallel Session 5). Clare will also contribute to a 45-minute session exploring LGBTQIA+ experiences of dementia.

Further contributions from SPIN-D include *Making Dementia Science Accessible: Using AI as a Tool for Public Engagement* and *Galvanizing Rural and Coastal Dementia Research*, alongside a video highlighting patient and public involvement and engagement (PPIE).

We look forward to connecting with fellow researchers, network representatives and people with lived experience attending the Congress.
Explore the full Congress programme.

Caribbean Brain Health Summit (CBHS)

16–22 November 2026
Hybrid

amagi | Caribbean Brain Health Summit 26

Register your interest short form here (individuals and organisations)
If you/your organisation would like to attend, stay informed, or explore involvement.

Partner sign-up form here (organisations / initiatives)
If your organisation or initiative is interested in partnering as an ally or

endorser, flagship day host, activity host (including a Brain Health Relay activity), or coordinating organisation.

Brain Health Relay sign-up form here

Please complete this form if your organisation is interested in participating in a country-specific Brain Health Relay or a region-wide/diaspora-wide Brain Health Relay. This helps us align one-hour slots, avoid clashes, and ensure that Relay activities are clearly identified as part of CBHS week while still reflecting your own focus and style. Please be sure to also complete the Partner Sign Up form above.

Completing these forms does *not* lock you into a fixed plan; rather, it opens up a channel for us to work with you as your CBHS-week activities evolve, and to provide **templates, branding guidance, and communications support** so that your work is clearly recognised as part of the wider Summit.

I also particularly welcome **direct conversations** with anyone interested in taking on a **Diaspora / Ally Organisations Coordinating role** for a collective group of UK-based or other diaspora organisations during Summit week. If that might be you or your organisation, please feel free to reach out by email to: **IshtarGovia@AmagiBrainHealth.org** or WhatsApp (@IshtarGovia) and we can explore together.

2026 UK Ageing Research Funders' Forum Early Career Researchers Event

Monday, 23rd November 2026
Central London

The UK Ageing Research Funders' Forum (UKARFF) is pleased to announce its next Early Career Researcher event, taking place on 23 November 2026 at the Health Foundation in Central London. Bringing together early-career researchers working across ageing-related fields, the event will offer a valuable opportunity to connect with peers and explore how research can help support people to age well. This event, co-organised by the Biotechnology and Biological Sciences Research Council (BBSRC), Economic and Social Research Council (ESRC), Health Foundation and Vivensa Foundation, will bring together ECRs working across the ageing field.

The programme will include a funders' panel discussion, a keynote speaker, research talks and poster presentations, alongside dedicated opportunities for networking and discussion. View the full agenda and register your interest on the Eventbrite page.

Final BOLD Online Social Leadership Programme of 2026: Places Available

29 October to 3 December 2026
Online

The BOLD Online Social Leadership Programme is welcoming participants to its final confirmed cohort of 2026, running from 29 October to 3 December, every Thursday from 10:30–12:30 via Zoom.

This six-week, CPD-accredited programme brings together people living with dementia, unpaid carers and dementia practitioners to explore social leadership through creativity, shared experiences and meaningful connections. Participants will have opportunities to build confidence, discover new strengths and develop skills in a supportive, inclusive environment. Fully funded places are available, and no previous experience is required. With future programmes dependent on securing additional funding, this is the last confirmed opportunity to participate.

Find out more and register for the programme.

SPIN-D Core Lived Experience Group (CLEG) Highlights

Mind Our Farmers Featured in The Scottish Farmer: Raising Awareness of Brain Health and Dementia

Martin Robertson, a member of SPIN-D's Core Lived Experience Group (CLEG) and Chair of its Rural and Coastal Special Interest Group, is co-leading *Mind Our Farmers* alongside Faye Watson, an initiative helping Scottish farming communities improve brain health awareness and reduce dementia risk.

Supported by a £5,000 grant from the Alzheimer's Research UK Inspire Fund, the project was recently featured in *The Scottish Farmer*, highlighting its work to bring conversations about dementia into agricultural communities. Working with RSABI's Health Hut initiative, the project aims to provide farmers and their families with accessible information, practical advice and opportunities to discuss concerns in familiar, informal settings.

Read the full article in The Scottish Farmer and **learn more about SPIN-D's Rural and Coastal Special Interest Group**.

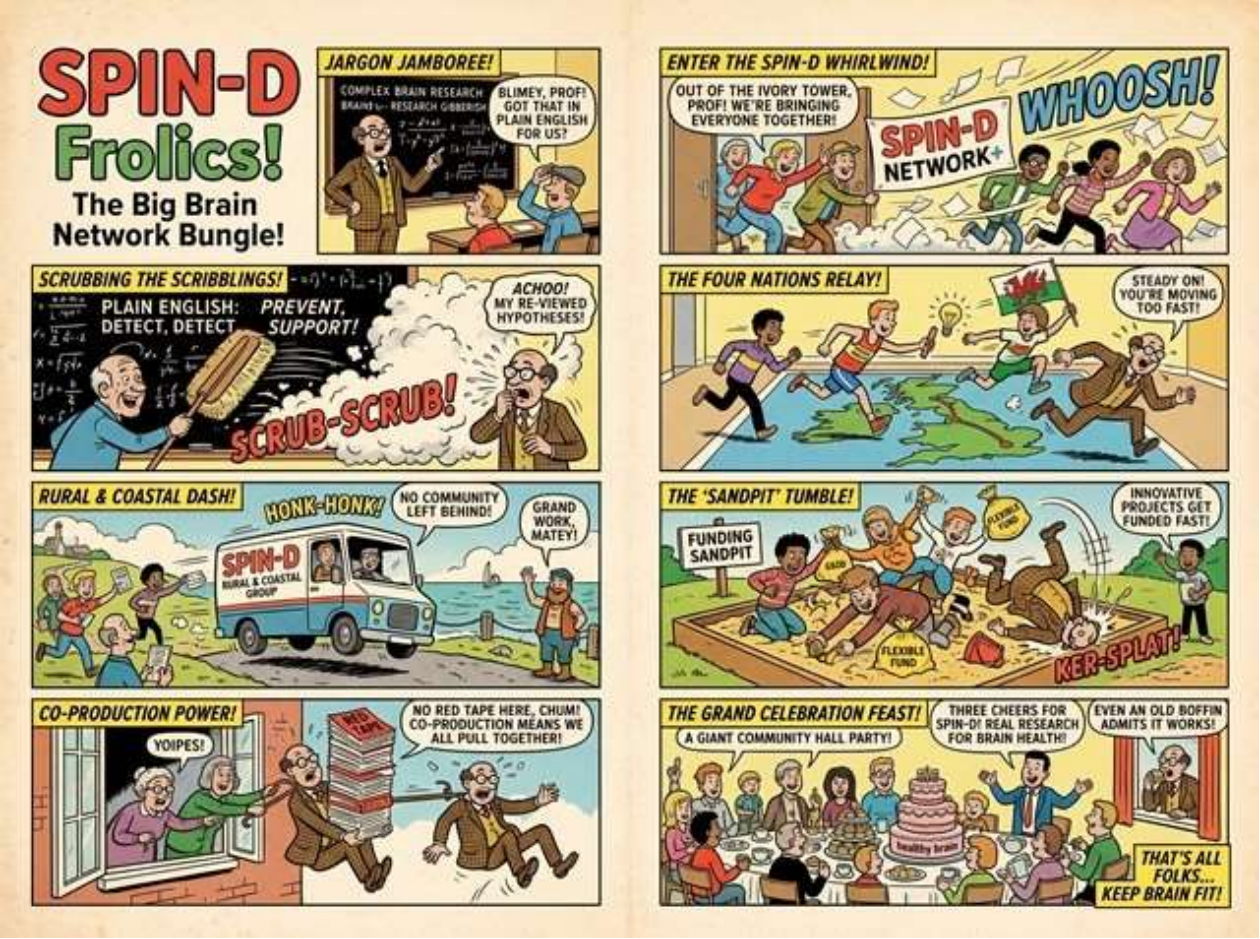
Poem: The Purge of the Paperwork, or, What on Earth Does That Actually Mean?

By Pete Middleton

A clever professor of lofty renown
Sat frowning in tweed in a university town.
He had scribbled an earnest request for some cash,
In prose so obtuse it was utterly rash.
He wrote: "We shall leverage synergistic design,
To holistic paradigms swiftly align;
Through cross-sectional scoping of stakeholder needs,
To enact qualitative, epistemic deeds."
He posted it off with a scholarly grin,
Straight to SPIN-D and the people within,
The Lived Experience chaps in their chairs,
Who manage the real world's peculiar affairs.
"Great heavens," said Peter, while buttering toast,
"Is this an inquest or a spectral ghost?
He has used forty syllables just to convey
What a chap could explain in a sensible way!"
So Peter took out a substantial red pen,
And crossed out "heuristics" and crossed it again.
He banished "modalities", scrubbed out "interface",
And told the professor to state his own case.
"If you want half a crown for a sensible scheme,
To help folks with memory run out of steam,
Don't waffle of 'metrics' or 'tripartite scopes',
Just tell us your plan and your practical hopes."
The jargon was tossed in the waste-paper bin,
The grammar made tidy, the sentences thin.
The funding arrived by the following week.
Though the clever professor was too stunned to speak.

Comic: SPIN-D Frolics! The Big Brain Network Bungle

By Pete Middleton



Other News and Resources

BRIDGES for Dementia Network+: Exploring Arts, Sport and Culture in Dementia

On 5 October 2026, BRIDGES for Dementia Network+ hosted its second *Ideas and Innovations Workshop* in Manchester, bringing together people living with dementia, care partners, creative professionals and researchers to explore how arts, sport, culture and technology can support independence and wellbeing.

Through interactive activities, creative design exercises and group discussions, participants shared their experiences and explored how accessible technologies and inclusive approaches could help people living with dementia maintain meaningful connections with the activities they enjoy. Ideas generated during the workshop will help inform future innovation and funding opportunities.
Read the workshop highlights to discover the discussions, activities and emerging ideas.

For updates on upcoming events and funding opportunities, **follow BRIDGES on LinkedIn** or **subscribe to their newsletter**.

Working with Dementia Network+ Academy Webinar Series 2026/27: Registration Open

Working with Dementia Network+ has launched its 2026/27 Academy Webinar Series, bringing together researchers, professionals and others interested in dementia and employment.

The new series began in October, with registration still open for the remaining webinars. Participants can sign up for individual sessions or the full series, providing opportunities to explore research, share knowledge and learn more about supporting people affected by dementia in the workplace.
Register for the 2026/27 webinar series or **watch recordings from the 2025/26 series**.

Dementia Inclusive Universities - Invitation to support research from the Working With Dementia Network+

The Dementia Inclusive Universities initiative is inviting anyone who is living with dementia and involved in university research to take part in an online focus group taking place during October and November.
They are keen to learn from a wide range of experiences so that they can create inclusive, supportive and welcoming environments for people who visit our universities and contribute to our research.

Details are on the flier for how people can sign up, but if anyone would like more information they can email: **wwdnetworkplus@dementia.uws.ac.uk**

What does a dementia-inclusive university look like?

Join our online focus group to help us find out how universities can be more dementia inclusive...

Are you living with a diagnosis of dementia and involved with research at a university?



The team at Working with Dementia Network Plus are looking for people diagnosed with dementia and involved in university research to take part in our Dementia Inclusive Universities project. You are eligible if you are involved in research (in any capacity) at any UK university.

Participation involves an online focus group in October or November 2026 lasting approximately two hours. The aim of the project is to develop guidance to support inclusivity for those affected by dementia from various perspectives.



To find out more and express your interest in participation, please complete the online form via the QR code on the right or email **wwdnetworkplus@uws.ac.uk** to receive a link.



ZeDTech Network+: Organisations Invited to Host Funded Internships – Deadline 1st December 2026

ZeDTech Network+ is inviting organisations to host funded internships supporting the development of zero- or low-burden technologies for people living with dementia and their carers.

The initiative offers organisations additional capacity to advance projects while helping network members develop practical skills and experience in dementia innovation. Placements could involve technology design and evaluation, user research and co-design, policy development, or exploring routes to adoption in health and social care.

Interested in hosting an intern? Organisations are invited to submit project ideas by Tuesday 1 December 2026. Proposals do not need to be fully

developed, and ZeDTech will work with hosts to agree the scope, duration and format of placements.

Submit your internship opportunity or visit the **ZeDTech website** for further information.

SPIN-D Network+ is 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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