



Sign up to our Monthly Newsletter

Welcome to our August 2026 newsletter from Deepness Dementia. Hopefully you're taking advantage of the last sunny summer month!

My name is Sophie Smith, and I am the new Deepness Newsletter Editor. I officially graduated this year with a BA in Journalism, and have worked for Deepness since May 2025 as a Personal Assistant, first to Ron Coleman and now to Howard Gordon and Audrey Ross!

In this month's newsletter, you will find an introduction to our new Board Member, Colin Thompson; an article on amplifying LGBTQI+ voices of people living with dementia by Daithi Clayton; and an article on a new Health & Social Care app by Howard Gordon.

Please share this newsletter with your friends, family and colleagues.



If you want to contribute to the newsletter, please get in touch with - sophie@deepnessdementiaradio.com



**Check out below a list of what is coming up in this newsletter.
You can click on the links and skip straight to that article.**

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An Introductory Interview with Colin Thompson

by Sophie Smith

Officially joining us in July, Colin Thompson is Deepness Dementia's newest Board Member. With a varied career, there has been one steadfast love in Colin's life: theatre. From 'accidentally' getting into the 'school play' despite being scared witless, to studying theatre in America while teaching undergrad, to directing and working on theatre productions in Edinburgh and London, to his current 14-year stint teaching A Level Theatre Studies in sixth-form college, with a focus on producing theatre alongside students.



Colin Thompson

**"I could've backed out at any point but I didn't...
And thus began the long involvement with
something that still intrigues me to this day."**

Outside of Work?

As well as partaking in theatrical pursuits, which are unfortunately limited on the Isle of Lewis, Colin enjoys pottering in his workshop making things out of wood, and going to An Lanntair - the local cinema - as often as he can.

Even outside of work, theatre is always on Colin's mind and in his heart.
On live theatre:

"I will watch anything and, even if the show is not brilliant, will try to find something good about the production."

An Introductory Interview with Colin Thompson

by Sophie Smith

Initially introduced to Deepness Dementia through the early days of 'Caught in this Moment in Time', Ron Coleman's dazzling play tackling his response to living with dementia, Colin got sucked into the production and ended up playing Ron himself!

"This turned out to be a truly fulfilling experience and real challenge."



Colin Thompson

On being a new Board Member:

Despite having limited experience of being on a committee, Colin is ready to roll with the punches.

With an interest in 'Self-Management' and involvement in Deepness' two upcoming booklets on the subject, he has already made a loud initial impression on future projects.

Now officially a Board Member, Deepness is ecstatic to welcome him to the team. The interview closed with Colin's wistful expectation of this new chapter:

"With my recent diagnosis I will be able to contribute my own lived experience and hopefully also learn from others."



Could You Help Shape the Future of Deepness?

As Deepness continues to grow and develop, we are looking to welcome new members onto our Board of Directors.

Whether you are living with dementia or simply share our values and believes in what Deepness stands for, we'd love to hear from you.



You don't need previous board experience - just an interest in helping create a world where people living with dementia have a voice, opportunities to thrive, and are at the heart of everything we do.

We are looking for people who share the Deepness ethos, creativity, inclusion, hope and possibility, and who would enjoy helping guide the organisation into it's next exciting chapter.

It you think you could bring your experience, enthusiasm or a fresh perspective to Deepness, we'd be delighted to hear from you.

In the first instance contact Deepness Co-ordinator, Karen Taylor:

karen@deepnessdementiaradio.com

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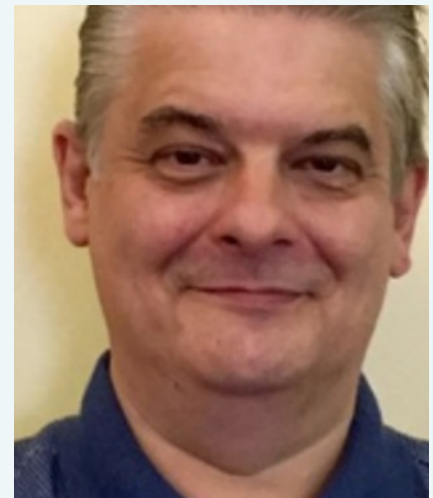
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A new Health & Social Care app for Scotland



It has been frustrating for people in Scotland to keep reading about digital innovations making the NHS more accessible and convenient – only to discover that they are actually NHS England-only.

To redress the balance, MyCare.scot, a new health and social care online app, is now available to everyone across Scotland, following an initial launch in Lanarkshire in December 2025.



Howard Gordon

Secure online access for health and social care

The new online service will transform how people access and interact with health and social care services. Users will be provided with a secure digital identity, access to some personal information and the national service finder from NHS inform.

Following initial roll-out, MyCare will be expanded to hospital-based services, before including other areas of the health and social care system, including GP practices, pharmacy, social work and social care.

Once fully developed in 2030, the app is promised to provide the most comprehensive access to health and care in the UK, integrating health and social care services into one space.

What does MyCare offer currently?

Using MyCare.scot, people can currently view:

- Their Community Health Index (CHI) number
- Personal details held by NHS Scotland, such as home address
- Medication and allergy information
- Covid and flu vaccination records from 2021 onwards
- local health and wellbeing services

MyCare.scot is part of the national Digital Front Door programme, delivered by Public Services Delivery Scotland in partnership with the Scottish Government and COSLA. It is available to people aged 18 and over in Scotland.



How to get started with the app

To access, visit mycare.scot on your phone, tablet or computer (external link will open in a new browser tab or window).

- Select 'Start now' and sign in using ScotAccount
- If you do not have a ScotAccount, you can create one as part of the process
- Verify your identity using photo ID (or security questions if needed)
- Once set up, you can use MyCare.scot on the web or download the app from the App Store or Google Play

Support is available at mycare.scot/public/support or by calling 0800 030 8014, 9 am – 5 pm Monday to Friday.

Speaking on a visit to meet staff and patients using MyCare.scot in Lanarkshire, Health Secretary Angela Constance said:

“The availability of MyCare.scot on the app store is an important milestone in this government’s programme to give people a single, secure digital access point to their personal health information.

“I am clear that our NHS in Scotland will never be for sale. That is why the app has been developed within the public sector, protecting the privacy of patient medical records and ensuring best value for the taxpayer.

“Over time, MyCare.scot will make it easier to manage appointments, reduce the need for patients to retell their story, order prescriptions, and gain access to the information they need to help them stay well and supported. It will also be integrated with Scotland’s social care and social work system.”

Why It's Important to Amplify ALL Varied Voices of LGBTQI+ People Living with Dementia



When we talk about the intersection of LGBTQI+ identities and dementia, we often find ourselves in a comfortable, familiar echo chamber. We celebrate the progress made by vocal advocates, and we hold up the stories of those who have been brave enough to step into the light. These stories are essential—they have been the bedrock of advocacy. But if we are truly committed to dementia-inclusive care, we must admit a hard truth: we are currently listening to a curated chorus when we need to be hearing the full, complex symphony. It is time to widen the lens. It is time to move beyond the “L” and “G” and actively seek out, elevate, and amplify the voices of bisexual, transgender, nonbinary, intersex, and queer individuals living with dementia.

The Danger of a Singular Narrative

Dementia affects every individual differently, but for the LGBTQI+ community, those experiences are further shaped by a lifetime of systemic discrimination, different cultural touchpoints, and varying relationships with the healthcare system. When we focus only on a narrow slice of the community, we risk creating “best practice models” that don’t actually work for everyone. A white, cisgender gay man’s experience of navigating a dementia diagnosis and long-term care will not mirror that of a Black transgender woman or an intersex person. By ignoring these nuances, we inadvertently build support systems that feel exclusionary, alienating, or—at best—irrelevant to the people who need them most.

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Why It's Important to Amplify ALL Varied Voices of LGBTQI+ People Living with Dementia

True Inclusion is Active, Not Passive

Amplifying these varied voices isn't just about "being nice" or checking a diversity box. It is about clinical and social necessity. To build dementia-friendly environments that are genuinely safe, we must demand representation in every room where decisions are made:

- **Research Cohorts:** We cannot develop effective, culturally competent treatments or care interventions if our research data is homogenous. We need recruitment strategies that reach beyond the usual networks to ensure trans, nonbinary, and bisexual experiences are reflected in the data.
- **Advisory Groups & Policy:** If a dementia advisory group does not include trans or nonbinary voices, it is fundamentally ill-equipped to advise on inclusive housing, social care, or legal protections.
- **Public Platforms:** We need more documentaries, conference presentations, and webinars that centre the lived experience of the entire spectrum. Let's stop talking about these communities and start providing the microphone to them.

The Power of "Hidden" Stories

There is a profound resilience in the lives of transgender and nonbinary elders who have navigated a world that often refuses to acknowledge their existence. When they are living with dementia, that intersection of identity and cognitive change creates a unique set of challenges—and a unique set of strengths. When we amplify these voices, we challenge the status quo. We force care providers to reconsider assumptions about gender, history, and identity. We move the conversation from "How do we care about people like us?" to "How do we ensure that every person, regardless of how they identify, feels recognition and honoured in their most vulnerable moments?"



Why It's Important to Amplify ALL Varied Voices of LGBTQI+ People Living with Dementia

A Call to Action: Broaden the Lens

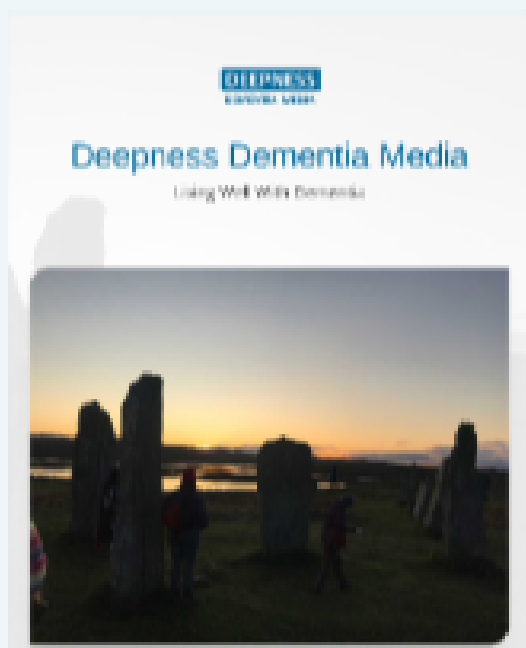
If you are an organiser, a researcher, or an advocate, ask yourself: **Who is missing from this table?**

If your speaker list looks the same as it did five years ago, it is time to pivot. Reach out to local queer health collectives, trans advocacy groups, and community centres. Don't just wait for people to come to you; dismantle the barriers that make it difficult for them to engage in the first place.

Dementia does not discriminate. It does not care about your gender identity or your sexual orientation. Therefore, our response to it must be radically inclusive. Let's stop repeating the same stories and start listening to the ones we've been ignoring.

The future of dementia care depends on it.

Are you currently working to elevate diverse voices in your dementia research or community work? What barriers are you facing, and how are you overcoming them? Let's keep this conversation moving.



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>

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