DEEPNESS DEMENTIA Media

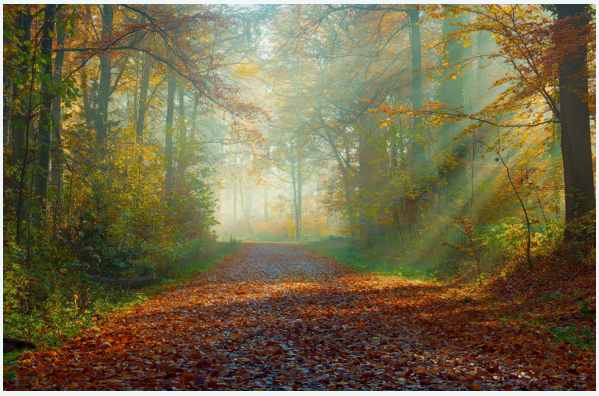
Sign up to our Monthly Newsletter

Welcome to our November newsletter!

My name is Sophie Smith, and I am the 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 article from Howard Gordon on political tension over the pension triple lock, and a lovely piece from our new Board Member, Brian Whitters, about his experience living with dementia.

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.

Howard Gordon... **Political Tension Over Triple Lock on Pension**

Brian Whitters... **Finding Sunshine Through the Clouds**

What is Deepness Dementia Media...**Buy The Demented Poet EP**

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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Howard Gordon

Political Tensions Mount Over Pension Triple Lock and Proposed National Care Service



Howard Gordon

As political discourse in the United Kingdom continues to focus on long-term fiscal sustainability and social welfare, the state pension triple lock and the proposed National Care Service have emerged as central points of contention. While the government has committed to the triple lock for the current parliamentary term, debate over potential funding models for future social care initiatives has prompted a concerted effort by opposition parties to defend the pension guarantee.

The Debate Over the Triple Lock

The state pension triple lock, which ensures the pension rises in line with inflation, average earnings, or 2.5%, remains a significant policy commitment [gov.uk]. However, its long-term cost, which some analysts describe as high and uncertain, has led to ongoing discussions regarding its sustainability [ifs.org.uk]. Opposition parties and advocacy groups have positioned themselves as steadfast defenders of the mechanism, pointing to widespread public support and the continued pressure of the cost-of-living crisis on vulnerable pensioners [yougov.com] [hansard.parliament.uk]. By consistently highlighting these factors in parliamentary debates, opposition members are effectively raising the political cost for any government attempt to alter the current structure.

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The National Care Service Proposal

Looking toward the next parliament, Prime Minister Andy Burnham has outlined plans for a new National Care Service, intended to provide free personal care for older people, based on need rather than means [gov.uk] [wikipedia.org]. While the ambition for a more cohesive, NHS-style social care system has received broad attention, the proposed funding strategy has proven controversial [bbc.com [nuffieldtrust.org.uk].

Reports have indicated that the government may consider adjusting thetriple lock to help finance this new care initiative [facebook.com/Channel4News]. This potential link has created a direct conflict between two major policy areas, pitting the security of pensioner income against the urgent need for social care reform.

Opposition Strategies and Political Barriers

Opposition parties have sought to block the premise that these two policy goals must be funded at the expense of one another. Their strategies include:

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- Parliamentary Pressure: Opposition members are using legislative debates to demand transparency from ministers regarding their commitments to the triple lock, effectively forcing the government to reiterate its current pledges and making any deviation politically difficult [hansard.parliament.uk] [facebook.com/GMB].

- Challenging the Funding Model: By questioning the necessity of linking social care funding to pension adjustments, opposition parties are framing the proposal as a false choice. They are actively arguing that alternative fiscal strategies should be explored to fund a National Care Service without undermining the financial security of the current elderly population.

- Public Advocacy: Leveraging the high public popularity of the triple lock, opposition groups are signalling to voters that any reform intended to dilute the pension guarantee would face significant backlash, thereby creating a strong political deterrent.

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As the political landscape moves toward future electoral cycles, the friction between protecting essential income guarantees for the elderly and establishing a comprehensive social care system will likely remain a defining challenge for policymakers. For now, the opposition's strategy remains focused on maintaining the triple lock as a non-negotiable component of the social safety net, while simultaneously forcing greater scrutiny on the funding mechanisms for the proposed National Care Service.

The debate around the National Care Service has been going on for 30 years, with many reports and reviews. As usual, any definitive moves to set up a National Care Service have been delayed, with the full implementation not expected until 2040. Andy Burnham and Ed Davey both claim to recognise the importance, but there is little political will within their own parties to see this through.

Brian Whitters

Finding Sunshine Through the Clouds



Brian Whitters

Living here on Barra, in the beautiful Hebrides, you learn to appreciate the weather for what it is. One minute the sky can be grey, the rain coming in from the Atlantic, and the next there might be a break in the clouds and a bit of sunshine lighting up the sea and the land around us.

It got me thinking about life, particularly life when you are living with Alzheimer's disease and vascular dementia.

Some days are better than others. There are days when things seem to go well enough, when you feel more like yourself and can enjoy the simple things around you. Then there are days when tiredness, confusion and frustration make everything that bit harder.

I suppose that's life, although dementia brings its own challenges, both for the person living with it and for those who love them.

But living here on the islands has taught me something. You cannot change the weather, and you cannot always change the circumstances you find yourself in. Sometimes you just have to take each day as it comes.

That doesn't mean giving up. It means learning to appreciate what is still there.

A cup of tea with someone you love. A bit of laughter. A kind word when you need it. Looking out at the sea and watching the clouds move across the sky. These are ordinary things, but they can mean an awful lot.

Brian Whitters

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Brian Whitters

Since living with dementia, I have come to think more about the things we take for granted. It is easy to spend time worrying about what we might lose, or thinking about what we can no longer do. I understand that feeling, because I have it myself.

But I also think we can sometimes overlook the good things that are still part of our lives.

We can still love and be loved. We can still make somebody smile. We can still enjoy the beauty around us and find comfort in the people who stand beside us.

Our memories might change, and there may be things we find harder to do, but we are still the people we have always been. We still have feelings, we still have something to give, and we still matter.

I think that's something worth remembering, not just for those of us living with dementia, but for everyone.

Life doesn't always turn out the way we expected. We all face things we would rather not have to deal with. Sometimes we feel strong enough to face them, and sometimes we don't. That's only human.

Perhaps the trick is not to expect every day to be a good one, but to look for something good in each day, however small it might be.

Here in the Hebrides, even on the dreariest of days, there is always something worth looking at. The sea, the hills, the changing light, or simply the clouds breaking up to let a little sunshine through.

And when that sunshine comes, you appreciate it all the more because you know what the grey skies were like.

Brian Whitters

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Brian Whitters

Maybe there is a lesson in that for all of us.

We cannot always choose what life brings our way, and we cannot turn back the clock. But we can try to make the most of what we have today. We can tell the people we love how much they mean to us. We can be a little kinder to ourselves and to others. And we can remember that a difficult day does not mean that every day will be difficult.

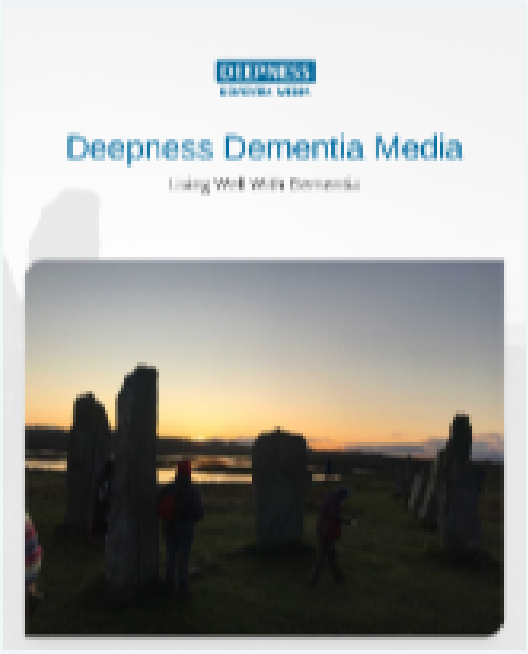
If you are living with dementia, or caring for someone who is, please remember that you are not alone. There will be hard days, and there is no shame in admitting that. But there can still be good days, happy moments and reasons to be grateful.

And if today is one of those difficult days, don’t be too hard on yourself. Sometimes getting through the day is enough.

Tomorrow the weather might be different. The clouds might lift, the wind might ease, and the sun might shine again.

We cannot promise ourselves that life will always be easy. But we can remind ourselves that even when things are difficult, there is still plenty worth living for.

And sometimes, all it takes is a little sunshine through the clouds to remind us of that.



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/6pnqYVybZ3qUf6XMhOOFuK

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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