









Sign up to our Monthly Newsletter

Welcome to our November newsletter from Deepness Dementia Media, its great to have you with us pursuing our monthly newsletter with lots to read. I am Anne Scott the Newsletter Editor, and I hope you enjoy reading our latest news. Please share this newsletter with your friends, family and colleagues.,





Please send your feedback about the newsletter, whether you liked it or how it could be better.

If you want to contribute to the newsletter, please get in touch with me at - scottanne@live.co.uk



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Deepness Tribute to Ron Coleman

It is with great sadness to announce that Ron Coleman died peacefully in his sleep on the morning of Sunday 19th October.

As co-founder of Deepness and instigator of so many of our projects, we, the Deepness Team and Board of Directors have put together our own tribute to Ronnaming one word about how we saw him and a short description as to why.



Extraordinary

Ron was a man of deep empathy and fearlessly honest – he transformed countless lives and leaves behind a legacy the world will never forget.

[Anne]

For me Ron was more than a friend, he was like the brother I never had. He taught me so much and encouraged me to do things, I didn't know I was able to do.

[Howard]

Everything

Ron was Amazing. FUNNY. Kind hearted person. I am so proud to say he was my friend. He was a real inspiration.

[Audrey]

Love

Ron lived in his heart and oozed love where ever he went. He loved fighting for the rights of people. He loved helping people. He loved living. And he was loved by so many people.

[Jim]



Photo taken in July - at HebCelt 2025



Heart

He put his heart into everything. It all come from his heart, even rage, even pain, but most of all love and compassion.

[Karen]

Braveheart

Fiercesome disruptor of professional pontification. Hearing voices heror and demented creator. Tenderhearted friend.

[Paul]

Passion

What most impressed me about Ron was his passion for life or whatever cause he was fighting for. [Roddy]



Presence

Simple word but has so much meaning in so many different ways for me with Ron.

[Louise]



Photo Credit @ Hugh Hume

Wise

A wonderful frequency passing through planet earth. Ron was and is an inspiring person I've had the joy to know. A person beyond one word, an artist, a voice for change, beyond the status quo's. However to sum Ron Coleman up in one word, it would have to be in 3 -Wise, Outspoken and Outrageous.

[Ronald]



Compassionate

Alongside Ron's warrior outlook he held onto compassion and I was fortunate enough to experience that compassion personally.

[Sue]

Fearless

Ron never worried about who he should approach, about stepping on toes or about upsetting the social order. He knew that it's wrong that so many decisions affecting people with dementia are taken without us. And he knew that the only way this will change is by us taking power for ourselves. He wasn't just an activist - he was a dementia warrior.

[Willy]

Ron speaking in September 2025 at the opening of the Scottish Dementia Arts Festival, in Stirling

Muse

In my time working with Ron I have always been very aware and moved by Ron's presence as a Muse. His impressive intellect and capacity to think sometimes suggested he was a steely character, but deep inside, he was way too warm and sensitive to be considered steely. He deserves Muse statues because he inspired many people to become their own best versions. That same inspiration has driven me to believe more in myself, my goals and my abilities. I feel incredibly lucky to have Ron Coleman with me on my journey. [Tom]



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In memory of a man who turned personal struggle into global change.





When Ron Coleman walked into a room, the air changed. He carried with him a mixture of gravity and mischief — the kind that comes from someone who had seen the darkest corners of life and still insisted on laughing, creating, and connecting.

Rewriting narratives on voice-hearing

When many people hear voices or experience unusual sensations, the default assumption in psychiatric practice is often that these are symptoms of serious mental illness. But for Ron Coleman, those voices became not only a signal of past trauma but also the catalyst for his transformation — and for founding a movement that challenges conventional wisdom.

In the his own words, after more than a decade of struggle within mental-health systems, psychiatric detention, and forced treatment, he encountered a support worker who introduced him to a local hearing voices group. That was a turning point. Rather than denying the voices or dismissing them as meaningless, he was invited to treat them as real experiences — worthy of exploration and meaning.

A voice heard: personal history and recovery

Born in Dundee in 1958, Ron's early life was scarred by abuse and hardship. Yet those beginnings became the forge for his fierce empathy and his refusal to be silenced. Ron grew up in a working-class Roman Catholic family and entered religious training as a young boy, hoping to become a priest. But after disturbing experiences, including harassment by a parish priest, his life direction sharply changed. Later, he endured many years of psychiatric treatment, involuntary hospitalization (under legal sections) and heavy medication with severe side-effects, including serious health complications.

It was in 1991 that things began to shift. With the encouragement of a support worker (Lindsay Cooke), he joined a hearing voices support group in Manchester, UK. He credits that experience as the start of his recovery journey. In that group, someone simply said to him: "Your voices are real." That simple validation was foundational: it implied not that he was wrong, but that the voices could be engaged with, understood, and even negotiated with.



Rather than simply accepting the psychiatric narrative, Ron became a key figure in developing alternatives. He helped to establish many local voice-hearing groups in the UK, and organized training for people who hear voices, their families, and mental health practitioners.

Over time, his influence became international: he has worked in or influenced networks in countries including Australia, Denmark, Finland, France, Germany, Ireland, Italy, New Zealand, the USA, Canada and others.

He and his wife Karen Taylor have run organisations and initiatives under the banner of Working to Recovery, delivering training, consultancy, and facilitating recovery-oriented services and communities. Their work emphasises individual and community decision-making rather than institutional control, seeking to build recovery communities.

They also ran recovery houses and organised a "Mental Health Summer Recovery Camp" to bring people together in non-clinical, peer-led settings.

Philosophy: voices as human variation, not pathology
One of the core shifts Ron championed was the idea that voice-hearing is not
necessarily a pathological symptom, but can be understood as a variation of human
experience. The broader movement he aligns with, the Hearing Voices Network,
positions voice hearing as sometimes distressing but not inherently signs of illness.

Rather than focusing solely on medication or suppression, the approach encourages people to engage with voices, explore their meaning, relate to them, and negotiate times of rest or control. It also emphasizes peer support, listening, multiple explanatory frameworks (including trauma, life history, context).

Out of pain, he built purpose. Out of stigma, he built solidarity.

Ron Coleman died in Italy on 19th October 2025, leaving a legacy that refuses to be forgotten.

His voice — challenging, compassionate, and gloriously human — still echoes on Deepness Dementia Radio, in his art, films, plays, poetry and writings, and in every person who dares to speak their truth a little louder because he showed them how.

As Ron once said: "We are not the problem. We are the possibility."



Ron first became known through his groundbreaking work with the Hearing Voices Network, a global movement challenging traditional psychiatric narratives.

He spoke not as a case study, but as a person — one who heard voices, survived the system, and believed passionately that people could live well beyond labels.

His honesty and humour made him a sought-after speaker from Glasgow to New Zealand, a person who inspired professionals and survivors alike to rethink what "recovery" really meant.

Through his work following his Dementia diagnosis, he showed that there may be a life after diagnosis, challenging the assumptions, stereotypes, and the stigma attached to that diagnosis

Through his writings and Deepness Ltd, he challenged people living with Dementia to live a fulfilling life where possible. To take up art and learn many new things

Though Ron is no longer with us, his legacy lives on
When I go into a meeting or a Conference, Ron may not be there in person, but his
spirit will be, and his words will echo all around
Every time I hear thunder, I will think of Ron disrupting in heaven
For me, Ron was more than a friend; he was like the brother I never had.
He taught me so much and encouraged me to do things I didn't know I was able to
do.

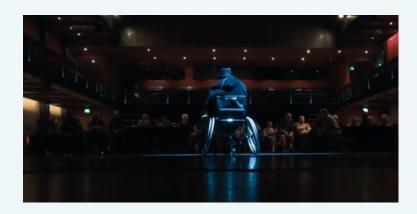
Rest in peace dear friend

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What's On:



On Screen The Demented Poets



Demented Cinema will feature two new films and an after-show discussion.

The films have been made over the last two years and both feature Ron Coleman, a creative artist living with dementia who calls himself The Demented Poet.

Both films are directed by BAFTA-winning director Ian Bustard.

The films are being toured throughout Scotland throughout November – January.

The Demented Poets is a documentary about a filmmaker who embarks on a personal journey after discovering that his father has dementia. He meets Ron Coleman, who proudly calls himself "The Demented Poet," and uses creativity to express and challenge how he lives with his condition.

Ron introduces us to other dementia activists/artists in Scotland as they put on Scotland's first Dementia Arts Festival.

We see how people living with dementia can produce meaningful art and how this helps with the illness.



The film is a moving personal story about family, creativity, connection, love and humanity.

Caught in this moment in time (Short film) – A writer with dementia has writer's block. His only companion is the AI system Alexa, who looks after him. Ron Colman plays himself in this powerful film exploring creativity, self care and mortality, shot on the Isle Lewis.

After the show, there will be a discussion followed by a launch of a new project titled The F Ward, which is a collaboration between Ron Coleman, Ian Bustard and writer Simon Macallum.



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AI used to help diagnose dementia in UK first





It is hoped that the new study will lead to quicker diagnosis and shorter waits

Artificial intelligence (AI) is being used to help diagnose dementia more quickly and

accurately.

Aneurin Bevan University Health Board, in south east Wales, is the first in the UK to begin the study, which will eventually be rolled out to 1,000 patients across the UK.

Currently, patients with unclear symptoms, such as retired postmistress, Kathryn White can wait years for a diagnosis.

Mrs White, 74, from Pontllanffraith, Caerphilly, had dozens of tests and waited twoand-a-half years to be diagnosed with Alzheimer's.

The study combines state-of-the-art blood tests to detect biomarkers, which detect tiny proteins in blood, and can show early signs of Alzheimer's. Al is then used to pull the results together.

Kathryn and her husband Michael have welcomed the study.

She first realised something was wrong when she became confused while driving to a friend's house, a journey she had made many times.

"I couldn't remember how to get to Cardiff, they lived in Peterston-super-Ely, and I couldn't remember how to get there," she said.

On another occasion, Kathryn got lost on the way to meet her brother in Cardiff Bay and had to call Michael for help.

"She rang up and said I'm lost I don't know where I am, it was then we went to see our local GP," said Michael.

"We went through cognitive tests, and then every sort of test known to mankind, CT scans, MRI scans, a PET scan, which I had never heard about before.

"Everything came back inconclusive, and this was over a two-and-a-half year period."

After having a lumbar puncture test, which involved taking fluid out of her spinal cord,

Kathryn was eventually given a dementia diagnosis, which Michael described as a

bittersweet experience.

A spokesperson for the study said that while a lumbar puncture is an effective way to aid accurate diagnosis of Alzheimer's, blood biomarker testing was a less invasive procedure, which may have enabled Kathryn to be diagnosed sooner.



It is hoped the study will help cut waiting times so more patients can be treated and supported soon after their initial GP referral.

"We know that in the next couple of years, there'll be millions of people across the world who have dementia and the most common form is Alzheimer's," said Dr Chineze Ivenso, Health and Care Research Wales' (HCRW) lead for dementia and consultant in Old Age Psychiatry at the health board.

"In Wales, as in most parts of the UK, we have an ageing population and most cases of dementia are in older people - so we have to face this demographic explosion and we need to change the way we do things.

"My hope is that this research will give us the tools to give patients treatment and support at an earlier stage of their disease."

How does it work?

Traditionally, dementia is diagnosed by looking at a patient's history, symptoms, brain scans and cognitive tests to assess a patient's memory and problem solving skills.

But new easy-to-use blood tests can now also detect "biomarkers" which will detect tiny proteins in someone's blood. This can show early signs of Alzheimer's.

"These biomarkers are so exciting," said Dr Ivenso.

"So (the biomarkers) along with the AI will make it likely that the accuracy of our diagnoses will be better.

"We know from evidence that about 70% of the diagnoses we make are accurate but there's 30% who actually don't get an accurate diagnosis."

During this study, patients will get these tests soon after being referred to a specialist memory clinic.

Doctors are hoping to get a clearer picture earlier on by using AI to pull results together.

During the trial, this new way of working will operate alongside standard NHS procedures.

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Baked pork chops with cream of mushroom soup are fork-tender and great comfort food for cold days! The cream of mushroom soup gravy is great on both the pork chops and mashed potatoes.



Prep Time: 10 mins

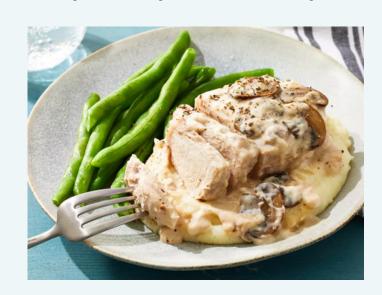
Cook Time:

1 hr

Total Time:

1 hr 10 mins

Servings:



Ingredients

Original recipe (1X) yields 4 servings
½ yellow onion, sliced
4 boneless pork chops
26 ounces condensed cream of mushroom soup
¼ cup water
2 cubes beef bouillon

Directions

Gather all ingredients. Preheat the oven to 325 degrees F (165 degrees C).



Place onion slices on the bottom of a glass baking dish. Lay pork chops over onions. Cover chops evenly with condensed soup.





Add water and bouillon, breaking up the bouillon cubes to spread flavor. Cover the baking dish with aluminum foil.



Bake pork chops in the preheated oven, stirring gravy once or twice, until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center of a chop should read at least 145 degrees F (63 degrees C).



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latest dementia news

Age Scotland Calls for Stronger Support as Dementia Deaths Rise





The latest figures released by the National Records of Scotland (NRS) reveal a concerning rise in deaths caused by Alzheimer's disease and other dementias in 2023. A total of 6,491 deaths were recorded, marking a 3% increase from 2022.

Age Scotland, the Scottish charity for older people, believes these figures underscore the need for stronger care and support services for people living with dementia and their families, with more consideration of the country's most deprived areas. People living in the most deprived areas of Scotland are 1.3 times more likely to die from dementia compared to those in the most affluent areas.

Dementia-related deaths in Scotland have more than doubled since 2005, and the disease remains one of the nation's leading causes of death. The death rate from dementia now stands at 125 per 100,000 people, up from 121 per 100,000 in 2022. The data also highlight the gender disparity in dementia-related deaths, with 66% of those who died being female and 34% male.

Katherine Crawford, Chief Executive for Age Scotland, said:

"These latest figures underscore the growing challenge of dementia in Scotland. The continued rise in deaths, especially among the most deprived communities, calls for urgent action. Early diagnosis, preventative action, strong social care, and greater availability of community-based support are critical to improving outcomes for those living with dementia. We need to ensure that everyone, regardless of where they live or their background, has access to the support they need."

"The persistent gender disparity and regional inequalities in dementia-related deaths highlight the urgent need for a targeted approach in dementia support services. Women and individuals from disadvantaged areas face particular challenges that must be addressed. By focusing on these priorities, we can work towards reducing health inequalities and ensuring comprehensive support for everyone affected by dementia."



"Age Scotland is working in close partnership with the Scottish Government to implement their ambitious dementia strategy and delivery plan, which are crucial for addressing the growing impact of dementia across Scotland, focusing on early diagnosis, improving access to high-quality care, and supporting those living with dementia to live well in their communities.

As part of our commitment, our 'About Dementia' programme plays a vital role in shaping policy and practice by ensuring that the voices of people living with dementia, their families, and community organizations are heard by policy makers and their needs are better met."

"By focusing on these initiatives, we are not just addressing the immediate needs of those living with dementia; we are building a stronger, more resilient support network that will benefit future generations. It is vital that we continue to work together ensure that everyone affected by dementia in Scotland has the opportunity to live longer, healthier lives, and to feel empowered and engaged within their communities."

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The 10th chapter of The Photobook Project, "My Dementia Life Matters"



<u>PLAY</u> <u>VIDEO</u>

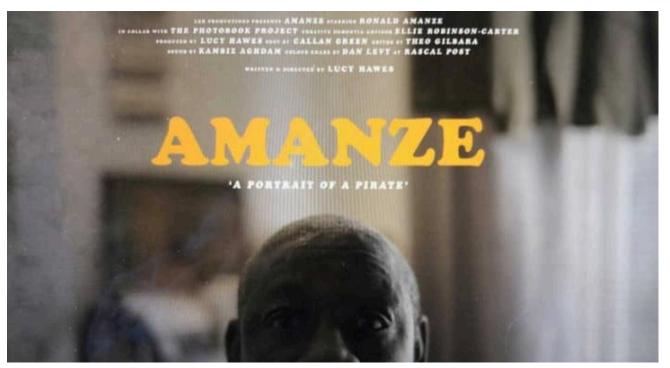


MSc in Dementia Online Tutor Ellie Robinson-Carter is the creator of The Photobook Project, where people from a wide range of communities living with dementia document what matters to them with a single-use camera.

The 10th chapter of The Photobook Project, "My Dementia Life Matters" is a collaboration with Ronald Amanze, who lives with dementia, and David Truswell, Director of the Dementia Alliance of Culture and Ethnicity.

Now, award-winning filmmaker Lucy Hawes has created a documentary about Ronald and the project. AMANZE – A portrait of a pirate, explores Ronald's Jamaican roots, following as he navigates adolescence before founding the successful Time Radio pirate station and then ultimately losing it all, until one day he receives news that will shape his life forever.





The goal of both The Photobook Project and the film is to help spread awareness of dementia and those it targets unfairly. The film sheds lights on how Dementia disproportionately affects people from different ethnicities:

Black African and Black Caribbean people are more likely to develop dementia and at younger ages than White people.

Black African and Black Caribbean people tend to access dementia services much later on, when they are in crisis or no longer able to cope alone.

Black African and Black Caribbean people are also less likely to receive drug treatments, take part in dementia research studies or move into a care home.

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PLAY VIDEO



Latest Scottish dementia news

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Annes arts and crafts





Modern Floral Wreath

from halloween to christmas ... make this super easy (like level 1 crafting easy) Modern Floral Wreath in just a few minutes with a handful of supplies... actually, it was less than 5 things .

For halloween use greens and orange pressed flowers, leaves or even sprayed pine cones in lovely bright colours.

Then for christmas add all the reds gold baubles or tinsel to make a lovely decotation

you could even add abattery tealight in the centre for that extra warm glow





20" Greenery Wreath (or 14" metal ring + faux greenery)

Faux floral picks, variety

Hot glue gun or floral wire

Metal cutting snips

Instructions to Make a Modern Floral Wreath
Attach greenery to wreath form with hot glue or floral wire,

Simply tuck a variety of floral picks on top of greenery, secure with hot glue or floral wire.

Keep tucking away until the flowers are over the floral picks and/or greenery then secure with hot glue or floral wire.

Voila!



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Teepa Snow.





What causes dementia, and how exactly does it affect the brain? These are very complicated and challenging questions to answer. Let's explore a little further.

Dementia is an umbrella term for a syndrome - a collection of symptoms. Specifically, dementia is the term for a number of neurological conditions with the major symptom being global decline in brain function, ultimately leading to brain failure. There are currently known to be more than 120 different types, forms, or causes of dementia.

The field of neuroscience is still developing, and accurately diagnosing specific types of dementia with our current diagnostic tools can often prove to be challenging. While PET scans and other imaging can sometimes detect changes that indicate dementia, this is not always fully reliable. Thus, healthcare practitioners often use a combination of methods to diagnose dementia, including brain imaging, neurocognitive testing, medical examination,

patient reporting of symptoms, and laboratory tests. Unfortunately, early screening and diagnosis do not frequently occur, as individuals are often not diagnosed until they are several years into active symptoms. The rate of early diagnosis and the technology for classifying brain diseases will hopefully continue to improve in the coming years.

To make dementia even more complex, the various forms of dementia affect different parts of the brain, and also cause distinct types of damage within the brain. For example, in Alzheimer disease, abnormal proteins called amylyoid and tau accumulate in the brain and damage the brain structure. In Lewy Body Dementia, alpha-synuclein protein deposits, known as Lewy Bodies, disrupt the function of brain cells. In Parkinson's disease, these Lewy bodies typically first disrupt movement by forming in the basal ganglia of the brain, but over time they can spread to other parts of the brain and result in dementia symptoms. In Multiple Sclerosis, the nerves of the brain are attached by the body's immune system, which over time can cause atrophy (shrinkage) of brain cells and a loss of function. With the sheer number and variation of the different forms of dementia, the way in which it affects the brain varies greatly.



These various types of dementia also have different causes or contributing factors.

Some forms are genetically related, some are not. Some forms are more influenced by lifestyle factors than others. Some forms are more common in males, and some in females. Some

forms affect younger individuals, and some older. To further complicate matters, we now know that many individuals develop more than one form of dementia – a person can have multiple forms at the same time. Also, certain types of dementia are still being discovered, so our knowledge of forms of the condition is constantly evolving. We do know that there are certainly risks that contribute to developing dementia, including a history of head injury, smoking, obesity, psychiatric conditions, cardiovascular disease, diabetes, sedentary lifestyle, lack of socialization, and more. Reducing these factors as much as possible is currently believed to be the best strategy for decreasing the risk of developing dementia. Scientists are working on other risk reduction strategies targeted some of the core contributing factors of many types of dementia, so it is hoped that other options will exist in the near future. It is clear that dementia is a very complex condition, and our knowledge on the topic is still quite young. As scientists and medical professionals continue to work to enhance understanding of dementia, we can do our best to support those currently living with the condition.



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Give Your Mind a Workout! brain teasers





Trick Questions

Did you know that doing brain teasers and logic problems can improve short-term memory loss? Challenging your mind with math brain teasers and other types of puzzles keeps the connections between your brain cells sharp. Plus, learning how to solve brain teasers improves your ability to concentrate and focus, too!

Trick Questions

What has a head but no brain?





HOW MANY WORDS CAN YOU MAKE



















OUT OF THESE LETTERS?

A: Lettuce.

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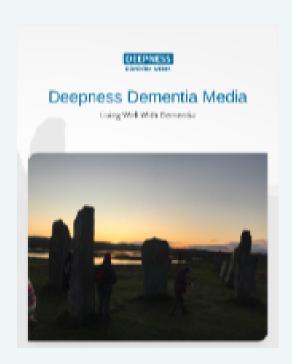
PLAY VIDEO



In remeberance of ron coleman

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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 - <u>https://thedementedpoets.bandcamp.com</u>

Spotify - https://open.spotify.com/album/6pnqYVybZ3qUf6XMh00FuK

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

