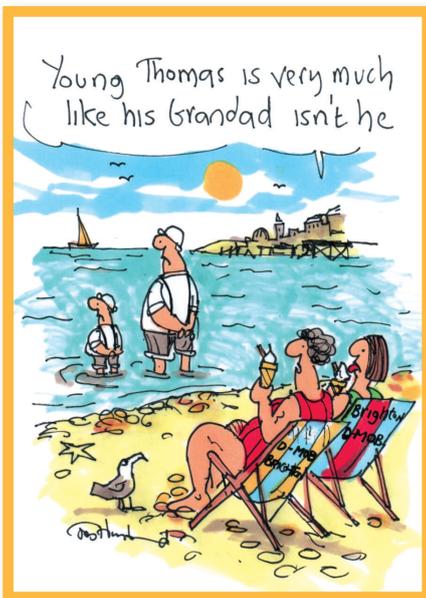


UK Dementia Congress November 2018



D-Mob is part of the DEEP network. We formed in early 2018 with the partnership of Brighton and Hove DAA's Matthew Moors and the support of local OTs Fran Hamilton and Louisa Marchant. We are a young group (in how long we have been together, but very young in our spirit too!) finding our feet together in the Dementia World.

We come from all walks of life, some of us have lived in Brighton or Hove (actually) all our lives and some of us have moved here. Some of us are living with dementia and some of us are supporting people living with dementia. We meet in central Brighton each month.

We've been quite busy so far. We're supporting each other with laughter, friendship and advice. We've created this local information guide for people living with dementia attending Congress and we've offered advice to make the Dementia Congress venue more dementia inclusive. We're pleased to have been asked to help local museums and amenities to get things right for people living with dementia.

In our workshop we will share with you the adventures of our first year as a group and what dreams and challenges lie ahead for us.

We want to make sure that nothing in Brighton and Hove happens about dementia without us having our say. By sharing our thoughts and experiences about what it is like to live with dementia here we hope to make the town and local services work for everyone living with the condition.

We welcome you to our home town!
Watch out for the seagulls, the bikes
and too many chips!

D-Mob November 2018

For your diary:

Meet and talk with D-Mob at Congress on
Thursday 8th November at our workshop
between 2.10 and 3.00pm

What D-Mob and DEEP means to us:

“ The group allows me to meet a wide variety of people, I often have fixed ideas, but I like to hear other people’s ideas and experiences. ”

“ The biggest thing for me is regularly meeting each other and remembering we are mates and that we can talk about our experiences of dementia in the town. ”

“ It’s when I get with nice people, that I feel so comfortable. ”

“ In the D-Mob group I feel safe around people with the same diagnosis as me, thank you for setting it up! ”



Brighton is a wonderful (we may be biased) seaside town on the South Coast of England. Known for its laid-back approach and party atmosphere since the Prince of Wales (Later George IV) built his holiday home here over 200 years ago just to get away from his Dad in London.

Some of our Brighton and Hove Memories and Stories:



“ I love the buzz of Brighton, the easygoingness, the acceptance, it doesn’t matter what you’re doing or what you’re dressed in, or anything else, it’s a very friendly place and you can get a very nice fish and chips. ”

“ Everything, so many things to do and so many places to go. ”

“ I wouldn’t want to live anywhere else. I love everything about Brighton and Hove, I don’t think there’s anything wrong, it’s a perfect place to live. So much going on. You’d never be bored. ”

“ My favourite thing is the sea, [have you been in the sea?], mmm I’ve touched it, I did get my dog in. ”

“ There were a group of us who went out at the weekends and we always came to Brighton in September for the last trip out of the year. And we used to have a picnic on Brighton beach, for the last hurrah of the year.

So, I knew Brighton but not as well, and it was so nice, the fresh sea air and a lot of the time it rained but we still had our picnic on the beach.



”

Best Fish and Chips:

You can't visit the seaside without having fish and chips.

Our favourites are:

Bankers, 116A Western Road, Brighton – “You can't beat it”.

And for a slightly posher treat **The Regency Restaurant**. It's right on the seafront at 131 King's Road, just along from the Metropole Hotel. “The Regency is marvellous” “such a buzzy place” and a claim to fame “I had fish and chips in the Regency with Lonnie Donegan”.



English's of Brighton Restaurant and Oyster Bar. “It's expensive but well worth it”.

Pubs:

“There used to be 365 pubs in Brighton one for each day of the year. I don't know how many they've got now but it had that sort of glamour when you were an impressionable teenager”.

We are blessed with a lot of lovely pubs in Brighton, these are our top choices:

The Pump House in the South Lanes, beautiful building.

Lord Nelson, Trafalgar Street, it's a Harvey's pub (our local brewery). Lots of agreement – “you said the magic word there – Harveys”.

“**The Connaught** in Hove is a nice pub. It is, it's a little bit further out. Good food and the people who run it are great and the garden, they've really brought the garden to life”.



Photo © Chris Whippet (cc-by-sa/2.0)

Tea/coffee and more importantly CAKE:



The Mock Turtle Tea Shop, 4 Pool Valley, Brighton BN1 1NJ Home-made cakes and lovely crockery (see picture!)

Upstairs in **C&H Fabrics** (lift access)
179 Western Road, BN1 2BA.

Pavilion Gardens café (if the sun's shining and you're wrapped up warm)
29 New Road, Brighton BN1 1UG

And if you fancy a proper treat how about a decadent Afternoon Tea at the

Metropole Hotel, the 2018 Dementia Congress venue.

Where to get a bit of peace and quiet:



Brighton library, Jubilee Street Brighton BN1 1GE

Friends Meeting House quiet room, Ship Street, Brighton BN1 1AF

St Ann's Wells Gardens and Cafe Nizells Avenue Hove BN3 (closes at 4.30)

Hop 50 at Palmeira Square, BN3 2FL (Community Space and Café)

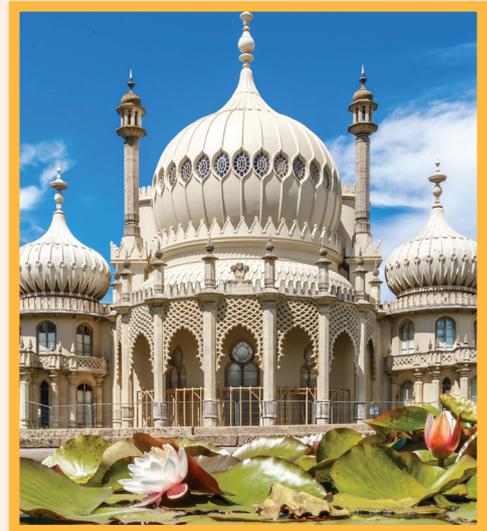
The Beach – wrap up warm! Buckets and spades optional!

Congress also has an allocated quiet space – please ask or follow the signs

Have you found somewhere for a meal, fish and chips, a pint, a coffee you would recommend or just somewhere to be quiet?
Please share on twitter using hashtag **#UKDC2018DMOB**

Places to visit whilst you're in Brighton:

“The Pavilion is something you must go and see. Also, don't go in and zip through all the rooms. Take it very easy, slowly, because everybody misses something or other”.



We have some great museums:

Brighton Museum is across the gardens from the Pavilion.

Hove Museum, 19 New Church Road, Hove.

The Booth Museum, 194 Dyke Road, Brighton: Victorian collection of taxidermy: it's lovely, but it used to scare most of us as children.

Toy Museum, just down from Brighton Station.

We'd recommend a tour of the **Amex Stadium**, the home of **The Seagulls**, Brighton and Hove Albion football team.



Have a wander around the **South Lanes** and find some hidden gems, but don't miss the **North Laine** on the other side of North Street which has so much character and colour.

If you want to get out of the centre **Brighton Marina's** worth a visit. You can get there on the regular number 7 bus or the Volks railway (well worth a look).

It's a bit blowy on the **Marina**. Lots of restaurants and shops, plus cinema and bowling. Lovely fish restaurant and some special offers. Lots of variety of shops and restaurants.

There's also a beautiful walk along the clifftops from the Marina across to Rottingdean.

And if you want to get away from it all you've only got to walk a couple of miles on the nearby **Downs** and you can see nothing but hills and that is so beautiful, it's lovely.



We hope you have a wonderful time and find some new favourites of your own.

Please share on twitter using hashtag #UKDC2018DMOB

Great memories of music and entertainment:

“My favourite was the Hippodrome. I used to go and see so many shows there with nursing friends”.

The Hippodrome was a major venue for all these stars to come down. We’ve seen Cliff Richard, Shirley Bassey, Tina Turner, lots of artists. Plus, Jimmy Jewel and Ben Wariss.

“I’ve got a story. I dropped an ice cream off the balcony onto someone, my mum got me to go and apologise”.

We remembered it after it’s musical heyday for Pantomime and as a bingo hall until it shut in 2006. There’s campaigning to get it reopened and there’s a preservation order to keep the façade, but it may be gutted inside.

Other musical memories included Miriam Makeba and Hot Chocolate at the Brighton Centre.

.... And then there was the dancing. So many wonderful memories of dancing at the Regent Dance Hall. At least one match for life made. And everyone remembers the sprung dance floor. What was special about the sprung dance floor?

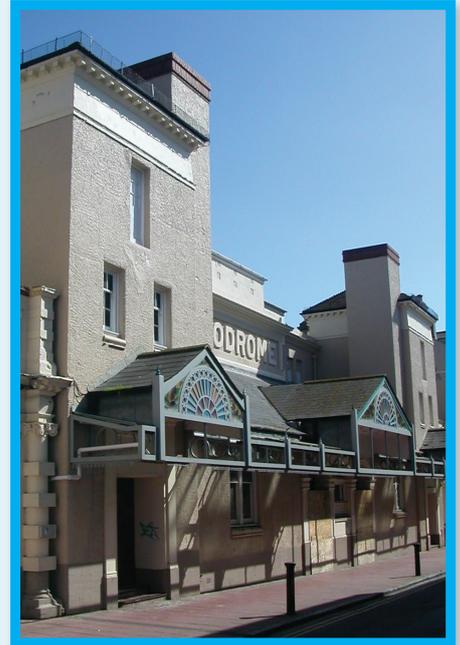
“Do you know, I don’t know, you don’t really notice, it just seems to work when you’re dancing”.

And it had a live orchestra.

“My sister was older than I and during the war she went to the Dome Dance Hall and the Metropole Hotel and The Grand housed the Royal Australian Airforce and every weekend we had another Australian Airman for lunch”.

For some reason there was a lot of chortling when Sherry’s Dance Hall was mentioned but no one wanted to offer any details....

Cinema was a great favourite amongst our group, who mentioned the Curzon, the Regent, the Astoria.



Please share your memories of music and entertainment on
twitter using hashtag #UKDC2018DMOB

Just in case it feels like the locals are speaking a different language:

Hove Actually: A well-known reply by residents of Hove, when asked if they live in Brighton is “Hove, actually” thus maintaining a distinction with their less genteel neighbour. There is debate about whether this was actually started by Brighton residents taking the mickey.

Twitten (Sussex) a narrow path between two walls or hedges, especially on hills. For example, small alleyways leading between two buildings to courtyards, streets, or open areas behind. You might spot one in Quadrophenia!



Photo © Robin Sones (cc-by-sa/2.0)

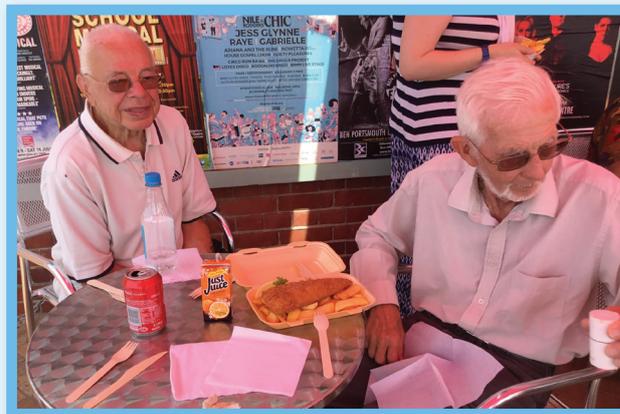
As a welcome to the Congress this year, you may have spotted Iris the beautiful, colourful snail outside the **Metropole Hotel**She’s part of **Snailspace Brighton** and Hove, supporting the Martlets our local hospice charity. There are **50 snails around town**. If you want to follow the snail trail pick up a map at any Martlets shop or the city’s information points or visit their website at www.snailspacebrighton.co.uk.



Any strange observations or things heard whilst in Brighton?
Please share on twitter using hashtag #UKDC2018DMOB

A little note from Fran

“Hearing everyone’s stories and laughter whilst talking about our favourite places and memories of Brighton has just made me fall in love with the place all over again. There were so many wonderful stories and I’m sorry that we didn’t have space to include them all. Maybe we should consider a book....”



A very special thanks to **John, Derek and Fran** from **D-Mob** for checking out the Metropole for Congress. Suggesting signs (lots of signs) and tips for staff about what might make the experience better for everybody coming to Congress.

If you would like to find out more about **D-Mob** please contact **Matthew Moors** email: DementiaA@ageuk-bh.org.uk or by phone: **01273 720603**

Thank you to Fran Hamilton, Matthew Moors and all of D-Mob for sharing wonderful stories and information about Brighton.

Please let us know what you think about our special edition
#UKDC2018DMOB



The UK Network
of Dementia Voices

For more information please contact:

Paul Thomas – Co-ordinator for Scotland, Northern Ireland and Northern England

Email: Paul@myid.org.uk Mobile: 07510 284760

Rachel Niblock – Co-ordinator for Wales and South of England

Email: Niblock@myid.org.uk Mobile: 07720 538851

 www.dementiavoices.org.uk

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DEEP is supported and funded by:

