



BRINGING THE INSIDE OUT - A POWERFUL CELEBRITY ENDORSED BOOK FEATURING THE WORDS OF CARE HOME RESIDENTS WITH A DEMENTIA, CARERS AND RELATIVES

United through a pioneering UK-wide project by charity **Living Words**, a group of over 60 professional carers, those living with a dementia and their relatives have spoken about life in care homes under Covid lockdown.

The book **BRINGING THE INSIDE OUT** is to be published on 14th December and is supported by celebrities and leading figures in dementia care including **National Care Forum**, **Dementia Research Centre** and actors **Brian Cox** and **Christopher Eccleston**. There will be an online launch event at 14:30 on 16th December, event link below.

To create the book, arts and literature charity Living Words ran weekly sessions with carers from 15 UK wide care homes, to enable the words of people with a dementia to be part of the book. They then had phone sessions with professional carers and relatives, in which they wrote their words down using their **Listen Out Loud Methodology**. Listen Out Loud is the way Living Words works and has been honed over 15 years, since they began working with people with late stage dementias. A person's sounds and words are written, as they speak, and edited with them to validate their sense of self when read back. This makes for an unconventional use of grammar and arrangement on the page. Each person taking part in the project has received a copy of their own words as well as the words appearing in the book.

In response to the devastating impact of Covid 19 in care homes across the UK, carers have been taking part in **Living Words'** first nationwide remote project. This project and book arose from a light consultancy the charity did during the UK's first lockdowns earlier this year. Talking about the devastating impact of Covid 19, carers suggested **Living Words** make a book happen.

The project and this book have been supported by funding from The Arts Council England, National Lottery Community Fund, Kent Community Foundation and FHCLCT. All participants will receive a copy of the book, and everyone else will be able to buy online, link below.

WORDS

You got my words and listened
Miss son
Virus not like
I miss them
face
I do miss my family
Lonely

A participant living with a dementia

One of the carers I spoke to
she phoned me for some reason
(Dad had fallen again)
said she felt as if she was part of the war
and she was heading over the top.
That's it -
they're all fighting their own war.

Irene McGinny, relative

I know certainly when I came home at night
I told my husband that we had PPE so that he felt that I was safe
and I'm not a person that lies to my husband
but I reassured him that everything was okay, we had PPE when we didn't
And also my dad. I told my dad that we had it

Anonymous, carer

We are so proud of this book. This project has been an incredible opportunity for our South East based organisation. Due to adapting our practice to work remotely, we have been able to work with people and reach parts of the country we have never reached before. It has been wonderful seeing care homes taking on our Listen out Loud methodology, and residents with a dementia's wellbeing benefitting from their involvement. It is our dream to be able to visit all the books' participants in all four nations of the UK in 2021, by creating our very own Living Words touring venue - a customised camper van from which we will be able to share performance, readings, songs and workshops - whether Covid is still an issue, or not.

Susanna Howard - Living Words Founder and Director

Bringing The Inside Out will resonate not only with other people in care homes, their loved ones and professional carers but with all of us as a society. They give us an insight into how things have really been in care homes across the UK. These words have tremendous power – and the act of truly listening will drive all of us forward to deliver ever better care.

Vic Rayner, Executive Director of the National Care Forum

At last carers of people with dementia are being given a voice. These extraordinary people, so often taken for granted, are in the front line of the fight against this outcast of diseases. Carers are indispensable and need to be heard. This book is an essential first step towards that.

Nula Suchet, author "The Longest Farewell - dementia and me"

It is a privilege for me to write the foreword. I am deeply impressed by the work done in our care homes, by teams of dedicated and inspiring health care professionals, having witnessed first-hand the support my beloved sister Bette has received in the Dalween care home in Aberfeldy.

Foreword by Brian Cox (the actor)

An urgent and essential book.

Christopher Eccleston (the actor)

CASE STUDIES AND INTERVIEWS AVAILABLE

Living Words leader, artists and project participants are available for interview across the country.

LINKS

Bringing The Inside Out will be available for £8.99 from 10th December to buy from :
<https://bookshop.canterbury.ac.uk> and on <https://uk.bookshop.org> from January.

BRINGING THE INSIDE OUT LAUNCH CELEBRATION

16th December - 14:30

Pre-register for this free event using this link

<https://www.eventbrite.co.uk/e/living-words-bringing-the-inside-out-launch-event-tickets-130274485493>

CONTACT

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Living Words is based in Folkestone, Kent. More information about Living Words is available at www.livingwords.org.uk and www.facebook.com/livingwords.org.uk

SOCIALS

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Janice Dye, carer



Kunle Olaife, carer