

School of Health Sciences Seminar

20 September, 1-2pm, Edith Cavell Building Lecture Theatre

Wendy Mitchell

“Living with Dementia and My Passion for Research Involvement”

Seminar Presentation 1 – 2pm

We all know there is no cure for dementia, so, following my diagnosis I discovered a new found passion for research which enables me to be involved in many ways, from committees to willing participant. All this involvement, I call my Sudoku. People often think that a diagnosis of dementia is the end. I'm here to show you that it can be the beginning of a new journey; a journey of adapting. If thought of as this, it can be filled with laughter and new opportunities which can in turn help with the daily struggles we have to face. During my talk I will give examples of how to get people with dementia involved as well as my own involvement in numerous studies, both as a participant and member of committees in an advisory capacity.

Brief Biography:

I was diagnosed with Young Onset Dementia on the 31st July 2014 at the age of 58 years young. I might not have much of a short term memory but that's one date I'll never forget. I have 2 daughters and live happily alone in the East Riding of Yorkshire. I retired early from the NHS, having worked as a non-clinical team leader for 20 years. Post diagnosis, I was so shocked by the lack of awareness, both in the community and the clinical world, that I now spend all my time travelling around the country raising awareness and encouraging others to embrace my passion for research and to prove there is life after a diagnosis of dementia.

For further information contact: sally.beet@uea.ac.uk Tel: 01603 591212

<https://www.uea.ac.uk/health-sciences/school-seminars>

Free. All welcome. No need to book. If you are attending from outside the University, please check the seminar is taking place. **Please note:** Edith Cavell Building is NOT on the main university campus, it is near Norfolk and Norwich University Hospital. Use postcode NR4 7UL for satnav purposes. Reception will advise about parking: 01603 597001. If in the event of a fire you need assistance please contact us to arrange a Personalised Emergency Evacuation Plan