

## Supporting families affected by dementia in North Somerset

I am working with community organisations in and around Bristol and North Somerset to support people and families affected by dementia to live well. Playlist for Life is a charity founded in 2013 by writer and broadcaster Sally Magnusson after the death of her mother, Mamie, who had dementia. Scientific research shows that listening to a personal playlist (the soundtrack of your life) can make living with dementia easier and happier. We want every person living with dementia to have a unique, personal playlist and for everyone who loves or cares for them to know how to use it.

One of the ways we do this is through a free Playlist for Life Help Point programme in communities. I would be really grateful for the help of the Parish Council in spreading the word in your own community – and indeed, by registering as a help point yourselves, if that's feasible. Here is more below about how we work.

We've all had to change how we do things due to Covid-19, and we recognise that local groups and organisations may need flexibility in how they operate. We know that many still may not be able to have the face-to-face contact with people in the community in the usual ways. However, it's more than ever vital to reach those people who are most at risk of isolation.

When a community group signs up as a Help Point, you will receive a small pack of materials to be distributed as appropriate. Some groups are able to include them with home deliveries, in others volunteers will use the materials during phone conversations, it's entirely up to what is practical for the group. While our charity has traditionally been aimed at people with dementia, we know that during these difficult times a playlist might help anyone living in isolation, especially elderly, so groups should feel free to distribute materials as you see fit. If print materials and distribution aren't practical yet, you can still sign up as an online-only help point for now, if you let me know.

What is in the pack?

1. 50 Get Started leaflets
2. 50 Conversation Starters leaflets
1. 50 Create the Soundtrack to Your Life booklets
2. A cover letter, explaining the best use of the resources above

In addition to the pack there will also be online support, free webinars and videos. You can also access our online resources and versions of most of the above.

You can [sign up here](#) with this very short registration form. Any questions, please email [gill@playlistforlife.org.uk](mailto:gill@playlistforlife.org.uk) or [Mary@playlistforlife.org.uk](mailto:Mary@playlistforlife.org.uk).

Thanks and best wishes,

Gill Roberts



Gill Roberts  
Local Organiser  
Bristol, S Glos, N Somerset, Gloucestershire  
+44 (0) 7712 273947 [gill@playlistforlife.org.uk](mailto:gill@playlistforlife.org.uk)

I work part-time, Monday to Thursday

[www.playlistforlife.org.uk](http://www.playlistforlife.org.uk)



[Host a Musical Tea](#)

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