

Change and challenge 12

A message from the editor designate of JDC, **Toby Williamson**.

Tribute to Nigel Hullah 13

Nigel Hullah was a well-known campaigner and activist in the dementia world who lived with the condition. Sadly, Nigel died earlier in 2025. Here are two tributes to Nigel: one from JDC's incoming editor **Toby Williamson**, and one from **Peter Middleton**, a person living with dementia who knew Nigel well.

Creative Dementia: Arts for Health and Wellbeing 14

In June 2025 Dementia Community and the Creative Dementia Arts Network staged a conference in Bristol exploring creative arts for dementia. **Maria Pasiecznik Parsons** and **Toby Williamson** describe the event, with some of their personal highlights.

Book review: Understanding dementia and the needs of people living with dementia – A brief focus on Nigeria 20

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Creating change for Young Onset Dementia support 22

Debby Lennox of Dementia Forward describes how the charity reinvented local support for younger people with dementia, pioneering a specialist, age-appropriate care and support model that could be shared nationally.

Equality, Diversity and Inclusion: Dementia Community's EDI group undertakes and promotes EDI initiatives 24

The principles and practice of equality, diversity and inclusion (EDI) are extremely relevant to the field of dementia. **Toby Williamson** and other members of Dementia Community's EDI group describe the group's recent work for Dementia Community and the dementia sector more widely.

Gujarati Cognitive Stimulation Therapy: more than a translation 28

Cognitive Stimulation Therapy (CST) is an important non-pharmacological intervention in dementia but may not be accessible for different groups in the population. **Lynde Booth Collard** and colleagues share their co-produced method in adapting CST for a local Gujarati population.

Cognitive Rehabilitation therapy Should it be provided for people diagnosed with dementia? 32

GREAT Cognitive Rehabilitation therapy has been shown to be effective in addressing lost abilities. **Jackie Pool** and **Emma Marshall** describe how it was used effectively to help an individual and his family, and recommend that this therapy should be offered as a post-diagnostic service.

Medications: common issues and questions answered 37

This article is the first in a series of three aimed at helping people with dementia, their families and care staff manage some of the common issues and questions in relation to medications often prescribed to people with dementia. Here **Stuart Kennedy** considers the medications often prescribed following some diagnoses of dementia (predominantly Alzheimer's disease).



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Front cover photos: Sincere thanks to photographer Barnaby Chinnock and everyone involved in Dementia Community's Creative Dementia Conference.