

Beth Britton MBE



Care and Dementia Expo – 25 March 2026

Beth's website: <https://bethbritton.com>

Beth's film: <https://youtu.be/8QAKEgQMOcU?si=u0oO7NiQsFwNQ-gP>

Five ways to wellbeing:

New Economics Foundation – Five ways to wellbeing: <https://neweconomics.org/2008/10/five-ways-to-wellbeing>

Beth's wellbeing worksheet: <https://bethbritton.com/wp-content/uploads/2026/03/Intro-Wellbeing-2026.pdf>

Life story:

A Lifetime of Flavours: <https://www.sanctuary-care.co.uk/lifetime-flavours-celebrating-food-family-and-lives-behind-beloved-recipes>

Barry's Brilliant Book: <https://www.macintyrecharity.org/news-blogs/barrys-brilliant-book/>

The Power of Life Story Work: <https://www.fons.org/blogs/the-power-of-life-story-work/>

Told in South Yorkshire: <https://www.fons.org/wp-content/uploads/2024/10/Told-in-South-Yorkshire-Resource-Pack.pdf>

NAPA – The Heart of Life Story and Reminiscence:

[https://mcusercontent.com/5569a9dca885685e3fa877f21/files/71e4fc59-df6a-ffe8-2773-4b1a16cd540b/NAPA Rem Resource 2021.pdf](https://mcusercontent.com/5569a9dca885685e3fa877f21/files/71e4fc59-df6a-ffe8-2773-4b1a16cd540b/NAPA_Rem_Resource_2021.pdf)

Dementia UK – Creating a life story for a person with dementia: <https://www.dementiuk.org/wp-content/uploads/dementia-uk-life-story-leaflet.pdf>

My House of Memories: <https://www.liverpoolmuseums.org.uk/house-of-memories/my-house-of-memories-app>

Google Maps: <https://www.google.co.uk/maps>

BBC Archive: <https://www.bbc.co.uk/topics/c01yxyz46myt>

BBC Memories and Dementia: <https://canvas-story.bbcrewind.co.uk/memoriesanddementia/>

BBC Reminiscence Archive: <https://remarc.bbcrewind.co.uk>

Beth's life story worksheet: <https://bethbritton.com/wp-content/uploads/2026/03/3-page-Life-story-2026.pdf>

Playlists:

Playlist for Life: <https://www.playlistforlife.org.uk>

Dementia Community - Playlist for Life webinar recording:

<https://www.youtube.com/watch?v=gVcYdxsE0gA>

Sport:

Sporting Memories: <https://www.sportingmemories.uk>

Keep an eye on <https://journalofdementiacare.co.uk/events2/webinars-2> for a webinar about sport!

Nature:

Beth's nature worksheet: <https://bethbritton.com/wp-content/uploads/2026/03/1-page-Nature-2026.pdf>

Step Change Design – Why don't we go into the garden? <https://stepchange-design.co.uk/wp-content/uploads/2024/09/Hints-tips-stepping-into-garden-with-dementia-A4fold-scaled.jpg>

Dementia Adventure: <https://dementiaadventure.org>

Dementia Community – Dementia Adventure and Step Change Design webinar recording:

https://youtu.be/8KVMMraf3xU?si=jDCKERWtf_ChXor5

Thrive: <https://www.thrive.org.uk>

Dementia Community – Thrive webinar recording: <https://youtu.be/uLklPPz3AIA?si=zLXLIQmzvQ-sPGJA>

Trellis: <https://www.trellisscotland.org.uk>

Dementia Community – Sign up to Trellis webinar on 13 April 2026: <https://www.eventbrite.co.uk/e/10-reasons-to-embrace-gardening-your-secret-weapon-in-living-with-dementia-tickets-1982965997679>

Sensory:

Dementia and Sensory Challenges Booklet:

https://www.agescotland.org.uk/assets/000/000/663/dementia-and-sensory-challenges-booklet-april-2017_0_original.pdf?1709817793

Dementia and Sensory Challenges Film: https://youtu.be/U_L2107EweQ?si=Ggs2DOW8k-XJuBHs

Talking Sense: <https://www.hammond.com.au/resource-hub/talking-sense-living-with-sensory-changes-and-dementia-by-agnes-houston>

Keep an eye on <https://journalofdementiacare.co.uk/events2/webinars-2> for a webinar about sensory challenges!

Environments:

Wendy Mitchell – How I made my home dementia friendly:

<https://youtu.be/k4pAal11QeE?si=GjthBmW3910hNBxw>

University of Worcester – Environmental Assessment Tools:

<https://www.worcester.ac.uk/about/academic-schools/school-of-health-and-wellbeing/health-and-wellbeing-research/association-for-dementia-studies/ads-consultancy/the-kings-fund-environmental-assessment-tools/>

Alzheimer's Society – Making your home dementia friendly:

https://www.alzheimers.org.uk/sites/default/files/migrate/downloads/making_your_home_dementia_friendly.pdf

University of Worcester – Making your garden dementia friendly:

<https://www.worcester.ac.uk/documents/Making-your-garden-dementia-friendly-booklet-final.pdf>

Dementia Community – Environments webinar recording:

https://youtu.be/x_7u9hiMqMs?si=XTcKzgxgEFFEhing7

DesHCA (Designing homes for Healthy Cognitive Ageing) digital demonstrator

https://www.dementia.stir.ac.uk/dementia-friendly-house?mc_cid=35067354e9&mc_eid=9c876c4be5

More resources:

DEEP (Dementia Engagement and Empowerment Project): <https://www.dementiavoices.org.uk>

Dementia Alliance International: <https://dementiaallianceinternational.org>

My Life My Goals: <https://www.innovationsindementia.org.uk/2021/09/my-life-my-goals/>

NAPA - Activity Resource Pack Dementia and Engagement: <https://digital.napa-activities.co.uk/view/742013204/>

Meet ADAM: <https://www.meetadam.org>

FIND ALL THE INFO RELATING TO TODAY'S SESSION HERE: <https://bethbritton.com/2026/03/24/care-and-dementia-expo-2026-speaker-and-panel-chair/>

About Beth / Contact Beth:

Website: <http://www.bethbritton.com>

Blog: <http://d4dementia.com>

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Twitter: <https://x.com/bethyb1886>

Facebook: <http://www.facebook.com/D4Dementia>