

## Studies

### [Short daytime naps may keep brain healthy as it ages, study says](#)

Brief doze may delay brain shrinkage, which occurs faster in people with neurodegenerative diseases. Writing in the journal [Sleep Health](#), researchers at UCL and the University of the Republic in Uruguay report how they drew on data from the UK Biobank study that has collated genetic, lifestyle and health information from 500,000 people aged 40 to 69 at recruitment.

### [Online psychodrama for dementia: "Zooming" our way towards improvement?](#)

Summarises a recent qualitative study exploring the experiences of online psychodrama for people with dementia.

### [Repairing insulation around neurons may offer new treatment opportunity for neurodegenerative disease](#)

A new study led by Prof Veronique Miron (UK DRI at Edinburgh) has found that astrocytes, a key support cell in the brain, may play a beneficial role in repairing the myelin that surrounds neurons, which is damaged in multiple sclerosis (MS). Researchers say the findings also have important consequences in ageing and for the treatment of Alzheimer's disease, where myelin is also damaged. The study is published in [Nature Communications](#).

## Webinars

### [Summer School 2023](#)

Dementia UK is excited to host its free annual Summer School, with the aim of improving practice in and knowledge of dementia care. We invite all health and social care staff, including students and volunteer workers, with an interest in improving care and support for families living with dementia. The webinars run from 4 – 7 July and include subject areas on dementia care, frailty and dementia, end-of-life care, and transitions in care.

## News

### [AI innovations are awarded £1.9m by Longitude Prize on Dementia](#)

The Longitude Prize on Dementia has announced its 24 Discovery Award winners, who will each receive £80,000 grants as part of the overall £4million prize pot and progress to the semi-final stage. The prize, which is funded by the UK's Alzheimer's Society and Innovate UK and delivered by Challenge Works, is driving the development of personalised, technology-based tools that are co-created with people living with the early stages of dementia, helping them live independent, more fulfilled lives and enable them to do the things they enjoy.

### ['We need to talk about the end': Wendy Mitchell on living positively with Alzheimer's](#)

Since being diagnosed with Alzheimer's, Wendy Mitchell has written three books, taken up photography and walked a 1,000ft highwire. Living your best life, she reveals, also means confronting death.

### [LGBTQ+ and dementia](#)

Rachel Johnstone, Dementia UK Regional Account Manager for South West and South East England, writes about the discrimination LGBTQ+ people can experience when accessing the health and social care services they need.

