

Issue 01

March 2026

Free

Bright Times



Free!

Journalism by people living with dementia

Welcome to Bright Times

This is a magazine for everybody, written by people living with dementia. From dementia arts organisation **Bright Shadow**, in partnership with Kent and Medway Mental Health NHS Trust, Bright Times is here to share with you a sense of hope, whether you are picking up a copy in a memory clinic or in a café.

Hope is not often a word associated with dementia. We have tried in these pages to tread a careful line between positivity and realism about the challenges we face. Mind you, we don't want people to think this is a magazine about one thing. After all, if you've met one person with dementia, you've met one person with dementia.

This is our first issue, and you'll find all sorts of stories and ideas inside, from the power of language to intergenerational friendship, via the thorny subject of driving. If we had to tell you only one thing about receiving a dementia diagnosis, it would be that life changes, but it doesn't end.

And, like a diagnosis, this is only the beginning of our journey. Bright Times is a collaborative project and we are excited to hear from you, our readers.

The Bright Times team

Questions? Ideas? Want to be the first to receive our next issue?

Get in touch!

brighttimes@brightshadow.org.uk

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If you'd like to suggest a story for our reporters, email us at:

brighttimes@brightshadow.org.uk

Meet the Team

Introducing the people who make Bright Times



Andrew Bowen

Andrew is our go-to person for technology, sharing practical ways tech can help and support us



Dawn Horne

"I thought Bright Times would show people this is what an 80 year old woman with dementia can do."



Gill Ashington

"Instead of feeling finished – doomed – Bright Times offers hope and purpose."



Nigel Leader-Williams

"The Bright Times newsroom has been fun. But more importantly it's got to focus on leading by example."



Chris Norris

"I think a magazine like this is so good at just blowing away all those misconceptions about dementia."



Brigitta Rae

Brigitta is a firm believer in amplifying people's skills and talents, as well as the power of exercise



Keith Oliver

"As a teenager I wanted to be a journalist. I didn't manage it at 16 but maybe at 70 I'm nearly managing it."



Tracey Shorthouse

A prolific poet and writer, Tracey inspires audiences through her advocacy and research work

Photography: Jen Holland

We are here – and we have stories to tell