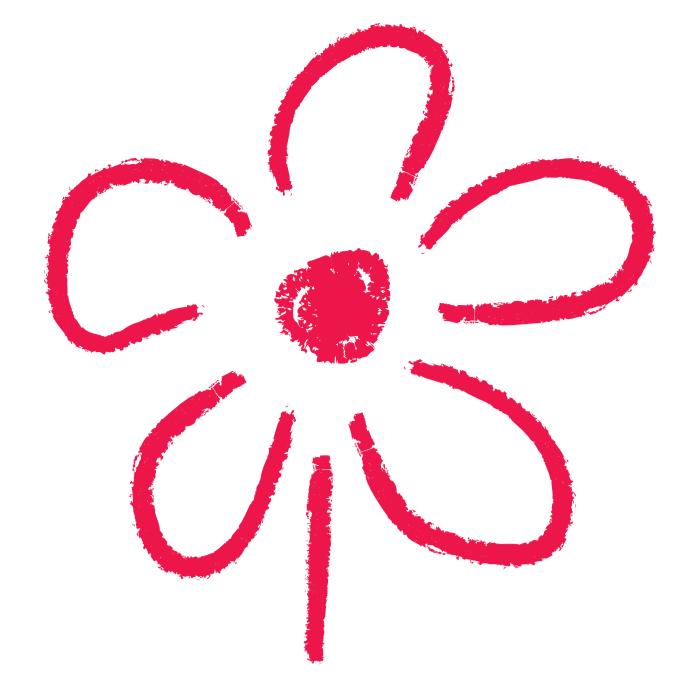


# **bold** Celebrations Exhibition Interpretation



Approximately 90,000 people in Scotland live with a dementia; over 3000 of those are under the age of 65.

Some estimates suggest that 1 in 3 people born today will go on to develop a dementia.

Although there are many misconceptions about living with dementia, **bold** envisages a Scotland where living with dementia doesn't matter for who we are as people or how we live our lives.

We exist to: **bring**  
**out**  
**leaders in**  
**dementia**

**bold** strives to change misconceptions by inspiring and contributing to flourishing communities.

**bold** launched in 2019 through a partnership between the University of Edinburgh and Queen Margaret University, funded by the Life Changes Trust. We are an award-winning project that brings people together on an equal footing through an innovative Social Leadership programme, and a **bold** community partners network.

We focus on creativity to encourage innovation, personal development and self-care. We recognise that people with dementia and their care partners are already experts by their experience, with the potential to be leaders. Through developing social leadership skills people grow in confidence, sharing their voices and stories widely to make positive differences for people living with dementia at a societal level.

This vibrant **bold** Celebrations Art Exhibition has been curated and created by our **bold** community partners, some of whom live with dementia. They took part in an artwork selection panel over 4 meetings. The selected art works, and the panel's thoughts, in this exhibition capture journeys of self-development and tell stories of lived and new experiences through poetry, clay and collage to inspire and challenge outdated notions of dementia.

Each piece was created during a 6-week **bold** Online Social Leadership Programme. No previous experience or qualifications were needed. The functions of thinking, feeling and being alongside the understanding that there is no right or wrong in creativity are at the heart of bold. The process is more important than the result and is how we innovate, imagine and flourish together as a community.

To find out more about this unique celebration of thinking, feeling and being **bold** go to:

**bold-scotland.org/bold-celebrations**



THE UNIVERSITY  
of EDINBURGH

**bold** Bringing Out  
Leaders in Dementia



Queen Margaret  
University  
EDINBURGH