

## **LBUK – Online Support Meeting 13 April 2026**

### **Attendance**

Esther, Jenny and 12 carers – all women.

2 in Scotland – Glasgow and East Renfrewshire

10 in England – including Esther and Jenny: Durham, Lancashire, Cheshire, Birmingham (2), Bristol, Hertfordshire, Berkshire, Essex (2), Hampshire and Devon.

## **LBUK – Online Support Meeting 22 April 2026**

### **Attendance**

Esther, Linda and 10 carers – 1 man and 9 women.

1 in Scotland – Edinburgh

11 in England – including Esther: Newcastle, Yorkshire, Cheshire, Birmingham (2), Northamptonshire, Bedfordshire, Essex, Hertfordshire (2) and Devon

### **Key topics discussed:**

- Emergency preparedness bags: The importance of having a bag packed ready with essential supplies (spare clothing, medication, tissues).
- [IQoro](#): A neuromuscular training tool that activates nerves and strengthens the muscles of the whole swallowing process to counteract dysphagia (swallowing difficulties).
- Pilates rings: Equipment providing a low-impact way to strengthen legs by improving muscle strength, stability, and balance.
- [Diamond Lewy Toolkits](#): An evidence-based set of clinical toolkits designed to help healthcare professionals accurately diagnose and effectively manage Lewy body dementia across different care settings.
- [Dementia and driving](#): The steps a person must take with the DVLA/DVA after being diagnosed with dementia if they want to keep driving.
- [Admiral Nurses](#): Specialist dementia nurses from Dementia UK who provide free, expert clinical advice and emotional support to families affected by dementia. There are two LBD specialist Admiral Nurses, funded by the Lewy Body Society.
- [Handwriting exercises](#): A range of exercises for people experiencing problems with their handwriting.

*Please note: References to products or services are for informational purposes only. Lewy Buddies UK does not endorse, recommend or guarantee any products or services. Any medical decisions must be taken in discussion with appropriate health professionals.*