



**Dementia Friendly Communities North and Mid Powys
E Newsletter**

Welcome..... This is the First edition of Dementia Friendly Communities North and Mid Powys—E Newsletter. The idea of the Newsletter is to update and share good practice with regards to developing Dementia Friendly Communities across the area. There are approximately 45,000 people living with a diagnosis of Dementia in Wales and therefore creating Dementia Friendly Communities is extremely important . Since November 2015 three communities have achieved ‘Working Towards Dementia Friendly Communities’ status through meeting the foundation criteria set out by the Alzheimer’s Society, with two more communities currently working through the process, and several more interested.

This newsletter is intended to support communities no matter what stage of the process they are currently working at and also to celebrate the many achievements that are being made on a daily basis throughout North and Mid Powys. Please send me stories and pictures of what you are doing to help make future newsletters as diverse as possible. I hope you find it of use and interest.

Kindest Regards *Karen Rodenburg* - Dementia Friendly Communities Coordinator, North and Mid Powys

A first for Mid Wales....



KINDA – Knighton Initiative for Dementia Action – was formed at the end of a lively Dementia Friends Awareness session in November 2014. Of course, it took a little longer to come up with such a great acronym!

Actually, it’s not just Knighton-based but covers the upper Teme valley from Leintwardine in Herefordshire to Felindre in Radnorshire. This includes quite a lot of Shropshire too. The organisation was officially launched by Roger Williams MP and Kirsty Williams AM on Valentine’s Day 2015 with an accompaniment of forget-me-not cupcakes.

In addition to the usual awareness sessions, they arrange trips to the care home in Rhayader (where so many old Knightonians now live) as there is no public transport between these two Radnorshire towns); sponsor ‘memory’ films with Flicks in the Sticks; organised a whole high street full of memory windows to celebrate Dementia Awareness Week and are generally raising the status of those unsung heroes – carers. Oh, and they knit lots and lots of twiddle muffs!

KINDA are now the lead organisation in the Upper Teme Valley Dementia Action Alliance. As well as local people and business, this includes the primary school, several WIs, the local patients’ participation group, choirs, hand bell ringers, churches, twinning and tourism groups and the food bank!

They are also very proud of their two patrons – Kirsty Williams CBE AM and Michael Berkeley CBE Baron Berkley of Knighton.



www.kindadementia.org info@kiindadementia.org 01547 529530



@KINDAinfo



KINDA

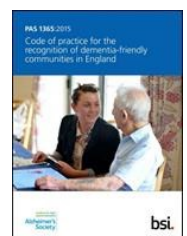
Useful Documents

Ctrl and click on pictures to access the online documents)

Building Dementia Friendly Communities: A Priority for everyone.



**BSI Standard
Code of practice for the recognition of dementia-friendly communities in England.**

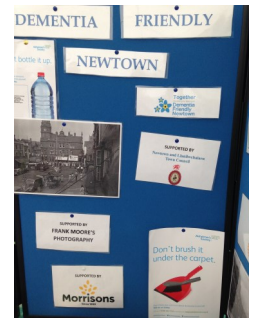


It's launch time



Following a meeting in July earlier this year instigated by the Alzheimer's Society to promote dementia friendly communities, a steering committee was formed that same evening and Dementia Friendly Newtown was born.

In just a few short months, the group now has a smart website, a fundraising committee and has set up Dementia Friends awareness sessions for local people and businesses.



Dementia Friendly Newtown was officially launched at the town's annual Food Festival in September, attracting hundreds of visitors, including Newtown's Mayor, Richard Edwards, Russell George, the Welsh Conservative Assembly Member and MP Glyn Davies, all of which ensured good coverage in the local paper.



The group has since organised several fundraising events, including an autumn walk, hog roast and evening of song with local heart throb Dai Robs and quiz night..

Chair, Nigel Iskander said: " We have had tremendous support from the people of

Newtown and area, which means we can take on the many challenges to enhance the lives of people and families with dementia."



Dementia Friendly Newtown

@DFN_Newtown

Dementiafriendlynewtown.org.uk

info@dementiafriendlynewtown.org.uk

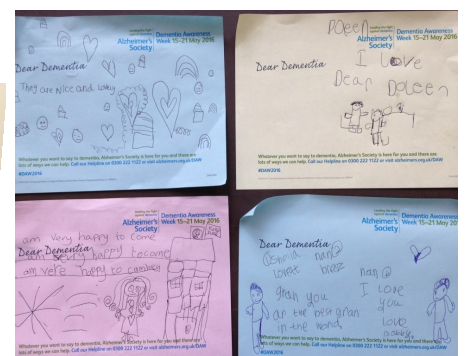
The Generation Game

Gungrog CinW Nursery & Infant School and the Hermitage Care Home

It's all about interaction when the generations get together in Welshpool on a Friday afternoon. With just a little encouragement, Cathy Cooper, a classroom assistant at Gungrog school has taken the project under her wing. The visits began with a group of year 2 children going to the care home for just two Fridays last February to make hearts for Valentine's Day. The visits proved so popular that they quickly became a regular part of the timetable.

Cathy comes up with some great projects that all can contribute and enjoy participating in together. Friendships have been formed and when it was time for the year 2 children to say goodbye as they headed off to their new junior school, everyone was a little sad. Cathy once again devised an ingenious way of satisfying everyone by inventing an intergenerational version of pass the parcel. Each child stood next to their partnered resident. As the music stopped, the parcel was eagerly opened by the nearest child but inside each wrapper the twist was that there was a thoughtful small gift suitable for the resident. There was much discussion over who had the best set of beads/bath soap etc. .The children were treated to drinks and sweet treats after the game. Town Councillor, Derek Simms joined in with some dancing and games while the residents enjoyed seeing the children so obviously delighted and in the end were sad to say their goodbyes.

The new cohort of year 2s have taken their turn for the weekly visits eagerly and new friendships are developing.



dementia friendly welshpool

Caring for our Community

Supported by Welshpool Town Council

Welshpool's launch was held over two days in October. On Friday 14, the High Sheriff of Powys, Ann Tudor came along to hand out certificates to the 29 businesses who had signed a pledge form to become dementia friendly and affiliate with Dementia Friendly Welshpool. During a successful coffee morning, well attended by local people, businesses, town councillors, an MP and an AM, a children's colouring competition was launched and a raffle held. There was a real buzz in the air that morning as people learned more about what it meant for Welshpool to gain status as working towards becoming dementia friendly.

Saturday 15, the Alzheimer's Society Tour Bus pulled up in Tesco's car park to work alongside Dementia Friendly Welshpool in raising awareness and offering information to anyone wishing to know more. As well as the famous Pete from the tour bus, David and Amanda travelled from North Wales for the day to lend their support. A winner and runner-up were chosen from the entries in the colouring competition and a guess the sweets in the jar contest was won by a delighted lady who promised to share the goodies with her many grandchildren. A tombola stall was held on the Saturday which proved very popular with Tesco shoppers. Altogether a total of around £500 was raised by Dementia Friendly Welshpool as well as a small donation to Alzheimer's Society. But perhaps more importantly people were given useful information that could help to improve their lives. People signed up to become dementia friends and an activity group run in Welshpool gained a couple of new members.

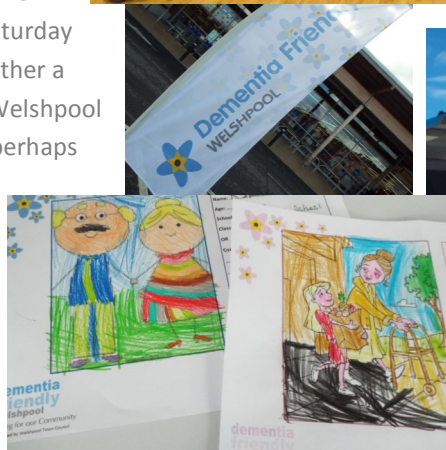
Although hard work in the planning, the two days were well worth the effort!

wtcouncil@btinternet.com www.dementiafriendlywelshpool.co.uk 01938 553142



Dementia Friendly Welshpool

The High Sheriff and the Tour Bus



Raising Awareness

Dementia Friends is an Alzheimer's Society initiative to tackle the fear, isolation and lack of understanding often faced by people living with dementia and their carers. To become a dementia friend all you need to do is attend a 45 minute Dementia Friend Awareness Session and pledge a personal action.

I have been privileged to meet some truly inspiring people across the region presenting Dementia Friends sessions in schools, churches, ladies groups, council meetings, care homes, work places and public sessions to name a few. After two successful dementia friends champions inductions held in Newtown this year we now have at least 30 more champions in the area as well!

For those of you in the West of our beautiful area there is an induction in Aberystwyth on 13 December. For information visit www.dementiafriends.org.uk.



A newly established organisation, **Dementia Matters in Powys**, has grown out of the grass-roots initiative, Brecon Area Dementia Friendly Community.

The aim of this Powys-wide charity is to work in partnership with communities, third-sector and statutory organisations to develop and share innovative practice, with the ultimate collective goal of creating a dementia-friendly county that fully supports the well-being and quality of life of those living with dementia and their carers.

Fundamental to the ethos of Dementia Matters in Powys is giving a voice to those living with dementia and doing things 'with' people rather than 'for' them. By working together in this way, we will create communities that respect, value and empower those living with dementia and their carers, promoting independence and choice.

Our Vision can be simply summed up as: **Powys – Communities Where People with Dementia Matter**

Building on the excellent work initiated by the Alzheimer's Society in the north of the county, Dementia Matters in Powys is keen to support communities that are already officially working to become dementia-friendly or in the process. We have resources available to share, and we welcome the opportunity to meet with you to exchange ideas and work together.

dementia
matters
in Powys

For further information please contact:

Dementia Matters in Powys (DMiP)

St John's Family Centre, Pendre Close, Brecon LD3 8EA

info@dementiamatterspowys.org.uk Tel: 01874 611723 or 07940961006

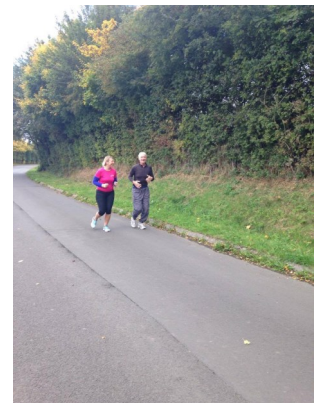
It's (not) all about me!

This newsletter will be the first of many but I don't want it to be limited to stories about what I have done, I want to fill it with stories and pictures of the great work that is being done all over north and mid Powys. Knighton, Welshpool and Newtown are doing great things to make the lives of those in their communities affected by dementia a little easier and more inclusive. I'd love to be able to share stories about some of the other communities I have made contact with in the next newsletter. These include Machynlleth, Llandrindod Wells, Rhayader, Llanidloes, Llandyssil, Montgomery and Llansantffraid,

As I have already mentioned I have been inspired by people I have met through dementia friends sessions, meetings and networking events. The people I meet make this so much more than a job. The champions training has given me a whole new set of skills that previous employers would not believe. I have never been a person who can stand up and present but I now do this regularly and even dare I say eagerly. I want to spread the word and raise awareness wherever I can.

When I watched a carer friend step slowly away from her partner to enjoy a friendly chat with her cuppa at a coffee morning, safe in the knowledge that her partner will be engaged in conversation by others, that was evidence enough to convince me that dementia friendly communities are essential. We are lucky in Wales to have close-knit communities where people look out for each other. But how do people know that businesses, shops and organisations are dementia friendly unless we put those stickers in the windows, display those certificates and shout about it whenever the opportunity arises. I make no apologies for the amount of times you see my name in the County Times these days, it's important to keep plugging away at raising awareness of what we are doing.

Lastly... Some of you reading this may know that a great deal of my spare time is taken up by running. Members of our running group, Dolly Mixtures, were approached by NMBV to run with a local man (H) living with dementia in a residential home in Welshpool. H has always been active and is loving the chance to get back out and run a few miles now and then. We can see his fitness improving and although he finds it difficult to communicate with us, we are all learning to understand him better and tailor the runs to suit H. It is so very rewarding to take my place on the rota and to see my friends joining in with relish but most of all to know that we are helping H to live well with his dementia.



For more information about dementia friends and champions inductions please visit: www.dementiafriends.org.uk

For dementia support contact the Alzheimer's Society national helpline on 0300 2221122

or the North Wales dementia support team on 01352 700717

For more information regarding the progress that is being made in your community or if you would like support in starting the initiative in your community then please contact :

Karen Rodenburg Karen.rodenburg@alzheimers.org.uk 07736 125884