

# Dementia Gwynedd

MAY 2024 / VOL. 1

## Welcome to the first edition of the Dementia Gwynedd Newsletter!

*Dementia Gwynedd* is a Cyngor Gwynedd led initiative which sees organisations, professionals, stakeholders and people affected by dementia collaborating under one banner. The aim of Dementia Gwynedd is to ensure that people get easy access to information, advice & support in their communities- helping them to live as well as possible throughout their dementia journey.

## Co-ordinating Dementia Gwynedd

Emma Quaeck is a Project Manager for Cyngor Gwynedd's Supporting Health & Wellbeing team, with a specific role of co-ordinating Dementia support. She also leads the Dementia Actif Gwynedd team and will be responsible for bringing together the work of Dementia Gwynedd.

Contact details :-

[emmajaynequaeck@gwynedd.llyw.cymru](mailto:emmajaynequaeck@gwynedd.llyw.cymru)

07768 988095

Let Emma know if you'd like to share any information for future editions of the Newsletter.

“

Growing a brand that helps people affected by dementia living in Gwynedd know they will be supported



## Letting you know what we are doing

This Newsletter will provide updates about the local Dementia Gwynedd Strategic Plan and share information and good news stories. The Newsletter will be published every quarter. It will be distributed as far and wide as possible to professionals, people affected by dementia and the general public.



# Dementia Gwynedd Super Group



The aptly named Super Group is where dementia professionals and people affected by dementia gather on a quarterly basis at the Memorial Hall in Penrhyndeudraeth. It is a golden opportunity for people to get to know each other, to understand each others roles, share information and hear real life stories and experiences. The Group members will co-work to help ensure seamless services for people affected by dementia in Gwynedd.

The Group was established in April 2023 and the first task for the members was to discuss a local Dementia Gwynedd Strategy.



**“ Great networking, everyone is starting to pull together. We need to build on our strengths here in Gwynedd and we need to work a lot closer together to ensure consistency in terms of access to services for people.**

Member of the Super Group

## Strategy Plan

### Living Well : Supported Well

The Super Group members devised 6 themes which are the focus of the Strategic Plan. Each theme will have specific actions to help improve support for people in Gwynedd communities.

Here are the 6 Themes:-

**1 Professionals and people affected by dementia having the opportunity to collaborate together**

**2 People affected by dementia will have the opportunity to be involved with all discussions and decisions**

**3 Care for caregivers - support for unpaid carers and family members and friends of all ages**

**4 Raising awareness about dementia and how to improve brain health**

**5 Keeping people affected by dementia connected through appropriate and meaningful activities**

**6 The importance of the Welsh language and culture**

Are you affected by dementia - that is, do you have a diagnosis or are you an unpaid carer, family member or friend looking after someone with dementia?

Would you like to have the opportunity to share your experiences and views?

**Why not join the Super Group?**

**Contact Emma 07768 988095**



## Dementia Actif Gwynedd



Provides physical and social activities for people who are worried about their memory, have a diagnosis of dementia, unpaid carers, friends and family and older adults. The classes give people the chance to be actif, have fun and be part of a community group where everyone understands and supports each other.

There are currently 16 Dementia Actif classes running in Gwynedd. You can be referred by your dementia specialist or GP, or you can just come along to a class. It costs £3.00 which includes a cuppa.



**Dementia Actif is our 'Go To' place where we can exercise, meet people, share experiences & solve problems together**

Dementia Actif Member

**I feel like I have more confidence and I'm so glad I can socialise. My movements and balance are better following the exercises we work on every week**

Dementia Actif member

To find out more:-

☎ 07768 988095

✉ [dementiaactif@gwynedd.llyw.cymru](mailto:dementiaactif@gwynedd.llyw.cymru)

[www.dementiaactifgwynedd.cymru](http://www.dementiaactifgwynedd.cymru)

f Facebook- Dementia Actif Gwynedd



**Dementia  
North Wales**  
Memory Support Pathway

The North Wales Memory Support Pathway aims to provide support to anyone who are :

- Worried about their memory
- Living with dementia at home or in hospital
- Unpaid carers , family or friends

The Pathway in Gwynedd is made up of 3 organisations working together:

- Alzheimers Society
- Carers Trust North Wales
- Carers Outreach Service

They support people over the phone or face to face and provide advice & guidance, and the opportunity to meet others who are living with dementia.

If you have any queries on how to access any of this support, contact: 01492 542212

### Dementia Centres in Gwynedd

The Dementia Centres are part of the Memory Support Pathway. There are 2 centres in Gwynedd:-

**Bangor** - Ardudwy, Normal Site, Holyhead Road, Bangor, Gwynedd LL57 2PJ

Drop in Opening hours -

Thursday 10:00-4:00pm

**Criccieth**- Encil y Coed, 56 High Street, Criccieth, Gwynedd. LL52 0RN

Drop in opening hours

Monday & Tuesday 10:00-4:00 pm

For more information contact Rachel [rachel.collins@ctnw.org.uk](mailto:rachel.collins@ctnw.org.uk) / 07943 419782



## Dementia Listening Campaign - Tywyn

The Listening Campaign is part of the All Wales Dementia Care Pathway of Standards concerning community engagement to identify what dementia care means to a community. Dementia Actif held a Listening Campaign Event at Neuadd Pendre in Tywyn on 19th January 2024. The event included presentations, information stalls, activities and the opportunity to gather views on a survey. The findings of the survey align closely with the main themes of the Dementia Gwynedd Strategy. Contact Emma Quaek for a copy of the report.

A follow up event is being planned to update those who attended and to discuss co-working to help create a Dementia Friendly Community in Tywyn. If you'd like to find out more, or if you'd like to get involved contact :

Rachael Roberts

rachaeldeniseroberts@bywniach.cymru

07976 622591

## Magic Moments - intergenerational activity

As part of the Listening Campaign event in Tywyn, Rachael Roberts from the Dementia Actif team and Mirain Llwyd Roberts, Age Friendly Co-ordinator visited the local school Ysgol Penybryn to deliver a Dementia Friends session to help to raise awareness about dementia .

Some of the pupils were then invited to the event on the 19th January to take part in a Question and Answers session with Teresa Davies and Glenda Roberts, who are living with dementia. It was the most popular item on the agenda as the pupils asked genuine and open questions to find out more about what it's like to live with dementia. Teresa and Glenda shared wonderful insights intertwined with their unique sense of humour. The children loved being part of the event and there was great feedback from the parents as they heard what they'd learnt about dementia and "the wonderful & funny ladies" they'd met.



## Age-Friendly Gwynedd

**Cyngor Gwynedd is working to become an age-friendly local authority by 2025, which is in keeping with the national work by the Welsh Government and the Older People's Commissioner for Wales. This agenda corresponds with the work of the World Health Organisation Gwynedd's application has been submitted and accepted and you will be able to be read it on Cyngor Gwynedd's website:-**

**[www.gwynedd.llyw.cymru](http://www.gwynedd.llyw.cymru)**

**Contact:-**

**Council Age-Friendly Lead**

- **Mirain Llwyd Roberts**
- **01286 682818**
- **[oedgyfeillgar@gwynedd.llyw.cymru](mailto:oedgyfeillgar@gwynedd.llyw.cymru)**



**WHO Global Network  
for Age-friendly Cities  
and Communities**





# DEMENTIA GWYNEDD Information Roadshow

**TUESDAY**  
02/07/2024  
1:00-4:00

**Canolfan Fenter  
Congl Meinciau  
Botwnnog  
LL53 8RA**

**THURSDAY**  
04/07/2024  
10:00-2:00

**Free Library  
Mill Street  
Dolgellau  
LL40 1AL**

**FRIDAY**  
05/07/2024  
11:00-2:00

**Porthi Dre  
St Helen's Road  
Caernarfon  
LL55 2YD**

Come and ask the professionals for information & advice if you are worried about your memory, waiting for a diagnosis or have a diagnosis of dementia, or caring for someone with dementia.

## ORANISATIONS ATTENDING

Carers Outreach, Carers Trust, Alzheimer's Society, Cyngor Gwynedd, Health Board, Dementia Actif Gwynedd, Age Cymru Gwynedd & Mon, Age Cymru Advocacy Project & Care & Repair

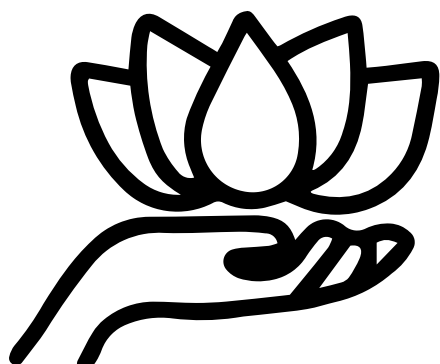
**Refreshments**



Cuppas & light refreshments provided at each event

Lunch provided at Dolgellau and Caernarfon, **booking essential.**

**Activities**



Reflexology of the hands:-  
2-3pm Botwnnog  
12-1:00pm Dolgellau  
12-1:00pm Caernarfon  
Gentle Exercises session at all the events

**Contact**



For more information and to book your place

**01248 370797**

[emmajaynequaeck@gwynedd.llyw.cymru](mailto:emmajaynequaeck@gwynedd.llyw.cymru)  
[delyth.k@carersoutreach.org.uk](mailto:delyth.k@carersoutreach.org.uk)

# Organisations working together



GWASANAETH CYNNAL GOFALWYR  
CARERS OUTREACH SERVICE



For information contact :-

[emmajaynequaeck@gwynedd.llyw.cymru](mailto:emmajaynequaeck@gwynedd.llyw.cymru)

07768 988095