

Dementia Gwynedd

Community Directory



*Keeping you
connected*



BWRDD PARTNERIAETH RHANBARTHOL
GOGLEDD CYMRU
NORTH WALES
REGIONAL PARTNERSHIP BOARD



Dementia
Actif
Gwynedd



Dementia
North Wales
Memory Support Pathway



Introduction

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We would like to thank all the people living with dementia, family carers, professionals and organisations who have contributed to this directory. We recognise and appreciate their valuable work in supporting the residents of Gwynedd.

Dementia Gwynedd have produced this Community Directory for people with cognitive impairment, are waiting for a diagnosis or have a diagnosis of dementia and family carers. It has been devised following discussions with those who could benefit most from the resource.

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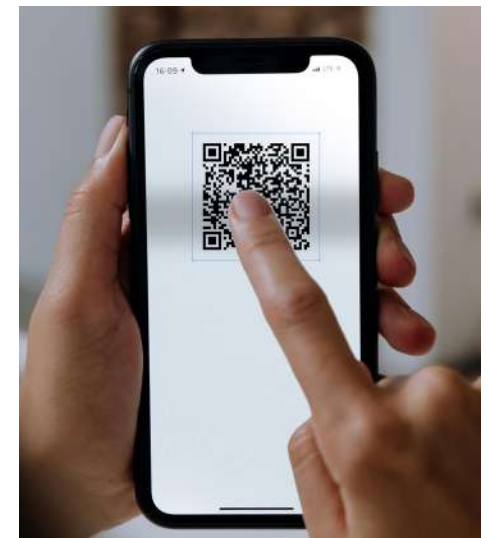
The main aim of the Community Directory is to make it easy for people to access information about support and appropriate activities throughout Gwynedd. Social engagement is important for people living with dementia and family carers. Staying connected with others in the community can help slow cognitive decline, reduce isolation, boost mood, and enhance overall well-being.

There are many group activities going on in Gwynedd communities, some of which are delivered specifically for people affected by dementia and others are open to all adults. Activities include arts, crafts, exercise classes, walking and outdoor activity groups, singing groups - it would be impossible to list all these sessions in one booklet, especially as programmes are ever evolving. So we hope that this directory will give you the information

to enable you to contact organisations and keep in touch with what's going locally for you.

The directory will be available as both digital and paper copies.

The directory will use QR codes for easy access to some information. A QR code (short for Quick Response code) is a type of barcode that is designed to be scanned by a smartphone or camera. When you scan a QR code, it quickly takes you to something — like a website. It's like a shortcut, instead of typing a long web address, you just scan and go! Example of how a QR code looks :-



Cyngor Gwynedd is the local authority and through the Adult, Health & Wellbeing department (Social Services) can provide support and care for those living with dementia and their family carers.

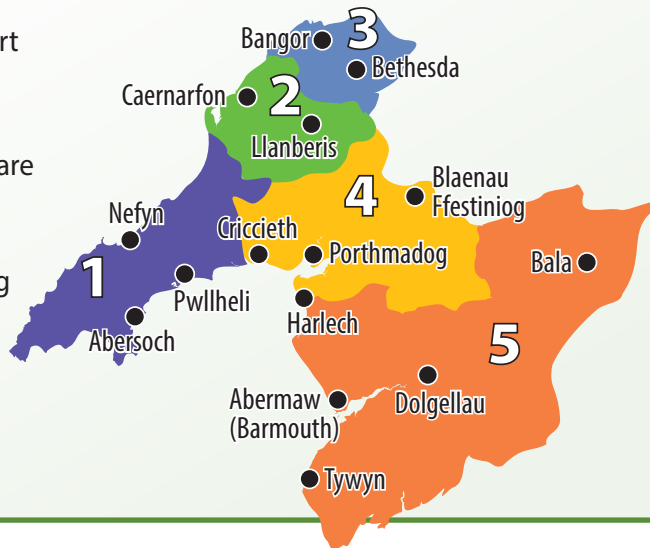
Cyngor Gwynedd offer

- Carers needs assessments
- Home care
- Dementia Support Workers
- Provision of equipment to adapt your home
- Financial advice, benefits and your rights
- Travelling, parking and blue badge
- Independent Living
- Direct Payments
- Young Carers Support
- Libraries
- Respite care
- Short or long term care in care homes
- Long term care in residential or nursing homes

Gwynedd is divided into 5 areas to give you the best local care

For more information contact (9am - 5pm):

- 1 Llŷn Area **01758 704 099**
- 2 Caernarfon Area **01286 679 099**
- 3 Bangor Area **01248 363 240**
- 4 Eifonydd & North Meirionnydd **01766 510 300**
- 5 South Meirionnydd **01341 424572**



Emergency out of hours phone: 01248 353 551

Website: <https://www.gwynedd.llyw.cymru/en/Residents/Health-and-social-care/Adults/Adults.aspx>



The Memory Support Pathway aims to make sure that the support from pre-diagnosis throughout the dementia experience is fair, easy to access and person centred for everyone living in Gwynedd. The Service is a collaboration between the Health Board, Local Authority and the following 3rd sector organisations who offer:-

ALZHEIMERS SOCIETY

pre & post diagnosis

- 1:1 information, guidance, advice and support
- Telephone support
- Signposting to services and activities

CARERS OUTREACH SERVICE

support following admission to hospital

- Providing information
- Signposting
- Advising

AGE CYMRU ADVOCACY

support in

- Knowing your rights and making sure they are upheld
- Help in having a voice in meetings/ appointments
- Understanding with accommodation options
- Planning for later life

CARERS TRUST NORTH WALES

CROSSROADS CARE SERVICE

post diagnosis support via the Dementia Centre

- Information and advice
- Training and education
- Guest speakers
- Emotional & peer support
- Health clinics such as audiology/ chiropody/dental/eyesight
- Exercise and art/craft activities
- Keep in touch calls

Phone: Carers Trust 01492 542212

Mon to Thurs 9am to 5pm Fridays - answering machine

Email: NWmemorysupport@ctnw.org.uk

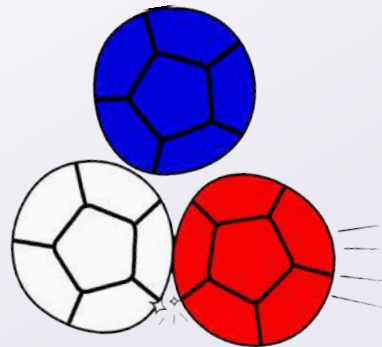
Website: www.northwalescollaborative.wales/dementia/north-wales-memory-support-pathway/



Dementia Actif Gwynedd is a physical and social activities programme for people living with dementia, family carers and older adults.

Dementia Actif Gwynedd offer

- Weekly, gentle exercise classes to music throughout the county
- Opportunity to socialise over a cuppa at the end of each class
- 1st Friday/month Boccia league
- Criw Clebran reminiscing group
- Fortnightly online Dementia Carers support group meeting
- Monthly young onset dementia Men's Group – Clwb MANTur
- Day trips and special events
- Quarterly Dementia Gwynedd Super Group Meeting
- Quarterly Newsletter
- Art and craft projects
- Intergenerational activities
- Online exercise sessions for residential homes
- Raising awareness about dementia
 - Dementia Friends



Phone: Dementia Actif Manager 07768 988095

Mon to Fri 8am to 5pm

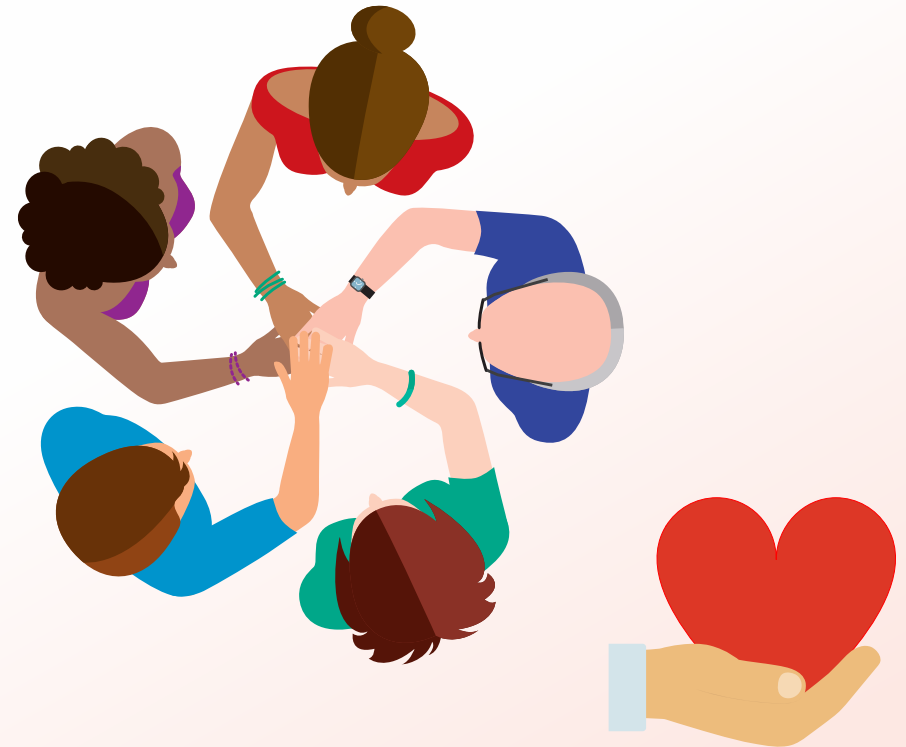
Email: dementiaactif@gwynedd.llyw.cymru

Facebook: www.facebook.com/DementiaActif

Website: www.dementiaactifgwynedd.cymru/en/index.php



The Community Hubs have been set up to help people gain access to support, information, activities and services in their community. They deliver a wide range of inclusive activities in the community and have access to local information and advice about food, energy and finances. For your local hub and to find out what they offer:



Phone: 01766 771000

Wefan: <https://www.gwynedd.llyw.cymru/en/Residents/Costau-Byw/Community-Hubs.aspx>



Carers Outreach Service

as well as the memory Support Pathway, if you are an unpaid family carer over the age of 18yrs the Carers Outreach Service can help and support you. They are a registered charity and provide support in Gwynedd, Conwy and Anglesey

Carers Outreach Services offer

- Information
- Review calls
- Low level advocacy
- Emergency planning
- Carers in education and employment
- Welfare benefits, entitlements and grant support
- Emotional support
- Home visits
- Individual and group support
- Planning for the future
- Support former carers
- Quarterly Newsletter
- Carers ID card



Address: G1, InTec, Ffordd y Parc, Parc Menai, Bangor, LL57 4FG
Ffôn: 01248 370797 Mon to Fri 9am to 4pm
Ebost: help@carersoutreach.org.uk
Gwefan: <https://www.carersoutreach.org.uk/cymraeg/>



Other support

Cyngor Gwynedd

Phone: As local information on page 2

Email: Gofalwyr@gwynedd.llyw.cymru

Website: <https://www.gwynedd.llyw.cymru/en/Residents/Health-and-social-care/Carers/Carers.aspx>



Dementia Actif Gwynedd Dementia Carers Group

Meet online every other Tuesday at 11:00am. The team are happy to show you how to access the meeting link if you need a little help.

Phone: 07768 988095

Email: emmajaynequaack@gwynedd.llyw.cymru

Website: www.dementiaactif@gwynedd.llyw.cymru



Young Dementia Carers

Contact Action for Children who support children 8-18 years. They provide services for Cyngor Gwynedd.

Phone: 01248 364614

E-mail: gwyneddyoungcarers@actionforchildren.org.uk

Facebook : <https://www.facebook.com/GofalwyrIfancYnysMonGwynedd>

Age Cymru Gwynedd and Mon

Provide information and advice on a wide range of topics, age well and social groups and home care provision.

Main Office address: Y Cartref, Bontnewydd, Caernarfon, LL54 7UW

Phone: 01286 677711 9:00-12:30 Mon- Friday

Email: benefits@acgm.co.uk or for Age Well activities megan@acgm.co.uk

Cymorth arall i ofalwyr

Wales Dementia Helpline

Offers emotional support to anyone, of any age, who is caring for someone with Dementia as well as other family members or friends.

Phone: 0808 808 2235 (24 hours 7 days a week)

Email: dementia@helpline.wales

Website: <https://dementiahelpline.org.uk/>

Llinell Gymorth
Dementia
Cymru

tide (together in dementia everyday)

Interactive supportive online courses connecting with other carers

Email: carers @tidecarers.org.uk

Website: <https://www.tide.uk.net/>



Dementia Carers Count

For online Information, telephone support and support groups.

Phone: 0800 6521102

Website: <https://dementiacarers.org.uk>



More Information

Hafod Hedd Dementia Day Assessment Unit

• Hafod Hedd is the base for older persons mental health services in Dwyfor. It includes community psychiatric nurses, support workers, a psychologist, consultant psychiatrist cover, Occupational Therapy cover, dedicated younger onest nurse as well as the Hafod Hedd dementia day assesment unit.



- The dementia assessment unit provides a service for up to 24 Llyn and Eifionydd residents.
- The focus of the assessment unit is to maintain brain health and learn new skills through activities and peer support.
- The activity programme is varied and is based around the seasons of the year, and what's happening in the wider world. It is overseen by registered mental health Nurses.
- Our support workers work with people living in their own home to promote inclusivity and well being.

Comparable Services are available in Meirionnydd managed by Tracey Woods – Tracey.woods@wales.nhs.uk



Phone: 03000 853064

Email: Glenys.Williams3@wales.nhs.uk

Facebook : www.facebook.com/profile.php?id=100075189164714

More Information

The Caban Group – Bangor University Dementia Educators

- Meet at least twice a year and welcome people living with dementia in Gwynedd, this include those that have a diagnosis and their family carers.
- The Caban group work closely with the academic staff and students at the School of Health Sciences in Bangor University to inform undergraduate and postgraduate students and researchers what is important to people affected by dementia. Members have also educated the current and future health and social care workforce through awareness sessions, consultations and presentations in small groups, training events and conferences. If you'd like to be a part of the Caban group contact:-



PRIFYSGOL
BANGOR
UNIVERSITY



Dr Jen Roberts- Research Officer,
School of Medicine and Health Science

Phone: 01248 388346

Email: j.roberts@bangor.ac.uk

Website: <https://dcdc.bangor.ac.uk/caban-group.php.en>

