



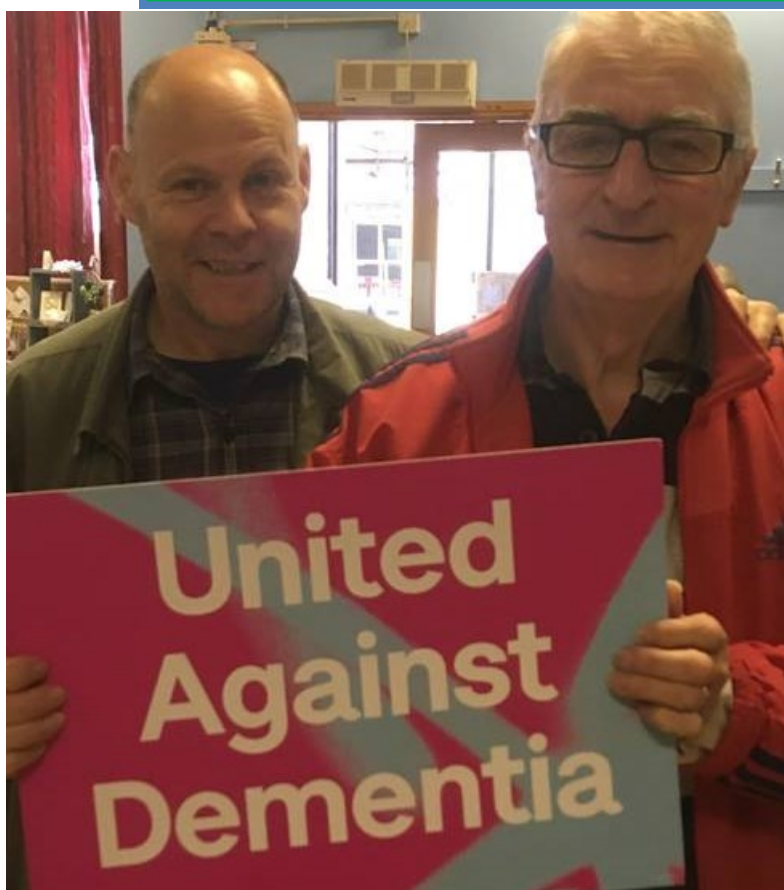
Dementia Friendly Communities North and Mid Powys—E Newsletter

Welcome..... To the sixth edition of Dementia Friendly Communities North and Mid Powys— Newsletter. The aim 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. Much of this newsletter is dedicated to Dementia Action Week, to celebrate the great work of volunteers in Powys who made the first Dementia Action Week a memorable one. Sorry if your event isn't covered, these are pictures of the ones I was lucky to make it to. Oh and I'm thinking of re-naming it Dementia Cake Week—see if you can work out why?!

The next thing I need to write has taken me a long time to find the words for and is written with a heavy heart. I have to announce that as of 30 June I will no longer be in post. I cannot deny that I feel sad to be leaving but I am proud of what we have achieved in Powys since November 2015. So, before I break into tears, let me give you the practical information you need. Your contact from 1 July will be the lovely Jo Lane. Jo.lane@alzheimers.org.uk, 01352 700486 or 07725 217086. You will be in good hands with Jo, who already covers all of North Wales and has been a fantastic colleague of mine since I started.

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

Dementia Action Week—What it's all about!



'People are already aware. It's action we now need. It's help, it's support. Turning it into action week is absolutely the best thing I've heard.'

- Chris, person with dementia

With this excellent quote in mind, I wanted to ensure that communities across North and Mid Powys would have the opportunity to take actions not only during Dementia Action Week but long into the future. So I was delighted when Freedom Leisure agreed to support Dementia Friendly Communities by offering facilities in every Powys leisure centre. Some communities took the opportunity to hold sporting sessions, others to hold Dementia Friends sessions for staff and/or members of the public.

Having had the privilege of attending the Welshpool session and seeing the wonderful display in Presteigne leisure centre, I have high hopes that Freedom Leisure will be an

instrumental partner in all communities into the future. Thus providing fantastic opportunities to include people living with dementia in activities that appeal to them and that can make a real difference to their well being.

Presteigne—Town takeover in the name of memory boxes

Lindsay Jones, Dementia Friends Regional Officer and myself were treated to a tour of Presteigne during Dementia Action Week. And there was a lot to see. From displays in shop windows and the GP surgery to books in the library, a complete takeover of the leisure centre reception; yarn bombed benches with knitted forget-me-nots pinning little notices in place to the star of the show—an old ATM re-dressed as a memory box for the whole town. Kate, Dorothy, Rolly, Liz and anyone else involved should be so proud of what they did to make the week truly memorable for the town.

If you're reading this electronically, zoom in on the picture of the display board, some great ways to take actions. Lindsay was so impressed she's going to be using some of those phrases in her work. My personal favourite: **"Visit a friend who has dementia, feelings last longer than facts"**

Keep up the great work everyone, you are making a positive difference in your community and nobody can ask more than that!



Knighton—Night at the Museum, music and more

It was on to Knighton next to enjoy culture and memories at the fantastic community museum and galleries next door. Julia Roberts of Tower House Gallery and the driving force behind KINDA worked with her business neighbours to present an evening of reminiscence and enjoyment.

After refreshments at Tower House, guests were invited to look around the museum, sampling some traditional seed cake and chatting about the memory-invoking displays. New items had been added to the museum with themed display areas from different eras. I loved the display of toys in the window and the books detailing historical property transactions prove to be very interesting. Knighton Fine Art provided musical entertainment.

Everyone was invited to sing or play any song of their choice and we were treated to some wonderful performances in the short time I was able to stay.

KINDA also hosted a Makaton training session during the week, with more to follow in the near future hopefully.

Thank you once again to Julia and KINDA for making Dementia Action Week memorable.



Welshpool part 1—Freedom Leisure and the football team

Wednesday mornings at the Flash are already a regular fixture in the week of many people who take part in all the activities on offer and led by the Lorraine and Craig.

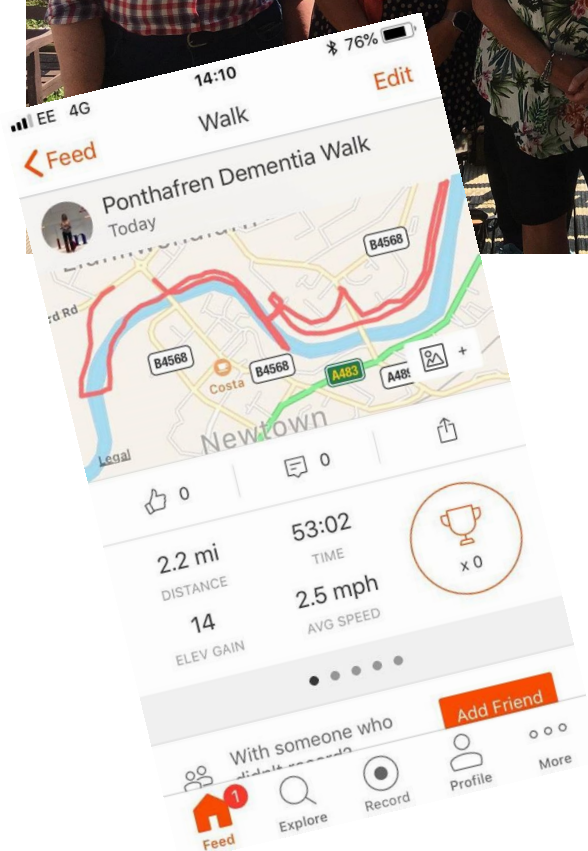
On offer for the first hour were various sports including badminton, tennis, boccia, or just bouncing on a trampoline. The second hour was all about football—the walking variety. Lots of Dementia Friendly Welshpool volunteers came along as well to find out what it was all about. I can't say we *all* made a positive contribution to the football teams but we certainly all enjoyed ourselves. The leisure centre staff and regular service users were patient and understanding and ensured everyone got the most out of this opportunity, which also included a swimming session after the football for those with any energy left.

Thank you to everyone involved and I hope that this becomes a regular activity for people affected by dementia.



Ponthafren—Dementia Action Walk

Julia Gorman of Ponthafren led a walk for Dementia Action Week along the river in Newtown. Followed by the ubiquitous coffee and cake. Everyone walked along in the sunshine chatting about Dementia Action Week, fundraising and things happening at Ponthafren. We might even have one more Dementia Friends Champion soon as one of the walkers was interested in the upcoming induction in Machynlleth. And the cake was scrumptious! Thank you Julia and everyone at Ponthafren for your Dementia Actions!





After months of hard work, Dementia Friendly Llandod were able to celebrate their recently granted Dementia Friendly Community status. Barbara, Jane, Geraint, Hazel, Jeff, Anne and many others have come together to set up the steering group that includes people affected by dementia. They are ready to hear what people in the community need to help make Llandod an inclusive community for everyone living with and affected by dementia. New members are coming on board all the time, so let's hope this fantastic group goes from strength to strength.

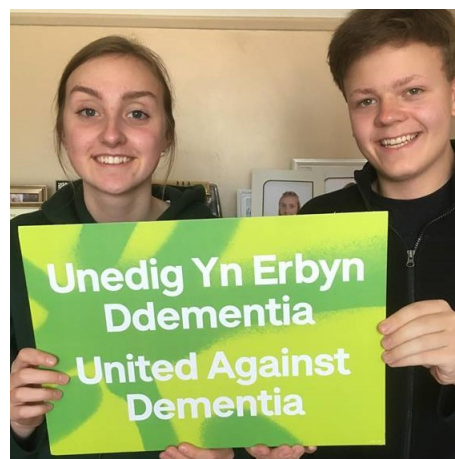
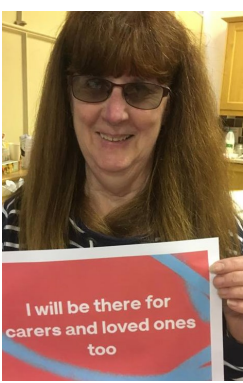
The launch party was well attended and included local dignitaries such as the Town Crier, the Mayor and Deputy Mayor, Chris Davies MP for Brecon and Radnorshire and Kirsty Williams CBE, AM for Brecon and Radnorshire and Cabinet Secretary for Education. Kirsty and Chris enjoyed finding out more about the group's plans and both spoke warmly about Dementia Friendly Communities. Children and staff from Trefonnen Primary school came along to entertain with some cheerful songs. And there were cakes!

Please keep your enthusiasm and commitment, you are doing an amazing job!



Welshpool—part 2 coffee and cake

Saturday morning is coffee morning time in Welshpool. There are usually at least two taking place somewhere in the town. So Dementia Action Week was the turn of Dementia Friendly Welshpool. Here are some pictures of the lovely people who helped, contributed, or came for a chat and a coffee. Action signs were copied from an idea I spotted that Jo was using in Mold. Just one of the many creative ideas Jo has had that I have replicated. So now you will all be able to benefit directly from Jo's fantastic work! I am so very proud of being a citizen of Dementia Friendly Welshpool and long may we continue to make a difference in our wonderful town.



Forget me Not Guilsfield

Despite some of the worst summer weather in living memory, the monthly Forget Me Not café went ahead. Although admittedly not so many people ventured out. And who could blame them with roads more like rivers from the heavy rain. Never mind, steering group members and volunteers were there and the cake was there too!

The ever cheerful Mark, seen on the left of the picture had joined us in Welshpool earlier in the week to take part in activities at the leisure centre. So enthusiastic was he in his role as goal keeper, he ended up on the floor ready to save the deciding goal. Or was it an own goal? Who knows, Mark is a wonderful volunteer who helps both Guilsfield and Welshpool whenever he can. He also sent me a moving poem about how singing in Welshpool had helped put a smile on his father-in-law Derek's face before he sadly passed away. Thank you Mark, Caroline and everyone helping in Guilsfield.



Get involved—Become a Dementia Friends Champion

A Dementia Friends Champion is a volunteer who encourages others to make a positive difference to people living with dementia in their community. They do this by giving them information about the personal impact of dementia, and what they can do to help. It's easy to get involved. Dementia Friends Champions will attend an induction, receive support when they need it, and be part of over 10,500 volunteer Dementia Friends Champions creating dementia friendly communities together.

It's great personal development, enabling and supporting you to present information sessions throughout your workplace or community and really make a difference to the lives of those living with dementia in your area.

Our next champions induction near Powys will be:

Bro Dyfi Room, Bro Ddyfi Leisure Centre, Aberystwyth Road
Machynlleth
Powys
SY20 8ER

Thursday 14 June 10 am—4 pm

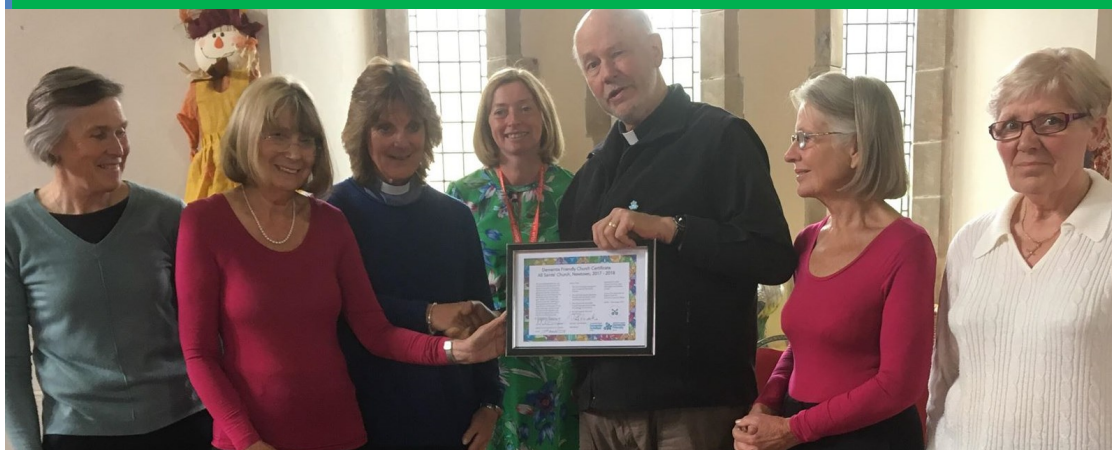
To book your place visit www.dementiafriends.org.uk

Dementia Friends

Public Dementia Friends sessions have been run in Newtown and Welshpool as well as some sessions with the year 1 Health and Social Care students at NPTC Newtown campus. All of the public sessions have been well attended by representatives from many organisations including volunteers from the 1940s weekend. This is an annual event in Welshpool every November and would be well worth Dementia Friendly communities visiting. There is talk of a tour during a quieter time, perhaps on Friday evening. Watch this space for further information. Students at the college were inspired by the sessions and some may well attend the induction to become champions themselves. Fabulous future carers for our society!



All Saints Church, Newtown



All Saints Church recently received Dementia Friendly status from the Diocese of St Asaph. Rev Dr Bob Friedrich came along to the spring celebration to present their certificate.

The event was one in a series to take place once every season, the next will be in August. Events are held on a Saturday afternoon and include afternoon tea and delightful entertainment and reminiscence. The spring event was very well attended and a lot of fun. Afternoon tea, was delicious. If you live near to Newtown I urge you to attend, regardless of whether you are a regular church attendee, I am sure you will have a lovely afternoon.

For more information about the dementia friendly work of the diocese, contact Rev Dr Bob Friedrich

bobfriedrich@churchinwales.org.uk Tel: 01745 582245, Mob: 07475 117077





Keeping in touch

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 Jo Lane —details on page 1

Community	Telephone	Email	Website	Facebook 	Twitter 
Dementia Friendly Guilsfield	01938 554245	revcarolinerhodes@me.com	https://guilsfieldchurch.com/dementia-friendly-guilsfield/	In progress	
KINDA Knighton	01547 529530	info@kindadementia.org.uk	Www.kindadementia.org.uk	KINDA	@KINDAinfo
Dementia Friendly Llandod	01597 824468		http://dementiamatterspowys.org.uk/dementia-friendly-communities/dementia-friendly-communities-powys/llandri	Dementia Friendly Llandod	
Dementia Friendly Newtown		Info@dementiafriendlynewtown.org.uk	Www.dementiafriendlynewtown.org.uk	Dementia Friendly Newtown	@dementiafriendlynewtown
Dementia Friendly Welshpool	01938 553142	wtcouncil@btinternet.com	Www.dementiafriendlywelshpool.co.uk	Dementia Friendly Welshpool	@DF_Welshpool

Links to useful documents are being replaced this time by my last opportunity to say thank you to each and every person I have had the pleasure of working with over the past two years and eight months. During an event last Autumn someone reminded us all to think about where we were two years before and where we were then. Well since then, even more communities and organisations are busy working towards becoming dementia friendly. And yes, I can look back with a great deal of pride at the difference this role has made in Powys. Some of you may have heard all my stories many times, some of you have been badgered into attending meetings. I hope you all have the same sense of achievement that I have in the work we have all done together.

My stories came from you. My inspiration came from you. My commitment to make the world a better place for people living with dementia will continue for the rest of my life. And your work will continue to be supported by Alzheimer's Society Cymru through the very capable hands of Jo Lane.

Thank you all and the best of luck in your communities. Till we meet again, your friend, Karen X