

# Dementia Friendly University Meeting

22<sup>nd</sup> June 2021, 1:30pm, Zoom

**Present:** Catrin Hedd Jones – Chair (CHJ); Kat Algar-Skaife (KAS); Gwenllian Hughes (GH); Anna Story (AS); Gill Windle (GW); Patri Masterson-Algar (PM-A), Ian Davies-Abbott (ID-A); Maria Caulfield (MC); Sharon Roberts (SR); Mared Huws (MH); Katie Tew (KT); Jim Ibell (JI); Luke Pickering-Jones (LP-J); Helen Lloyd (HL); Melanie Sillett (MS); IS (notes).

**Apologies:** Jen Roberts; Gaz Williams; Teresa Davies; Glenda Roberts; Chris Roberts; Jayne Goodrick; Hayley Hogan; Lindsay Jones; Maris Stewart-Parker; Emily McGregor; Sally Eagleton-Etheridge; Gabriel Ogbodo.

Item	Discussion	Action
<b>1.</b>	<b>Welcome, Apologies and Minutes of the last meeting 27/01/2021:</b>	
<b>a/</b>	CHJ welcomed everyone to the meeting. Best wishes were sent to those who weren't able to attend.	
<b>b/</b>	Apologies recorded.	
<b>c/</b>	<p><i>Action from previous meeting:</i></p> <ul style="list-style-type: none"> <li>• Three students are now working on our project with Students Union.</li> <li>• Dementia Friends Session held with the <a href="#">University Executive</a>.</li> </ul> <p>Minutes accepted as a true record and can now be added to the webpage. <b>IS</b> to add.</p>	IS
<b>2.</b>	<b>Updates:</b>	
<b>a/</b>	<b>Caban</b>	
	<p>AS gave an overview of the Caban Group.</p> <p>Original Knowledge is Power booklet was very successful. Further copies printed for distribution shortly. Scottish groups very impressed by the booklet and produced the recently launched <a href="#">English and Scottish Gaelic versions</a>, for people living in Scotland. Several DEEP groups in England now talking about creating an English version.</p> <p>Currently working on a booklet that's more personal, around tips of small changes to make life with dementia easier – changes in the home, the garden and when out shopping. Hoping for 1<sup>st</sup> draft by the summer, ready for distribution at the start of the next academic year. Name needed for the new booklet.</p> <p>JI thanked AS for her work on the booklet, also thanked CHJ for her help with the Caban group.</p> <p>Put together a poster to publicise the group more widely around Wales. Zooms have been held during lockdown, hoping to meet face-to-face once allowed, possibly at the Healing Gardens, Fron Heulog or Treborth Botanical Gardens.</p>	
<b>b/</b>	<b>Social Media:</b>	
	<p>Three students have volunteered their time and efforts to help raise our profile on social media platforms. Emily McGregor (Facebook), Sally Eagleton-Etheridge (Instagram) and Gabriel Ogbodo (Twitter).</p> <p>Emily would like to post on her personal experience on caring for people with dementia in nursing homes and has already posted one on Facebook.</p>	

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	Steering Group members were asked if they would be willing to speak with Emily for content for the Facebook page, GW, LP-J, MS, HL, GH, PM-A and AS would be happy to do this.	
<b>c/</b>	<b>Pontio:</b>	
i.	<p>Restructuring taking place. SR will be focussing on Customer Service. Looking at around September before fully operational as one team.</p> <p>Pontio has been open to students since September. Some rehearsals taking place in the theatre and live streaming events out in the community. Hoping to open the Cinema on 1<sup>st</sup> July, waiting for confirmation from the University Executive. Also looking at an outdoor stage during the summer (July / August) for a couple of shows at weekends. Things booked in for September, but all depends on Covid restrictions.</p> <p>Tommy Evans will be the contact in the Estates Department for the Pontio Building. He would be able to help with the audit and the short-, medium-, and long-term goals on improving the building for people with dementia.</p> <p>SR would like to stay on the Steering Group from a Customer Service perspective, SR will be involved with training of staff and volunteers to ensure everybody is trained and can assist any way they can.</p>	
ii.	<p>MH runs the Pontio Arts Engagement project. One of the things offered before lockdown, but hadn't had the opportunity to gather pace, was workshops for students who are Carers. An arts workshop, using different types of arts, where they can be themselves. An informal way to meet people in a similar situation to them and sharing experience. Hoping to hold a workshop very early after Serendipity to trial this.</p>	
<b>d/</b>	<b>Students Union:</b>	
	<p>It is still going to be challenging in September. Planning for Serendipity but won't know until July / August. If it's not possible to do in person, will be looking at something on-line, and also something at a later date. Priority next year is to recruit volunteers, committee members in Societies and Clubs, who haven't been able to meet in person over the last year.</p> <p>Currently reviewing all the projects and over the next year trying to boost what's already on offer, and also add more projects.</p> <p>Currently holding some on-line sessions with some of the local care homes.</p> <p>Going to try and increase the number of people who are doing the Pen pal project.</p> <p>Everyone is welcome to use the Healing Gardens whenever they're passing, the facility is there for everyone to use.</p> <p>MH happy to help with reaching out to young people and can help with recruiting some more people. <b>MH</b> will contact KT directly.</p>	MH
<b>e/</b>	<b>Alzheimer's Society:</b>	
	<p>MS-P is now in place as the DFC officer for NW and very keen to support all of our amazing work, along with all the communities. As an organisation in NW the Alzheimer's Society is supporting the North Wales Collaborative and Steering Group, alongside working to help shape and inform the next iteration of the National Dementia Action Plan for Wales. Need to look at renewing our recognition to ensure</p>	

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	that is all up to date and issue new certificates etc. <b>MS-P</b> will email CHJ regarding this.	MS-P
<b>3.</b>	<b>Review Progress Against Action Plan:</b>	
	<p>Table of new actions circulated ahead of the meeting. We would welcome any feedback on whether or not the table format would work.</p> <p><b>Aim: Community, voluntary, faith groups and organisations.</b> Five topics discussed at the last meeting:</p> <ul style="list-style-type: none"> <li>• <i>Help people with getting gardens tidy. (This would fit in well with the Student Volunteers).</i> Would link well to Healing Gardens project. A meeting is being held in the next few weeks and this could be brought up then. Probably wouldn't be able to do anything until September. When there is a student leader for the project, we could perhaps offer Dementia Friends training to them, and perhaps try to contact the residents of Bangor to look at private gardens. <i>KT to be the contact for this topic.</i></li> <li>• <i>Raising awareness of Dementia amongst the Chinese community.</i> Suggestion that the student volunteers could possibly ask through the Facebook groups.</li> </ul> <p>LP-J advised that a Welsh Government bid should be coming through for Memory Assessment Services, looking at Ethnic Minority within this. Could look at it at a regional level but start it through Bangor and look at opportunities that can be progressed. There may be money to go towards this piece of work but would need discussions on what we think that would be, how we would engage with that community effectively. Does it need to be a stronger engagement than a leaflet?</p> <p>KAS also suggested the Confucius Society through the University, as a link for ideas of how and whether it is something that's needed. <i>LP-J to be the contact for this topic.</i></p> <ul style="list-style-type: none"> <li>• <i>Need for emphasis on teaching skills to people, e.g. virtual meetings etc.</i> To be carried over for discussion at the next meeting.</li> </ul> <p>LP-J advised that they have provided the Memory Assessment Services with 30 iPads to use for virtual consultation and assessment, if people wanted them. Still working on this at the moment, need several processes in place.</p> <p>CHJ suggested to KT this might be an interesting project for new students who are looking to share their technological skills and a way for them to contact the community as well.</p> <ul style="list-style-type: none"> <li>• <i>Carers in the community (incl. Young Carers). (This should be for all disabilities, not just dementia carers). Include Pontio Arts Development Co-ordinator.</i> Work has been done with Widening Participation, keen to ensure that students know about the resource and have the opportunities. Would like to develop this between now and September to ensure the information for Young Carers is available to students, that it's not something they come across in the 3<sup>rd</sup> year.</li> </ul>	Next meeting

Item	Discussion	Action
	<p>PM-A advised that there is a bursary (£1000) available for any person with caring responsibilities, regardless of the level of responsibility and their personal circumstances.</p> <p>MC checked in with the Well-being Manager at Student Services, they have a Counselling Services and there are Mental Health Advisers and have a lot of self-directed resources. <b>MC</b> will clarify the best avenue for students to take if they are taking on caring responsibilities, either when coming to University or if it develops during their studies.</p> <p>ID-A added the following link to the chat function:  <a href="https://www.bangor.ac.uk/widening-access/documents/Young-Carers-Handbook-ENG-Web-SP.pdf">https://www.bangor.ac.uk/widening-access/documents/Young-Carers-Handbook-ENG-Web-SP.pdf</a></p> <p>New Student Services website will be launching soon. KT had a student enquire about setting up a Carers Support Group; if anyone from the Steering Group would like to get involved with this, KT happy to speak with them away from this meeting; KT is meeting with the student in the next couple of weeks. KT is meant to sit on the Carers Group, but they haven't met during the last year, so unsure if it still exists, <b>KT</b> will check this afternoon.</p> <p>For this topic, looking for someone who would be interested in taking this forward, pulling together other interested people from the University to help raise the profile of the support for our Young Carers in terms of Peer Support, but also other support that's already there but may need resurrecting.  <i>PM-A to be the contact for this topic.</i></p> <ul style="list-style-type: none"> <li>• <i>Health &amp; Education. Need to look at talking with Medical Students early on.</i> Head of Medical School agreed to a Dementia Friends session for Medical Students. A session will be arranged in the future to co-ordinate with the student timetable.  <i>CHJ to be the contact for this topic.</i></li> </ul> <p><b>IS</b> to update table with the names of those taking the topics forward.</p>	<p>MC</p> <p>All</p> <p>KT</p> <p>IS</p>
<b>4.</b>	<b>Election of Officers:</b>	
	<p>Consideration to be given to Co-Chair and Co-Secretary roles.</p> <p>Would be good to have a member of Caban and a member from the University sharing the Co-Chair role. <b>JI</b> and <b>AS</b> to discuss with the Caban group, to see if anyone would be interested in being a Co-Chair.</p> <p>The Co-Secretary role is supporting the Chair, chasing things up in preparation for the meetings, contacting members of the group if they need to report anything back at the meetings so they're prepared, and supporting the Caban members. Where this is more regional LP-J, HL and MS happy to share the Co-Secretary role with JR.</p> <p>Any further suggestions / interest to be sent to CHJ / IS.</p>	<p>JI / AS</p> <p>All</p>

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<b>5.</b>	<b>Any other business:</b>	
i/	MS joined the group today and is a colleague of LP-J. MS is new in post as a Dementia Project Manager, with the North Wales Regional Collaboration Team. Role is to support the delivery of the National Dementia Action plan, in particular looking at the issues of rurality and dementia service provision in the Welsh Language across North Wales and Powys. Would be interested if there was anybody with experience in those areas, whether they've had good or bad experiences / not receiving a service in Welsh / any issue with rurality. <b>GW</b> will send information on to MS. MS happy for her details to be added to social media to spread the message.	GW
ii/	CHJ thanked KAS for all her work with the Steering Group, very much appreciated. KAS will shortly be starting a Research Fellowship at NTNU: Norwegian University of Science and Technology to work on the SENSE-GARDEN project. KAS thanked everyone on the committee.	
<b>6.</b>	<b>Date of next meeting:</b>	
	TBC	
<b>END OF MEETING</b>		