

Dementia Friendly University Meeting

29th January 2020, 2:00pm, Ardudwy, Normal Site

Present: Catrin Hedd Jones – Chair (CHJ); Jen Roberts (JR); Ronnie Dean (RD); Anna Story (AS); Jerry Hunter (JR); Alistair O’Mahoney (AO’M); Gaz Williams (Gaz); Sharon Roberts (SR); Ifor Roberts (IR); Glenda Roberts (GR); Jayne Goodrick (JG); Chris Roberts (CR); IS (minutes).

Apologies: Gill Windle; Kat Algar-Skaife; Shari Llewelyn; Hayley Hogan; Lizzie Dean.

Item	Discussion	Action
1.	Welcome, Apologies and Minutes of the last meeting:	
a/	CHJ welcomed everyone to the meeting.	
b/	Apologies recorded	
c/	<p><i>Action from previous meeting:</i></p> <ul style="list-style-type: none"> • CABAN Group: met in Llanberis for an initial meeting, were going to meet on 5th December, but clashed with another event. • Friendly Face: waiting for calls. • Webpage preamble: completed. • Minutes of meetings: it was previously mentioned that the minutes would be available on the webpage. Checked with GDPR advice, as long as all of the members are happy with the minutes we can then put them up. Once the minutes have been translated these will be distributed via email and if anyone has any amendments a deadline date of a week will be given, after this date if no comments are received we’ll assume they’re okay and add to the webpage. Group happy with this. • Volunteering Projects: added to the webpage. • Social Media: internship no longer going ahead. There will be a Student Opps Fare (12th February, PJ Hall, 12noon – 4:00pm), may be a good chance to get someone then. Gaz thought there was a table for us there. CHJ will circulate information to see who’s available to man the stand. • PONTIO: completed audit, SR hasn’t received feedback yet. CHJ/JR to arrange for feedback to be sent to SR. • Dementia Friends session at Brailsford: completed. JR attended with Emma Quaeck; brought up the idea of a sports day, they seemed willing, but heard nothing further. JR sent an e-mail following the session. • Intergenerational project: going well, CHJ met with Michelle. Gaz and Michelle hoped to go to a school in Beddgelert to see if it could be expanded, meeting cancelled, looking to re-arrange. • Dementia Friends for PONTIO Volunteers: database increased to 130. Volunteer Week coming up in June, would be good if sessions could be arranged specifically for the volunteers during that week. Tend to do one in the daytime and one in the evening during that week. Also have some new members of staff - Box Office and Front of House Team. Offer sessions at a time that they’re likely to be available, or SR to encourage them to attend the same time as the volunteers • Electing Officers: no nominations received. Standing agenda item. <p>Minutes accepted as a true record and can now be added to the webpage. IS to add.</p>	<p>CHJ</p> <p>CHJ / JR</p> <p>IS</p>

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2.	Updates:	
a/	<i>Social Media:</i>	
	<p>100 Facebook Followers (https://www.facebook.com/Dementia-Friendly-Bangor-University-379800496079222/).</p> <p>101 Twitter Followers (https://twitter.com/DementiaUni).</p> <p>Need to post more items. Easier to add on Twitter and share on Facebook (one action instead of two). Need to link more, through social media, with other dementia friendly communities in North Wales.</p>	
b/	<i>PONTIO:</i>	
	<p>Started audit, waiting for feedback. At the previous meeting there was a smaller audit carried out which produced some quick fixes, e.g. signage at exits etc.</p> <p>SR had a discussion with PONTIO Cinema Co-ordinator this morning, more opportunities to show films in the afternoons. Need to identify groups or contacts to find out what people want to see and what would help.</p> <p>Suggestions:</p> <ul style="list-style-type: none"> • Theatre Colwyn hold dementia friendly screenings already. • Theatre Dwyfor, Pwllheli do this as well. The lights down the sides are left on. Cup of tea/coffee available. Has been slow taking off. • Taith Ni Group, meets in the Cricket Club in Bangor. • TAPE Community Music and Film – showings for people with Autism, but sure they do dementia too. • Put a call on the Dementia Network to ask what they think would be popular to see at PONTIO. Responses can then be fed back to the Cinema Co-ordinator. <p>If this is added to social media send information through to CR and he can also add it to Dementia Information.</p> <p>CHJ met with the new director of PONTIO last week, very open to new ideas and very supportive. Forget-me-not choir started just before Christmas in Venue Cymru, Llandudno and continuing in the Spring. Discussed if there would be a potential to have a Welsh-medium choir in PONTIO. “Canu i'r Cof” is continuing and CHJ suggested that Osian speaks with Nia.</p> <p>Would be worth going through the PONTIO programme for the last four years, a lot of the dementia-centred activities to take stock of. CHJ has shared the PONTIO dementia related activities with Osian Gwyn.</p>	
c/	<i>Students Union:</i>	
i/	<p>Quite quiet with Christmas and exam period. Student Opps event is the big recruitment push, there'll be more to report at the next meeting.</p> <p>Projects / Opportunities: Singing with Elvis Cân y Gân Dementia Friends</p>	

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	<p>Side by Side with Alzheimer's Society</p> <p>GenCon - going well. As Brailsford have had the Dementia Friends training, would there be potential to meet the Intergenerational Sports Day target in the current academic year? Easter is late (from 6th April), when students return there's only a week or two before the exam period, so would need to work very quick to do this, this semester. Emma keen to be part of this and has all the activities set up. JR to send Emma's e-mail address to Gaz, so Emma and Michelle can talk this through first and if they have dates in mind and that fits in with Brailsford we can get it done.</p> <p>There are also Campus Life volunteers, good link between Undeb and Brailsford.</p> <p>DementiaGo in Bangor Swimming Pool and at the Leisure Centre in Caernarfon.</p> <p>There is also a Hall on the Normal Site.</p> <p>Start with Brailsford and see what's available.</p>	JR
ii/	<p>Cân y Gân: In phase two, co-ordinating more with Brains for Life. From next Wednesday, around 8 students from the Welsh Union are going to Caffi Hafan offering community music initiative. Between 1:30pm and 2:30pm on a Wednesday, every other week. Starting off with community music, but hopefully developing more into ½ hour singing and ½ hour of a concert/performance.</p> <p>Looking to set up Playlist for Life Helpline in Bangor (Caffi Hafan), this would be the first Welsh help point in the World. There is a charity there where families/carers or people who are experienced in dementia or assisting with dementia can go and create an individual playlist for residents or loved ones.</p> <p>AO'M talking about Cân y Gân at the Music Festival (http://www.bangormusicfestival.org.uk/), 14-15 February 2020. This year's theme is Health and Well-being. There is a concert on the Saturday night, with a pre-show talk at 6:00pm in PONTIO on the theme Music and The Mind. AO'M will be discussing the Cân y Gân Project and Rachel Priamo will be discussing music projects with Brain Trauma and Care.</p> <p>AO'M was approached at the Friendly Faces launch regarding a group in Newborough, they have been in touch again and meeting up on 5th February. They do a lot of music and image therapy.</p>	
3. Review Progress Against Action Plan:		
a/	<p><i>Students, Young People and Children:</i></p> <p>Increase Dementia Awareness amongst Bangor University Students. Target 10 dementia friends sessions in the first year will be met. CHJ ran through the list. GR also went to Dolgellau and Coleg Meirion Dwyfor (Health and Social Care Students), this should be included as GR is part of the steering group. Champion Induction Training took place on 20/11/2019. AS gave an overview of how the induction went.</p> <p>The nurses on the dementia friends training the previous day would have liked to attend the Champion Training, but were on placement, asked if there would be</p>	CHJ

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	<p>interest in doing another session. We could host and offer a room and offer to the public again. Alzheimer's Society to be asked about their availability.</p> <p>Audit of Brailsford – something to work on if we do hold an event there.</p>	
b/	<p><i>Arts, Culture, Leisure and Recreation:</i></p> <p>Offered session covering new staff and volunteers at PONTIO.</p> <p>AO'M could ask the Wednesday group if they would be interested in DF Session, particularly if they do go out to do community projects. If they are interested, we could arrange it either in JMJ or Music, or Ardudwy.</p> <p>University has registered 380 Dementia Friends in face to face sessions and 45 via the video option.</p>	AO'M
4.	Any Other Business:	
a/	<p>Dementia Friends Session to the Executive: JH thought it would be worth contacting the Deputy Vice Chancellor, suggested contacting Bethan Nelson in the first instance. It would be nice to have our experts by experience involved in this training if we do manage to arrange a date/time.</p>	CHJ
b/	<p>Rare Dementias Launch Event in Reichel on 22nd April 2020 (morning). Setting up a rare dementias support group for North Wales. It would be good for the round table discussions to have someone with lived experience facilitating along with a member of the RDS Team.</p> <p>JG suggested including LGBT, there is a demographic there that is a minority.</p>	
c/	<p>Hayley Hogan, Alzheimer's Society asked that Dementia Action Week (11th – 17th May 2020) be added as a topic for us to think about joint working on events and something for our next meeting. Maris has taken over the Dementia Friendly Communities from Jo.</p> <p>Suggestions: 'Cawl a Chên' afternoon.</p> <p>CHJ queried with AO'M if there was a way for the volunteers to be involved? Could possibly have University Cên y Gân, or Caffi Hafan Cên y Gân, showcasing students' work with people in the community (possibly at PONTIO?).</p> <p>This is Dementia Action Awareness week and this group isn't specifically dementia, it's Age Cymru, but could be opened out to be an inclusive singing event. AO'M will make enquiries with PONTIO on availability (11th – 17th May), Wednesday afternoon seemed to be the best time for the Steering Group members. Once the group is established see if it's something they'd like to be involved with and then open it out to everyone else.</p> <p>This could also be mentioned to the student projects that are on-going.</p>	AO'M Gaz
d/	<p>GR also mentioned that many schools have linked with a care / nursing home. This has been done in Pwllheli.</p>	
e/	<p>CABAN met before the meeting. Discussed the possibility of having a booklet on 'You don't know what you don't know', things that have been found to be helpful, but not generally known. Hints, Tips and Rights. AS will be collating responses.</p>	AS

Item	Discussion	Action
5.	Date of Next Meeting:	
	Tuesday, 24 March 2020, 2:00pm, Ardudwy, Normal Site, Bangor.	
END OF MEETING		