

Dementia friendly University Meeting

8th October 2019, 1:00pm – 2:30pm, PONTIO

Present: Catrin Hedd Jones – Chair (CHJ); Jen Roberts (JR); Kat Algar-Skaife (KAS); Anna Story (AS); Sharon Roberts (SR); Jerry Hunter (JR); Gill Windle (Gill); Gaz Williams (Gaz); Muhammad Firdaus (MF); Eda Uckun (EU); Leela Leung (LL); Gabriel Ogbodo (GO); Karen Beattie (KB); Rob Beattie (RB); IS (notes)

Apologies: Jim Ibell; Glenda Roberts; Alistair O’Mahoney; Shari Llewelyn; Mark Barrow; Mair Rowlands.

Item	Discussion	Action
1.	Welcome, Apologies and Minutes of the last meeting:	
a/	CHJ welcomed everyone to the meeting. There will be two steering group meetings a year, now mid-way through the first year of accreditation working towards becoming a Dementia Friendly University.	
b/	Apologies recorded.	
c/	<ul style="list-style-type: none"> • Terms of Reference: agreed and passed at the last formal meeting (Link: http://dsdc.bangor.ac.uk/documents/TermsofReference.pdf). • Launch Event: went well, very good attendance. • Stands at Event: DEEP; DementiaGo; HYNT; CADR; Nat West; Alzheimer’s Society; Age Cymru. <p>Minutes accepted as a true record.</p>	
2.	Updates:	
a/	<p><i>Caban:</i></p> <p>Caban is a group of people living with dementia and supporters they are affiliated to the DEEP Network. They help with teaching, audits and research. Launched group in June at the Slate Museum in Llanberis. The next meeting for the membership of Caban will be in December (5/12/2019).</p> <p>They have their own webpage linked to the DSDC Wales Website: http://dsdc.bangor.ac.uk/caban-group.php.en</p> <p>Some of the Caban members also set up a Peer Support called Friendly Face, for people living with Dementia by people living with Dementia: http://dsdc.bangor.ac.uk/dementia-friendly.php.en Launched at Reichel on 23rd September 2019.</p> <p>JH advised that there is another CaBan within the School of Education (Teachers Training Institute), so may need to be careful with emails and post.</p>	
b/	<i>Social Media:</i>	
i.	<p>Dementia Friendly University webpage: http://dsdc.bangor.ac.uk/dementia-friendly-university.php.en</p> <p>Gill suggested webpage needs preamble on where it sits in relation to the international movement as it is a global initiative. Gill will work on this.</p>	Gill

Item	Discussion	Action
	<p>CHJ asked for ideas on what else we should be sharing on the webpage that describes this initiative. From the Students Union side, it would be good to have something on what students are doing for this initiative; especially what Mirain did last year. CHJ to ask Mirain to create a short piece on how she got involved last year.</p> <p>Include the other volunteering projects. Perhaps add a section on the webpage titled 'Student Involvement'. CHJ to link with Gaz to produce a summary to add, including the project descriptions and links.</p>	<p>CHJ</p> <p>CHJ/Gaz</p>
	<p>Part of the action plan for the first year was to share what the Steering Group have been doing and the activities and how we convey this to those who might not be at meetings but would be interested. CHJ asked how the Group felt about sharing minutes as this would be more transparent. Members agreed that the minutes should be linked on the webpage. CHJ will check with Gwenan Hine regarding any GDPR issues that may relate to the minutes being on the webpage. If we do need email permission from the Members, Group happy for this to be circulated through the members and for them to reply.</p>	<p>CHJ</p>
<p>ii.</p>	<p>Are there other things in Social Media that we should be considering?</p> <p>Gaz reported that when they were doing a Fair Trade Fortnight that students were recruited through social media to deliver all the social media / marketing etc.</p> <p>JH wondered if it would be worth putting in for a formal university internship. GW would raise this in the CADR meeting on the 14/10/19.</p> <p>CHJ, Gaz, AS and IS to meet up to see where we're up to on our social media presence and how we could take it forward with the volunteers.</p> <p>76 Facebook Followers (https://www.facebook.com/Dementia-Friendly-Bangor-University-379800496079222/)</p> <p>Quite low on Twitter Followers – 48 (https://twitter.com/DementiaUni)</p>	<p>GW</p> <p>To be arranged</p>
<p>c/</p>	<p><i>PONTIO:</i></p>	
	<p>Update from SR on the facilities side:</p> <ul style="list-style-type: none"> • A preliminary Audit with KB & RB leading was conducted and a further date to be arranged with more Caban member and invites to the community of people living with dementia. CHJ / SR to arrange suitable date with access to all areas. • Volunteers – hoping to have another Dementia Friends session for recently recruited volunteers, timelier to do this in late November/early December. Probably taking on at least 6 a week at the moment. Numbers up to around 117. • Screening: 9th October 2019, Film, Cake and Song afternoon, showing Calamity Jane – sold out. • A new PONTIO Artistic Director, Osian Gwynn, started 7/10/19. 	<p>CHJ / SR</p>
<p>d/</p>	<p><i>Students Union:</i></p>	
	<p>Cemlyn Project: pilot last year, some issues from BCUHB side, shut down all external access on the ward at the moment, none of the volunteers are able to go there. Once this has been sorted they will contact Gaz.</p> <p>New projects: Side By Side (Alzheimer's Society) and Cân y Gân – welsh music in partnership with Age Cymru Gwynedd a Môn and Playlist for Life.</p>	

Item	Discussion	Action
	<p>Recruitment completed two weeks ago, in the process of interviewing and obtaining DBS and all the compliance work. Probably be starting in the next 2 – 3 weeks. Need to meet up with Alistair to get the Welsh Music Group going.</p> <p>Positive response at Serendipity: 77 names collected (65 for Dementia Friends Training & 12 for Dementia Champions Training). Positive response to students eligible for 5-10 Employability Credits for attending.</p> <p>Corneli Cudd, putting musicians for residents in care homes. Have had student volunteers engage as well. Important intergenerational project. JH suggested it may be an idea to see if this could be continued with Undeb involvement.</p>	<p>Gaz / Alistair</p> <p>SR / Gaz</p>
3.	Review Progress Against Action Plan:	
a/	<p><i>Increase dementia awareness within Bangor University:</i> Set a target for 10 Dementia Friends sessions (May 2019-May 2020) open for both staff and students and public. 3 in Libraries 2/10, 14/10, 15/10, 1 Welsh medium staff 2/10, 2 to pre reg nursing students in Wrexham 29/10, and Bangor 19/11, 1 Social Care with Gwenan Prysor 15/10, Members supported offering a session, dates tbc, to the University Executive board, PONTIO volunteers and Brailsford staff. KB advised that she would be at sessions on the 14th (BU) and 15th (with Cheryl Williams- Alzheimer’s Society at 2pm) October. Email those on the list from Serendipity about the session next week.</p> <p>Would be good to share this information with Cheryl.</p>	<p>JH, SR, Champions</p> <p>IS</p> <p>CHJ</p>
b/	<p><i>Intergenerational Sports Day at Brailsford:</i> Gill spoke with Manager - Richard Bennett, and they were very keen. Gill has received an email from the Centre Manager, enquiry as to what they needed to do. Seemed quite flexible, and asking for dates. Gill will follow this up. The first step would be for the staff to have the Dementia Friends Sessions to get them all involved.</p>	<p>Gill</p>
	<p>New Students Union Intergenerational Project starting in Cae Garnedd called GenCon (@GenCon08870345). Children from Ysgol Garnedd are going in to Cae Garnedd. Looking to do sessions every Wednesday. Michelle Callaghan is leading and has put together a timetable.</p> <p>It should be reported in the Action Plan that students are volunteering on a project that will help people in the community living with dementia.</p> <p>CHJ queried if the Students Union have offered Dementia Friends Session for those volunteers, would it be worth suggesting? Gaz thought they had training last year. SR wasn’t sure, would need to check back. If any of the volunteers want a Dementia Friends session it may be better for them to have it earlier on.</p>	<p>CHJ</p> <p>SR</p>

Item	Discussion	Action
	<p>CHJ queried when the Cae Garnedd group finished there may be an opportunity to work with that group and Brailsford and possibly invite them to Brailsford to a multi-generational Sports Day. Students Union would have the transport.</p> <p>SR advised that Brailsford run holiday activities with children. Possibility to link up as part of that?</p> <p>JH suggested that perhaps the Teachers Training Initiative would be interested also.</p>	
c/	<p><i>Discuss and Improve wayfinding signage throughout the building in particular to and from the toilet:</i> KB and RB led an audit with members after the meeting using this document: https://www.dementivoices.org.uk/wp-content/uploads/2017/09/Inside-checklist.pdf.</p> <p>Arrange another follow up date for more people affected by dementia to give feedback and suggestions.</p>	
d/	<p><i>Increase dementia awareness amongst PONTIO Arts volunteers and staff (in particular Front of House and Box Office):</i> discussed Dementia Friends training for the new volunteers in November. Need to update the dates of the sessions on the action plan. SR to discuss with Shari.</p>	SR
e/	<p><i>Updates:</i></p> <ul style="list-style-type: none"> • 120 Friends created on the University Sign-up to date. • Chris Roberts awarded his Honorary Fellowship on 17th July. Link to Chris' acceptance speech: https://www.alzheimer-europe.org/News/Alzheimer-Europe/Wednesday-17-July-2019-Chris-Roberts-awarded-Honorary-Fellowship-at-Bangor-University • Serendipity event – very positive. CHJ thanked Gaz for letting us attend a very busy event. Gave space to show what we're trying to do and invite more people. Gaz invited the group to join the student led hall next year. • Champions Training date has been offered by the Alzheimer's Society this will enable capacity building for more dementia friends and activity 20/11/19 in Rooms 14-15 Fron Heulog. • Welsh medium CD Cân y Gân launched by Eluned Morgan AM the Minister of Welsh Language on 19th July and celebrated at the Eisteddfod on 9th August. More information on this page and access to download songs and lyrics http://dsdc.bangor.ac.uk/welsh-music.php.en • AS and Teresa attended a event on Meeting centres on 18th September, following research by Worcester University where they've been setting up UK meeting centres. AS gave an overview of this. KB would like to discuss this further with AS. • Friendly Faces launched on 23rd September 2019. More information here http://dsdc.bangor.ac.uk/dementia-friendly.php.en • CADR Conference 1st October 2019 in Aberystwyth. Gill gave an overview of the conference. http://www.cadr.cymru/en/index.htm • 'It Starts with Us' Conference, 2nd October, arranged by Student Nurses at Bangor. AS had a stand at the conference, representing Join Dementia Research, CADR and Friendly Face. Attendees: 118. 	KB/AS

Item	Discussion	Action
	<ul style="list-style-type: none"> Gaz: table at an event in Wrexham on 24th October and looking to have materials to display. KB wondered if they'd want a Dementia Friends Session. Gaz will find out what the format is. <p>All members were happy with the progress of the action plan to date.</p>	Gaz
4.	Arrangements for Outstanding Actions:	
	<ul style="list-style-type: none"> More Dementia Friends when volunteers are ready. Build on links with Brailsford. Link more with projects at Students Union. Social Media – encourage student volunteers to be our Social Media Ambassador. Gill suggested that the students who signed up for Dementia Friends might have an interest in this. Audit session in PONTIO and Brailsford. Would be good to link with Alzheimer's Society. Gaz to contact Helen to check if it is okay for her to be on the Steering Group, if not, could she suggest someone at the Alzheimer's Society to be the link. 	Gaz
5.	Plan for 2020-2021 Elect Officers and Select Action Areas:	
	<p><i>Elect Officers:</i> CHJ is happy to stay on this year, but it would be nice to get a fresh perspective for the Chair. Would be good to get nominations now, so by the next annual meeting there would be a new Chair in place. No decision reached. Revisit and nominate at the next meeting.</p> <p>Prepare actions for next year ready for the next meeting.</p>	All All
6.	Any Other Business:	
	Dementia Friends training for Exec: CHJ queried with JH if the Exec would be interested in a dementia friends session. JH and CHJ to discuss further.	JH/CHJ
	JH is writing a new Community Engagement Strategy for the University, needs to ensure this work is fed into the report. Ask for contribution from the Group for ideas to ensure it is embedded into the heart of the strategy. Should be happening in the next couple of weeks.	JH/CHJ
	Gaz advised that there's a space at the Deiniol Centre that needs to be occupied.	
7.	Date of Next Meeting:	
	29/01/2020, 2:00pm – 4:00pm, Ardudwy, Normal Site (LL57 2PZ)	
END OF MEETING		