

Dementia Friendly University Meeting

1st March 2022, 2:00pm, Zoom

Present: Catrin Hedd Jones – Chair (CHJ), Gill Windle (GW), Jen Roberts (JR), Ian Davies-Abbott (IDA), Maria Caulfield (MC), Chris Roberts (CR), Jayne Goodrick (JG), Maris Stewart-Parker (MS-P), Gethin Jones (GJ), Iwan Williams (IW), Gwenllian Hughes (GH), Mared Huws (MH), Katie Tew (KT), IS - notes.

Apologies: Patri Masterson-Algar, Teresa Davies, Glenda Roberts, Lindsay Jones, Sharon Roberts, Ronnie Dean, Michelle Durrant.

Item	Discussion	Action
1.	Welcome, Apologies and Minutes of the last meeting 22/06/2021:	
a/	CHJ welcomed everyone. Best wishes were sent to those who couldn't attend.	
b/	Apologies recorded.	
c/	<p><i>Actions from previous meeting:</i></p> <ul style="list-style-type: none"> MH reported they'd hoped to do things straight after Serendipity, but it became a difficult time in terms of holding events in Pontio. Activities held over the last few months with Action for Children with their Young Carers. This year's Serendipity will be held on 21st and 22nd September. MC reported that the Counselling Service have a generic well-being e-mail address to be used for any counselling / further resources / help, can talk with one of the advisors within Student Services about support needed. KT reported regarding the Carers Group, struggling to hold a meeting, not an area they've been able to focus on, but something they need to do more of. The University are going to be able to hold a Residential Course for Young Carers in the next month, hopefully that will raise awareness and support carers who perhaps choose to come the University in the future. Students with caring responsibilities have been identified as a priority group in the new widening access strategy. GW reported that she has been liaising with Mel around the rural work. <p>Minutes accepted as a true record and can now be added to the webpage. IS to add.</p>	IS
2.	Updates:	
a/	Caban	
	<p>CHJ shared slides that were used at the launch of DFU in May 2019; and updated on Caban activities during the last year.</p> <p>Run 2 Remember is a documentary created by RD's son, recording his endeavours of running a hundred kilometres in a day in aid of Alzheimer's Research UK.</p> <p>Gethin Jones (Lecturer in the School of Medical & Health Sciences) has completed the Dementia Champions course. We have lost two Dementia Champions, there is always a need to increase the number of Champions in Bangor University.</p> <p>GJ provided an update on the development of more information on dementia within the curriculum. Currently doing a Masters by Research, looking at how to improve pre-registration dementia training. Since the new curriculum started two sessions</p>	

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	<p>have been held with Caban members around learning to do Dementia Friends Sessions. The new curriculum allows for more opportunities to revisit students.</p> <p>IDA highlighted Caban’s input in the Higher Education Dementia Network 5 year strategy as well, which is a collection of Universities across the UK that look at the provision of dementia education in under-/ post-graduate programs. The Caban group were key to the strategic vision action plan, held a workshop looking at the dementia strategy from the Higher Education point of view. Link to document.</p>	
b/	<i>Social Media:</i>	
	<p>Numbers are low, would like suggestions going forward on how we increase numbers. We had three student volunteers leading on the Social Media side, each taking a platform. Need to re-look at how to support and encourage more. The activity on this has come to an end since they stopped volunteering, work needed to re-activate this. We do now have three platforms: Twitter, Facebook and Instagram.</p> <p>KT thought there would be students keen to collate the information of our work. KT will have a look at who may have an interest in this with a view to moving it forward.</p>	KT
c/	<i>Pontio:</i>	
	CHJ to ask for an update by email.	CHJ
d/	<i>Students Union:</i>	
	<p>For St David’s Day there was a group singing at Hafan Café and following a push they have new volunteers there. Keen to get all the volunteers who do the tea parties or out-and-about trips trained in Dementia Friends. Would be good to get a date in the diary.</p> <p>Held a St David’s Day Tea Party yesterday, they had singers, played bingo, biscuits decorating. An opportunity for students and all the visitors to chat and get to know each other.</p> <p><i>Kids project:</i> made cards for everyone, multi-generation with volunteers and kids and the older people that could visit.</p> <p><i>Out-and-about trips:</i> had two dates in the diary, these filled up quickly, going to try and add some more.</p> <p><i>Dementia Training:</i> some held before Christmas, keen to do some more with students and staff.</p> <p>Gardening Projects at both Treborth & the Healing Gardens, next step is to try and get members of the community to do gardening sessions. Anyone who has any links to let KT know.</p> <p>Arts & Crafts Sessions are going to be held at Hafan Café.</p> <p>CHJ queried with IW if there would be opportunities to connect more with the students working in Hafan Café. IW thought they would be open to co-work.</p>	KT/CHJ All

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	<p><i>Work on College Park:</i> Plan of rough design of what College Park will look like – unsure if it can be adapted. GW thought it would be worth asking now what their accessibility plans are. MC will send Lars an email.</p> <p>KT reported that she has a meeting on Monday about College Park and will raise it then. IW is also at the same meeting and will also make enquiries.</p>	<p>MC KT IW</p>
e/	<p>Alzheimer's Society:</p> <p>Process is still the same in terms of recognition of what the University achieved and were working towards. Doesn't see problem with renewing, it's something that can be done quite quickly with the annual assessment.</p> <p>The way that DF and DFC is administered in England has changed, some recent communication about the role changing from 'Champion' to 'Dementia Friends Ambassador' and a different ask of that role.</p> <p>Dementia Action Week 16th – 22nd May, theme is around 'Diagnosis'. More to follow in terms of support or packs regarding Dementia Action Week should they be needed.</p> <p>Currently working with Allied Health Professionals to try and get a Dementia Pathway drawn up for them. Will also feed into the early intervention work. This is being led by a PhD student at Bangor, Laura Braithwaite-Stewart. https://heiw.nhs.wales/support/qist/welsh-clinical-leadership-training-fellowship-wcltf/meet-the-leadership-fellows/</p> <p>Lot of changes at the Society, due to COVID, much smaller team in Wales.</p> <p>Conference on 7th June in Wrexham. Theme: Diagnosis. GW will be presenting. Link to the Conference website</p> <p>As a Steering Group it would be nice if we have more Dementia Champions, Lindsay is the only person in Wales that can do it – currently on-line, would need to confirm availability directly with Lindsay. Students completing the Dementia Friend or a Champion training have been Awarded Employability Credits, this needs to be checked as Bangor Employability have changed: https://www.bangor.ac.uk/skills-and-employability/current-students.php.en</p>	
3.	<p>Review Progress Against Action Plan:</p>	
	<p><i>Community Actions/Achievements:</i> add that JR and IDA are doing Rare Dementia Support across Wales. CHJ to add on the actions list.</p> <p><i>Dementia Action Week:</i> IDA planned to do a gig for charity, re-arranged to 21st May.</p> <p>KT wondered if the sports day could go ahead that week, can also do an additional out-and-about. KT will chat with the volunteers and will speak with CHJ outside of this meeting. MC thought the Manager at Canolfan Brailsford was still Sam Wallwork.</p> <p>The person responsible for the Cake & Song afternoons is no longer employed by Pontio. Emyr, Cinema Co-ordinator in Pontio, is keen to continue with this in the</p>	<p>CHJ</p> <p>KT</p>

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	<p>cinema, could work on something with Emyr for Dementia Week. Connection developed with Age Cymru Gwynedd a Môn in Bontnewydd; also have connections with a group that meet in Beaumaris, so the audience is there.</p> <p>MH wondered if KT had a section within the volunteers, e.g. a performing group, perhaps they could put on a performance and then the film. KT suggested a music session / choir. MH will email Emyr and KT following the meeting to see what they can come up with for that week. Link to images from the day.</p> <p>MC to co-ordinate with Caban to bring them together to meet up; also work with MH and KT to invite Caban members to the event at Pontio.</p>	<p>MH</p> <p>MC</p>
4.	Election of Officers:	
	JR offered to take on the role of Chair from August 2022. It was agreed that CHJ and JR would share the Chair for the rest of this year.	
5.	Any other business:	
a/	CHJ thanked the Translators from Canolfan Bedwyr for attending the meeting today.	
b/	<p><i>Dance for Parkinson's</i>: being run in conjunction with the English National Ballet and National Dance Company Wales. Some difficulty reaching the individuals who would benefit, so if anyone has any contacts, or anyone with an interest they should contact MH. It is also open to people who care for people living with Parkinson's. Information is on Pontio website, they are the only place to offer it in Welsh. MH will ask the marketing team to send the information to CHJ & IS so it can be shared with the group.</p> <p>Could add the information to the North Wales Dementia Network Facebook page.</p> <p>MP-S can pass information on to Dementia Advisor and Dementia Support Worker colleagues that are supporting people with Parkinson's related dementia and also the Memory Assessment Services.</p>	<p>All</p> <p>MH</p>
c/	<p>The University has changed a lot during the time we've been running the DFU Scheme. A Dementia Awareness session was provided to staff and the Executive Team, it has been important that the University support this work.</p> <p>Iwan Williams joined the University recently as the Senior Civic Mission Officer. Relates to communication between the University and the Community and how the University contributes to the well-being goals in the Future Generations Act. A strategy is being worked on which will drive forward the objectives and schedule of work over the next months / years. CHJ asked if the new strategy included the work of the Steering Group and the University working towards becoming Dementia Friendly. There would be an opportunity to feed into this.</p> <p>Link to Bangor University Civic Engagement Strategy</p>	
d/	<i>Time for Dementia</i> : Maris gave an overview of the Alzheimer's Society supported programme where students teamed up with families living with dementia and for a year to give an insight into the actual lived experience of dementia. Michaela Morris or Rebecca Hanmer (PHW) would be able to provide more information. IDA and CHJ	IDA/CHJ

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	to discuss with GJ if Time for Dementia. would be suitable to the new validated health degrees in Bangor.	
6.	Date of next meeting:	
	Monday, 26 th September 2022 at 3:00pm via Zoom	
END OF MEETING		