

# Dementia Friendly University Meeting

27<sup>th</sup> January 2021, 2:00pm, Zoom

**Present:** Catrin Hedd Jones – Chair (CHJ); Iwan Davies (ID); Glenda Roberts (GR); Chris Roberts (CR); Jim Ibell (JI); Teresa Davies (TD); Gaz Williams (GW); Gill Windle (Gill); Ian Davies-Abbott (ID-A); Sharon Roberts (SR); Hayley Hogan (HH); Lindsay Jones (LJ); Mari Ireland (MI); Luke Pickering Jones (LP-J); IS (notes).

**Apologies:** Kat Algar-Skaife; Anna Story; Jayne Goodrick; Shari Llewelyn; Katie Tew; Iwan Lynas-Edwards; Jen Roberts.

Item	Discussion	Action
<b>1.</b>	<b>Welcome, Apologies and Minutes of the last meeting 29/10/2020:</b>	
a/	CHJ welcomed everyone to the meeting and introductions were made.	
b/	Apologies recorded.	
c/	<p><i>Action from previous meeting:</i></p> <ul style="list-style-type: none"> <li>• Get There Together – no further update.</li> <li>• Rare Dementias launch during Wales Dementia Conference on 03/02/2021.</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>	
a/	<b>Research and teaching:</b>	
i.	Gill gave an overview on Ageing & Dementia @ Bangor, including the current research portfolio.	
ii.	CHJ gave an overview of the North Wales Dementia Network and Caban. Also discussed the MSc Courses, PhD and Professional Doctorate. Raising awareness in the Community, Merched y Wawr have been extremely supportive over the years, including the most recent work on translating ‘Sensory Challenges’ booklet.	
b/	<b>Social Media:</b>	
	156 DFU Facebook Followers ( <a href="https://www.facebook.com/Dementia-Friendly-Bangor-University-379800496079222/">https://www.facebook.com/Dementia-Friendly-Bangor-University-379800496079222/</a> ).	
	158 DFU Twitter Followers ( <a href="https://twitter.com/DementiaUni">https://twitter.com/DementiaUni</a> ).	
c/	<b>PONTIO:</b>	
	<p>Only operating digitally at the moment, so no events or shows.</p> <p>Received audit documents with thanks. Categorized feedback to good points / bad points. Signage was one of the biggest issues and is high up on the agenda. CHJ asked if SR could share a list of Short-, Medium- and Long-Term goals. SR hasn’t spoken with Estates yet due to the restructuring, meeting about role soon, so will have a better idea then on how to progress and who in Estates could take it forward.</p> <p>Film, Cake and Song afternoons – hoping that these will continue in the future.</p>	

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	134 volunteers. Some training delivered. Hoping as soon as open they will all be back and carry on. Could possibly do some training by Zoom with some of the volunteers in preparation for their return.	
<b>d/</b>	<b><i>Students Union:</i></b>	
	Volunteering in a similar position to PONTIO. Issues with DBS, Undeb system is face to face.	
	<i>Penpal:</i> 80 students gave a letter to be sent around elderly residencies in Bangor, the Residents have received them, but none have responded by letter.	
<b>e/</b>	<b><i>Alzheimer's Society:</i></b>	
	<ul style="list-style-type: none"> <li>• <i>Update from Hayley:</i> Dementia Friends Initiative within the Alzheimer's Society – things have been on hold since the pandemic started. Priority service response in terms of supporting people living with dementia and carers locally across Wales.</li> </ul> <p>Recruitment for 2 Dementia Friendly Community Officer posts underway, due to be confirmed this week. Key priorities now the Dementia Friendly Communities Officers are back off furlough is to re-engage with the Dementia Friendly Steering Groups across Wales.</p> <p>Reviewing where people are with their Action Plans. There is talk of joining up all the Steering Groups and Organisations across Wales, to form a Network to share better practice and avoid duplication, and to feel better connected.</p> <ul style="list-style-type: none"> <li>• <i>Update from Lindsay:</i> Dementia Friends – now ready to launch training of Champions in Welsh language. Moved to virtual platform and will be run as three workshops. <b>LJ</b> will send information about this to CHJ and the Welsh Language Champions. Would like to run a couple of pilot sessions first to get feedback from existing Welsh Language Champions, to check training material format.</li> </ul>	LJ
<b>f/</b>	<b><i>Caban – DEEP:</i></b>	
	<p>Knowledge is Power Booklet: would be good to have more booklets printed.</p> <p>TD &amp; JI met with AS about the next booklet. Discussed Care Homes, producing something to help people with dementia in Care Homes, to bring them to the forefront. The booklet will include lots of tips on how to manage around the home, not only in the garden, but also inside the home.</p> <p>CHJ wondered if there was a way of getting a message out to the Care Homes in terms of increasing the accessibility and the involvement of people to the outside space? There is an ENRICH Network across Wales, this is a network of Care Homes interested in research, if they have a newsletter perhaps we could write an article on what was found to be good / not so good.</p> <p>GR thought it would be a good idea if we could buy packs of seeds to send out. There is a Gardening Group at the University (working in collaboration with Headway), but GW couldn't see anything being done with Headway until next academic year.</p>	

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	CR suggested we could possibly involve Men's Shed, they can build planters etc, we could possibly ask for donations of wood.	
3.	<b>Student Volunteer Applications:</b>	
	<p>3 student volunteers, 1 x completed MSc, 1 x Mental Health Student Nurse, 1 x in 2<sup>nd</sup> year of course in Medical studies. If DBS can be done on-line that would be very helpful. GW happy to conduct the interviews, along with members of the steering group. CR thought it would be a good idea to have a small interview first and perhaps they could visit us as a Committee. If some members of the Steering Group would like to be more involved with the interviews, they should contact CHJ. <b>CHJ</b> will contact GW with the details of the students. CHJ queried with ID if there was a way to do the DBS online. Happy for <b>CHJ</b> to make enquiries through Registration.</p>	All CHJ CHJ
4.	<b>Review Progress Against Action Plan:</b>	
	<p><i>Aim 1 – Students, Young People &amp; Children:</i></p> <ul style="list-style-type: none"> <li>• Aim was for 10 Dementia Friends Sessions – 19 have been completed.</li> <li>• Latest figures 723.</li> <li>• 2 Dementia Friends Sessions tomorrow (1 Welsh &amp; 1 English).</li> <li>• Students who complete a Dementia Friends Session or become a Champion receive Employability Credits.</li> <li>• Serendipity 2019: 77 students showed an interest in being a Friend or Champion.</li> <li>• Staff at Canolfan Brailsford have received training.</li> <li>• There's a new book by Anne Scott called 'Sizzling Bacon', good book for children explaining in an informative, but fun, way on how dementia affects the brain.</li> </ul> <p><i>Aim 2 – Arts, Culture, Leisure &amp; Recreation:</i></p> <ul style="list-style-type: none"> <li>• Lot of work done ensuring Front of House/Box Office staff are Dementia Friends.</li> <li>• Dementia Friends sessions also given during Volunteer Week in 2019.</li> </ul>	
5.	<b>Moving Forward – updating the Action Plan:</b>	
	<p>Need to add an area as we move forward. Which areas should we focus on?</p> <ul style="list-style-type: none"> <li>• <b>Community, voluntary, faith groups and organisations:</b> Help people with getting gardens tidy. This would fit in well with the Student Volunteers when they are able to move forward.</li> </ul> <p>Raising awareness of Dementia amongst the Chinese community.</p> <p>Need for emphasis on teaching skills to people, virtual meetings etc., could be included under Community. Gill and Patri Masterson Algar have been looking at digital literacy and supporting people.</p> <p>Carers in the community, not a lot done for caring for carers. Gill wondered if it would be useful for Diane Seddon &amp; Maria Caulfield to give a talk about short breaks for carers and also the work Patri Masterson Algar has done. Would be good to find out how many young carers there are in the University. This should be for all disabilities, not just dementia carers, ability for them to meet up to discuss what each other deal with.</p>	

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	<p>At the Alzheimer's Society they have a Carers Passport, identifies exactly what it is they do in their caring role and what support they need to put in place. <b>HH</b> could share this.</p> <p>MI advised that there is a Young Carers Organisation, who run Youth Clubs specifically for young carers, may be an idea to look at what they do / offer.</p> <p>CHJ advised that Delyth Murphy at the University has done a lot with Widening Participation and supporting carers, but she is retiring. Would be useful to find out who is taking over this responsibility.</p> <p>LP-J advised that there's going to be a Regional Dementia Steering Group, with representative from BCUHB and Local Authorities. LP-J also has connections with the Memory Service.</p> <p>MI wondered if the Students Union could support Young Carers Union within the University.</p> <p><b>PRIORITIES:</b>  <b>Help Young Carers</b>  Pontio Arts Development Coordinator, Mared Huws, involved with the community and getting young people involved in the Arts. Perhaps there may be a project we could work on with Mared for Young Carers to do with the arts.</p> <p>Could do something with Arts for Young Carers, similar to what the BBC are doing.</p> <p><b>Health &amp; Education</b>  Need to look at talking with Medical Students early on.</p> <p><b>CHJ</b> to circulate a list of suggestions from the minutes, members could then indicate which they'd be interested in.</p>	<p>HH</p> <p>CHJ</p>
<b>6.</b>	<b>Any Other Business:</b>	
a/	ID thanked for the invitation to join the meeting. Happy for a Dementia Friends session to be given to the Executive. <b>CHJ</b> to contact Gwenan Hine to arrange a suitable date.	CHJ
b/	CR congratulated Nigel Hullah, Chair of 3 Nations Dementia Working Group, now on the European Working Group as well. Combined with Kevin Quaid who is on the Irish Working Group and two people from Scotland.	
<b>7.</b>	<b>Date of Next Meeting:</b>	
	22 <sup>nd</sup> June 2021 at 1:30pm (Zoom).	
<b>END OF MEETING</b>		