

October 2020 Newsheet

for Dementia Friendly Community Leads and representatives across the Vale

This newsheet has been created to support you in your local Dementia Friendly Community work, and provide you with information about the priorities and activities of the Dementia Friendly Communities UK-wide network.

Approaching local businesses and organisations



An **updated flyer** has been produced in consultation with people affected by dementia, to **raise the awareness of local businesses** about the needs of people living with dementia who are using their services, particularly during coronavirus.

Please email ingrid.patterson@mariecurie.org.uk if you would like a copy of the resource for circulation in your own community, as Lockdown restrictions continue across Wales.

Dementia Friendly community groups



Local community groups are also being offered the opportunity to **become dementia friendly**, as an additional way of supporting people affected by dementia to remain connected, particularly during coronavirus.

Please email ingrid.patterson@mariecurie.org.uk if you would like to become involved, or have any local contacts who would be happy to be approached.

Virtual Dementia Friends information sessions



If you would like to learn how to deliver **Dementia Friends online** (in webinar or livestream format) to reach more people in your community during coronavirus, you can book on to a workshop using the link here:

<https://www.smartsurvey.co.uk/s/ND7PG/>



If you, or one of the members of the Dementia Friendly Community, is interested in becoming a **Dementia Friends Champion via an online induction**, Alzheimer's Society is inviting you to complete a survey to help them understand your preferences in delivering these sessions.

You can access the survey, here: <https://www.smartsurvey.co.uk/s/01LFJG>

Get There Together



Cardiff and the Vale University Health Board is encouraging local communities to work together to **develop a video resource called Get There Together**.

The aim of this is to support local people living with dementia (as well as people with other health conditions) to re-build confidence to access their local services, once Lockdown restrictions ease.

You can email ingrid.patterson@mariecurie.org.uk for further information.

Lockdown Report by Alzheimer's Society



A new report '**Worst hit: dementia during coronavirus**' has been produced by Alzheimer's Society to raise awareness about the impact of coronavirus on people living with dementia.

You can access a copy of the report, [here](#)

Becoming Carer Friendly



The Cardiff and Vale Carers Gateway has recently introduced **Carer Friendly training** in a webinar format, to support people who are unpaid carers in Cardiff and the Vale of Glamorgan, as well as professionals.

If you are interested in finding out about upcoming session dates, you can use the link [here](#)

This One's for you



Penarth Sounds is currently offering to put together a **personalised, dedicated radio show** for someone you know who is affected by dementia and who may be in need of support.

You can email ingrid.patterson@mariecurie.org.uk for information about how to arrange this, or visit the Penarth Sound's website by following the link, [here](#)

Preparing for winter



Age UK has produced some helpful tips to help you **prepare for the winter months**, and support others to do the same.

You can access further information, [here](#)

Home-based resources



If you would like additional **activity ideas to do at home** for people who are affected by dementia, you can use the link, here: <https://www.alzheimers.org.uk/get-support/coronavirus-activity-ideas-people-living-dementia>

A note



Please feel free to **email Ingrid** if you would like to arrange a time to talk or discuss how this newsheet can continue to support you in your activities. You can also **call 07515 135 413**.

Thank you for your ongoing commitment to Dementia Friendly Communities