



October 2021 Newsheet

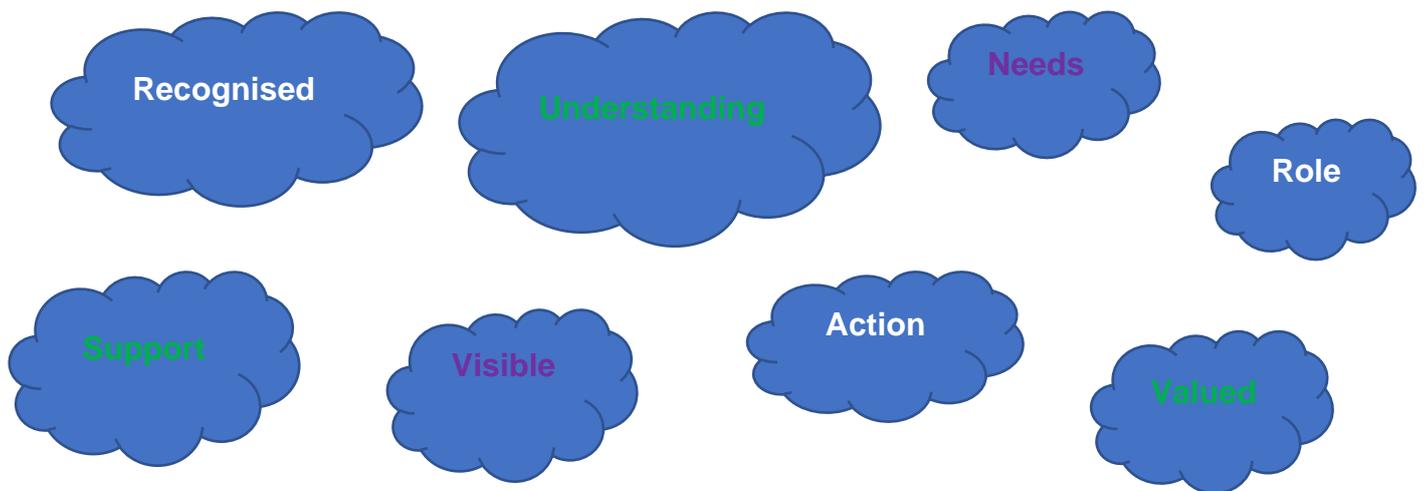
This newsheet provides you with information about dementia friendly activity that is taking place across Cardiff and the Vale of Glamorgan

For people who care about people living with and affected by dementia

What we learnt during World Alzheimer's Month

World Alzheimer's Month in September helped to raise awareness about dementia and challenge the stigma people living with dementia still face.

People living with dementia and their carers shared with us what matters to them most...



The project is helping to address the feedback of people affected by dementia in the following ways...

Reflecting the needs of people living with dementia when supporting businesses to build Dementia Friendly action plans

Supporting businesses to carry out environment checks of their premises

Helping to create **Dementia Friends** by partnering with Alzheimer's Society

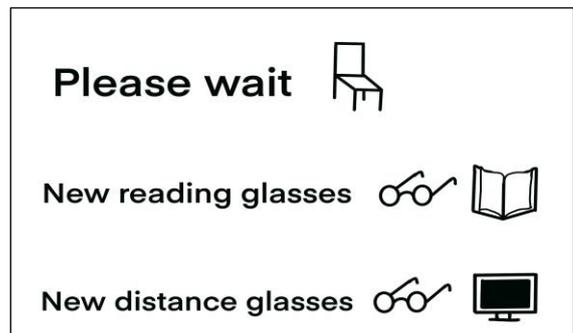
Working with the local community to **raise awareness** about the benefit of businesses becoming more welcoming and accessible for people affected by dementia

Action local businesses can take to become Dementia Friendly...

'We are ensuring our premises have appropriate signage to become dementia friendly environments'
(Home Instead)



'We have made cue cards to use with patients with dementia to help them understand the processes and outcome of the sight test'
(Pearce & Blackmore Opticians)



'We have organised our office space as well as removed certain items to provide a safe and warm welcome for any customer who may have dementia'
(Cleaner's Got Talent)



The team at Cleaner's Got Talent

What businesses are saying about the value of being Dementia Friendly...

Christ Church, Roath Park

“”

BECOMING A DEMENTIA FRIENDLY CHURCH MEANS BEING A PLACE WHERE PEOPLE WITH DEMENTIA ARE UNDERSTOOD, RESPECTED AND SUPPORTED.

Pearce and Blackmore Opticians, Pentwyn



“I was pleasantly surprised how easy it has been to adapt our practice to make it dementia friendly.

It's interesting how just simple education about the requirements of people with dementia can help”

Aelwyd Housing Association, South Wales



“We have been taking time to understand the person and what is important to them, as well as how they prefer to be supported”

Take steps to make your business more welcoming for people affected by dementia...

- ✓ Talk to us and we'll help you **identify action** your business can take to become Dementia Friendly, and give you the **resources you need**
- ✓ **Note your actions** on the action plan
- ✓ **Sign the pledge** as a commitment to taking action
- ✓ **Get started** and receive your Dementia Friendly **certificate and window sticker!**

We will support you with information and advice,
and signpost you to other support that's available.

And remember...

- It's a simple process
- there's no cost involved
- your business will benefit.

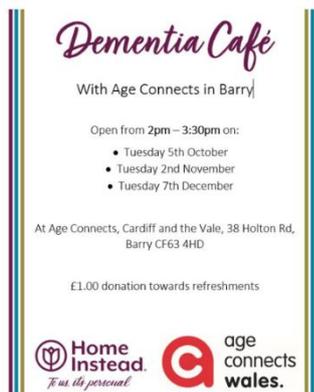
Local groups you can visit



Memory Café in Dinas Powys

Email: befriendingdpc@gmail.com

Phone: 029 2051 3700 for further information



Dementia Café with Age Connects in Barry

Email: shs@ageconnectscardiff.org.uk

Phone: 01446 732385 to find out more details



Activities at Sully Sports Club

Register your interest here:

<https://www.reengage.org.uk/join-a-group/activity-groups-in-wales/apply/>

or call Gavin: 02922 801 802

How the Dementia Connect service can help you

Dementia Connect support line

0333 150 3456

Information

Advice

Support

Bilingual (English and Welsh)

Dementia Connect Service

- 1 Tell us about your situation**

We can support people who are worried about their memory, living with dementia, or carers and family members.
- 2 Tell us what you'd like support with**

Help us narrow down the information by choosing topics you're most interested in.
- 3 Get online support**

We'll show you free, helpful resources, relevant to your situation.
- 4 Request phone support from a dementia adviser (optional)**

If you'd rather speak to somebody about your situation, you can request a call from a dementia adviser.
They will listen to you and give you the support and advice you need.

Becoming more aware about the needs of people living with dementia from Black African and Black Caribbean backgrounds in the UK

B:M2021

DIG DEEPER, LOOK CLOSER, THINK BIGGER

October is Black History month

(Research gathered by Alzheimer's Society)

1. Black African and Black Caribbean people are **more likely to develop dementia** than White people, and at younger ages
2. Black African and Black Caribbean people tend to **access dementia services much later**, often when they are in crisis situations
3. Black African and Black Caribbean people are **less likely to receive drug treatments**, become involved in dementia research studies or move into a care home setting



You may also be interested to learn more about the work of the **Black Dementia Company** by visiting the website:

<https://theblackdementiacompany.com/>

Free Training



The Mental Health Forum (part of Cardiff and Vale Action for Mental Health) **are running free virtual training sessions** for community groups and the voluntary and statutory sectors in Cardiff and the Vale of Glamorgan.

(This includes a **session on minority ethnic awareness** on 9th November.)

Please email info@cavamh.org.uk for further information.

A final thought: Simple ways of becoming more supportive of people living with dementia



**Thank
you**

for your ongoing commitment to supporting people living with and affected by dementia

If you have any questions or comments, please get in touch.

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Best wishes, *Ingrid*