



June 2021 Newsheet

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



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

People living with dementia and their carers shared their thoughts on what being part of a **dementia friendly community** means to them...



Pledging organisations



The following **organisations** have recently pledged to become **Dementia Friendly**...



Pledging to become **dementia friendly** means a business or organisation has committed to **taking action** to become more **welcoming and accessible** for people affected by **dementia**.

If you would like to find out **more information about making a pledge**, please email ingrid.patterson@mariecurie.org.uk

Examples of action that pledging organisations have taken...



'We are committed to being aware of our choice of language and aim to be inclusive of the person living with dementia, asking them how we can best support and adapt to their needs'



'We produced templates for new signage that included images to help communicate with our customers'



'We are revising our staff handbook to include provision for staff requiring leave at short notice or requests to temporarily work from home'

How becoming a Dementia Friendly salon helped staff at O Constantinou provide confidence to people living with dementia

- ✓ We understand mirrors can be confusing and so there is ample room either side of the stylist chair, so the stylist is able to talk directly to the client from the side
- ✓ In the salon we added clearer signage throughout and made sure it was as clear as possible, with a simple font and contrasting colours and displayed it at eye-level



- ✓ A brightly coloured handrail has been added to our steps at the entrance into the salon
- ✓ To avoid a trip-hazard we have a graduated concrete ramp leading up to the rear door from the carpark



- ✓ We have informed all staff that the private room in the back of the salon is available to someone with dementia. This is a quiet space, set away from the busy salon
- ✓ Glass doors can be misleading, so all glass doors have our salon logos on them, so it is clear the doors are there



'It is important to help people to live well with dementia, and becoming a Dementia Friendly salon is a step in the right direction'

(Helen, Director of O. Constantinou Hair & Beauty Salon)

Other support available for people affected by dementia

Dementia Friendly Cardiff



Dementia Friendly Cardiff website
dementiafriendlycardiff.co.uk



Supporting people affected by Dementia in Cardiff

- One-stop shop* of reliable information about services and support in the city
- Advice to help people live well with Dementia in Cardiff
- Advice and information for families
- Dementia-friendly events



Dementia Friendly Cardiff is a **website** that has been designed to **support people affected by dementia** who are living or working in **Cardiff**

For more information, you can visit the website [here](https://dementiafriendlycardiff.co.uk).

Please share the website address with interested people and organisations

Active groups with Reengage



Re-engage are launching another **two** free online groups for older people in Wales

The groups are delivered via Zoom by trained instructors

Please click on the link for more information:

[Free Online Exercise Groups for Older People in Wales: Health & Fitness \(reengage.org.uk\)](https://reengage.org.uk)

Memory Lane



Online and face-to-face group sessions are being offered by Memory Lane, involving quizzes, music, and bowling

For more information, please email Phill.Racz@cathays.org.uk



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 with me via email at: ingrid.patterson@mariecurie.org.uk or telephone: 07515 135413. **Best wishes, Ingrid**