Try Something New…

Carol Anne Jones
Regional Operations Manager for Wales
Who are we?

- UKs leading support and research charity for people affected by dementia
- One of the fastest growing charities in the UK
- Information, advice, support, care, influence and research
- Provides over 3,000 services across England, Wales and Northern Ireland
- A workforce of over 2,000 staff and 7,500 volunteers
- Spent over £47 million on providing services in 2013/14
- Funded research £4 million in 13-14
- Vision – a world without dementia
Try Something New

“A Life Not Just a Service”

alzheimers.org.uk
# The range of activities

<table>
<thead>
<tr>
<th>Creative Activities</th>
<th>Physical Activities</th>
<th>Educational Activities</th>
<th>Personal Development Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts and crafts</td>
<td>Gardening and Floristry</td>
<td>IT</td>
<td>Music &amp; Memories</td>
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<tr>
<td>Mosaics</td>
<td>Bowls</td>
<td>Cookery</td>
<td>Music Therapy</td>
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<td>Music Making</td>
<td>Chair Aerobics</td>
<td>Local History</td>
<td>Personal Discovery</td>
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<tr>
<td>Creative Writing and Storytelling</td>
<td>Walking group</td>
<td>Percussion &amp; Vocals and Rhythm &amp; Voice</td>
<td>Reminiscence</td>
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<td>Film Club</td>
<td>Yoga</td>
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<td>Willow</td>
<td>Zumba</td>
<td>DIY</td>
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<td></td>
<td>Music &amp; Movement</td>
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</tbody>
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Intended outcomes of the service

• Increase the confidence of people affected by dementia
• Improve the skills of people affected by dementia
• Improve community relations, enabling people affected by dementia to feel less isolated
• Increased awareness of the barriers experienced by people affected by dementia
• Develop partnerships to work towards Dementia Friendly Communities
Overview

• Funded by the Big Lottery for three years
• Working in Partnership with the Community Education Service
• Establish three Dementia Supportive Communities
• Over 85 groups have run since March 2014 with 1443 beneficiaries to date
• 1141 direct participants to groups and 302 secondary beneficiaries
• Working with over 15 different Adult and Community Education providers, creating over 160 Dementia Friends since March 2014
• Externally evaluated by Bangor University (March 2015)
Dementia Supportive Communities…

Llandeilo Community Allotment
Jim, a prison buddy, said “This course has helped my work with the prisoner I buddy, who has dementia, immensely. It has made me more patient because I now understand more what is happening and why he behaves the way he does”

Operational Manager, said “To meet the needs of the men in our care, working in partnership with an organisation such as Alzheimer’s Society is very effective. The courses they provide are professional, practical and understandable”
Aberaeron Dementia Friendly Community and Mosaics
External Evaluation by Bangor University, Wales

**Do you enjoy taking part in the activities at the Activity Group?**

- Yes: 93.50%
- No: 2%
- Don't know: 4.50%

**Do you have a choice about which activities you take part in?**

- Yes: 86%
- No: 4%
- Don't know: 10%
Does coming to the Activity Group give you more opportunities for socialising?

83% Yes, 7% No, 10% Don't know

Does coming to the Activity Group help you to have a more positive outlook on life?

79% Yes, 8% No, 13% Don't know
"I loved it, really loved it...it gave me back my independence in the kitchen"

"I came out of the group happy and felt like I had really achieved something"

"It gets you out of the four walls...we meet other people who are in the same boat"

"It's relaxed with no pressure - a new adventure"

"It gives you something to look forward to and focus on each week"

"It reminded me of things I used to do or have wanted to do in the past"
Conclusions

Live Well with Dementia

- Developing an interest and engaging with an activity
- Enjoyment
  - Activities’ settings and characteristics
  - Engaging with staff and volunteers
- Socialising
  - Getting out of the house
  - Engaging in conversation
- Increasing socialising opportunities and social network’s support
- Normalising dementia
- Positive outlook on life
  - Applying knowledge to everyday life
- Providing respite and support to carers
- Strengthening psychological wellbeing

Source: Bangor University
Any questions?
Thank you

For more information contact Kerry Phelps: 
kerry.phelps@alzheimers.org.uk