

Try Something New...

Carol Anne Jones

Regional Operations Manager for Wales

Who are we?

- UK's 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”



The range of activities

Creative Activities

Arts and crafts

Mosaics

Music Making

Creative Writing
and Storytelling

Film Club

Willow

Physical Activities

Gardening and
Floristry

Bowls

Chair Aerobics

Walking group

Yoga

Zumba

Music &
Movement

Educational Activities

IT

Cookery

Local History

Percussion &
Vocals and
Rhythm & Voice

DIY

Personal Development Activities

Music &
Memories

Music Therapy

Personal
Discovery

Reminiscence

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





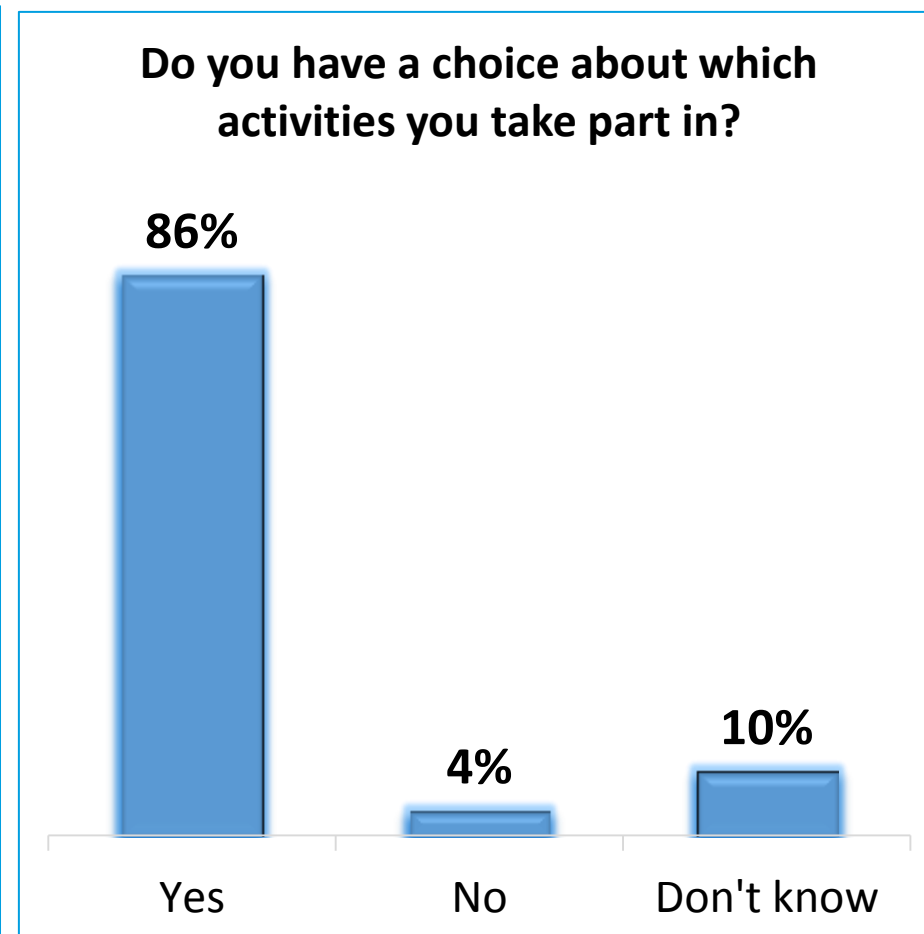
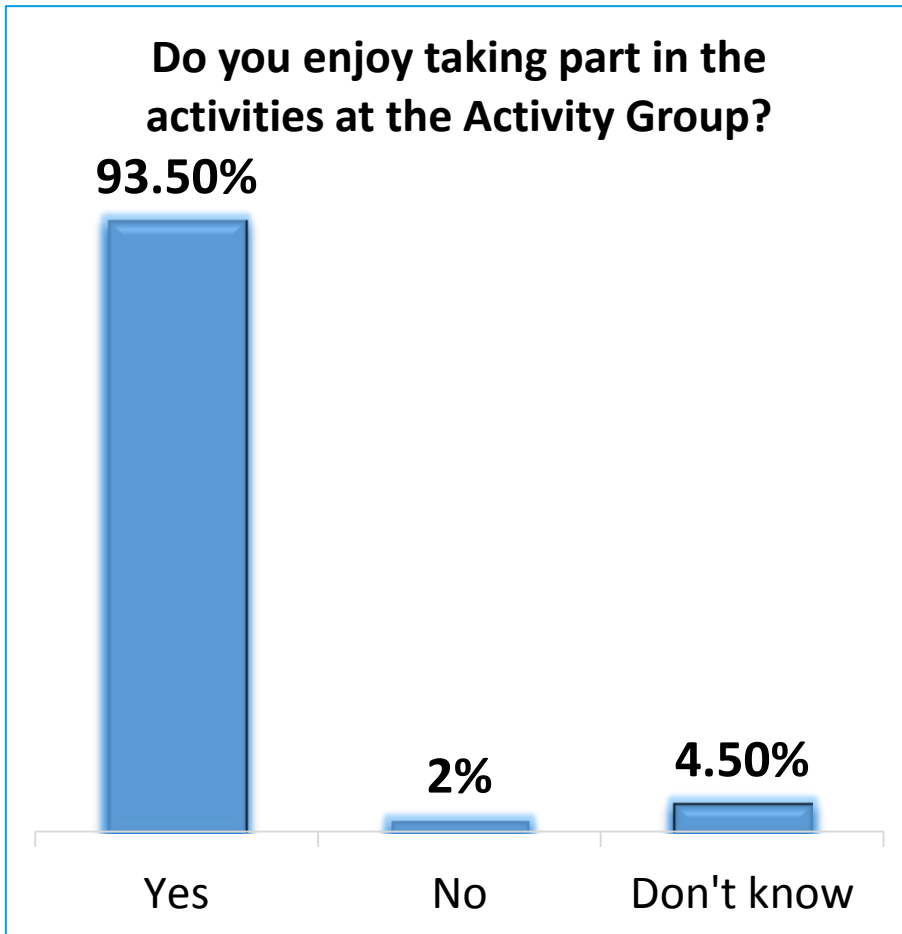
Jim, a prison buddy, said “This course has helped my work with the prisoner I buddy, who has dementia, immensely. It has made me more patient because I now understand more what is happening and why he behaves the way he does”

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”

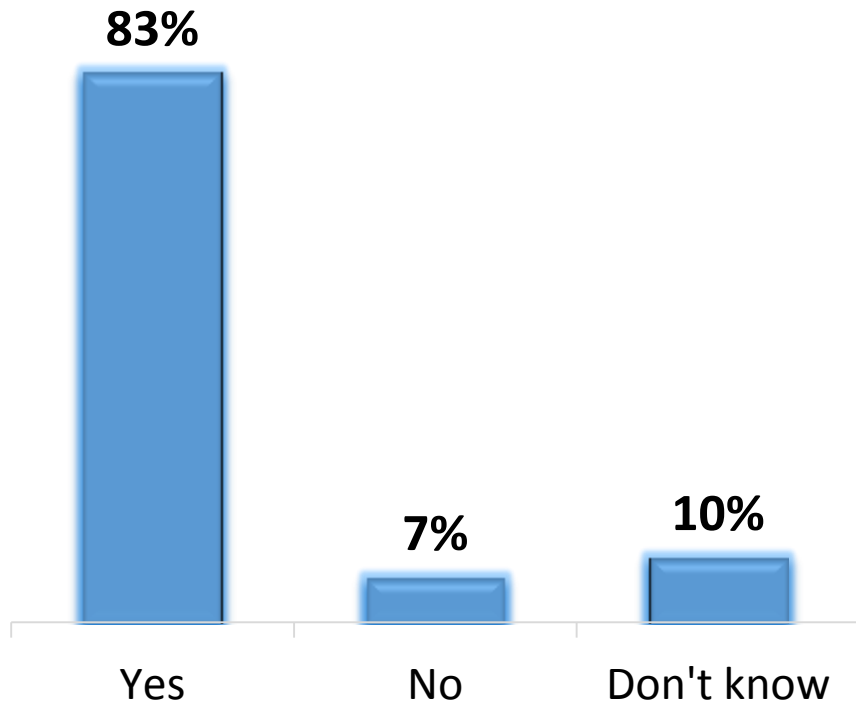
Aberaeron Dementia Friendly Community and Mosaics



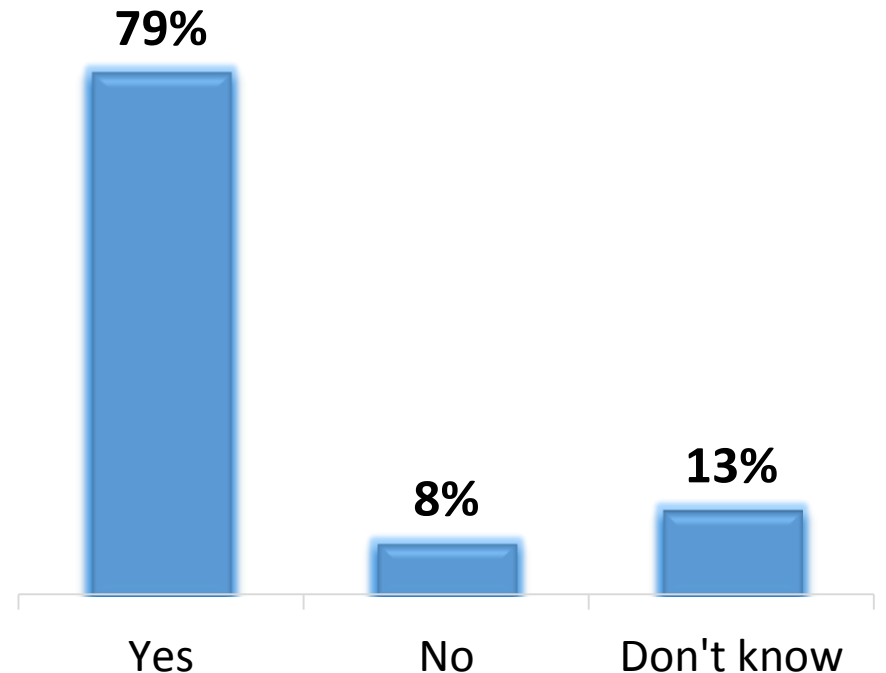
External Evaluation by Bangor University, Wales



Does coming to the Activity Group give you more opportunities for socialising?



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



**"I loved it, really
loved it...it gave me
back my
independence in the
kitchen"**

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

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

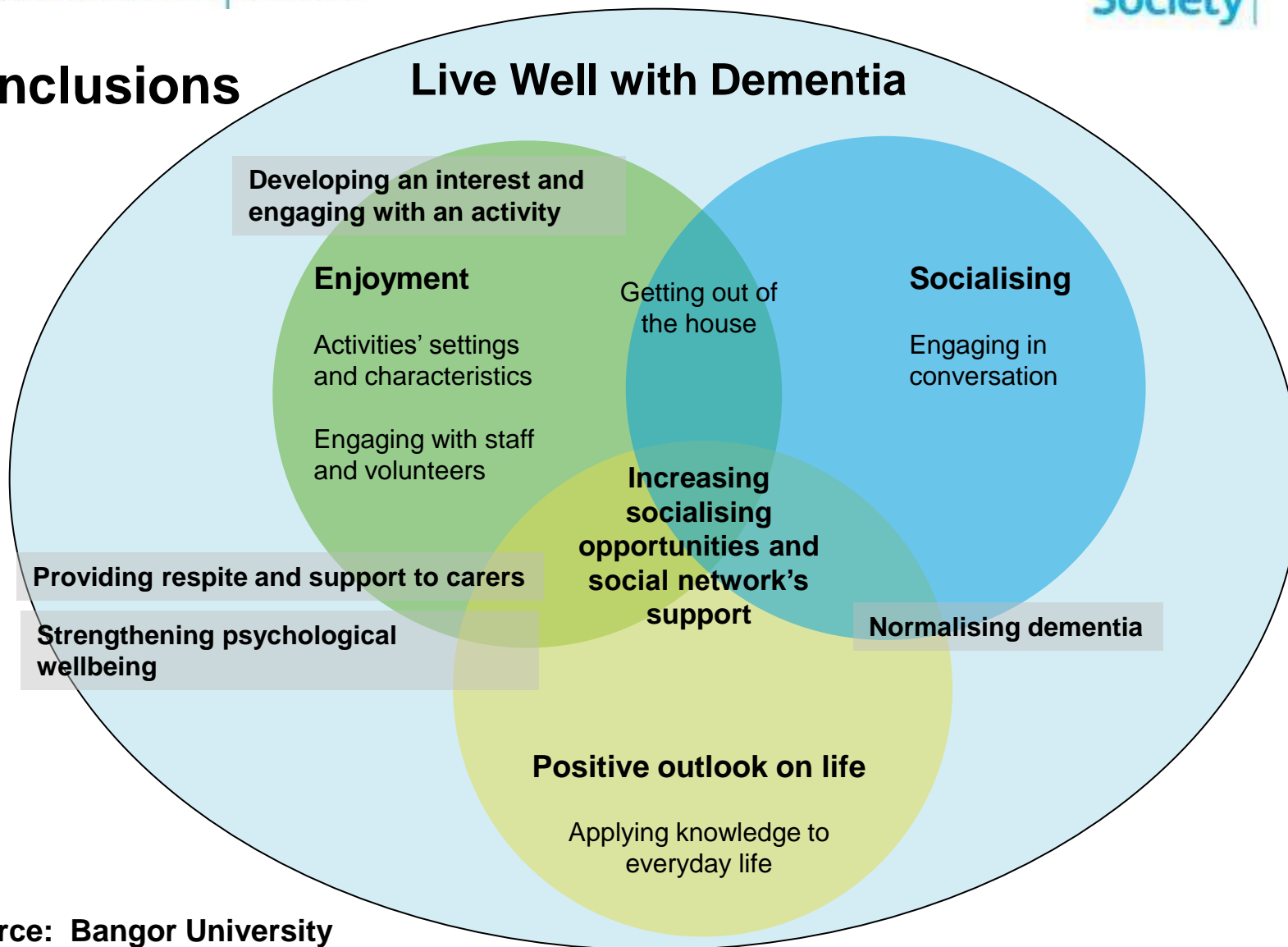
**"It gets you out of
the four walls...we
meet other people
who are in the same
boat"**

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

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

Conclusions

Live Well with Dementia



Source: Bangor University

Any questions?

Thank you

For more information contact Kerry Phelps:
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