

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



As our shops and businesses re-open following Lockdown, people affected by dementia share how they can be supported to return to using their local services...

- ✓ 'Staff need to speak slowly and clearly and spend time checking that the person with dementia has understood them'
- ✓ '... businesses and organisations... which have the patience to take time (and are) willing to listen'
- ✓ '...staff (who are) open to and understanding of people with dementia and their carers'

A business perspective: the benefits of becoming dementia friendly

Understanding

'It was such an eye-opening process and a real learning experience for us all. It has helped us gain more understanding of the needs of our customers who are living with dementia - and of how we can support them when using our services'

Confidence

'Becoming a Dementia Friendly business has given us extra confidence to assist people with dementia and their carers. It has also encouraged engagement from new clients'

Taking action

'The Dementia Friendly pledge initiative inspired us to have conversations and put small things in place that make a big difference'

... other benefits

- ✓ There's no cost involved
- ✓ It's a simple process
- ✓ Your business or organisation will benefit, and become recognised in the local community as being welcoming and accessible

Businesses and groups that have recently made a Dementia Friendly pledge



Memory Lane Social Club

If you would like more information about the dementia friendly pledge initiative, please email ingrid.patterson@mariecurie.org.uk



Other aspects people affected by dementia would like businesses to be aware of:

- ✓ Remind me about using a hand-sanitiser, if necessary
- ✓ Please give me space



Please give me space.

'Please give me space' is an initiative to make people aware that they need to keep their distance from the person wearing the 'Please give me space' symbol because this person has difficulty maintaining social distance

If you would like further information, please click on this link: [Please give me space](#)

The Lanyard Scheme

Please be patient and give me a little more time



Not all disabilities are visible. If you notice someone wearing the Hidden Disabilities Sunflower lanyard, please be patient and give them a little more time.

Not all people with hidden disabilities require assistance. But if you do, wearing the Hidden Disabilities Sunflower Lanyard discreetly indicates that you may need additional support or just a little more time.

The Hidden Disabilities Sunflower Scheme® has been successfully introduced to several major UK airports, as well as some supermarkets, railway stations, NHS trusts and sports venues.

If you want to find out more, please visit our website:
www.hiddendisabilitiesstore.com



The Lanyard Scheme is a way of people with hidden disabilities (a disability that may not be immediately obvious) letting others know that they may need extra support when using services. Organisations that have made a commitment to using the lanyard scheme include transport services and supermarkets

If you would like further information, please click on this link:

<https://hiddendisabilitiesstore.com/shop/sunflower-lanyards.html>

Building awareness of the Sunflower Lanyard Scheme®



Please note that some participating supermarkets give lanyards free of charge at information helpdesks, including Tesco and Sainsbury's

✓ Remember I may not always be able to wear a face covering while on the premises



Rules on wearing face coverings don't apply to a person with dementia if they have what is defined as a 'reasonable excuse' not to wear one

A reasonable excuse could be:

- The person is unable to physically put on, or wear, a face covering
- Wearing a face covering would cause the person severe distress
- Someone with the person needs to read their lips to communicate
- The person needs to remove the face covering to eat, drink, or take medication

✓ **Be aware I may be accompanied by a carer**



People living with dementia tell us that shopping is a vital way of helping them to overcome feelings of loneliness and isolation.

However, some people living with dementia may need support from a carer – as well as from their local shops and businesses - to enable them to remain part of their community

A carer's perspective: Carer's have shared with us some of their experiences of supporting a person who is living with dementia when out and about in the community

'They are friendly... we are showed respect and they treat us as ordinary people'

'The person thought raising her voice would make mum do what she wanted. I ended up walking in and explaining'

'People are smiley and friendly; they ask my wife how she is and when she starts babbling, they are very accepting of her and patient'

Information and support for unpaid carers

- If you are an unpaid carer or connected with someone who is, **information and support can be accessed by arranging a carer's assessment**
- If you are living in Cardiff, you can call 02920 234234 to arrange a carer's assessment (or make contact via the website: Cardiff.gov.uk - search for 'carer's assessment')
- If you are living in the Vale of Glamorgan, you can call 01446 700111 to do this (or email C1V@valeofglamorgan.gov.uk)



You may also be interested to know that the Dementia Friendly Communities Coordination project recently gained Carer Friendly accreditation

This means we are aware and supportive of the value, role and needs of unpaid carers

Dementia Action Week (17th – 23rd May)

Cure the Care System



You can become involved in helping to **improve the lives of people affected by dementia**. To find out how, please click on this link: [Dementia Action Week](#)

Another way you could take action is by **becoming a dementia friendly group, business, or organisation**

This involves accessing support and resources to make your service and premises more **welcoming and accessible** for **people affected by dementia**



Penarth Sounds: your favourite songs played live on radio

Penarth Sounds is looking for songs people living with dementia would like played on their radio station during Dementia Action Week, and beyond.

To hear your song choices played live, please contact the team at: penarthsounds@soundlikeradio.net

Dementia Friendly Cardiff



Dementia Friendly Cardiff website
dementiafriendlycardiff.co.uk



Supporting people affected by Dementia in Cardiff

- ★ 'One-stop shop' of valuable 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 **new 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](#).

Please share the website address with people, groups, and organisations you think may be interested





Springtime activities

Ty Hapus local walks



Ty Hapus Supporting people affected by dementia and their families

Spring WALKS
11.15AM - 12.15PM
Come and join us on our Spring Walks
A great way to get active, meet new people and explore the local sights!

Friday 30th April Pershing Park, Bury	Friday 21st May Heath Park, Chorley	Friday 11th June Worsley Park, Bury
Prosecco toast for each walk	Tea to eat along the way	Prizes for the most items found

Meet at venue's Car Park: 11.00am
Friday 30th April - Pershing Park, Bury
Friday 21st May - Heath Park, Chorley
Friday 11th June - Worsley Park, Bury

Social distancing:
Walkers will be limited to a maximum of 3 different families with no more than 6 people in each bubble

Places are limited so please reserve early!
INTERESTED?
PLEASE CONTACT:
Service Manager: Elin Jones or Deputy Service Manager: Ceri Phillips
Email: info@tyhapus.org.uk

Ty Hapus has arranged a series of **local walks for people living with dementia and their carers**

Please email enquiries@tyhapus.org.uk if you would like to find out more information

The Wellbeing Garden Project



This project is based in Nightingale Community Gardens in Dinas Powys, and aims to **support older people to remain connected to their local community, and physically active**

For more information, please call Dinas Powys Voluntary Concern on 029 20513700, or email them at: befriendingdpcv@gmail.com

Objects of Comfort: National Museum of Wales



The Objects of Comfort campaign is inviting people to **respond to items from the Museum's online collection and to share their own objects** – things that help to bring back their memories, or improve their wellbeing

To find out more information about how you can become involved – **including accessing resources with a springtime theme** – please visit:

<https://museum.wales/learning/activity/462/Objects-of-Comfort/>

Thank you for your ongoing commitment to 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