

Dementia Aware Community Grant Impact Report 2023-24

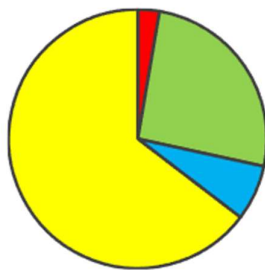
This grant, enabled by funding from the Welsh Government Regional Integration Fund, gave Voluntary and Community Groups, third-party organisations, Social Enterprises, and Small Businesses (less than 100 employees) operating in Denbighshire the chance to apply for up to **£5,000.00** and for individuals in the community to apply for up to **£500**.

Grants were available for events, activities, and training sessions that raise awareness about dementia and encourage people to turn awareness into action and make improvements in their communities.

17 projects applied for the grant, totalling £69,296.36 in applications requested. 10 projects were funded totalling £41,182.50. This is a success rate of 58.8%.

The following projects were funded:

1. Action for Arts Trust Ltd: £4,500.00
2. Lamb's Garden Enterprise Trading as Kings Garden: £4,936.00
3. Individual Grant- Carol Rimmer: £500.00
4. Making Sense CIC: £5,000.00
5. Community Music Wales: £4,873.00
6. North Wales Crusaders Foundation: £4,975.00
7. Prestatyn Town Council: £2,491.00
8. Helpu'n Gilydd: £4,940.00
9. Gorwel Newydd Extra Care Rhyl: £5,000.00
10. Ysgol Borthyn: £3,967.50



Beneficiaries from the Dementia Awareness Grant 23 -24

- Number of volunteers contributing to funded activities
- People Living with Dementia
- Carers
- People in the community who have had their awareness raised for Dementia

Overall, a total of 61 volunteers contributed to the projects, and a total of 2,195 beneficiaries benefited from the project activities, including:

- 580 people living with Dementia,
- 157 carers,
- 1,458 people in the community who have had their awareness raised around Dementia.

See Appendix 1, for a further breakdown.



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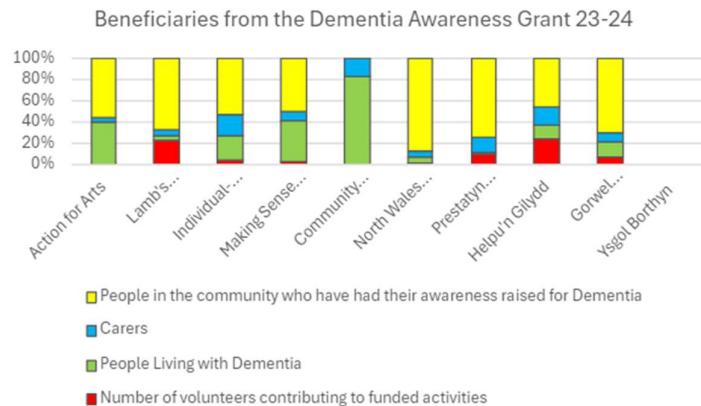


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The following graph shows each project and which beneficiary group it focused on.

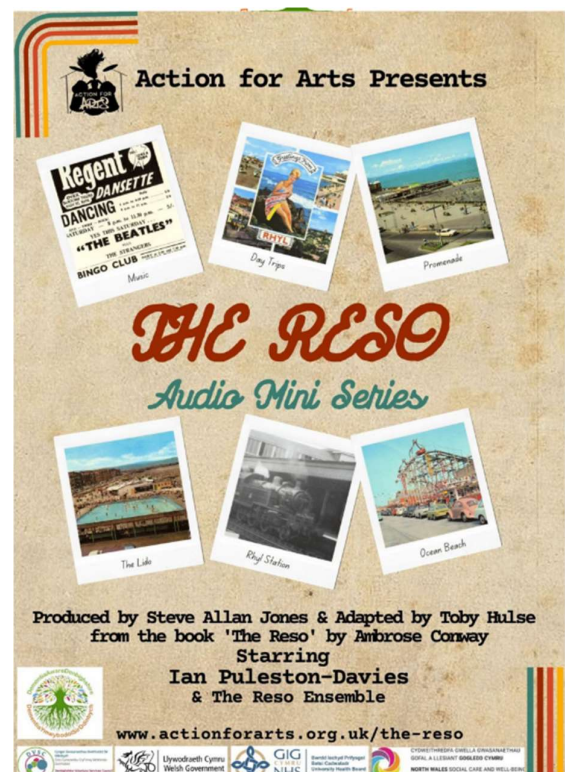


The outcomes achieved by the projects are highlighted below:

Action for Arts Ltd

Action for Arts Ltd used the grant to fund a series of 'free to attend' interactive outreach workshops in Denbighshire. This was a progression from the 'The Reso' project, which the group created in early 2023. People and families were allowed to preview the workshops before the sessions took place, so the group could have feedback to inform and assist in the delivery of the workshops.

The 20 Reso sessions successfully overcame accessibility and technological barriers via in-person delivery, enabling the wonderful resource of the Reso to be shared with individuals who may not be confident or comfortable with accessing the story online. This has also provided the opportunity, where needed, for on-one support for individuals and care staff regarding how to access the story on the Action for Arts website, via Soundcloud, via phone, computer, iPad or smart TV and share beyond the sessions, as well as sharing other free reminiscence resources focusing in Rhyl such as the beautiful authentic footage and 'Let's Slip Away' video on the Action for Arts website, and supplementary YouTube videos of archival footage, documentaries, seaside sounds, and music to aid bringing the Reso story to life.



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King's Garden
nurturing communities
to the natural world



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Dementia Friendly Denbigh

ALL AGES, DEMENTIA INCLUSIVE, FREE NATURE STUDIES
WITH A DIFFERENCE. FREE!

NATURE THROUGH THE WINDOW

From hedgehogs to hedgerows, wintry wonders to woolly mammoths - things you didn't learn at school! Games, quizzes, cuppa and a slice -

ALL welcome



Eirianfa Community Centre, Denbigh LL16 3TS

Monthly from Saturday Oct 21st 2023 - 10:30 - 12:30

Dec 16th, (2024) Feb 24th, March 30th, May 25th,

June 29th, July 27th, Aug 31st, Sept 28th, Oct 26th

For further info contact Isa - kingsgardenenterprise@gmail.com



Lamb's Garden Enterprise trading as King's Garden

The following information is based on an interim monitoring report, the full monitoring report is due 01/10/2024

The group held various sessions involving the whole family, including People living with dementia and carers, those recently bereaved of loved ones living with dementia, children aged 6-11, older adults and those in between.

The activities were promoted through the Alzheimer's Society, Red Cross, Denbighshire Community Navigators, DVSC, GP surgeries within Denbigh, Ruthin and St. Asaph, Dementia Friendly Denbigh, Age-Friendly Communities meeting Trefnant and Denbigh Church groups and local businesses within Denbigh.

Most have been coming for a long time. The person recently bereaved of their mother – in law (J), continues to come together with her friend. They see Nature Through the Window and their attendance of it, not only enjoyable activity but also a way to remember J. They have stated that it's a legacy to her. Other reported benefits have been the intergenerational activities that encouraged the adults especially. In December we did a session on the Robin which included building a robin. This especially engaged the adults with one robin even going to Italy to grace a Christmas tree there

Individual Grant- Carol Rimmer

Carol has been running a peer support group for people living with Dementia and their families/ carers.

The group decided on the activities they would like at each session; this resulted in the sessions becoming very popular, and it made people become more aware of Dementia and provided support for people living with Dementia in the local area.



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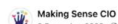


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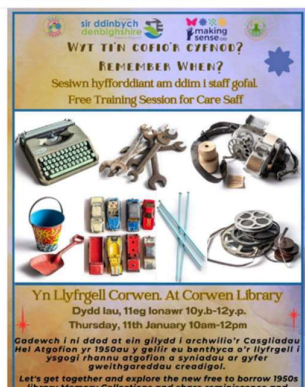


Making Sense CIC

Making Sense used the fund to promote and share five 1950s reminiscence collections it had created. The group ran twelve reminiscence cafes in libraries across the county and six training sessions for anyone who wanted to find out more about the collections. The group is also loaning out its collection to groups, individuals, and care homes.



Do you support someone living with #dementia
In the community or in residential care in Denbighshire? Making Sense has created five new reminiscence handling collections that can be borrowed from Llyfrgelloedd Sir Ddinbych / Denbighshire Libraries to find out more we are holding #free #Reminiscence training sessions across #denbighshire
Get in touch to find out more
This one will take place in Conwen library on the 11th of January



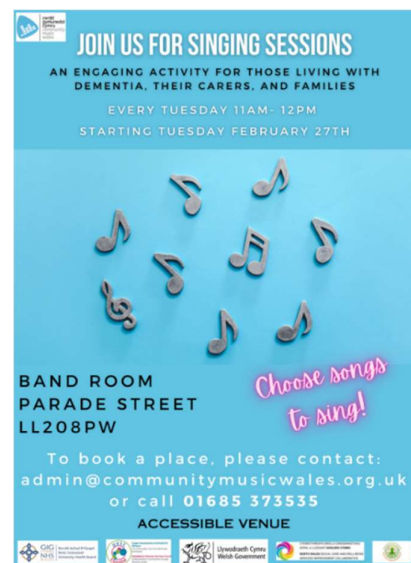
Community Music Wales

The following information is based on an interim monitoring report; the full monitoring report is due 01/08/2024

Community Music Wales held singing sessions to engage participants. The groups use singing sessions to tap into participants' memories using songs as a means of helping them change their mindsets and focus from 'what they had forgotten' to re-focus on 'what they remember.'

The workshops were tailored to each member, allowing them to choose a song they could engage with physically and mentally, using percussion instruments to join in and by singing along.

"A carer who brought her mother to the sessions told us that her mother had really enjoyed the session and talked about it for quite a while afterwards—something that she doesn't usually do."



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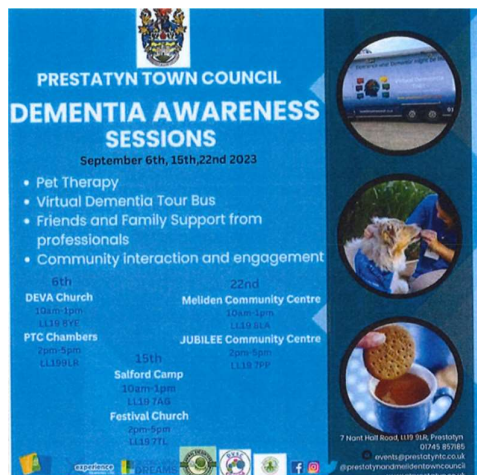
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North Wales Crusaders Foundation

North Wales Crusaders Foundation ran a 25-week Rugby Memories programme at Ty Cariad and Canterbury House care house (50 sessions combined), supporting residents living with dementia. The group delivered interactive two-hour sessions that included chair-based exercises, walking rugby, watching classic rugby matches, and looking at rugby memorabilia.



Prestatyn Town Council



The group held dementia awareness events across the six wards of Prestatyn and Meliden. The sessions were aimed at those living with dementia, friends, families, carers, and anyone from the local community who wanted to further their understanding of dementia.

The events included the dementia tour bus and Pet Therapy Sessions, this showed how showing and talking about different animals, their behaviour and therapeutic values can help reduce anxiety and social isolation.

Helpu'n Gilydd

Helpu'n Gilydd held six sessions of complementary therapy within Gofal Dydd for their individuals living with Dementia. The group also purchased an EGLU so they could keep more hens and provide more outdoor activities for the younger people with dementia.

Both initiatives allowed the group to reach more people and support more carers. With these activities Gofal Dydd were able to attract fifteen new people, including carers to get involved.

"My mum lives in a remote area and has dementia, she does not want anyone to know she is unwell and hides herself away at home. She is Welsh speaking and we have searched for a Welsh Speaking service – having been told by many that nothing existed. Mum was very reluctant to visit Gofal Dydd. I contacted and was invited for complementary therapies – it was wonderful and in a lovely room where the view was up into the hills. I was so well looked after.

One of the volunteers suggested I bring my mum for a cup of tea whilst I was having treatment – she thought it was wonderful and we are hoping we can take the next step of her starting Gofal Dydd. I am so grateful for the therapy sessions which we have helped me so much."

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Gorwel Newydd Extra Care

Gorwel Newydd Extra Care purchased the RITA system, this stands for 'Reminiscence Interactive Therapy Activities' for their residents.

This offered a digital reminiscence therapy which is a relatively new tool in the fields of extra care; it encompasses the use of user-friendly interactive screens to blend entertainment with therapy and to assist residents (particularly with dementia) in recalling and sharing events from their past through listening to music, watching news reports of significant historical events, listening to war-time speeches, playing games and karaoke and watching films. Having this system allowed the group to run more social events for their residents.

Rita for residents has enabled staff to.	Rita for the families of the residents.
Promote person-centred care.	Reconnected families with their loved ones.
System capable of virtual visits offering calming when relatives leave the hospital.	Relatives have become involved and learned more about their relative
Provides triggers to elicit conversation.	Families have enjoyed creating memories together.
More interest around mealtimes helping with their nutrition and hydration.	Both residents and families have designed new wellbeing programmes on the Rita sys
Less boredom	
Opportunity to become involved in Group exercises and removing social isolation.	
Helps with confidence and trust.	
Armchair exercises helping with overall health and wellbeing.	

Ysgol Borthyn

The full monitoring report is due 30/06/2024

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Appendix 1

Dementia Aware Grant 2023-2024	Number of beneficiaries				
Group	Number of volunteers contributing to funded activities	People Living with Dementia	Carers	People in the community who have had their awareness raised for Dementia	Total
Action for Arts	2	420	45	600	1067
Lamb's Garden Enterprise Trading as King's Garden	4	1	1	12	18
Individual- Carol Rimmer	4	21	18	47	90
Making Sense CIC	5	65	15	85	170
Community Music Wales	0	5	1	0	6
North Wales Crusaders Foundation	5	35	35	500	575
Prestatyn Town Council	10	1	15	74	100
Helpu'n Gilydd	21	12	15	40	88
Gorwel Newydd Extra Care	10	20	12	100	142
Ysgol Borthyn	0	0	0	0	0
Total	61	580	157	1458	2256

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