

Dementia Gwynedd Newsletter

March 2026
Number 7

As we move towards the Spring of 2026, we're thrilled to bring you this Newsletter. This edition is packed with stories, tips, and updates designed to keep you in the loop with dementia support in Gwynedd. So grab a cuppa, settle in, and let's dive into what's been happening and what's new!



Good news and information

Dementia Gwynedd (CIO) - New charity status!

On the 7th January 2026, Dementia Gwynedd was registered as a charitable incorporated organisation (CIO)

Dementia Gwynedd (CIO) will work closely with Dementia Actif Gwynedd and other organisations to focus on improving the lives of people living with dementia in Gwynedd and supporting their carers and families. Its objectives include:

- Providing grants or resources to organisations delivering dementia-related activities
- Raising awareness of dementia within the community
- Promoting co-production and lived-experience involvement in shaping services
- Supporting programmes that reduce isolation, strengthen community connections, and enhance physical and mental wellbeing.

Initially, four Trustees will hold legal responsibility for guiding and overseeing the charity's work. We extend our heartfelt congratulations and best wishes to Trystan Prichard, Mirain Roberts, Sarah Thomas and Jenie Dean as they begin their new role.

There will be the opportunity to share your thoughts and ideas about the main priorities for the charity. Watch this space or contact Emma 07768 988095 for more information.





Monthly Lunch Club at The Prince

A group of people living with dementia, along with their family carers, meet for lunch on the first Tuesday of every month at the Prince of Wales pub in Criccieth. The group began as part of the Carers Trust Cinió Ni sessions within the Memory Support Pathway, which came to an end last year. However, those who had been attending had formed strong friendships and valued the chance to come together for peer support, companionship, and a delicious meal.

Determined to keep that sense of connection alive, they chose to continue meeting independently — and they remain deeply grateful to the staff at the Prince of Wales for their ongoing warm welcome and support.



If you'd like to join the group contact Phil at the Prince of Wales for more information
07739 159521



Jukebox Memories hits the right note



January marked a successful collaboration between the Library Service, Dementia Actif Gwynedd, and actor, singer, and radio DJ Emyr Gibson to deliver three Jukebox Memories sessions. The aim was to welcome people into the libraries in Tywyn, Porthmadog and Caernarfon to reminisce and reconnect with cherished memories through music and song.

Each venue offered a warm, welcoming space where familiar melodies filled the room and sparked conversation, connection, and nostalgia. The sessions not only celebrated the joy of shared memories but also highlighted the libraries' role as vibrant, inclusive community venue.



To find out what's going on at your local library :-

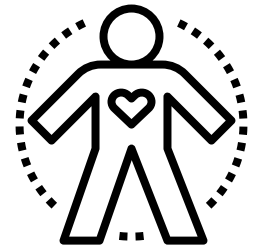
Gwynedd Libraries





Dementia Actif Gwynedd

Weekly group exercises and social activities in your community



It was a busy start to 2026 for the Dementia Actif team. Apart from the weekly classes, here are some of the activities organised for people affected by dementia and older adults



National Welsh Slate museum Centre Tour

Members joined a tour of the collection centre in Llandygai. The industrial collection is being safely stored whilst the museum is closed for refurbishment. It was an enjoyable way to see how items have been moved, documented. Everyone enjoyed the opportunity to have a closer look at the artifacts.



Clwb MANTur members enjoyed an interesting afternoon in the company of well known eccentric and author Mike Leaver. Mike lives off grid in a converted static truck on a local business park and has written 5 novels. He delighted everyone with stories about his unconventional lifestyle and many adventures, sparking great conversations within the group.

Mike also runs a chess club at the library in Porthmadog on a Thursday evening if you'd like more information, contact the number below.



For more information about any of the activities 07768 988095
dementiaactif@gwynedd.llyw.cymru
www.dementiaactifgwynedd.cymru



Dementia Friends



The Dementia Actif Team run sessions to raise awareness about dementia. By becoming a Dementia Friend people of all ages can learn more about the symptoms, the challenges and misconceptions. This helps people living with dementia and their loved ones feel understood and communities know how to lend a little support when its needed.

A recent project involved the team going out to 10 primary schools to deliver 13 Dementia Friends sessions with a total of 301 year 5 & 6 pupils taking part. If you want to know more about becoming a Dementia Friend contact 07768 988095.



Gwynedd Dementia Centre

There are currently two Dementia Centre sessions running in Gwynedd, to provide support, advice and information: Bethel Memorial Hall – every Monday, 12:30–2:30pm and Byw'n Iach Glaslyn, Porthmadog – monthly session (details below). A third centre is planned to open in the Bala area in the near future.



CANOLFAN DEMENTIA PORTHMADOG DEMENTIA CENTRE

Byw'n Iach Glaslyn LL49 9HW

2il Dydd Gwener o bob mis / 2nd Friday of each month

10am - 2:15pm

Ar gyfer Gofalwyr a'r rhai sy'n byw gyda Dementia neu broblemau cof

For Carers and those living with Dementia or memory problems

Dementia Gogledd Cymru
Llywybr Cymorth y Cof

Logos: YMDDIRIEDOLAETH GOFALWYR, CARERS TRUST, Dementia Actif Gwynedd, Byw'n Iach, SEREN

Icons: GYWBODAETH Information, CEFNOGAETH Support, ARWEINIAD Guidance

Contact: Cysylltwch â Siân Williams am fwy o wybodaeth // Contact Siân Williams for more information
07376 484 154 | sian.williams@ctnw.org.uk



PORTHMADOG DEMENTIA CENTRE TIMETABLE

2nd Friday of each month | Byw'n Iach Glaslyn

Drop in	10am - 12pm	Library
Worried about memory loss? Your own or someone else's? Join us at the library for a friendly one-to-one chat.		
'Cinio ni'	12pm - 1:15pm	Caffi Seren
An opportunity for individuals living with Dementia or Memory loss, and their carers to come together over a delicious lunch from Caffi Seren.		
Carers' Corner	1:15pm - 2:15pm	Squash Court
A welcoming place for those supporting a loved one, to share experiences, get advice, and find comfort among others who understand.		
Carers' Corner will run alongside Dementia Actif's chair exercise class, on the same site.		

Contact **Siân Williams** for more information
07376 484 154 | sian.williams@ctnw.org.uk



I'm Siân, and I work as a Dementia Centre Co-ordinator, across the Memory Support Pathway. I've been in my role for about nine months now, and enjoy every moment of supporting individuals with Dementia and their carers across Gwynedd. I have a background of working within Social Services, which enables me to understand the needs of individuals and their families and provide them with the right support.

The type of support I offer as part of our role is 'keep in touch' phone calls; be an ear to listen, and to offer help and advice to those who need it, run Dementia support groups to give unpaid carers the opportunity to meet other carers, have a conversation, share experiences, and find comfort among others who really understand. I've also been working closely with other organisations and agencies, in order to expand support and ensure the best possible care for individuals in Gwynedd living with Dementia, and their carers.

I'm proud of the developments that have been achieved so far in Gwynedd, and look forward to continuing to develop these services further. You can contact me Monday to Thursday **07376 484 154**

Dementia Strategy for Wales 2026-2036

The Welsh Government is consulting on a new Dementia Strategy for Wales 2026 to 2036, aiming to improve dementia care and support across the nation.

This strategy will replace the previous Dementia Action Plan and will focus on a whole-system approach, with priority areas identified for the next strategy.

The consultation encourages early engagement from partners and people with lived experience to inform the final strategy. The draft strategy emphasizes person-centred care and support for unpaid carers, and it sets out a vision for a dementia-friendly Wales where people with dementia are respected, supported, and empowered to live independently and with dignity in their communities.



**WE WANT YOUR
FEEDBACK**

By April 6th 2026

You can respond to the draft strategy by clicking on the QR code or the link below.

You will have the option to complete:

- The online form
- Download the form, complete and return by email or post.
- If you'd like any help to access the website or the forms contact Emma 07768 988095



Draft Dementia Strategy for
Wales 2026 2036



Llywodraeth Cymru
Welsh Government



COS is a charity and service organisation who's mission is to improve quality of life through equality, ensuring that sensory loss does not limit anyone's opportunities.

Who They Support

- Deaf people
- Hard of hearing people
- Deafened individuals
- Deafblind people
- People with sensory loss or disabilities
- Professionals and organisations working with these communities



Sensory-Loss Services they offer includes:

- Accessible information, advice, and assistance
- Communication support
- Employment support projects
- Media accessibility services
- Community outreach across North Wales

They assist members of the community with a wide range of issues, from making GP appointments, to carrying out benefit checks. They can provide support to service providers ensuring they are able to meet their responsibilities under the Social Services and Wellbeing (Wales) Act 2014.

For more information contact the Centre of Sign, Sight Sound or visit their website:

[Centre of Sign Sight Sound](#)



Telephone: 01492 530013



Sight and Hearing loss with Dementia

Sight and hearing loss are both more common as you get older. For a person with dementia, this can cause extra problems, such as confusion about what's happening around them and problems with communication. The symptoms of sight and hearing loss can be similar to some of the early signs of dementia. For example, you might become confused about where you are or struggle to follow a conversation. This can make it hard to tell what is down to dementia and what is down to sight or hearing loss. This can make diagnosing dementia in someone with sight or hearing loss more difficult. It can also make diagnosing sight and hearing problems in a person with dementia more difficult as well. To find out more go to the

Alzheimer's Society Website :-

[Alzheimer's Society Sight and Hearing loss with dementia](#)

Or contact the Alzheimer's Society Dementia Support Line [0333 150 3456](tel:03331503456)
Welsh Speaking [03300 967 400](tel:03300967400)



RDS

Rare Dementia Support Website



Rare Dementia Support provides holistic support for people living with rare dementias and their families, through one-to-one, small group and large group support services at every stage of a rare dementia diagnosis. The rare dementias they currently support are :

- Young-onset Alzheimer's disease (YOAD)
- Posterior cortical atrophy (PCA)
- Primary progressive aphasia (PPA)
- Familial Alzheimer's disease (FAD)
- Frontotemporal dementia (FTD)
- Familial frontotemporal dementia (fFTD)
- Lewy body dementia (LBD)



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

CYFARFOD/MEETING

**Cymuned Dementia Cyfeillgar
PWLLHELI Dementia Friendly
Community**

**4ydd dydd Llun o bob mis 4th
Monday of every month**

16:00

Neuadd Dwyfor, Pwllheli

Cysylltwch : Contact Mari Ireland
03000 853064

Dewch i gefnogi a gweld sut y medrwn chi
wneud gwahaniaeth!

Come to support and see how you can make a
difference!



Grŵp Cefnogi  **Dementia Actif Gwynedd**

Gofalwyr Teulu

DEMENTIA 

Family Carers

Support Group

**Bob yn ail dydd Mawrth ar Zoom
Every other Tuesday on Zoom
11:00-12:00**

Gorffennaf : July 15 & 29

Awst : August 12 & 26

Medi : September 23

(Parti Gardd : Garden Party 09/09)

Hydref : October 7 & 21

Tachwedd: November 4 & 18

Rhagfyr : December 2 & 16



Cysylltwch : Contact Emma

07768 988095 emmajaynequaack@gwynedd.llyw.cymru

Memory Bags

available to borrow from your local library



Bringing memories to life - a new collection of Memory Bags

How about reliving the past by borrowing a bag from
our special collection - for free!

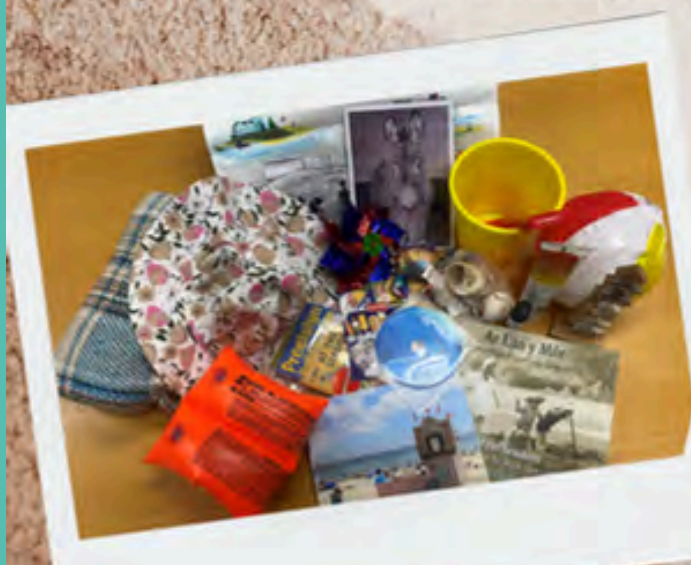
Browse our online catalogue or ask a member of
library staff for assistance.

The collection includes -

Sensory bags for people with visual or hearing
impairments

Memory bags filled with books, pictures and
fascinating objects from past eras

For more information -
01286 682663



Elfryn & Brenda

Your Story

Brenda was diagnosed with Alzheimer's and Elfryn is her main carer. In June 2025, Elfryn attended a Community Physiotherapy Event in Byw'n Iach Glaslyn, Porthmadog. He had been invited because of a problem with his back which was making caring for Brenda really difficult. Since that visit they have both been keen members of the Dementia Actif class in Pwllheli.

Elfryn says -

“What I didn't expect that day was the contact I made with the Dementia Actif Gwynedd team which proved to be more beneficial than the physiotherapy session I had!

The obstacle the team managed to overcome by inviting us to join the sessions was the stability we had with our love of cappuccino, our comfortable routine, regular morning walks and coffee with friends. In our eyes we had to sacrifice a winning routine for the fear of the unknown, in the hope that we would find something richer, more varied.

Well, it worked, but it didn't come instantly- no social development does. But this is what we've found about the Dementia Actif class :-

- ✓- Friendly welcome especially from leaders
- ✓- Good balance between social interaction & physical activity.
- ✓- Helping each other in tasks, games, talking and listening is definitely rewarding. Out of it, has come an emerging feeling of family & loyalty.
- ✓- Though B can't put it into words, she clearly enjoys every Tuesday. She concentrates hard on what people are doing and does what she can to follow. This is active participation, not passive reaction.
- ✓- The hope/expectation that the carer will become involved is sound & well grounded.
- ✓- The extra activities have also added variety & encouraged us to explore new activities, locations etc. [eg soap carving workshop, Plas Newydd day trip, Dawns i Bawb christmas show].

A reality for us is that age/infirmity is life narrowing & reduces the size of vigour of our social circle. I suspect it's the same for others. SO, adjustment is needed & Dementia Actif is becoming an important vehicle for that adjustment. Slowly, different friendships are developing & replacing those which have withered.

We all have similar problems- but it's how we respond that matters. Dementia Actif helps us to look outwards & count our blessings”.



Looking after your brain



Here are 5 habits that can help maintain good brain health:-

- 1. Sleep** - is an active process where the brain consolidates memories, clears toxins, and restores energy. Deep sleep cycles are essential for learning, long-term memory, and cognitive performance with the recommended 7–9 hours of restorative sleep nightly.
- 2. Stay Physically Active** - to increase oxygen-rich blood flow to the brain, supports the growth of new neurons, and protects against age-related cognitive decline. Recommended activities include brisk walking, cycling, yoga, stretching, or light strength training.
- 3. Eat a Brain-Friendly Diet** - rich in omega-3 fatty acids, antioxidants, and essential vitamins. Key choices include fatty fish like salmon, leafy greens, berries, nuts, whole grains, and healthy fats such as olive oil. Limiting processed foods, fried items, and excessive red meat.
- 4. Engage in Mental Stimulation** - challenging your brain daily strengthens neuroplasticity and cognitive reserve. Activities like reading, puzzles, learning new skills, or practicing mindfulness and meditation help form new neural connections, improve decision-making.
- 5. Maintain Social Connections** - meaningful social interaction supports memory, focus, and emotional well-being. Regularly connecting with friends, family, or community groups stimulates cognitive function and reduces the risk of dementia.

Spring themed Quiz



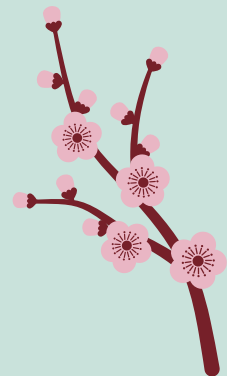
1. How long is the nighttime on the day of the Spring Equinox?
2. The date of Easter Sunday changes every year because it has to fall on the Sunday after what?
3. Which of these is a typical ingredient in hot cross buns? a) Dried Cranberries b) Lemon Zest c) Orange Juice d) Chives
4. Neoannophobia is the fear of Spring. True or False
5. Who is the Goddess of Spring in Greek mythology?
6. To the nearest million, how many Easter eggs are sold every year in the UK?
7. How many months are female sheep pregnant for before they give birth to a lamb?
8. Every year, millions of tourists visit Japan during the springtime to admire which flower?

(Answers below)

Spring's Whisper

Buds awaken in the morning light,
Petals blush, the world turns bright.
Soft winds hum through skies of blue,
Each day feels fresh, each dream feels new.

Why not give yourself a challenge and memorise this poem ?



Quiz answers - 1-12 hours; 2- The first full moon after the Spring Equinox; c - Orange Juice; 4- False, Neoannophobia is a fear of the New Year; 5-Persephone; 6- 80 million; 7 - 5 months; 8 - Cherry blossoms/Sakura

Useful Contact Numbers

Contact your local Byw'n Iach facility for information about Active For Life gentle physical activity sessions



Arfon, Caernarfon - 01286 676451

Bangor - 01248 370 600

Bro Dysynni, Tywyn - 01654 711763

Bro Ffestiniog, Blaenau - 01766 831066

Dwyfor, Pwllheli - 01758 613437

Glan Wnion, Dolgellau - 01341 423579

Glaslyn, Porthmadog - 01766 512711

Pafiliwn, Barmouth - 01341 280111

Penllyn, Bala - 01678 521222

Plas Ffrancon, Bethesda - 01248 601515

Plas Silyn, Penygroes - 01286 882042

Cyngor Gwynedd's Community Adult Teams

1. Llŷn Area - 01758 704099
2. Caernarfon Area - 01286 679099
3. Bangor Area - 01248 363240
4. Eifionydd & Meirionnydd North Area - 01766 510300
5. South Meirionnydd Area - 01341 424499



- Memory Support Pathway - 01492 542212
- Dementia Actif Gwynedd - 07768 988095
- Wales Dementia Helpline - 0808 808 2235
- Carers Outreach - 01248 370797
- Alzheimers Helpline - 0333 150 3456
- Age Cymru Gwynedd & Mon - 01286 677711

Organisations working together to help support people affected by dementia



BWRDD PARTNERIAETH RHANBARTH GOGLEDD CYMRU
NORTH WALES
REGIONAL PARTNERSHIP BOARD



PRIFYSGOL BANGOR
UNIVERSITY



Bwrdd Iechyd Prifysgol Betsi Cadwaladr
University Health Board

