

Dementia Gwynedd Newsletter

Sept 2026
Number 8

Welcome to the 8th Edition of the Dementia Gwynedd Newsletter! Here are the latest updates, stories and initiatives from across Gwynedd, highlighting the work taking place to support people living with dementia, their families and carers.

As we look ahead, we're excited to share that the newsletter will soon be evolving to reflect and support the important work underway to make our communities Age Friendly as well as Dementia Friendly. Future editions will feature updates on new and exciting projects, opportunities to get involved with, and the positive impact being made across Gwynedd. The new look newsletter will be called the **DEMENTIA & AGE FRIENDLY GWYNEDD NEWSLETTER**.

We'll also be providing regular updates on the progress of the Dementia Gwynedd Charity, including how to make donations to help fund projects that support people living with dementia, their families and carers.

And we are always open to ideas and suggestions about what to include in this Newsletter- contact Emma 07768 988095
emmajaynequaack@gwynedd.llyw.cymru



Meet Bethan Williams - who is employed by Cyngor Gwynedd to coordinate the Age Friendly Communities project

Bethan is working with various partnerships to make Gwynedd a place where people can age well, stay connected, and live independently within supportive and inclusive communities.

Contact :

 Bethanwilliams@gwynedd.llyw.cymru

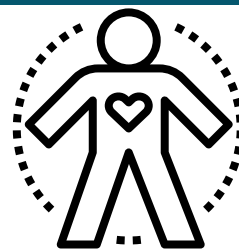
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[Cyngor Gwynedd Age Friendly Communities Action Plan](#)





Dementia Actif Gwynedd



Recent activities in addition to the weekly classes



The Tywyn group enjoyed a trip to the Magic Lantern Cinema and a lovely pottery session



Annual Bangor Pier Walk. A well deserved rest and cuppa at the Pier cafe after a walk organised in partnership with Ffeind during Dementia Action Week



Movement workshop at Plas Glyn y Weddw, Llanbedrog as part of the Coed Coexist Exhibition, with artist and dancer Simon Whithead



Dementia Bus - virtual training session came to Byw'n Iach Glaslyn in Porthmadog during Dementia Action Week. 29 people attended the two sessions.



Clwb MANTur members enjoyed an interesting afternoon at the Porthmadog Maritime Museum.



And making bat boxes with Wales Woodland Wonders, Bat Conservation Trust



For more information

07768 988095

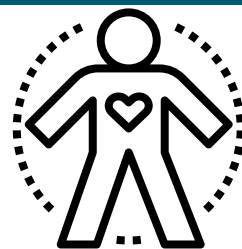
dementiaactif@gwynedd.llyw.cymru

<https://www.dementiaactifgwynedd.cymru/en/>



Dementia Actif Gwynedd

Supporting Dementia Family Carers



Dementia Actif hosts an online Dementia Carers Support Group meeting, 11:00-12:00 every other Tuesday which is open to unpaid carers, former carers and family members.

The group is warm and welcoming, offering a safe space where members can share experiences, support one another, and build meaningful connections. Help is available for anyone who would like support to access or use Zoom.

As well as meeting online, members also enjoy occasional face-to-face gatherings. In June, the group came together at Parc Glynllifon, Caernarfon where they enjoyed a leisurely walk around the beautiful grounds, followed by a cuppa and cake – a wonderful opportunity to relax and catch up in person. Contact Emma on 07768 988095 for more information.

Everyone who are part of the Dementia Carers Support group are such lovely people and we all understand and help each other, I don't feel quite so alone.



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 07 & 21
 Awst : August 04 & 18
 Medi : September 01, 15 & 29
 Hydref : October 13 & 27
 Tachwedd: November 10 & 24
 Rhagfyr : December 8 & 22



Cysylltwch : Contact Emma
07768 988095 emmajaynequaack@gwynedd.llyw.cymru

It is a big comfort to know when the going gets tough/very trying, there is someone there to listen/help who has experienced the same woes.

I have someone to come in and look after my husband at this time on a Tuesday, but I am happy to miss out on other opportunities for myself because this group is so important to me



Being a carer for someone with dementia can be deeply rewarding, but it can also be emotionally, physically, and mentally exhausting. Here are other organisations that can help:-

Bethel Dementia Centre - 01492 542212

Carers Outreach - 01248370797 <https://www.carersoutreach.org.uk/>

Carers Wales - 029 2081 1370 www.carerswalesuk.org/wales

tide (Together in Dementia Everyday) www.tide.uk.net

Dementia Gwynedd CIO Update

Dementia Gwynedd CIO is a charitable incorporated organisation that works to improve the lives of people living with dementia in Gwynedd and support their carers and families through funding, awareness-raising, community support, and wellbeing initiatives. Since announcing the successful registration of Dementia Gwynedd in January, the four trustees have been meeting regularly to put together an action plan which has included setting up a bank account, registering with the Charity Excellence Framework and devising a Funding strategy. Over the next few months the charity will launch a publicity campaign and fund raising can begin.

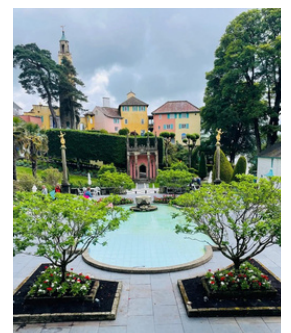
If you are interested in finding out more or would like to become a trustee contact Emma 07768 988095 emmajaynequaeck@gwynedd.llyw.cymru

Celebrating Volunteers



Ann Edwards and Liz Kinsman are both valued members of the Dementia Actif tribe, giving their time as volunteers at our weekly classes. Liz supports the Tywyn class and also does invaluable work with the Dementia Friendly Community and TAIH project in the area. Ann is based in Bethesda, where she provides dedicated support to participants and the wider community.

It was a pleasure to nominate both Ann and Liz for a Mantell Gwynedd Volunteer Award in recognition of their time, energy, commitment and kindness. They attended the awards ceremony at Portmeirion, where their contributions were celebrated alongside those of many other inspiring volunteers. Jenie Dean from Bethesda and Linda Scurrah-Price from Porthmadog were also nominated for awards in recognition of their outstanding voluntary contributions. Although they were unable to attend the ceremony, their dedication and support are greatly appreciated and deserve equal recognition. If you are interested in volunteering contact Emma 07768 988095





TAITH is a charitable community transport service run by a group of volunteers to help local people access essential appointments and services by matching transport requests with volunteer drivers. To use the scheme, clients must demonstrate that they have no convenient alternative means of transport, for example due to disability, mobility difficulties, or limited access to public transport.

A cost of 50p per mile is charged for each journey, with a minimum charge of £2. This payment is made directly to the volunteer driver to help cover fuel and vehicle running costs.

All TAITH drivers are volunteers who generously give their time and use their own vehicles. For client safety and reassurance, every driver has undergone a DBS check. TAITH currently serves communities between Fairbourne and Aberdyfi, extending inland to Abergynolwyn. In certain circumstances, journeys beyond these boundaries may be arranged, particularly for hospital appointments outside the area. Any such requests should be discussed with the TAITH Coordinator when booking.

TAITH launched its operations on 7 May 2026 and completed its first client journey on 11 May 2026. Since then, the scheme has gone from strength to strength, building a dedicated volunteer team and growing its client base. By the end of June, TAITH had recruited 10 volunteer drivers with more coming through the process and 54 Registered Clients

The continued support of volunteers and the local community has been instrumental in helping TAITH provide an invaluable service to residents who might otherwise struggle to travel independently. For more Information

<http://taith.org.uk/>



Liz Kingsman has been a key player in the setting up TAITH, here's why she got involved:- ***"When a good friend of mine was diagnosed with dementia two years ago, I started accompanying her to the Dementia Actif sessions in Tywyn. At the time I was newly retired and looking for a retirement project. It was through Dementia Actif and Dementia Friendly Tywyn that I first became aware of the idea to establish a community transport for Tywyn and area. I thought it sounded like a very worthy project, but struggled to imagine how it could be made to work. In August last year, I was part of a group of people who travelled to Benllech to meet with the chair of Good Turns Benllech, to learn more about their community transport scheme which has been running successfully in that corner of Anglesey for the best part of 30 years. I came away with a very clear sense that with good will, hard work and the right people, such a scheme could be established to serve our rural community in South Meirionnydd. Less than twelve months later I am very proud to be part of a committed and hard-working team which has successfully launched TAITH and achieved charitable status. It's early days, but we are already making a difference."***

Gwynedd Dementia Centre

The Memory Support Pathway's Dementia Centre in Bethel provides a welcoming and supportive environment for people living with dementia, their families, and unpaid carers. The centre offers a range of activities, information, advice, and emotional support designed to promote wellbeing, maintain independence, and reduce social isolation. The centre is open on Mondays 12:30-2:30pm.

For information or to arrange a visit, you can contact the Gwynedd Dementia Centre Coordinator, Sian Williams on 07 376 484154 or by email at Sian.Williams@ctnw.org.uk. Or contact the Memory Support Pathway 01492 542212

Music & Memories



Music and Memories
with
Canna Roberts ac Ann Peters Jones

Open to anyone living with dementia in the local community. Join us for a sing along and some fun!

Bethel Memorial Hall, Caernarfon, LL55 1YE

For more information please contact Canna on 07772270932

Alzheimer's Society

The Alzheimer's Society recently organised Music & Memory Sessions at the Community Centre in Bethel with more sessions planned in the future. If you would like to join the session for an informal singalong please contact :- Canna 0777 2270932

"Mum might be a bit reluctant to go, but once there always sings along happily and as her carer it's a delight for me to see her enjoying herself so much. It sticks in her mind too and she talks afterwards about having had such a lovely time. She has rediscovered her singing voice".

"He really enjoyed the singing session and is keen to attend again. I noticed a positive change in his demeanor after having the chance to sing for the first time in years. We both praised the leader and the accompanist—not only were they talented, but they also had the ability to lift everyone's spirits. Brilliant!"



Research at Bangor University

Peer Support for Young Dementia Carers

Over the past year we have been working with a fantastic group of young people and professionals to co-design a new peer support programme for young dementia carers. This online programme has been designed by, and for, young people aged 8 to 16 who currently help care for a family member living with dementia. It aims to support young dementia carers by providing a structure that allows them to actively engage in peer support, providing a safe space where young carers can meet and talk to others who understand.

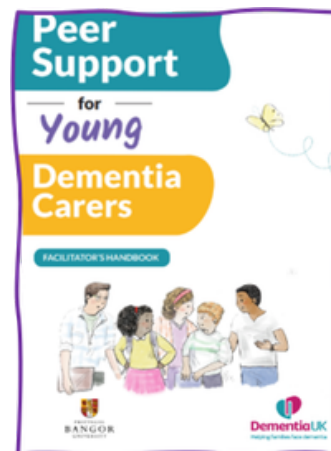
We are pleased to say that the programme is ready! If you would like to watch a webinar where we explain the process of co-designing this new programme, please scan the QR code or visit

<https://youtu.be/3Mrkd1ixZWw> **YouTube**

Over the next year we will try the programme out. The programme will be facilitated by two professionals who, between them have experience of working with families affected by dementia and young carers.

If you, or anyone you know, is aware of a young person aged 8-16 who is currently living with a person living with dementia, we would be grateful if you could share our details with them and their parents/guardians.

We will be recruiting in September/October 2026.



"My daughter and I are so grateful for this programme as we know the difference it is going to make. Young people's voices have been central to getting this right. That has felt very powerful."
– Parent participant

Humour and dementia

We have been exploring the role that humour (in its different forms) can play in improving the wellbeing of people living with dementia and their unpaid carers. In May, a group of people living with dementia and carers came together with researchers and a stand-up comedian for an afternoon of silliness and fun! The take home from this day was that humour connects us, and laughter is good for us all. Please scan the QR code to take a look at a video from the day, or visit <https://youtu.be/JykKpIBaLLk?si=rTjShkL8W-QQeo7r>

We followed this up with an online survey exploring humour and dementia, and this was completed by almost 300 people! The survey backs up what we found in the workshop, with 97% of respondents agreeing that humour is a powerful social tool that can help people forge or strengthen bonds with others.

Watch this space! The findings will help us develop future research where we want to co-design a humour-based programme for people living with dementia and their carers.

"Humour is like kindness; it can change someone's day"



From Patricia Masterson Algar and Jen Roberts

If you are interested in these topics, please contact Jen: j.roberts@bangor.ac.uk 01248 388346

Helpful information and guidance

Cost of Living

Drop in sessions at Gwynedd Libraries

Gwynedd Council Wellbeing officers are providing drop in sessions in libraries throughout the county. It's the perfect opportunity to have a friendly chat about what's available to help you with the cost of living.

- Benefit checks- are you claiming what's yours?
- Help with bills
- Income maximisation
- Referral to appropriate agencies

Contact your local library to find out more!

Gwynedd Libraries information

<https://www.gwynedd.llyw.cymru/en-gb/libraries-archives-and-culture/libraries>



Victoria Williams at a Drop In session in the Porthmadog Library. Victoria is passionate about making a positive difference in people's lives and is always happy to offer help and support. Friendly, approachable, and dedicated, she is committed to helping others access the information, guidance, and assistance they need.



MESSAGE IN A BOTTLE



Keep important
information close at hand
in an emergency



Helps Emergency Services
access important
information quickly



A place to keep medical
details and emergency
contact information



Available for free
at your local library

Or Contact

Emma 07768 988095

emmajaynequaeck@gwynedd.llyw.cymru

What is Message in a Bottle?

A simple way to keep important
information about health and
personal circumstances in one
standard location - your fridge! It
can include:-



Medical details



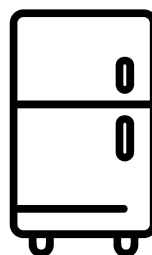
Allergy Information



Emergency contacts



Information about any care
or support you receive



Keep the bottle in
your fridge so
emergency
services can find it
quickly

Free Travel Card - You can travel free with a Concessionary Travel Card

Who is eligible? - You can apply if you are:-

- Age 60 or over
- Eligible due to disability

What is on offer? With the card you can:

- Travel free on most buses in Wales
- Use some train services - some services are free or discounted

Types of cards? You can apply for:

- Card for people age 60+
- Card for disabled people
- Companion card (if you need support to travel)

How to apply?

- Call: 0300 303 4240
- Email: travelcard@tfw.wales
- Website: <https://portal.tfw.wales/en>
- Visit your local library for help- staff can help you fill out an application.



Terry & Sue Rendell

Terry and Sue live in Caernarfon. They have 4 children between them and 3 grandchildren who all live away. Terry was diagnosed with Parkinsons Disease in 2013. Following an admission to Ysbyty Gwynedd with a Stroke he also received a diagnosis of Vascular Dementia now termed Vascular Parkinsonism. Sue is Terry's main carer and coped well until she felt she needed more help in 2023. In Sue's words:-

“ As a carer, I was just picking things up as I went along and asked lots of questions. I didn't really want to go to groups sessions, but it got to the stage of caring for Terry where I started to consider it. Our Parkinson's Nurse referred us to Dementia Actif Gwynedd and the Dementia Centre in Bethel and we started attending both sessions at around the same time. We both enjoyed them and I especially loved seeing the fleeting smiles of many members living with dementia.



I also joined the fortnightly online Dementia Carers group meetings where I feel less lonely; I have the opportunity to off-load; get an understanding of what others are going through and I get to share my experience and tips from over 14 years of caring!



Terry had always been interested in the outdoors so when he had his diagnosis, I was determined to make sure that he was still able to enjoy getting out and about. Whilst on holiday in the Peak District we hired a Boma 7 Wheelchair which was incredibly stable on all terrains, we were so impressed that we bought one when we got back home and spent many a happy time in the mountains and forests of Eryri. We joined the Disabled Ramblers, but he liked going fast and wasn't very good at following the rules!"

**Your
Story**





Dementia and Sundowning



If your loved one with dementia seems more anxious, restless, or confused in the late afternoon or early evening, you're not alone. This is known as sundowning and while it can be tough to deal with, there are things you can try to help.

What is sundowning?

Sundowning is when someone with dementia becomes more unsettled as the day draws to a close. They might pace, get confused, or even become irritable. It often happens just when you're hoping for a bit of quiet after a long day.

Why does sundowning occur?

No one knows for sure, but it could be due to changes in the body's internal clock. People with dementia may also struggle to tell day from night, which can lead to sleep issues and nighttime wandering. Here are some things you can try to reduce the risk of sundowning occurring:-

Keep the person active during the day

A short walk, visiting a memory group, or simply doing things together can make a big difference. People with dementia often need someone to join in with them, not just be given something to do.

Let there be light

As it gets darker outside, switch on lights early and close the curtains. Shadows and gloom can be unsettling. Consider trying daylight-style bulbs – they brighten up a room and may lift their mood (and yours!).

Use gentle distractions

Music, a favourite TV show (avoid distressing news), or sharing a meal can be soothing and help shift focus from anxious feelings.

Think about lighting long-term

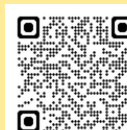
Some care homes have seen good results just by using brighter, full-spectrum lighting. Try it at home – it might help reduce evening agitation and boost overall mood.

Know that dementia can cause anger

Aggression is usually due to frustration when the person feels there is no other way to express their feelings. It can be very hard to cope with, but try not to take it personally. Leave the room for a while if it's safe to do so.

Taken from the magazine DementiaHelp - Thanks to writer and dementia expert Mary Jordan for her input and expertise for this article.

<https://dementiahelpuk.com/>



Brain Health Quiz

1. Which of the following has been shown to have one of the greatest benefits for brain health?

- A. Taking vitamin supplements alone
- B. Regular physical activity
- C. Watching educational television
- D. Completing crossword puzzles only

2. Which type of sleep is most strongly associated with memory consolidation?

- A. Light sleep (N1)
- B. Deep sleep (N3)
- C. REM sleep
- D. All stages equally

3. Learning a new skill, language, or hobby may help build?

- A. Muscle memory only
- B. Cognitive reserve
- C. Blood pressure
- D. Eye coordination only

4. Which nutrient is particularly important for brain function?

- A. Omega-3 fatty acids
- B. Saturated fats
- C. Trans fats
- D. Refined sugar

5. Neuroplasticity refers to:

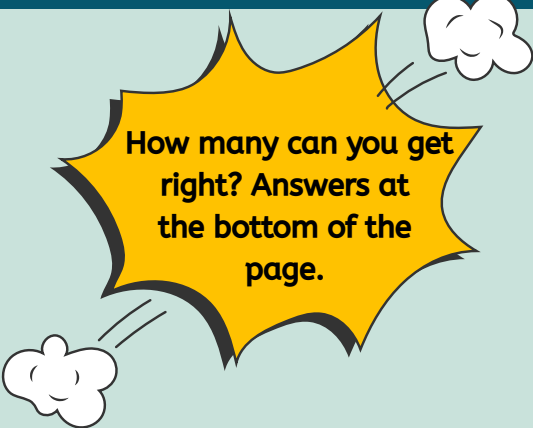
- A. The brain shrinking with age
- B. The brain's ability to adapt and form new connections
- C. The growth of skull bones
- D. Increased brain temperature

6. What is the brain's largest structure?

- A. Cerebellum
- B. Brainstem
- C. Cerebrum
- D. Hippocampus

7. Which statement about aging and the brain is TRUE?

- A. Learning stops after age 50
- B. The brain cannot create new connections later in life
- C. Older adults can still learn and develop new skills
- D. Memory decline is always severe and unavoidable



How many can you get right? Answers at the bottom of the page.



*Quiz answers - 1- B Regular physical activity; 2 C- REM sleep; 3 B- Cognitive reserve; 4- A Omega Fatty Acids; 5 B- The Brains ability to adapt and form new connections; 6 C- Cerebrum
7 C- Older Adults can still learn and develop new skills*

Useful Contact Numbers

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



Arfon, Caernarfon - 01286 676451

Bangor - 01248 370600

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



Dementia
North Wales
Memory Support Pathway

