



# ‘Welsh Magic’\*: the arts in dementia care in Wales

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\*A phrase used by David Cutler, Director of Baring Foundation in a blog post:  
<https://baringfoundation.org.uk/blog-post/welsh-magic-whats-behind-the-magnificent-work-taking-place-in-arts-with-older-people-in-wales/>



## Who am I, and what do I do?

- NOT a scientist in a white coat!
- Doctor of Ageing and Dementia Studies.
- Researcher in dementia CARE
- (Cake is a researcher's secret weapon)



# Why promote the arts for in dementia care?

“The vast majority of...research goes towards the expensive and laborious task of finding both cause and cure. **The arts will not provide a cure.** But the arts programs I have personally facilitated and observed have provided **dramatic improvements in quality of life for caregivers and people with dementia...**





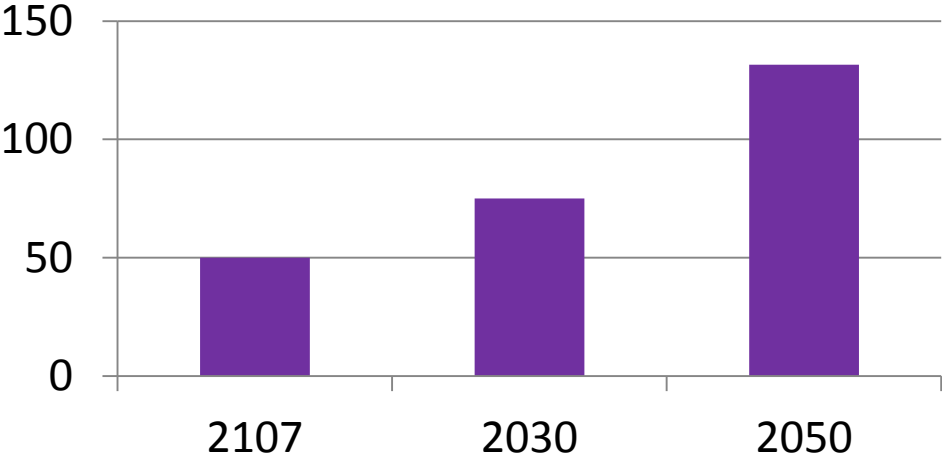
...We should certainly continue investing in the search for a cure, but we should also invest in research, design, and implementation that **clearly improves life today**. Creative expression among people with dementia...offers us the chance to bring hope to the lives of people with dementia and those who care for them”

(p.20; Basting, 2006)



Dementia is a global challenge and for each person living with dementia, there are friends and families supporting them, also affected by dementia.

Number (million) of people living with dementia worldwide



**Dementia research  
roadmap for prevention,  
diagnosis, intervention  
and care by 2025**

An opportunity to align national dementia  
strategies and research

Alzheimer's Society, January 2018

United Against Dementia

# Individual perspectives: Henry (Alive Inside)



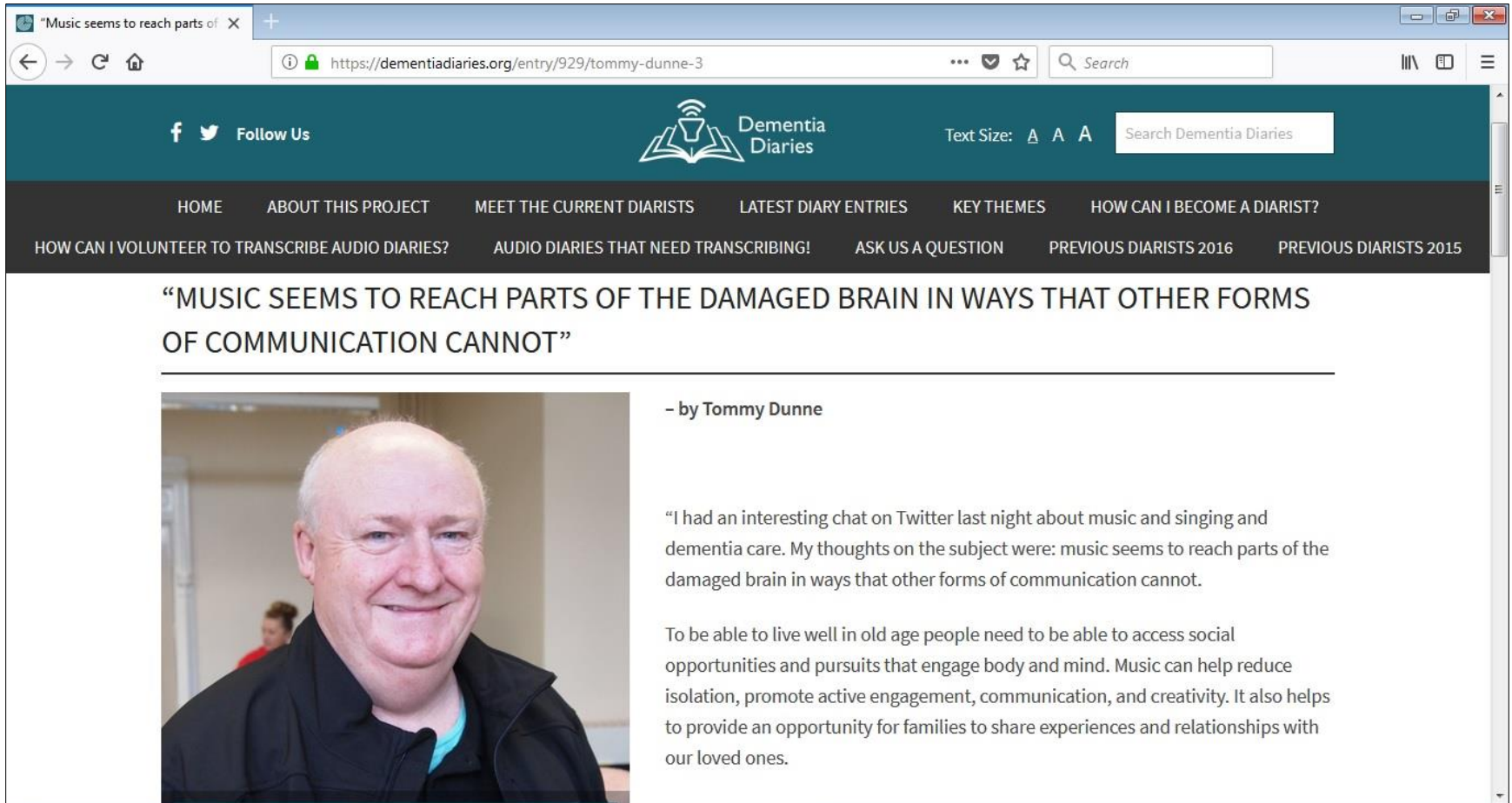
Before



After

<https://www.youtube.com/watch?v=RcbddBfoaG4>

# Individual perspectives: Tommy (Dementia Diaries)



The screenshot shows a web browser window displaying the Dementia Diaries website. The address bar shows the URL <https://dementiadiaries.org/entry/929/tommy-dunne-3>. The website has a dark teal header with the Dementia Diaries logo, social media links, and a search bar. Below the header is a navigation menu with links: HOME, ABOUT THIS PROJECT, MEET THE CURRENT DIARISTS, LATEST DIARY ENTRIES, KEY THEMES, HOW CAN I BECOME A DIARIST?, HOW CAN I VOLUNTEER TO TRANSCRIBE AUDIO DIARIES?, AUDIO DIARIES THAT NEED TRANSCRIBING!, ASK US A QUESTION, PREVIOUS DIARISTS 2016, and PREVIOUS DIARISTS 2015. The main content area features a large quote: "MUSIC SEEMS TO REACH PARTS OF THE DAMAGED BRAIN IN WAYS THAT OTHER FORMS OF COMMUNICATION CANNOT". Below the quote is a portrait of Tommy Dunne, a middle-aged man with white hair, wearing a black jacket over a blue shirt. To the right of the portrait is the text: - by Tommy Dunne. Below this is a paragraph: "I had an interesting chat on Twitter last night about music and singing and dementia care. My thoughts on the subject were: music seems to reach parts of the damaged brain in ways that other forms of communication cannot." Below this is another paragraph: "To be able to live well in old age people need to be able to access social opportunities and pursuits that engage body and mind. Music can help reduce isolation, promote active engagement, communication, and creativity. It also helps to provide an opportunity for families to share experiences and relationships with our loved ones."

"MUSIC SEEMS TO REACH PARTS OF THE DAMAGED BRAIN IN WAYS THAT OTHER FORMS OF COMMUNICATION CANNOT"

- by Tommy Dunne

"I had an interesting chat on Twitter last night about music and singing and dementia care. My thoughts on the subject were: music seems to reach parts of the damaged brain in ways that other forms of communication cannot."

To be able to live well in old age people need to be able to access social opportunities and pursuits that engage body and mind. Music can help reduce isolation, promote active engagement, communication, and creativity. It also helps to provide an opportunity for families to share experiences and relationships with our loved ones.

[www.dementiadiaries.org](http://www.dementiadiaries.org)





# cARTrefu: Creating artists in residents Evaluation Report 2015-2017

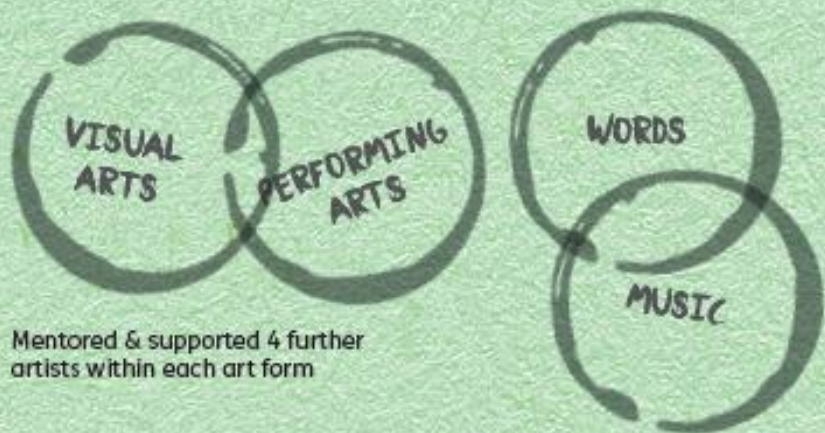
The Baring Foundation





# What is cARTrefu?

## LEAD MENTORS RECRUITED IN:



Mentored & supported 4 further artists within each art form



Each artist delivered weekly 2 hour sessions

Each artist completed 8 residencies over two years

16

artists delivered art sessions in care homes

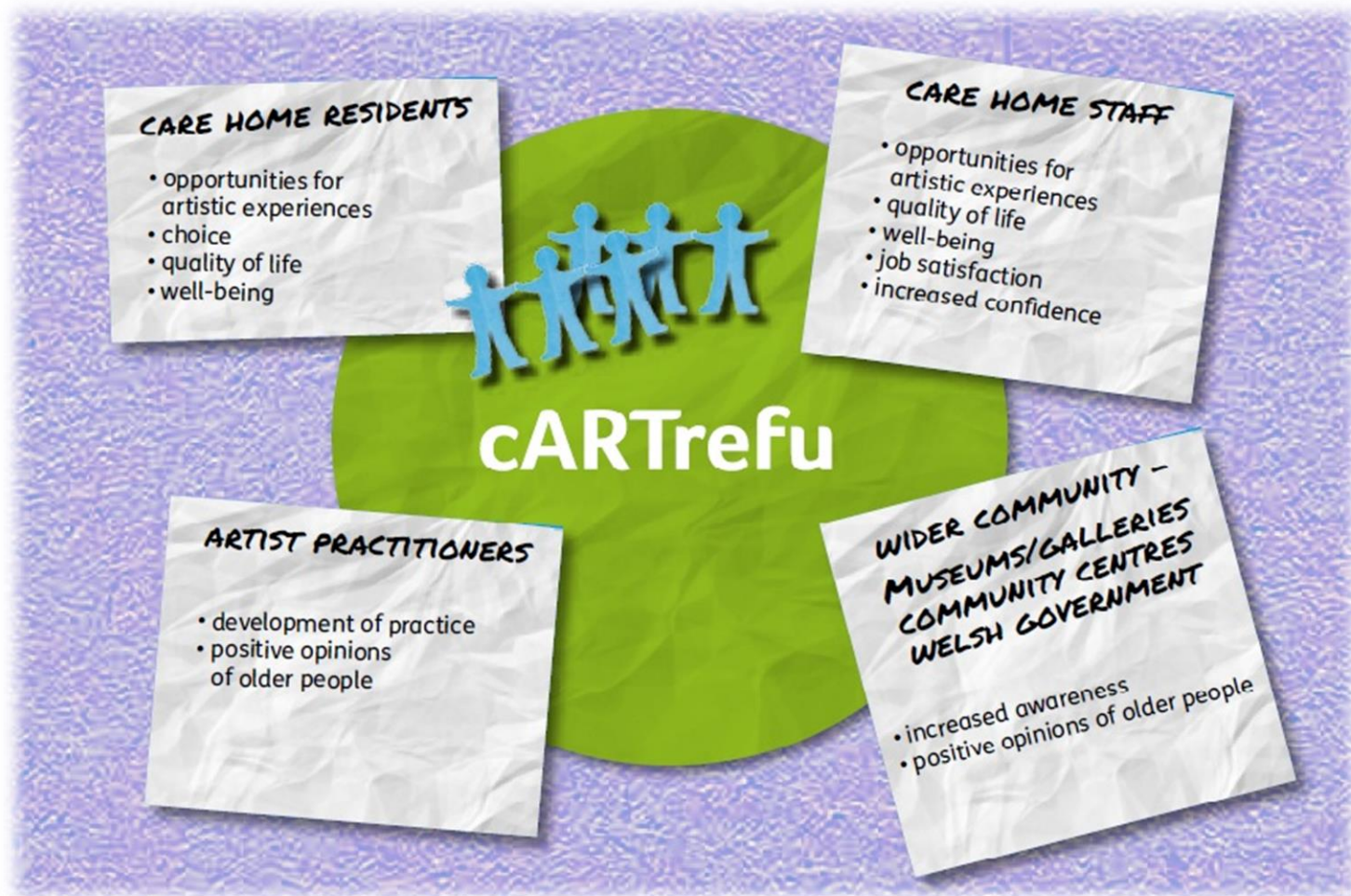


RESIDENTS + STAFF

Received a total 16 hours artistic input

- Quality participatory arts experiences
- Professional development of artists
- Collect evidence that arts contribute to well being and improve quality of life
- Training of care home staff to lead creative sessions

# Evaluation aims





# cARTrefu in numbers...

The numbers involved in cARTrefu demonstrate the impressive scale of the project, making it the largest scale project of its kind in Wales:

1,952

hours of free arts provision in care homes



976

cARTrefu workshops were delivered over the two years

1,543

residents attended one or more cARTrefu sessions

793

residents and

272

staff members took part in the main evaluation.



122

care homes took part in cARTrefu

20%



(nearly 20% of the care homes in Wales)

208

residents and

60

staff members took part in the pilot phase of the evaluation



# ***Impact of cARTrefu residencies***





# CARE HOME RESIDENTS



793

participants

RESIDENTS  
ATTENDED  
4.3  
SESSIONS\*  
\*ON AVERAGE

65%



86  
years old

14  
RESIDENTS  
ATTENDED EACH  
SESSION\*  
\*ON AVERAGE

21%

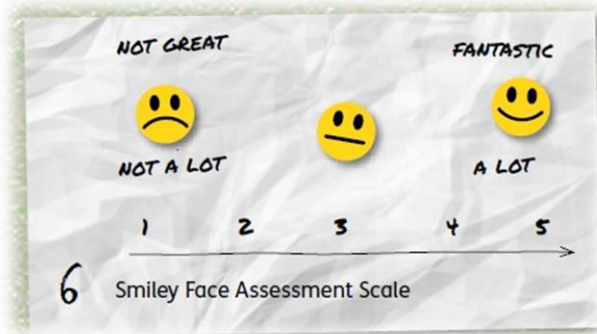
MEN

79%

WOMEN

# Well-being

- Statistically significant improvement in well-being score.



*" I WAS HAVING A PERFECTLY HORRIBLE DAY TODAY UNTIL WE DID THIS. I FEEL COMPLETELY DIFFERENT NOW."*



# Enjoyment



4.29

average (mean)  
enjoyment

86%

of session ratings  
were 4 and above on  
a 5 point scale

58%

of session ratings achieved  
the highest possible level  
for enjoyment

*"WELL I WOULD NEVER HAVE  
THOUGHT I'D BE HAVING SUCH  
FUN. MY BELLY IS HURTING  
NOW [FROM LAUGHING SO  
MUCH]."*



*+Wider impact such as socialising more and regaining skills  
such as using a knife and fork.*

# CARE HOME STAFF

## Care Home Staff

272 

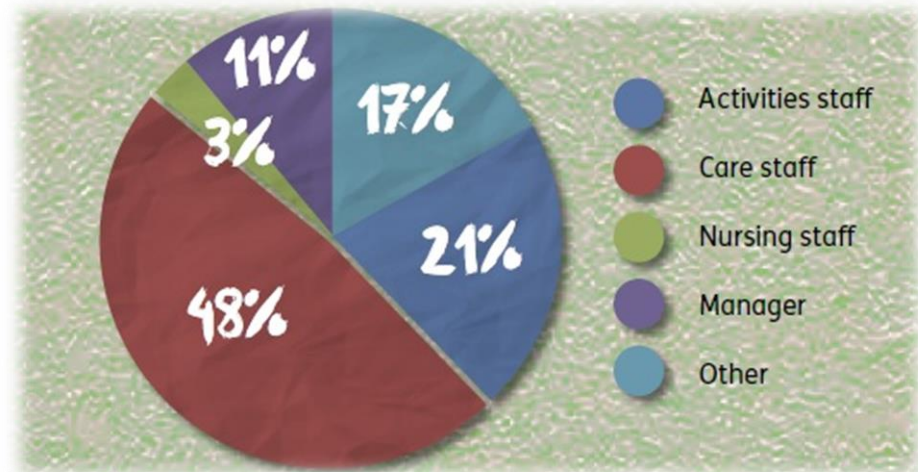
By May 1st 2017,  
272 staff members  
had taken part in  
the evaluation.

55% 

Of these, 55% (149)  
of staff members completed  
both pre and post  
questionnaires.

**6.5** years

**43** years old

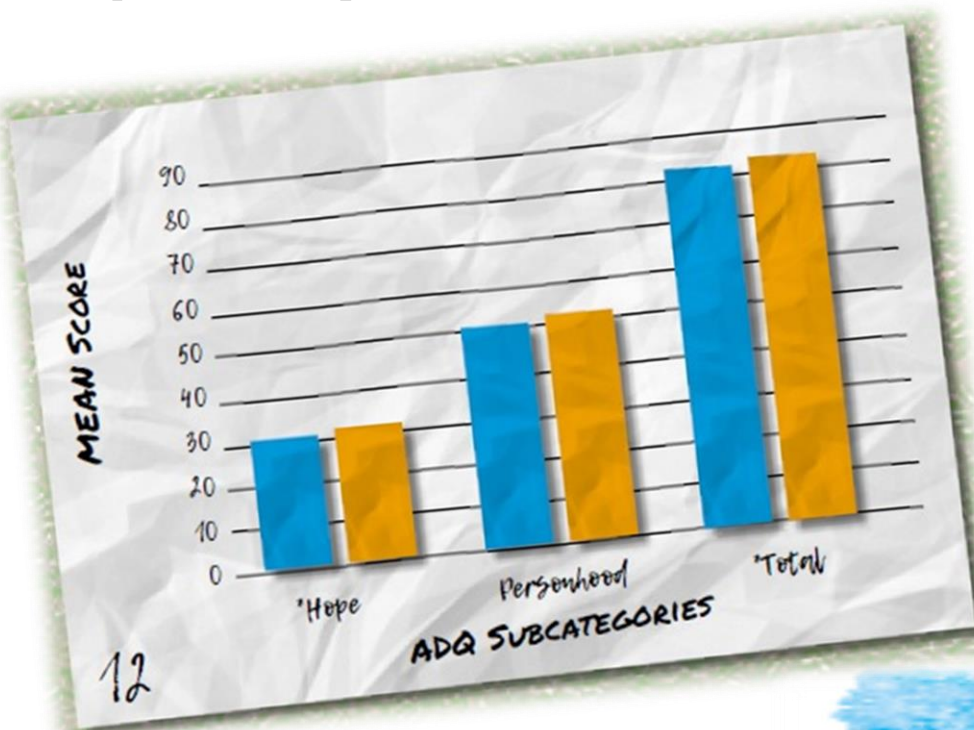




- More likely to seek out participatory and spectator art activities outside of work.\*
- More likely to consider visits to local art exhibitions, concerts, or theatre with residents.
- Increased confidence to lead a creative arts session in care home.\*



# Approaches to dementia (ADQ)



- Increase in total ADQ score\*
- Increase in perception of 'hope'\*

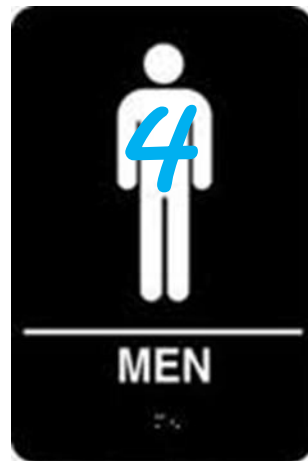
*"[IT] MADE ME REALISE  
RESIDENTS ARE MORE  
CAPABLE THAN ONE  
MIGHT GIVE THEM CREDIT  
FOR"*

\*Statistically significant

# ARTIST PRACTITIONERS and MENTORS

**4** mentors

**17** artist practitioners



*"EXCELLENT OPPORTUNITY FOR ME TO  
DEVELOP MY FACILITATING SKILLS  
UNDER MENTORED SUPERVISION,  
WHILST POSITIVELY IMPACTING  
PEOPLE'S LIVES."*





# Approaches to dementia (ADQ)

*"I BECAME MORE DETERMINED TO TRY AND ACHIEVE THROUGH WITNESSING THE HUGE DESIRE OF SOME RESIDENTS AND THE 'GIVEN UP ALREADY' ATTITUDES OF OTHERS WHO SEEMED TO HAVE 'LEARNT' THEY WERE OLD AND CAN'T DO IT."*

- Increase in total ADQ score\*
- Increase in perception of hope\*
- Increase in recognition of personhood\*







*"I FEEL MORE FULFILLED AS AN  
ARTIST THROUGH HAVING BEEN  
CHALLENGED BOTH TO EXPLORE  
NEW WAYS OF WORKING AND MY  
OWN EMOTIONAL RESPONSES...I  
WANT TO CONTINUE THIS WORK"*

Personal development and the development  
of new skills

# Mentoring Process



*"THE MENTORING PROCESS MADE CARTREFU SO MUCH MORE THAN 'JUST ANOTHER WORKSHOP'. IT GAVE WORKING IN A CARE HOME SIGNIFICANCE AND IMPORTANCE. IT OFFERED REFLECTION AND QUESTIONING, IT DEMANDED DEVELOPMENT AND CHANGE AND IT ALLOWED FOR RISK AND EXPERIENCE WITHOUT CONSEQUENCES."*





- Planning / preparation
- Approach of person leading the session
- Implementation / set up of session
- Group participants

*"PEOPLE ARE MORE IMPORTANT THAN THE 'PLAN'! BE PREPARED TO LISTEN, LOVE AND RESPECT THE 'LEAST' IN YOUR GROUP."*



# Legacy

Beyond an increased appreciation of the arts and into fundamental elements of person-centred care.

Artists own practice

Sharing results on national and international academic stage

cARTrefu activity pack



# cARTrefu II: 2017-2019

- 12 artist practitioners
- Less emphasis on distinct art forms
- 6 residencies of 12 weeks
- 864 more free workshops
- Focus on exhibiting work to increase public awareness



**DEAR VISUAL ARTS GROUP WALES,**

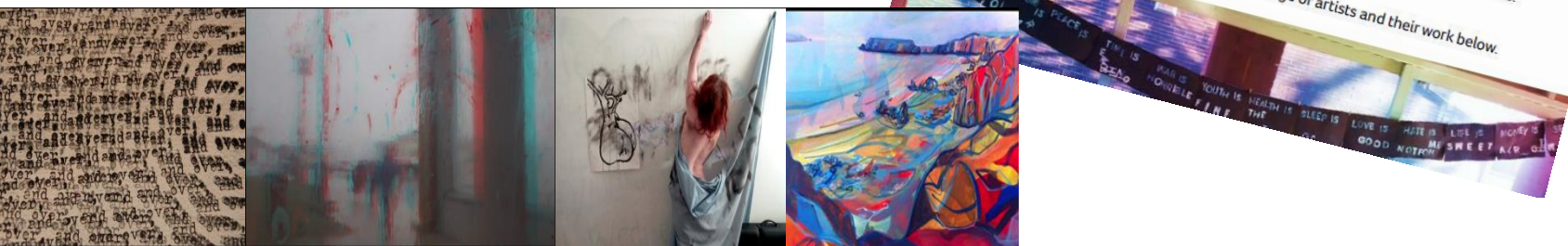
cARTrefu, Age Cymru's experimental arts in care homes project, has now grown to become the largest project of its kind in Europe. We've worked with 156 care homes throughout Wales so far (that's 25% of all care homes) and have been invited to talk about the project at conferences in Copenhagen, Sydney, Edinburgh, Belfast, Barcelona and London. Wales truly is leading the way when it comes to the impact of arts on dementia and we're proud that cARTrefu is a significant part of Wales' ambitions in this field.

We are delighted to announce that we will be exhibiting work by all 12 of our artists at the Courtyard in Hereford from mid November 2017 to early January 2019. We'll be launching our very own custom-built, multi-room space for the cARTrefu cube; a cross-art form and immersive environment for our artists to present their work and for you to re-examine the idea of 'home'.

We'd like to invite you to join us for our launch event on Wednesday 14 November, 5.30 - 7.30pm.

We'd also like to start a conversation about where we go from here. We'd love to hear from contemporary art spaces and venues that are interested in our cARTrefu offer, including the cARTrefu cube. We are keen to talk to you about your spaces, your priorities and artistic programming and how we can work together to present work that excites and challenges people's expectations of art created in care homes. So please get in touch.

You can find out more about our diverse range of artists and their work below.







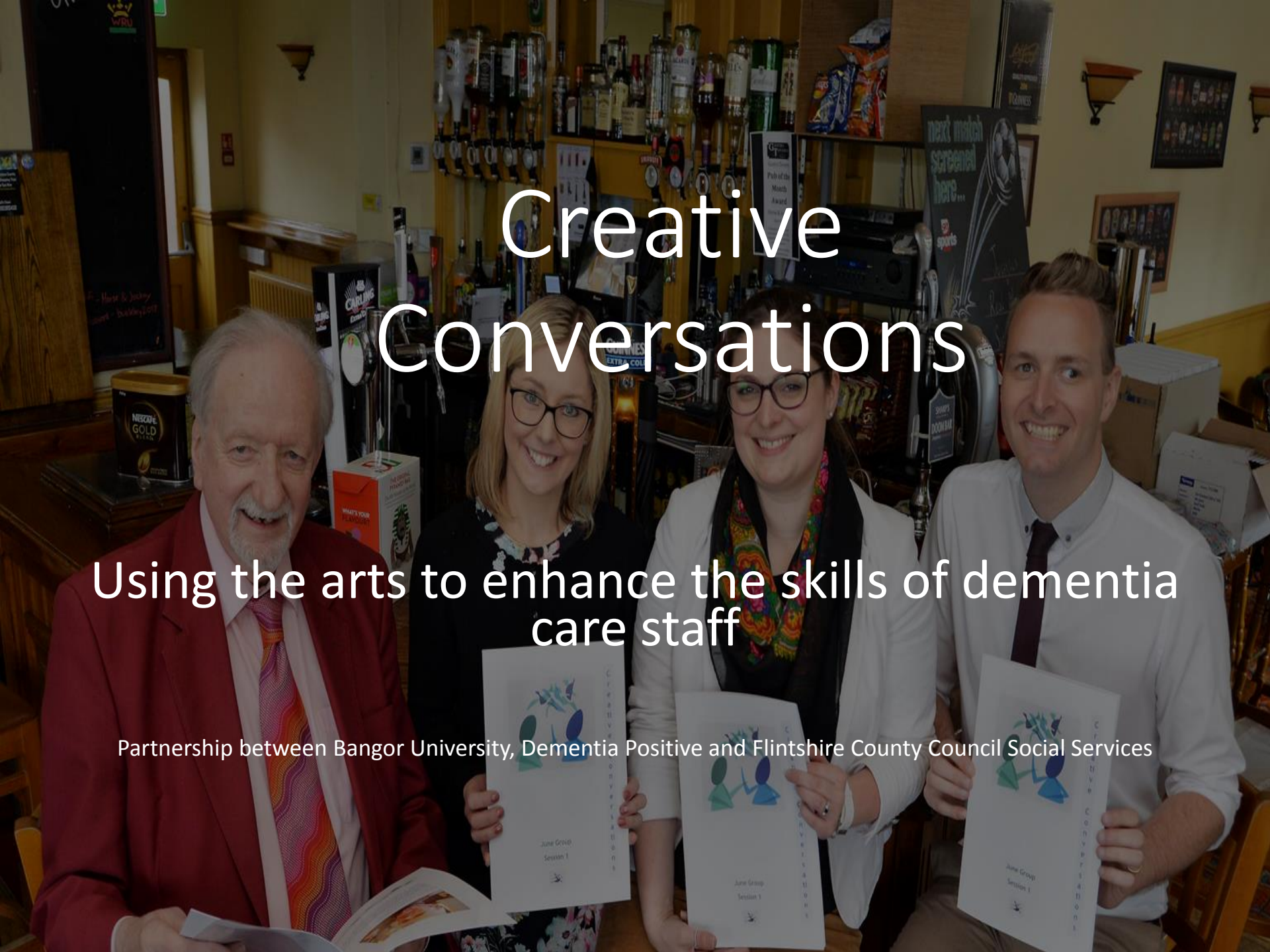
*"IT SHOWS HOW MUCH WE CAN DO  
TOGETHER! YOU'VE GOT TO USE YOUR  
IMAGINATION; THE MORE YOU USE IT  
THE BETTER IT GETS, LIKE A  
MUSCLE."*



# Creative Conversations

Using the arts to enhance the skills of dementia  
care staff

Partnership between Bangor University, Dementia Positive and Flintshire County Council Social Services



# Why?



Rather than helping staff understand how to communicate with older people, including those living with dementia, training for care staff tends to focus on manual handling, fire safety, and safeguarding (Older People's Commissioner for Wales, 2014)

Members Involved In  
cARTrefu demonstrate the  
impressive scale of the project,  
making it the largest scale  
project of its kind in Wales:

1,952

hours of free arts provision in care homes



1,543

residents attended one or  
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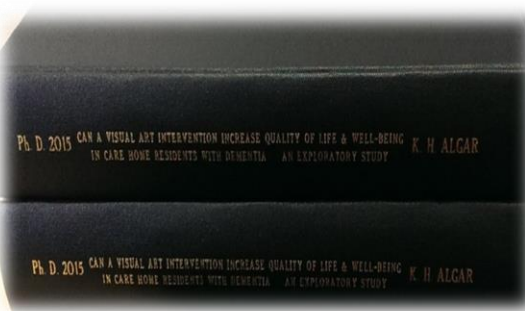
20%

of residents

## Why the arts?



DEMENTIA AND IMAGINATION  
DEMENTIA A'R DYCHYMYG



### Dementia Positive

celebrating the strengths, creativity &  
insights of people living with dementia



During previous projects, the arts enabled staff to really get to know those they cared for. This quote is taken from my PhD work:

*"I was negative. I didn't think that they would display any interest. That they would just sit there maybe for a couple of minutes and they'd be agitated, edgy and wouldn't want to do it...and I thought you'd be wasting your time if I'm honest"*

*"I was surprised at their level of ability. And I'm ashamed to say it"*

*"It's really changed my opinion of what they are willing and able to do, really"*

# Aim of the project

To develop and test a 'Creative Conversations' intervention to improve the quality of interaction between care staff and people living with dementia

*"The arts for encouraging new ideas and different ways to engage with different residents"*



# The Creative Conversations Programme

- Aims to develop skills of dementia care staff using the arts.
- Has a remit for developing compassionate communication and quality of relationships between staff and those they care for.
- Encourages staff to use the skills developed in sessions in everyday interactions in the care home (rather than a time-limited activity session)

**Aimed at frontline staff rather than activities staff as wanted to encourage this in day-to-day life in the care home.**







'Creative  
Conversations' is  
based on and  
takes its'  
inspiration from  
two earlier  
programmes:

1. The Descartes project conceived by Hannah Zeilig, (Zeilig, Poland, Killick & Fox, 2015, The arts in Dementia Care Education, in Journal of Public Mental Health 14(1) 18-23.) Descartes innovated the use of arts based material to educate care home staff.
2. The Arts and Older People Project and John Killick at The Courtyard, Hereford. This project used poetry to enhance creative conversations and enable compassionate communication. (The Arts and Older People Project and Killick, J. (2015) The best words, in the best order: A toolkit for making poems in dementia care settings. The Courtyard Centre for Arts, Hereford).

# Creative Sessions

- Groups of 12 staff (4 from 3 different care homes)
- 4 creative sessions over 12 weeks
- 2 hours with a break in middle
- Unconventional venues:
- Informal approach
- No facts given
- High degree of sharing
- Personhood asserted throughout without being stated

**Uses the arts on 2 levels:**

- 1. As an educational tool for introducing a topic for discussion**
- 2. As short creative practical activities to try back in the care home**





# Who took part?

- 14 care homes
- 49 care staff completed

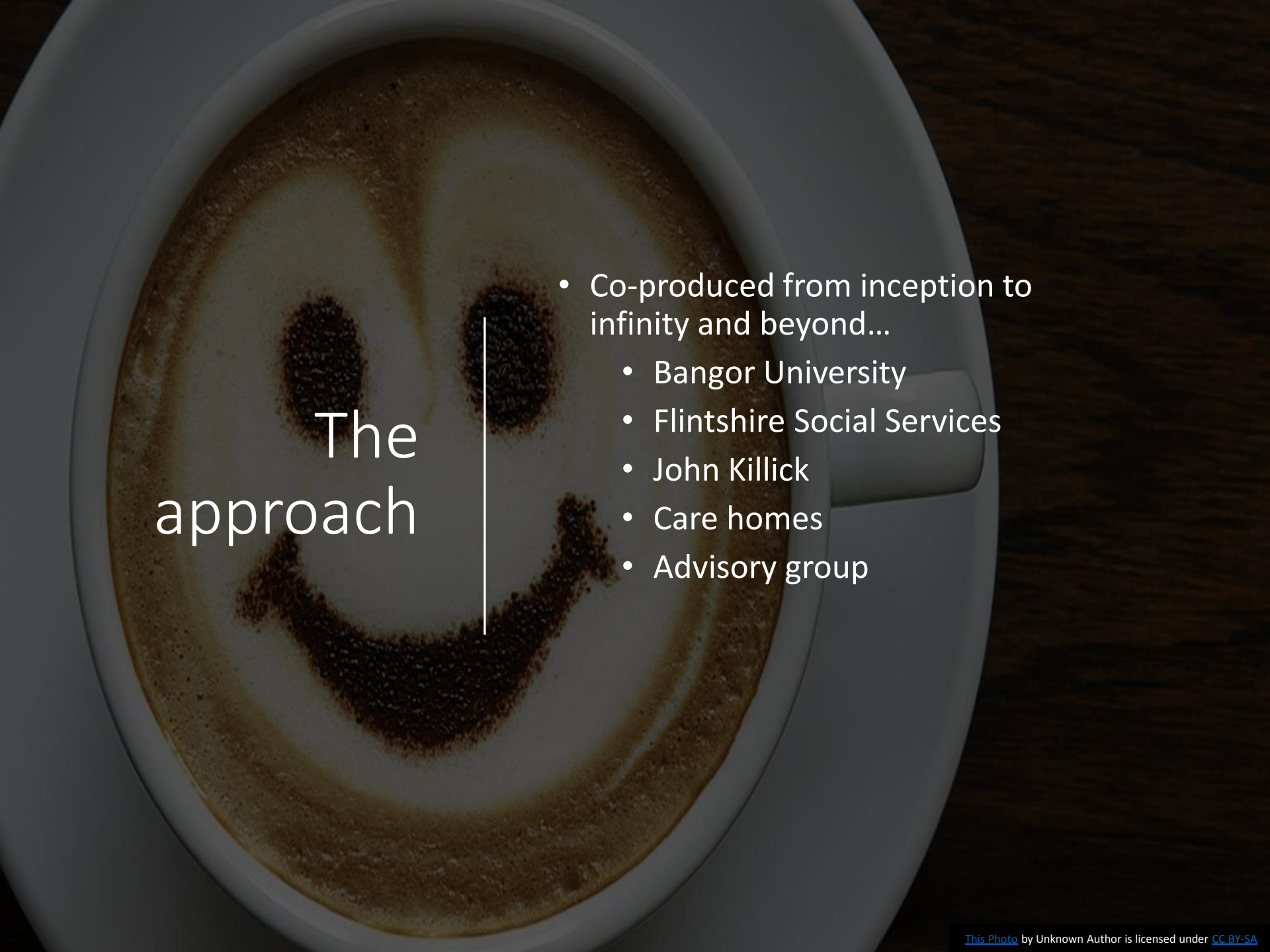
Staff Demographic data	
Age (Mean)	41.74
Gender, Female (%)	100
Ethnicity, White British (%)	100
Total years of employment in care homes (Mean)	11.85



Creative  
Conversations  
– on the  
ground



By Luke Pickering-Jones

A top-down view of a white ceramic coffee cup filled with a latte. The coffee has a light brown foam on top, and a smiley face is drawn into the foam using dark brown coffee powder. The eyes are two solid dark circles, and the mouth is a wide, curved line of the same powder. The cup is set against a dark, textured background.

# The approach

- Co-produced from inception to infinity and beyond...
  - Bangor University
  - Flintshire Social Services
  - John Killick
  - Care homes
  - Advisory group



# The links

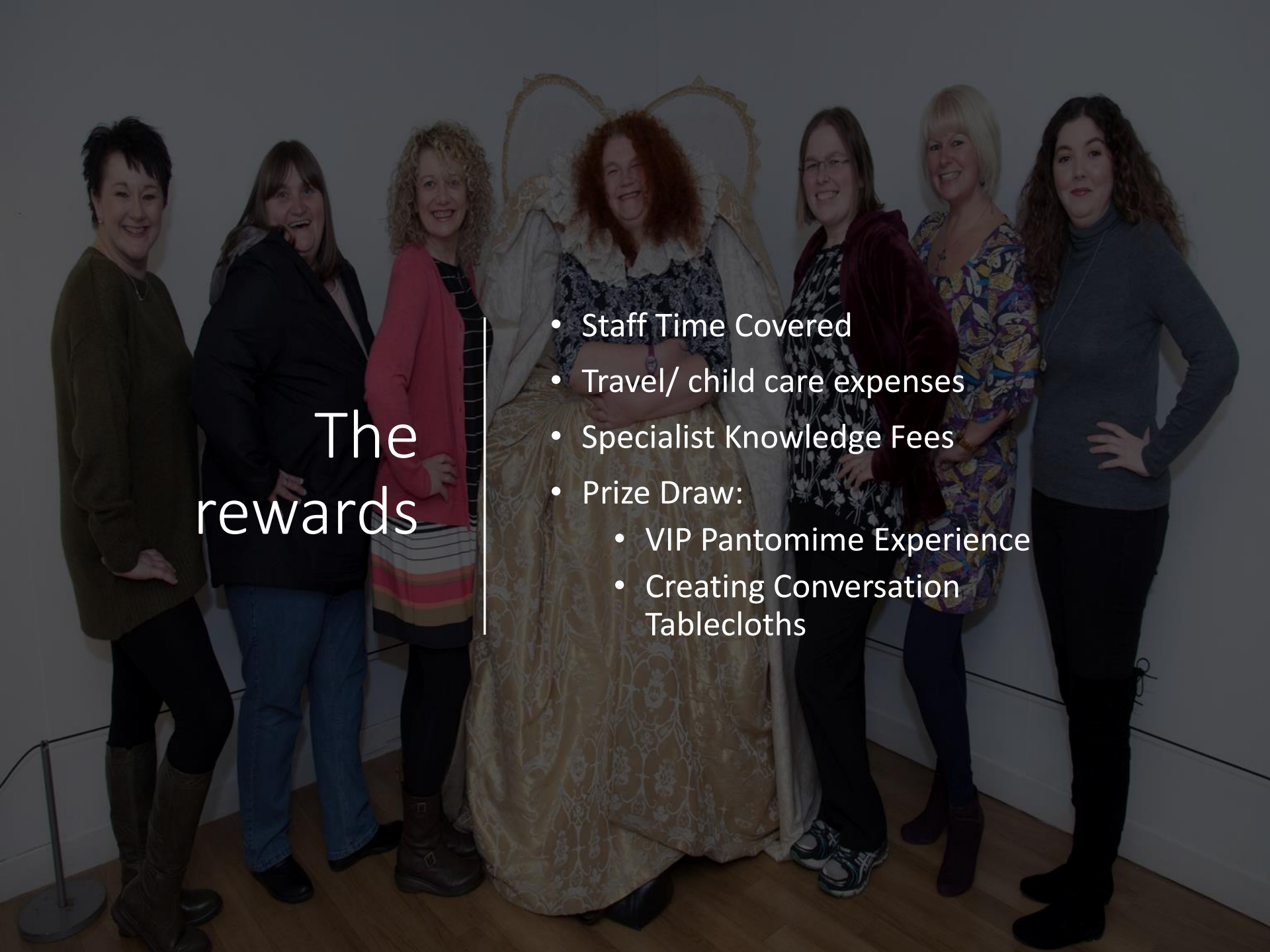
- Social Services and Well-being Act 2014
- “A Place to Call Home”
- Embedded in ‘Progress for Providers’





## The opportunity

- Develop local workforce
- Strengthening the relationship
- Opening the doors to research
- Investing in care



# The rewards

- Staff Time Covered
- Travel/ child care expenses
- Specialist Knowledge Fees
- Prize Draw:
  - VIP Pantomime Experience
  - Creating Conversation Tablecloths



A photograph of two women sitting in a room, engaged in conversation. The woman on the left is wearing a red and blue patterned top and holding a small card. The woman on the right is wearing a red top with a white floral pattern and a dark blue cardigan, holding a notebook and pen. They are sitting in a room with a window in the background, a radiator, and a patterned rug. A semi-transparent circular overlay is on the left side of the image, containing text.

## Impact – An appetite for being Creative

---

- Positive response from care staff
- Valued space to reflect on own practice
- Opportunity for discussion and to learn from other staff
- Learning through the arts strengthened their understanding of residents and role of non-verbal communication.
- Arts can be weaved into everyday interactions





**THE FUTURE IS OURS TO CREATE.**

# The Future

- Creative Conversations is continuing in Flintshire
- 12 Courses Planned 2019-20
- 2 courses for Care Staff and 2 for Family Carers
- Product development meetings

Zoom in (Ctrl+Plus)

# Creative Conversations

## Workshops for Care Home Staff

The Creative Conversations programme aims to develop the skills of care staff using the arts. The facilitator delivers the training in 'creative sessions' of up to two hours long over four creative sessions delivered over 12 weeks.

The Workshop Aims to:

- Develop skills of care staff using the arts (e.g. Poetry, visual art, film photography, music).
- Developing compassionate communication and quality of relationships between staff and those they care for.
- Encourages staff to use the skills developed in sessions in everyday interactions in the care home (rather than a time-limited activity session)

Two programmes are available with limited spaces:

1. Venue: Horse and Jockey Pub, Church Road, Buckley  
Dates: 15<sup>th</sup> January, 29<sup>th</sup> January, 26<sup>th</sup> February, 26<sup>th</sup> March 2019  
Time: 2pm-4pm
2. Venue: Flint Cinema, Church Street, Flint  
Dates: 18<sup>th</sup> January, 1<sup>st</sup> February, 1<sup>st</sup> March, 5<sup>th</sup> April 2019  
Time: 2pm-4pm

Staff must attend all workshop dates of a programme

**To book please contact**  
**luke@newcis.org.uk**  
**01352 752525**

# Creative Conversations

## Workshops for Family Carers

The Creative Conversations programme aims to offer the creative skills to family carers of people living with dementia using the arts. The facilitator delivers the workshops in 'creative sessions' of up to two hours long over four creative sessions delivered over 12 weeks.

The Workshops Aims to:

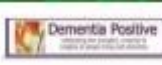
- Help carers within their role, to have meaningful and positive interactions with their loved one during difficult times
- Develop skills of carers using the arts (e.g. Poetry, visual art, film photography, music).
- Encourages carers to use the skills developed in sessions in everyday interactions at home.

Two programmes are available with limited spaces:

1. Venue: Horse and Jockey Pub, Church Road, Buckley  
Dates: 15<sup>th</sup> January, 29<sup>th</sup> January, 26<sup>th</sup> February, 26<sup>th</sup> March 2019  
Time: 11am-1pm
2. Venue: Flint Cinema, Church Street, Flint  
Dates: 18<sup>th</sup> January, 1<sup>st</sup> February, 1<sup>st</sup> March, 5<sup>th</sup> April 2019  
Time: 11am-1pm

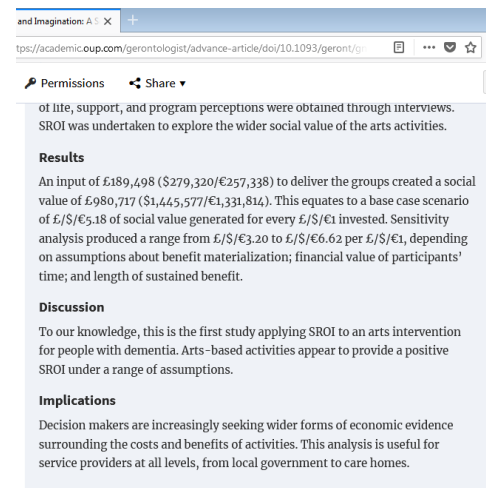
Respite is available for you to attend these workshops

**To book please contact**  
**luke@newcis.org.uk**  
**01352 752525**



# The arts can benefit all involved

- Individuals at home
- Community groups
- People living in care homes
- Those supporting people living with dementia (family and professional caregivers)
- Artists
- Service Providers
- Wider community



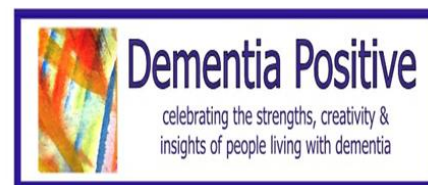


# So where is the magic?

- Strong cultural heritage
- Enthusiasm and skill of those leading sessions



- Partnerships



- Ability to work on a national scale



***This presentation has only given two example projects using the arts in dementia care. There are so many fantastic programmes across Wales such as Lost in Art, the Artisan Collective in Prestatyn, Arts in the Armchair (Theatre Clwyd) just to mention a few local examples.***

# BMJ Open Dementia and Imagination: a mixed-methods protocol for arts and science research

Gill Windle,<sup>1</sup> Andrew Newman,<sup>2</sup> Vanessa Burholt,<sup>3</sup> Bob Woods,<sup>1</sup> Dave O'Brien,<sup>4</sup> Michael Baber,<sup>5</sup> Barry Hounscome,<sup>6</sup> Clive Parkinson,<sup>7</sup> Victoria Tischler<sup>8</sup>

Ageing & Society (2018), 1–18  
doi:10.1017/S0144686X18000594



## ARTICLE

## The role of the visual arts in the resilience of people living with dementia in care homes

Andrew Newman<sup>1\*</sup>, Anna Goulding<sup>2</sup>, Bruce Davenport<sup>1</sup> and Gill Windle<sup>3</sup>

<sup>1</sup>School of Arts and Culture, Newcastle University, Newcastle upon Tyne, UK; <sup>2</sup>Institute of Health and Society



Cultural Trends



ISSN: 0954-5793 (Print) 1469-3590 (Online) Journal homepage: <http://www.tandfonline.com/doi/full/10.1080/09545793.2018.1511111>

Carrying out research across the arts and humanities and social sciences: developing the methodology for Dementia and Imagination

Andrew Newman, Michael Baber, Dave O'Brien, Anna Goulding, Catrin Hedd Jones, Teri Howson, Carys Jones, Clive Parkinson, Katherine Taylor, Victoria Tischler & Gill Windle

## Conceptualising and Understanding Artistic Creativity in the Dementias: Interdisciplinary Approaches to Research and Practise

Paul M. Camici<sup>1,2\*</sup>, Sebastian J. Crutch<sup>1,3</sup>, Charlie Murphy<sup>1</sup>, Nicholas G. Firth<sup>1,4</sup>, Emma Harding<sup>1,5</sup>, Charles R. Harrison<sup>1</sup>, Susannah Howard<sup>1,6</sup>, Sarah Strohmaier<sup>1,7</sup>, Jannike Van Leuwen<sup>1,8</sup>, Julian West<sup>1,9</sup>, Gill Windle<sup>1,10</sup>, Selina Wray<sup>1,11</sup> and Hannah Zelig<sup>1,12</sup> on behalf of the Created Out of Mind Team<sup>1</sup>

## Article

## Exploring the theoretical foundations of visual art programmes for people living with dementia

Gill Windle  
Dementia Services Development Centre, School of Healthcare Sciences, Bangor University, Wales

Samantha Gregory  
School of Psychology, Aston University, England

Teri Howson-Griffiths  
Drama Department, Liverpool John Moores University, England

Andrew Newman  
School of Arts and Culture, Newcastle University, England

Dave O'Brien  
School of History of Art, University of Edinburgh, Scotland

Anna Goulding  
School of Social Sciences, University of Manchester, England



Dementia  
09 1–26  
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SAGE

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doi:10.1080/03044963.2017.1320762

## The impact of a visual arts program on quality of life, communication, and well-being of people living with dementia: a mixed-methods longitudinal investigation

Gill Windle,<sup>1</sup> Karlijn J. Joling,<sup>2</sup> Teri Howson-Griffiths,<sup>3</sup> Bob Woods,<sup>1</sup> Catrin Hedd Jones,<sup>1</sup> Peter M. van de Ven,<sup>4</sup> Andrew Newman<sup>5</sup> and Clive Parkinson<sup>6</sup>

<sup>1</sup>Dementia Services Development Centre, School of Healthcare Sciences, Bangor University, Bangor, Gwynedd, Wales

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## Article Contents

Abstract  
Methods  
Results  
Discussion  
Funding  
Acknowledgments  
Conflict of Interest

## Dementia and Imagination: A Social Return on Investment Analysis Framework for Art Activities for People Living With Dementia

Carys Jones, PhD ✉, Gill Windle, PhD, Rhianon Tudor Edwards, DPhil

The Gerontologist, gny147, <https://doi.org/10.1093/geront/gny147>

Published: 23 November 2018 Article history ▾

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Windle et al. Systematic Reviews 2014, 3:91  
<http://www.systematicreviewsjournal.com/content/3/1/91>



## PROTOCOL

## Open Access

## Understanding the impact of visual arts interventions for people living with dementia: a realist review protocol

Gill Windle<sup>1\*</sup>, Samantha Gregory<sup>1</sup>, Andrew Newman<sup>2</sup>, Anna Goulding<sup>2</sup>, Dave O'Brien<sup>3</sup> and Clive Parkinson<sup>4</sup>

## Article

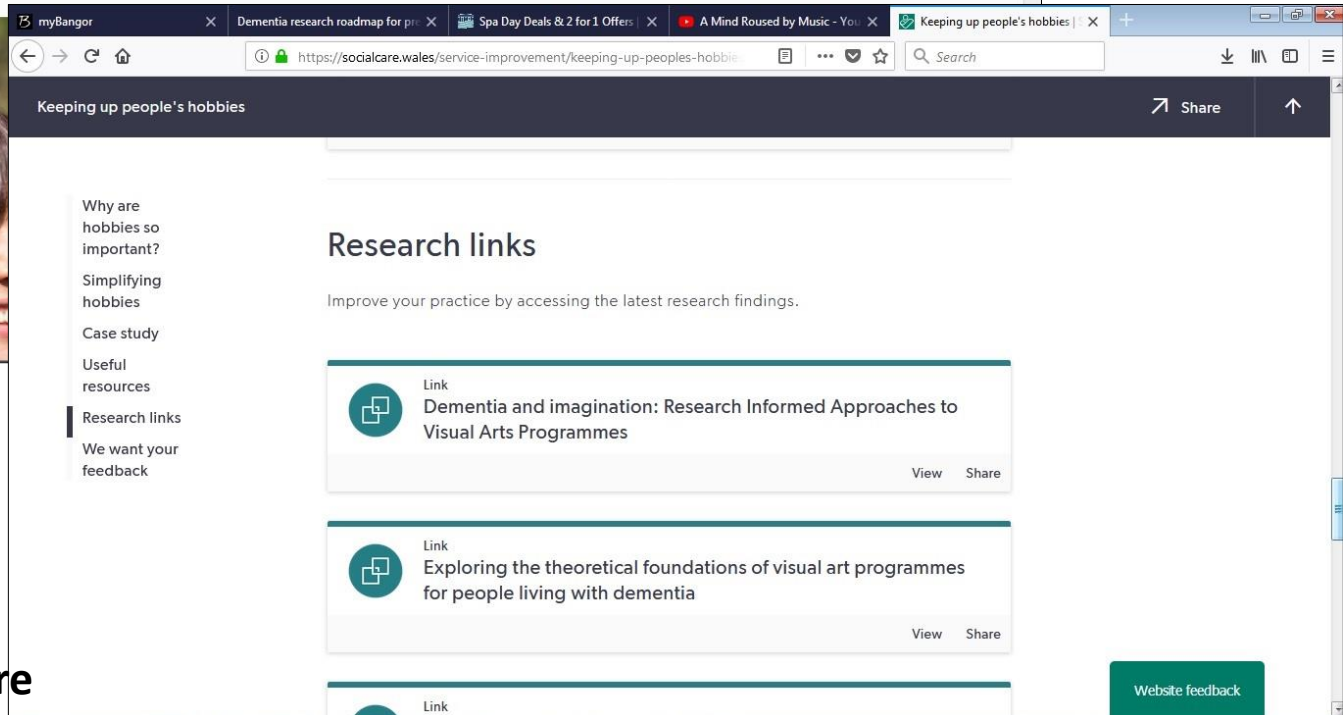
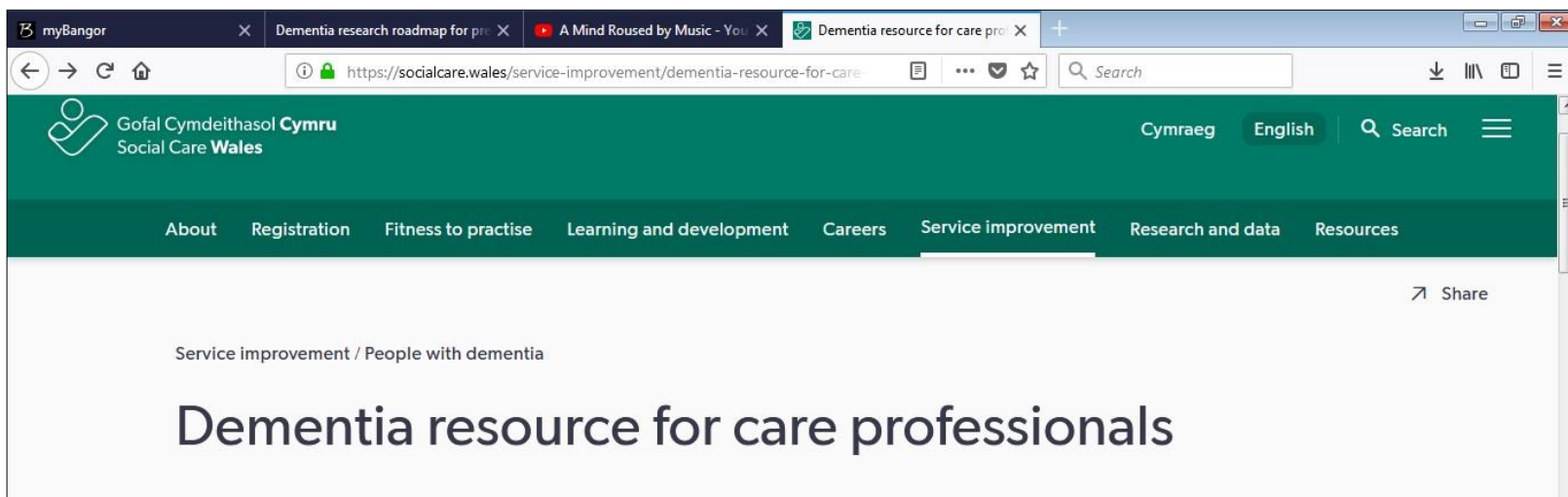
## Measuring the quality of life and well-being of people with dementia: A review of observational measures

Katherine Algar, Robert T Woods and Gill Windle  
Dementia Services Development Centre (DSDC), Bangor University, Wales, UK



Dementia  
09 1–26  
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As researchers, it is important to add to the evidence base through publishing in research journals and sharing nationally and internationally...



**...But equally important to share our research with organisations to influence policy and practice; therefore improving the wellbeing of those living with dementia and those who support them**





**North Wales dementia network  
Rhwydwaith dementia Gogledd  
Cymru**

**Facebook:**

North Wales Dementia  
Network

**Twitter:**

@NWDemNetwork

**Contact/Cyswllt:**

Jen Roberts (01248) 388346  
[j.roberts@bangor.ac.uk](mailto:j.roberts@bangor.ac.uk)



**Grwpiau DEEP groups**

Social groups/peer support for people living with  
dementia (& families)

**DEEP in Deeside (Flintshire):**

The first Thursday of every month at 7pm.

Contact Teresa ([teresa.davies53@hotmail.com](mailto:teresa.davies53@hotmail.com)) /  
07766 833856

**Halcyon Quest (Conwy &  
Denbighshire):**

Last Tuesday of every month.

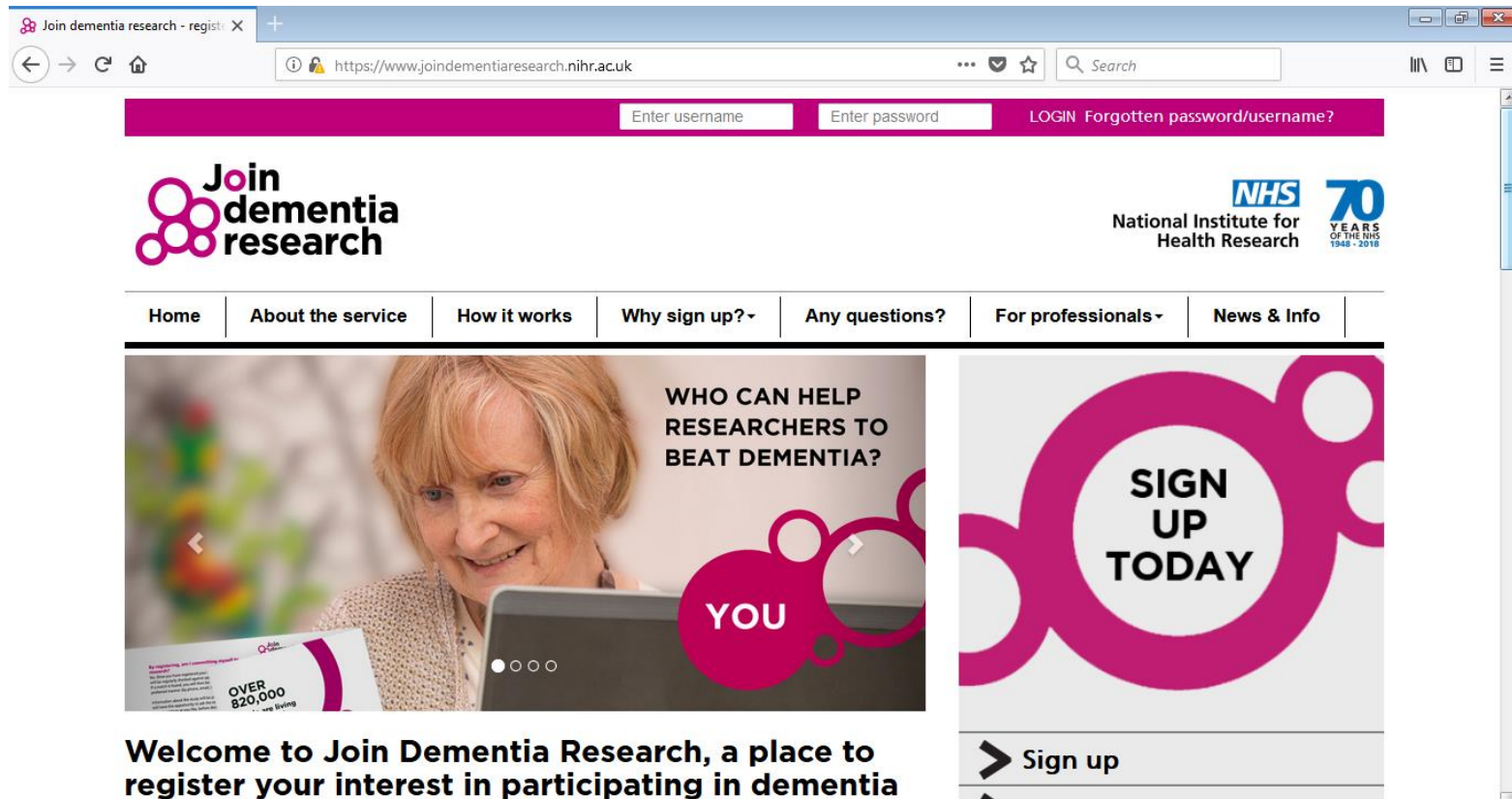
Contact Chris Roberts ([mason4233@live.co.uk](mailto:mason4233@live.co.uk))

**DEEP United (Dwyfor & Meirionydd):**

The group meet every 2 months

Contact Emma Quaeck  
([emmajaynequaeck@gwynedd.llyw.cymru](mailto:emmajaynequaeck@gwynedd.llyw.cymru))

# Join Dementia Research



[www.joindementiaresearch.nihr.ac.uk](https://www.joindementiaresearch.nihr.ac.uk)

# ART PRIZE

## FOR PEOPLE WITH DEMENTIA

Submit a painting, drawing or photo for the **National Audit of Dementia**; the winner will have their art published on the national report!

**Theme:** Living Well.

**First Place:** £50 voucher and your artwork on the cover of the national report.

**Second Place:** £25 voucher.

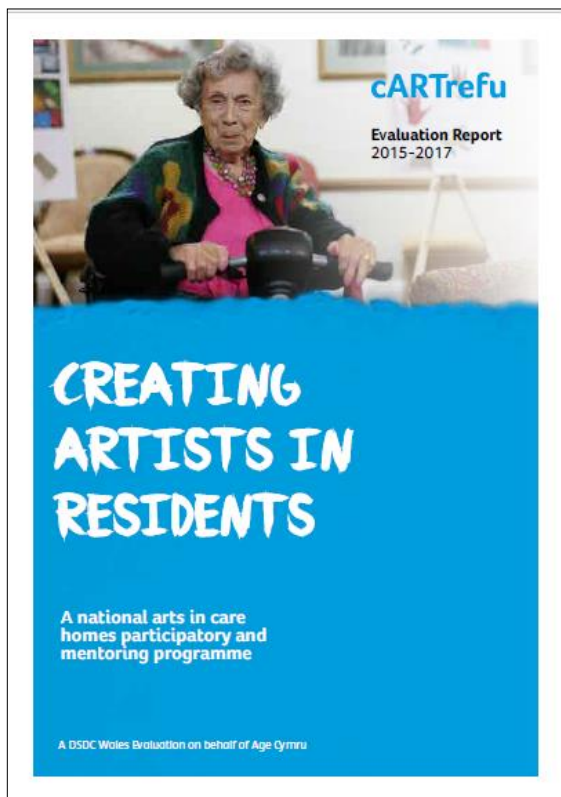
**Send to:**

NAD, Royal College of Psychiatrists,  
21 Prescot Street, London E1 8BB or  
[NAD@rcpsych.ac.uk](mailto:NAD@rcpsych.ac.uk)





- Full cARTrefu report available to download:  
[www.agecymru.org.uk/cARTrefu](http://www.agecymru.org.uk/cARTrefu)
- For more information about cARTrefu II:  
Kelly Barr: [kelly.bar@agecymru.org.uk](mailto:kelly.bar@agecymru.org.uk)
- For more information about the cARTrefu evaluation:  
Dr Kat Algar-Skaife: [k.algar@bangor.ac.uk](mailto:k.algar@bangor.ac.uk)





Thank you for  
listening!  
Any questions?

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