



Dementia Toolkit – Stay active

Activities for people with dementia: Dementia Actif Gwynedd



Dementia Toolkit
Living your life with hope



Stay active

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All of us benefit from activity for our physical health, mood, and through socialising with other people. Dementia Actif Gwynedd is a local service in North Wales which has been running a range of activities for people affected by dementia for the last 5 years.

In this booklet we

- introduce you to the work of Dementia Actif Gwynedd
- offer top tips for dementia-friendly exercising
- link you to Dementia Actif Gwynedd's online resources



I do a lot of exercise such as Zumba and Pilates at home. I also go out for walks.

A person with dementia talking to our researchers about life during the pandemic



See inside a Dementia Actif class

In the first of three videos on our webpage, we see inside a class and hear what people get out of the classes. They talk about:

- being able to enjoy things together, as a person with dementia and carer
- the joy of seeing happy people (and exercising without realising you're exercising!)
- the importance of being able to speak Welsh at the sessions



Glenda, a person with dementia, says
"You don't think you're exercising. But we have fun and there's laughter and singing and a bit of dancing. And then we have a cuppa and a biscuit after finishing. And there's a smile on everyone's faces leaving there knowing they've had a lovely day."



Emma Quaeck, Dementia Actif manager, says
"People affected by dementia who come along to the Dementia Actif sessions they all benefit from the physical side . . . but I think there's also that real connection that people get when they come along and through those connections people get a lot of support."



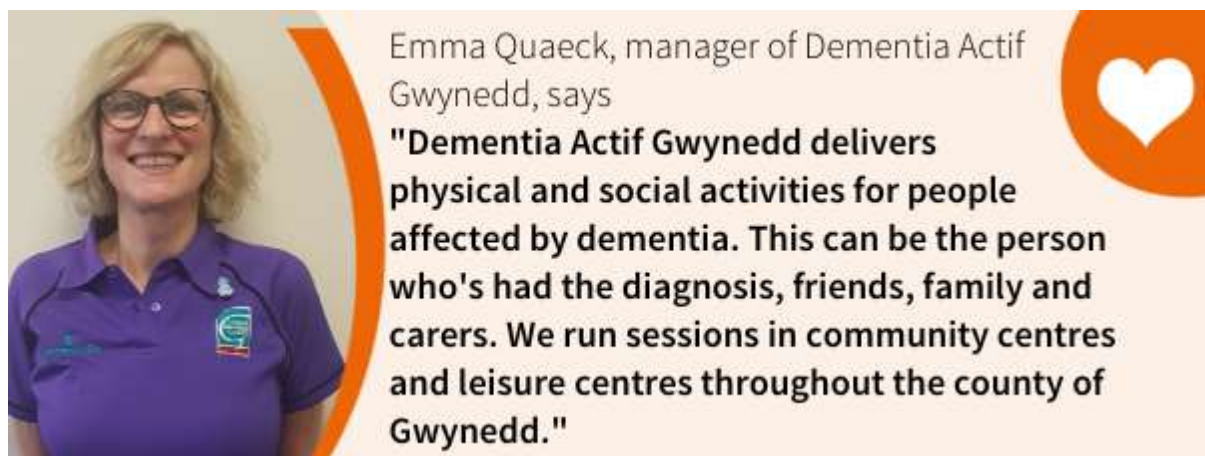
Meet the team

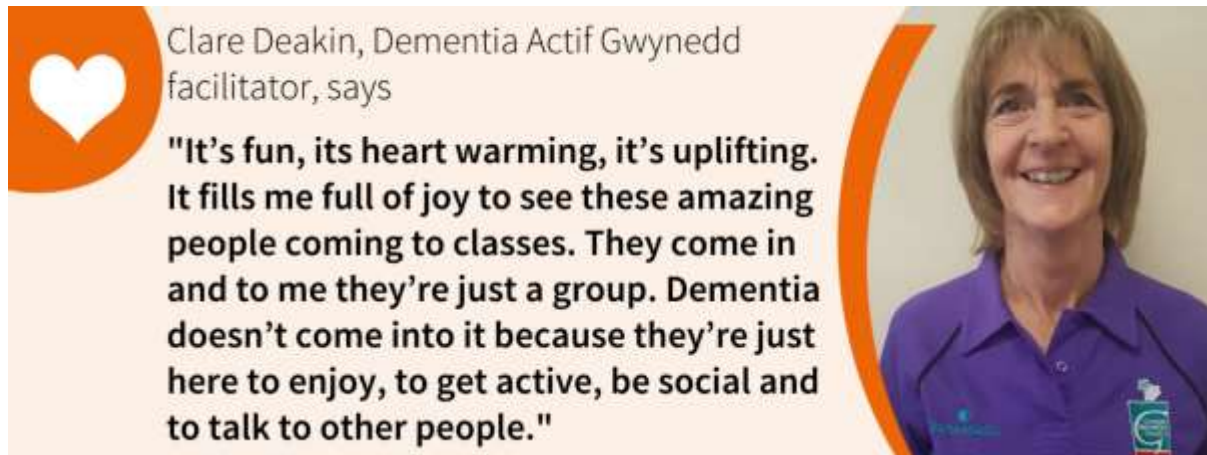
In the second and third videos on our webpage you'll hear from Emma, Clare and Lia who are part of the Dementia Actif Gwynedd team. Emma introduces the team before you get to sit in on a post-class Staff Meeting!

In their catch-up Emma, Clare and Lia discuss:

- the many different activities Dementia Actif Gwynedd run
- the benefits they've seen activities have for people affected by dementia
- things which have surprised them or others about people with dementia's abilities and enthusiasm
- advice for people with dementia who want to get active

Dementia Actif Gwynedd is a bilingual organisation and they run classes in English and Welsh. In parts of the post-class catch up video, Emma, Clare and Lia speak Welsh. There are English subtitles throughout. If you would like to download a full Welsh transcript of the post-class catch-up you can do so by following the link on our website.





Dementia Actif Gwynedd's top tips for staying active with dementia

1. Do a physical activity you enjoy doing: you're much more likely to stick to it.
2. Do 'bite-size' physical activity sessions e.g. 10 minutes 2 or 3 times a day. This will feel much more achievable.
3. Find a 'buddy' to enjoy the activities with. You can motivate each other.
4. Join a group for social and physical activity opportunities. Look out for dementia friendly communities.
5. Make the decision to just give it a go!

Find out more

While we can't all move to Wales, you can explore Dementia Actif Gwynedd's activities online. As well as activity sessions, they run a gardening club, facilitate a DEEP group and much more! Visit: <https://www.dementiaactifgwynedd.cymru/en>

The Dementia Actif Gwynedd team have also been hosting half-hour Keep Agile classes over Zoom. Some of these classes have been filmed so that you can join in at home! The classes are low impact and can be done seated or standing. Visit: <https://bit.ly/KeepAgileOnline>

“

[We need] some sort of class or get together where it's not a mental thing (e.g. crafts, chatting to each other), more like a physical activity or exercise class where not being at the same level is OK, so he doesn't have to prove anything or sit there talking to people.

A carer talking to our researchers about the benefits of an exercise class

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This resource is on the internet. Use the camera on your phone or tablet to scan the QR code below to visit the webpage.



Contact us

We would love to know what you think of the toolkit. We want to improve it based on your feedback.

Please get in touch with us by emailing
IDEAL@exeter.ac.uk

If you prefer to write to us, then please address your letter to:

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www.livingwithdementiatoolkit.org.uk