If you have a diagnosis of, or care or support someone with dementia, please come to our ‘Dementia Education & Inclusion Meet-up 2’ on 22 & 23 November 2016, at the St George’s Hotel, Llandudno. Designed by and for people with dementia, their family and carers. Chris, Jayne and Kate Roberts together with Pam Luckock, Fran O’Hara and our ‘Working With Not To’ Community.

You’re invited to 2 days of people with dementia, and professionals...

- Speaking and hosting conversations, with everyone together at table sessions in relaxed and quiet spaces.
- With many ways for people with dementia to share knowledge and to learn more about their condition.
- Visual methods will be used to capture what’s been said.
- Learning takes place and fun too!
- The information recorded will be used to create more inclusive communities, and to improve dementia care and support in North Wales.

"I felt so well after the last one - better than medicine!" Agnes Houston
"A very well run event, it broke new ground" Jeremy Hughes, CEO Alzheimer’s Society

If you’d like to take part in any way, speak, host a table conversation or hire a stand. More information and or to book please visit our eventbrite page or email Fran at workingwithnotto@gmail.com or phone 07592 443509. This is our second Dementia Meet-up, you can watch our video from the first one, and view the report to see what our Meet-ups are like! (This is our 14th). Visit our website here, follow us on twitter @WorkingWithProj and share and invite people, thank you.
### DAY ONE: TUESDAY 22 NOVEMBER 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9.15am</td>
<td>Refreshments, connecting, exhibition viewing, quiet space time</td>
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<tr>
<td>10.00am</td>
<td>Chris, Jayne &amp; Kate Roberts: ‘Dementia, more than memory’ Education &amp; Inclusion</td>
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<tr>
<td>10.25am</td>
<td>Who's in the room - introducing everyone, led by Fran</td>
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<tr>
<td>10.45am</td>
<td>Panel 1: ‘More than memory’ Tommy and Joyce Dunne, 2 sides of living with a diagnosis of dementia &amp; Agnes and Donna Houston, Sensory loss</td>
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<tr>
<td>11.05am</td>
<td>Dementia care and support in North Wales: What do you want NOW, and in the FUTURE? Group discussion activity 1</td>
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<tr>
<td>11.35am</td>
<td>Break: Refreshments served all day, in the main room and exhibition area</td>
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<tr>
<td>12.00pm</td>
<td>Panel 2: ‘Improving dementia care in North Wales’ Shelagh Robinson, dementia campaigner, Children are the answer &amp; Sean Page, BCUHB. SBRI Dementia &amp; Anxiety Project &amp; Ed Bridges, Rural Dementia &amp; Steve Huxton, Older People’s Commissioner, Ageing Well in Wales.</td>
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<tr>
<td>12.25pm</td>
<td>Travel for well-being &amp; for healthcare appointments Group discussion activity 2</td>
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<tr>
<td>12.55pm</td>
<td>Lunch: In the main room, opportunity to view exhibition, connect, quiet time.</td>
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<tr>
<td>2.20pm</td>
<td>First participant choice session: a choice of themed workshops, informal hosted table conversations, quiet space, exhibition.</td>
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<tr>
<td>3.25pm</td>
<td>Break: Refreshments served all day, in the main room and exhibition area</td>
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<tr>
<td>3.45pm</td>
<td>Second participant choice session: a choice of themed workshops, informal hosted table conversations, quiet space, exhibition.</td>
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<tr>
<td>4.45pm</td>
<td>Chris, Jayne &amp; Pam, Looking forwards together</td>
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### DAY TWO: WEDNESDAY 23 NOVEMBER 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9.15am</td>
<td>Refreshments, connecting, exhibition viewing, quiet space time</td>
</tr>
<tr>
<td>10.00am</td>
<td>Welcome - Chris and Jayne Roberts ‘We’re all in this together’</td>
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<tr>
<td>10.15am</td>
<td>Who's in the room - introducing everyone, led by Fran</td>
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<tr>
<td>10.30am</td>
<td>Panel 4: ‘We’re all in this together’. George Rook, Chair Shropshire Dementia Alliance ‘When people care’, Bob Woods, DSDC Wales, Ceri Hodgkison, Admiral Nurses &amp; Teresa Davies, Dementia Champion &amp; Alzheimers Society North Wales, Dementia Friends.</td>
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<tr>
<td>11.00am</td>
<td>‘We’re all in this together’ Group discussion activity 3 &amp; hosted table conversations</td>
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<tr>
<td>11.30am</td>
<td>Break: Refreshments served all day, in the main room and exhibition area</td>
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<tr>
<td>11.50am</td>
<td>Tips and tricks for managing everyday tasks and life with dementia Group discussion activity 4: ‘Open space’- people suggest themes for table conversations, sharing what they know, and with digital and non-digital ideas.</td>
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<tr>
<td>12.20pm</td>
<td>Chris &amp; Jayne Roberts ‘What next?’ Planning our next steps...</td>
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<td>1.00pm</td>
<td>Feedback &amp; thanks! We’ll be staying in the room planning in the afternoon if you’d like to join us, or carry on your conversations.</td>
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<td>2.00-2.45pm</td>
<td>Dementia Friends information session. Please book ahead if you can.</td>
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On both days we’ll have table conversations, hosted by our community. If you’d like to host one please let us know, an opportunity to share, ask questions, listen and learn.

Fun, informal sessions run twice, people can choose from a selection of 45 minute table conversations, talk and write/doodle/draw their ideas on a tablesheet...

22 November & some repeated 23 November:

1. **Dementia, well-being choices and our natural environment** ('social prescribing')  
   Pam Luckock, ‘Working With’ Project

2. **Dementia and the Transgender Community**  
   Jenny Burgess, Positive Approach & Unique Transgender Network

3. **The family experience of dementia**  
   Kate Roberts, young carer & Suzy Webster, Carer & My Home Life Cymru, Age Cymru

4. **#Handouthope Developing research that matters to people living with dementia & the North Wales Dementia Network**  
   Dr Catrin Hedd Jones, Dr Kat Algar and Dr Jen Roberts, DSDC Bangor University

5. **Ageing Well in Wales with Dementia**  
   Steve Huxton, Older People’s Commissioner for Wales

6. **Dementia and sensory loss**  
   Agnes Houston, citizen activist with Donna Houston, carer, with Speech and Language Therapists from BETSI CUHB

7. **The DEEP ‘Dementia Engagement and Empowerment Project’**  
   Rachel Niblock, DEEP Coordinator and Philly Hare, Innovations in Dementia with Teresa Davies, Dementia Champion

8. **What you want in the Welsh Government’s new National Dementia Strategy for Wales?**  
   Hayley Horton, Engagement & Participation Officer, Alzheimer’s Society

9. **End of Life Care - What we want and what we get**  
   Shelagh Robinson, carer for 2 people with Dementia and campaigner

10. **The two sides of Dementia - the person with dementia & the family carers’ side**  
    Tommy & Joyce Dunne, citizen voices

11. **Living with memory loss & early onset dementia**  
    Helen Duffy, Nurse Specialist Younger Onset Dementia

12. **Tips and tricks for managing everyday tasks with dementia: Please come and share yours**  
    Sarah Bent, North Wales Audiology Service, BCUHB

13. **A cute solution to acute anxiety’ People with dementia and anxiety travelling to, and attending, hospitals**  
    Sean Page, Consultant Nurse for Dementia, BCUHB

14. **Rural dementia: from problems to solutions!**  
    Ed Bridges, External Affairs Manager Alzheimer’s Society, Wales

15. **Co-production Network Wales/The Circle of support**  
    Mark John-Williams, Co-production Network Wales

16. **Co-producing a new model for living with dementia in Shropshire**  
    George Rook, Chair, Shropshire Telford and Wrekin Dementia Action Alliance

23 November only:

- Admiral nurses & specialist nursing interventions enhancing dementia services  
  Ceri Hodgkison, Admiral Nurses, Dementia UK.

**Who should come?**

Anyone who has a diagnosis of dementia or is involved with dementia care and support service-providers, citizens, professionals and ‘experts by experience’ have valuable knowledge to share. Our primary focus is improving dementia care and support in North Wales.
How much does it cost?

- **FREE places** for people with dementia, their families/carers and people who don’t have funds. Email us if you’d like a free ticket: workingwithnotto@gmail.com.
- **PAID tickets**
  - Day 1 (22.11.16) ticket = £125.00 no vat
  - Day 2 (23.11.16) ticket = £70.00 no vat
  - Day 1 & 2 ticket = £195.00 no vat
- Fees from the PAID tickets will be used to cover the FREE tickets - we are aiming to give away at least 50% free ticket places again!
- If you’re able to sponsor places or part of the meet-up please let us know.

**Exhibition Space and Meet-up Summary**

We have an exhibition area where you can hire a space for £325.00 for day 1, or £475.00 The fee includes a ticket for 1 person plus a space in the summary book.

How can you book?

Visit our [Eventbrite page](#) or email Fran: workingwithnotto@gmail.com, or telephone 07592 443509. Free places must be agreed by us before booking. We want as many citizens present as possible and especially want people with a diagnosis of dementia (last time 15%, this time we want more!), their carers and people from different sectors.

How can support us?

Please share the meet-up, buy tickets and a stand, sponsor us, help out and come...

**Venue Information**

St George's Hotel work to make the Meet-up as accessible as possible. Quote ‘Dementia Meet-up 2’ for reduced hotel room rates.

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Our main aims are to:

- **Asset map the information, support and provision** available for people with dementia, their carers and families in North Wales and collate the data into a summary research report.
- Identify **important issues for people with a diagnosis of dementia**, their carers and families and potential solutions, and what THEY want.
- Identify **well-being choices** people would like to be able to make, and ways they would like to access the natural environment and outdoor spaces to improve their well-being.
- Improve the **Dementia Care Pathway in North Wales**, for the people with dementia, their carers and families.
- To enable people to connect and learn together, building friendships, professional and personal relationships and a **North Wales learning community and database**, to support the growth of the DEEP and Dementia Practice networks.
- Record people’s views for the Welsh Government’s new [National Dementia Strategy for Wales](#).
- Build the understanding of their own condition and confidence of people with dementia, their carers and families. So they are encouraged to become more visible and vocal citizen voices, advocates and speakers and are aware of the opportunites for them to influence.

 Fran O’Hara with Isabel Vander will be creating large visual maps & John Popham will be capturing people’s stories, poems, ideas and songs...

A BIG thank you to our community, speakers and sponsors for their fantastic support:

More information or to book please email: workingwithnotto@gmail.com