



# May Health & Wellbeing Newsletter



*Welcome to Spring!*

*This month we are looking into how we can be more active with the improving weather and supporting Dementia Action Week with a visit from some Dementia Champions!*

**Dementia** – is the term used to describe a collection of symptoms that occur when the brain is affected by the disease.

The word ‘dementia’ depicts a set of symptoms that may include memory loss and difficulties with thinking, problem-solving or language, and often changes in mood, perception or behaviour.

Alzheimer’s disease is the most common form of dementia. An early symptom is memory loss, the second most common type of dementia is vascular dementia. This occurs when the blood supply to the brain is interrupted such as a stroke. This dementia affects the individuals thinking and planning abilities.

There are various types of dementias and information can be found on the Alzheimer’s website [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

There are numerous different symptoms that present with dementia which include:-

- Memory loss
- Behaviour change
- Problems with communication and understanding
- Perception and hallucinations
- Aggression
- Apathy, depression and anxiety
- Restlessness – the need to walk around
- Sleep disturbances

Unfortunately, there is no cure for dementia. However there are drug and therapy treatments such as talking therapies that can reduce an individual’s symptoms

Getting old is the biggest risk factor in developing dementia. Whilst you can’t stop the aging process there are lifestyles changes you can make to minimize the risk of you developing the disease.

1. Being physical active
2. Stop smoking
3. Eat a balanced diet and keep within a healthy weight range
4. Consider the amount of alcohol you consume on a daily/weekly basis and keep it within the recommended daily limits.
5. Keep your brain active by reading, doing crossword puzzles, Sudoku or learning a new language.



## Be Active

The days are now getting longer, brighter and (hopefully) warmer! It’s a great time to get outside and start exploring. Why not start taking a lunchtime stroll or gather your friends and family for a day exploring [Snowdonia](#)



Dementia Action Week is between 21<sup>st</sup> – 27<sup>th</sup> May 2018  
The aim is to raise awareness and offer support for people affected by dementia.

We have invited Dementia Friends to Grŵp Llandrillo Menai and they have kindly agreed to run some information sessions for us across the Grŵp.

Due to the busy period in May we have decided to postpone the sessions until the admin week in June.

Dementia Friends aims to give people a better understanding of dementia and the small things we can all do to make a difference to the lives of people affected by dementia.

A dementia friend’s information session is a fun, interactive way to learn a little about dementia and how it can affect people’s lives. Led by a volunteer Dementia Friends Champion, the session lasts 45-60 minutes and covers five key messages that everyone should know about dementia, through activities and discussions.

We will have limited availability on each session. Sessions will be available to book on STEPS in May so please keep a look out and book your place.



## Go Gardening!

Studies have linked gardening to reducing the risk of disease, obesity, depression, and helping to manage stress. Why not step into your garden, it’s a great way to exercise your mind and body and giving yourself time and space to be more aware of your own mental and physical needs.

Unsure on where to start? The Royal Horticultural Society have some great resources on how you can get involved in Gardening. With advice on shredding and composting, planting and growing, home-grown herbs, fruit and vegetables. Visit their website by clicking on this [link](#)

## Events in the North Wales Area

There are a range of events happening in the North Wales Area this May from concerts, walks, festivals and stories at local castles by Cadw.

[Click Here](#) for the Visit Wales events and search your area to see what’s happening!

