

Pete Harrison of
Artisans Collective.
Alexis Conn from
Betsi Cadwaladr
University Health
Board



IT'S
P R E S T A T Y N



About Artisans Collective CIC

- We were formed in November 2013.
- Moved in to The Old Library November 2014.
- We are a “not for profit” Social Enterprise.
- The costs of running the CIC are met by hiring out retail space within the Old Library and running events
- We also hire rooms out on an hourly, daily or weekly basis.



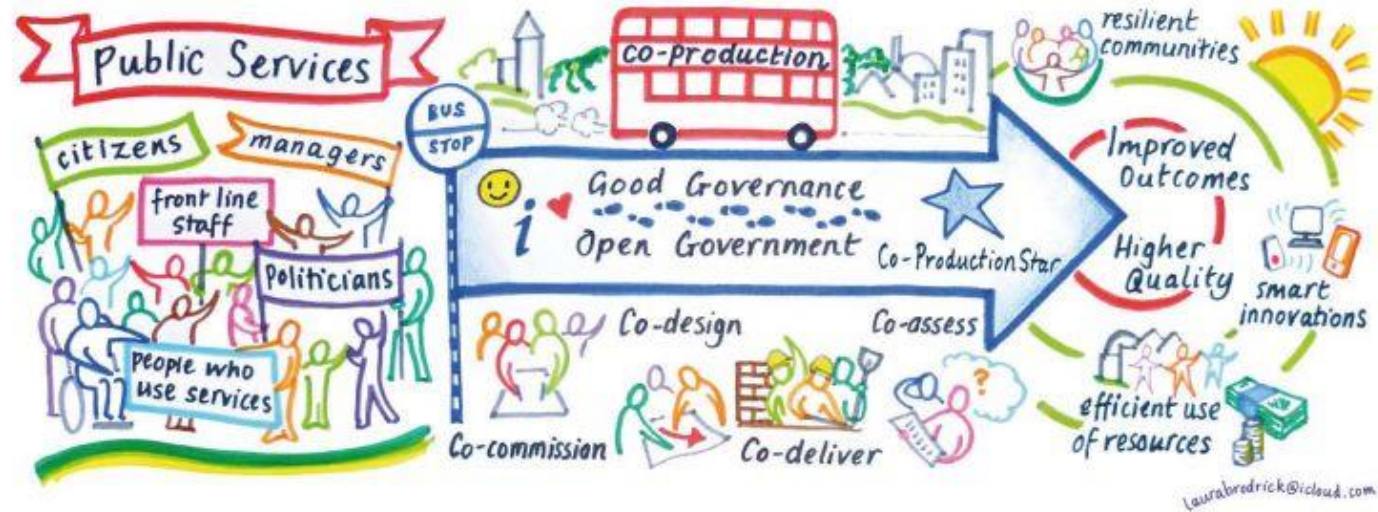
Our aims

- To promote Health and Wellbeing
- Provide a safe and accessible place in the centre of town to hold groups and events to benefit the community.
- To facilitate groups that will later be able to become self supporting.
- Promotion of our town and locality
- To enable local artists and craftspeople to exhibit and sell products.
- To help Prestatyn Become a Dementia Friendly Community,



Who we currently Coproduce with

- North Wales Police
- North Wales Fire and Rescue
- Prestatyn Town Council
- Public Health Wales
- Businesses Forum and The Great British High Street Campaign.
- Men's Sheds Cymru
- Betsi Cadwaladr University Health Board
- Healthy Prestatyn Iach



Health4All – Event



- Run between Healthy Prestatyn lach, MIND, the Artisans and Prestatyn TC.
- A day with a range of activity and information on wellbeing, i.e. Walking, tai chi, the police, care and repair...



Health4All - Outcomes



- Attended by 160+
- Wellbeing pledges
- Requests for groups
- More attendees to existing groups
- Positive feedback
- Case study – individual gained improved access to house, help with transport and joined Men's sheds

What is Healthy Prestatyn/Ruddlan Iach?

- Opened in April this year
- Replaced 3 traditional GP Practice's
- Health Board came in with new model
- Emphasis on wellbeing and lifestyle
- New professions on board (OT, pharmacists, ANPs) working in teams



Healthy Prestatyn Iach is a little bit different! Your overall well-being and experience is centre to everything we do.



Where Next?

- For HPI the Health4All day was a starting point
- Aim is to link with and build community support/inclusion
- When people come to primary care with non-medical issues we can access non-medical solutions!
- Working in partnerships to break down barriers and develop new initiatives
- Examples: Bereavement Group, Creative Writing, Music, Dementia Support, Diabetes exercise....

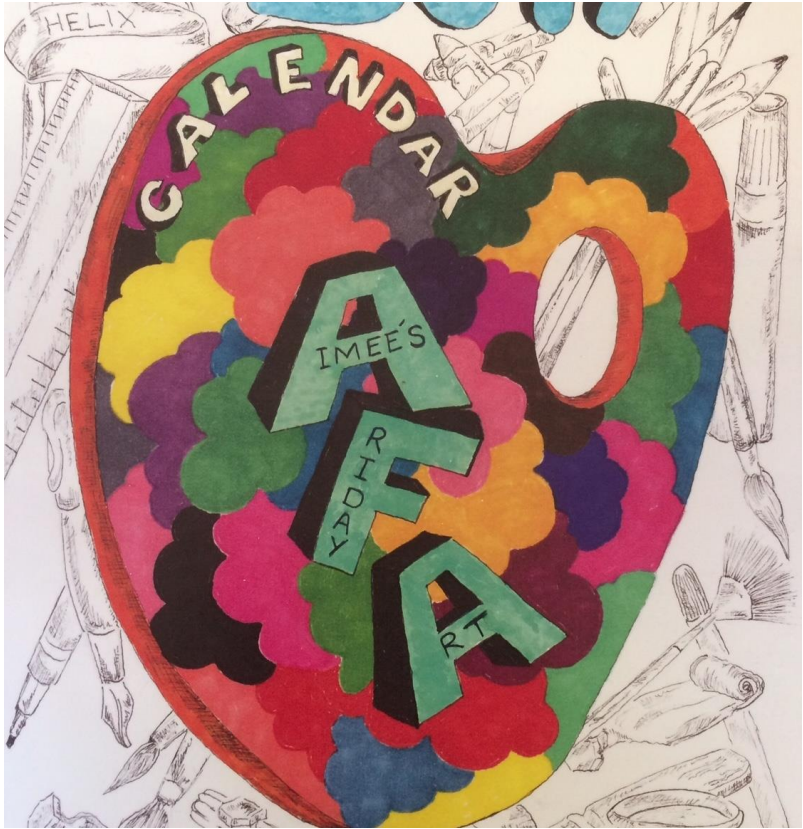
Just Some of our regular community initiatives

- Prestatyn Mens Shed
- Stop Smoking Wales Each Tuesday Evening
- The Coffee Pod Bereavement Support Group
- Adult Art Groups
- Junior artisans Group Each Saturday
- Community Needlecraft Each Saturday
- Fibromyalgia Support Group
- Dementia Friends Awareness sessions
- Town Events promoting our locality

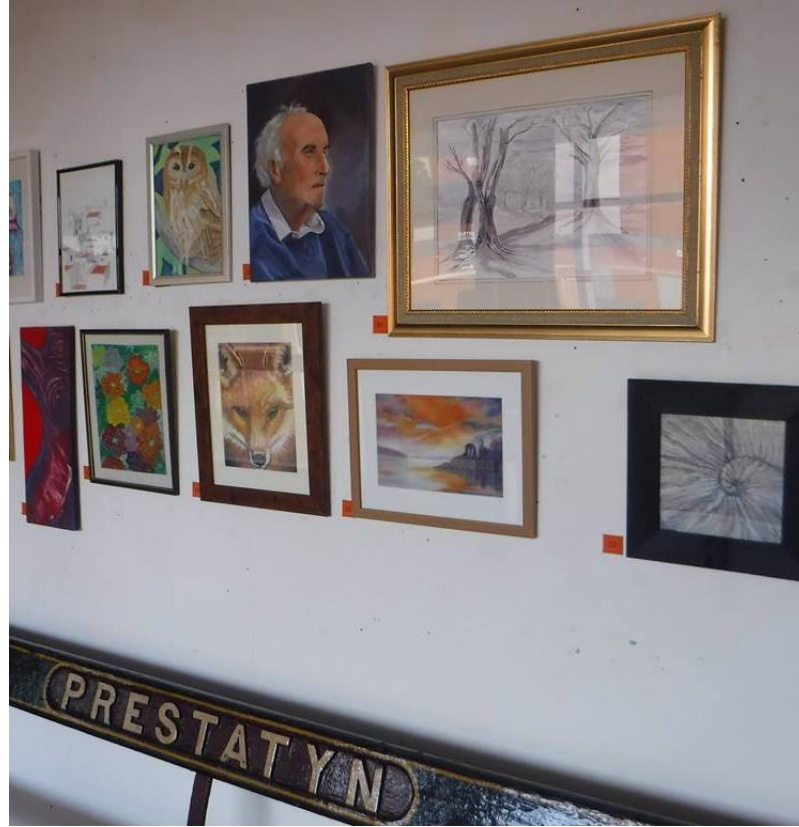


October 2016 an example of the events at The Old Library

- Spooktacular event had over 500 people attend supported by North Wales Police PACT funding to raise awareness of anti-social behaviour during Halloween and Bonfire times.
- Health4all event - a coproduction with the Health Board and Mind had over 200 people attend. To raise awareness of all things health related, with over 20 other organisations involved.



Community Art



Community Art

Prestatyn Mens Shed



- We have facilitated since 2015
- Grown from a handful up to 50 odd members
- Now working on developing their own workshops
- A diverse range of interests and activities and intergenerational work.
- Now a stand alone entity.



Adapted bikes



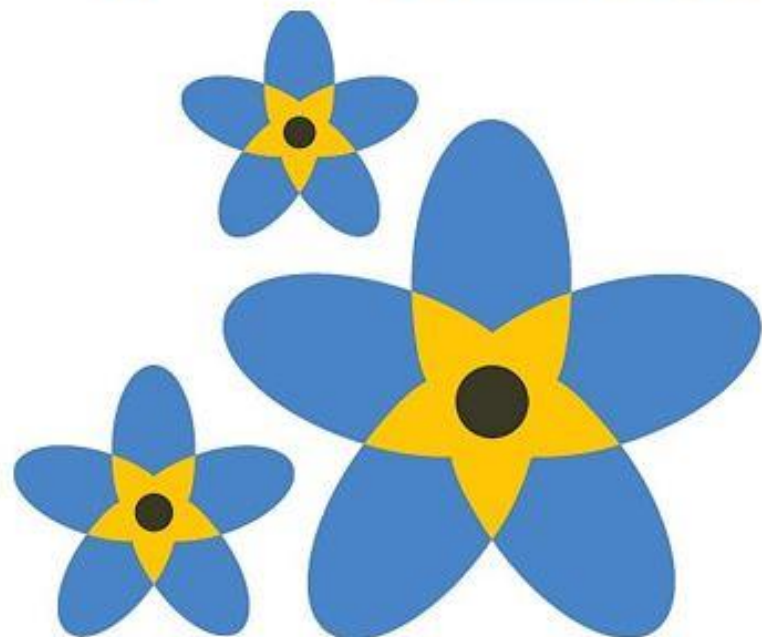
- We have recently taken on the updating, maintaining and hiring of the Denbighshire Learning Disability Forum bikes.
- A range of adapted bikes for all ages and abilities.
- A Coproduction with Denbighshire Voluntary Services (DVSC)

Just some of the things we get involved with

- Voluntary Arts week
- Wales in Bloom “It’s your Community”
- Incredible Edible
- GrowWild
- Treasure Chest Breast Cancer Support Group
- Royal British Legion Poppy appeal-provision of office facilities
- Ehlers-Danlos Support UK – pop up charity shop
- Healthy High streets & The Great British High Street awards
- St David’s Day drop in art and craft sessions supported by Principality Building Society
- The “Romans Return” heritage event at Prestatyn Town Football Club Prestatyn flower show hosting of Art competition
- Prestatyn classic car show Denbighshire County Council, Ty Nant Development Consultations.
- Working with Coleg Llandrillo facilitating “Traineeships” sessions.
- Providing the artwork for Prestatyn mayor’s 2016 calendar and Christmas cards.
- Prestatyn Town Council Events including facilitating the Christmas grotto and lights turn on and Denbighshire County Council reopening of the Nova event.



IT'S
PRESTATYN



Working to become

**Dementia
Friendly**

2016-2017

Background and steering group

- The Dementia Friendly Community agenda in Prestatyn was initiated by Dr James Davies MP who launched the idea in early 2016.
- Prestatyn Dementia Friendly Community was then created by a group of community minded people and is facilitated at Artisans Collective CIC.
- We have a steering group and have set up sub groups to focus on different areas, such as businesses, transport, promoting awareness and events.

Dementia Friends Awareness Sessions

- We have held over 15 Dementia Friends Awareness Sessions, at The Old Library and now also have 6 Dementia Champions available in the town rather than relying upon The Alzheimer's society to deliver the sessions.
- Major retailers such as Boots are now rolling out the training to businesses on the shopping park via champions.
- Whilst the community champions are working with smaller businesses and community groups including Prestatyn Town Football club.

Bite sized chunks

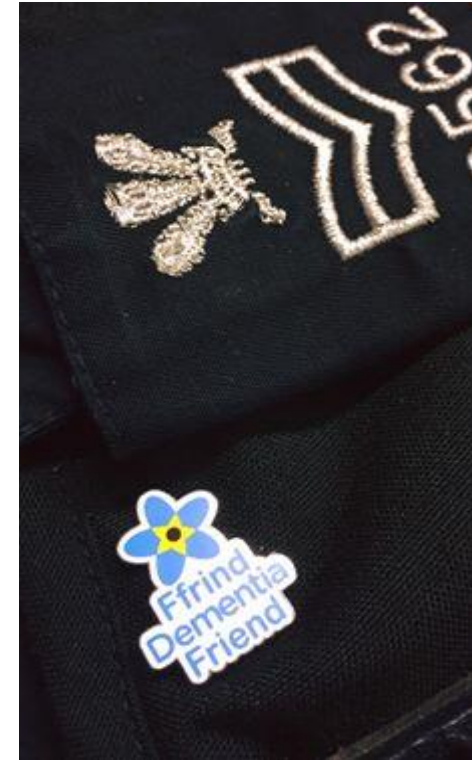
- We have been setting ourselves achievable and realistic targets and then analysing our results at each steering group meeting.
- For instance at the meeting in June we decided that we would like to apply for our “working to become” status and to have the website up and running.

It was nice for everybody to attend the July meeting to find out that we were now recognised as working to become a Dementia Friendly Community. The only town in Denbighshire or Conwy that is.

- Also to report that the website was completed and ranking well on the search engines.

North Wales Police Community Team

- We have a very proactive police team in Prestatyn who have worked alongside us from day one.
- Members of the Denbighshire Coastal and Abergele Local Policing Team have attended Dementia friends awareness sessions and also now have a dementia friends champion to roll out training to new recruits and help in the wider community.
- They promote and signpost to the public at their regular “Cuppa with a Copper” crime prevention and community group meetings.



Mind Music

- Prestatyn Town Council hold Mind Music sessions each Wednesday at a town centre community hall.
- It is a really fun informal session with people living with dementia and other community members attending
- The power of music, especially singing, to unlock memories and kick start the grey matter is an increasingly key feature of dementia care.
- It seems to reach parts of the damaged brain in ways other forms of communication cannot.



Dementia Friendly rest area

- An area has been created as a Dementia Friendly garden and rest area away from the shopping park and high street.
- Most of the plants have been donated, and are a mixture of fruit, veg and flowers.
- There is also a Wild flower area.



Launch

- We invited a cross section of local Dementia Friends to promote and celebrate us becoming acknowledged as “Working To Become”.
- MP, Councilors, Doctors, Police, Businesses, Town Council employees and individuals including people living with dementia.



Raising Awareness and Funding

- We are involved with a number of fundraising activities, particularly those that help spread awareness of Dementia.
- Recently I rode The Great Orme a couple of times to raise money for a high profile charity that is raising money for Ten good causes.





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Promoting the Cause

- We extensively use social media to promote events and other items of interest.
- We entered the Dementia Friends garden into the RHS "It's your community" and the town included it in the Wales in Bloom entry, this has brought good TV and Press coverage.
- Our town is also part of the Great British High St Campaign with community activities and awareness an integral part of the bid.

CHRISTMAS PRESTATYN

WWW.ATPRESTATYN.CO.UK

SANTA CLAUS IS COMING TO TOWN

Visit 'Father Christmas'
in his Grotto

3rd, 10th and 17th December, 12-4pm

£4 per child

or three children for £10

(Children must see Santa together and will only receive one photo of all three)

Each child will receive a gift, a piece of chocolate,
a photograph and quality time with Santa.

At The Old Library,
Nant Hall Road



For more information, please contact Prestatyn Town Council: 01745 857185

Email: nikki.jones@prestatyntc.co.uk





GHOST WALK
with Harry Thomas
PART OF 'SPOOKTACULA PRESTATYN'

Meet at The Artisans
(Old Library)
29th October
DEAD
on 4pm

Quick Idea of
the
Spooktakular
fun

