



# Centre for Ageing and Dementia Research



Ymchwil Iechyd  
a Gofal **Cymru**  
Health and Care  
Research **Wales**



Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**

## 2020 - 2021 Annual report



Y Ganolfan Ymchwil Heneiddio a Dementia  
**CADR**  
Centre for Ageing & Dementia Research



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IN A WORLD OF RESEARCH, PEOPLE MAKE THE DIFFERENCE

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# FOREWORD

CADR is a research infrastructure group funded by Welsh Government through Health and Care Research Wales. Bringing together top researchers in Wales, working on ageing-related research with those in policy and practice and older people, to make a difference to all of our lives as we age. Along with the Older People's Commissioner for Wales' aim we want to make Wales recognizable across the world as the place in which to grow old. We look at the environmental factors that have an impact on us as we age as well as the biological aspects of ageing, alongside the psychological and the social, and, in an innovative approach, pull these together to call it the eco-bio-psycho-social approach to ageing. We look at all the key issues we face as we age including the potential development of cognitive impairment, dementia, co-morbidity (such as living with dementia and another condition such as cancer), isolation and loneliness, barriers to inclusion, inequalities and negative stereotypes. But, we try to look at this in a positive and critical way to bring in an asset approach, asking how do we turn these barriers on their head to make things better for older people, by involving older people themselves in the development of research to support this.

*"It continues to be an absolute privilege to work with older people, to listen to their stories and support their needs through getting involved with research to make all of our lives better as we age".*

The last year has been a real challenge for older people and those working with older people. We've had to adapt how we work to be able to support older people. The Covid-19 pandemic has highlighted what we already knew, now sadly laid bare for us all to see. We've seen embedded ageism in society result in older people being classed as entirely vulnerable, frail or needy, with their most fundamental needs being neglected. We've seen older people become increasingly isolated and lonely, as their clubs, groups or friendship circles couldn't meet and family visits postponed. We've seen people we work with frightened and heartbroken. But we have also seen the positive side, older people helping one another, helping others in society and starting up new connections with community, showing resilience and strength.



# DIRECTORS' STATEMENT

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As the world begins a tentative reopening after lockdowns, we continue to support older people and facilitate their voices and initiatives. We want to be able to facilitate the connection of older adults to their neighbourhoods and communities again, to reduce loneliness and isolation, so they can get out and about and do the things they love doing and take part in society once again.

A **highlight** of the year for the whole CADR Team was the **Annual Conference**, which showed what we do in CADR in the best light; we brought together academic research findings, alongside people putting these findings into policy and practice and central to all of this, older people's voices themselves..

This emphasises what we try and do in research. There's no point in our research sitting on dusty academic library shelves, we want to make a difference and we do that through our connections with policy and practice, with people working with older people, with care home staff through partnership with ENRICH Cymru (Enabling Research in Care Homes), and central to that is our involvement and engagement with older people themselves.

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*Andrea Tales*

PROFESSOR  
ANDREA TALES

Co-Director



*CBAMusselwhite*

ASSOCIATE PROFESSOR  
CHARLES MUSSELWHITE

Co-Director



# INTRODUCTION

## Mission

The Centre for Ageing and Dementia Research (CADR) is funded by the Welsh Government through Health and Care Research Wales.

Our mission is to develop an integrated research Centre in Wales delivering world-class interdisciplinary and translational research nurturing and further developing researchers with expertise in ageing and dementia.

## Aim

Our aim is to improve the lives of older people and carers by bringing people together through the integration of research, policy and practice.

## Strategic Objectives

Through a series of work themes...



- Provide the infrastructure to enable leading researchers in ageing and dementia research to compete globally by further developing critical research strengths and collaborations
- Develop and build research capacity underpinning future increased grant capture, establishing essential research resources, novel skills and technologies, and building critical mass for early career researchers, PhD students and Research Fellows
- Provide a platform for internationally competitive multidisciplinary and translational research that will have impact on the health and wellbeing of the people of Wales
- Facilitate translation of biological and psycho-social findings into clinical and social care practice within Wales
- Engage with policy makers and practitioners, disseminating research findings and establishing research priorities and collaborations, and working with them to improve services for older people in Wales
- Engage the public to ensure that Centre research addresses the needs of older people, people with dementia and carers as well as the public in general
- Develop and facilitate business and clinical linkages, contributing to the health and wealth of Wales as well as enhancing the Life Science sector



# ANNUAL REPORT SUMMARY

For this new round of funding (2020 - 2025) CADR'S approach is underpinned by the World Health Organization's (2015) definition of healthy ageing.

*Every person [...] should have the opportunity to live a long and healthy life. Yet, [...] environments are highly influential on our behaviour, our exposure to health risks [...], our access to quality health and social care and the opportunities that ageing brings. Healthy ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives.*

**CADR comprises four work packages. Our achievements over the last year (2020-2021), are described fully in this Annual Report, and are summarised as follows.**



## ENVIRONMENTS OF AGEING

This year we have:

- Secured £10,000 funding working on the Winter Stories Project with the Older People's Commissioner for Wales
- Worked with Public Health Wales to support the All Wales Dementia Care Pathway of Standards and the Dementia Action Plan for Wales
- Secured £400,000 funding for a new research project - THINK (the Transport and Health Integrated research Network)

## CHARACTERISING DEMENTIA & COGNITION IN AGEING

This year we have:

- Collaborated with former BBC producer Kimberley Littlemore on the Dementia Films project
- New case study using Machine Learning to Detect White Matter Changes in the brain
- Paper under review which is looking at the relationship between face processing and ageism

## SOCIAL INCLUSION FOR HEALTH AND WELLBEING IN LATER LIFE

This year we have:

- Secured £1,480,000 funding to evaluate an online training and support resource called 'iSupport'
- Collaborated on a review to investigate the impact of the Covid-19 pandemic on the care and quality of life of people living with dementia and their carers
- Secured £15,000 from Welsh Government to update the UK Ageing Index for the Strategy for an Ageing Society
- Co-production of resources by, and for, people living with dementia. "Knowledge is Power"

## RESEARCH METHODS & INVOLVEMENT AND ENGAGEMENT

This year we have:

- Helped shape a research and practice development agenda on meaningful short breaks for carers and the individuals they support
- Secured £119,975 funding to support the ENRICH Cymru Network
- Co-created an animation that explains more about CADR and how important it is for members of the public to get involved in our research

# Core Metrics

Reporting period: 2020/2021

## Health and Care Research Wales infrastructure award to the group



Direct funding awarded

**£517.228**

Jobs created through direct funding



## Grants won during reporting period

Grants won	Led by group	Group collaborating
Number	<b>12</b>	<b>2</b>
Value	<b>£2.38m</b>	<b>£124515</b>
Funding to Wales	<b>£2.38m</b>	<b>£20000</b>
Funding to group	<b>£1.6m</b>	<b>£64515</b>
Additional jobs created for Wales	<b>9</b>	<b>1</b>
Additional jobs created for group	<b>9</b>	



Number of publications



Number of public engagement events



Number of public involvement opportunities



# MEET THE TEAM 2020-2021

The CADR team comprises academics, researchers and support staff from two of Wales' leading universities: Swansea and Bangor.

## CADR Executive Board



Co-Director  
Professor  
Andrea Tales



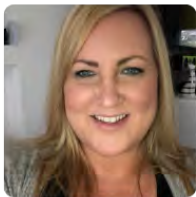
Co-Director  
Associate Professor  
Charles Musselwhite



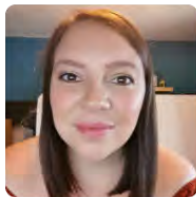
Associate Director  
Professor  
Gill Windle



## Research Support Team



Ms Rhian  
Williams  
Project  
Manager



Ms Kim  
Mephram  
Marketing &  
Comms



Mr Owen  
Phillips  
Involvement &  
Engagement



Ms Heather  
Davies  
Administrator



Ms Catherine  
Gale  
Administrator

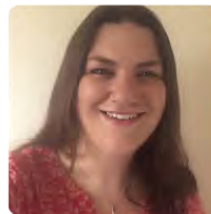


Ms Iona  
Strom  
Administrator

Dr Amy  
Murray

Ms Anna  
Story

Dr Catherine  
MacLeod



**CADR  
Operational  
Team**



Dr Emma  
Richards



Ms Maria  
Cheshire-Allen



Dr Patricia  
Masterson-Algar



Ms Sondra  
Butterworth

## Environments of Ageing

CADR comprises **four** work packages. Here are the theme leads and some of the research areas we look at and the work we have been involved with

Dr Charles Musselwhite



Dr Ian Davies-Abbott

Dr Sarah Hillcoat-Nallétamby



## ENVIRONMENTS OF AGEING

CADR studies environments of ageing, looking at the physical and social environments that surround us as we age. Our research focuses on how such environments can be improved to help us stay connected to the things we want to do, enabling us to age healthily.

Some areas CADR explores include:

- Older drivers and age-friendly transport systems
- Housing, neighbourhoods and communities
- Retail
- Mobility
- Health and hospital environments
- Workplaces
- Outdoor spaces
- Sustainability and technology

Through our studies, CADR aims to create age-friendly and dementia supportive environments, including those in health and social care. Helping to prevent the risk of social exclusion by improving networks within communities allows all of us as we age to do the things we want to do and stay connected.

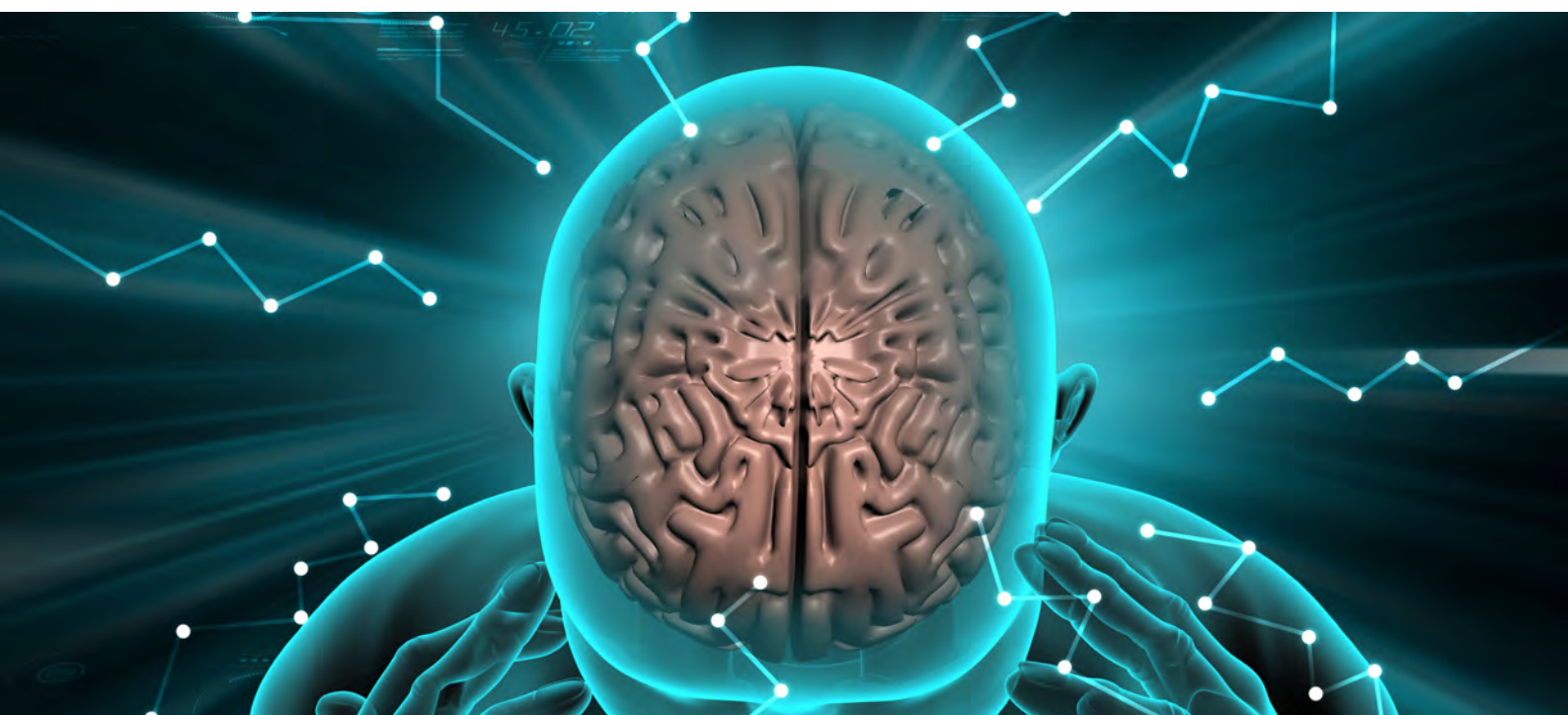




As we grow older our ability to walk, think, see, hear, remember and pay attention to information and interact with others may change.

CADR's research focuses on the biological factors and addresses issues concerning the health of our brain. We look at how it impacts on our behaviour and how we think, especially in relation to conditions of the brain such as cognitive impairment and dementia.

Our main interest is how the brain functions in vascular cognitive impairment (some may know this as vascular dementia) and how this influences not only a person's ability to interact socially and with their surroundings, but also how this impacts on living with this condition.







## SOCIAL INCLUSION FOR HEALTH AND WELLBEING IN LATER LIFE

CADR's research focuses on finding out what is important and what matters to us as we age, enabling us to live the life we want.

Through our studies, a key issue we are interested in learning more about is how people, organisations and communities can help to build resilience so we can overcome some of the challenges we all face as we grow older.

Some areas CADR explores include:

- What we want to do as we age
- Where we want to work or retire
- What we want from the places we live
- How we can better support family members living with health difficulties.

Finding out what works for us as we age is essential if we are to ensure that everyone can enjoy a happy and healthy later life.



Engaging Public and Professionals in our Work

*As researchers who work for CADR, we couldn't do our work without involving a wide range of other people. This includes older people, carers, professionals and academics.*

Through listening to people's lived experiences we get fresh ideas for research projects which we think can make a real impact on individuals and society. By engaging with relevant individuals and organisations at all stages of our research, we can ensure it stays relevant and accessible to all.

It is this external involvement and engagement which helps us to create, develop and communicate research which makes a difference to the:

- quality of life and wellbeing of older people and those who support them
- development of health and social care services and practitioners

Ms Steff Green



Research methods, public and professional engagement and involvement



Dr Catrin Hedd Jones

Dr Diane Seddon

# WINTER STORIES

The Winter Stories project, working with the OPC (Older People’s Commissioner) involved primary research of 21 older people living in Wales to find out what their experiences were over winter which was shaped by COVID. The findings of this project will be used by Welsh Government and has already been described as ‘an absolute gold mine of evidence’, which is already being used to inform their work in all sorts of ways.



# DEMENTIA CARE MAPPING

We have been working with Public Health Wales to support the All Wales Dementia Care Pathway of Standards and the Dementia Action Plan for Wales regarding the implementation of Dementia Care Mapping in health and social care services.

Dementia Care Mapping is an observational tool which aims to understand the lived experience of people living with dementia and through this, promote person centred care practices. This project is working, through collaboration with stakeholders, to deliver a national strategy and operational guide for the Improvement Cymru Dementia Care Programme. The final product will be a guide for healthcare services to support the strategic and practical implementation of Dementia Care Mapping as a mechanism to assess and develop person-centred care.





# THINK

## NEW RESEARCH PROGRAMME

CADR Co-Director, Dr Charles Musselwhite has been successful in obtaining funding for a new research programme - THINK (the Transport and Health Integrated research Network). This is the new Health and Care Research Wales funded project to better integrate transport and health through research development, maximising impact and reach of evidence in policy and practice, and enhancing the knowledge and skills of people working in transport and health, by creating opportunities for bringing together people from different sectors and disciplines.

The new £400,000 three year project will commence later in 2021.

### VISION

The aim of this project is to make Wales the world leader on the integration of transport and health, setting the global agenda for integrated transport and health research, policy and practice.





## Living well with Dementia PocketMedic Film

Professor Andrea Tales and Dr Charles Musselwhite have collaborated with former BBC Producer Kimberley Littlemore on the making of the Dementia Films project. This project was started by Kimberley to share the lived experience of her parents (Clive and Pauline Jenkins) who both live with dementia by filming them in their home over a one-year period.

The purpose of the project is to support carers to better understand what dementia looks and feels like.

Experienced carers share their insights into observed behaviours and what works and doesn't work to support those that they look after. Health and social care professionals share their knowledge and offer advice. Academics help us understand what we know about what is going on in the brain and why activities that were once so familiar can become so challenging.

To view the documentary please visit the link:  
<http://www.medic.video/dementia-intro>





# Machine Learning to Detect White Matter Changes

## NEW CASE STUDY

A new study involving CADR researchers has recently started, using machine learning to detect white matter changes in relation to hearing/audiology a collaboration with the NHS.

White matter disease is an age related disease, and by the age of 60 this is present in more than half the population and affects the nerves that are found in the brain. These nerves link various parts of the brain to each other and also link to the spinal cord. It is known that the presence of large areas of disease in the white matter of the brain are associated with cognitive decline and dementia.

# Impact of the Age of Face Stimuli

## NEW PAPER UNDER REVIEW

Dr Claire Hanley has been using brain scans (MRI scans) to investigate how the brain processes faces, especially those of older adults. As part of this research, Claire is looking at whether a person’s social identity and biases may influence how they process the faces of older people and how this may relate to ageism.





## i-Support

An online training and support resource called 'iSupport' developed by the World Health Organisation (WHO) for family and friends supporting people living with dementia is to be assessed for use in the UK for the first time.

CADR associate director Gill Windle successfully secured £1.48m from the National Institute of Health Research (NIHR) Public Health Research programme to lead this new research which runs for three years (1st January 2021 – 31st December 2023).

The majority of people living with dementia are supported by and receive care from family members. Most people living with a dementia are cared for at home, and the role can be very stressful, with many carers experiencing mental and physical illness as a consequence. 'iSupport' is designed to help dementia carers provide good care and take care of themselves. Carers can use iSupport at their own pace. They can access whichever parts of iSupport they feel are most relevant to them from their place of choice using a computer, tablet or smartphone.

## POOLING OUR EXPERTISE IN RESPONSE TO THE PANDEMIC

CADR researchers collaborated on a review of international research to investigate the impact of the Covid-19 pandemic on the care and quality of life of people living with dementia and their carers. This work found the pandemic had a damaging impact on the physical function, dementia symptoms and mental health of people living with dementia, exacerbating the impact on their carer. This led to high levels of carer stress and exhaustion, which were already at a critical point before the pandemic, and psychological consequences e.g. depression.

A summary of this research was presented to a meeting of the Welsh Government Dementia Strategy Oversight of Implementation and Impact Group, attended by Eluned Morgan MS, Minister for Mental Health, Wellbeing and the Welsh Language (17th December 2020). The report can be found here: <https://www.cadr.cymru/en/cadr-resources.htm>

# UPDATING THE UK AGEING INDEX FOR THE STRATEGY FOR AN AGEING SOCIETY

Dr Martin Hyde was awarded £14,911 to update the UK Ageing Index for the Welsh Government Strategy for an Ageing Society. Due to COVID-19, there has been a delay in releasing this strategy. CADR researchers will look at additional analyses where we can match data from the Understanding Society survey to key indicators in the strategy.

This data will help Welsh Government to monitor the success of the new strategy.



## Co-production of Resources by, and for, People Living with Dementia. “Knowledge is Power”



Aligning with the Welsh Government Dementia Action Plan the CABAN group, who are apart of CADR’s involvement membership, created a booklet to benefit and boost the resilience of people recently diagnosed with dementia in Wales. The group consolidated the information into what they considered most important. It aims to support people by sharing personal experiences, tips and practical advice that may help others post-diagnosis. A Welsh language version of the booklet is also available.

## UK Short Breaks



CADR has helped shape a research and practice development agenda on meaningful short breaks for carers and the individuals they support, including those living with dementia. Through the UK Short Breaks Research and Practice Development Group, CADR colleagues have supported the delivery of webinars, including one on short breaks during the COVID-19 pandemic. A new webinar series is planned and launches in Autumn 2021. Work from a recent scoping review has been published. <https://bit.ly/3iMTTyX>

Funding has been secured from Health and Care Research Wales to complete a two-year study, in collaboration with the Shared Lives organization, to explore an alternative to day centre support for people living with dementia and their families.

The study uses an economic analysis - Social Return on Investment to evaluate the added social value created - and presents exciting opportunities for ageing and dementia colleagues to work alongside health economists. Work is underway, in collaboration with the Carers Trust Wales and the DEEP Programme, to develop a roadmap for the future of break services for unpaid carers in Wales.

As a member of the Welsh Government Ministerial Advisory Group for Carers, Diane Seddon is advising on the implementation of the new National Plan for Carers in Wales, including the priority to support a life alongside caring. She has recently joined the BREAK Exchange Steering Committee to support the development of international research and practice partnerships.

## ENRICH ENABLING RESEARCH IN CARE HOMES CYMRU



The ENRICH Cymru network is co-hosted by Health and Care Research Wales and the Centre for Ageing and Dementia Research, at Swansea University.

The network considers care home managers and staff as the experts in research. Staff often identify areas for improvement, try out a different way of working and change practice. Essentially this is the foundation of research.

In the last year ENRICH has:

- Identified and engaged with care homes in Wales in areas that rarely participate in research such as rural localities for example, Llangollen. This has led to an impact case study through linking Llangollen with the “Rise up from lockdown” project.
- Formed collaborations and leading communications with internal and external partners such as Powys regional transformation partnership and PRINCIPLE and PROTECT-CH.
- Become a member of the new Welsh Cross Party Group on Intergenerational Solidarity, advising on developments in the care home sector in Wales.
- Secured additional funding from Welsh Government to help grow the network.





## PUBLIC INVOLVEMENT AND ENGAGEMENT

### Monthly Webinar Series

8

Live Webinars  
this year

Over the last year, CADR has had to think outside the box to engage and involve members of the public due to the pandemic. Increasing footfall to CADR's online platforms has been a priority to ensure that even through a pandemic, people who need help and support through our resources have been able to find it with CADR.

CADR began a monthly webinar series to share the latest news and research. Two people living with dementia were supported by CADR members to deliver an (online) English and Welsh language Dementia Friends information session to a cohort of 270 first-year nursing students at Bangor University by sharing their lived experience. The session was repeated as part of the CADR seminar in January 2021 with over 90 people collectively signing up.

This also led to running extra sessions for colleges in England to ensure their students in Health and Social Care knew what it meant to be a Dementia Friend.

Positive feedback revealed **"I came away thinking that that was the best 2 hour Zoom I have undertaken. Very educational, very informative and enlightening."**

We have hosted 8 live webinars since March 2020 all of which have been recorded and uploaded to our website for those who could not make any of the sessions or to use as a reference looking back.

We have used various platforms to host the events including GotoWebinar and Zoom. All our presentations are available in both English and Welsh and we encourage participation through the medium of Welsh.

Not only have the webinars been popular with the general public but they have led to new professional connections with academics and services.



## CADR ANNUAL CONFERENCE

### A TIME OF CHANGE; A TIME TO CHANGE?

We are pleased to say that the CADR conference was extremely successful. The conference this year was a 3-day online event held in March 2021 coinciding with the first anniversary of the first COVID lockdown. The Conference was an opportunity for older people and organisations to share their experiences of change over the last year due to the global pandemic - discussing whether the changes that have been made will permanently alter the way we live.



This event covered topics around housing, transport, care homes, technology, employment and retirement as well as volunteering activities, dementia and creativity projects and current research opportunities.

Opened by Heléna Herklots, Older People’s Commissioner for Wales who stated, "I'm sure this conference will make an enormous difference in giving people, ideas, enthusiasm, commitment and shared learning"... she also described the work her and her team have been involved with over the past year including a quote from older people sharing their experiences through the Secret Garden: 'love strength and hope' - "I think that's a pretty good series of principles really - how we move forward together."

With a mixture of presentations from academics and professionals as well as the lived experiences from older people, there were 300+ people signed up to the event. Positive feedback included:

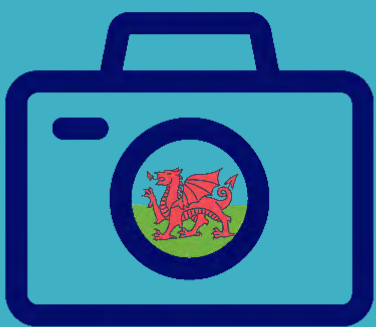
**“PLEASE KEEP THE ONLINE FORMAT  
AS IT ENABLES SO MANY MORE  
PEOPLE TO ATTEND.”**

**“VERY INSPIRING, ESPECIALLY THE  
'REAL PEOPLE'”**

**“By far the most productive online  
conference I have attended this year.  
All credit to Swansea team for  
running this. Well balanced and well  
paced.”**

## Get There Together Cymru

Research has revealed challenges that COVID-19 presented people living with dementia. The Get There Together project is a national project supporting people living with dementia to adjust to changes in their surroundings due to COVID-19 restrictions. A number of films in the form of 'digital stories' have been created to reassure anyone who is apprehensive about getting back out into their communities.



Get there together

A resource to support the people of Wales access their communities.

The videos have been developed in partnership between NHS in Wales, Local Authorities and a range of businesses and partners including CADR and some of our lay members who were involved in reviewing the developed films.

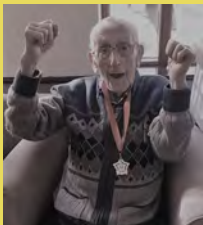
## Promoting CADR through Animations

CADR, along with two members from the North Wales Dementia network has co-created a Welsh and English animation which depicts who CADR is and what CADR do. Following on from this, based on positive feedback CADR have been working on creating a short animation series which represents each work package theme. The creations will be used in any online promotional activities to increase "brand" awareness of CADR to people looking to get involve in research.



## Combatting Ageism - Photo Competition

CADR began its annual photo competition in which the theme was "Leave No-One Behind". This was quite apt considering when the competition launched CADR had no idea that the Leave No-One Behind campaign would be quite so prominent in our lives with a pandemic. Older people shared with us some extremely touching images which we are lucky enough to be able to use throughout our work at CADR. Following on from the sucess of this initiative we will be launching the next competition in April "A Walk on the Wild Side" Capturing images of older people defying ageing stereotypes.





## ENSURING LONG-TERM COLLABORATIONS

CADR is committed to enhancing collaborative links with the NHS and policy-makers, facilitating the translation of our research into practice and working together to establish research priorities and improve services for older people in Wales.

We have good relationships with the Public Service Boards in Wales, and are helping local authorities plan age-friendly and dementia supportive communities.

CADR also has established good links and collaborations with a range of commercial partners, who provide benefits to practitioners and other stakeholders, helping us to bring products to market and influencing the health and quality of life of older people.



Dr Deborah Morgan continues to work with Welsh Government on loneliness and Social Isolation via the strategy Board. Following on from the research conducted in April - August 2020 on Escalating concerns around and with care home closures undertaken by Dr Morgan and CADR researcher Maria Cheshire-Allen, they have been commissioned by Welsh Government to draft the revised statutory guidance for Closure of Care homes.

Dr Deborah Morgan along with CADR themes leads Dr Kat Algar-Skaife and Dr Catrin Hedd Jones has been invited to sit on the board of the cross party group for Intergenerational Solidarity. <https://bit.ly/3iMjMzg>

Join Dementia Research is a national service which allows members of the public to register their interest in taking part in dementia research studies. The service is not a research study itself, but matches interested volunteers with researchers who are seeking participants for their studies.

The goal is to make it possible for anyone who wants to be involved in dementia research to get the chance to do so.

CADR host the Welsh arm of this service which now has over 1000 volunteers in Wales



Part-funded by the European Regional Development Fund through the Welsh Government; The Awen Institute (<https://aweninstitute.com/>) brings together leading researchers with older people and the creative industries to co-produce products, services and environments for an increasing older population.

Through the collaboration of CADR's involvement and engagement network as well as having a shared director Professor Andrea Tales, we have undertaken various co-created research to develop innovative solutions that will improve life for all of us as we age.

A very warm thank you to all of those we have collaborated with over the past year.



CYDWEITHREDFA GWELLA GWASANAETHAU  
GOFAL A LLESIANT GOGLEDD CYMRU  
NORTH WALES SOCIAL CARE AND WELL-BEING  
SERVICES IMPROVEMENT COLLABORATIVE



# LOOKING FORWARD

CADR has had a very productive year despite the impending Covid pandemic: we have secured grant income worth over **£2.5 million** and produced **32 articles** in peer-reviewed scientific journals. We have had **28** members of the public involved in our research activities as well as captivating an audience of over **18,000** people using various platforms to disseminate our work. We welcomed **4,181** new website users, with **6003** web page views, and made **258,797** Twitter impressions over the year with a net gain of **1745** followers.

In 2021-2022, we anticipate that CADR research will impact on responding to national and global priority areas for unmet needs by improving opportunities to live a long and healthy life. We will address health and social care systems (including long-term care), creating age-friendly environments, helping to diminish the impact of dementia and continue to enhance patient and public awareness for involvement and engagement with our research.

## Social Exclusion of Older Persons

We have recently completed membership on a EU COST network grant on social exclusion of older persons (Ness Burholt and Norah Keating). Publications from that programme will form part of the theoretical basis for our WP3 projects moving forward. Our current work on conceptualising wellbeing through our involvement in the Sustainable Care ESRC grant will contribute to ongoing discussions on wellbeing in Wales.

## Intergenerational

An Intergenerational Network was developed and launched, with main partners being Gwynedd Council, Cynefin Housing and CADR (Catrin Hedd Jones, with opportunities to highlight current PhD work and links across CADR). We plan to build on this promising start to replicate other successful networks that have been implemented in Scotland and Ireland to build the capacity of the sector.

The 33 delegates involved were asked to provide

feedback on what such a network could achieve as well as a follow up evaluation post meeting. 14 have registered to join the network and there were positive comments on the format, enabling people to access/contact others beyond their normal area of travel.





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JOIN DEMENTIA RESEARCH	<a href="https://www.joinementiaresearch.nihr.ac.uk/beginsignup">HTTPS://WWW.JOINDEMENTIARESEARCH.NIHR.AC.UK/BEGINSIGNUP</a>

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