

CYMUNED SUPPLEMENT

Newyddiadur Cymuned Pennant Community Limited Newsletter

Issue Rhifyn 145

May Mai 2023

CYMUNED DEMENTIA MONTH

During the month of June Cymuned Pennant Community will be running a dementia based theme at the Centre. The idea is to provide information, ideas and contacts to help support individuals and their Carers.

The first confirmed event will be a talk relating to 'Playlist for Life'. This will be held between 7.30pm and 9.00pm on Monday 12th June, 2023 at Pennant Community Centre. Your host will be Alex Holloway.

A diary of events will be drawn up and will be available in June's newsletter and on the website

These will be very informal events so why not come along with a friend(s) and have a cup of tea, coffee and biscuits, which will be available to purchase.

Contact Alex: email alex.holloway@hotmail.co.uk or phone 01545-574686 or

Malcolm: email cympencom@gmail.com or phone 07967-116632.

Press Release

Alexander Holloway from the Aeron Valley Wellbeing Hub recently completed professional training with the charity 'Playlist For Life' which will help to bring the power of personal music to people living with dementia at the new Playlist For Life Help Point at Pennant Community Centre, Ceredigion.

Alexander recently undertook training in the Dance Your Ability method of therapeutic, inclusive group-led movement & self-led dance programs to people of all abilities & all ages, including: at-risk youth, mixed abilities, people living with: dementia, Parkinson's, cancer, addictions, in recovery, incarcerated and trauma survivors.

(Cont'd.....)

Alex now leads regular seated dance sessions for elders on Mondays 11am at Pennant Community Centre and at many local care homes in Ceredigion. It was at this time that he began to see the wellbeing benefits of music relating to an individual's life.

"I observe so much joy and laughter when a familiar song comes on, attendees begin singing along, sharing memories linked to the songs and this improves their wellbeing, especially for sufferers of dementia."

Alexander Holloway has joined music and dementia charity Playlist for Life's national Help Point network, to share the power of personal music for people affected by dementia in local communities.

More than two decades of research shows that 'personal music' – the specific tunes attached to someone's emotions that spark memories – can help those living with dementia by alleviating stress, managing symptoms and strengthening relationships with family members and carers.

Alexander recently received a grant to purchase Mp3 players and headphones that can be borrowed for free by carers of dementia sufferers so they can create a personalised playlist of music for those they care for. Alexander is also able to provide free 'get started' resources and information about creating and using a personalised playlist of music. Alexander will be hosting a month of events at Pennant Community Centre throughout June including presentations on Playlist For Life, how to get started finding music related to a person's life, a workshop on how to use mp3 players and download music and ongoing support.-

To find out more about Playlist for Life and personal music for dementia visit

www.cymunedpennantcommunity.org.uk/playlists-for-life or email: aeronvalleywellbeing@gmail.com

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TRACTOR & MOWER FOR SALE

A Massey Ferguson 135 and Wilson Heavy Duty Flail Mower for sale.

The tractor is a Perkins 3 cylinder diesel, from late 1960s ish. There is no serial number visible so that's only a guess. There are many spares and parts included and there are new lights, steering wheel and suspension seat fitted. Starts and runs beautifully. Never let present owner down. Currently garaged.

The mower is less than three years old with little use.

Priced to sell at £3800ono.

The mower £900 - "cost £1800 when new."

Contact Andy Rogers (Pennant) on 07960-497067

