The Wellbeing Corner

COMMUNITY FOUNDATION

Welcome to a new feature for the 2026/27 season and beyond: the Wellbeing Corner.

Sub-Edited each edition by Cardiff City's Medical Director Professor Len Nokes and Club Psychologist Dr. Mikel Mellick – with contributions from Club medical personnel, health partners, researchers and charities – these pages aim to provide you with information around current wellbeing and health-related issues and campaigns.

And crucially, where you can find out more information and get support.

This afternoon, Prof. Len and Dr Mikel are joined by Cardiff City's Football Operations Executive Lee Southernwood to discuss resources available to those living with or concerned about dementia.

Keeping Memories Alive: Understanding Dementia and Finding Support

Most of us forget where we've left our keys, struggle to remember a name, or walk into a room and forget why we're there. While occasional memory lapses are a normal part of life, dementia is something different.

Dementia is not a natural part of ageing. It is an umbrella term for a range of conditions that cause a gradual decline in how the brain functions, affecting memory, thinking, communication, understanding and behaviour. Many people confuse dementia with Alzheimer's disease, but Alzheimer's is actually the most common *type* of dementia. Other forms include vascular dementia and Lewy body dementia.

Dementia is now the leading cause of death in Wales and England.

How Common Is Dementia? Dementia affects more than **944,000** people across the UK, with around one in eleven people over the age of 65 living with the condition. As people continue to live longer, that number is expected to rise to more than one million by 2030.

Know the Signs. While memory loss is often the best-known symptom, dementia can affect people in many different ways. Signs to look out for include:

- Increasing forgetfulness that affects daily life
- Difficulty finding the right words or following conversations
- Struggling with familiar tasks that require concentration or planning
- Periods of confusion about time, places or situations
- Changes in mood, behaviour or personality
- Losing interest in hobbies, relationships or social activities
- Poor decision-making or judgement

Symptoms often develop gradually, making them difficult to spot at first.

Concerned About a Loved One? If someone close to you is becoming increasingly forgetful or their behaviour has noticeably changed, encourage them to speak with their GP. Memory problems do not always mean dementia, but seeking advice early is important.

Although there is currently no cure for dementia, an early diagnosis can help people access treatment, support and services that may slow the progression of their dementia and allow them to maintain their independence for longer.

There is also great hope, with currently over 100 medications in clinical trials and much focused research on developing innovative medical interventions. Many non-medical approaches can also improve quality of life and enhance wellbeing, including social interaction, mental stimulation, reminiscence activities and community-based support.

And that's where Cardiff City Community Foundation is helping to make a real difference.

The 1927 Club: Keeping Memories Alive Together





IN PARTNERSHIP WITH

Alzheimer's Society Cymru · Sporting Memories Network · GIG NHS · Premier League Players' Fund

Cardiff City Community Foundation's **1927 Club** is a warm and welcoming social hub designed specifically for people living with dementia.

The club offers much more than regular meetings: it provides an opportunity to reconnect with cherished memories, celebrate a shared love of Cardiff City and build friendships with others who understand the challenges of dementia.

Through conversation, football-themed activities and reminiscence sessions, participants can enjoy meaningful experiences in a safe and supportive environment. Whether it's talking about famous City matches, sharing stories from years gone by or simply enjoying a cup of tea with friends, the 1927 Club helps people stay connected and continue living well with dementia. ***Let's keep the memories alive, together.***

Current 1927 Club Locations

Cardiff City Stadium: Disabled Supporters Association Room, Level 3. Every Thursday, 10:00am to 12:00pm
Penybont FC: DragonBet Stadium (Bryntirion Park), Llangewydd Road, Bridgend, CF31 4JU.
Every Monday, 10:00am to 12:00pm
Ysbyty George Thomas Hospital: Treorchy, CF42 6YG. Every other Tuesday, 10:20am to 1:00pm
Llanrumney Hall: Ball Road, CF3 4JJ.
Every Friday, 10:30am to 12:30pm
Further sessions will soon be opening up in RCT & Caerphilly. For further information, visit the Cardiff City Community Foundation website.

Your Wellbeing Editors



For support & information, email **mikel.mellick@cardiffcityfc.co.uk**

Don Murray: One of Our Own



Many supporters will know **Don Murray** as one of Cardiff City's greatest-ever servants.

The former defender made more than 500 appearances for the Bluebirds, won nine Welsh Cups and played a key role in some of the Club's most memorable moments, including famous European nights at Ninian Park.

Today, Don is living with Lewy body dementia and remains in hospital, where he requires round-the-clock care. As he continues to fight on, he remains very much in the thoughts of everyone across the Cardiff City family.

Don's circumstances are also a powerful reminder of why conversations around dementia matter. Behind every diagnosis is a person, a family and a network of people adapting to the challenges the condition brings.

For Cardiff City supporters, Don is much more than a story about dementia. He is one of our own.

After giving so much to our Club over so many years, we simply want Don and his family to know that the Cardiff City family is with them during this incredibly difficult time.

Everyone at Cardiff City sends their love and very best wishes to Don and his family.

Concerned about memory problems?
Speak to your GP in the first instance.
Other useful resources include:

NHS UK: nhs.uk/conditions/dementia
Alzheimer's Society: alzheimers.org.uk/**Effro (for training & guidance):**
effro.org **or** effro@platform.org
Dementia UK Admiral Nurse Helpline: 0800 888 6678/ helpline@dementiauk.org
Alzheimer's Society Dementia Support Line: 0333 150 3456
Cardiff City Community Foundation: cardiffcityfcfoundation.org.uk

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