

May 28th 2020

## **Partnership Support for remote working**

### **Good news**

Tonight, is said to be the last clap for carers at 8pm. You can clap from your window, balcony or front step.

There is a Samaritans app which you can download and helps you to be kind to yourself every day. Download it from your app store.

### **How can you help?**

Support a local venue who you usually visit to survive lockdown if you can.

### **Your Questions answered**

#### **I only work part time and I find that sometimes people need support when I am not working is there anything I can do?**

First of all, I would try to be explicit in the days that I work to help people to understand when they might be able to get into contact with me and when they might not.

I would then look at your organisation and what you can offer to people during different times with further useful numbers for when someone might need a conversation 'out of hours' for example or something more specialist.

Sending these numbers out in hard copy can also be useful as a point of call for people you are supporting, these numbers may include Samaritans, Alzheimer's society national hotline and silver line.

*If you have any other questions regarding supporting people living with dementia through the pandemic, please contact me so I can help share best practice between different areas of the city.*

### **Passing the time**

I understand that many of the people you support will suddenly have lots of time on their hands so in this section I will share different ways to pass the time.

### Why not make a nature mandala?

Let me know if you want to share your own with other partnership organisations and I can do this in your next support document from Enrichment for the Elderly- sharing is caring after all!

### **Joke of the day**

What is the difference between a guitar and a fish?

You can tune a guitar but you can't tuna fish!

I hope you have found this document useful. If there is anything that I should add or remove as a feature for next time, please let me know as I want to make it as helpful as possible for you. If you want to share your best practice, please let me know too.

Thanks for all that you do in making a big difference to people living with dementia and their carers.

Please take care of yourself and if there is anything, I can do to help please let me know.

Thanks,

Grace

Enrichment for the Elderly

# Make a nature mandala



wildlife  
watch

## You will need

- Bags or baskets to collect natural materials

## Natural materials:



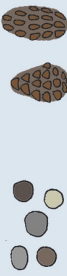
Sticks



Leaves



Feathers



Pine cones



Pebbles

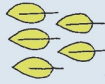


Flowers

Only pick from your own garden and leave plenty for pollinators!

1

Head outdoors and collect your natural materials. Try to find a few of the same thing as this will help with your shape (eg. five yellow leaves, four twigs of equal length).

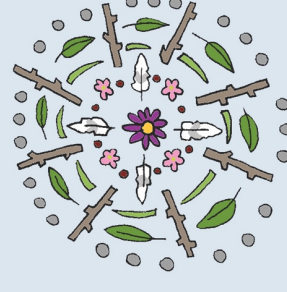


2

Find a flat surface – maybe a table or even your lawn or yard outside. Place one of your finds down first to act as the middle of the mandala.

3

Use the rest of your finds to make a pattern coming out from the centre. Consider the symmetry of your pattern, making one side mirror the other. You can be as creative as you like.



4

Remember to take a photo of your finished mandala!



The word 'mandala' is Sanskrit for circle. The circular shape symbolises how nature doesn't begin or end, but is always connected.

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