

April 3rd 2020

Partnership Support for remote working

Friday of the 2nd week. Well done everyone for keeping going. For all those who see we have skipped document 13 I just thought we didn't need any more bad luck right now especially on a Friday so this document is called 14.

Good news

Sheffield Hallam University have created a website for people with dementia and their supporters. A new theme for resources will be released every Tuesday and Friday. Visit www.dementiatogether.online.

Match of the day is going to show highlights of classic matches hand-picked by Alan Shearer on BBC1 at 11pm on Saturday 4th April.

How can you help?

Do you know of any vulnerable people aged over 70 who don't have access to the radio? The BBC are giving away free DAB radios to those in need. Just fill out an online application at www.wavelength.org.uk/radiohero

Your Questions answered

How can I support people who experience bereavement during the pandemic?

This can be a particularly difficult time for people to lose someone whether it is COVID-19 related or not, due to limited funerals, lack of contact with friends and family and the potential length of time for the death to be certified.

Let the person talk about their feelings linked to their bereavement, however they might come out- it can be that this is shown through anger, upset, guilt or a multitude of emotions.

Explain that it is a safe space so that the person feels happy to share with you if they wish.

Try to stay in contact more often if they wish, this may be by phone call or even a letter or card.

Encourage them to get some rest, some fresh air (even if this is through opening a window) and to keep to a regular routine if possible.

Realise the impact this may have on you or your volunteers and make sure you check in regularly with them. Dealing with bereavement in your support may bring up your own experiences of it. So look to your own routine and support networks to help your own experiences by including things to take your mind off your calls and only checking news/social media at certain times of the day. I am around too should you need to talk about anything.

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 encourage people to make bunting on your next phone call? I have put it on a separate page so you can print it out. I have also suggested people make it out of paper as I thought most people would have this around the house, but of course you can also make them from material and sew them together.

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 do sprinters eat before a race?

Nothing- they fast!

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

Making bunting

What will people need? Large pieces of Paper/card, string/ribbon, scissors



1. Make a template of a large triangle with one straight edge on a piece of paper.



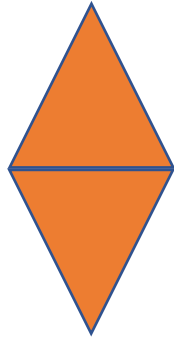
2. Fold a large piece of paper/card in half (the paper must be big enough when folded to fit your template on it)



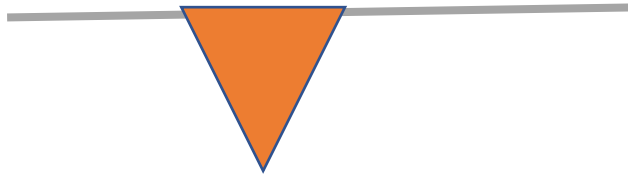
3. Lightly draw with a pencil around your stencil with your straight edge at the top where the folded paper is.



4. Cut the angled parts of the triangle. Making sure you cut both sides of the folded paper. (where the arrows are on the above image)



5. When unfolded you should be left with two triangles attached by the straight edge.



6. Refold the triangle over some string or ribbon.
7. Repeat the process several times.
8. Tie the string from two secure places.
9. Admire your bunting.

