

March 20<sup>th</sup> 2020

### **Partnership Support for remote working**

Everyone seems to be pulling together which is wonderful, although it seems that all the different areas could do with linking together better so we can share resources, support each other and reach out to more people.

So please continue to get in touch regarding what you are doing, what helps and what doesn't and how we can pull together further to support people living with dementia. Especially as some partnerships are supporting a bigger group than others.

### **Good news**

Local musicians around Sheffield are taking their musical instruments outside to create garden gigs. Just listen out in your community or if you can play and are well enough, take your musical instrument outside to play for your street.

The national dementia hotline is still available 0333 150 3456.

For anyone who can connect to the internet [www.sofasingers.net](http://www.sofasingers.net) are arranging online choirs regularly. All singers will be able to see each other.

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

If you are looking to volunteer VAS Sheffield are collating volunteer opportunities just drop them an email on [info@vas.org.uk](mailto:info@vas.org.uk)

### **Your Questions answered**

**How do look after my own mental health when keeping in contact with people remotely? I feel overwhelmed by everything myself, so I am not sure I can help others.**

Make sure you access outside even if it is just your own garden. Write a list of nice things to do whilst you are working from home and make sure you do them, they don't have to be massive- one of mine is to sit in the sunshine with a cup of tea. Use the opportunity to meditate, several apps such as headspace have more on offer for free due to the outbreak.



Take regular breaks where you do something different from using your computer or your phone.

Try to minimise the news information about the virus you access, to only during parts of the day this includes social media.

Create a routine particularly around working such as making sure you get dressed, have regular breaks and finish at a set time. Separation of work time and free time can be really important.

Give me a call to chat things through or talk to other link workers around how they are feeling during this time.

Send cards or letters to people you know or to care homes in your local area.

Call your friends or family via video chat. On Whatsapp you can video call up to 3 other people for example.

*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.

How about sharing a word search for people to do? This one has been created using larger print to make it easier for people. Please feel free to use the one below (put on a separate sheet so it is ready to print out and send) or come up with your own.

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**

Maybe share this when talking to people you support on the phone.

Did you hear about the actor who fell through the floorboards?

He was just going through a stage!

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

## Word search

d	e	x	c	i	t	e	m	e	n	t	j
d	s	s	r	d	t	l	o	o	l	o	
x	y	m	f	f	a	v	a	e	y	o	l
s	u	d	i	r	o	n	y	u	a	r	a
g	l	m	d	l	i	a	c	h	h	t	u
i	a	p	n	f	e	r	p	l	g	h	g
d	u	o	u	u	i	a	g	p	n	t	h
d	e	s	u	n	s	h	i	n	e	g	t
y	e	p	o	s	i	t	i	v	e	s	e
o	s	d	i	e	d	e	r	o	w	l	r
p	y	z	c	u	l	p	j	d	h	i	c
p	l	a	n	w	o	b	n	i	a	r	t
a	e	d	p	x	v	x	c	h	e	e	r
p	f	d	l	e	e	e	t	c	f	c	n
y	h	a	p	p	y	f	r	o	l	i	c

Smile  
 Happy  
 Rainbow  
 Sunshine  
 Joy  
 Love  
 Laughter  
 Excitement  
 Fun  
 Frolic  
 Giddy  
 Positive  
 Dancing  
 Cheer  
 Peace