

May 11th 2020

## **Partnership Support for remote working**

### **Good news**

Watch a video of Sheffield through the ages at  
<https://www.youtube.com/watch?v=gF0WcOTrRCs>

People are starting book clubs between friends. Reading the same book and then catching up together on their next phone call.

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

Showroom cinema are now accepting donations to keep them going on their website. <https://www.showroomworkstation.org.uk>

### **Your Questions answered**

**I feel apprehensive around making calls sometimes because I just don't know what call I am going to take. How can I reduce this feeling?**

Read up on your notes from a previous call if you have had one, this might just help you to remember some of your previous conversation.

If it is a new call, take some time to clear you head and read any notes you do have.

Get some information up around different issues that may come up and that you might find useful such as signposting organisations or the current corona guidance for example.

Check that it's the best time for the person to talk to you and give the person lots of time to speak- noting down what they are talking about securely.

Spend some time after the call writing notes thinking about the best information to help support a positive conversation next time.

Note separately how you feel- do you need a short break? Do you need to talk to someone else about it or signpost this person to someone else? What information may they find useful around the timing of the call or what you have found to be helpful?

Notice patterns in when you feel the most apprehensive- when is it and around which calls? These patterns can then help you to explore coping strategies and support or even identify further training needs.

*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.

### Make a fidget spinner.

You will need paper, cardboard, scissors, felt tip pens, twine and glue.

1. Draw 2 circles onto your printer paper around the width of a standard mug.
2. Add colour to these circles, the more colourful, the more fun it is to see as it spins.
3. Cut out paper circles.
4. Use these to trace on a cardboard box and cut out 1 cardboard circle.
5. Glue on the paper circles to the cardboard, (one on each side!)
6. Poke two holes right in the centre of the cardboard circle.
7. Take a piece of twine, or string, about 28 inches long. Run the rope through the holes and tie a knot.
8. Take a piece of rope in each hand with the circle in the middle and go in circles to get the rope twisted.
9. Now you pull...relax...pull...relax. IF you do it right, the spinners make a humming noise!!!!

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 you call a magic dog?

A labracadabrador.

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