

June 15th 2020

## **Partnership Support for remote working**

### **Good news**

As football is back this week, games will be shown live and for free on the BBC, Amazon Prime and Sky Pick.

There are many courses online at futurelearn.com which you can take for free.

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

**Give yourself a compliment today.**

### **Your Questions answered**

**Someone wants to join my online memory café but I haven't met them yet due to the virus. What should I talk to them about before inviting them?**

It can be helpful to understand a little about the person first, to be able to tailor the session to what they are interested in and to create introductions to other members.

Ask the person why they would like to attend, this can help you to understand what they are looking forward to and whether they would prefer to chat or to take part in an activity.

Gathering contact information can be helpful, especially if the person isn't used to getting online, so that you can help them through it or check in with them if they unexpectedly don't attend a session.

In this call it can also be helpful to go through what the online memory café will look like in terms of structure, who normally attends and what is expected of people who will attend. This will also cover talking about security and keeping others safe.

Why not buddy a person up with someone else in the group to create a feeling of familiarity?

Check in regularly with them to see how they are finding it and to enable 1-1 support if the person would like it.

*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 your own mask

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**

**Why was the maths book sad?**

**It had too many problems!**

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

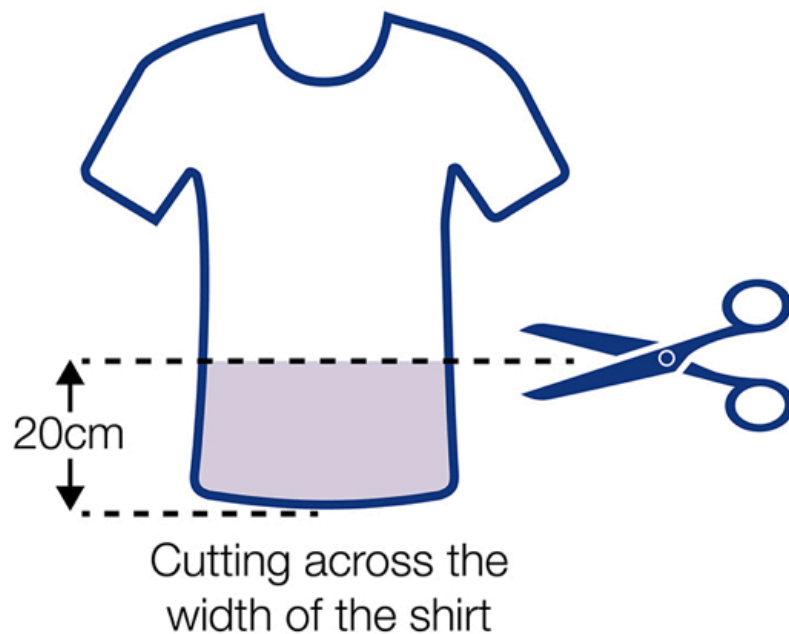
Enrichment for the Elderly

## Making your own mask

You will need:

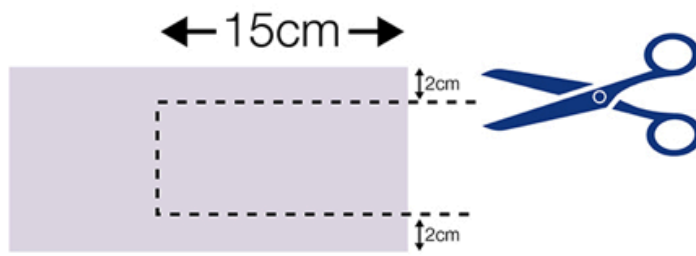
- an old T-shirt that you do not want anymore (ideally size small or extra small)
- scissors

**Step 1:** Cut a straight line across the width of the T-shirt (front and back) approximately 20cm from the bottom of the T-shirt.



**Step 2:** From a point 2cm below the top right-hand corner of the fabric, make a 15cm horizontal cut through both sides of the fabric that is parallel to the top of the rectangle.

**Step 3:** Cut down towards the bottom of the fabric until you reach approximately 2cm above the bottom edge. From here, make another 15cm cut that runs parallel to the bottom of the fabric to make a rectangle that can be discarded.



Cutting out a rectangle



Cutting the tie strings

**Step 4:** To make the ties, cut open the edge of the 2 long strips of fabric. Unfold the main piece of fabric and place over the mouth and the nose. The 4 strips act as ties to hold the cloth face covering in place and should be tied behind the head and around the neck.



Tying the strings behind the head,  
and round the neck