

June 19th 2020

Partnership Support for remote working

Good news

Some buses will be diverted around the city due to social distancing measures coming into place. These changes can be viewed

<https://www.travelsouthyorkshire.com/en-gb/newsupdates/service-changes>

The wildlife trust's big wild weekend is this weekend follow the link to see what is on throughout the weekend <https://www.wildlifetrusts.org/big-wild-weekend>.

How can you help?

Spend some time listening to music today, listen to the rhythm and the lyrics.

Your Questions answered

I'm running out of things to include in activity packs for people to do whilst at home. Do you have any ideas?

It can be nice to include small packs of items to people you support for them to put together at home as we don't always know what items they have at home to take part in activities.

In order to think of different ideas I find it helpful to think around different themes, this also means that different people take part due to their interests.

The themes I explore are:

- Nature- this can include sending out seeds to grow or seeds for birds.
- Activity- this may include a hacky sack or exercise bands.
- Craft- this may be card, paints or glue to help with a particular project.
- DIY- could include wooden boxes that you slot together or ready-made wooden items that you glue together.
- Themed days- this could include a hat or a badge for a person to make which links into a themed day and photographs are shared.
- Food- this may be linked to a recipe that everyone is going to make together

- Reminiscence- this may be photographs or small items that are linked to commonly experienced memories such as marbles.
- Relaxing- this could include items to make a face mask

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 some salt dough

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 did the man run around his bed?

Because he was trying to catch up on sleep!

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 and decorate some salt dough

You will need some paints, a baking tray, some parchment paper and:

- 250g plain flour
- 125g salt
- 125ml water

Put all the ingredients in a bowl and mix together to form a dough.

Shape into what you would like. This could be a wall hanging, an ornament or whatever you fancy. This could be in the shape of a whale, a car or your favourite thing. You can use biscuit cutters if you wish.

Put in the oven on a tray on some parchment paper on the lowest setting.

Bake for 3 hours or until solid.

Leave to cool.

Paint.