

June 24th 2020

## **Partnership Support for remote working**

### **Good news**

There are Journey Assistance cards available on the travel south Yorkshire page found here: <https://www.travelsouthyorkshire.com/en-GB/LandingPage/Journey-Assistance-Cards> for anyone who needs support during their journey on public transport.

Peter Pan can be streamed online this week on you tube. Just search for the Shows must go on or follow the link: <https://www.youtube.com/watch?v=rUun-2hatcY>

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

The remote working documents will be coming to an end on July 1<sup>st</sup>. It would be great to gather some feedback for those who have been receiving them, so let me know your thoughts.

### **Your Questions answered**

**The boundaries for work and personal life are getting more and more blurred as I work through the pandemic. What can I do to promote a better work life balance in this new age?**

What can be really helpful is to set out the parameters of your workday in your email signature and in your voicemail for the phone you use for work. This can include the idea that even though you might work in the evening due to childcare issues or other balancing due to the pandemic you don't expect others to reply. It can also help to manage expectations without you having to keep on re-iterating it to others.

Be mindful of what time you are contacting others, the cycle can repeat if you call others outside of working hours as that person is then more likely to call you back at a similar time.

Be stricter with colleagues around not answering emails or calls outside of your working hours.

Make sure you get the time back earlier or later in the day, giving you an opportunity to rest or simply have time for yourself.

Explain the hours you are working to your manager, to help them understand and to come to some sort of arrangement around your working hours.

Try to separate out space and time in to working and personal.

*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.

### Caption competition

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 do writers always feel cold?**

#### **Because they are surrounded by drafts!**

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

## Caption Competition

What would you caption each picture? The funnier the better!





