

A MILLION HANDS

Dementia resource pack

In partnership with



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Dementia resource pack

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A Million Hands Big Moment

We are asking Cub Scouts across the UK to hold a dementia-friendly event in your local community at the start of April 2019. This could be:

- an activity or event in your meeting place, where people with dementia are welcome and supported to participate, for example: Singing for the Brain around a campfire
- an activity or event in a community space, which is open and accessible to people affected by dementia, for example: hosting a dementia-friendly film screening
- an activity or event in a local care home or service for people affected by dementia, for example: bird-watching or reminiscing using memory boxes with care home residents

The event can be anything your Pack chooses, as long as it is dementia-friendly. You can also invite local VIPs, like MPs, councillors or people who used to be members of your Scout Group years ago!

To help plan the event, you'll find activity guidance in this pack about how to make a space more dementia-friendly, like making your own dementia-friendly signage. We're challenging everyone in Scouting to become Dementia Friends, so that they have a better understanding of the difficulties someone with dementia may face. We know that this can help young people feel more confident interacting with people living with dementia.

By 2021, one million people in the UK will be living with dementia, for which there is currently no cure. By creating a dementia-friendly generation through A Million Hands, we can support people living with the condition to live without fear or prejudice, and to live well in our communities.

Calendar

September 2018	October 2018 Become Dementia Friends	November 2018 Create dementia-friendly signs	December 2018 Create dementia-friendly signs	January 2019	February 2019 Plan a dementia-friendly event
March 2019 Plan a dementia-friendly event	April 2019 Organise a dementia-friendly event for people in your community	May 2019 Forget-me-knot-activity	June 2019	July 2019	August 2019

Understand the issue

Dementia Friends information session

Overview: Invite a Dementia Friends Champion to your weekly meeting to run a fun and interactive information session about dementia and how it can affect someone. All participants will receive a Dementia Friends pin badge.

Outcome: Cubs will understand what dementia is, how it can affect someone and what actions they can each take to help support people affected by dementia.

Time: 1 hour

Equipment: Pens/pencils. The Dementia Friends Champion will bring everything else.

Linked badges:



Activity instructions:

- 1 Log in to amillionhands.org.uk and 'request a volunteer', or email scouts@alzheimers.org.uk to arrange for a volunteer Dementia Friends Champion to deliver the session to your Cubs during your weekly meeting.
- 2 We ask for at least six weeks' notice to organise for a Dementia Friends Champion to visit and will do our best to match you on your preferred date.
- 3 If you would like to run additional activities to help your Cubs learn about dementia, download the full A Million Hands resource pack for dementia at: amillionhands.org.uk/resource.

Plan action

Create dementia-friendly signs

Overview: Use different materials to create dementia-friendly signs for your meeting place or dementia-friendly event.

Outcome: Cubs will have gained a better understanding of the challenges someone with dementia may face when out in the community. They will have learned how to help and will have contributed to making their community more dementia-friendly.

Time: 45 minutes

Equipment: Paper, card, felt tips, pencils, crayons, paint, old magazines, scissors, glue. Optional: Post-its and stickers.

Linked badges:



Activity instructions:

- 1 Ask your Pack to think about what makes a good sign. They could consider things such as colour, font, size and the sign's location. You can make this into a short game by asking them to take photos or draw pictures of all the signs nearby within a limited time.
- 2 Remind the young people what they have already learned about dementia, namely:
 - Dementia is not just about losing your memory.
 - Dementia can affect your brain's ability to do other things, like speaking, seeing or doing activities in order.
- 3 Share these tips to making dementia-friendly signs:
 - Colour: the brighter and bolder the signs, the better.
 - Pictures: use a picture on your sign as people with dementia might find text hard to read. Make sure the pictures are clear and don't cover the words.
 - Materials: as long as the sign is non-reflective, any material can be used.
 - Text: capitals should only be used for initial letters. The text colour should highly contrast with the background to make it stand out. For example, white words on a black background.

For inspiration, see these examples of dementia-friendly signage: findsignage.co.uk/dementia-friendly-products/dementia-friendly-signage.html.

For your event space, identify where dementia-friendly signs would be useful. You can make this into a short

game by asking the Cubs to put stickers or Post-its on anything that needs to have a sign. Remember to include the front and back of doors!

- 4 Ask each Cub to make one of the dementia-friendly signs for your meeting place or dementia-friendly event space. Display the signs around the room/building.

Take action

Organize a dementia-friendly event for people in your community

Overview: During April 2019, hold an intergenerational activity or event for people in your community, making it accessible and welcoming for people living with dementia.

Outcome: Cubs will have interacted with people living with dementia, which will have increased their confidence and reduced the stigma and fear often surrounding dementia. People with dementia will feel less isolated and more connected to their local community.

Time: Variable – around 2 to 3 hours (including preparation/tidying up)

Equipment: Activity-dependent.

Linked badges:



Activity-dependent:



Activity instructions:

- 1 Consider if you would like to hold the event in your meeting place or another community space, or if you would like to take an activity to a care home or dementia support service. Ask if they have any projects that your Colony could help with, or events they could participate in.

If you are planning on hosting people with dementia, make sure the venue is:

- easy to find
- easy to get into
- not confusing
- friendly and welcoming

Although an accessible building is helpful, people with dementia say that it is the people in the building who make all the difference.

2 Decide with your Cubs what activity or event they would like to run. Here are some ideas:

If your Cubs are creative...	Run an arts and crafts activity session Create a memory mural Make memory books and reminisce together
If your Cubs are outdoorsy...	Bird watch together Go on a short local history walk Plant a sensory garden
If your Cubs are musical...	Run Singing for the Brain around a campfire Learn and perform songs from the past

For more ideas, download the full [A Million Hands resource pack for dementia](#) or visit amillionhands.org.uk.

3 Invite people affected by dementia to attend your event:

Email Scouts@alzheimers.org.uk to connect with your local dementia service, or get in touch with your local day centre, supported housing scheme or care home.

4 Invite VIPs:

Are there any local people, who used to be Scouts or Guides, who would like to attend? Have you told your local councillors and MP about the event?

If you have a County Media Development Manager, contact them and discuss how they can help you with local media work. If you don't have a County Media Development Manager, please contact the Scout Media Team on 0845 300 1818 or communications@scouts.org.uk.

Also email Scouts@alzheimers.org.uk to share your photos and information about your event. We are always looking to showcase stories of young people taking action on dementia, so get in touch if you'd like to be featured on our social media channels, blog or website.

Learn and do more

Forget-me-knot

Overview: During Dementia Awareness Week (May 2019) challenge Cubs to tie 'forget-me-knots' to reflect on what they have learned about dementia and how they can continue to be Dementia Friends.

Outcome: Cubs will have reflected on how being a Dementia Friend has helped people affected by dementia. They will also have learned how to tie knots!

Time: 30 to 40 minutes

Equipment: String/wool, scissors, paper/card, pens, pencils, and a hole-punch.

Linked badges:



Activity instructions:

- 1 Teach the Pack to tie a simple knot with these instructions: bit.ly/2tHVpJS.
- 2 While the Pack are practicing, ask them to talk to you about what they have done for their A Million Hands project (becoming Dementia Friends, making dementia-friendly signage, participating in their dementia-friendly event). Remind them of the five key messages of Dementia Friends:
 - Dementia is not a natural part of ageing.
 - Dementia is caused by diseases of the brain.
 - Dementia is not just about losing your memory. It can affect other things like communication or movement.
 - It is possible to live well with dementia.
 - There's more to a person than their dementia.
- 3 Give everyone a piece of paper or card and ask them to draw around one of their hands. Carefully cut around the outline. Make a hole in each of the handprints using the hole-punch.
- 4 Ask them to write or draw what they've learned about dementia onto the cut-out hand.
- 5 Challenge each Cub to tie their cut-out hand to the string, using their knot skills.
- 6 Use the finished 'forget-me-knots' in the Tell the world activity.

Tip: Don't forget to take any photos you need, in case you're doing the next activity on a different day.

Tell the world

A Million Hands make a dementia-friendly generation

Overview: During Dementia Awareness Week (May 2019), challenge Cubs to share their forget-me-knots with friends, family and the wider community.

Outcome: Cubs will have influenced and inspired others in their community to be more dementia-friendly.

Time: 30 minutes

Equipment: String/wool, scissors, and a camera.

Linked badges:



Activity instructions:

- 1 Using the forget-me-knots from the Learn and do more activity, make a display in your local area during Dementia Awareness Week (May 2019).

You could make a display with all the handprints on the wall, tie them all to a clothesline, or tie them onto a tree in a public place (with permission).
- 2 Take photos of the forget-me-knots or videos of the Cubs reading their actions aloud. Share on social media using #amillionhands and contact your County Media Development Manager or the Scout Media Team on 0845 300 1818 or communications@scouts.org.uk.
- 3 As an additional challenge, ask the Cubs to take their forget-me-knot home and teach someone they know (a friend, parent or teacher) how to tie the knot and share what they have learned about dementia. The Cubs can then challenge that person to write their own dementia-friendly action and tie a forget-me-knot to pass onto another person.
- 4 Remember to get in touch with your VIPs (former Scouts, councillors, MPs) to share what your group have learned from A Million Hands. You could tweet them a photo or send them a forget-me-knot and challenge them to make their own.