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In partnership with

Alzheimer's Society
United Against Dementia

SCOUTS
THE A MILLION HANDS BIG MOMENT

We are asking Scouts across the UK to hold a dementia-friendly event in your local community at the start of April 2018. 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 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 Troop chooses. 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 for leaders 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

<table>
<thead>
<tr>
<th>September 2017</th>
<th>October 2017</th>
<th>November 2017</th>
<th>December 2017</th>
<th>January 2018</th>
<th>February 2018</th>
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</thead>
<tbody>
<tr>
<td>Become Dementia Friends</td>
<td>Become Dementia Friends</td>
<td>Create a dementia-friendly area</td>
<td>Create a dementia-friendly area</td>
<td></td>
<td>Plan a dementia-friendly event</td>
</tr>
<tr>
<td>March 2018</td>
<td>April 2018</td>
<td>May 2018</td>
<td>June 2018</td>
<td>July 2018</td>
<td>August 2018</td>
</tr>
<tr>
<td>Plan a dementia-friendly event</td>
<td>Organise a dementia-friendly event for people in your community</td>
<td>Forget-me-knot activity</td>
<td>A Million Hands make a dementia-friendly generation activity</td>
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UNDERSTAND THE ISSUE

Dementia Friends Information Session

Overview: Invite a volunteer 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 become a Dementia Friend and receive a Dementia Friends pin badge.

Outcome: Scouts 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:

• Login 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 Scouts during your weekly meeting.

• 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.

• If you would like to run additional activities to help your Scouts learn about dementia, download the full A Million Hands resource pack for dementia at amillionhands.org.uk/resource.
PLAN ACTION

Create a dementia-friendly area

Overview: Prepare for your event by making your venue space dementia-friendly.

Outcome: Scouts will gain a better understanding of the challenges someone with dementia may face when out in the community. They will learn how to help and will contribute to making their community more dementia-friendly.

Time: 45 minutes

Equipment: Blindfold, scarf, ear protectors, paper, card, felt tips, pencils, crayons, paint, old magazines, scissors, glue, pens, print-outs of the survey

Linked badges:

Activity instructions:

1. Once you have agreed on the type of event you are going to run, ask the group to think about the challenges someone with dementia may face when accessing your event space (meeting place, community space etc). You could make this into a short activity by challenging the group to ‘experience’ the space with different impairments that someone with dementia may face. For example, problems with vision (blindfold), mobility issues (scarf to tie legs together), hearing issues (ear protectors) or a mixture of impairments. After each ‘experience’ ask the Scouts to reflect on:
   - What was the challenge?
   - How did it feel?
   - What could you do to help someone if they were struggling?
   - How might being supported to access the building/toilets/refreshments make someone feel?

2. In pairs, ask the Scouts to complete the dementia-friendly survey for the venue. Ask them to make notes on what they could do to improve the experience of someone living with dementia who wants to come to your event. Choose actions as a group to help make the venue more dementia-friendly. The dementia-friendly checklist overleaf will help you with this.

   Tip: Although an accessible building is helpful, people affected by dementia say that it is the people in the building who make all the difference.

3. Ask the Troop to make dementia-friendly signs using these top tips:
   - Colour: the brighter and bolder the signs, the better.
   - Pictures: use a picture on your sign, 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 materials 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.

4. Display the signs your Scouts have made around the venue.

Dementia-Friendly Checklist

Complete this checklist for your venue. Tick all that apply and write notes or suggestions about what you could improve. You might decide to take photos of the issues.

<table>
<thead>
<tr>
<th>It is clear what each room is for?</th>
<th>Notes…………………………</th>
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</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td>Entrances to the building are clearly visible and obvious.</td>
<td>Notes…………………………</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Signs are clear and give simple information at the right points.</td>
<td>Notes…………………………</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Signs are easy to read.</td>
<td>Notes…………………………</td>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Corridors and footpaths are wide, flat and tidy.</td>
<td>Notes…………………………</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Toilets are well signposted.</td>
<td>Notes…………………………</td>
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<td></td>
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<tr>
<td>There is a seating or quiet area.</td>
<td>Notes…………………………</td>
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<td></td>
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<tr>
<td>The exits are clearly signposted.</td>
<td>Notes…………………………</td>
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<td></td>
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<tr>
<td>There is an accessible toilet.</td>
<td>Notes…………………………</td>
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TAKE ACTION

Organise a dementia-friendly event for people in your community

**Overview:** During April 2018, hold an intergenerational activity or event for people in your community, making it accessible and welcoming for people living with dementia.

**Outcome:** Scouts will interact with people living with dementia, which will increase their confidence and reduce the stigma and fear often surrounding dementia. People with dementia will feel less isolated and more connected to their local community.

**Time:** Variable – around 2-3 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 Scout meeting place, 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 Troop could help with, or events they could participate in.

2) Decide with your Troop what activity or event you are going to run. Here are some ideas:

<table>
<thead>
<tr>
<th>If your Scouts are creative…</th>
<th>Run an arts and crafts activity session</th>
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<tbody>
<tr>
<td></td>
<td>Create a memory mural</td>
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<tr>
<td></td>
<td>Make memory books and reminisce together</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>If your Scouts are outdoorsy…</th>
<th>Bird watch together</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Go on a short local history walk</td>
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</tbody>
</table>
If your Scouts are musical…
Run Singing for the Brain around the campfire
Learn and perform songs from the past

For more ideas, download the full A Million Hands resource pack for dementia at amillionhands.org.uk/resource.

Invite people affected by dementia to 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.

3) Invite VIPs:

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

Email your County Media Development Manager or communications@scouts.org.uk for support and media coverage. You can also email Scouts@alzheimers.org.uk to share your event photos. We love to see photos and hear all 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 2018) challenge Scouts to tie forget-me-knots to reflect on what they have learned about dementia and how they can continue to be Dementia Friends.

Outcome: Scouts will reflect on how being a Dementia Friend has helped people affected by dementia. They will also learn how to tie knots.

Time: 30-40 minutes

Equipment: String/wool, scissors, paper/card, pens, pencils, hole-punch. Optional: face paint

Linked badges:

Activity instructions:

1) Teach the Troop to tie a simple knot or challenge them to tie more complex knots with these instructions: bit.ly/2tHVpJS.

2) While the young people are practicing, ask them to talk about what they have done for their A Million Hands project (becoming Dementia Friends, making the venue dementia-friendly, 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. Ask them to write or draw what they’ve learned about dementia onto the cut-out hand.

   Alternatively/additionally, ask the Scouts to use the face paint to create words or images on a friend’s hand, which sum up what they have learned about dementia.

4) Challenge each Scout to tie their cut-out hand to the string using their knot skills. Or if they have used face paint on their hands, ask them to tie the string, using their knot, loosely around their friend’s wrist to make a friendship bracelet.

5) 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 2018) challenge Scouts to share their forget-me-knots with friends, family and the wider community.

Outcome: Scouts will influence and inspire others in their community to be more dementia-friendly.

Time: 1 hour

Equipment: String/wool, scissors, camera

Linked badges:

Activity instructions:

1) Using the forget-me-knots from the Learn and Do More section, make a display in your local area during Dementia Awareness Week (May 2018).

   You could make a display with all the handprints on the wall, or tie them all to a clothesline. Or you could tie them onto a tree in a public place (with permission).

2) Take photos of the forget-me-knots or videos of the Scouts reading their actions aloud. Share on social media mentioning #amillionhands and email your photos and stories to your Country Media Development Manager. 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.

3) As an additional challenge, ask the Scouts 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 Scouts 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 Troop 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.