



Encouraging togetherness and learning in dementia care



**Dementia Pathfinders
Community Interest Company**

We work in partnerships

Dementia Pathfinders works nationally and locally to provide therapeutic care and support for people with dementia and their families and programmes of education and learning for people in the dementia care field. The perspectives of those living with dementia are often unheard. We believe that people with dementia are able to express their views and influence the way services are

designed. We are committed to listening to people with dementia and their relatives: we aim to translate their views and aspirations into practical changes at local level.

We work with partners to offer activities that promote wellbeing and encourage connection.

Here are some of our partnerships:



Meeting Centres are a local resource operating out of ordinary community buildings that offer ongoing warm and friendly expert support to people with mild to moderate dementia and their families. At the heart of the Meeting Centre is a social club where people meet to have fun, talk to others and get help that focuses on what they need.

Dementia Friendly Havant Borough is a charity that connects local organisations working together to support people living with dementia across Havant Borough.

FaceBook:

[DementiaFriendlyHavantBorough](https://www.facebook.com/DementiaFriendlyHavantBorough)

Supported by Dementia Friendly Hampshire
<https://dementiafriendlyhampshire.org.uk/>

<https://www.worcester.ac.uk/about/academic-schools/school-of-allied-health-and-community/allied-health-research/association-for-dementia-studies/ads-research/uk-meeting-centres.aspx>



Sandwell Community Dementia Service

Sandwell Community Dementia Service provides advice, information and support to people worried about their memory and those with a dementia diagnosis in Sandwell.

<https://www.dementiopathfinders.org/sandwell-community>

For more information please go to

www.dementiopathfinders.org/our-partnerships

Cognitive Stimulation Therapy with Professor Aimee Spector

Cognitive Stimulation Therapy is an evidence-based group treatment for people with mild to moderate dementia designed by Professor Aimee Spector. We work in partnership with Aimee to deliver the CST training, which aim to equip people with the knowledge required to deliver group CST in their work setting. This interactive course includes a background to CST and how it can be used, research

overview and detailed presentation of the treatment, including video footage and role-play. We offer this training both in person and online.



RQF Levels 2 & 3 Award in Awareness of Dementia

The Level 2 & 3 'Award in Awareness of Dementia' OCNLR has been developed in partnership with Skills for Care. These qualifications, validated by Open College Network London Region, have been designed to support government strategies to increase knowledge, understanding and skills in caring for people living with dementia.

The programme is suitable for all those who are working with people

living with dementia, for example as a dementia carer, care worker, healthcare assistant, support/key worker and many other roles.



For more information on training opportunities please go to

www.dementiathfinders.org/training-workshops

Training for Circle Dance

Circle dancing developed from traditional folk dance from around the world. Music and dances from the circle dance repertoire have been simplified and adapted for both seated and standing dance. The touch, holding, swaying, and simple repetitive movements allow the participant to feel safe within the circle and provides an opportunity for expression and creativity. The dance also provides an enjoyable form of exercise and movement. Circle Dance training aims to enable staff to provide their own movement and music sessions for their service users.

Learning Outcomes

- Knowledge of the benefits of dance and specifically circle dance, for people living with dementia

- Understand and implement best practice approaches in group facilitation for people with dementia
- Have practised planning circle dance sessions and be able to deliver circle dance programmes in their work settings
- Be able to create new dance steps to music
- Have practised observation skills and learnt about approaches for monitoring and evaluating circle dance sessions

For workshop dates and more information please go to

www.dementiopathfinders.org/circle-dance



Variety Hour with Craig Stevens

Sessions are designed to engage the whole person mentally, physically, emotionally and socially. We use a mixture of music, sing-a-longs, appropriate quizzes, poetry, comedy, reminiscence, learning and discussion as well as energising physical stimulation. We provide these sessions online.



Art Groups with Nicola Corrigan



The online dementia art class includes sessions on painting and drawing favourite and memorable objects, flowers and nature. We use photo prompts and share resources for inspiration. The service users and carers learn to use pencil and watercolour techniques to paint a favourite flower or a bunch of flowers. Learners also work with mixed media, creating collages of memorable and special places and share these on screen.

Story Time with Marie Fortune

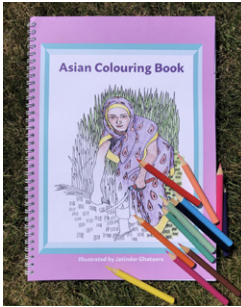


Everyone delights in the shared experience of an enriching story that feeds the imagination and transports us to new and different worlds beyond our everyday lives.

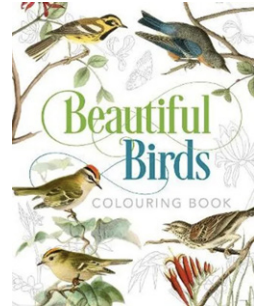
We warmly invite you to snuggle up with your favourite drink, relax and enjoy our 30-40 minute themed story-telling sessions. Hosted live on zoom with recordings available online to listen and re-listen at your leisure.

For more information please go to
www.dementiathfinders.org/community-activities

We source activity products to enhance quality of life



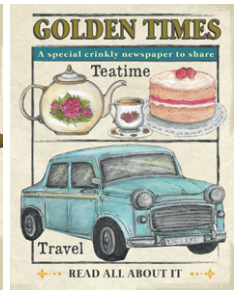
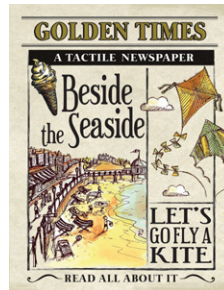
Asian Colouring Book £9.95



Beautiful Birds Colouring Book £7.99



Aquapaint™ Classic Vehicles £19.99



Crinkly Books £12.99



African Market Jigsaw £13.50



Drifting Downstream Jigsaw £10.50

To purchase or for more information please go to
www.dementiopathfinders.org/market-place

At Home with the Seasons



Spending time together with nature can bring joy and connection to people living with dementia and their carers.

The At Home with the Seasons workshop will inspire, encourage and equip you to support people living with dementia and their family carers to connect with the seasons. The workshop will provide an opportunity to consider not only the natural seasons, but the seasons of our lives.

Learner review

"I have been able to apply the information directly into my practise"

The picture and activity book that you will use during the workshop is an encouragement to be more intentional in noticing and connecting with the seasons.

This resource is available to buy on our website for **£9.95**.

We also offer a colouring book version with 12 A4 images to colour alongside the original illustrations for **£9.95**.

Buy both books for £17.00.



For workshop dates and more information please go to www.dementiopathfinders.org/at-home-with-the-seasons

Life Story work

Life Story work is recognised as vital to person-centred dementia care. It's a tool to get to know someone, and the better you know someone, the better relationships with staff, family and carers can be.

Our workshop is designed to engage, encourage and equip families and people working in care settings to use the Life Story book to enhance engagement and strengthen relationships.

Life Story Books are available to buy on line for **£15.00 each**

Learner review

“showed how versatile the Life Story book can be... there is no right or wrong way. What matters is to find a way to make it work for you and your love one and that it is a positive and enjoyable journey”



For workshop dates and more information please go to
www.dementiaphinders.org/life-story-workshop



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  [dementiaphinders](https://www.dementiaphinders.org)

www.dementiaphinders.org

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