

Dementia – Information and support

- Alzheimer's Society - www.alzheimers.org.uk Tel 0300 222 11 22
- Dementia UK (Admiral Nurses) – Tel 0800 888 6678 <http://www.dementiauk.org>
- Carers UK, mental wellbeing and financial support - <https://www.carersuk.org/>
- Tide – Support for carers - <https://www.tide.uk.net/>
- Meri Yaadain - BAME dementia –support, services <http://www.meriyadain.co.uk/>



Dementia & Sensory Challenges - Dementia can be more than a memory by the Life Changes Trust - Free download

Written by people living with dementia explaining how their senses are affected and “stuff that helps”.



Meri Yaadain BAME dementia – [Information sheets for download](#)

Research - Publications



Greening Dementia – Partnership report - Dementia Adventure, Natural England, The Woodland Trust.

A literature review of the benefits and barriers facing individuals living with dementia in accessing the natural environment and local greenspace.



Is it nice outside? - Consulting people living with dementia and their carers about engaging with the natural environment (NECR211)
A partnership report - Dementia Adventure, Natural England, Mental Health Foundation, Innovations in Dementia.

Detailed survey examines the barriers to getting outdoors for people living with dementia.

Resources list



Nature Connection

University of Derby – Miles Richardson – 5 pathways to Nature Connection 2020

<https://findingnatureblog.files.wordpress.com/2020/04/naturerelationship.pdf>

Nature connectedness research group <https://www.derby.ac.uk/research/about-our-research/centres-groups/nature-connectedness-research-group/>

Working together

Co-production –



Defining co-production [What it is, and how to do it](#)

DEEP- The UK Network of Dementia Voices – Information guides

DEEP engages and empowers people living with dementia to influence attitudes, services and policies that affect their lives.



[Pdf guides free to download](#) produced with people living with dementia

Topics include:

Setting up a focus group, Collecting people's views, Organising an event, Auditing inside and outside public spaces with people living with dementia, writing dementia friendly information and more.

Also use this website to locate your local DEEP peer support group by postcode or town search.

Lived Experience - Learning from the experiences of people living with dementia

BLOGS/Audio Diaries: - “Life from our point of view”

- Wendy Mitchell – Daily Blog <https://whichmeamitoday.wordpress.com/>

Resources list

- **George Rook – Blog** [george rook | living with dementia as well as I can](#)



Website: Dementia Diaries “Life from our point of view”

– Short audio diaries with transcripts that documents people’s different experiences of living with dementia – search by topic, diarist or latest entry



Dementia Tip Share

www.dementiatip-share.org.uk

Auditing your facilities



DEEP – UK Network of dementia Voices –

[Auditing inside & outside public spaces](#)



Visit England, Visit Scotland – [Dementia Friendly Tourism Guide](#) - Accessibility forum

Resources list



[Making walks sensory resources](https://www.sense.org.uk) – booklet & taskcards
www.sense.org.uk

This resource (2020) helps people with complex disabilities explore the outdoors and engage with nature. The free resource encourages the use of senses to connect with your surroundings and have more meaningful walking experiences.'



[Parkopedia](https://www.parkopedia.co.uk) Gives information about local places to park, fees, spaces



www.toiletmap.org.uk - Radar key accessible toilet locations

Activities and resource sheets: Free downloads

The Sensory Trust - www.sensorytrust.org.uk - activity downloads - nature activities for people living with dementia & family carers

The Woodland Trust - www.woodlandtrust.org.uk - seasonal activity ideas, crafts activity sheets

The Wildlife Trusts - www.wildlifetrusts.org - spotter sheets, seasonal activities

The Sporting Memories Foundation - Using sporting memories and physical activity to tackle loneliness, low mood and dementia - resources and information <https://www.sportingmemoriesnetwork.com/>



[Thriving with Nature - WWF/MIND 2020](https://www.wwf.org.uk/mind) - Free download guide produced by WWF and Mental Health Foundation showing health & well-being benefits from nature connection and practical ideas for each season - 100 pages

Resources list

BBC Sound effects resource with over 33,000 nature sounds to use free of charge. <https://sound-effects.bbcrewind.co.uk/>



The British Nature Guide - www.britishnatureguide.com Activities, quizzes and fun practical ideas for all ages. Great free source for sharing or downloading specific pages for activities or putting in a doorstep delivery pack.



Life Changes Trust, Scotland – Dementia programme – www.lifechangestrust.org.uk
Many publications on funded dementia projects and partner projects

Get Outdoors - Top tips for Developing Outdoor Activities - booklet – 6 pages - drawing learning from six different support projects in Scotland www.lifechangestrust.org.uk

Videos of partnership Nature Programmes providing supported outdoor experiences.

Dementia Adventure in a Box - 4 min video 2020 - Highlights the 3-year Lottery funded project to enable people living with dementia and family members to access more outdoors and nature experiences with four partner organisations.

[National Lottery Funding Facilitates Successful Outdoor Activity for People with Dementia](#)

[Report here](#)

Stepping into Nature – Dorset AONB - [Stepping into Nature](#) – Video highlighting a wide range of dementia inclusive nature activities and experiences with partner organisations through the Dorset County Council and lottery funded health & well-being programme. <https://youtu.be/kZE-rN17l8A>

Rutland Water Nature Reserve – [Time in Nature – 3 min video clip](#) 2020

Video highlighting fortnightly Time in Nature dementia inclusive sessions at Rutland Water Nature Reserve - a partnership project with Dementia Adventure, Rutland County Admiral Nurse Scheme & Leicestershire & Rutland Wildlife Trust.