

Ideas for Activities During Isolation

Many of our face-to-face activities have had to stop again so it's important that you find other ways to keep active and avoid boredom and frustration during lockdown. You will feel less isolated by keeping contact with friends and family using social media, online forums and by phone.

Ask friends and relatives to bring magazines, films, puzzles, jigsaws, music, games, anything you think the person with dementia might like to do. They can be left outside the front door for you to maintain social distancing guidelines.

Singing groups cannot run at the moment but there are many available online and it can be energising and fun to spend some time singing together. Here's one you could try: -

Singing For The Brain with Lorraine

Singalong music for people with dementia and their carers.

<https://www.youtube.com/user/6ftloftslug/videos>

DFK's Online Seated Exercise class is a fun way to keep your muscles flexible and strong. Done to music it gets your toes tapping and boosts your mood. Call the number below for more information and the link to access the class.

Spending time outdoors, either in your own garden or on a daily walk has both mental and physical benefits. Finding things to do outside or simply sitting in whatever sunshine we get will help. Fresh air and green space can provide stimulation and lift the spirits.

Plant up a few pots with seeds or flowers that can be placed near the windows. In winter plant bulbs and in spring use fast growing seeds like lettuce, pea shoots and sunflower seeds so you see results quickly AND you get to eat the lettuce and pea shoots once they mature.

Take time to enjoy your favourite TV or Radio programmes or watch films on DVD. If reading is difficult audio story tapes can be a good alternative.

If you need any help or guidance, want to find out about other activities and services, or just need someone to talk to who understands your situation, Dementia Friendly Keighley is here for you.

You can call us on **07452 773788** between **10am and 2pm daily**, text (**SMS**) or **WhatsApp 'CALL BACK'** on the same number or leave a message outside of these hours and we will call back as soon as possible. Please note: Times and days of our activities and services are subject to change, so please call for up to date information.

