


**NORTHERN FELLS GROUP DEMENTIA ACTION ALLIANCE**
**Your Dementia Friendly Community**

As we move into Autumn, many of you might be wondering when you will be able to get back to the groups and clubs you once relied upon and enjoyed. Unfortunately we don't have those answers yet, so to provide some more support we have found a few more interesting activities / ideas to keep you busy at home. Maybe you are passionate about sport, or long to put some dance shoes on, or maybe you would like to read / watch some recent stories in the news. The BBC has a whole section dedicated to news about Dementia, we have highlighted a couple below but for the full list visit: <https://www.bbc.co.uk/news/topics/cdl8n2edgrgt/dementia>

**MORE IDEAS!**

- **Sporting Memories Network:** *'Tackling dementia, depression and loneliness through the power of sport'* <https://www.sportingmemoriesnetwork.com/>
- **Distancing with Dementia** – *'Practical ideas for living with dementia during social distancing'* <https://distancingwithdementia.org.uk/be-inspired/>
- **Royal Academy of Dance:** *'Free online ballet exercise classes, designed to get the older generation moving to the music at home. From experienced dancers to those that don't know their plié from their pointe, older learners of any ability are invited to try out free Silver Swans classes.'* <https://www.royalacademyofdance.org/rad-at-home/silver-swans-classes-online/>
- **House of Memories:** *'House of Memories is a museum-led dementia awareness programme which offers training, access to resources, and museum-based activities to enable carers to provide person-centred care for people living with dementia.'* <https://www.houseofmemories.co.uk/>

**INTERESTING READ / WATCH**

- **BBC New Story:** *'Alzheimer's: 'Promising' blood test for early stage of disease; A blood test could spot Alzheimer's disease at the earliest stage and years before symptoms appear, studies in the US and Sweden suggest.'* <https://www.bbc.co.uk/news/health-53567486>
- **Cuddle Curtains:** A care home has installed cuddle curtains to enable residents to hug their friends and family once again! <https://www.bbc.co.uk/news/av/uk-england-hampshire-53278275/coronavirus-care-home-installs-cuddle-curtain-for-families>

**GET IN TOUCH**

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