



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 in partnership to offer activities that promote wellbeing and encourage connection.

We offer face to face and online group activities that are enjoyable, uplifting and engaging.

We source activity products to enhance quality of life.

If you would be interested in getting involved in one of our activities please get in touch [info@dementiaphinders.org](mailto:info@dementiaphinders.org)

# 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 Telling 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 weekly live on zoom with recordings available online to listen and re-listen at your leisure.



## Educational programmes and workshops

### 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’.



### Life Story Workshops with Charlotte Evans

Charlotte founded social enterprise Story Chaplain, inspired by the time she spent with her Gran. We work in partnership with Charlotte to deliver workshops designed to engage, encourage, and equip families to use the Life Story Book to enhance engagement and strengthen relationships. Workshops are also suitable for people working in care settings.



### Circle Dance with Liv McClennan

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.



### 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.



## We source activity products to enhance quality of life



### At Home with the Seasons Activity Book £9.95

SKU: GA006DP

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

At Home with the Seasons is a picture and activity book that will be an encouragement to be more intentional in noticing and connecting with the seasons.

### At Home with the Seasons Colouring Book £9.95

SKU: CB010DP

12 A4 size seasonal images to colour-in, alongside the original full-colour artworks.



Buy both books for £17.00

### African Market Jigsaw £13.50

SKU: JP009EL

A bright, colourful 12 piece jigsaw puzzle created especially for older people and those living with dementia. This jigsaw depicts a vivid and vibrant African market.

## EBONYLIFE

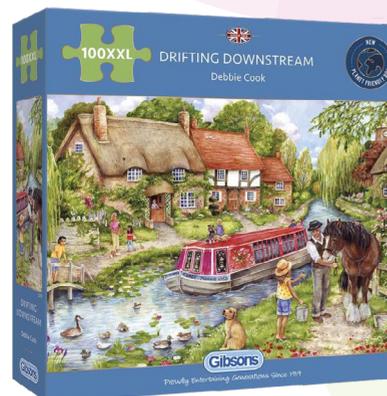
BOOKS, PUZZLES, MUSIC & MORE...



### Drifting Downstream Jigsaw £10.50

SKU: JP007GG

The large size and durable jigsaw pieces make this puzzle easier to complete.



### Life of a Kitten Jigsaw £14.99

SKU: JP009RL

This 13-piece puzzle is designed to delight people with mid-stage dementia. Fond memories of past pets and their antics are sure to surface when piecing together this playful puzzle for people with dementia.



Every piece is unique in size and shape

### Ingredients Cards £9.95

SKU: GA003DP

Ingredients Cards are designed to help spark everyday creativity and encourage quality time with people living with dementia. The cards can be used by friends and family, as well as health and social care practitioners. The cards are often used to train nursing teams, befriending organisations, and chaplaincy services.



## Woodland Wildlife Colouring Book £12.99

SKU: CB007MM

Part of a series of books to help stimulate memories and conversations with a collection of colourful images of British woodland animals. Each of the 10 images are created from original artwork designed to be easily recreated by people of all abilities.



## Sights of South Asia Colouring Book £12.00

SKU: CB011BD

This colouring book offers 30+ pages of illustrations associated with the tropics. Specially arranged to allow for additional drawing, sketching or colouring. Each page has a blank facing page to reduce distractions.

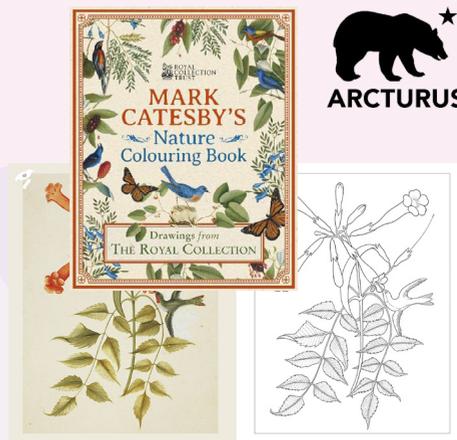


## Mark Catesby's Nature Colouring Book £7.99

SKU: CB003AP

This elegant colouring book features a selection of 40 nature illustrations by Mark Catesby.

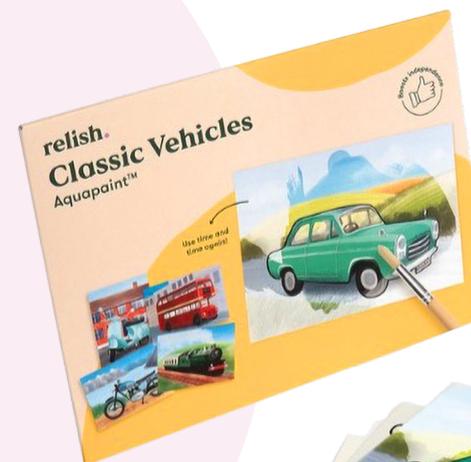
Inside this book there are an assortment of beautiful black-and-white designs to colour, featured alongside the original full-colour artworks.



## Aqua Paints £17.99

The true magic of Relish Aquapaints is that people in the later stages of dementia are able to express themselves creatively whilst feeling a sense of joy and accomplishment. Each soothing stroke of the brush, with just a dash of water, reveals a beautiful image below.

Garden Wonders SKU: AP001RL  
Home Comforts SKU: AP002RL  
Classic Vehicles SKU: AP003RL



## Crinkly Book £12.99

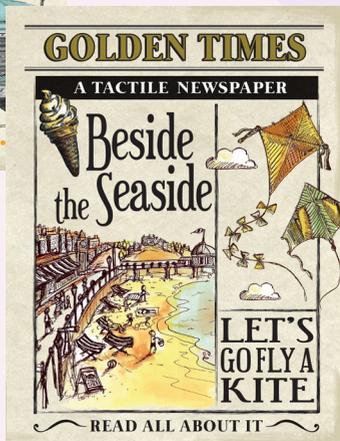
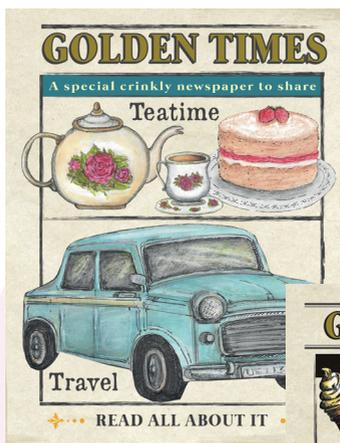
### Tea Time

SKU: GA005CC

### Beside The Seaside

SKU: GA004CC

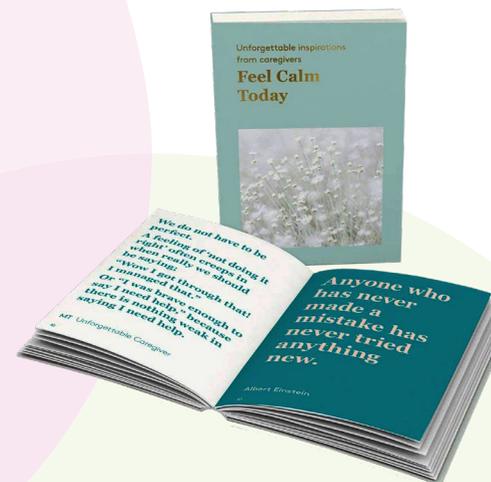
Golden Times is designed as a cloth Crinkly Book for older people to share with friends, family and grandchildren. The tactile pages are easy and safe to hold.



## Caregivers Journal £8.00

SKU: BK001DP

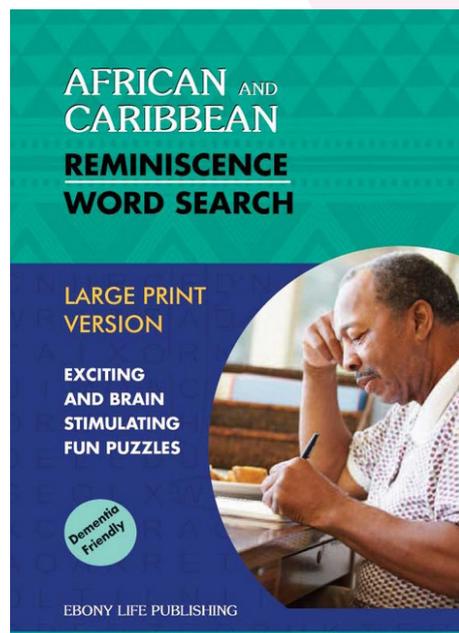
This journal is a place for caregivers to express themselves freely, off-load their worries, gain clarity and find peace. It has been carefully designed to encourage positivity and boost self confidence, even when life is really difficult.



## Feel Calm Today £4.50

SKU: BK007DP

This little book is big on wisdom. Designed to make you laugh, smile and give comfort, it is written with help from our community and filled with inspiring insights and real stories from caregivers who know what it's like to feel stressed and alone.



## African Caribbean Reminiscence Activity Book

£12.99

SKU: PB004EL

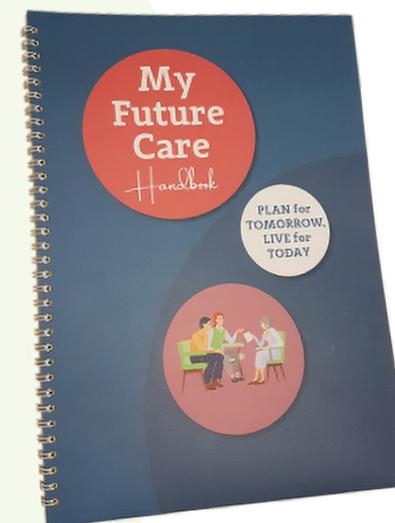
This dementia-friendly African Caribbean Reminiscence activity book will provide hours of reminiscence, recollections and fun anecdotes for all the family and carers. 60 A4 pages of puzzles and solutions.

**EBONYLIFE**  
BOOKS, PUZZLES, MUSIC & MORE...

## My Future Care Handbook £14.95

SKU RC003CU

An interactive workbook designed to guide you gently through the complexities of planning for later life, with all the information you need to make, record and share decisions around your future care, end of life and beyond.



# Unforgettable Life Story Book

£15.00

SKU: BK008DP



As a resource, the Life Story Book is designed in a pick-and-choose format to ensure complete flexibility. The different sections and prompt cards are designed to spark conversations and stories, and there is plenty of room to add your own photos, cuttings, and other life treasures to build a Life Story Book that is completely unique.

If you would like to join one of our Life Story Book workshops where you will be engaged, encouraged and equipped to use the Life Story book in your own context please contact us.



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Dementia Pathfinders Community Interest Company is a company registered in England and Wales (registration no. 08482751). Registered office is 154 Weston Park, London N8 9PN.

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