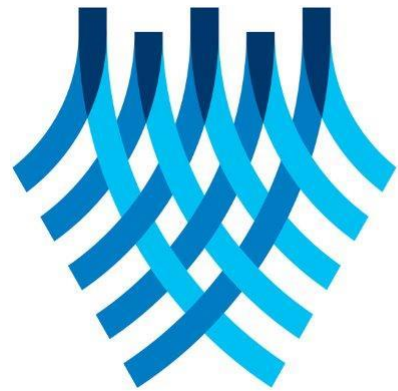
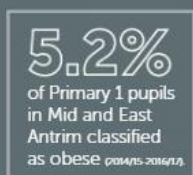
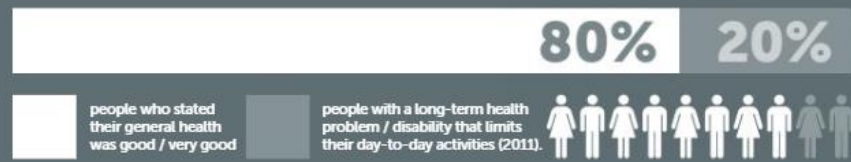


# Connecting at home: Dementia Friendly workshops



**Mid & East  
Antrim**  
Borough Council

# Good Health & Wellbeing

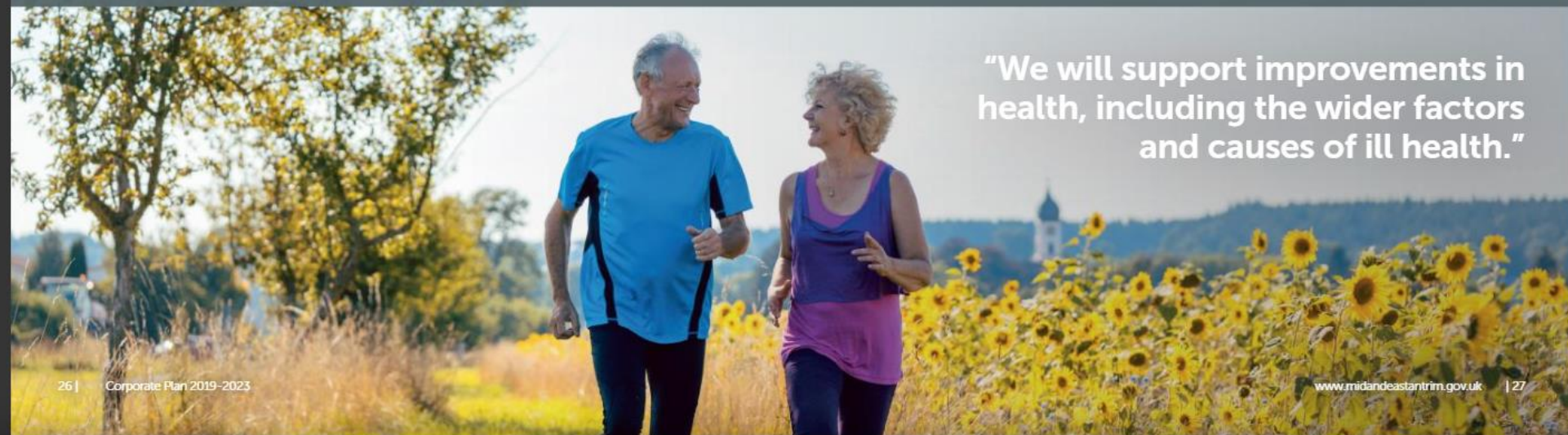


## Objectives: What we will do by 2023

1. Deliver a joined-up approach to improve physical and emotional health and wellbeing.
2. Play our part in enabling people to live longer and healthier lives, reducing health inequalities and social isolation.
3. Enable older people to be active, respected and supported in their community.
4. Lead by example to ensure that our workplaces are for health as well as wealth.

## Indicators: How will we measure progress?

1. Employee attendance.
2. Gap in life expectancy between the most deprived areas in the borough and the borough as a whole.
3. % of available Grant Support Scheme funding awarded.



“We will support improvements in health, including the wider factors and causes of ill health.”

# Pre-pandemic

- Mid Antrim Museum registered as working to become dementia friendly
- NIMC dementia grant for Love to Move project in venue
- Links with local dementia support workers in Mid & East Antrim area
- Attended training

# Moving Online

Love to Move programme

- Themed
- 45 min sessions x 6 weekly
- Memory challenge/ quiz
- Music related to theme
- Supported by NIMC
- Delivered by zoom

Coordination Edition



British  
Gymnastics  
Foundation 

Love to Move

Try our age and dementia friendly  
chair-based gymnastics programme.  
A guide to help you in your own home.

  SPORT ENGLAND  
LOTTERY FUNDED

[www.britishgymnasticsfoundation.org](http://www.britishgymnasticsfoundation.org)  
Registered Charity No 1157747

# Connecting at home

## Memories and Movement

- Deliver 6 x online themed sessions
- Love to move facilitator
- Grant support from NIMC

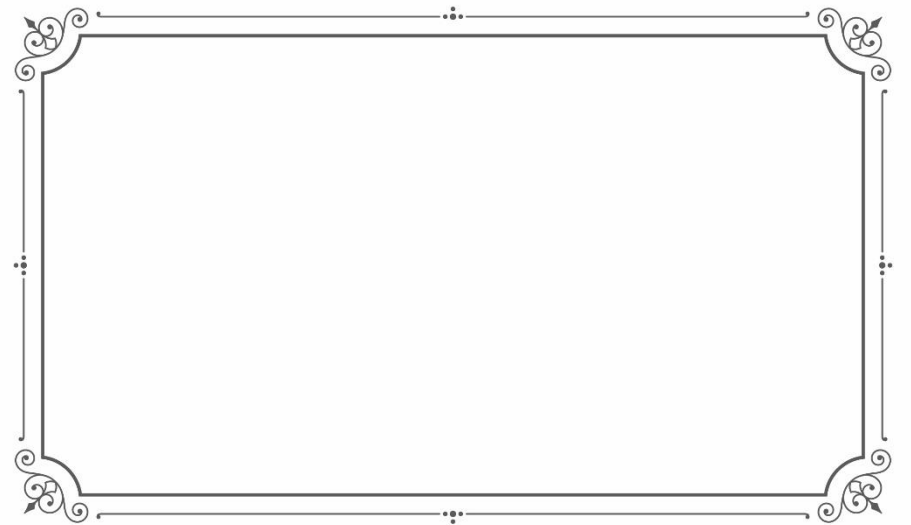
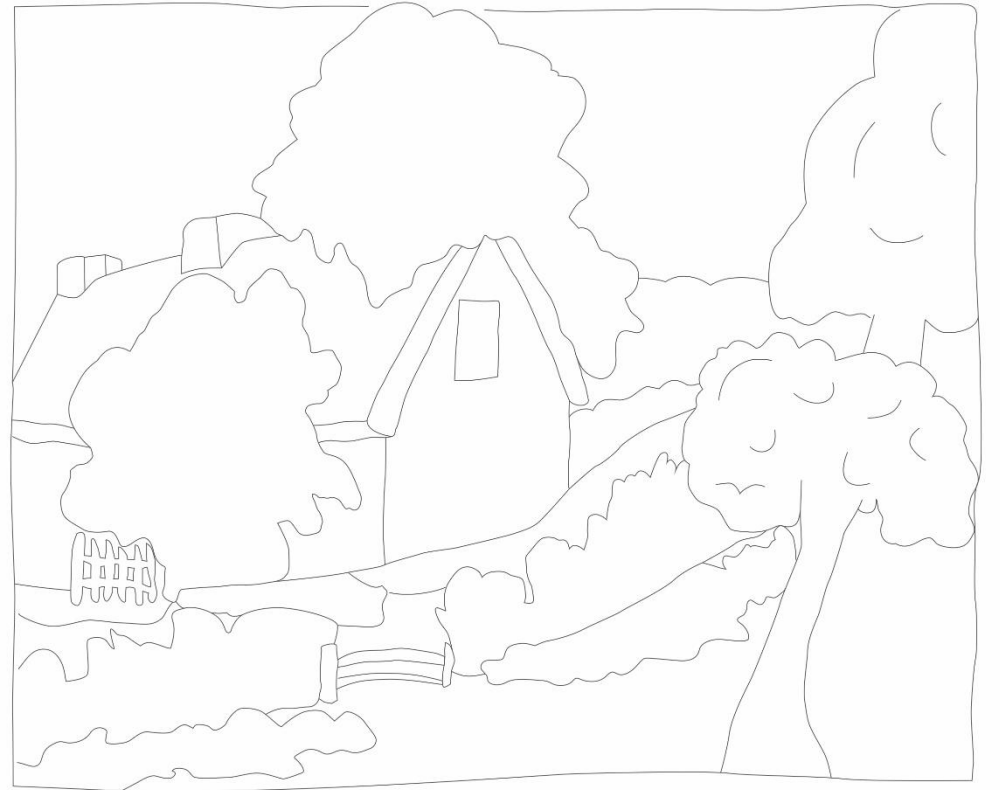
## Extension project

- 2 x sessions on dancehalls

## Armstrong Storytelling Trust

- Prom Friendship Group, Larne
- Supported by NIMC





# Reflections

- Technology - when it works and when it doesn't
- Not everyone will have access
- Support of those who know participants
- Social interaction during lockdown
- General themes to include all participants
- Local photos and objects to set context
- Same time/ structure each week
- Primary focus not on memory