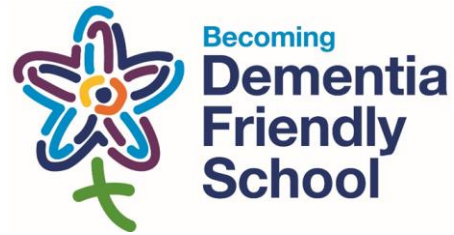


Dementia-Friendly Reflection Space



We want dementia awareness to become part of school life, so that we name and face dementia together. We want to be a school which welcomes, understands, respects, and supports people affected by dementia – both someone with a diagnosis and their family/carers. We want:

- ALL IN OUR SCHOOL COMMUNITY (pupils, staff, and families) to be aware of dementia and to understand how to stay in step as patterns change through advancing dementia.
- ALL IN OUR SCHOOL COMMUNITY (pupils, staff, and families) affected by dementia to be welcomed, understood, respected, and supported.

The aim of this resource

The following ideas are meant to be a way that pupils and staff can engage in a positive way and on a regular basis with the issues associated with dementia. It is hoped that by facing dementia in this manner, it becomes less of something to fear or to shy away from but rather something that is better understood and supported within our community. The reflection spaces should ideally be used alongside the work the school is doing to become more dementia-friendly and can be adapted for the age of the pupils and the space that you have available.

You may want to include the reflection space as part of a working wall that also includes information around dementia. You may find the following weblink useful for this

<https://www.dementiauk.org/get-support/resources/children/>

Prayers, Kindness Cards, Hugs in a Box and Community Focus Prayers

- **Equipment**

Prayer cards

Materials for making homemade cards, envelopes

Cardboard boxes / gift boxes

Small gifts and messages to go into the box

Map of your local area

Clay or pipe cleaners

- **Set Up**

For younger children it maybe that you prefer to do some of these activities as part of continuous provision rather than as a separate reflection space.

If you have limited space, then the items could be placed in a basket that could be brought out when needed.

- **Instructions**

Prayer cards made easily accessible for the pupils to use during their reflection time:

We pray, Lord God,
for people whose day
begins with confusion and fear
and who struggle to understand
the world around them.

Grant us comfort and peace, loving Lord,
and especially to those who struggle to
see and understand things as clearly as
they once did.

May your calming Spirit and the love of
friends and family
bring light into all our lives.
We ask this in Jesus' name,
AMEN

Gracious and loving God,
we give thanks for those who love and
care for someone who is living with
dementia, or who is losing memory,
judgment, and the ability to manage
their lives without support

AMEN

In moments of confusion,
God keep us safe.
In moments of clarity,
God grant us joy.
In moments of frustration,
God give us peace.
In moments of sorrow, God bring us
comfort.

AMEN

Kindness Cards (adapted from Prayer Spaces in School)

Make available the materials needed to make greeting cards as well as the instruction card below:

Elderly people in care homes and sometimes even in their own home, can feel lonely because they miss family and friends. This feeling can be worse if they are also living with dementia.

Brighten someone's day by making a card for them and writing an encouraging message on it. The card (it could go with a hug in a box) will be sent to a local care home in your area or to people in your local community.

As you make the card, you may want to take time to pray for the person who you are making it for – you may not know them, but you can still pray for them.

Hugs in a Box

Make available the instructions below as well as boxes, (these could be brought in from home or made by hand) that the pupils can decorate – they will need to have a label on the box saying, 'Hug in a box.' If they are going to be given as gifts, then you need to think about what will go into the box. Is this something the pupils donate or make?



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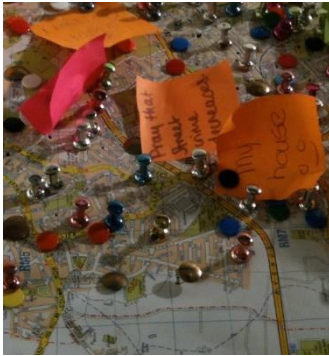
Brighten someone's day by making or decorating a 'hug in a box' for them and writing an encouraging message on it. You may also want to make the gifts to go inside – these act as the hugs.

As you make the box, take time to pray for the person who you are making it for – you may not know them, but you can still pray for them.

OR

If you are not giving the box away – use it as a prayer box and fill it with your own prayers for the elderly people in your community and the people who are impacted by dementia, including the carers.

Community Focus Prayers (adapted from Prayer Spaces in School)



Community can mean all sorts of things. It can refer to the geographical area where we live, where we work or attend school, or it can refer to a group of people with whom we share common values, opinions, experiences, club memberships, etc. There are also those people who feel less connected. The people who feel isolated due to the impact of illness, age, or disability either for themselves or the people they care for.

Set out a map of your local area, alongside photographs. Look at the map and the photos. Locate key places – pupils’ homes, the school, places of worship, doctors, hospitals, and care homes. If you want, you can put a bead (or a pin or a flag) on the map as a thought or a prayer for someone or something in your community. Think particularly of those within your community who are impacted by dementia. Think also of those who are carers either professionally or as part of families.

Put modelling clay or pipe cleaners alongside the map.

A community is a place where you get to know people and people get to know you. A community is somewhere where you belong. The idea of community, that we all belong somewhere and have a purpose, is a really important one.

Make models to represent the people in your community – the old, young, vulnerable, families, and those who are feeling isolated. As you do so think about those who may not feel as if they fit in the community – who feel as if the community is not a welcoming place for them. From the things that you have learn about dementia think about how someone living with dementia may feel in your community. How can you help to make your school and local community a more dementia-friendly place?

Think! Pray! Act! 