A blue text on a white background

Description automatically generated

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# **Forget-me-not**

# Dementia Friendly A blue flower with yellow center Description automatically generated

# Why not try some of these ‘forget-me-not’ creative challenges?

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| **Planting Forget-me-nots**  The Forget-me-not is a small but glorious spring flower, which appears in frothy blue clouds at the front of borders and at the edges of paths. It complements other spring flowers, making a great backdrop for taller tulips or wallflowers. It can also look great in a window box or container. Forget-me-nots grow best in moist, but well-drained soil in a sunny or shady spot. Sow forget-me-not seeds directly outdoors in May or June, or indoors in May, June and September.  <https://www.gardenersworld.com/how-to/grow-plants/how-to-grow-forget-me-not/>  You can buy them directly from:  <https://shop.alzheimers.org.uk/products/copy-of-in-memory-forget-me-not-seed-pack?variant=43303040843930> | **Forget-me-not reflection garden**  <https://www.worcester.ac.uk/documents/Making-your-garden-dementia-friendly-booklet-final.pdf>  School gardens can enrich academic learning, nurture relationships, and create a positive neighbourhood environment that enhances students' lives inside and outside of school. Why not make your school garden a forget-me-not community garden? You do not need a large plot of land to make something meaningful.  There are now many studies that demonstrate how being outside can improve wellbeing for all people including those living with dementia. Access to fresh air, sunshine and natural light are important for wellbeing.  Sitting outside looking at trees, flowers and any wildlife such as birds or butterflies can be restful and calming.  **Planning the garden.**   * Use plants of contrasting heights, colours, smells and textures to provide interest throughout the seasons, including forget-me-nots. * Make sure that people can see, touch and smell all the plants. * Think about introducing gentle sounds to the garden such as windchimes or grasses. * Encourage birds and butterflies into the garden with feeders and planting.   **Opening the garden.**   * It would be great if you could have an open day for your garden where you invite the local community to enjoy it, including those living with dementia. * Use your garden to inform your local community about dementia. |
| **Forget-me-not reflection time**  **Read the ‘Parable of the Sower.’**  ‘Other seed fell on good soil….  It came up, grew, and produced a good crop.’ (Mark 4:8)  To grow to be strong and healthy, seeds need good soil, feeding and watering. In the same way we need comfort and love to develop into the people God made us to be. As we plant seeds, we pray that we will have all we need to grow:  - Take one of the seeds in your hand, look at it and think of people you are close to  - Put some soil in a cup and place your seed deep inside it. Hold the cup with the seed in it and ask God to help you and your friends to grow and develop into the people they were created to be.  **Discuss what things you will need to help you do that.** |