

# 'Pathways into Nature'

## Carers Resources



### Bringing nature in with technology



#### **BBC Nature Sounds**

Spending time in nature can improve mood and wellbeing, but not everyone has easy access to the natural world.

This collaboration brings virtual soundscapes of music and nature directly to audiences.

<https://canvas-story.bbcrewind.co.uk/soundscapesforwellbeing/>



#### **YouTube Clips | Walking in the woods**

[https://www.youtube.com/watch?v=NkwSp\\_OSXPY](https://www.youtube.com/watch?v=NkwSp_OSXPY)



#### **Nature's Voice | RSPB**

Interesting stories and features covering all things bird and wildlife from across the globe.

<https://www.rspb.org.uk/birds-and-wildlife/natures-home-magazine/rspb-podcasts/>



#### **Ramblings | BBC Radio 4 and Sounds**

British countryside walks narrated with Claire Balding and a variety of guests.

<https://www.bbc.co.uk/programmes/b006xrr2/episodes/player>

### Applications for mobiles to support planning future outings



#### **Parkopedia**

Gives information about local places to park / fees / spaces etc



#### **Accessible**

Provides information about accessibility for venues. A nationwide site.



### Where is toilet?

This gives information about all public toilets in your area.



### Toilet Map

The Great British Public **Toilet Map** is the UK's largest database of publicly-accessible toilets, with over 11000 facilities.

[www.toiletmap.org.uk](http://www.toiletmap.org.uk)

## Websites to support planning future outings



### Get Outdoors

Get Outside was founded by Ordnance Survey, to help more people to get outside more often.

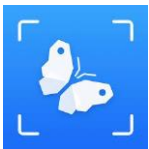


### English Heritage



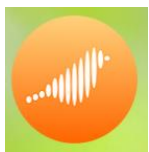
**The National Trust** – Carers are admitted for free

## Applications to encourage connecting with nature



### Picture Insect

Online insect encyclopaedia and insect identifier.



### Birdnerd

The application can identify a bird by voice using the microphone on the mobile device. The app identifies multiple individual species even in a chorus. It identifies birds by songs, calls and other specific sounds like chick signals.



### PI@ntNet

An application that allows you to identify plants simply by photographing them with your smartphone.



### Sky Map

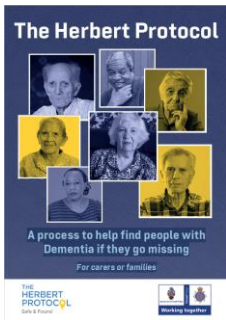
A hand-held planetarium for your phone. Use it to identify stars, planets, nebulae and more.

## Things to support independence



### Radar Key

People who need to use accessible toilets will know that many of them in the UK are fitted with a RADAR Key Scheme lock, which can only be opened with a Royal Association for Disability and Rehabilitation (RADAR) key. These can now be purchased from Amazon.



### The Herbert Protocol

The Herbert Protocol is a national scheme that encourages carers, family and friends to provide and put together useful information, which can then be used in the event of a vulnerable person going missing.

Carers and / or relatives and friends can complete a form in advance, including important information about the missing individual such as the contact numbers, medication needed, locations the person was last seen and so forth also a photograph can be provided.

<https://www.westyorkshire.police.uk/advice/personal-safety-and-possessions/dementia-awareness/dementia-awareness/herbert-protocol-missing-person-incident-form>



### Sunflower Invisible Disability Products

Wearing the Hidden Disabilities Sunflower discreetly indicates to people around the wearer including staff, colleagues and health professionals that they need additional support, help or a little more time. Since its launch in 2016, it has now been adopted globally by major airports and venues and in the UK, by many supermarkets, railway and coach stations, leisure facilities, the NHS, a number of police, fire and ambulance services, and an increasing number of small and large businesses and organisations.

[https://hiddendisabilitiesstore.com/shop.html?product\\_list\\_limit=40](https://hiddendisabilitiesstore.com/shop.html?product_list_limit=40)



### Please Be Patient – I Have Dementia Badges

[https://www.etsy.com/uk/market/alzheimer\\_badge](https://www.etsy.com/uk/market/alzheimer_badge)



### Help Cards

Helpcards are for people with dementia to use and carry with them, to make it easier to get help or assistance when they're out in the community.

Helpcards are a great tool to help a person with dementia maintain their independence. They are the size of a credit card and are [free to order](#).

<https://www.alzheimers.org.uk/get-support/publications-and-factsheets/helpcards>



### Wearable Location Tracking Technology

A variety of items are available e.g. key ring, watch, belt, bracelet, necklace.



## National Support Organisations



### Alzheimer's Society

Tel: Dementia Support: 0333 150 3456 /  
Customer Care: 0330 33 0804 [www.alzheimers.org.uk](http://www.alzheimers.org.uk)



### Dementia UK

[www.dementiauk.org](http://www.dementiauk.org)



### Admiral Nurses from Dementia UK:

Tel: 0800 888 6678 Mon.-Fri.: 9am to 9pm / Saturday & Sunday: 9am to 5pm  
[www.dementiauk.org/get-support/admiral-nursing/](http://www.dementiauk.org/get-support/admiral-nursing/)



### Community Transport Association

Directs you to local transport within your area.  
<https://ctauk.org/find-ct-provider/>



### Age UK

[www.ageuk.org.uk](http://www.ageuk.org.uk)



### Carers UK

Tel: 0808 808 7777 Mon - Fri, 9am – 6pm  
<https://www.carersuk.org/>



### Carers Trust

Carers Trust is a major charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. Our vision is that unpaid carers count and can access the help they need to live their lives.

<https://carers.org/>

## Local Support Organisations



### Carers Matter Norfolk

Being a carer can be both challenging and rewarding. Sometimes you might want just a little bit of support in your caring role, some information & advice or to become involved by having your say in carers services.

Our team of Advisors and Family Carer Practitioners are here to help you.

Tel: 0800 083 1148 Mon - Fri 9am – 8pm Sat: 10am – 2pm  
<https://carersmatternorfolk.org.uk>



### Carers Voice

As a Carer, you are an 'expert' through your 'lived experience' of caring and should be able to have a say in services, policies and decisions that affect you and the people that you care for. We call this the 'Carers Voice'. Carers Matter Norfolk is a carer-led service; carers are involved in decisions at every

level. From helping us to decide how we should use our time and resources to best meet your needs and those of other carers, to looking at how effective we are in what we do.

<https://carersmatternorfolk.org.uk/carers-voice/>



### **Caring Together**

We support carers of all ages across Cambridgeshire, Peterborough and Norfolk. We also offer flexible, professional homecare services to adults and children with a range of disabilities and health conditions.

Tel: 01553 750014

<https://www.caringtogether.org>

Email: [hello@caringtogether.org](mailto:hello@caringtogether.org)



### **Local and Parish Councils**

<https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/dementia>



### **Active Norfolk**

We believe that movement improves lives.

And that physical activity and sport make valuable contributions to the health and wellbeing of Norfolk communities.

We are building a future where movement is a normal part of everyday life. But in order to make this vision a reality we have to address some real and persistent challenges.

<https://www.activenorfolk.org/>

**COMING SOON**

### **Norfolk's NEW Activity Finder – COMING SOON**

<https://www.activenorfolk.org/public/get-active/activity-finder/>



### **Norfolk Wildlife Trust**

A plethora of information about the wildlife that is in Norfolk, and events that are happening across the county.

<https://www.norfolkwildlifetrust.org.uk/home>



### **Norfolk Coast Partnership - Accessible Walks For All**

<http://www.norfolkcoastaonb.org.uk/partnership/walks-for-all/1174>



### **Visit North Norfolk**

This site has 7 walks that are all tried and tested Dementia Friendly walks. You can download the route from the link ready to print and go.

[https://www.visitnorthnorfolk.com/inspire/dementia\\_friendly\\_walks\\_north\\_norfolk.aspx](https://www.visitnorthnorfolk.com/inspire/dementia_friendly_walks_north_norfolk.aspx)



### **Norfolk County Council - Access Tested Walks**

<https://www.norfolk.gov.uk/out-and-about-in-norfolk/norfolk-trails/access-tested-walks>

## Perspective Resources

### Dementia Tip Share

A Treasure Chest of Tips: to help you to keep living as well as you can. From people with dementia, for people with dementia.

<https://dementiatip-share.org.uk/>

### Dementia Diaries

People living with dementia sharing their stories in short blogs.

<https://dementiadiaries.org/diarists>

### Dementia Creatives

A website to share the creative ideas of people living with dementia to inspire others.

<https://dementiacreatives.org.uk/>

### 3 Nations Dementia Working Group

The **3 Nations Dementia Working Group** are a friendly group of people diagnosed with dementia who want to make a difference whilst we still can.

<https://www.3ndementiawg.org/>

### Dementia Engagement and Empowerment Project (DEEP)

DEEP stands for the Dementia Engagement and Empowerment Project – it is the UK network of dementia voices. DEEP consists of around 80 groups of people with dementia – groups that want to change things.

<https://www.dementiavoices.org.uk/>

## People living With Dementia

### Peter Berry

<https://twitter.com/peterbe1130?lang=en>

<https://www.facebook.com/PeterBerryLivingWithAlzheimers>

### Wendy Mitchell

<https://whichmeamitoday.wordpress.com/>

### Agnes Houston

<https://twitter.com/agneshouston14?lang=en>

### George Rook

<https://dementiadiaries.org/diarist/george-rook>



## Activities and Resource Sheets

### **The Sensory Trust**

Nature activities for people living with dementia & family carers.

[www.sensorytrust.org.uk](http://www.sensorytrust.org.uk)

### **The Woodland Trust**

Seasonal activity ideas, crafts activity sheets.

[www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)

### **The Wildlife Trusts**

Spotter sheets, seasonal activities.

[www.wildlifetrusts.org](http://www.wildlifetrusts.org)

### **British Nature Guide e-magazines**

A seasonal magazine full of articles, word searches, quizzes & activities.

[www.britishnatureguide.com](http://www.britishnatureguide.com)

### **Thriving with Nature - WWF/MIND 2020**

Free download guide produced by WWF and Mental Health Foundation showing health & well being benefits from nature connection and practical ideas for each season - 100 pages

### **NAPA - National Activity Providers Association**

<http://napa-activities.co.uk/>