

# Podcast and Inspirational Links

If you are looking for extra ideas and inspiration, Dementia Adventure has created some helpful content to support your planning.

## Podcast inspiration, The D Tour “Snack Sized”

To inspire your event, Dementia Adventure offers a short series of bite-sized podcast episodes with true stories and practical ideas you can try.

Tune in here:

<https://dementiaadventure.org/bgp-right-at-home/bitesized-podcast/>

Episodes explore themes like:

- 🌿 The brain and sensory experiences
- 🌿 Food and connection outdoors
- 🌿 Moving together
- 🌿 Music and meaningful activities
- 🌿 Relationships and community

