

Guidance on making your picnic dementia friendly

This guide provides extra detail on how to make your Big Green Picnic feel welcoming, calm, and inclusive for people living with dementia.

✓ **Make it dementia friendly - keep it straightforward**

A great picnic doesn't need to be large or crowded. The best events feel peaceful, welcoming, and easy to navigate

✓ **A few golden rules**

- ✓ Keep it familiar: simple activities, familiar foods, clear signs
 - ✓ Make it comfortable: seating with backs and arms where possible, shade, and easy access to toilets.
 - ✓ Reduce noise: avoid loud music and other competing sounds.
 - ✓ Offer choice: people can join in, watch, or take a break
- Create a quiet space: somewhere to rest if things feel overwhelming.

✓ **Gentle encouragement**

Not everyone will join every activity, and that's okay. A warm invitation can spark joy or fond memories.

✓ **Dementia Friendly food and drink**

If someone is attending your picnic who has dementia, consider their food needs and make sure to include suitable foods. This may include foods which are soft, and easy to eat. Also consider high contrast plates and drinking cups. More guidance on food and drink can be found in a separate guidance document.

✓ **Dementia Friendly Activities**

Consider different activities to engage the senses. Whether this is a tray of items to encourage touch, or gentle music or nature sounds to engage listening. For more guidance see the Activities Guide on our website.