



EUROPEAN UNION

European Regional Development Fund

# MOre NUrturing and More Empowerment Nested in Technology

# Norfolk Pilot Project - Evaluation Report

February 2023

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# MONUMENT- MOre NUrturing and More Empowerment Nested in Technology

## Background

The Norfolk MONUMENT project was part of a larger collaborative European Regional Development Fund Interreg 2 Seas Project designed to improve the resilience of carers for people living with dementia (PLWD). The underpinning concept comes from the Odense House model. An Odense House is an accessible meeting place for people living with dementia, their family and friends. Within an Odense House, activities are co-constructed, people support one another, and the sharing of experiences, information and advice is at the heart of the approach.

The MOre NUrturing and More Empowerment Nested in Technology (MONUMENT) Project was devised to support informal carers of people living with dementia by offering structured professional support and developing and testing technological solutions with carers. The Lead Partner was Mechelen City in Belgium with ten Project Partners in total across the UK, Netherlands, Belgium and France. They include experts in the Odense House concept, the care sector, dementia research and technology innovation.

Whilst most projects focussed on a building which was developed into a version of an Odense House, the Norfolk Pilot focused on offering training and support to a number of venues which would then support people to access outdoor spaces safely. The project also looked at assistive technology which would support people to get outdoors.

MONUMENT fits within the wider health and wellbeing objectives of the Norfolk and Suffolk 25 Year Plan for the Environment and also meets the objectives of Themes 1,4 7 and 8 of the Norfolk Access Improvement Plan (NAIP) 2019-2029. Theme 7 of the NAIP is the most relevant. The most relevant themes include:

### **NAIP Theme 1 - Well managed access network**

We will manage a well-signed and maintained network of multiuse routes efficiently and economically (Public Rights of Way and promoted Norfolk Trails and the National Trail in Norfolk) providing access to coastal, rural and urban areas, using good systems and standards.

### **NAIP Theme 2 - Well connected access network**

We will develop an integrated green network of routes and paths that provides opportunities for all users; improves ecological resilience; creates opportunities to connect with green space and places of natural and cultural heritage; improves connections for work/education/recreation for residents and addresses other gaps with demonstrable need where possible, both within and outside targeted 'growth' areas.

### **NAIP Theme 7 - An Access Network that supports/delivers Health Outcomes**

We will improve the health and wellbeing of residents and visitors through initiatives which promote and demonstrate the benefits of physical activity to those not currently using the access network or who would benefit from additional physical activity as identified in the Norfolk Public Health Strategy.

### NAIP Theme 8 - A Valuable Access Network

We will maximise the economic benefits to Norfolk that are generated through the access network by working with businesses, tourism agencies and Destination Management Organisations (DMOs) etc.

## Evaluation methodology

A Theory of Change model starts with stating the challenge that a project is designed to approach before looking at the inputs needed, activities undertaken, outputs, and short, medium, and long-term outcomes and the impact of the project.

**Challenge/Problem statement:** The project wanted to diminish the burden on informal carers of people living with dementia by professional and structural support of the informal carers and the use of tailor-made technological solutions.

Input	Activities	Output	Short term outcome	Medium term outcome	Long term outcome
<b>Examples:</b> <ul style="list-style-type: none"> <li>• Project team</li> <li>• Budget</li> <li>• Technology</li> <li>• Materials</li> <li>• Space</li> <li>• Partners</li> </ul>	<b>Examples:</b> <ul style="list-style-type: none"> <li>• Training</li> <li>• Focus groups</li> <li>• Steering groups</li> <li>• Support sessions</li> <li>• Events</li> </ul>	<b>Examples:</b> <ul style="list-style-type: none"> <li>• Attendees</li> <li>• Number of meetings</li> </ul>	Outcomes expected from the project.  <u>Changes in:</u> <ul style="list-style-type: none"> <li>• Awareness</li> <li>• Knowledge</li> <li>• Skills</li> <li>• Aspirations</li> <li>• Motivation</li> </ul>	Outcomes expected within the project timeframe.  <u>Changes in:</u> <ul style="list-style-type: none"> <li>• Actions</li> <li>• Behaviour</li> <li>• Decisions</li> </ul>	Outcomes to be observed outside of the project time frame.  <u>Changes in:</u> <ul style="list-style-type: none"> <li>• Social conditions</li> </ul>

**Impact- Long term change:** The project aims to strengthen the resilience and perseverance of informal carers so that people living with dementia can stay at home longer. The informal carer will be acknowledged as the main actor in an effective and integrated service to PLWD.

This report addresses the input, activities and output, short and medium term outcomes and looks at lessons learnt and key successes. The longer-term outcomes and impact are beyond the time frame of the project.

## Challenge

Globally dementia is a growing social problem. The World Health Organization states that:

*‘Dementia is currently the seventh leading cause of death among all diseases and one of the major causes of disability and dependency among older people worldwide. Dementia has physical, psychological, social and economic impacts, not only for people living with dementia, but also for their carers, families and society at large’.*

Worldwide, around 55 million people have dementia, with over 60% living in low- and middle-income countries. As the proportion of older people in the population is increasing in nearly every country, this number is expected to rise to 78 million in 2030 and 139 million in 2050.<sup>1</sup>

In the UK dementia is predicted to increase by 55% in England between 2020 and 2040, meaning that by 2040 there will be 1.15 million people in England living with dementia.<sup>2</sup> By 2030 it is estimated that about 21,400 people in Norfolk and Waveney will have dementia.<sup>3</sup>

The Alzheimer’s Society estimated that there were 700 000 unpaid carers of people living with dementia in 2021<sup>4</sup>. A survey by Carers UK showed that 30% of respondents said that their mental health was bad or very bad with 21% saying that their physical health was poor. Caring can be isolating with 29% of carers stating they felt lonely often or sometimes.<sup>5</sup>

A landmark 2016 study<sup>6</sup> commissioned by Natural England into unpaid carer perspectives on accessing outdoor spaces with people living with dementia found that 80% of carers felt that regular access to nature would be beneficial. However, despite this it found that a large proportion of carers felt it would be difficult for people living with dementia to access the outdoors with a lack of carer confidence, safety fears, restricted mobility, transport issues and the need for support from others being the top five limiting factors identified.

In summary, the number of people living with dementia is predicted to increase with an accompanying increase in the number of people with caring responsibilities. Carers are under pressure, and many have poor physical and mental health, in part due to the isolation felt. Improving access to the outdoors by reducing barriers could be one solution to these issues.

To better understand the challenges faced by carers the MONUMENT team held an in-depth conversation with a small cohort of carers who had current or recent experience of caring for relatives living with the condition. Key points that arose from this were:

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<sup>1</sup> <https://www.who.int/news-room/fact-sheets/detail/dementia>

<sup>2</sup> <https://www.poppi.org.uk/>

<sup>3</sup> [Norfolk JSNA Briefing Document 16<sup>th</sup> April 2021](#)

<sup>4</sup> <https://www.alzheimers.org.uk/news/2021-11-03/carers-uks-state-caring-2021-report-alzheimers-society-responds>

<sup>5</sup> <https://www.carersuk.org/reports/state-of-caring-2022-report/>

<sup>6</sup> [Is it nice outside? - Consulting people living with dementia and their carers about engaging with the natural environment](#)

### General challenges:

- The relentless nature of caring (often described as 24/7).
- Isolation.
- Others fear of the condition.
- The person living with dementia not accepting that they had the condition or any need for external care.
- Worry about leaving the person living with dementia when the carer needed to leave them for example to go shopping or attend appointments.
- The length of time it took to source outside support.
- Not knowing where to go for support.

### Challenges accessing outdoors:

- Need to know about practicalities in advance such as accessible toilets, parking and wheelchair friendly paths.
- Concern about lifting the person living with dementia if they fall.
- The need for disabled access transport.
- Reluctance of person living with dementia to leave their home where they feel safe.
- Concerns about mixing with people after covid isolation.

### Assistive Technology

- People living with dementia can be resistant to technology if they don't accept it is necessary.
- Carers already use some technology such as cameras, but this can cause stress if they malfunction.

What was evident from the discussion was participants willingness to improve their situation and acknowledgement of how being in green spaces can have a real impact on both physical and mental health. Carers suggested a range of ideas including guided walks, gardening, fishing, music and outdoor arts. The key challenge that this pilot project addressed was to find ways to overcome the difficulties faced by carers of people living with dementia to access outdoor spaces and as a result to improve both mental and physical health, reduce isolation and increase carers resilience.

The aim of this project was to 'lift the roof' on the Odense House by applying its principles to an outdoor setting and reducing barriers to accessing the natural environment, training those who volunteer and work in outdoor settings, linking information and support with the outdoor 'space' to ensure it meets the needs of people living with dementia and informal carers.

## Input

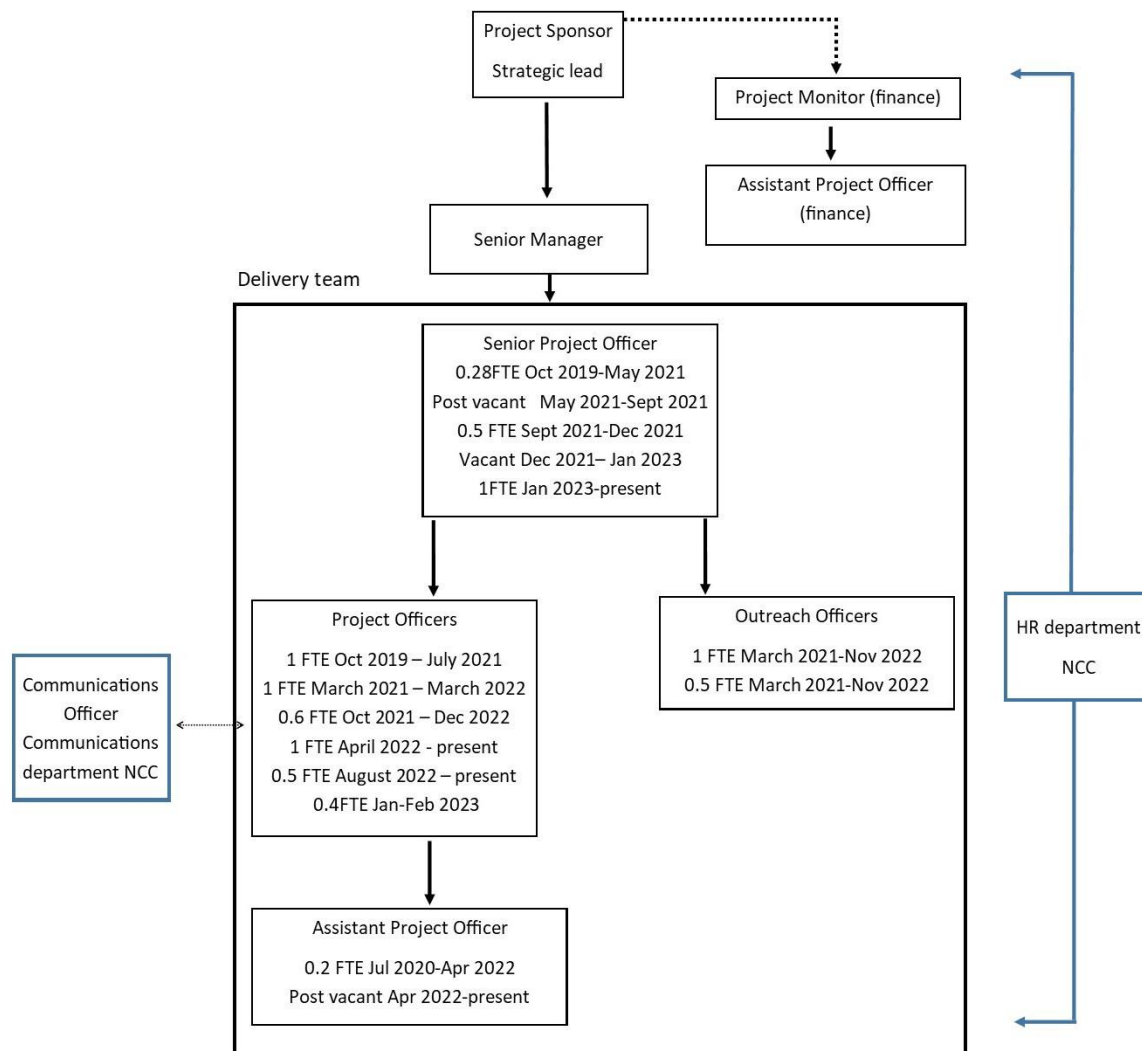
### Project team and Project Partners

The project team were employees of Norfolk County Council who provided project management, administrative and technical support. There were a number of changes to the



team partly due to a recruitment freeze, departmental restructure, long-term staff absences, difficulty recruiting to vacant posts and staff redeployment as a result of the covid pandemic.

Closer relationships were built with colleagues in Adult Social Services, the Assistive



Technology team and Active Norfolk at Norfolk County Council.

### Project Team

Other key UK-based stakeholders who provided initial expertise or feedback were:

Age UK Norwich	Dementia Adventure
The Alzheimer's Society	Norfolk Carers Partnership (Bridges Outcome Partnership)
Voluntary Norfolk	Young Dementia UK
Innovations in Dementia Community Interest Company Tech East Ltd.	

Outdoor activities were provided by:

<b>Fairhaven Woodland &amp; Water Garden</b>	<b>Norfolk Wildlife Trust</b>
<b>Nancy Oldfield Trust</b>	<b>RSPB</b>
<b>Norfolk Museum Service</b>	<b>The Green Light Trust</b>
<b>Pathmakers' Walk Norfolk Festival</b>	<b>Victory Swim and Fitness Centre</b>
<b>Watatunga</b>	<b>UEA</b>

Venue space and activities were provided by many organisations, including:

<b>Cuddly Cavies - Fakenham</b>	<b>Hellesdon Library</b>
<b>Norfolk Museum Service</b>	<b>Gorleston Library</b>
<b>The Boundary, Craft Union- Norwich</b>	<b>Taverham Library</b>
<b>Mary Magdalene Church - Gorleston</b>	<b>Louise Hamilton Centre - Gorleston</b>
<b>Redwings Horse Sanctuary - Aylsham</b>	<b>Costessey Community Centre</b>

Gorleston and Scratby memory clubs both offered venues. Morrisons provided resources through their community Champions scheme. Carers Matter Norfolk and Carers UK both signposted the project to clients and helped with publicity.

An original full Project Partner, Voluntary Norfolk, withdrew from the project. They were meant to have been the second full Project Partner in Norfolk alongside Norfolk County Council and were going to be the half of the pilot which focused on carer engagement. As the covid pandemic hit, Voluntary Norfolk had to completely pull out of the project as they had to refocus their time to recruit and support volunteers to provide support for those impacted by the pandemic. Adult Social Services at Norfolk County Council stepped in to provide the missing match-funding and carer engagement expertise.

## **Budget**

In Norfolk, the total budget for the pilot project was €787,575 with a 60% co-financing rate meaning funding totalling €472,545 was provided by the European Union via the European Regional Development Fund's Interreg 2 Seas Programme. The remaining 40% of the budget, at €315,030 came from match-funding provided by Norfolk County Council in the

form of revenue-funded staff time and capital. This came from both the Environment Service and Adult Social Services budgets.

The funding paid for all aspects of the pilot project and involvement in the wider Partner project ranging from project-funded staff to materials, assistive technologies, travel, training costs and venue hire.

## Activities and Outputs

The MONUMENT pilot project in Norfolk delivered:

- Supported leisure activities.
- Informal support to existing groups.
- Training.
- Assistive Technology testing and provision.
- Every Move activity finder (partial funding).
- A Design and Access Statement for the Gressenhall Access to Nature Project (for the design of a dementia-friendly walk).

## Supported Leisure Activities

For all activities the MONUMENT project team circulated event publicity to carers and the local stakeholder network and managed the booking process. Colleagues in Adult Social services also signposted the events.

### *Horsford Woods geocaching testing walk 10<sup>th</sup> October 2021*

A carer and two of her relatives accompanied one of the Outreach Officers on a trial 'Walk and Talk' Geo-caching activity in Horsford Woods using a Geocache app.

### *Nancy Oldfield Trust 18<sup>th</sup> and 10<sup>th</sup> October 2021, 26<sup>th</sup> April and 23<sup>rd</sup> September 2022*

The Trust exists to provide the opportunity for people who are disabled or disadvantaged to enjoy a day out on the water, try new activities, improve their self-confidence, and increase their environmental awareness. Visitors can try sailing, canoeing, pedal boating, paddleboarding, wildlife watching and motorboat cruises.



*Plate 1 sailing with the Nancy Oldfield Trust*



*Plate 2 Sailing with the Nancy Oldfield Trust*





*Plate 4 canoeing with the Nancy Oldfield Trust*



*Plate 3 canoeing with the Nancy Oldfield Trust*

Twenty carers and 11 people living with dementia visited over these four sessions, supported by one of the Outreach Officers. The visits were funded by the project with some additional funding from the Nancy Oldfield Trust to enable transport for two participants who otherwise could not have attended. With extensive volunteer support people were able to sail, canoe and use pedal boats.

*The Green Light Trust, RSPB Strumpshaw Fen 11<sup>th</sup> and 18<sup>th</sup> March 2022*



*Plate 5 Woodworking with the Greenlight Trust*



*Plate 6 Nature walks with the Greenlight Trust*





*Plate 7 Green woodworking with the Greenlight Trust*

The Green Light Trust exists to support people from all backgrounds and experiences to rebuild, reawaken or refocus their lives through the power of nature. They worked with nine carers and one person living with dementia and took them on a guided walk through the RSPB reserve and taught the group about coppicing, green woodwork, fire lighting, and provided a campfire lunch. The experience was funded by the Green Light Trust and supported by an Outreach Officer from the project.

### *Watatunga Nature Reserve 6<sup>th</sup> April 2022*



*Plate 8 A safari around Watatunga wildlife reserve*



*Plate 9 Watatunga wildlife reserve*

Watatunga is a wildlife reserve dedicated to the conservation of endangered deer, antelope and birds. Thirteen carers and two people living with dementia enjoyed self-drive safaris around the reserve followed by refreshment. The event was supported by an Outreach Officer and the project provided refreshments.



Norfolk Museum Service – Gressenhall Farm and Workhouse 17<sup>th</sup> May and 26<sup>th</sup> September 2022



*Plate 10 Enjoying the grounds at Gressenhall.*



*Plate 11 A guided tour of Gressenhall Museum*

Gressenhall Farm and Workhouse is set in 50 acres of countryside. There is a workhouse museum, a museum of Norfolk Life, a working farm, a row of village shops, a 1930s cottage and school room, orchards, woodland and gardens.

Two visits were made to Gressenhall. The first visit saw six carers and four people living with dementia visit and take part in craft activities, cooking indoors and outdoors and visiting the grounds.

A second visit involved 10 carers and seven people living with dementia having a tour of the museum and taking part in an apple tasting. Both days were funded by Norfolk Museum Services with support from a MONUMENT Outreach Officer. Transport was provided by the project.

### Norfolk Wildlife Trust-Ranworth Broad and Marshes 23<sup>rd</sup> May and 23<sup>rd</sup> August 2022

Ranworth Broad and Marshes is a floating wildlife centre which offers views of wildlife, walks through a range of habitats and boat trips on the broads.

Six carers and five people living with dementia were given a guided walk around the broads for the May visit. A link was made with Wymondham Dementia Club for this trip. For the second trip 12 carers and two people living with dementia were taken on a guided walk, a boat tour, took part in wildlife spotting and had lunch. Staff and volunteers led the tours with a Project Outreach Officer helping with facilitation. The events were funded by the project.



*Plate 12 A guided tour of Ranworth Broad*



*Plate 13 A boat tour on the broad*





*Plate 14 Pond dipping*



*Plate 15 Wildlife spotting*

### *Victory Swim and Fitness Centre June 17<sup>th</sup>, 24<sup>th</sup> and 1<sup>st</sup> July 2022*

The centre offers an inclusive and accessible swimming session for carers and people living with dementia. This was publicised through the MONUMENT project and the first session was attended by an Outreach Officer who also offered refreshments. Three carers and two people living with dementia took up the opportunity.

### *Fairhaven Woodland & Water Garden 17<sup>th</sup> August 2022*

Fairhaven Woodland and garden is an ancient woodland and garden in the Broads National Park which is open to the public encompassing 130 acres and a private broad. A visit to the gardens was funded by the project and one of the Outreach Officers attended to support the eight carers and four people living with dementia who took part. A guided walk, short boat ride, and a wildlife spotting activity were provided lunch and hot drinks were offered, and mobility scooters were available for hire.





*Plate 16 Using a mobility scooter at Fairhaven Woodland and Water Garden*



*Plate 17 Relaxing on the broad at Fairhaven Woodland and Water Garden*



*Plate 18 Trying out mobility scooters at Fairhaven Woodland and Water Garden*

### University of East Anglia- Paston Footprints 5<sup>th</sup> September 2022



*Plate 19A guided walk through Norwich*



*Plate 20 A guided walk through Norwich*

The Paston Footprints project works to inform the public about the Paston family history through creative engagement projects. The Pastons were one of Norfolk's most prominent families in the Middle Ages and Tudor times. One of their aims is to support wellbeing groups. The Paston project team led a walk through historic Norwich tracing the history of the Paston family. Four carers and three people living with dementia joined the walk which was supported by an Outreach Officer to support facilitation. Lunch was provided by the MONUMENT project.

A second walk had been planned but was withdrawn from the programme after a risk assessment flagged up concerns about nearby busy roads.

### Walk Norfolk Pathmakers 11<sup>th</sup> October 2022

Three events were planned but one was cancelled due to low uptake. A third event, a guided tour of Marriott's Way on 25<sup>th</sup> October 2022 saw four carers attend for a guided walk. The event was supported by volunteers from the Pathfinders charity, and the project team and refreshments were provided by the project.





*Plate 21 A guided walk along Marriott's Way*



*Plate 22 A guided walk along Marriott's Way*

### Redwings Horse Sanctuary 12<sup>th</sup> October 2022

Redwings rescues abandoned, mistreated and neglected horses and donkeys from across the UK, giving them a safe place to live and providing essential veterinary treatment, rehabilitation and lifelong care. The site in Norfolk has accessible paddocks and stables. Eleven carers and seven people living with dementia went along to a meet and greet with horses and staff supported by an Outreach Officer. The project provided refreshments.

### Events cancelled due to covid

Two tree planting sessions at Broadland and Marlpit allotments were cancelled due to national and local restrictions.

### Summary and Outputs

In total there were 107 carer engagements and 41 people living with dementia who took part in these supported leisure activities. In total 52 carers took part with most (40) taking part in one activity. Ten organisations offered expertise and venues

## Family Day

A Family Day was held on 11<sup>th</sup> June 2022 at the Costessey centre in Norwich. This event offered a great platform to show case local dementia-friendly organisations and to celebrate the project's work. The hybrid event allowed families to enjoy quality time together and for carers to discover relevant services. Over 100 people attended.

Organisation	Offer
<b>The Nancy Oldfield Trust</b>	Awareness building and promotion of sailing and similar water sport opportunities at Nancy Oldfield
<b>Cavies &amp; Cake</b>	Conversation, guinea-pig handling, awareness building and promotion of therapeutic opportunities through Cavies & Cake
<b>NCC Library services</b>	Conversation, awareness building and promotion of library community initiatives in the local area. Craft activities included. Demonstrations of 'Story Bags' and reminiscence activities
<b>Community Culture Club &amp; Museum of Norwich</b>	Costumed staff assisted with Medieval object handling, awareness building and promotion of accessible museum opportunities in and around Norwich.
<b>Age UK, Norfolk</b>	Awareness building and promotion of charitable activities and initiatives in the local area.
<b>NCC Trails team</b>	Promotion of accessible walking routes in Norfolk
<b>NCC Assistive Technology Team</b>	Demonstrations, awareness building and promotion of technology and assessments available
<b>Alzheimer's Society, Norfolk</b>	Awareness building and promotion of charitable activities and initiatives in the local area.
<b>Everyone Active, Victory Swim and Fitness</b>	Awareness building and promotion of leisure facilities with discount offered.
<b>Caring Together, Carers Voice</b>	Awareness building and promotion of Carers Voice support for carers and PLWD
<b>MONUMENT info table</b>	Awareness building and promotion of project and forthcoming activities. competition to win family pass to Gressenhall Museum
<b>MONUMENT craft table</b>	Conversation and crafting - plant pot decorating and planting of sunflower seeds
<b>Home Instead</b>	Awareness building and promotion of Home Instead support for carers and PLWD
<b>Filigree Face &amp; Body Art (Face Painting)</b>	Free activity courtesy of MONUMENT
<b>Charlotte 1940s singer</b>	Afternoon performance of 1940s and 1950s classics



**Punch and Judy** Traditional entertainment courtesy of MONUMENT

**Salvation army** Awareness building and promotion of Salvation Army's Dementia Cafes in Norwich area, including community initiatives at Sunshine Cafe

**Risi Bici Cafe Deli** Food vendor. 100 lunch vouchers provided to event attendees courtesy of MONUMENT

**Pro-Event Medical** Provision of First Aid cover

**Creative Mojo** Awareness building and promotion of at-home craft kits, and community craft clubs and therapeutic arts. Crafting table included Forget-Me-Knot painting activity.

**EPIC** outdoor seated games (bowls and bocchia) and promotion of leisure facilities and groups in the area, including intergenerational clubs and accessible sports



*Plate 23 Enjoying accessible sports at Family Day*



*Plate 24 Craft activities at Family Day*



*Plate 25 Enjoying a dance at Family Day*

## Training

Dementia Adventure were contracted by the pilot project to deliver training to unpaid carers, community groups, and outdoor organisations, which focused on removing barriers and providing practical solutions. In addition, training videos were created and delivered in December 2022, and these are hosted on the Norfolk County Council YouTube channel.

The original plan to deliver to families and carers was revised after initial sessions had very low take up of these cohorts. Face to face training was also severely limited by covid restrictions so much was delivered online.

DATE	EVENT TYPE	No of carer attendees	No of professional attendees
10.11.21	Family Carer	1	1
23.11.21	Family Carer	3	n/a
05.01.22	Professionals	n/a	7
22.02.22	Professionals	n/a	13
10.03.22	Professionals	n/a	12
28.03.22	Professionals	n/a	16
19.04.22	Professionals	n/a	12
27.04.22	Professionals	n/a	6
03.05.22	Professionals	n/a	1
12.05.22	Professionals	n/a	4
25.05.22	Professionals	n/a	8
<b>Total attendees</b>		<b>4</b>	<b>80</b>

As part of the training offered a Champion's Day was held on 20<sup>th</sup> September 2022. This was attended by 20 professionals. This was intended to allow professionals to share best practice, create a network of support and give the opportunity to create an environment of shared ideas and expertise.



Plate 26 Champion's Day



## Informal Support

Alongside the outdoor activities provided, the project supported a number of clubs and activities to provide companionship and stimulation. For all activities the MONUMENT project team circulated event publicity to carers and the local stakeholder network and managed the booking process. Colleagues in Adult Social services also signposted the events.

### The Community Culture Club-Norfolk Museum Service

Community Culture Club was a new winter club for carers, and elderly and vulnerable people launched by the Museum of Norwich with support from the MONUMENT Project. The project funded refreshments and funded staff to attend Arts for Dementia training. An Outreach Officer regularly attended to support the club and event publicity was circulated to carers and the local stakeholder network.

The club is designed to improve wellbeing, decrease feelings of isolation and loneliness, and create new social connections by bringing people together, it offers the chance to make new friends and try something different. Staff deliver creative activities and refreshments are served. The club meets at the Museum of Norwich and there is the chance explore the Museum as part of the sessions. The club is free and open to all older people, including carers, those living with a dementia or other long-term health conditions, and those who may feel lonely or isolated.

The club met 10 times as part of the MONUMENT project. There have been 36 carer interactions and 17 interactions with people living with dementia.

In November 2022 the club was relaunched and continues to meet regularly.

### The Boundary Pub Craft Union

The MONUMENT Project supported staff at the Boundary Pub to start a monthly meeting there. The club offers informal, relaxed and free sessions for unpaid carers, family and friends of people living with dementia and those who are cared for. The club met eight times as part of the project. There have been 28 carer interactions and 26 interactions with people living with dementia.

MONUMENT provided the resources for sessions. The sessions also were regularly attended by an Outreach Officer to support staff and volunteers. MONUMENT circulated the event publicity to its carers and local stakeholder network.

The club continues to meet beyond the project.

### Mary Magdalene Church - Gorleston

Three sessions were trialled at the church with support from the MONUMENT project which provided resources for the sessions along with regular attendance from an Outreach Officer. The club provided craft activities and mindful colouring along with free refreshments.

Twelve carers and eight people living with dementia attended across the three sessions. The club no longer meets as they struggled to find volunteers however, the church continues to support this demographic within their community with other activities and events.

### Hellesdon Library

A dementia café meets at Hellesdon library on the last Friday of each month. The café was established as a result of meetings with the MONUMENT Project team and library staff. The café met 11 times in 2022 with refreshments and materials provided by the project. An Outreach Officer regularly attended, and staff and volunteers attended the Pathways Into Nature training. Morrisons provided some resources through their local Community Champion. There have been 83 carer interactions and 55 interactions with people living with dementia.

There are a range of creative activities on offer alongside free refreshments. The sessions will continue to run into 2023 and the group has recently benefitted from a £300 community grant to support this.

### Gorleston Library

Drop in arts and craft sessions were offered on the last Wednesday of each month. There were four meetings supported by the MONUMENT project which provided resources, refreshment and staff time. Take up was very low with no-one attending two of the sessions and only five carers and two people living with dementia attending at other times. These sessions were discontinued due to low take up. There are alternative provisions in Gorleston (A Memory Club), and this may have impacted on attendance.

### Taverham Library

Taverham library offered a monthly drop-in Informal support cafe style with company, conversation, easy crafts and refreshments in a friendly environment. The sessions were free and were established with support from the MONUMENT Project which provided resources and staff time. Take up was low with only four carer engagements and two people living with dementia attending.

The library is currently advertising two more sessions for a dementia support group in 2023 and provides other opportunities for craft and social activities.

### Louise Hamilton Centre

The centre, attached to James Paget hospital, had run dementia cafes before the covid pandemic prevented this. The MONUMENT project helped the centre to relaunch these and provided resources and staff support for them to run four sessions. Staff and volunteers attended Pathways Into Nature training. Seven carers and three people living with dementia attended these sessions. A dementia café continues to meet monthly at the centre.

### Cuddly Cavies

Cuddly cavies offer therapeutic activities with guinea pigs. Sessions are designed to encourage, engage and enable the use of fine motor skills, prompt memories, encourage

vocalization and provide a sensory experience for all. MONUMENT covered the cost of three sessions to allow carers and people living with dementia to experience a session. The sessions were also attended by an Outreach Officer. During the initial three sessions there were 11 carer interactions and 10 interactions with people living with dementia. Since then, the organisation continues to offer monthly drop-in sessions for carers and those they care for. Staff attended the Pathways Into Nature training and presented at the Champions Day.

### Jubilee Celebrations

Two one-off events were provided to celebrate the Queen's Jubilee. These were held at Gorleston and Scratby memory Clubs with resources, refreshments and staff time provided by the project. MONUMENT also provided publicity to help increase awareness of the provision. Thirteen carers and 11 people living with dementia came to these events.

In total these informal events provided 205 carer engagements and engaged with 136 people living with dementia. A total of 65 carers attended these events with 49 attending one event or fewer and the remaining 16 attending multiple session with one outlier who has attended 17.

## Short term Outcomes

### Supported leisure activities.

Feedback was collected at each event, and some was subsequently sent in via email. Full comments can be found in Appendix 1.

Participants were asked:

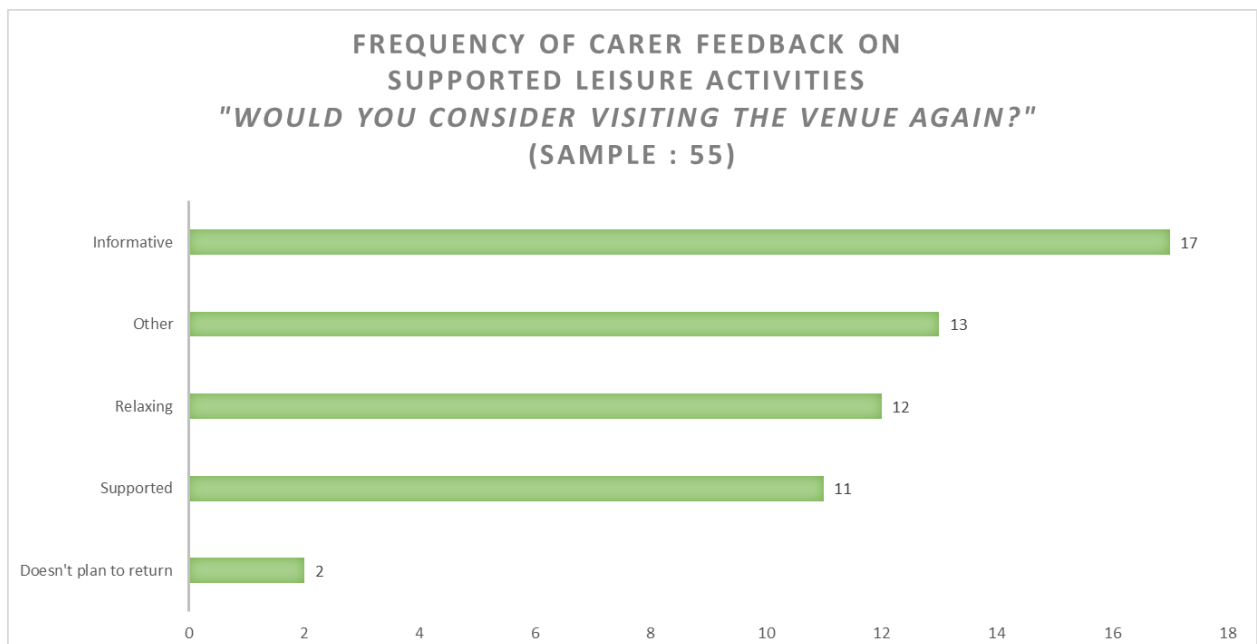
- Would you consider visiting the venue again?
- If so, why?

And were asked to complete these sentences:

- I thought the activity was good because...
- Today I was surprised by...
- My favourite thing about the activity was...
- The activity could have been even better if...

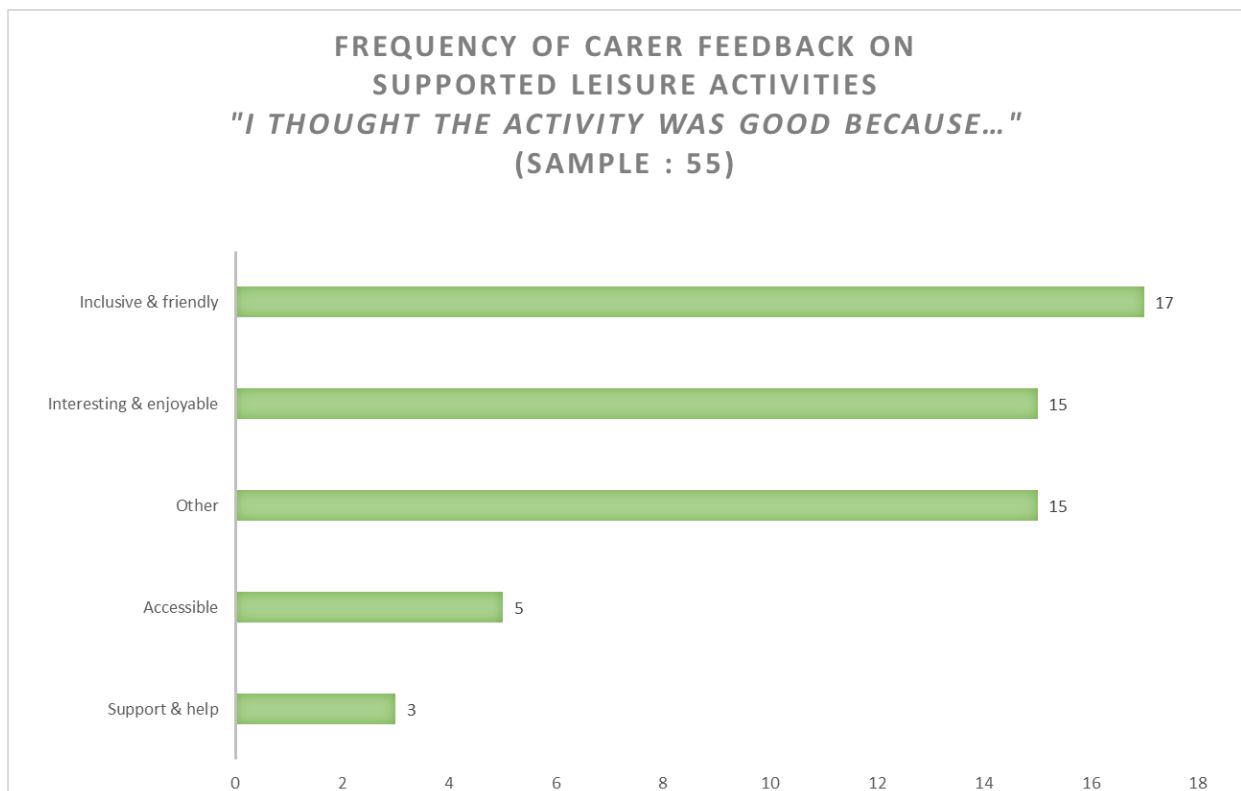
They were also asked to rate how they felt on leaving the activity using scaled smilies.

The overwhelming majority reported that they would consider visiting the venue again with 53 agreeing that they would, and two responding no. Reasons given for planning to revisit can be grouped into those who said they had appreciated the help, support and organisation, those who commented on how interesting the session had been and people who felt that it had been a relaxing and peaceful experience.



In response to why they thought the activity was good people mentioned help and support, the inclusive nature of the event, how friendly everyone had been, the chance to socialise and how interesting/enjoyable the activity had been. One person commented.

*'Got husband outside from 10 - 15:00 first time in 5 years'.*



Things that surprised people tended to refer to the venue such as

*I was surprised to discover buildings and*

*hear history about them that I didn't know.*

Six people expressed surprise at how friendly and helpful staff at the venues had been.

The best thing about the day for the majority of respondents was the chance to meet other people and share experiences alongside being able to enjoy themselves whilst knowing that the person they care for was being well looked after.

Improvements that could be made tended to refer to the weather, wanting the event to have gone on for longer or problems with parking. Many used this as an opportunity to add compliments.

*Meeting people and sharing experiences. This activity really allowed my husband to enjoy it by considering his needs and including him.*

*The lunch was so tasty and beautifully arranged, the cafe staff were very friendly and in a very nice private room so not too busy and easy to chat in.*

*Nothing could have been better*

*Having freedom to enjoy, knowing my husband was well looked after.*

*The good company in an ideal setting with perfect support.*

On being asked how they felt on leaving the activity three said they were happy and 52 very happy. No other responses were given. Several people mentioned how the opportunity to talk to others in similar situations to them was appreciated.

*The setting, the camp, the walk to the river and the afternoon activities were all so different from day to day life.*

*We loved the campfire - and the campfire cooking! It was particularly good to be able to talk to other people who were in a caring role, in such a supportive atmosphere.*

*I hadn't realised just how stressed I had become ...I found myself crying as we walked along to the river but the lovely lady I was walking with, who was caring for her mother, was so gentle and understanding that afterwards I felt much better.*

An additional 41 email responses echo the feedback and flag up how much people enjoyed the experiences offered. Kind and supportive staff are mentioned as well as the accessibility of the experience and the fact that carers were the focus of the activities.

*It opened our eyes to the possibility of using the Nancy Oldfield Trust to get 'on the water'! Everyone was so exceptionally kind and thoughtful and the whole set-up was just ideal for people who are disabled in some way.*

*We are so grateful to all the members of your team for arranging the trip. We feel that it is the sort of visit that we might be able to tackle on our own.*

*Father was so relaxed and enjoying himself, travelling the broad in the motor cruiser with their volunteer drivers and chatting to the other people on the cruiser. He knew he was safe and so there was no sign of his usual anxiety levels. I was able to go in the sailing boat - and being allowed to take the helm for a while made my heart sing! It was wonderful!*

*A lovely, tranquil day. It was so interesting hearing about other people's experiences and put my own in some kind of perspective.*

*It's such a lovely place and just being able to meander around with convivial company and be looked after, for once, was such a treat. It's definitely therapy for the mind and body.*

*It would be hard to overestimate just how much we all enjoyed our afternoon at the Nancy Oldfield Trust.*

*My husband remembers lots of what we did - so it must have made a big impression on him!*

*My husband, was entranced by the visit and has remembered many of the things that we did. He was very happy to stay in the motor cruiser, thoroughly enjoying the scenery and chatting to another couple, while I was able to go in the sailing boat. I was allowed to take the helm for a while which was so exciting for me! The whole day was a remarkable and memorable experience and our whole family.*

Any negative comments referred to sites where wheelchair access was difficult, or the distances involved were too great to cover comfortably.

This word cloud shows the words most commonly used in the feedback received at the time and later via email.



The Pathways Into Nature training was evaluated via a survey of participants. Results from this show that it was effective in informing participants about the benefits of accessing nature and many planned to make changes as a result of the training.

	Agree strongly	Agree	Neither agree nor disagree	Disagree	Disagree strongly	No response
I have a better understanding of the health and wellbeing benefits of outdoor activity	26	17	2	1	0	0
I have increased knowledge of how to plan an outdoor experience programme	28	18	0	0	0	0
I plan to change my actions as a result of this training	15	28	2	1	0	0
I will share what I have learnt with My team, colleagues.	26	19	1	0	0	0
I believe that the tools provided will be help me plan and deliver successful activities	26	16	1	0	0	3

Responses gathered from a total of 46 *Pathways Into Nature* trainee delegates who completed the feedback questionnaire.

Participants described how their understanding around the complexity of dementia was increased.

*I found the testimony of Chris - and other people with dementia - describing the ways that dementia altered their perception really powerful. I think there's a tendency to associate dementia with much older people than Chris who suffer from it more obviously and at a later stage. It was helpful to hear from people at an earlier stage and be reminded that dementia doesn't come the same way to any two individuals.*

*The explanation of dementia and appropriate terminology to use.*

*It has given me a much better understanding of the different types of dementia.*

*Our team were all shocked at how many different types of dementia there are and found it highly useful to understand that different senses trigger different memories.*

Most mentioned that the practical tips and tools were useful.



*The suggestions of using nature boxes will be a useful aid to bringing nature indoors.*

*Some Useful points on planning and risk assessment.*

*I especially found the risk assessments useful and I will be using templates provided.*

*The templates were particularly useful for being able to turn theory into action quickly.*

When asked what actions they plan to take as a result of the training people wrote of integrating the ideas into their current activities:

*Trying to integrate the training with our existing beginners level walks.*

*Putting in new signage around our property, re toilets & exit etc.*

*Use the positive risk benefit assessment Planning tool.*

*Risk assessments will be done differently catering for those 'living with' dementia.*

It is clear that the participants felt a greater empathy having been on the training and planned to act on this moving forward:

*Helping people to think about how they FEEL when outside in nature and stimulating their senses so evoke positive emotions.*

*I want to look at the site from the perspective of someone living with dementia and see what we can do to improve it.*

*I will try use my new knowledge to experience all environments in a way that a person living with dementia may experience it and to use this awareness to better understand the needs of people living with dementia and their carers.*

A separate set of specialised training was commissioned from the Dementia Services Development Centre at the University of Stirling with the specific purpose of improving staff understanding of dementia-friendly design. The short-term outcomes of the training provided was for providers to incorporate best practice into their forward planning thus opening up more opportunities for carers and people living with dementia to access outdoor spaces and activities.

## Informal support

There is less formal feedback for these sessions although nine carers did email through comments about two.

Cavies and Cake	<i>They've enjoyed the guinea-pig session today and they've booked into the next two sessions as they loved it so much – thank you</i>
	<i>Thank you to you and all your team for organising the cake and cavies visit. We all enjoyed it greatly. David was delighted by the guinea pigs and has talked about them a lot since we got home. Your lovely photos will help him to remember our visit and fix it in his mind.</i>
	<i>I had got it into my head that David would not react well to being faced with stroking guinea pigs and it was only my daughter suggesting that we give it a try that persuaded me to take him. I couldn't have been more wrong! He loved them! He was captivated by them, and I am sure that gently cuddling them brought down our stress levels.</i>
	<i>After the July session I have decided to book in once a month, so it becomes a regular point in our calendar.</i>
	<i>Thank you again. Once more you have broadened our horizons!</i>
	<i>it's so lovely, you've really opened our eyes to other opportunities and experiences that we wouldn't have thought about, or thought was possible for him. It makes such a difference being able to go somewhere and not have to worry or explain about his condition.</i>
	<i>we all loved it and it meant the world to Mum and Dad. He talked about it all the way home apparently!</i>
	<i>Thank you for the photos, it's so lovely because you don't always think to take a photo but they're really precious to us.</i>
The Boundary Pub	<i>Mum seemed to enjoy it, she was much brighter afterwards. Looking forward to the next one.</i>
	<i>It's really lovely to see all these new places opening up, and men will find this very interesting.</i>
	<i>mum is going to love going to all these new things. You don't know how much it means to me to get her out like this</i>

A thank you event was hosted toward the end of the project and carers were asked what their favourite thing was about the MONUMENT project. Many mentioned the signposting to new opportunities and support whilst others talked about the fun they had had.

## Medium term Outcomes

Medium term outcomes were investigated via a series of 1:1 telephone conversations and a visit to Hellesdon Dementia Café for some face to face chats with carers and the people they care for. These conversations covered all aspects of the project so this discussion will not be separated into the various activity types, but the project considered as a whole.

One area talked about with carers was whether they had been able to access outdoor spaces with the person living with dementia outside of the project. One limiting factor is that these conversations were held in late January and people are less likely to try outdoor activities in cold or bad weather.

Of the eight carers spoken to only one had regularly accessed one of the venues, Redwings. They described how important accessing nature was to them and how valued they had felt as part of the project as they were very knowledgeable about the natural world and people had appreciated their input on visits. Since the project ended the carer and their mother visit Redwings monthly which both enjoy. The carer looks forward to this and knows that staff will sit with her and offer support. Staff are welcoming toward people living with dementia and understand the condition.

Another carer described the positive, indirect impact of the project on her and her husband. They attended three events and thoroughly enjoyed themselves as they '*need more than coffee and talk*'. Joining in with these activities increased their confidence to leave the house and they have joined the Duncan Forbes Club at Norwick City Football Club. The husband had been a talented table tennis player and now plays table tennis at the club, still showing considerable skill. Their story features on the club website [www.communitysportsfoundation.org.uk/news/michaels-story/](http://www.communitysportsfoundation.org.uk/news/michaels-story/)

Others agreed that having experienced the activities they would be more confident to try something similar in future, but few said that they would feel happy accessing the outdoor spaces outside an organised group.

There are three key reasons that others haven't been able to access outdoor space and activities.

**Lack of transport** - Several carers are no longer able to drive or do not have access to a car. Public transport can be difficult for them to access with the person they care for and taxis are too expensive. These carers rely on lifts from other carers and family members.

**Lack of respite care** for the person living with dementia which means they have to accompany the carer and are often reluctant to. All carers spoken to explained that any activities they undertook had to be dementia friendly as they would need the person living with dementia to accompany them. Often it was hard to motivate the person living with dementia and at times, impossible to get them out.

**Lack of confidence** from carers in attending on their own without the support of the project. There were worries about physically managing the person they cared for if there was a problem, such as a slip or fall, and worries about adverse response to unpredictable behaviour.

There was general agreement that having someone else organise the events and activities had been invaluable, and they would happily join similar activities in future.

All carers spoken to agreed that the activities had given them a boost mentally and this had been long lasting. Two mentioned photographs that had been shared after the event and

talked about how these helped the person they cared for remember and chat about their experience. Others had shared images on social media and with friends and family and were delighted that there was something positive to share in this way.

The project was described by one carer as '*a lovely generous, creative project*' which came at a time when she was struggling.

The supported leisure activities continue to have a positive impact on the wellbeing of both carers and those they care for. The MONUMENT Project supported the startup and initial meetings of these and five clubs continue to meet having become self-supporting. Those attending describe these groups as important to them as they have something to look forward to and know that they can meet and talk with others in a similar situation. A list of groups continuing to offer session can be found in Appendix 2.

### Providers

One medium term outcome of this project has been the increased confidence in providers in working positively with carers and people living with dementia. Positive intentions were seen after the training sessions delivered by Dementia Adventure and the implementation of the training can be seen on some of the participant's websites. For example, Redwings horse sanctuary posted photographs of the site showing accessible toilets and key parts of the site [www.redwings.org.uk/news-and-views/dementia-cafe-aylsham-october-2022](http://www.redwings.org.uk/news-and-views/dementia-cafe-aylsham-october-2022). However, there is rarely a specific mention of a site being dementia friendly and this lack of signposting is an issue for some carers who need reassurance.

For other providers who have started regular activities the training was helpful. One provider was interviewed in depth, she now runs regular dementia sessions at the pub she manages. The training was extremely helpful and provided her with leads to get further help and advice. She visited the club at Hellesdon Library to learn from them and met staff from Home Instead who are now supporting that club. The club continues to meet, and its success is directly attributed to the project by the organiser '*thank you for getting us to this position*' who has much more confidence in their ability to continue running the club.

Activities are decided on by all who attend and there have been some real successes, for example a karaoke session was requested, and once carer was delighted to see her father taking part, smiling and '*coming out of his shell*'. The club has done some fundraising to ensure it can continue.

The club at Hellesdon library also benefits from links made to other organisations forged through the project and is also supported by Home Instead. The club is run by committed volunteers and supported by the library team who plan for its continuation. The volunteers and team enjoy running the club and feel that it has real worth.

### Stakeholders and Policy makers

A focus group was held on 6<sup>th</sup> October for key stakeholders and policy makers to reflect on the project. All agreed that the pilot had shown extending the Odense House philosophy to outdoor settings had been successfully demonstrated. The term itself was discussed and it

was agreed that more locally recognised terms would be helpful for Odense House, MONUMENT and the MeMo website.

Key success points raised during discussion looked at increased interdepartmental working within Norfolk County Council alongside partnership work with external stakeholders. This was balanced by caution around relying on key individuals in an organisation who may move on meaning that a relationship needs building again from scratch.

The importance of providing fun and enjoyable activities for both carers and people living with dementia was clear to all participants. The challenges of project funding leading to a 'cliff edge' of funding withdrawal was discussed.

Medium to long term outcomes suggested from this discussion mentioned an aim for the UK to be a dementia friendly place by 2025 and the need for Norfolk County Council to develop a clear, targeted strategy which the learning from this project could feed into. Key learning points were the need for a varied programme, high quality information and signposting for carers and people living with dementia and the importance of early contact with a range of professionals. The potential for a Norfolk County Council strategy which includes this learning would be a long-term legacy of the project.

## Technological Solutions

One aspect of MONUMENT was to look at assistive technology to support carers in their role. A focus group held early in the project asked carers what was stopping them accessing outdoor spaces. The feedback emphasised two main areas of concern.

- The person living with dementia getting lost.
- Physical problems moving around sites.

Other points made were the reluctance of many living with dementia to recognise that they had the condition and their dislike of aids that made them look 'old'.

Two solutions were trailed. The first is a GPS Footprint tracker which includes as SOS button. If pressed, the button connects to a mobile phone so the carer can reassure the person living with dementia. The tracker can also be followed on Google maps and is updated every two minutes. A group of ten trialled these at one of the locations (Redwings) and four took them home to trial.

Interviews with three of these suggest a mixed success rate. One carer hadn't really used the tracker and was hoping for support from the Assistive Technology team. The other two found that the tracker did give them some peace of mind but had limitations. One lady goes out with a group of friends and her husband finds it reassuring that he can keep an eye on her route and check where she is. However, when the person living with dementia tried to test the SOS button it was too difficult for them to hold the button for long enough to make a connection with the carer's phone.

Another couple use the tracker when they travel to London for appointments, and this gives them peace of mind. However, they also felt that the SOS button would be hard to use.

Both carers said that they helped the person living with dementia to conceal the tracker, one under a jumper and another in a pocket, as they didn't want to be seen wearing it. This would slow down any use of the SOS button but was a compromise to ensure that the tracker would be worn. Both said that this was the sort of technology which they would have liked access to earlier in their dementia journey while the person living with dementia would have been more able to learn and understand new equipment.

A pair of TWS Three Wheel Scooter have been purchased for use at Gressenhall. These are multi terrain vehicles and the tricycle version was chosen as it resembled a motorbike rather than a wheelchair.



*Plate 27 TWS Three Wheel Scooters*

These have not been in place long enough to be used by visitors but trial sessions with people who had never used them before showed that they were easy to use.

The other element of technology linked to the project was input to the Active Norfolk website. Every Move Activity Finder [www.everymove.uk](http://www.everymove.uk). As yet, no carer spoken to has used this website to find activities. Many carers need reassurance that a venue or activity is dementia friendly; not only appropriate facilities which are suitable but also understanding staff. It is currently not possible to find this information on the site. There is information around accessibility and the availability of toilets at specific venues but no mention of dementia. At present, many providers who list on the site do not provide this information, meaning the filters produce limited results. Given the concerns voiced around the need to know that people will be understanding and able to help it would be a great advantage to have a dementia friendly mark on the site which shows that staff have taken training in offering a welcome to people living with dementia and their carers.

In addition, information on outdoor based 'free' activities like self-guided walks is very limited on the site as it currently stands. Carers and people living with dementia would benefit from having easy access to this information as they can then choose to go somewhere suitable outside at a time that best suits them, rather than being restricted to a set activity time.



In early conception of the Activity Finder, discussions were held around the opportunity to utilise pre-existing accessibility-relevant mapping filters through open data sharing. At present, these have not been applied within the site.

## Political, Economic, Social and Technological Impacts

One of the major impacts on the MONUMENT Project was the covid pandemic lockdowns and restrictions. The pandemic led Voluntary Norfolk to pull out of the project as a Project Partner due to financial concerns as their focus shifted to the covid volunteer response. The project also struggled to engage successfully with a number of local outdoor facilitators due to their own covid and post-covid responses, including restructuring, extended furlough and staffing changes. These included the National Trust and Pensthorpe, both who had been key venues initially for the Outreach Officers.

The pandemic also shifted the political focus for Norfolk County Council with all front-facing departments such as adult social services rapidly shifting to responding effectively to the pandemic.

The target group for the project were particularly badly impacted by the pandemic. Adult Social services continued to provide networking, asset mapping and links to other service but quite a few support services folded leaving members vulnerable. As each group had their own procedures for going out into the community it was very difficult to coordinate anything. Timescales for getting risk assessments agreed were long and many restrictions in premises (open doors and 2 metre spacing of chairs for example) made the venues feel unwelcoming for people living with dementia.

Staffing was a challenge for the project due to a combination of a recruitment freeze and the national jobs market. This led to Interruptions and delays which were exacerbated by several changes to the key points of contact within most of the leading EU project partners. There were also a significant number of staff changes at a strategic level within other departments and so the primary points of contact for the MONUMENT Steering group changed.

The development of the environment hub at Gressenhall led to a shift in focus to this site. It's hoped that work there will give an opportunity for improved access and a new nature walk.

## Lessons learnt and key successes

**Key learning points for the project have been:**

**Transport Provision:** Availability of transport is a barrier for this group. Many carers are elderly and no longer drive. If affordable transport cannot be sourced, then access to many of the opportunities provided by the project will be limited to those with higher incomes or with an existing support network who can drive them. The most isolated carers cannot benefit without transport being considered.

**Communication and Pre-Visit Information:** The evaluation highlighted the lack of easily accessible, quality information available to carers looking to attend an activity or event. Carers wanted to know about accessibility infrastructure (such as toilets, shelter, cafes) but they also wanted to know if the people working at the venue would be understanding and non-judgemental. Some also mentioned that they liked to know if there were quieter times at the venue. There is a need for much clearer information showing that venues are dementia friendly.

**Organisational Continuity and Structure:** There was a challenge of relying on individuals within organisations and the risk of that individual leaving meaning relationships must be rebuilt.

**Embedding Legacy:** The sudden end of funding from the project means that the leisure activities ended abruptly. Positive relationships were fostered with providers interested in running dementia-friendly activities but there currently isn't a plan for how this legacy will be embedded going forward.

**Key successes of the pilot project have been:**

**Multiple locations:** Using various venues worked well. The most successful repeat-visit events were the informal peer support sessions which were very local to where people lived. The pilot project successfully showed how the concept of the Odense House could be delivered without needing the focus of one building. Outdoor venues and community buildings were successfully used to deliver high quality engagement and offer support and signposting to carers.

**Training:** Training helped venues and activity providers support visitors living with dementia and their carers and this will have a lasting impact. The clubs that continue to run are committed for the long term and are providing valuable support.

**Trusted relationships:** The project team were praised by all who I spoke with, and the Outreach Officers were frequently mentioned fondly by carers and people living with dementia as well as being praised by other stakeholders. In addition, it was noted that attendance at many of the more rural leisure activity days stemmed from positive relationship building built-up at the local informal peer support sessions. Carers and people living with dementia were more likely to try something new for the first time if it was alongside a trusted local group or existing professional who they had already built up a rapport with.

**Joined-up Approach:** The project brought several departments of Norfolk County Council together for the first time and has benefitted from this joined up approach across the council. Learning and innovative training opportunities have been shared across departments.

**Wellbeing benefits:** Perhaps most importantly, one of the words that was evident during research for the writing of this report was 'fun'. Carers and people with dementia often fed



back on how much fun they had on boats, in buggies, watching birds and animals, walking, tasting apples and generally having new experiences. The wellbeing benefits were not only short-term since some carers reported that the person living with dementia was still referring to their outdoor experience several months on. Props such as photos from the day helped with this. Some carers reported a temporary lift in feelings of burden when partaking in the outdoor activities alongside other carers.

## Impact – Long-term change

### Statement of intent and advisories

A note on the MONUMENT pilot project's learning,

By the Staff Team of Project Partner Four, Norfolk County Council.

### Reflection on MONUMENT invested values

The MONUMENT project aimed to strengthen the resilience and perseverance of the informal carers so that quality of life for both carer and the person living with dementia is improved.

*"Sometimes people with dementia and their caregivers are lonely callers in the desert"*

(Centre of Expertise on Dementia, Flanders)

The project proposed that a strong network and more knowledge, insight, and skills among informal carers could make a difference in easing the carer burden. Technological applications for the service of PLWD and their informal carers also was a key area of exploration. All pilots reflected that while many technologies and community provision are produced with dementia in mind, they are too often developed without collaboration with informal carers and may not be geared to their needs.

Within the project partnership the five pilot locations faced many common challenges in terms of socialisation of care and improving support for informal carers of PLWD. By combining knowledge and good practices, pilots successfully modelled innovative solutions and showed the ability to improve localised service delivery in the United Kingdom, France, Belgium, and the Netherlands with each partner offering a valuable skill set:

- Long-term experience from established and implemented Odense houses. (Netherlands)
- Expertise in the field of dementia-friendly groups and outdoor access. (United Kingdom)
- Experience with community-centred processes and quality healthcare, in addition to a broad expertise in living labs and technological innovation. (Belgium)
- Familiarity with support and respite facilitation for caregivers at varied life-stages. (France)

Norfolk County Council was therefore grateful to have been part of a project that benefited greatly from the cross-border collaborative ethos involved in the 2Seas area built of different expertise offering opportunities for mutual growth and co-creation.

Despite the many obstacles faced by the project, the partners are proud have maintained a close partnership with mutual understanding, adaptability, and a willingness to co-operate, learn and share best practices.

### A National & Local Priority

*It's surprising how just a little help in the responsibility of caring  
goes a long way to improve mood and gives a feeling of optimism.*  
(Carer, Norfolk)

Both locally and nationally organisations and policymakers are working to increase the awareness that Dementia is a growing social problem. The WHO (World Health Organisation) considers dementia a major priority and The UK's Department of Health has issued a national challenge to communities (Prime Ministers Challenge on Dementia, 2020) to help people with dementia and their carers tackle problems they face daily. The national challenge featured five key recommendations:

**Improve the lived experience** by capturing local insight into 'what it is like to live with dementia round here'? This information should be used to re-design services that meet the regional and hyper-local needs of carers and those living with dementia.

**Reduce Variance and Improve Consistency** of delivery and access which overcomes geographical and socio-economic challenges.

**Co-production and redesign** promote connecting providers in locality improvement collaboratives to re-design care pathways, to streamline and improve user experience.

**Embedding A Care Support System**, whether through a peer's support or a named individual (key worker) accessing support early can help families build a resilient infrastructure for 'living well' with dementia.

**Technology adoption:** digital technologies is a growing enablement tool which can support individuals and carers to monitor health, reduce social isolation and connect people. However high-cost factors and the degenerative nature of dementia means impactful provision needs to be timely and individualised.

Many of these five needs were encompassed to some degree in the MONUMENT project and will surely act as a measure of good practice for future dementia-friendly co-production initiatives too.

## Legacy, Intent & Advisories

Going forward, the task of the Greenways to Greenspaces team at Norfolk County Council is to take the key learnings from MONUMENT and assure that they are cascaded to our local stakeholders and policymakers, as well as amongst those within the project's consortium.

We are very grateful to the involvement of our peers in Adult Social Services Prevention Teams (Development Workers and Assistive Technology), Library Services, Public Health, Active Norfolk and the Norfolk Museum Services. Their insight, curiosity, and willingness to collaborate has greatly benefited the delivery of the local Norfolk MONUMENT pilot. It is very much hoped that this shared learning, and the spirit of co-operation can be continued in the future.

Having learnt a great deal from this Interreg 2Seas project, going forward the project team have laid out the following four priorities to help ensure that MONUMENT's learning and legacy can be cemented into every-day community minded practices.

- **Bottom-up solution-based projects** - delivering against the health and wellbeing objectives of the Norfolk and Suffolk 25 Year Environment Plan and also delivering against the objectives of Themes 1,4 7 and 8 of the Norfolk Access Improvement Plan 2019-2029 whilst being mindful of the [Norfolk Carer's Charter](#) developed by Adult Social Services
- **Effective communication and dissemination** that has a flexible and creative multi-platform approach using traditional and non-traditional media, that appeals to distinct cohorts and is strategically disseminated to local advocates and stakeholders, to increase audience awareness.
- **Organisational continuity through user-friendly tool kits** to empower colleagues at all levels across multiple departments to produce better infrastructure and interpretation. It's vital that enhancements are inclusive and use dementia-friendly pan-disability models of best practice.
- **GIS mapping with user-friendly public facing web application** will be an important way of conveying accurate information about green-space accessibility. As the team embark on future projects digital access will be just as crucial a component as physical access. There are also opportunities to use open data resources that benefit a person-centred model of accessibility.
- **Truly accessible self-guided activities** should be made readily available online in a consistent format that inspires and motivates audiences of all abilities and demographics to choose to enjoy their local greenspaces.
- **An inclusive pan-disability approach** – recognising that if we get it right for people with dementia and their carers, we get it right for a lot of other audiences with accessibility or mobility issues.

Evaluation researched, collated, and written for the MONUMENT project pilot at Norfolk County Council by Pippa Smith, Handling the Past. [www.handlingthepast.co.uk](http://www.handlingthepast.co.uk)



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## Appendix 1: Feedback from leisure activities

(Some typing mistakes have been edited changed for clarity)

### Survey

I thought the activity was good because...	Today I was surprised by...	My Favourite thing about the activity was...
Got husband outside from 10 - 15:00 first time in 5 years	How friendly the group was at first introductions	Just being outside in fresh air and lovely surroundings
It was excellently organised, friendly	The extent of Fairhaven Gardens, The length & extent of the boat trip. Floyd gave an excellent tour of the gardens	Riding on the buggy. 2 boat trips, chatting to others
It was varied with walk, informative talk, lunch & boat trip	The friendliness	Meeting others, being in outdoors & by the water
Everyone was catered for	The friendliness of the staff	The boat ride
It was inclusive & gave us all the chance to experience nature together & Chat	How beautiful it is at Fairhaven	Meeting people & connecting with nature & seeing a kingfisher
Nice to socialise with everyone	Attendance good	Saw Kingfisher
	Everyone helpful	Everything
The speaker painted a vivid picture of Norwich in the Middle Ages. And the walking around actual Norwich landmarks.	The number of letters that remain from the Paston family. The fighting between Duke etc that went on.	The information that the Bailiff and the daughter got together.
Things that were good: The welcome from Monument staff who made sure we were sorted before starting the walk, and understand the extra needs of the users of the service. The actor who brought the story to life, giving just the right amount of information. Lovely lunch in a very pleasant cafe. The walk was the right distance for my husband with plenty of rest points.	I was surprised to discover buildings and hear history about them that I didn't know. We also were pleasantly surprised by the different trails available round the city e.g., Food trail, dinosaur trail.	Meeting people and sharing experiences. This activity really allowed my husband to enjoy it by considering his needs and including him. The lunch was so tasty and beautifully arranged, the cafe staff were very friendly and in a very nice private room so not too busy and easy to chat in.
It was a very friendly and relaxed group	The history of Norwich I've still to discover!	The dementia dinosaur, it was very moving

The sailing was such fun with a chance to "take the tiler"	Trying a new activity and really enjoying it	The good company in an ideal setting with perfect support
Staff were so skilled, knowledgeable and friendly. Perfect equipment	The good weather	Having freedom to enjoy, knowing my husband was well looked after
Talking to other people socialising and out on the water	Lovely morning	Sailing and the people
I got to do something I would never do normally	How easy and simple the activities were	The pedal boats! Great fun
It was peaceful and something we could do together	How well the staff are organised	How peaceful it was and very safe
The caring role is shared	Seeing a kingfisher sitting on a post	Canoeing out to the pontoon
Very friendly	all excellent	all
interesting information	the variety of rooms	the apple information
very varied	the variety of information	the shop
there was so much to see and do	how large the building was and how everything was accounted for	apple tasting and 1950s home
learnt more about apples and growing them	the size of the building	the gypsy caravan
tour round	friendly staff	apple tasting
easy to understand	friendliness of staff and team	socialising
got me out		lunch out
very accessible for wheelchair	the big engine had steam up!	all of it
days gone by	lunch	hospitality
learnt loads	all of it	all of it
lots of interesting things	how good it was	all of it
everything was interesting	the different variety of apples	apple tasting
access was good for all as was the content	excellent lunch, how interesting the apples are	housing history and examples
it was well paced for all abilities	the quiet	boat ride
very enjoyable trip on the water and good company	the cross section of people in similar circumstances	the boat trip and wildlife spotting. Chance to chat and exchange ideas
everyone was friendly	the quantity of food	the walk and boat ride

very interesting	friendliness	everything
nice slow pace	size of Ranworth broads	boat trip
walk distance not too far	the lovely lunch	meeting new people
we were helped all along the way. The visitors centre was excellent, well stocked, assistants were lovely	the total efficiency, relaxed atmosphere. The quantity and quality of the food	the boat trip-information given, the walk with so much information. The organisation and supplier and Laura and Louisa
I wouldn't go on my own to this sort of place	the wildlife bugs and all how well informed our guide was	the boat trip to see ducks, king fishers etc
it was well organised	n/a	boat trip
so much effort to make it a very enjoyable day out	the amount of people that attended the activity	everything about this very interesting day out and all the friendly people
varied time to discover the surrounds with the informative guides, the boatman was so helpful and patient with my disabled husband-many thanks	all the above, the buffet was exceptional	time spent among informative guide
organisation-excellent	good company	everything
very organised	the amount of people	the boat trip
it was well planned/run, everyone helpful and kind	the quality of lunch and the organiser skills	all of it
our guide Louise was very knowledgeable and such an interesting place	the lovely weather and amount of food	going on the boat trip, so peaceful
chance to socialise with other carers		very relaxed atmosphere, lovely staff
very accessible, such friendly people, lovely animals to stroke	how beautiful the setting was	the horses and donkeys
	lack of input by workers	the walk to the lake
seeing the ponies and donkeys and social meetings with other carers	just very nice venue	everything about the venue
something different, well worth coming	how large the site was	everything



### Feedback Quotes (received by email)

We had a great morning. What was really good was that the lovely volunteers were able to take Edward sailing while Jemima and I had some more vigorous exercise in the pedal boat. It is surprising how just a little help in the responsibility of caring goes a long way to improve mood and gives a feeling of optimism.

I loved today, thank you so much for organising it. I love opportunities to go out and try new things in a welcoming and supportive environment. I felt really safe and included, thank you. Hope to join you on another adventure soon.

We both had a wonderful time, out in the fresh air, doing something new and sharing time with the wonderful Caroline. She was so very kind and supportive to me. The gentleman from The Nancy Oldfield Trust commented on the grin on my face extending from ear to ear! That grin is still inside my heart and will remain there for some time to come! I was brimming over with my experience. It is wonderful to me to think that a week ago I would have been in too much pain with my back to have been able even to contemplate that I might be able to do what I did today. I am just so grateful to be free of pain and to be able to enjoy my life more. Geoff is a lovely person, but his condition inhibits his enjoyment of life to a certain extent, but he really enjoyed today. I do hope he will agree to come again.

I had great fun! :) My Dad did too, and just to get him out of his chair and out of the house is an achievement!!! I was pleased he tried the Canoeing although I could see it was a big struggle for him to get in and out of the Canoe. All the volunteers were brilliant. One aspect that came to light was its not only the people with disabilities that got something out of the day... the carers did too! As soon as I got on the sailboat the lady who was looking after her husband talked to me about her issues looking after her husband and we compared things during the whole-time sailing! A lot of my Mums struggles with Dad, the woman had the same issues, so I think my Mum would benefit from these days too. Even if it just to 'offload'. Dad is VERY stuck in his ways, and I know he only went Canoeing as I was going, however he did enjoy it and it brought back some memories for him.

It was a lovely day- good company. Site is very large and confusing, needed support to walk back to car park as worried about getting lost. Unsure of what day would entail- needed to stop for lunch. Wasn't clear if lunch was provided or not, needs to be made clearer so carers can cater for this, as must be able to stop and eat. Was a little difficult pushing the wheelchair on gravel. Toilets are quite far away-appreciated a staff member going with them to show them the way. The hut was lovely, enjoyed the pancakes, would have been nice to take part and not just watch. Worried Dad would eat the seeds but enjoyed doing planting.

Long way from car park to rest of site, mother-in-law couldn't walk too far because of distance from car park, before wanting to go back. Lovely day out, enjoyed the company and seeing others; toilets quite far, Ben went above and beyond to take us there Wasn't sure where to go from the car park-unclear

This is a great facility. We find carers often find it hard to motivate their person living with Dementia in the morning so sessions this early might be hard to fill. That's why we have our session at 13.30-14.30. Some people take a lot to get them going especially to then get somewhere to get undressed again. Exhausting for the carers, because of course they have to get them dressed again after the session. There will be exceptions who will be up and ready for anything.

Many thanks to you for a great trip on Barton broad. Everyone enjoyed themselves. The rain made it even more excited, no one cared about getting wet, just added to the fun.

thank you and your team for making us welcome this morning we have dried out and we wanted to say we thoroughly enjoyed it.

Thank you for organising such an interesting day. I'm sorry that we were so late. David was not well in the morning - he gets very depressed at times. Weren't the staff at the RLM wonderful! So helpful and caring and everything so well organised. The museum is only just down the road from us, but we haven't been there for years. We will certainly be going again now. I did hope that David would try their Trampler, as we are hoping to get him something similar. But I enjoyed it! Rachel was kind enough to help me push David over the gravel in the wheelchair that we borrowed. I was grateful for her help. Please thank her for me. Another excellent MONUMENT success. Thank you to all concerned.

I enjoyed today but was rather concerned with Keith's driving ability with that scooter. He didn't seem to be able to work out how to go backwards turning and even forwards turning. Outside of the Cherry Cottage he backed into the lamp post and had several issues, where he missed judged the space for the wheel arches to negotiate the appropriate space in order to go through without scraping the sides of it. It definitely was far more stable than the one he used at Fairhaven, but I am now rather nervous about going out with him in the future using this type of transport. I know this is only the 2nd time he's used one, but I would be reluctant to say "Yes" in future if he's going to be this careless. I think possibly a Wheelchair would be more appropriate, at least I could control that. I would be OK on the flat, with a path/road with a concrete base. Slight hills or shingle/grass would create a few breathing issues for me personally. However, I do thank you, Rachel, Susie and Ben for a lovely day out. It certainly created a "memory". I did really enjoy today and, personally, would love to go back to see more BUT I reluctantly would say, without Keith! First time I've been on a coach that size, enjoyed the ride.

The attending carer family who's PLWD were expecting to be able to sit next to their Dad in the trailer, not realising it was a single use one, which meant he was by himself (and having dementia) no support or someone to talk next to him. The trailer was also quite noisy and restrictive to see out of. It was hard to push a wheelchair on the surface from the car park to the main building and then to the trailer, as the stone gravel was quite deep.

All three of us had a good time last Tuesday, although we all felt it was a long time to see so few animals and birds etc., nevertheless it was a lovely experience especially for Ann as that was a long time for her to stay seated. Your time and kindness to us all was quite wonderful, and you are doing amazing work. We will come back again, as we could see how much had been done in quite a short time.

Tony and I had a wonderful experience in the reserve and many happy memories of the day. My brother says he would really enjoy seeing all the animals so I may be returning later in the year.

Thank YOU! It was absolutely wonderful, such a rare opportunity for us to be together as a family, doing something fun. We'd never normally take Dad to something like that in the fear he might say or do something strange but turns out he was perfectly fine! It was so reassuring knowing that we were amongst people who understood and we in a similar boat. It's a memory we'll treasure forever.

Thanks for your mail and for enabling us to have such a lovely day out at the Watatunga Wildlife Reserve. We particularly liked it because it was outdoors, it was exciting not knowing what we would see next, and it was sociable being part of a convoy all experiencing the sights and sounds with Alex's excellent commentary. The team there were so attentive and helpful and really deserve to succeed in promoting the site and the conservation. We shall certainly recommend it to all our friends. Obviously as a carer I realise that Judith's quality of life and day to day contentment and happiness is only going to be as good as the things that I arrange for her, so I was particularly grateful to be offered a place by your good selves to do something that we had not done before and that has left lasting memories despite the ravages of dementia doing its best to rob her of them. Looking at the photo's helped and will reinforce the short-term memory on the day so that we can talk about again later. We really felt looked after during our time at Watatunga by their staff and yourselves.

The afternoon at Watatunga was wonderful - so well organised and guided. One of my ladies with dementia was close to tears & said it was the best day out she'd had in the whole of her life so thank you for that. I will look into the other events and am very grateful.

We all had a fantastic time at Watatunga last week. The only feedback I can give is positive! Everyone was very friendly, welcoming and accommodating. It was something completely different, and all the group enjoyed themselves. It brought happy memories back to dad, of his time in Zambia, as he saw the same sort of animals there. He has now been telling everyone we meet about it! I think it was a great family activity and was inclusive of those with poor mobility too. It was nice to be in a group with others so you could chat with new, likeminded people too.

I have a lovely afternoon with everyone. Great to see so many different deer species. It is nice to chat with other carers

My grandmother really did enjoy her day out- as did we all! There's nothing we would have changed- it was a lovely opportunity to spend time together. my grandmother said it was an enjoyable and calm afternoon and all the staff were really friendly and chatty!

I wanted to let you know what a fabulous day we all had, we had a few difficulties getting mum out of the car, due to it being new surroundings only, but we never felt rushed at all (even though we held up the whole tour!) Everyone that came over to meet us was lovely, friendly and nothing was too much trouble. Apologies if we seemed antisocial, we are still not allowed to take mum inside areas (care home directives) so we all as a family still avoid busy inside areas as much as we can. Outside the reserve was stunning, the guide was knowledgeable, the weather was kind and the animals plentiful! Loved every minute, mums exhausted and having an afternoon snooze.

Thank you for choosing us as a destination and providing all our staff with a wonderful learning opportunity in undertaking the training offered by NCC. We have all learnt a lot and will look forward to hearing feedback from the visitors on Tuesday.

It was a really lovely day. I felt incredibly relaxed at the end of it. So good to be with people who share a common experience and try something different,

I would offer some advice about the spatula making. A lovely idea but rather unrealistic given the time frame that you are working to - and the lack of expertise in your customer base! Could I suggest the Blue Peter model - Here's One I Made Earlier.

It was nice to spend a day without any worries. Relaxing for the first time in 2 years.

I asked Tony what he enjoyed, and this is what he said: - It was great to spend a day outdoors in the Fen with a group of people. The skills we learned are useful and it is great to think our ancestors would have used them for survival. It left me tired, in a natural worthwhile way, and opened me up to a new realm of exploration. We really enjoyed the experience. For me, it was great to see the comma butterfly, turkey tail fungus, coltsfoot and other wildlife in such beautiful surroundings. I think I am not a typical attendee because of the severity of my fatigue so I needed to have stopped sooner than Tony and I did. Some people with dementia may find the paths difficult or have mobility issues and would need an adapted programme, I think.

The setting, the camp, the walk to the river and the afternoon activities were all so different from day-to-day life. We loved the campfire - and the campfire cooking! It was particularly good to be able to talk to other people who were in a caring role, in such a supportive atmosphere. I hadn't realised just how stressed I had become and I'm afraid I found myself crying as we walked along to the river but the lovely lady I was walking with, who was caring for her mother, was so gentle and understanding that afterwards I felt much better.

It was such a wonderful day outdoors. The location at RSPB Strumpshaw Fen is beautiful. Eating crumpets and baked potatoes cooked on the open fire was so cosy. And the woodwork tuition was fantastic.

I just wanted to say a big thank you for the 3 events I attended. They were really helpful and supportive at a challenging time. What a lovely, enlightened scheme and you were so kind as well. Best memories: eating a baked potato round a campfire at Strumpshaw, sharing experiences with other people in a similar situation and seeing lots of kingfishers at Barton Broad. Amazing! Please share my thanks with others responsible for the project.

I enjoyed the time we spent sitting round the campfire as well as being out on the Fen with the group. Thank you both for all your hard work to make the event so successful.

Thank you so much for arranging yesterday's day out at Fairhaven Gardens. What a wonderfully enchanting garden. I'll definitely go there again.

I was surprised at how Keith took to the electric scooter so well considering it was the first time he'd ever used one. I know he was concentrating hard and probably missed out on the Guides information or even looking at the flora and fauna. However, he was outside and quite happy stopping and talking to everyone who would listen to him. I was delighted he was out in the fresh air, and he did say coming home in the car that he had enjoyed the day, even though he got soaked. He's been on the phone and told everyone what he'd done that day and I put a couple of photographs on my Facebook page and so far he's had 23 comments on - Fantastic, Brilliant, Where did you go, Woooo-Hooo, Awesome and his best friend put.....this is the start for the rest of your life!..the comments came from around the world. Thanks to you two and Monument it was a roaring success for him and I am delighted.



I really enjoyed it. We were made so welcome and looked after so well. Personally, I really enjoyed trying to make the spatula, I found it very therapeutic using the pull saw. The fen is beautiful, and the walks are perfect as they are not too long for Stephen and never too far from base. There was so much to see and a nice variety with woodland and river. Stephen really felt comfortable in your company, and it was a testament to the day that he was happy to stay the whole time. In his words "it was fantastic "

I have recently had to reduce the number of hours that I teach due to increasing duties as a career. This has meant a corresponding reduction in time spent with work colleagues / staff room chat and involvement in the wider social life of a busy primary school. It was therefore a pleasure to spend time with such a super group of likeminded individuals in an interesting and engaging setting. It is always a boost to be reminded that so many others are in a similar position and facing the same sort of difficulties and at the same time it is great to put those concerns aside for a few hours for a bit of "me time".

a lovely, tranquil day. It was so interesting hearing about other people's experiences and put my own in some kind of perspective. It's such a lovely place and just being able to meander around with convivial company and be looked after, for once, was such a treat. It's definitely therapy for the mind and body. Please thank everyone involved, from funders to organisers, all the staff on the day were such delightful, kind people. One thought: I would have liked to stay in touch with a couple of people. I know it's difficult with data protection and I wasn't quick enough to exchange details.

When we arrived, we had to fill out forms and this caused a slight delay and another time we would make sure these forms were filled out prior to setting out. The walk from the centre to the reserve although at a slow pace was too far for some people. We would bring a wheelchair in future. It was made clear how the day would be, and that walking would be involved. A boat trip would have been welcome to some, that's sitting and watching and being with other people. The walk for most was enjoyable and they liked the guided tour very much. Dyke dipping was fun and reminded our group of past fascinations. The venue for the buffet and the food was lovely and plentiful. We over ordered for our first buffet at Christmas. Our people eat less than I thought. Tea, hot chocolate and coffee were very welcome. Some people with Dementia find it hard to chew and swallow so they have soft food so you might consider soup another time. The timing was right and, on the way, home we had tired people sleeping on the coach. I felt supported on the day as it can be hard taking a group of people out when they have not been to many places recently. Thank you for the lovely day and for your support. Although some might not remember it is the feeling of the day that brings happiness.

It was absolutely brilliant, Mum burst into tears after the sailing because she loved it so much and Dad kept saying how peaceful it all was and we couldn't remember how long it had been since he'd been out on the broads. We'd have never risked taking him without your support and organisation.

It would be hard to overestimate just how much we all enjoyed our afternoon at the Nancy Oldfield Trust. My husband remembers lots of what we did - so it must have made a big impression on him! My daughter was really pleased to see her father so relaxed and enjoying himself, travelling the broad in the motor cruiser with their volunteer drivers and chatting to the other people on the cruiser. He knew he was safe and so there was no sign of his usual anxiety levels. I was able to go in the sailing boat - and being allowed to take the helm for a while made my heart sing! It was wonderful! We are so grateful to all the members of your

team for arranging the trip. We feel that it is the sort of visit that we might be able to tackle on our own.

Such an amazing, wonderful day at Barton Broad. It opened our eyes to the possibility of using the Nancy Oldfield Trust to get 'on the water'! Everyone was so exceptionally kind and thoughtful and the whole set-up was just ideal for people who are disabled in some way. My husband, who has Alzheimer's, was entranced by the visit and has remembered many of the things that we did. He was very happy to stay in the motor cruiser, thoroughly enjoying the scenery and chatting to another couple, while I was able to go in the sailing boat. I was allowed to take the helm for a while which was so exciting for me! The whole day was a remarkable and memorable experience and our whole family.

It was a welcoming break. You must start charging people for these trips. Or at least as for a donation. I am sure most would be happy to donate...It was nice to meet several faces again from other trips.

It was brilliant. I'd never been to Neatishall before ...what a beautiful place. I'll definitely go back there... a great new discovery. I almost didn't come as mum was a bit sad when I saw her in the morning for breakfast and I was worried about her. But she had her carer with her in the afternoon and I'm so glad I went as I felt as if I had a little adventure. I loved both boat experiences. I didn't realise how much I'd exerted myself doing the canoeing! I was quite tired after that, so it was lovely to relax and let you all take control in the sailing boat. I slept well after all that exercise and fresh air! Thank you again for the wonderful day out. Great to meet all the other lovely people too...such lovely people....and a lovely sociable time.

## Appendix 2 Groups continuing to meet.

**The Community Culture Club-Norfolk Museum Service, Norwich** – a winter season group for those in Norwich who are carers or socially-isolated who have an interest in local history

**The Boundary Pub Craft Union, Mile Cross, Norwich** – a monthly group of conversation and games in a community pub environment. Ideal for those who enjoy seated activities with refreshment as well as classic pub games including bingo, pool and darts. A monthly dementia-friendly karaoke is also proposed for development thanks to carer feedback.

**Hellesdon Library dementia café** – a monthly group of conversation and games in a community library environment. Ideal for those who enjoy seated activities and seasonal craft with refreshment. This group also organises a Christmas Luncheon Party for its attendees.

**Taverham Library dementia café** – a monthly group of conversation and games in a community library environment. Ideal for those who enjoy seated activities and seasonal craft with refreshment.

**Louise Hamilton Centre dementia café** – a monthly group of conversation and games located in the grounds of the James Paget University Hospital in Gorleston. Ideal for those who enjoy seated activities and seasonal craft with refreshment.

**Cuddly Cavies** – This organisation continues to offer regular therapeutic guinea-pig sessions for people living with dementia and their carers.

**Redwings Horse Sanctuary** – Is working to establish a monthly conversation café for people living with dementia and their carers. This will be a drop session with a chance to walk around the animal paddocks.