



Connecting Creatively to the Landscape

Community nature based activity guide



**Connecting creatively to the
landscape of the Wye Valley AONB and Forest of Dean**

Foreward

This resource is a simple, **easy-to-read series of landscape and nature activities** for use by anyone, but especially designed for those who care for, manage or work with people living with dementia. It includes **easy-to-follow practical activities** as well as important considerations for you to plan, develop, implement or deliver a nature-based arts activity.

You do not need to be an expert! There's no need for a qualification, certificate or training to take on an activity. Though, a sense of fun and humour does help.

We hope you find the activities to inspire **being in nature** enjoyable as well as therapeutic. There are many other nature-based arts activities available over the internet or in books. Those included in this guide have been tried and tested by Artspace Cinderford and arts practitioners, through the Wye Valley Area of Outstanding Natural Beauty (AONB) BIG Lottery funded mindSCAPE project.

Delivering a nature-based arts activity is **not a competition**. It doesn't matter who creates the 'best' picture or who finishes first. Nor is it about focusing on the end product. The activities enclosed have been chosen because they offer an exploration and adventure - an opportunity to allow the freedom of expression.

It is **essential** the person delivering or supporting the activity does not 'manage' or 'control' the participants' creativity. In our eyes, a successful activity is where those engaging in the activity are able to **freely explore** and **find their 'flow'** in the process of being creative. Participants do not have to finish what they are doing. It's the **taking part** that is important.



“Laughter reminds our inner child, all is well.” (Yolande Watson)

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Introduction

Delivering a nature based arts activity improves emotional well-being. It reduces isolation by providing a support-network and delivering creative experiences in the natural environment helps to reduce stress and anxiety levels and improve fitness.

“Art takes nature as its model.” (Aristotle)

People benefit from participating in nature-based arts activities. Evidence reveals these activities can help to:

- enhance the person’s sense of self
- improve their mood and mobility
- facilitate social contact with others
- promote self confidence
- unleash unknown artistic talents!

“Nature always wears the colour of the spirit.” (Ralph Waldo Emerson)



“Everybody has a creative potential and from the moment you express this creative potential, you can start changing your world.” (Paulo Coelho)

Important Considerations

There are some important issues to consider when delivering a nature-based arts activity, e.g.

1. **Who** is the activity for?
 - a. Adults with dementia
 - b. Adults with dementia and their carers
 - c. Interested partners or other individuals
2. **Why** do you want to do the activity?
 - a. For fun
 - b. As part of my role
 - c. For my job

The motivation to carry out the activity, and the position from which you deliver it, will determine whether you need to put extra things in place such as additional help, risk assessments or insurance.

3. **Where** are you going to deliver the activity?
 - a. At home
 - b. In a specific venue, e.g. church hall
 - c. At a work place

Where you deliver the activity will identify whether you need specific facilities such as toilets and hand washing facilities, or to check whether the venue has health and safety policies in place and public liability insurance. There is a venue checklist in the appendix of this mindSCAPE resource guide that helps to identify the key considerations of a venue.

4. **How many** people will be doing the activity with you?
 - a. Less than 5
 - b. 5 or more but less than 10
 - c. More than 10

The number of participants will determine the number of assistants and helpers you require. A general rule of thumb that has been used by Artspace Cinderford during the mindSCAPE project is that you will need an extra person for every 4 participants. However, the physical, emotional and mental needs of the group will also dictate the number of assistants required to help deliver the activity.

5. **How old** are your participants and what are their physical, emotional and psychological abilities?

This mindSCAPE resource guide comprises a range of nature-based arts activities and some require more competence than others. Thinking about the age and ability of your participant(s) will help you choose activities that best suit their physical, emotional and psychological abilities.

Hopefully, this section has provided you with some ideas to plan a safe and successful nature-based arts session(s). However, if you are delivering arts-based activities as part of your role or post in an organisation, you will need to integrate the organisation's policies and arrangements such as:

- ✓ **Funding** – have you adequate funding to pay for materials?
- ✓ **Co-ordinating** – who will plan the activities that are to be delivered?
- ✓ **Scheduling** – will the activity be delivered at the same time every week or month?
- ✓ **Decision-making** – who will lead the activity?
- ✓ **Reporting** – is there a responsibility for the person delivering the activity to report on the participants' level of participation in the activity?
- ✓ **Evaluating** – who will monitor and evaluate the activity?
- ✓ **Supporting** – who will support the participants during the activity?
- ✓ **Health and Safety** – is the venue suitable to the participants needs and abilities? Have the activities been assessed for risk? Who is responsible for First Aid?

Taking the time to plan the activity ensures you will save time when it comes to delivering the activity. As Brian Tracy says:



**“For every minute you spend on planning,
you save 10 minutes on executing.” (Brian Tracy)**

Nature Based Arts Activity Sheets

You do not need to be artistically talented or qualified to deliver the activities in this guide. They can be completed as one single activity or divided into a series of activities that can be carried out over a period of time - depending on the age and capability of the participant(s).

Each activity sheet:

- states whether the activity can be delivered inside, outdoors or both indoors and outdoors
- are colour coded to help you choose which activity best suits the season:
 - Spring = Yellow
 - Summer = Green
 - Autumn = Orange
 - Winter = Pale Blue
- gives an outline of:
 - a basic description of the activity
 - the required ability of the participant
 - the preparation time needed
 - the time required to carry out the activity
 - a shopping list of the materials required to deliver the activity
 - a step-by-step process on 'how to deliver' the activity
 - top tips!

It is essential the person delivering, is familiar with the chosen activity sheet. Therefore, please read the instructions **well in advance** of delivering the activity.



“It is good to have activities that run [consecutively] into each other. He finds it hard to cope with too much change each time.” (mindSCAPE Carer)

For those assisting the participants in the activity ...

It can be challenging and overwhelming for those who have not participated in a nature-based arts activity before. Therefore, it is important to have at least one person to support a group of four participants.



At the start of the session, ensure the participants you are supporting:

- understand the aims of the activity – you may need to translate the instructions to suit their age, culture or language
- are able to access resources, materials and equipment to fully engage in the activity. If possible, assist them in clearing away their resources and materials at the end of the activity, leaving the area clean and tidy
- have every opportunity to do their own work, but do let the person leading the activity know of any difficulties that prevent them from participating fully
- feel safe. If you identify any concerns, particularly safeguarding, please inform the appropriate person or authority

You have a key role in assisting the person, so please:

- ensure you arrive on time at the start of the session
- leave your mobile phone switched to vibrate
- observe the participant(s) behaviour in the activity and take note of what they achieved (or what caused any agitation or difficulties)
- know that your presence throughout the duration of the activity is greatly appreciated

Spring Activities



"This has proved to be a great stress reliever and has enabled me to learn new skills and potentially take up new hobbies."

(mindSCAPE Participant)

"Connecting creatively to the landscape of the Wye Valley AONB and Forest of Dean."

GREEN MAN FACES (Outdoors / Indoors - Spring)

A 'Green Man' is a face surrounded by leaves which can be hung on a wall of the creator's room or on a tree within a garden. Make your own version from air-drying clay and incorporate natural materials. This activity could be split into two, i.e. one activity to collect the natural materials and another activity to make the Green Man.

Activity Rating:

This activity is suitable for people of any age or ability, although support may be required in gathering natural materials and some may need assistance in helping them to knead clay.

Preparation Time: 30 mins

Allow 15 minutes to read through activity sheet. You will also require 15 minutes to lay out the materials on tables for the participants to use.

Time Required for the Activity: 60 mins

Depending on the mobility of the participants, it should take approximately 30 minutes to collect the natural materials and another 30 minutes to make the Green Man.

Shopping List:

Air drying clay

A mat or piece of cardboard

A variety of natural materials

Wet wipes (or a bowl of water with a flannel, or access to a hand basin)



Step-by-Step Instructions:

1. Gather natural materials, eg leaves.
2. Start by kneading a ball of clay, on the mat.
3. Begin to mould the head shape, pulling out the clay to form a nose, pushing in the clay to form eye sockets and so on.
4. Add the natural materials to the face for eyes and hair.
5. You can then either take your Green Man indoors or, why not push him into the tree bark and leave him outside in your garden?

Top Tip!

Have wet wipes on hand (or a more eco-friendly alternative: a bowl of water with a flannel) to stop fingers and natural materials getting sticky with the clay.

INSECT POND (Outdoors / Indoors - Spring)

Making a mini-wildlife pond is easier than you think! You'll be providing a valuable water source to many different insects: bees, butterflies, moths and many other pollinators such as hoverflies.

Activity Rating: All abilities with assistance

This activity is suitable for people of any age or ability, although support may be required putting the insect pond in place.

Preparation Time: 15 mins

Allow 15 minutes to collect the materials you need to deliver this activity.

Time Required for the Activity: 15 mins

Depending on the age and mobility of the participants, it should take approximately 15 minutes to make the insect pond.



Shopping List:

A shallow water-tight container with a depth of no more than 2 inches (5 cm) made out of pottery, porcelain or thick glass. It could be an old saucer, a pie dish or an ornate tapas dish. If you don't have an old dish at home- you'll be sure to find one in a local charity shop.

Gravel, stones and small rocks

Rain water

Step-by-Step Instructions:

1. Choose the location for your dish (i.e. your chosen dish for an insect pond). Place it on a stable even surface that gets plenty of light but is not in the full sun. Choose a spot that is nice and quiet, and has some partial shade. You could place it on the ground, on top of a table or pedestal. If you place your dish on the ground, small mammals such as hedgehogs will also benefit.
2. Carefully cover the base of your dish with different sized stones. These provide platforms for the insects to stand on whilst they drink the water and they won't drown.
3. Pour enough water so the stones are slightly exposed above the level of the water. If possible, use rain water instead of using water from the tap. Tap water contains chlorine and other chemicals which can make the stones slimy and the dish go green - which will need cleaning once a week.
4. You may need to top the insect pond with water every day in hot weather - again try to use rainwater.

Top Tip! Create a wildlife habitat around your insect pond by having 'insect friendly' plants in pots, which will encourage bees, butterflies and other pollinators to come and drink at your insect pond. Alternatively, if you have space, plant insect friendly plants and put a pile of logs in your garden to create a home for insects.

NATURAL PAINT BRUSHES (Indoors – Spring)

Did you know, sticks and grasses make fantastic alternatives to paint brushes? The famous Dutch artist Vincent Van Gogh produced some lovely drawings of landscapes using a variety of different marks on his paper. Why not make your own unique set of brushes and experiment with some unusual mark making?

Activity Rating:

This activity is suitable for people of any age or ability, although support may be required to help attach the natural materials to the sticks.

Preparation Time: 15 minutes

You will need at least 15 minutes to set up the room such as laying out the materials ready for the participants.

Time Required for this Activity: 50 minutes

This activity should take approximately 50 minutes. However, this depends on the mobility of the participants in collecting the natural materials. This activity could be shortened by preparing the sticks in advance.

Shopping List:

Secateurs

Masking tape

Scissors

Paper

Yogurt pot

Sticks (about 30cm in length)

A variety of natural materials

(leaves, branches, grasses, feathers)

Black Indian ink (or watered down paint)



Step-by-Step Instructions:

1. Find a branch on the floor or on a tree and trim off some lengths about 30cm long. Remove any twigs so that you are left with just a stick.
2. Gather some natural resources together. Try to find different textures like grasses, leaves and flower heads.
3. Securely attach each 'texture' to its own stick using masking tape.
4. Pour some of the Indian ink into an empty yogurt pot, then dip the natural paintbrush into it and experiment with marks on the paper.
5. Once you have experimented with all of the effects that can be achieved with each texture, then take a fresh piece of paper and create your own Van Gogh inspired landscape!

Top Tip!

Why not experiment with different coloured Indian ink or paint for some really unusual effects?

Summer Activities



*“The activity was great fun and relaxing although hard work ha ha!
Lunch was lovely, enjoyed spending time outdoors and find everyone
so friendly and kind.”*

(mindSCAPE Participant)

“Connecting creatively to the landscape of the Wye Valley AONB and Forest of Dean.”

NATURAL ART GALLERY (Outdoors – Summer)

Go for a stroll and create an outdoor gallery on the floor using natural found materials like stones, pebbles, acorns, leaves, sticks and flowers. Look at artwork produced by Andy Goldsworthy to inspire you and create your 'pictures' in a frame with whatever materials you can find.

Activity Rating:

This activity is suitable for people of any age or ability, although support may be required gathering natural materials.

Preparation Time: 15 mins

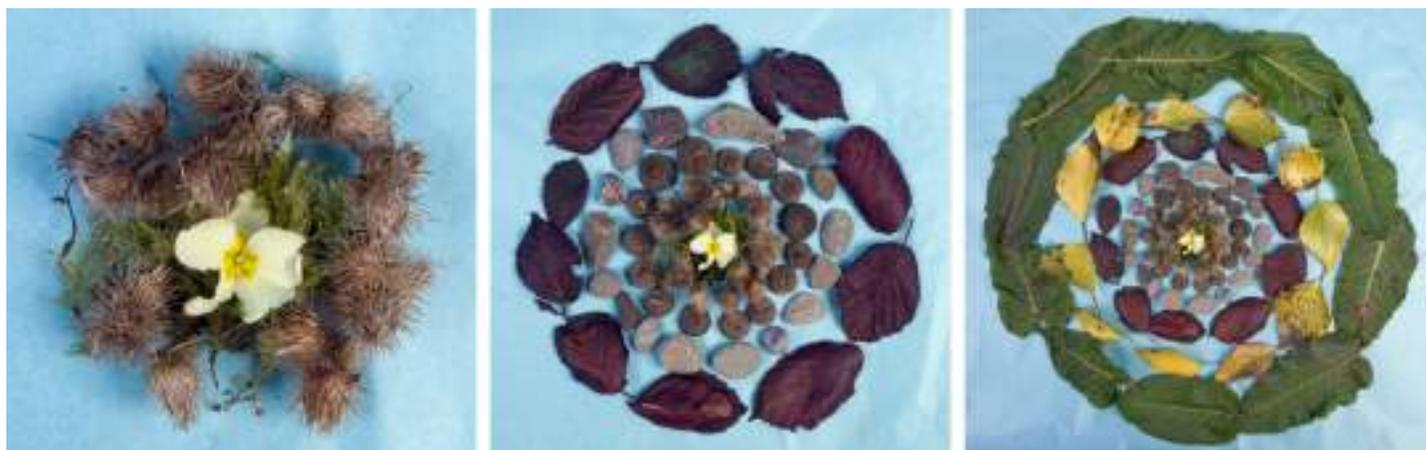
You will need at least 15 minutes to set up the equipment needed to lead this activity, i.e. a carrier bag for each participant (or their support worker), a camera and wet wipes (or a more eco-friendly alternative: a small bowl of water with a flannel).

Time Required for the Activity: 30 mins

Depending on a) the length of time spent collecting materials and b) the cognitive abilities of the group, it should take approximately 30 minutes to carry out this activity.

Shopping List:

Natural materials; like stones, pebbles, petals, flowers, acorns. Camera. Carrier bag (to put your natural materials in). Wet wipes.



Step-by-Step Instructions:

1. Go for stroll outside a garden or park.
2. Find four larger branches to create your 'frame' on the floor.
3. Collect other natural materials to create your 'picture' inside the frame.
4. Don't forget to give your artwork a title! Then create another piece of art for your outdoor gallery.
5. Ask everyone to wipe their hands when finished.

Top Tips!

1. This is a group activity, where everyone can add their contribution to the gallery on the floor.
2. Don't forget to record what you do with a camera as the artworks won't last forever. Once developed, they could be exhibited.
3. Print off and show participants examples of Goldsworthy's work for inspiration.

NATURAL BOOKMARKS (Outdoors – Summer)

Create a beautiful natural bookmark from treasures that you find outdoors. These could be gathered on a short walk in a garden or on a visit to local woodland or park. Once you start looking for tiny treasures, you'll be fascinated by the colours and shapes you can find in nature.

This activity could be split into two, i.e. one activity to collect the natural materials and another activity to make the bookmark.

Activity Rating:

This activity is suitable for people of any age or ability, although support may be required when gathering natural materials.

Preparation Time: 15 mins

You will need at least 15 minutes to set up the activity and lay out the materials ready for the participants.

Time Required for the Activity: 30 mins

Making the bookmark should only take 20 - 30 minutes. However, please add at least an additional 30 minutes to collect the natural materials.

Shopping List:

Thin card

Double-sided tape

Scissors

Sellotape

Small, flat natural materials like leaves, flowers and petals



Step-by-Step Instructions:

1. Cut a piece of card into a strip approximately 5 x 20cm.
2. Cut a length of double-sided tape and stick in the middle of your card strip.
3. Go for a stroll outside and look really hard for small, flat and interesting items to stick on your bookmark.
4. Remove the top layer from the double-sided tape to reveal the sticky surface.
5. Arrange your petals and leaves in a pattern onto the tape. Try to cover all of the sticky surface.
6. Cover the whole of the design with sellotape to protect the design.

Top Tip! Why not seal your design in a laminator, if you have one, but make sure the bookmark is not too thick to go through the laminator's rollers.

NATURAL SUN CATCHER (Outdoors – Summer)

Make a beautiful sun-catcher from natural materials that you find in a visit to a local woodland or park. Sticky backed plastic is very cheap and can be found in most supermarkets and discount stores.

Activity rating:

This activity is suitable for people of any age or ability, although support may be required to a) collect the natural materials, b) cut out the middle of the paper plate and c) to put the sticky backed plastic in place.

Preparation Time: 15 mins

You will need at least 15 minutes to set up the activity and lay out the materials ready for the participants.

Time Required for the Activity: 30 mins

Making the sun catcher should only take 30 minutes. However, please add at least an additional 30 minutes to collect the natural materials.

Shopping List:

Colourful natural resources like leaves, ferns and flowers

Paper plates

Scissors

Sticky backed plastic



Step-by-Step Instructions:

1. Gather flat, colourful natural materials with interesting shapes and put to one side.
2. Cut out the middle of your paper plate.
3. Cut out a piece of sticky backed plastic bigger than the hole in the middle of the paper plate.
4. Remove protective layer and attach it to the back of the paper plate.
5. Arrange the natural materials in an eye-catching design, pushing them down onto the sticky surface.
6. Cut a second piece of sticky backed plastic and stick over your design to protect it.
Trim the plate to create a thin, white circular frame.

Top Tip!

Why not add a piece of ribbon to the finished design and hang it in a window?

Autumn Activities



“I really enjoyed that session [wood carving] to such an extent that I am tempted to continue or at least potter around a bit! It certainly lifts the spirits.”

(mindSCAPE Participant)

“Connecting creatively to the landscape of the Wye Valley AONB and Forest of Dean.”

PAINTED AUTUMNAL LEAVES (Outdoors – Autumn)

When leaves turn to a beautiful orange colour, they make a perfect surface to paint on. Why not decorate a selection of leaves with pretty patterns, using acrylic paint - which does not cost very much from art outlets and come in lots of bright colours.

Activity rating:

This activity is suitable for people of any age or ability, although support may be required when gathering natural materials.

Preparation Time: 15 mins

You will need at least 15 minutes to set up the activity and lay out the materials ready for the participants.

Time Required for the Activity: 30 mins

Each leaf should take approximately 30 minutes. However, please add at least an additional 30 minutes to collect the natural materials.

Shopping List:

A selection of flat, autumnal leaves

Acrylic paint

Thin brushes

Aprons / old shirts to protect clothes. Acrylics are difficult to get out of fabric, especially when dried on.

Water pot

A mat or piece of card

(to protect your work surface)

Hairdryer



Step-by-Step Instructions:

1. Go for a little stroll and gather a range of leaves.
2. Place your leaf on your mat or piece of paper (dry with the hair dryer if damp).
3. Begin to paint your leaf with stripes.
4. Dry off your leaf in between colours using the hairdryer, so the colours don't run into each other.
5. Once you have painted your colourful stripes, decorate further with contrasting spots and dashes.

Top Tips!

1. Try to name the trees that the leaves have come from. If your leaves are a little scrunched up, you can put them between two pieces of newspaper and iron them on a low heat.
2. The finished leaf can be made into a beautiful greetings card. Just attach it to a folded piece of card with a spot of glue.

COLOUR CHALLENGE (Indoors - Autumn)

Make yourself a colour wheel, then go outside on a colour hunt and try to find as many colours as you can in nature. This activity could be split into two, i.e. one activity to make the colour wheel and another activity to find the colours outdoors.

Activity rating:

This activity is suitable for people of any age or ability, although support may be required to cut colours out of the magazines and collect natural materials outdoors.

Preparation Time: 30 mins

Allow at least 30 minutes to make the five plates in advance of the activity (if it is the first time you have delivered this activity). You will need at least 15 minutes to set up the room with the materials ready for the participants.

Time Required for the Activity: 45 mins

It should take approximately 45 minutes to make the wheel and you will need further time to go on a colour hunt outdoors.

Shopping List:

Old magazines, Piece's of card (or paper plates), Pencils, Glue sticks, Scissors.



Step-by-Step Instructions:

1. Begin by drawing a circle on a piece of card (draw round a plate).
2. Divide the circle into six sections with a pencil.
3. Cut out small pieces of colour from the magazines and begin to fill each section by sticking down the colours with the glue stick. Start with red, then orange, yellow, green, blue and finally purple. You now have a colour wheel!
4. Go outside into the garden and see how many colours and shades you can find on the colour wheel in nature.

Top Tips!

1. Pre-prepare 4 plates to show the participants at each stage, e.g. one plate with a circle drawn on it, one which shows a circle with 6 sections on another with 6 sections filled with colour.
2. Try this activity at different times of the year as the colours you find may be different. You can also laminate your colour wheel so that it lasts longer.

Winter Activities



“I am able to settle into these sessions and remain for the whole time. Sometimes I have to leave activities after only a short time. Not with this.”

(mindSCAPE Participant)

“Connecting creatively to the landscape of the Wye Valley AONB and Forest of Dean.”

PAPER FLOWERS (Indoors – Winter)

Bring the outdoors in and create a bunch of colourful paper flowers, inspired by nature. You can use tissue and crepe paper, buttons and beads, or even colourful paper cake cases.

Activity rating:

This activity is suitable for people of any age or ability, although support may be required to help thread beads and to cut petal shapes.

Preparation Time: 15 mins

You will need at least 15 minutes to set up the room and lay out the materials ready for the participants.

Time Required for the Activity: 45 mins

It should take approximately 30 - 45 minutes for one person to make one flower.

Shopping List:

Tissue/crepe paper in various bright colours	Buttons/beads
Thin florist wire	Scissors
Thick florist wire	Strong glue (UHU is good)
Green florist tape	Cupcake cases



Step-by-Step Instructions:

1. Start by threading the thin florist wire through a button or bead.
2. Twist the thin wire onto some thick florist wire to create the stem of the flower.
3. Start off by building up layers with brightly coloured cupcake cases to create simple 'petals'. Cut them first into petal shapes, then thread them onto the wire and push them up to where the bead sits. Add a little glue to secure if needed.
4. Once you are happy, make another layer of petals, experiment with different petal shapes cut out of tissue/crepe paper. The petals closer to the centre of the flower need to be smaller. Attach them with a little masking tape.
5. Keep building up the layers of petals until you are happy with the design.
6. Take a strip of the green florist tape and cover the whole of the stem.

Top Tip!

Why not make a bunch of flowers and put them in a vase?

PAINTED SILVER BIRCH TREE-SCAPES (Indoors – Winter)

A simple technique to paint a striking canvas of a 'tree-scape' inspired by the Austrian artist Gustav Klimt's paintings of a silver birch forest. No painting experience is necessary to enjoy this easy creative activity. Canvas boards are very cheap and can be found in supermarkets and art outlets.

Activity rating:

This activity is suitable for people of any age or ability, although support may be needed to help with putting the sticky tape onto the card.

Preparation Time: 15 mins

You will need at least 15 minutes to set up the room and lay out the materials ready for the participants.

Time Required for the Activity: 60 mins

This activity should take approximately 1 hour.

Shopping List:

An artist's canvas, card or alternatively recycle a cereal packet.

Masking tape

Brushes

A selection of paint (acrylic is best)

Water pot

Scissors

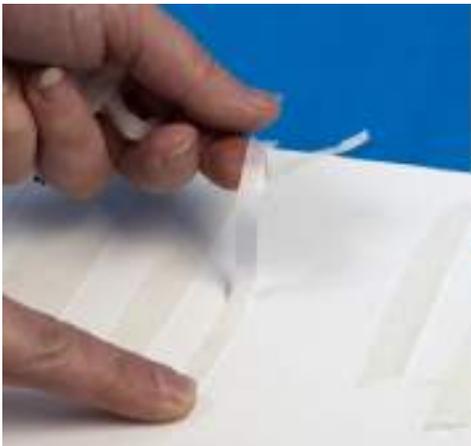
Hairdryer (optional but very useful)

Coloured paper

Pencil

Newspaper to protect worktops /desks.

Aprons to protect clothing when using acrylics.



Step-by-Step Instructions:

1. Begin by sticking the masking tape onto the painting surface. This will 'mask out' where the paint will go and will form your tree trunks shapes. You may like to add thinner branches too. These can be achieved by cutting or tearing the masking tape to make thinner strips.
2. Choose your paint colour. You may like to use oranges and browns to achieve an 'autumnal' effect, or go for bright lilac shades to give the sense of a 'bluebell woodland.'
3. Decide where the ground line will be and where the leaf canopy will start (use a pencil to mark if it helps).
4. Start to paint your canvas using big brush strokes, choosing the right colour at each section of the painting.
5. Dry off the surface of the paint, then add new layers of colour.
6. Completely dry the canvas, then peel off the masking tape. You will be left with white tree trunks. Add horizontal bark textures with a pencil to finish the appearance of the trees.

Top Tips!

1. It's quite effective to use a little touch of gold on the last layer of paint if you are choosing to create an autumn-themed canvas, plus silver paint looks great for winter.
2. Print out a colour copy of Gustav Klimt's 'silver birch forest' painting to inspire.
3. Showcase the participants artwork by hanging their artwork on a wall, or by holding a 'Tree-Scape' exhibition.



Background

This resource is a step-by-step guide to support those delivering arts-based activities to anyone living with dementia. It ensures valuable learning that was gathered during the mindSCAPE project will be sustained and replicated in other settings.

mindSCAPE was a 4 year BIG Lottery funded project (2014-2018), which evolved from an earlier Wye Valley Area of Outstanding Natural Beauty (AONB) project called 'Inside Out', developed in partnership with the Forestry Commission and designed to allow under-represented groups access to the landscape and work through health issues creatively. These participants included people with mental health, physical and/or mobility issues, visual and hearing impairments, drug and alcohol issues, learning difficulties and those with age related problems and caring roles.

This pioneering project revealed older people (particularly those with dementia and their carers) faced the greatest barriers to participation and were therefore the 'hardest to reach'. The need for a specialist project for people living with dementia sparked a consultation process whereby the AONB focused on the barriers people faced and how these could best be overcome. This thorough consultation included over 40 partner organisations, service users and carers and was a key element of the successful 'mindSCAPE' bid to the Big Lottery. Artspace Cinderford were contracted to co-ordinate and deliver the mindSCAPE project.

If you require further details of the mindSCAPE Project, contact Hannah Elton-Wall at Artspace Cinderford on 01594 825111 (extn 4) with, e-mail: hannah@artspacecinderford.org. or visit www.wyevalleyaonb.org.uk or www.artspacecinderford.org

Wye Valley Area of Outstanding Natural Beauty (AONB)



The Wye Valley AONB is a nationally designated protected landscape covering 128sq miles of the lower Wye Valley from Mordiford, east of Hereford, downstream to the outskirts of Chepstow. The only protected landscape to straddle a national boundary; it covers parts of Herefordshire, Monmouthshire and Gloucestershire. The statutory AONB Management Plan directs a strong partnership of public, private and voluntary sector organisations, called the AONB Partnership, which is committed to working effectively to achieve ways that not only sustain the area's natural beauty and enable people to continue to enjoy it, but also to improve the quality of life for people who live and work in the AONB. For additional information on the Wye Valley AONB visit: www.wyevalleyaonb.org.uk. For more about AONBs see www.landscapesforlife.org.uk

Contact List

This publication is the product of a successful collaboration between many different organisations that work with or are engaged in planning, developing and/or delivering nature-based arts activities to those with early stages dementia and their carers in the Forest of Dean.

Further information and assistance can be found through a number of organisations local to the Forest of Dean and further afield.

Local

Forest of Dean District Dementia Action Alliance

The aim of the Forest of Dean District Dementia Action Alliance (FODD DAA) is to ensure those living with dementia in the district are respected and enabled to continue to enjoy living their lives as well as possible and for as long as possible.

The Alliance enables the wider community to understand dementia and inspire people to contribute to a dementia-friendly community. **www.fdean.gov.uk**

This includes setting up a network of community champions and working in partnership with other surrounding District Councils. If you want more information about the Forest of Dean District Dementia Action Alliance, go to:

www.dementiaaction.org.uk/local_alliances/17195_forest_of_dean_district

Crossroads Care Forest of Dean and Herefordshire

Crossroads Care Forest of Dean and Herefordshire is a specialist charitable organisation who, through their not for profit care agency, provide practical help, support and social opportunities to carers and those they care for across all ages and disabilities.

www.crossroadsfd.org.uk

*There are other **regional organisations** that can provide additional information, help and support such as:*

ALZHEIMER'S SOCIETY (GLOUCESTERSHIRE) – the local office provides services for people who have a diagnosis of dementia, which includes, a Dementia Adviser service, Singing for the Brain group, Memory Cafes and a specialist group for younger people with dementia. Please contact the Gloucestershire office for further details :

Telephone: **01452 525 222**, email: **gloucestershire@alzheimers.org.uk**.

Dementia Adventure supports people to live well with dementia and have a sense of adventure in their lives: **www.dementiaadventure.co.uk**

Gloucestershire Dementia Strategy Group: the Gloucestershire NHS Clinical Commissioning Group and the Gloucestershire County Council have combined a commitment of joint resources with a partnership approach to improve the local health and social care response to dementia since the publication of the National Dementia Strategy in 2009.

www.gloucestershire.gov.uk

Gloucestershire Young Onset Dementia is a charity which helps people whose lives are affected by young onset dementia. **www.youngdementiauk.org**

If you live outside of Gloucestershire and are interested in joining or delivering nature-based arts activities, look online for your local arts provider or contact your local Council to find out what is available in your area.

Appendix: Venue Checklist

Where you deliver the activity is a key priority and the following table should be seen as a basic 'prompt sheet'.

Environment	Question	Be Solution - focused
Indoor venue	Is it suitable?	<p>Have a look around. Are there stable and comfortable chairs, table tops that are easy to clean and/or plenty of space to do the activity?</p> <p>Is there plenty of room in the venue to do the activity?</p> <p>Is there plenty of light?</p> <p>Will the activity interfere with others not participating in the group?</p> <p>Is the flooring safe to walk on?</p> <p>Are there sufficient and suitable facilities for your group (eg kitchen, toilets)</p>
Outdoor venue	Is it safe?	<p>Is the area safe from sharp objects, tree roots etc?</p> <p>Are paths level and accessible for you and the participant(s)</p> <p>Do you need public liability insurance to lead the activity?</p> <p>Is it close enough to facilities such as toilets?</p>
Facilities in the venue	Is there ...?	<p>Wheelchair access?</p> <p>Somewhere to wash your hands?</p> <p>Easily accessible toilets?</p>
Availability of the venue	Is it the right time of day?	<p>The age of your participant(s) will determine the time of day to deliver the activity because of their energy levels and the length of the activity too.</p>

If you are delivering an activity as part of your role or work, investigate whether there is an in-house arts activity (health and safety) checklist.

Alternatively, look online for checklists that are specific for the location of your activity and ability of your participants such as **Dementia Friendly Environments**
<http://www.scie.org.uk/dementia/supporting-people-with-dementia/dementia-friendly-environments>.

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Disclaimer

This publication is not intended as a 'how to' guide for working with people living with dementia, it is a selection of activities used and enjoyed as part of the mindSCAPE project, and guidance on how to successfully deliver them. The activities and advice in this publication are considered by the Gloucestershire Dementia Strategy Group to be examples of good practice. However, the Gloucestershire Dementia Strategy Group, Wye Valley AONB Partnership, Forest of Dean District Council, Artspace Cinderford and any other organisation or person associated or affiliated with this publication is not liable or responsible for any damage to person or property for those acting upon any content of the publication.



With thanks to our project partners



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www.wyevalleyaonb.org.uk