

'Men in Sheds' build fidget boards for dementia patients¹

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Men in Sheds Hartford

AGE UK's Men in Sheds Hartford group have put their skills to the test, making fidget boards for people with dementia.

The initiative, in partnership with Handmade for Dementia, has seen volunteers sew, knit and build dementia sensory items to be donated to care homes and hospitals.

The idea of dementia sensory items, such as the fidget boards, is to alleviate agitation and restlessness during the latter stages of dementia by giving person something to do with their hands.

In a wider sense, it is also said to encourage the use of cognitive, physical, social, emotional and sensory skills helping to promote a sense of well-being and independence.

Gus Glynn, project co-ordinator for Men in Sheds Hartford, said: "Tracy Etherington from our Falls Prevention Service suggested that we get involved in this project as she has been knitting for Handmade for Dementia.

"We have really enjoyed being involved, especially as we have a number of men who come to our sheds who have some form of dementia.

"It was very insightful to be able to work together in designing and creating something that was tried and tested. We hope the recipients enjoy."

There are now several sheds across Cheshire in Hartford, Crewe, Chester, Ellesmere Port and one soon to open in Winsford, where older men meet to undertake activities such as woodworking, metalworking, art and computers.

It is described as being almost like a youth club for the over 50s.

For more information please contact Men In Sheds on 01606 884924

¹ <https://www.northwichguardian.co.uk/news/16906972.men-in-sheds-build-fidget-boards-for-dementia-patients/>