



# Revitalising Minds: Community Activities for Brain Health

Welcome to our innovative programme designed to support those with degenerative brain conditions. These engaging activities foster cognitive stimulation, social connection, and joy for our diverse over-50s community.

**MS** by Marina Stedman



# Melodic Memories: Interactive Music Sessions

1

## Group Sing-Alongs

Participants join in familiar tunes, stimulating memory and language skills. Songs from various cultures are included to celebrate diversity.

2

## Instrument Exploration

Attendees try simple instruments, enhancing fine motor skills and coordination. Options range from percussion to wind instruments.

3

## Music-Inspired Art

Creating visual art whilst listening to music encourages self-expression and sensory engagement. Various art mediums are provided.



# Rhythmic Reconnections: Dance and Movement Therapy

## Chair-Based Dancing

Gentle movements performed whilst seated, suitable for all mobility levels. Music from various decades and cultures is used.

## Cultural Dance Exploration

Learning simple steps from different cultural dances promotes cognitive engagement. It also celebrates the diversity of our community.

## Expressive Movement

Free-form movement sessions encourage creativity and emotional expression. Scarves and ribbons add a sensory element.

# Tales of Time: Intergenerational Storytelling

1

## Personal Narratives

Participants share their life stories, promoting memory recall and self-esteem. Young volunteers assist in recording these precious memories.

2

## Cultural Folktales

Stories from various cultures are shared, celebrating diversity and stimulating imagination. Visual aids and props enhance the storytelling experience.

3

## Collaborative Storytelling

Groups create stories together, fostering social interaction and creative thinking. The stories are compiled into a community book.



# Culinary Connections: Multicultural Cooking Classes

## Recipe Sharing

Participants bring recipes from their cultural backgrounds, promoting cognitive recall. The group discusses ingredients and cooking methods.

## Hands-On Cooking

Simple, safe cooking activities stimulate senses and motor skills. Adaptive utensils are provided to accommodate various needs.

## Multicultural Tasting

Sampling diverse cuisines encourages social interaction and sensory engagement. Discussions about flavours and textures stimulate language skills.



# Nature's Nurture: Therapeutic Gardening



## Plant Care

Watering and nurturing plants promotes responsibility and routine. It also provides gentle physical activity.



## Harvesting

Picking fruits and vegetables stimulates tactile senses and motor skills. It also provides a sense of accomplishment.



## Sensory Garden

A dedicated area with aromatic plants stimulates olfactory senses. Texture-rich plants encourage tactile exploration.



# Mindful Moments: Adaptive Yoga and Meditation

## 1 Chair Yoga

Gentle stretches and poses adapted for seated practice improve flexibility. Breathing exercises promote relaxation and stress reduction.

## 2 Guided Imagery

Calming visualisations stimulate imagination and promote emotional well-being. Sessions incorporate culturally diverse imagery to be inclusive.

## 3 Mindfulness Practices

Simple mindfulness exercises enhance present-moment awareness and reduce anxiety. Techniques are adapted for various cognitive levels.



# Artistic Expressions: Multi-Sensory Art Therapy

Activity	Benefits	Adaptations
Tactile Sculpting	Enhances fine motor skills, sensory stimulation	Soft clays, adaptive tools
Colour Therapy Painting	Emotional expression, visual stimulation	Large brushes, spill-proof paints
Collage Making	Decision-making skills, creativity	Pre-cut shapes, textured materials