

# Matinée Outreach

- Do you live with dementia, or care for someone living with dementia?
- Have you felt socially isolated and not comfortable using online technologies?
- Have you been frustrated over lockdown by the lack of activities you can do, and missed learning and trying new things?



**As we find ourselves in another lengthy lockdown this is an invitation to take part in something creative and new from the safety of your own home.**

**Matinée Outreach is a free arts-based project for people living with dementia (and their carers) who are isolated by Covid19 and not comfortable with online activities.**

- Using the phone and post you will have 1:1 sessions with a professional artist. The sessions often centre around conversations on the phone with the artist focussing on topics and themes, and then often having some activities afterwards that you can try at home. The topics and themes will all be centred on the interests and motivation of the person living with dementia.
- Our artists are both experienced in working alongside people living with dementia and are looking forward to working creatively and flexibly with you via telephone and post.
- **Please get in touch with Frances Watt on 07449 732322 or email [admin@matineederbyshire.org.uk](mailto:admin@matineederbyshire.org.uk) if you would like to know more or take part.**

