



Dementia Action Week

Take part in Tea With a Pony for Dementia Action Week (16-22 May)

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Introduction

What is Tea With a Pony?

Tea With a Pony (TWP) gives fulfilling and enriching experiences with horses to people living with dementia or other similar conditions.

Participants can enjoy a slice of cake and cup of tea, and then have the opportunity to have a sensory experience with a pony.



The Benefits

- Sensory experience
- Supportive, safe and inclusive
- Can help participants revisit old memories and make new ones
- Special experience for all involved
- Increase participant numbers
- Make connections within a local community

TWP at your Group

You may want to do TWP at your group for a number of reasons - you may be aware of a need for it in your area, you may have volunteers or horses particularly suited to this sort of activity, or you may be looking for additional income for your group.

Each group runs this activity in their own way to fit its circumstances. The resource will cover some ideas and experiences which we hope will help you on your TWP journey in your group, and you can always visit the MyRDA website for further information.

Dementia Action Week

(16-22 May)

About Dementia Action Week

Dementia Action Week (DAW) is the Alzheimer's Society's longest running awareness campaigns. The theme of this years campaign is diagnosis. There are lots of resources that you can download on their website (link in Useful Resources).



What RDA is doing for Dementia Action Week

For DAW, RDA UK is encouraging all groups who have TWP listed as one of their activities to run as many sessions as they can in DAW, even if it's just one session. Or if a group does not currently run TWP, we hope to groups will at least consider adding it to their list of activities. Our aim for the week is to have the most TWP sessions run in a week than we've ever had and have more groups sign up to include it as an activity at their group. We hope by doing this, we can raise more awareness of RDAs non-ridden activities and attract a broader range of participants, as well as show the benefits of horses to people living with dementia.

RDA UK will be running an open day with Creative Mojo at the National Training Centre in Warwickshire on Thursday 19th May. We will have local care homes visit the Centre and take part in a TWP session as well as arts and crafts with Creative Mojo.

Getting Started

To start

Before getting started, you will want to make sure you have all the resources to run these activities - volunteers, horses, space, and time.

When you feel ready to go ahead, you need to find your participants. Care homes should be relatively straightforward as they are always looking for affordable, meaningful activities for their residents.

You can get in touch with potential participants who are living in care homes by approaching the homes themselves directly, or through the local network of care home activity coordinators, if there is one.

Another way is to get in touch with local GP practices, community centres and primary care centres.

Funding

Most RDA groups will want or need to charge for these activities. Sessions need to be affordable and value for money, but also cover your costs. It may be useful to compare notes with other RDA groups offering TWP.

Alternatively, you could work in partnership with local doctors and social care services to access funds from the government. This varies across the UK, but you will need to approach a local Clinical Commissioning Group (CCG) with a service offer and a proposal that they purchase your service on behalf of the local community.

You may also find that national or local grant-making trusts may be willing to make grants specifically for this type of session.

Grants might enable the group to allow it to provide sessions free of charge or heavily subsidised, or to participants or carers who would not otherwise be able to afford it.

**Find out more on how get started
and how to run a TWPsession at
MyRDA:**

<https://www.myrda.org.uk/runningyourgroup/tea-with-a-pony/>



Social Media

Social media can be a fantastic place to advertise your work. During DAW we encourage you to share TWP sessions at your group on social media. Sharing the work on social media can attract press, more participants, more followers, and even possibly new supporters. This is a great opportunity to also shout about your first ever TWP session.

If you aren't doing a TWP session, you can always share RDA UKs social media posts during DAW week.

Ideas for posts



- General post about your TWP sessions
- Quotes or videos from carers of family members who attended.
- Case study story about one participant and their family.
- Focus on the care home who regularly visit for TWP sessions.



Don't forget to tag!

When you're posting about your Dementia Action Week work, we'd love to see what you post and may want to share it!

 Riding for the Disabled Association
(@RDANational)

 @rdauk

 @RDAnational

Similarly, tag the Alzheimer's Society, who may also want to see what is happening during their campaign and may share it,

 Alzheimer's Society
(@alzheimerssocietyuk)

 @alzheimerssoc

 @alzheimerssoc



Useful Resources

MyRDA

<https://www.myrda.org.uk/runningyourgroup/tea-with-a-pony/>

Alzheimer's Society

<https://www.alzheimers.org.uk/get-involved/dementia-action-week>

Find a Care Home Near You

<https://www.cqc.org.uk/what-we-do/services-we-regulate/find-care-home>

