

Top tips – finding beneficiaries ¹

Individual beneficiaries – ask friends or relatives – if they don't have a loved one affected they often know someone else who does

Groups of beneficiaries

We don't currently have a distribution network so at the moment, if you are hoping to donate several Memory/Fiddle Quilts, you need some luck and a bit of tenacity!

If you have already made one/some, that can make life easier as you have something to show people. They really don't take long to make (see tips sheet), or please feel free to use the pictures on the website or our Facebook page (search fiddlefingersquilts). On the other hand if you are planning a workshop/quilting challenge there are advantages of finding a care setting first; eg so that makers can personalise the design of what they produce knowing something about the individuals who are going to benefit

To find groups of people you need to get a care setting² involved; some suggestions

1. Use your contacts – friends and family, colleagues for suggestions from their experience
2. Search the internet for local dementia homes, do a little research to pick one that appears to provide good care eg by checking their Care Quality Commission (CQC) rating <http://www.cqc.org.uk/search/services/care-homes>
3. Contact local agencies, for example
 - the dementia action alliance website is a useful starting point as if your area has a local dementia alliance http://www.dementiaaction.org.uk/local_alliances as by definition these are organisations involved with those affected by dementia and keen to make a difference. You can tell sometimes tell which might be relevant/sympathetic care settings from their action plans
 - Local dementia cafes may have people who would benefit to find ones in your area see <http://www.dementia.co.uk/support/dementia-cafes>
 - Local hospital and/or mental health community health trusts. Many have someone employed as a “dementia lead” who would be a good starting point for initial contact. If the trust doesn't have its own ward/daycare facility the lead will be able to make suggestions of others which might be interested

Tips for being persuasive when you make contact with a care setting

- Some makers have had great success by just turning up and asking to speak to the officer in charge
- If you prefer a more planned approach phone or email, whichever you feel most comfortable with – but whichever you start with, follow up with the other to get an appointment to visit
- It can be quite hard to explain about Memory/Fiddle quilts on the phone or by email - people seem to understand much better when they can see some.
- The key to getting a care setting interested is getting someone influential on board; the officer in charge, the dementia lead or other specialist professional – eg Occupational Therapists include memory and engagement tools and techniques in their work with dementia patients so they appreciate the potential benefits of memory/fiddle quilts
- Name drop – if someone connected to the care setting or a specialist professional suggested it, it usually helps to mention that
- Mention the benefits to everyone affected – eg stimulating memories and conversation and soothing those service users with repetitive/destructive/difficult to manage behaviour, something for relatives and carers to talk about with the loved one/service user, therapeutic tool for relatives/carers to help shape the design by recalling their loved ones Passions Occupations the People and Places they love - see Joan's quilt on the website (Hints and tips)

¹ © Fiddlefingersquilts

² Daycare, residential or nursing home etc