



Hi everyone,

Fiddle Blankets

Very recently, and completely out of the blue, I received a phone call from Megan, an amazing lady from Occold, who has now become our latest volunteer. She simply asked if she could make and donate “Fiddle” blankets for the Project. What a wonderful thought and when you see them in the photo I am sure you will agree that they seem almost magical.



For many whose symptoms of dementia have developed significantly they can be a real comfort and therapy, and for their family carers they can give a small respite from the minute to minute, day to day, week to week need to be ever sensitive to their

loved one’s behaviour. Few of us realise that such a simple thing can absorb the senses and mind of someone who is frustrated by being unable to communicate and understand the world that they are in. I have no idea where the concept of “Fiddle Blankets”, or often described as “Dementia Blankets” or “Sensory Blankets” came from, but I wonder if it is close to the need of young children to have a soft toy, or “blanky”.

Some of the very common symptoms of later stage dementia are a regression towards childhood, the importance of colour and texture, the unconscious desire to have something to hold and fiddle with, and the need for security.

Megan has made many blankets (and puppets!) specially for her mum, and also for care home residents.

If you are caring for someone who you think would like one as a present, please just let me know.

With all my best wishes,

Lynden

www.the-debenham-project.org.uk ; 01728 862003