

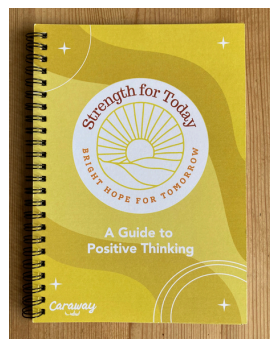


Positivity Toolkit

A set of engaging and beautiful resources developed by Caraway to help Older People experiencing loneliness - particularly those who are housebound and for those living with Dementia.

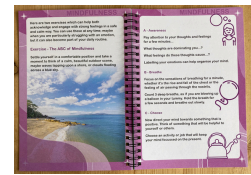


Core Items

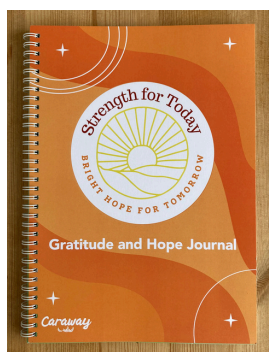


A Guide to Positive Thinking - £5

This A5 booklet is packed full of helpful notes, exercises and stories of how you can help yourself manage strong thoughts and emotions.



Available with or without the Bible notes section at the end.



Gratitude and Hope Journal - £10

This A4 book gives you a gentle guide to noticing things around you. It helps us to remember the past with gratitude, appreciate what we have today and look forwards with hope to what is coming tomorrow.



50 Ideas of things to do - £5

A tactile set of colourful cards full of inspiration for when you hit that moment of not knowing what to do next. You can flip to one at random, work through methodically or even create a weekly timetable with them.



Please scan this QR code to complete an order form.



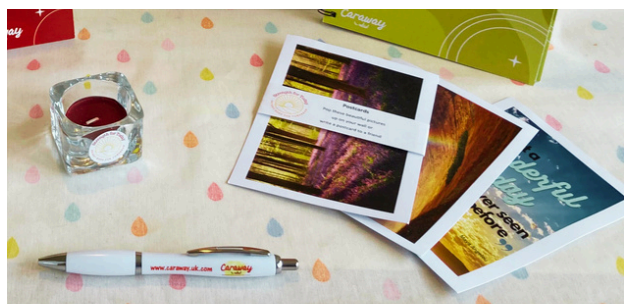
Candle and Candle Holder - £1

Warmth, cosiness, calm, company, peaceful, just a few of the words people associate with a simple lit candle.

Tea-light available as battery operated or real flame.

Caraway Pen - Free

A handy pen so you're ready to start filling in your journal and writing those postcards.



Postcards - £1

Connection to others is so important and these three beautiful postcards can be written to friends or family, or they can be displayed as uplifting and hopeful images in the house.

Extra Items



Wooden or knitted holding cross - £3

Holding a cross can be calming and reassuring. They may be useful during prayer meditation; a powerful reminder of God's love for us.

Unfinished wooden cross - this rough wooden cross comes with sandpaper ready to sand down and can be done over time as a craft project.



Target Game and other activities - £4

Playing a game always brings a smile and a talking point. Whether played against oneself, or with a companion, the colourful bean bags and simple, attractive targets help you to interact, stay active and have fun.



Please scan this QR code to complete an order form.





Bible Reading notes - Free

Produced by BRF, a set of Bible Reading notes can really help bring the Bible alive. They can give structure to quiet times and throw new light on scripture.



Mindfulness Colouring and Pencils - £1

Colouring can be a simple but effective way of practicing Mindfulness. It can reduce stress, help someone process emotions, and be a relaxing, creative activity.

You can just order specific items, or a pick up a Complete Positivity Toolkit for £30

Suggested small items to personalise your toolkit

Making something personal can be a really important way of showing love, and that the person is known and valued. Here are a few suggestions for one or two small things you could add into the bag, but there may be other appropriate items you can think of:

- Book or magazine
- Cake/chocolate bar/sweets
- Tea-bags/Coffee
- Letter-writing kit
- Packet of seeds
- Nice soap or hand cream
- Small houseplant



How to Order

Please scan this QR code to complete an order form - 1 form per toolkit, or

Email - chaplaincyservices@caraway.uk.com





Positivity Toolkit

How to use this resource

This is a set of resources for older people who may be experiencing loneliness and in particular those who are housebound. It aims to support people spiritually and emotionally, whilst also encouraging positivity through fun and engaging activities.

- It can be gifted to the older person so that they have a form of ongoing mental and emotional support in between calls or visits as well as some gentle entertainment.
- We recommend that you look through the resources together over a cuppa and explain the idea behind each item.
- Try some of the activities together and check in regularly with how they are getting on with them.
- Use the different elements as talking points eg - talk about a memory inspired by the Gratitude Journal, or your thoughts around a story from the Guide.

Connect

Write a Postcard or send some flowers from the '50 Things' cards. Call a friend to chat through your Journal entries.

Have Fun

Play the Target Game or do some Mindfulness Colouring.

Contemplate

Try a mindfulness exercise from the Guide or write in a page of your Gratitude Journal.

Stay Active

Try the bean bag games or some Chair Dancing from the '50 Things' cards.

We are always looking to develop this resource so if you have any further ideas - please email chaplaincyservices@caraway.org.uk