



Dear Friend

Re: Playlist for Life Shielding Community Help Point Pack

Thank you so much for registering to be a Playlist for Life Shielding Community Help Point.

You might be from a long-established organisation working with people with dementia, possibly already working with us. Or perhaps you are from a newly established volunteer group, set up specifically to help neighbours during Covid-19. Either way, we are delighted to be working with you and are glad to add you to our network.

We have been working hard through lockdown to update some of our resources and create new ones which we hope you find useful. Included in your pack are the following materials:

- **50 Get Started Leaflets**

These are a wonderful introduction to Playlist for Life and how music can help those living with dementia.

- **50 Conversation Starters**

These are a good prompt to start thinking about the songs which might have strong memories attached. A great resource for befrienders.

- **50 Create the Soundtrack to your Life workbooks**

The workbooks go into more detail about making a playlist and guide the reader through the process. This is a lovely activity which could be completed over several sessions.

Distributing the materials

While we are a dementia charity, we know that music can benefit everyone so are happy for the resources to go wherever you see fit during these challenging times.

How you use the materials will be entirely up to you and will depend on the service that you offer. You might be dropping them off, for individuals to read in their own time. You might be working through them together, either face to face or on the phone. Some of you will be able to target the resources to service users you already work with. In other cases, they might be popped in a shopping bag or along with a prescription as they are being dropped off.

Whatever your circumstances we really appreciate you playing your part and getting them into the hands of people who might benefit.

Safety Measures

Please be assured that we have taken every precaution when it comes to the packaging process. We have used an external distributor who follow government guidelines. We advise you to keep up to date with latest guidelines when it comes to distributing the materials. Please refer to your confirmation email which has links to government and post office advice.

Further resources

As mentioned in the email you received after registration, we have lots of easy to use resources which can be found at <https://www.playlistforlife.org.uk/resources/>

Finally, we would love to hear from you. If you have any success, big or small, or suggestions for what else we could do to help, please don't hesitate to get in touch.

Yours sincerely
Playlist for Life Communities Team