



Dear _____,

You may have heard about an initiative taking place in East Ayrshire called **Kinections** which is exploring community, and dementia-friendly communities in care homes.

As a way of helping people to connect with **Kinections** we will be regularly sending out postcards with some of the questions, topics and themes that are coming up in our Kinections discussions.

For this first one we'd like to **invite you to have conversations with residents, relatives, visiting family and friends and staff** about the image on the front of this postcard.

Something we talk a lot about in **Kinections** is getting to know each other, finding out more about what others are thinking, feeling and what is important to them. Some people think the lady on the front is sad, others think she is content reflecting- what do you think? **What approaches do you use to check out what others are thinking or feeling?**

This lady is spending time looking out a window; some gorgeous stories we have heard from care homes are the way in which residents value a knock on the window or a wave as people pass-by. **What are other small and subtle ways in which people can connect with each other and feel part of each others communities?**

We'd love to hear about your conversations, please contact email: KinectionsEA@uws.ac.uk phone: 07720897717 twitter: @KinectionsEA

Happy chatting,
The Kinections Team

