

Hello from us all at the National Maritime Museum. This resource is here to support you as a young carer of a family member living with Dementia and look after your wellbeing in a fun way that's just a little bit different.

It can be hard to carve out time to focus on yourself and your mental health and through this toolkit we want to suggest some ways that exploring the National Maritime Museum, and the stories we tell here, can help with that.

The National Maritime Museum has a large collection of travel journals which we will explore throughout this resource. So off on our journey we go!

This resource was created as part of the All Board project focussing on the National Maritime Museum's Travel Journal collection. All images in this resource are from these journals.

To find out more about this project visit:

[Memories of Travel: the All Aboard project | Royal Museums Greenwich \(rmg.co.uk\)](#)

**MUSEUMS  
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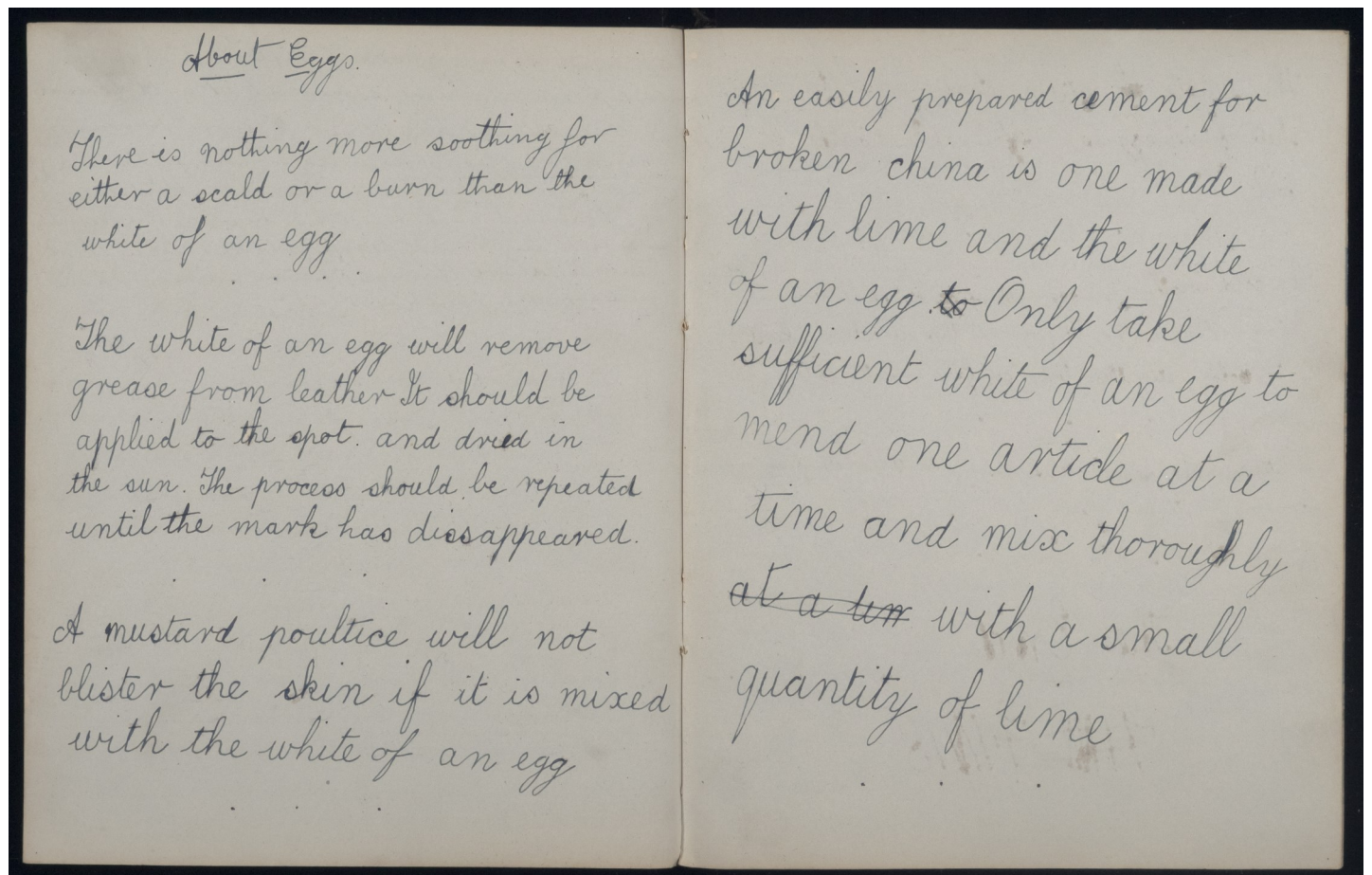
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## To try at home...

The travel journal collection holds accounts of travel and long sea voyages with the pages full of reflections, descriptions and drawings. Keeping a journal can be a really useful way of collecting your thoughts and giving yourself time to reflect on everything you are going through. So many of us are in a bad habit of looking at our phones before bed, this can have a really negative effect on your sleep and wellbeing, writing in a journal at the end of the day can be a great way to relax. This doesn't need to be just a diary of events, you could try writing a poem, sketching something you've seen that day, or perhaps commenting on the following prompts:

- Something that was surprising...
- Something I enjoyed doing...
- Something you noticed about someone...
- Something you were proud of...
- Something you noticed in nature...

At the end of the day there may not be anything you want to write about yourself and that's ok. See below a log entry from one of the travel journals with a whole double page on the wonderfulness of eggs...! Pick a seemingly mundane object in your room and write about it. Really taking the time to focus in and notice new things about it can be a really useful mindfulness tool. Also when you pass this object in your room in the future you'll see it in a whole new light!



## To try at the museum...

Whether visiting a museum is something you are very used to or if it is a completely new experience, there is something for everyone to explore at Royal Museums Greenwich. Discovering new things in your visit can be great for your wellbeing. This could be something you do on your own, just for you, or often caring for your family member can sometimes leave little time for fun together, this could be a fun day out to do together.

An activity you can do is keep a mini journal of the day, this is your voyage out to the museum, and a great chance to capture all that you see and the time you spend together or for yourself.

### Getting ready and getting there

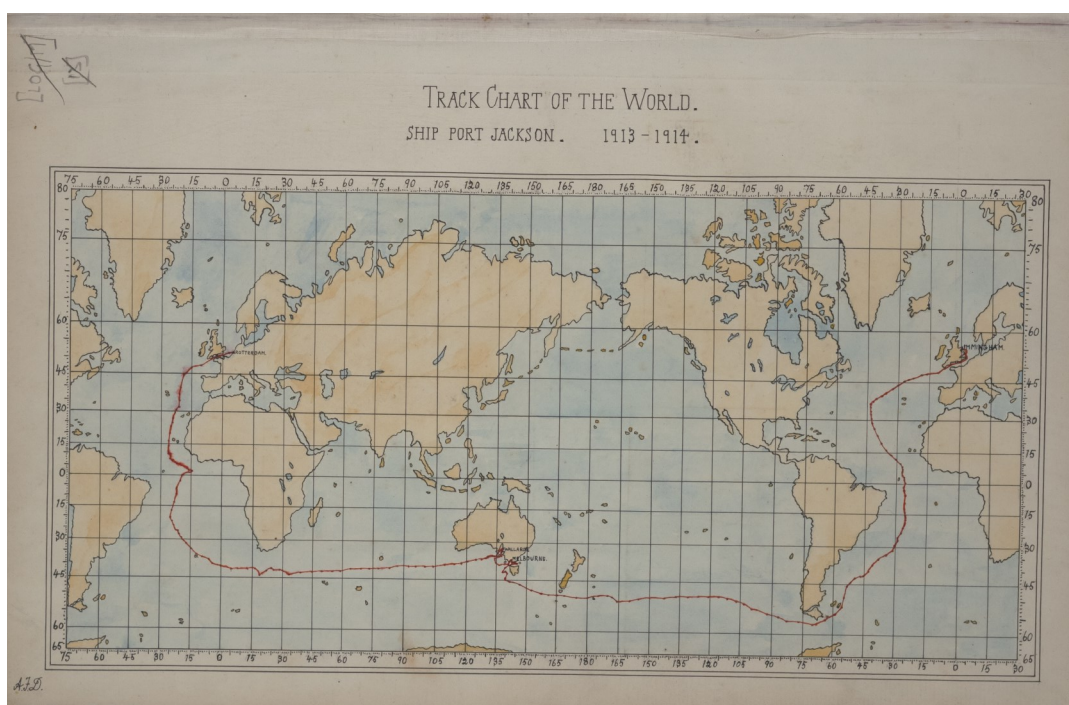
This is a fun day out together—start it at home! Why not put your glad rags on, something that makes you feel good, this sets a fun tone for the day. You want to wear a hat and a wig?! Bright colours? Then go for it! Take lots of photos to chronicle your day.

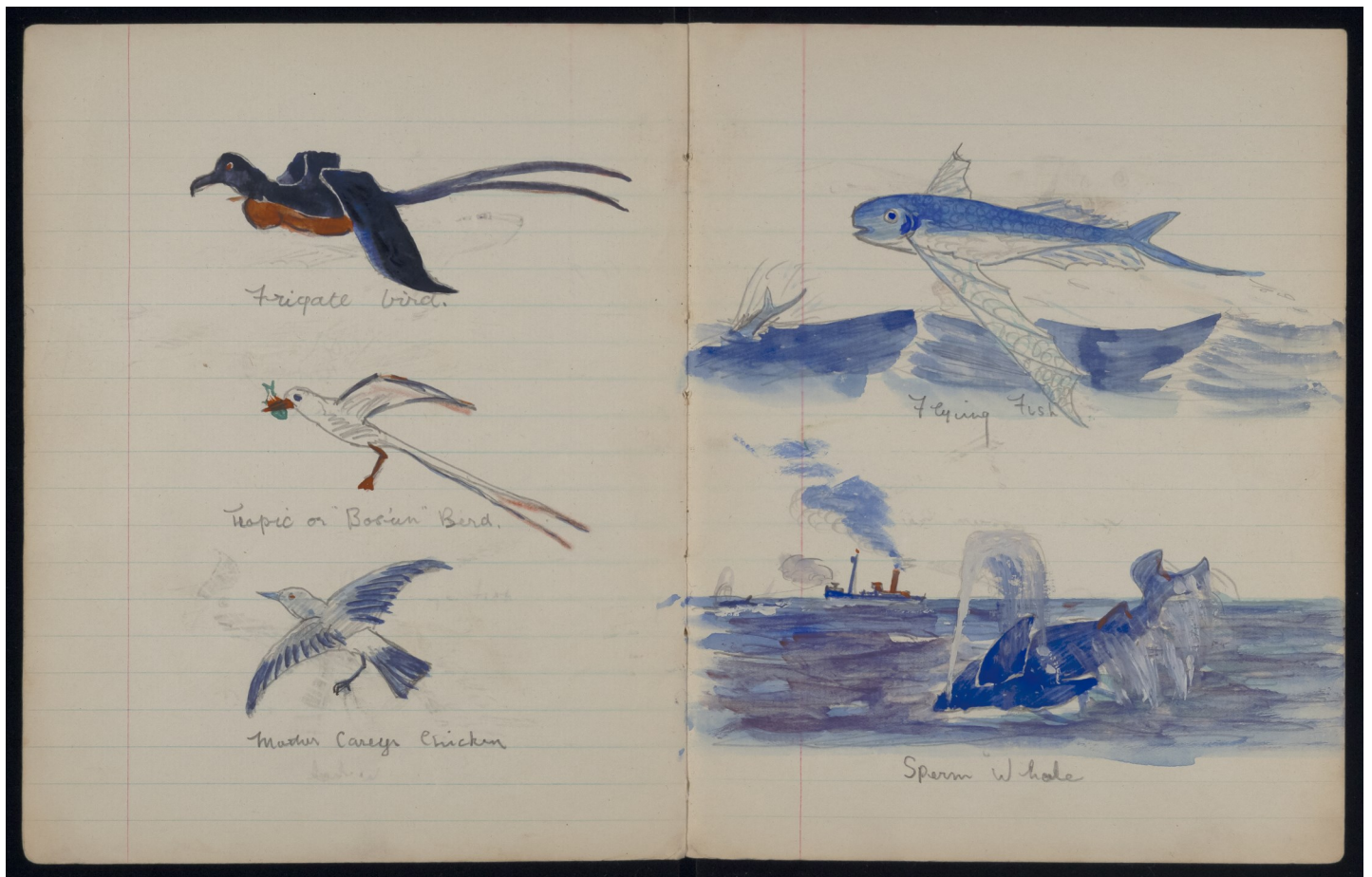
### Mapping your course

Like any great voyage, you need an accurate map. In your journal, set out where you're going, how you're going to get there and what you want to see.

Info about the museum:

[www.rmg.co.uk/plan-your-visit](http://www.rmg.co.uk/plan-your-visit)





**The journey can sometimes be a stressful thing, so turn this into a game.**

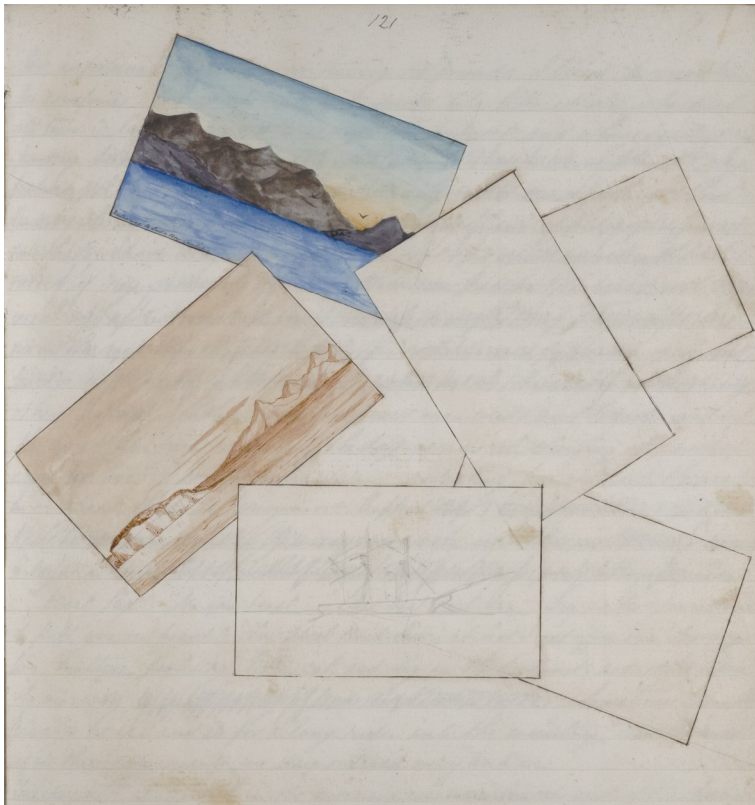
How many different interesting moments of nature can you spot, can you sketch these encounters in your journal? If you want to take it further, then get your imagination flowing...what weird and wonderful things could you see on your voyage to the museum? Often while out at sea in the travel journals you will find images of mermaids, or even The God Neptune!



## Chronicle your journey

Take snapshots of moments you enjoy, things that catch your eye. This can be a great memory book to go back through with your loved one, about the day you had.

Need setting on the right path? Here are some things to try at the National Maritime Museum, some are conversation starters, things to find, or places to have a relaxed quiet moment:



### Find the Figureheads

What do you think of these?

What three words would you use to describe them?

Which is your favourite? Why?

What would the Figurehead of your family be? Why? Sketch this in your journal

### Find the Great Map on the floor and remember past journeys or imagine future ones

Go and stand on a country you've visited or that means something to you and discuss some memories from there  
Stand on a country you'd like to visit.  
Why this country?

### Find the Sea Things gallery

Take a moment to find an object that intrigues you, then present it like a tour guide to your companion -you don't have to know everything about it, this is your tour (the sillier the better!)

### Find a peaceful spot in the gardens

Take a stroll in the gardens, looking at the nature around you. If you want some more structure to this use the starting points of:

I see....

I notice....

I wonder...

Walk up to the Royal Observatory and look at the view over London. Find a spot to sit, and just take a moment to sit together and have a calm moment.

# Notes and tips from our Community Partners...

## This is Dementia

This is Dementia (TID) is a social enterprise / lifestyle brand which raises awareness of young onset dementia through the sale of our products - predominately t-shirts. We also raise money for Dementia UK by donating 100% of our net proceeds to the charity. We pride ourselves on #sustainability, which is why all of our t-shirts are made from repurposed fabrics donated by brands such as Burberry and fabrics mills across Portugal.



I'm Lizzie, 28 years old and the founder of TID. I am also a young carer for my dad who has young onset dementia. In addition to being a lifestyle brand, TID has also created through social media a lovely community of young adults from all across the globe who are in similar positions. Some are in need of support whilst others are just grateful for a space where they do not feel alone (myself included)! If you ever need to chat or reach out for some advice, please do not hesitate to send me a DM @thisisdementiauk or email [team@thisisdementia.co.uk](mailto:team@thisisdementia.co.uk) as I would love to hear from you.

As a young carer myself, my three top tips for mindfulness are:

- Find time to get outdoors as much as possible. This can be a walk, exercise, morning cup of coffee in your garden or balcony or even by an open window? Fresh air is a great way to gather thoughts, refresh and relax!
- Find a hobby that takes your mind away from your day-to-day lives and isn't related to your caring duties! This could be gym classes like yoga or boxing, or crafts such as painting or sewing. It could even include trips to the cinema where you can escape for a couple of hours and be absorbed in another world (and eat all the popcorn)!
- Sometimes it can feel quite isolating to be a young carer, a lot of your peers cannot relate (no matter how much they would love to help). Try reaching out to a group or someone who can understand your situation better. I've found great inner peace in both sharing my struggles and also helping others with theirs.

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## Admiral Nurses

As the young carer of a person living with dementia, it's important that you're open with your friends and family about how you're feeling and what support you need. But at times, you may need to talk to someone who really understands dementia – like a specialist dementia nurse.



Dementia UK's nurses, called Admiral Nurses, offer expert practical, clinical and emotional support to families living with dementia – and that includes you. The Admiral Nurse Dementia Helpline is free to call and will provide you with the specialist support you need in your role as a young carer.

To speak to an Admiral Nurse, please call 0800 888 6678 (Monday to Friday 9am-9pm; Saturday, Sunday, and Bank Holidays 9am-5pm, every day except 25<sup>th</sup> December).

If you prefer, you can email us at [helpline@dementiauk.org](mailto:helpline@dementiauk.org).

Our Helpline can get busy, so if you cannot get through immediately please leave a voicemail and an Admiral Nurse will get back to you as soon as possible.

Alternatively, you may wish to book a phone or video appointment with a Admiral Nurse in our virtual clinics at a time and date that suits you. Please visit [dementiauk.org/closetohome](https://dementiauk.org/closetohome) to book.

We hope you found this resource useful.

If you'd like to share any of your experiences of using it, we'd love to hear from you through our social media channels:



@royalmuseumsgreenwich



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