



A MILLION HANDS  
PROGRAMME  
PLANNER



Dementia (Alzheimer's Society).....	2
Disability (Guide Dogs) .....	4
Disability (Leonard Cheshire Disability) .....	6
Mental wellbeing and resilience (Mind).....	8
Clean water and sanitation (Water Aid) .....	10
Adopt a waterway (Canal & River Trust).....	12



### KEY DATES FOR YOUR A MILLION HANDS PROJECT

JULY–OCT 2017

#### Understand the issue

Organise and hold a Dementia Friends Information Session and do the Brain Connections activity (right).

OCT 2017

#### Scout Community Month

Tell others in your community about the issue you've picked and encourage them to take action.

NOV 2017–FEB 2018

#### Plan your action

Plan your community event.

APR–JUNE 2018

#### Take action

#### The A Million Hands Big Moment

Hold your dementia-friendly event.

MAY 2018

Log your action at [amillionhands.org.uk/recordaction](http://amillionhands.org.uk/recordaction).

JUNE/JULY 2018

#### Tell the world

Share photos on social media.



# DEMENTIA

By choosing dementia as your issue, you have pledged to help create a dementia-friendly generation within the UK

By 2025, one million people in the UK will be living with dementia and there is currently no cure. By creating a dementia-friendly generation through A Million Hands, we will support people affected by the condition to live without fear or prejudice, and to live well with their dementia.

#### THE A MILLION HANDS BIG MOMENT

In early April 2018, Scout Groups across the UK will be holding dementia-friendly events at their meeting places. When planning your Big Moment, why not consider the below options?

- An activity or event in your Scout meeting place or local community space, where people with dementia are welcome and supported to participate, for example: an activity around the campfire or

hosting a dementia-friendly film screening.

- An activity or event in a local care home or service for people affected by dementia.

It's an opportunity for young people and people living with dementia to interact with each other and the local community. Go to [amillionhands.org.uk/bigmoment](http://amillionhands.org.uk/bigmoment) for a simple, step-by-step resource pack for your section.

#### UNDERSTANDING THE ISSUE

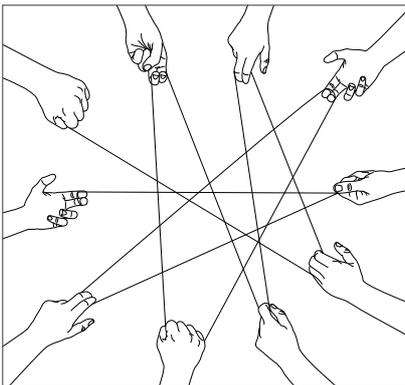
Alzheimer's Society is offering Scouts a free one-hour Dementia Friends Information Session so that they can become Dementia Friends. As Dementia Friends, Scouts will have a better understanding of the difficulties someone with dementia may face. To arrange a session for your group, please email [scouts@alzheimers.org.uk](mailto:scouts@alzheimers.org.uk).

## UNDERSTAND THE ISSUE ACTIVITY: BRAIN CONNECTIONS

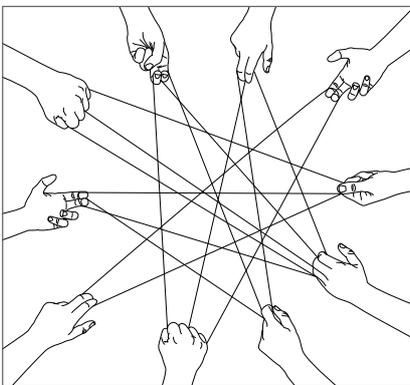
All you need is string and a pair of scissors to run this simple activity to illustrate how dementia affects people

SUITABLE FOR ALL SECTIONS

**1** Form a circle and ask the group for the steps needed to get dressed. Start with 'socks' and ask one young person to hold the end of the wool. Ask the young people what you would put on next, for example 'put on pants', and pass the wool to someone on the other side of the circle.



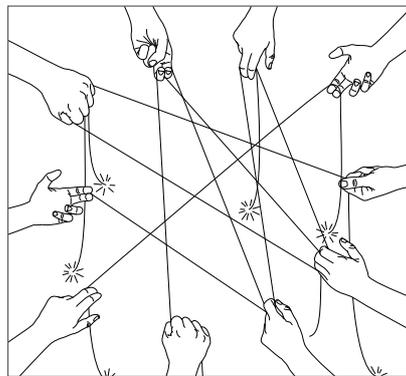
**2** Continue working through each step of getting dressed and passing wool across the circle. You should end up with a criss-cross network of wool.



**3** Ask the group for examples of what the brain does to help you get

dressed, eg movement (walk to the wardrobe) or balance (stand on one leg to put a sock on). Explain that these are represented by the wool.

**4** Explain that dementia is caused by diseases that damage parts of the brain. Ask which steps might become difficult if dementia affects movement, memory, sequencing, balance and recognition. Cut the wool to represent the damage to the brain and repeat until a hole appears.



**5** Highlight that while some of the brain no longer works as well as it used to (the hole), other parts still work really well (connected wool).

**6** Ask the group what they could do to help someone. As they answer, tie the ends of wool together. Explain that by taking small actions to help, as represented by the reconnected ends of wool, people with dementia can continue to complete everyday tasks, just in a different way.

TIME NEEDED

**15–20** minutes

### EQUIPMENT NEEDED

- wool or string
- scissors

### THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Community Impact Staged Activity Badge



Beaver Teamwork Challenge Award



Cub Teamwork Challenge Award

### NEXT STEPS

You have completed:



The next step is to:



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## KEY DATES FOR YOUR A MILLION HANDS PROJECT

JULY–OCT 2017

### Understand the issue

Arrange for a Guide Dogs speaker to visit and talk about sight loss, and do the Getting from A to B activity (right).

OCT 2017

### Scout Community Month

Tell others in your community about the issue you've picked and encourage them to take action.

NOV 2017 – FEB 2018

### Plan your action

Plan your Safer Street Party.

APRIL 2018

### Take action

#### The A Million Hands Big Moment

Hold your Safer Street Party.

MAY 2018

Log your action on [amillionhands.org.uk/recordaction](http://amillionhands.org.uk/recordaction).

JUNE/JULY 2018

### Tell the world

Share photos on social media.



# DISABILITY

Every hour, someone in the UK goes blind. Your young people can make a difference through A Million Hands

From reducing social isolation to removing barriers to participation in society, through A Million Hands young people can improve the lives of people with vision impairment within the UK.

### THE A MILLION HANDS BIG MOMENT

Guide Dogs campaigns alongside people with sight loss for the rights that many sighted people take for granted. Their Streets Ahead campaign aims to tackle the obstacles that people who are blind or partially sighted often find on the UK's streets.

Your young people can make a difference by supporting this campaign through A Million Hands and identifying the issues and challenges that people with vision impairments face in your community. For your Big Moment, hold a 'Safer

Street Party' and organise activities, such as Street Clutter Bingo, that bring people together to share what you've learned with others. You can then use the information to successfully change the landscape for those with sight loss. You may like to invite people with sight loss to your event, as well as nearby residents, local business people, the council, media, and don't forget Guide Dogs' local campaigners. Go to [amillionhands.org.uk/bigmoment](http://amillionhands.org.uk/bigmoment) for a simple, step-by-step resource pack for your section.

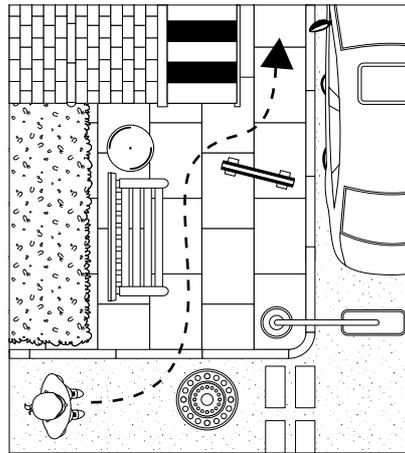
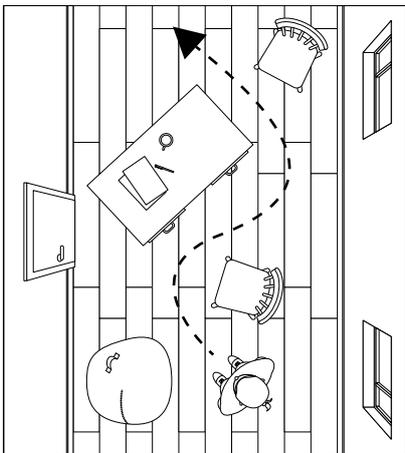
### UNDERSTANDING THE ISSUE

The Getting from A to B activity will help your Group gain a better understanding of the difficulties faced by those disabled by society. You can also invite a Guide Dogs speaker to your meeting place to share their story with your young people.

## UNDERSTAND THE ISSUE ACTIVITY: GETTING FROM A TO B

This obstacle course will help your young people gain valuable insight into the difficulties faced by people with sight loss

SUITABLE FOR ALL SECTIONS



**1** Set up a simple obstacle course in your meeting place, using chairs, bags, bean bags and everyday objects to map a path.

**2** Working in pairs, ask one of the young people in the pair to wear a blindfold.

**3** Then ask the participant without the blindfold to navigate the blindfolded Scout around the course, without touching or guiding them.

**4** Once they get to the end of the course, get the participants to discuss the difficulties they found in completing their journeys through the course.\*

**5** To end the discussion, get participants to consider applying these to everyday tasks, such as

navigating around the house, getting to the wardrobe and choosing an outfit, getting to the bathroom and taking a shower or going to the shops and buying food.

**6** This session is focused on sight loss, but you could also get Scouts thinking about how other disabled people would find this a challenge.

**7** To make this activity more realistic and harder for older sections, you could visit a Scout Adventures centre and try some real obstacle courses blindfolded.

\*This activity requires supervision and a risk assessment to be carried out. Remember to ensure that your young people know how to remove the blindfold should they become disorientated.

### TIME NEEDED

**30** minutes

### EQUIPMENT NEEDED

■ obstacle course equipment such as ropes, bags, chairs, blindfolds, bean bags

### THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Community Impact Staged Activity Badge



Beaver Disability Awareness Activity Badge



Beaver and Cub Teamwork Challenge Award



Cub Our World Challenge Award

### NEXT STEPS

You have completed:



The next step is to:



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### KEY DATES FOR YOUR A MILLION HANDS PROJECT

JULY–OCT 2017

#### Understand the issue

Celebrate Leonard Cheshire’s 100th birthday and learn about disability with a party or quiz. Email [scouts@leonardcheshire.org](mailto:scouts@leonardcheshire.org) for a party pack.

OCT 2017

#### Scout Community Month

Tell others in your community about the issue you’ve picked and encourage them to take action.

NOV 2017

#### Plan your action

Carry out the access and inclusion survey in your Scout meeting place (right) to tie in with Anti-Bullying Week (13–17 Nov 2017).

MAR 2018

#### Take action

#### The A Million Hands Big Moment

Carry out an access survey to improve your community.

APR 2018

Log your action on [amillionhands.org.uk/recordaction](http://amillionhands.org.uk/recordaction).

JUNE 2018

#### Tell the world

Hold an event for Volunteers’ Week in your community to celebrate your Group taking action to improve the lives of disabled people.



# DISABILITY

Did you know that one out of every six people in the UK will be affected by disability at some point in their lives?

With 11 million disabled people in the UK alone, we should all be striving to create a society in which every person is equally valued and where disabled people have the freedom to live their lives in the way they choose. This includes having the opportunity and support to live independently and to contribute to society.

#### THE A MILLION HANDS BIG MOMENT

In March 2018, Scouts across the UK who have chosen disability as their A Million Hands issue will be carrying out access surveys in their communities. They will be providing feedback to services and businesses about ways in which access for people who are disabled can be improved.

Request an Access Pack containing a full activity guide, survey forms,

template letters, and tips for businesses by emailing [scouts@leonardcheshire.org](mailto:scouts@leonardcheshire.org). Go to [amillionhands.org.uk/bigmoment](http://amillionhands.org.uk/bigmoment) for a simple, step-by-step resource pack for your section.

#### UNDERSTANDING THE ISSUE

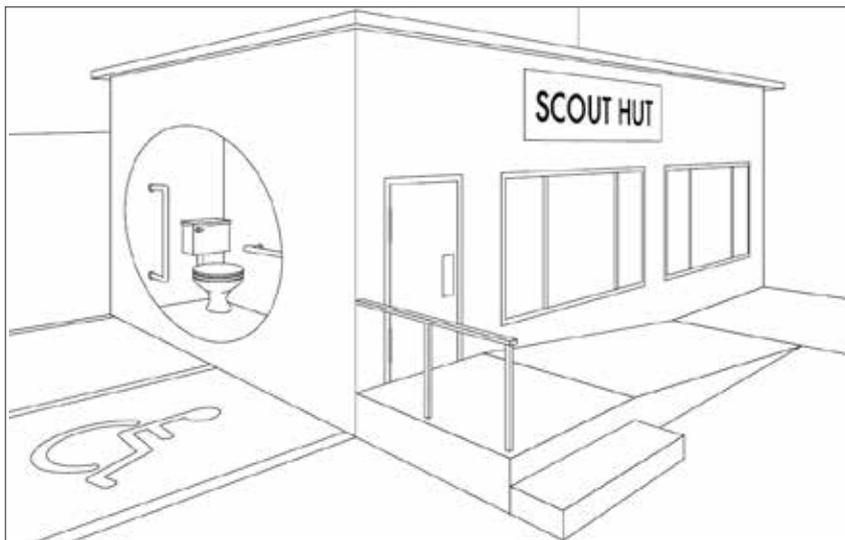
Conduct an access and inclusion survey with your young people in your Scout meeting place to find out how accessible and inclusive your Group is. The activity is a great first step to understanding the restrictions disabled people are faced with every day. It will also introduce your Scout Group to access surveys ahead of the A Million Hands Big Moment survey they will carry out in March 2018. They will learn about the small changes that can be made so that everyone can be included in Scouting, from ensuring physical access to promoting welcoming attitudes.

PLAN ACTION ACTIVITY:

# ACCESS AND INCLUSION SURVEY

Think your Scout Group is open to all? Conduct this access and inclusion survey to see if you're right

SUITABLE FOR **BEAVERS**, **CUBS**, SCOUTS AND EXPLORERS



**1** Print out the Scout Group Access and Inclusion Survey and supporting documents.

**2** Ask your section if they have any experience of disability already and if they can think of any adaptations that are made. Explain to your section that some disabilities are hidden and adaptations should be made to ensure everyone has a fair chance to participate.

**3** Read each survey question to your young people and take them to survey the area being discussed where relevant, such as the entrance to your meeting place or the toilets.

**4** Complete the survey form in as much detail as possible, including the comments/recommendations

section. Older Scouts can be split into groups and sent off to complete the survey independently.

**5** Reconvene and talk through the results, comments and recommendations with the group.

**6** If any changes need to be made, make an action plan as a group with any changes or improvements needed. Remember to add deadlines and who is responsible.

**7** This activity will help young people understand that some disabled people can be excluded if groups are not inclusive. This is a good way to introduce the issue of bullying of disabled young people. Find more information by visiting [tinyurl.com/y92awykl](http://tinyurl.com/y92awykl).

## TIME NEEDED

**30** minutes

## EQUIPMENT NEEDED

- Scout Group access and inclusion survey template (email [scouts@leonardcheshire.org](mailto:scouts@leonardcheshire.org) and you will also receive the short guide about reasonable adjustments.)
- clipboards
- pens

## THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Community Impact Staged Activity Badge



Beaver World Challenge Award



Beaver Disability Awareness Activity Badge

## NEXT STEPS

You have completed:

The next step is to:

PLAN ACTION

TAKE ACTION

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## KEY DATES FOR YOUR A MILLION HANDS PROJECT

JULY–OCT 2017

### Understand the issue

Learn about mental wellbeing and resilience by making a stress ball (right).

OCT 2017

### Scout Community Month

Tell others about the issue you've picked and encourage them to take action.

### Mental Health Day

10 Oct 2017

NOV 2017–FEB 2018

### Plan your action

Hold a craft session to create your signature plasters.

APR 2018

### Take action

#### The A Million Hands Big Moment

Create and send your petition to your local MP.

MAY 2018

Log your action on [amillionhands.org.uk/recordaction](http://amillionhands.org.uk/recordaction).

### Tell the world

Take photos of your crafts during your event, and share.

JUNE/JULY 2018

### Learn and do more

Hold a lifelong supporters' session.



# MENTAL WELLBEING

Mental health problems can affect people of any age, race or religion, so let's spread the word and end inequality

In any given year, one in four people will experience a mental health problem. What's more, nine out of 10 people who experience a mental health problem say they also have to live with prejudice. It doesn't have to be this way.

From teaching others how to improve their resilience to creating outdoor spaces to improve mental health, Scouts can improve their own mental wellbeing and resilience, and help their families and wider society to do the same.

### THE A MILLION HANDS BIG MOMENT

From 21–29 April 2018, Scouts across the UK who've chosen mental wellbeing and resilience as their A Million Hands issue will take part in Craftivism. Craftivism is the art of gentle activism that uses craft

activities to protest and make a positive long-term impact to society.

Scouts are being asked to decorate plasters in a variety of creative ways with their signature to create a huge creative petition calling for MPs to treat mental health in the same way as physical health, eg for physical health we have plasters, for mental health we don't have the same tools.

Craftivism is not just about our own wellbeing, it's also a powerful tool to improve the lives of those around us, both in our communities and in society. Decorate your plasters outside in the community and invite others in the community to join and talk about mental wellbeing, and add their signature to the petition. Go to [amillionhands.org.uk/bigmoment](http://amillionhands.org.uk/bigmoment) for a simple, step-by-step resource pack for your section.

UNDERSTAND THE ISSUE ACTIVITY:

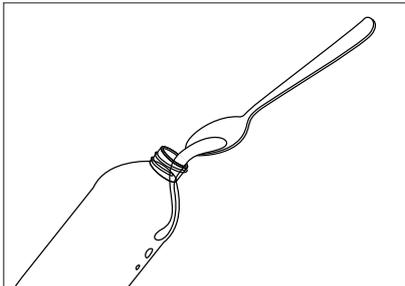
# MAKE A STRESS BALL

By making this stress-reliever with your Scouts they will learn more about stress and mental health

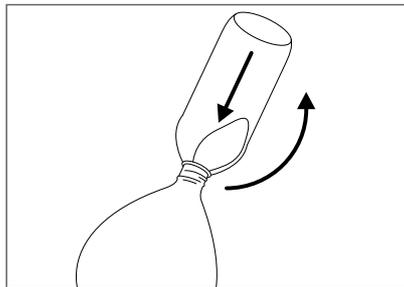
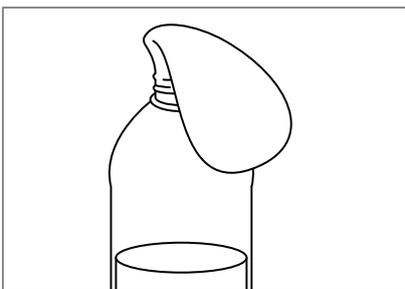
SUITABLE FOR ALL SECTIONS

**1** For a typical palm-sized stress ball, you'll need approximately 160ml–240ml of filling per stress ball.

**2** Blow up the balloon slightly (optional). This isn't always necessary, but can be useful if the balloon isn't elastic enough to fit the filling. Blow it up to about 7.5cm–12.5cm across, then pinch the neck shut without tying it.

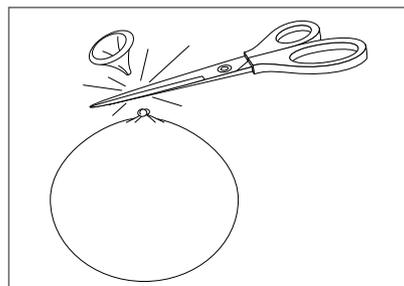


**3** Stick a funnel into the neck. If you do not have a funnel, spoon the filling into a plastic bottle instead, and fit the balloon over the neck. Slowly fill the balloon to avoid clogging the neck of the balloon. For a palm-sized ball, you'll want to fill the balloon approximately 5cm–7.5cm deep.



**4** Remove the balloon from the funnel and let out as much air as you can. Tie the neck of the balloon closed tightly.

**5** Use a pair of scissors to cut off the dangling end of the balloon. Now you can decorate your stress ball.



**6** While making the stress ball, ask your young people:

- What is stress?
- Why and when do you feel stressed?
- Can you think of anything that helps you feel better while you're stressed?

Reflect on how stress is connected to mental health.

TIME NEEDED

**15** minutes

**EQUIPMENT NEEDED**

- balloons
- plastic bottles or funnels
- scissors, pens or markers
- a filling (flour, corn starch, dry rice or lentils)

**THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES**



Community Impact Staged Activity Badge



Beaver Skills Challenge Award



Scout Creative Challenge Award



Beaver Creative Activity Badge

**NEXT STEPS**

You have completed:



The next step is to:



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### KEY DATES FOR YOUR A MILLION HANDS PROJECT

JULY–OCT 2017

#### Understand the issue

Invite a guest speaker in and do the tinfoil still activity (right) – explore the issue of access to water.

OCT 2017

#### Scout Community Month

Tell others in your community about the issue you've picked and encourage them to take action.

NOV 2017– FEB 2018

#### Plan your action

Make banners or leaflets to hand out on your Walk for Water.

MAR 2018

#### Take action

#### The A Million Hands Big Moment

Hold your Walk for Water.

APR 2018

Log your action on [amillionhands.org.uk/recordaction](http://amillionhands.org.uk/recordaction).

JUNE/JULY 2018

#### Tell the world

Share photos on social media, talk to your local paper and radio station.



## CLEAN WATER

For the first time in history, nine out of 10 people have access to safe water, but there's still a lot more work to do

Roughly 663 million people around the world still lack basic access to clean water, while 2.4 billion – that's one in three people – have nowhere adequate to go to the toilet. As a result, 900 children die from diarrhoea every single day. But it doesn't have to be this way; in our lifetime, we can end this crisis, and Scouts can be part of making this happen.

#### THE A MILLION HANDS BIG MOMENT

Between 17–25 March 2018, Scouts across the UK who have chosen clean water and sanitation will join the global call for water and toilets for everyone everywhere by taking part in a Walk for Water.

The sponsored walk will also raise money to support Scouts in Madagascar who are working with their communities, local

organisations and the government to improve access to clean water and sanitation in their country, where over half the population has no choice but to drink water so dirty that it could kill them.

Invite family, friends, your local MP or Mayor, or even a local celebrity along on your walk. And don't forget to spread the word – share your experience on social media, get in touch with your local paper to tell them your story, and call your local radio station. Go to [amillionhands.org.uk/bigmoment](http://amillionhands.org.uk/bigmoment) for a simple, step-by-step resource pack for your section.

#### UNDERSTANDING THE ISSUE

Use the tinfoil still activity (right) to teach your Scouts how to purify water if they don't have access to clean water.

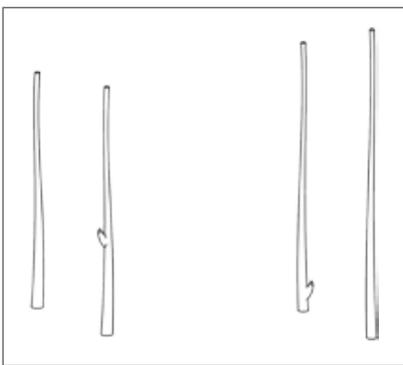
UNDERSTAND THE ISSUE ACTIVITY:

# TINFOIL STILL

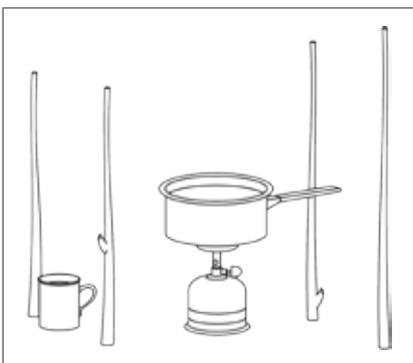
Water is essential for survival, so teach your young people to collect their own clean water with this handy activity

SUITABLE FOR CUBS, SCOUTS, EXPLORERS AND NETWORK

**1** Find a safe, stable place for your heat source and push the four sticks into the ground around the heat source so that they are far enough from it to not get burnt. Remember to carry out a risk assessment! Push two sticks that are next to each other further into the ground so you have two sticks lower than the other two.



**2** Fill the saucepan with dirty water and place it over the heat source.

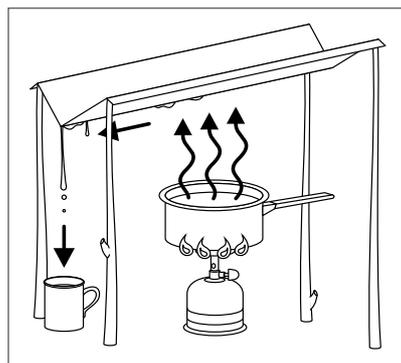


**3** Unroll your tinfoil so that you have enough to easily balance on the four sticks. Fold the tinfoil down

the centre. Unfold it so the point is downwards forming a 'v' shape.

**4** Place the tinfoil over the saucepan securing it to the four sticks in a way that means the fold falls between the two small sticks at one end and the two tall sticks at the other. Imagine that if you rolled a coin down the fold it would easily run from the high end to the lower end.

**5** Put the clean water collecting cup under the lower end of the tinfoil. How it works: As the water heats up steam will rise and condense on the tinfoil rolling down it and into the clean cup.



**6** Now see if different shaped tinfoil condensers help trap more water? Does fanning the tinfoil help it condense? Try out some experiments to see how efficient you can make this collector. Reflect on how challenging it is to access clean water if you don't have a readily available water supply.

TIME NEEDED

**60** minutes

**EQUIPMENT NEEDED**

- tinfoil
- four long sticks
- a heat source (this could be a Trangia, gas stove or a campfire)
- a saucepan
- a cup

**THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES**



Community Impact Staged Activity Badge



Scout Outdoor Challenge Award



Explorer Survival Skills Activity Badge

**NEXT STEPS**

You have completed:

The next step is to:



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Canal &  
River Trust

## STEPS TO ADOPTING A WATERWAY

Check you are close to a waterway managed by Canal & River Trust and get in touch.

Talk to the partner charity for your A Million Hands issue about how they can get involved. This might be by helping you with planning or by getting active on site.

Undertake some initial activity on the stretch of canal you would like to adopt – time to talk to your Group about what you would like to achieve.

Plan and register the adoption with Canal & River Trust – this will include looking at the safety around the activities you've planned.

**Launch your pocket adoption!**  
Promote your activity with the help of press teams from Canal & River Trust and your partner charity.  
To contact the Canal & River Trust, email [millionhands@canalrivertrust.org.uk](mailto:millionhands@canalrivertrust.org.uk) or call 0303 040 4040.



# ADOPT A WATERWAY

By partnering with Canal & River Trust, you can use local waterways to support your A Million Hands project

Scouts will understand the impact that being outside has on physical and mental wellbeing, whether it's going on a hike, enjoying and learning about nature, having a picnic or going canoeing. Adopting a section of canal or river is about creating ways that more people can benefit from the waterways that are close to you. You can take the ideas you have developed for your A Million Hands project and make them a reality by using your adopted stretch of canal or river. You will also be making an impact in your community by improving canals and rivers for local people.

A pocket adoption can be any distance of canal for either 6 or 12 months, and it can be undertaken as a Group or District. You will need to theme an

activity around your chosen A Million Hands issue and work with the Canal & River Trust (The Scottish Waterways Trust in Scotland or Waterways Ireland in Northern Ireland) to plan and deliver activity. Visit [canalrivertrust.org.uk/volunteer/adopt-a-canal](http://canalrivertrust.org.uk/volunteer/adopt-a-canal) for a map of the canals and rivers, and a list of existing adoptions.

Remember when you're visiting your canal or river to:

- keep away from the edge
- plan a route before you go
- consider the weather
- wear good boots and take care on uneven ground
- avoid contact with poisonous or biting insects and plants
- take care using locks and bridges