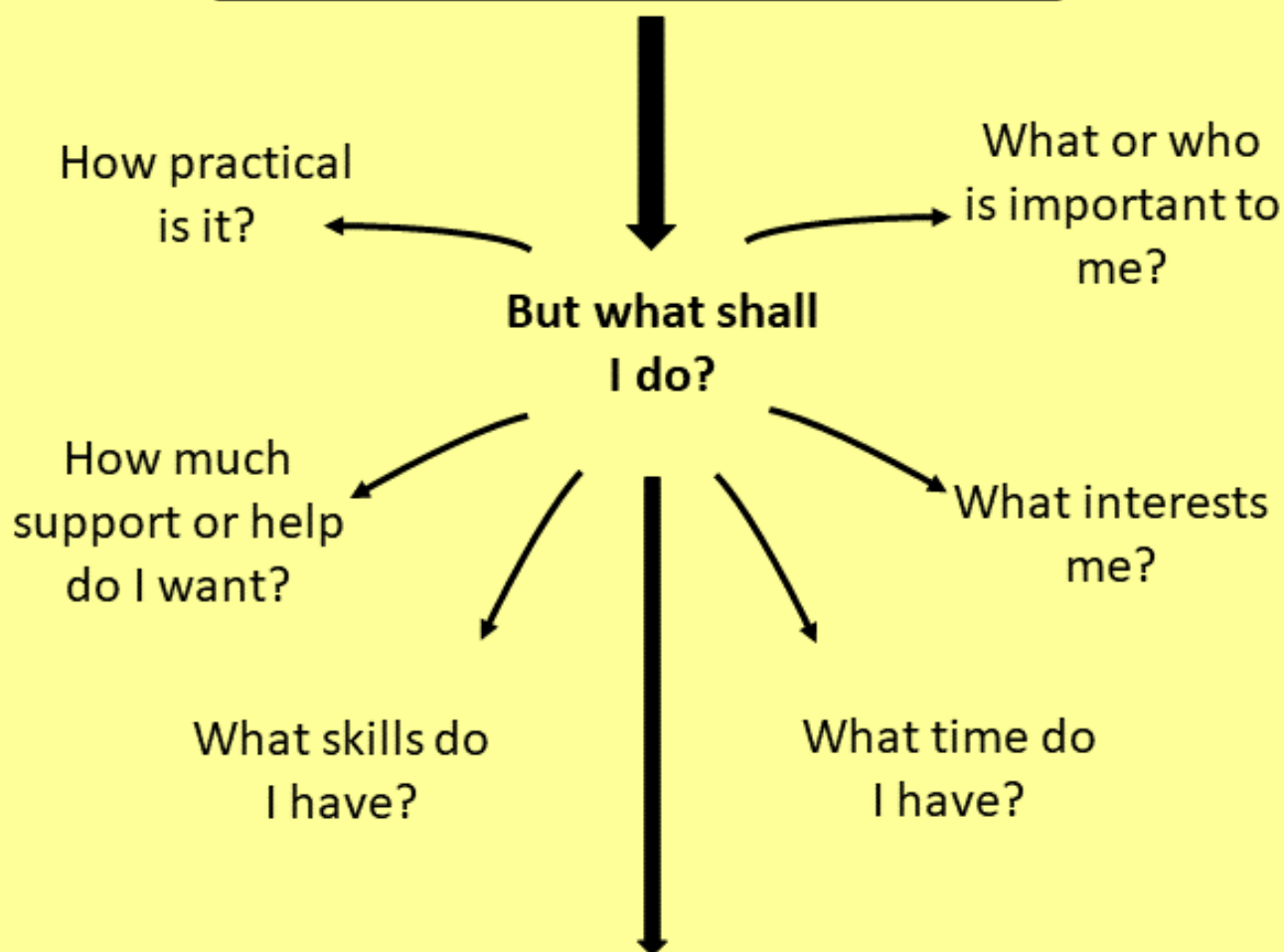


Doing a regular task or activity can provide a sense of purpose



Here are some examples of tasks and activities people have told us about

Smaller scale

- Making the morning cup of tea
- Walking the dog everyday
- Fetching the daily newspaper

Medium scale

- Knit blankets for the local hospital
- Help out at the local food bank
- Arranging flowers for the church

Large scale

- Become a dementia advocate
- Engage in a research project
- Become a community officer