In the diagram, AB is an arc of a circle with centre O and radius 4 cm. Angle AOB is α radians. The point D on OB is such that AD is perpendicular to OB. The arc DC, with centre O, meets OA at C.

(i) Find an expression in terms of α for the perimeter of the shaded region $ABDC$. [4]

(ii) For the case where $\alpha = \frac{1}{6}\pi$, find the area of the shaded region $ABDC$, giving your answer in the form $k\pi$, where k is a constant to be determined. [4]