

# Things to do

Many of the ideas in  
*Things to do* are based  
around the articles in  
***Living Life***

In this new look  
***"Things to do"***  
we will be giving you lots  
of activity ideas and  
suggestions. We hope you  
will pull out this centre  
section and save it in a  
ring binder for future  
reference.



## ***In this edition***

+ ***Ideas*** – Spring themed activity ideas

+ ***Plus*** – Lots of outdoor things to do



# +Editors piece

## Hello again ...

Lots of great ideas for everyone to get involved in. I would like to say a big thank you to all of you that sent in your Activity ideas for the competition. It was a tough decision choosing our Star Activity, have a look on page 6+7 to see who won! We have added many other ideas that members have submitted see pages 8+9

Most activities can be adapted to suit all residents, remember it is not just about the doing it's also about how people can benefit from the end result.



**+Gianna Burns**

Editor – project@napa-activities.co.uk

We have introduced a **colour code** to the featured Activities so that you can try to match them to **people's abilities, interests and level of participation**.

This is a guide but you know what level of participation your residents will want to have or be able to have.

**+Blue**

**Blue** – High cognitive skills- able to complete quizzes, puzzles and crosswords unaided.

**+Red**

**Red** – Early – mid stage Dementia/ Mild confusion. Interested in the 'doing' rather than the end result, can follow simple instructions

**+Orange**

**Orange** – Mid- late stage Dementia. Able to work one to one to complete short activities

**+Green**

**Green** – Living with late stage dementia, highly dependent. Probably not aware of their surroundings. Sensory stimulation is needed to raise their self awareness, only stimulate 1 sense at a time as too much can be distressing or confusing for the person

Our colour coding is supported by Jackie Pool Associates and the PAL Activity Levels.: (Pool J (2012) the Pool Activity Level (PAL) Instrument 4th ed. Jessica Kingsley publishers, London pp54-55)

## New NAPA Competition (Members only, please quote your membership number)

We want to know what activities you do in your setting, write and tell us about 1 particular tried and tested activity that is adaptable for all abilities. We will feature a selection of them in our next magazine (Issue 2 2015) 1 of them will be our Star activity and will win a prize!

## Spring Contents

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## Contact NAPA

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Registered Charity No: 1070674, SC038991  
Company Limited by Guarantee No: 3482943

**+Blue**

**+Red**

**+Orange**

**+Green**

# +Button Art



## What you need:

- A frame
- A piece of card or other stiff paper (make sure it is the right size for the frame)
- Glue gun or strong craft glue
- Buttons, buttons, and more buttons!

## What you do:

Maybe one of your residents or staff members is arty and they could draw the outline

If you are artistically inclined, feel free to go ahead and sketch out your design. Or you can take the easy route and print off a silhouette of your design on your card.

Once you have printed your silhouette onto the card it is time to start the fun part - adding the buttons!

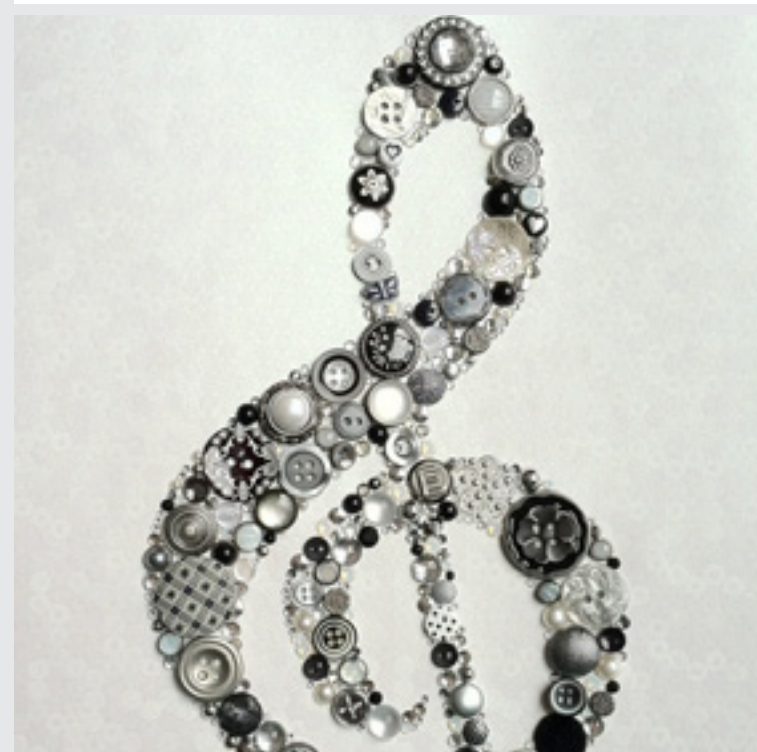
It's a good idea to play around with placement before you start gluing. Also, feel free to layer the buttons for a neat, textured effect.

And remember, you can also use items that aren't buttons for fillers such as decorative beads, pearls, beads, or rhinestones.

Then frame your masterpiece for all to see!

You could use buttons to decorate a number of items

- Lamp shade
- Canvas
- Tiles
- Empty bottles
- Card



## +Think

This would be a great tactile session

Check out the templates that you could use for this on our website [www.napa-activities.co.uk](http://www.napa-activities.co.uk) in the members only section- Things to Do.





+Blue

+Red

+Orange

+Green

# +Picture Quiz:

All the answers begin with the letters MAR

- 1. What is the Christian name of the famous English Classical Ballerina?
- 2. Small ball of baked glass used in a children's game
- 3. A golden flower
- 4. A harbour for sailing boats
- 5. Type of jam
- 6. Animals that carry their young in a pouch
- 7. A cocktail that is decorated with olives
- 8. Paste made with ground almonds



+Think

Use the pictures as a conversation starter.

Answers on page 19 of Things to do.



things to do

+Blue

+Red

+Orange

+Green

Star  
Activity

## + Fruity Friday at Birds Hill Nursing Home

This year, every week on a Friday we have 'Fruity Friday'! We hold it in the afternoon and we encourage all residents to help make interesting things out of fruit (and sometimes vegetables).

It's a great social event with everyone being able to get together but it is also something that we can do with those residents who are in bed. For those who are unable to take part in the preparation we give portions of the fruit to eat. They look more interesting so it encourages a lot more residents to eat one of their 5 a day, which is great for their nutrition and hydration! For those residents with dysphasia, who can't eat the whole fruit, we puree that weeks fruit choice so everyone in the home can take part regardless of their limitations. Some of our favourites have been strawberry mice, apple frogs, banana dolphins and rocket kebabs.

Submitted by

Kerry Seewooruthun and the activities team  
Birds Hill Nursing Home

[www.napa-activities.co.uk](http://www.napa-activities.co.uk)

Cheese & Strawberry Mouse's

+Think

You could do a tasting session with your creations. How about using unusual fruit, what can you make.



## +Members' activity ideas

### Our Dog Show

The dog show took place in our garden and our handyman created a proper course for the show. The dogs that entered were all owned by the staff members and some of the residents and staff took roles as judges on the panel.

This activity was really great as it involved both staff and residents taking an active part in the planning, execution and decision making of the whole event.

We have decided to repeat the dog show in the future due to its great success and popularity with residents, staff and families.

We have also combined the show with the recent McMillan coffee morning and all the monies we raised were split between the McMillan charity and local Dog shelter.

**Tomas Kaluzak**  
Registered Manager Borovere



### Reading for pleasure at Loxley

Reciting the rhymes and rhythms, of a good poem can bring great pleasure. Something that started with a couple of residents has grown over time to around 12!

From Jenny Joseph, W H Auden to Robert Burns, residents at Loxley have found therapeutic benefits for all. Residents say they feel a greatly improved mood and concentration.

Our residents thoroughly enjoy this group and get a lot out of it. People who don't normally engage in conversations have joined in too. Afterwards following the session the group spends time talking about the poems and their relationships have flourished as a result of this.

Loxley's poetry group provides a peaceful and intellectual time for residents. In addition to the mental exercise poetry provides, it also allows residents to share ideas and get involved in thoughtful discussions

It is really special to witness seniors, who may otherwise be reserved or find it difficult to make new friends, bring their voice and enthusiasm to the poetry group and come to life.

**Carolyn Slaughter**  
Activities Manager at Signature Loxley Park



**+Think**

These activities can be adapted to suit all residents.

### Our Activity is..... bookmarks for the local community

Residents asked, on a visit to their local library, if the library would like a "basketful of bookmarks" to display on the library reception for local people to help themselves to. This was met with great thanks from the library staff.

The outcome was that we displayed the bookmarks in a wicker basket with a pretty bow on their reception (see photo).

Some of our residents were able to make the ones that fitted on the corner of the page which were origami folded and then they decorated them.

Some of our residents helped to cut out the shape of the traditional shaped bookmarks and decorated them. And our residents who were unable to do that helped with choosing what pictures to stick on them. They were invited to choose a colour scheme and match the pictures to the colours, and then their partner worked with them to stick them on, everyone helping each other and working together.

All their bookmarks were marked with a sticker on the back saying "Made with love by Residents at Pelsall Hall"..

We took the bookmarks down to the library and they "go like hot cakes" and we have been asked to replenish them 4 times!! Coming up to Christmas we made seasonal

ones, and when we had our NAPA Around the World Challenge we made them relevant to different countries.

This is something our resident's do that makes them feel useful and connects them to their community and an activity that everyone can do.

**Fiona McCracken**  
Activity Coordinator at Pelsall Hall



### Anyone for a game of Skittles?

Here at The Miramar, our residents love the game of skittles. This particular activity is so adaptable for all abilities as described below:

Our blind/partially sighted residents enjoy this game and score very well, the encouragement and help they receive from other residents really helps them.

Our residents who use wheelchairs are able to play whilst remaining in their chairs.

Our residents who aren't able to use both arms (due to strokes etc) are able to bowl and enjoy the game.

The activity can be played indoors on carpet or outdoors in the garden during the summer months.

It provides gentle exercise for our residents and promotes wellbeing.

It also promotes team spirit and competition involvement.

The activity also encourages the residents to applaud each other and encourage each other with the game, creating a great atmosphere. The game has been tried and tested on many occasions, indoors and

outdoors and enjoyed by so many of our residents. The game attracts others whilst being played, as residents see the fun and hear the laughter and also join in with the game.

Overall, skittles is an excellent activity for all abilities, for indoor or outdoor fun, for anyone to join in despite any disability and for all to enjoy the team spirit.





## Morning Workout

We would like to share the tested activity that was adaptable for all abilities at Torkington House.

In Torkington House we have one activity that we thought is suitable for all our residents. The chair exercises are suitable for older adults due to the solid base of support preventing falls, and less strain on the joints. They are also suitable for beginner exercisers who need to start with easier exercises to gain functional strength for the tasks of daily living. We have seen an increase in the number of residents wanting to take part in the morning workout classes. Anyone could improve their quality of life; the partially mobile, people in wheelchairs, the frail and the elderly.

Chair exercise is a very good way to work out your upper body strength in the comfort of a chair and reduce the stress level.

Marie Dasylyva, Activity Co-ordinator



## Finger Print Trees

Recently at a wedding I went to the bride and groom had a fingerprint tree for everyone to "leave their mark" as a memory of their presence on their special day.

Recently at a wedding I went to the bride and groom had a fingerprint tree for everyone to "leave their mark" as a memory of their presence on their special day. I thought to myself, why can't we do that in the homes and remember residents that way. After a little searching I found templates that were easily adaptable and ordered some fingerprint pads so even those with little movement could take part with some help. The activities carer went to every one of our residents with the template which was a large scale tree with only branches and a colour ink pad to get their fingerprint onto the tree. To identify who's fingerprint belongs to which resident we wrote their names at the side of their fingerprint.

Caroline Rye  
Administration Manager, Morton Grange

## + Decorative Eggs

These could be made for any occasion

### What you need:

- Thin ribbon, colour of your choice
- Polystyrene eggs- you could also use an egg shell
- Pencil
- Paints or marker pens
- Paint brushes

### What you do:

- Draw the outline of your design onto your egg
- Decorate your egg using either paint or pens.
- Once dry tie the ribbon around the egg as in the picture



## + Spring door wreaths

These could be made for any occasion

### What you need:

- Wreath base (Card, polystyrene, wooden)
- Decorations- the list is endless but I'll give you a few ideas:
  - Pom Poms
  - Ribbon
  - Silk flowers or real flowers
  - PVA Glue or glue gun if you have one
  - String- if you need to tie decorations onto your wreath
  - Card cut outs

### What you do:

- Once you have decided on the base and decorations, get creative.
- Attach ribbon or string to the top so you can hang it up.
- These can be hung on the front door or on each resident's bedroom door



**+ Think** The activity begins with the planning, so take a resident out with you to get the supplies





## + Food bag cooking

### Ice Cream

#### What you need:

- 250ml single cream
- 2 tablespoons caster sugar
- 1 teaspoon vanilla extract
- 2 fl oz (50ml) brandy/sherry/ whiskey
- 4 tablespoons chopped fresh strawberries
- 4 scoops ice cubes
- 4 tablespoons coarse salt
- 1 x litre zip lock bag
- 1 x 2 litre zip lock bag

#### What you do:

- Combine the cream, sugar, vanilla and strawberries in a litre size resealable plastic bag. Press the air out of the bag, seal and shake bag to combine contents. Place the bag into a larger sized resealable plastic bag. Add the ice and salt to the larger bag, press the air out, and seal bag.
- Wrap bags in a tea towel. Shake continuously, until the contents of the small bag thicken into soft ice cream, 5 to 10 minutes.
- Rinse the small bag quickly under cold water to wash off salt. Lay the ice cream filled bag on a flat surface. Use a wooden spoon handle to push the ice cream down to the bottom corner of the baggie. Snip off the corner, and squeeze ice cream into a bowl.



### Bread in a bag

#### What you need:

- 225g strong white flour
- ½ x 5ml spoon of salt
- 1 x 7g sachet of dried yeast
- 100ml warm water (OR 50ml milk and 50ml water)
- Pinch of extra flour-
- Weighing scales
- Muffin case or baking parchment
- Clean flowerpot or foil container
- Large heavy-duty ziplock bags
- Measuring spoons
- Measuring jug
- Oven gloves

#### What you do:

- Preheat the oven to 220°C/200°C fan or gas mark 7.
- Put a piece of baking parchment or a muffin case at the bottom of the flowerpot (ensure this is clean).
- Place the ziplock bag on the scales and measure the flour in.
- Add salt and dried yeast, close the bag and give it a good shake.
- Add the warm water (and milk if using), close the bag, squeeze the air out and knead it with fingers until the ingredients are completely blended. All ingredients should remain in the bag.
- Continue to knead and manipulate the dough for at least 10 minutes, eventually the dough will no longer stick to the bag.

- Open the bag, shape the dough with your hands and place into the flowerpot and sprinkle with flour.
- Loosely cover the pot with your ziplock bag and allow to rise 45-60 minutes.
- Remove the ziplock bag and place the bread into the oven and bake for 20-25 minutes



## + No cook cooking



### Lemon Gateau

#### What you need:

- 250ml single cream
- 1.5 packets of trifle sponges
- 4oz unsalted butter
- 2 lemons
- 6oz castor sugar
- 3eggs
- 5oz double cream
- 8in greased loose-bottomed cake tin

#### What you do:

- Cream butter, sugar and egg yolks together
- Add rind and juice of 2 lemons
- Beat egg whites until stiff and fold in
- Slice trifle sponges in half
- Layer sponges & egg mixture in tin, starting and finishing with a layer of sponge
- Chill in the fridge overnight
- Remove carefully from tin, cover with whipped cream and decorate



### No bake Cherry Cheesecake

#### What you need: serves 12

For the digestive biscuit base

- 100g digestive biscuit crumbs
- 50g butter or margarine, softened
- 50g caster sugar (optional)
- For the filling
- 225g cream cheese
- 125g icing sugar
- 1 teaspoon vanilla extract
- 250ml double cream, whipped
- 1 (400g) tin red cherry fruit filling

#### What you do:

- Stir together digestive biscuit crumbs, butter and sugar in a bowl until well mixed and crumbly. Press into a cheesecake tin or pie dish, going up the sides as much as possible.
- Beat together the cream cheese, sugar and vanilla in a bowl until smooth and spreadable. Whisk whipped cream into cream cheese mixture until smooth. Pour cream cheese on top of prepared biscuit base. Smooth the top with a spatula, and refrigerate until firm, about 2 to 3 hours. Spread the cherry fruit filling over the top, and chill until serving.

## + Safety

Please be aware of Health & Safety issues when dealing with raw food products within recipes.

Check out our No Cook Cooking book available to purchase on our website



+Blue

+Red

+Orange



# +Wordsearch – Spring

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| A | V | U | N | A | R | C | I | S | S | U | S | I | V |
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| M | V | A | H | I | S | B | L | U | B | M | D | F | H |
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- +FLOWERS  
+DAFFODIL  
+TULIP  
+RAINBOW  
+UMBRELLA  
+LAMB
- +CHICKS  
+TADPOLE  
+NARCISSUS  
+BLOSSOM  
+BULBS  
+SHOWERS
- +RAINCOAT  
+HATCH  
+BUTTERFLY  
+SPRINGTIME

## +Think

Try making up a story with your residents using the words above. We would love to read them, send them into the NAPA office



+Blue

+Red

+Orange

+Green

# +Sensory Ideas

## Creating a sensory environment

There are many things you can do to make a sensory environment. It doesn't have to be in one room, it could be in the corner of a room, in someone's bedroom even in the corridors. The idea is to make it accessible so that residents can experience and self-engage with some sensory stimulation. Sensory stimulation covers sight, touch, taste, smell, sound and movement.

### Ideas:

**TOUCH, SIGHT:** Furry cushions or throws for the chairs. I recently saw an article where someone had brought a furry blanket that had a picture of dog on it and mounted it in a picture frame so that people walking past would see the dog and stroke it.

**SOUND, MOVEMENT:** Soft music to replicate sounds from a place, i.e. the seaside or the forest, bird sounds. To go with the sounds you could put up some wallpaper that would replicate the view. It is a great way to bring the outside in. Imagine a feature wall with tall trees and sunshine in the distance with a nice bench placed beside it.

**SIGHT:** If possible, have dimmer switches on the lights, put up some battery operated fairy lights around a picture frame, or in a vase. People

might be stimulated by looking at them and also from touching them.

**SIGHT, MOVEMENT:** Lava lamps and light tubs are easy to buy from lots of high street shops.

**SMELL:** Place small pots of lavender around, you could also put little pouches of lavender inside cushion covers so the aroma emanates the room. A carefully positioned coffee pot smells good and might stimulate appetite.

**TASTE, TOUCH, SIGHT:** Have a food tasting day, where you have lots of different textured food on plates around the home. You might like to try popcorn, sherbet, peppermint creams or jelly. Ask your residents if there is something they might want to sample.

**SMELL, TOUCH:** Indoor sensory gardens can be created using herbs like basil, sage or thyme

**SIGHT, SOUND, MOVEMENT:** How about a water feature.

**SIGHT, SOUND, MOVEMENT:** Wind chimes are really nice and are relaxing. These are just a few ideas, I'm sure you can think of many more.



## +Think

Over stimulation can cause a person to become distressed or agitated in the same way that someone suffers who is not getting enough stimulation, and may become bored or restless. We need to find the right balance between the two.

## Bubble mixture is easy to make

### What you need:

- Water
- Washing up liquid
- Sugar
- Add a few drops of food colouring if you want to make them interesting.
- Bubble wand, you could use straws; make your own wand using pipe cleaners or the top end of a water bottle.

### What you do:

- Mix until sugar has dissolved.
- Happy blowing

This is a great sensory activity for everyone to enjoy. Making the mixture is just as much fun as blowing the bubbles.





# +Care Home's Croquet Collaboration with school wins national award

Croquet, the game that took England by storm in the 1860's is now bringing new excitement to the lives of care home residents living with dementia.



Oakham School in Rutland have been taking part in a programme for over a year where pupils visit Tixover House Care Home each week to play croquet with the residents.

Tixover House, which is run by Barchester Healthcare, provides nursing, residential and dementia care to the local community. Through the volunteer programme, the students from Oakham School have formed friendships with the residents, including some individuals living with advanced dementia.

'What they are doing is astounding' says Elaine Elsey, Activities Co-ordinator at Tixover House. 'We have all

noticed a difference in the residents who take part. It makes them smile! At that particular moment it gives them joy and it really is remarkable to watch residents who don't normally take part in an activity, to get up and have a go.'

The pupils are making such a difference that they have won national acclaim at the Independent Schools Awards 2014 for Outstanding Community Initiative and picked up an award in recognition for their project at Tixover. Oakham school teacher Jane Paddock says: "We are delighted to have won an award for this initiative. The croquet sessions have taught the pupils a lot about themselves and the value of building stronger friendships with older people. It's moving to see everyone having so much fun together, to see the residents and pupils holding hands and cheering each other on."

It helps to improve the lives of residents and caregivers in a range of different ways – mentally, socially and physically. Elaine describes how for one resident, ex-schoolmistress Shirley Martin, the croquet has a huge impact: 'It takes her back to her old life. She becomes fiercely competitive and full of life. Playing croquet is one of the few things Shirley is able to remember.'

The initial idea came from James Creasey after finding that he could connect with his father, who was living with dementia, through the game of croquet. The smile on his dad's face inspired him to found 'Jiminy Wicket' and to create the 'Through Hoops to Hope' programme. It aims to connect students with people living with dementia, by giving a common goal of playing games of croquet together. The programme is fast developing in schools across America and Australia. So far Tixover is the only Barchester care home in the UK to run this.

The games are played using specially produced artificial turf, lighter weight mallets and coloured balls. It is played indoors so the weather is not a concern and people using wheelchairs and frames are easily included. It also allows residents not wishing to take part to be engaged in a fun, uplifting activity.

For more information please email [Andrew@JiminyWicket.com](mailto:Andrew@JiminyWicket.com)  
Or visit [www.jiminywicket.org](http://www.jiminywicket.org)



jiminywicket.com Let's Play!

  
**BARCHESTER**  
Celebrating life



# +Activities of Daily Living

Think about everything you do in a week, from getting your hair done to washing the dishes and to going out with your friends...

All of the above are activities, many people won't see them like that but it's your job to show them how enabling your residents to continue doing these things are vital to their well being.

What happens when the hairdresser comes in? How about offering your residents a cup of tea and a biscuit. Sit down and have a chat to them, or offer them a magazine. It is a great social activity so they might just want to sit and have a natter!

- Why not see if any of your residents want to help you or another member of staff with a few jobs, such as:
- Laying the table
  - Folding the washing
  - Polishing the brass
  - Making the tea
  - Hanging out the washing
  - Taking the letters to the post office

# +National Awareness Days



**February**

National Heart Month

1st February  
**British Yorkshire Pudding Day**

1st-8th February  
**National Apprenticeship Week**

2nd-8th February  
**Bramley Apple Week** - what tasty treats can you make, Apple pie or maybe apple fritters.

17th February  
**Random Acts of Kindness Day**

16th – 22nd February  
**Chip Week**

17th February  
**Shrove Tuesday**

14th - 21st February  
**National Nest Box Week** - The aim is to get as many people to put up nest boxes in order to help our birds and other wildlife.

21st February  
**International Mother Language Day** - Learn a new language, well at least a few words.

20th-26th February  
**Student Volunteering Week**

**March**

1st - 8th March  
**Time For a Cuppa (Dementia)**

2nd – 8th March  
**Acupuncture Awareness Week**

2nd – 9th March  
**National Sleep Awareness Week**

8th March-  
**International Woman Day**

12th - 18th March  
**Brain Awareness Week**

17th March  
**St Patrick's Day**

18th March  
**Mothering Sunday**

20th March  
**First Day of Spring** - Get out into the garden and plant some bulbs.

**April**

2nd April- 2nd May  
**National Pet Month** - How many pets can you invite into the home? How about holding a pet show

3rd April  
**Prevention of Cruelty to Animals**

3rd April  
**Good Friday**

6th April  
**Easter Sunday**

11th April  
**World Parkinson Day**

7th – 13th April  
**Parkinson's Awareness Week**

13th – 19th April  
**National Gardening Week**

14th April  
**Look up at the Sky Day**

20th April  
**Volunteers Recognition Day** - Celebrate and show how much you appreciate them, it could be your opportunity to invite potential volunteers to the home. Is one of them deserving of The NAPA Award for Best Volunteer?

23rd April  
**St George's Day**



# +Quiz – Answers

**Spring Picture Quiz**  
(Page 4)

1. Margot Fonteyn

2. Marble

3. Marigold

4. Marina

5. Marmalade

6. Marsupial

7. Martini

8. Marzipan

## Wordsearch

(Page 14)

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| L | Z | O | B | F | F | S | Y | A | S | F | I | Y | S |
| L | S | A | U | R | N | O | E | D | R | V | P | V | S |
| A | E | T | I | E | U | M | F | E | T | M | N | S | X |
| T | T | L | A | M | B | T | T | N | N | L | A | H | U |
| N | H | L | G | U | V | T | X | I | I | K | X | O | W |
| B | J | I | N | W | U | B | V | T | C | H | E | W | O |
| C | M | D | E | B | T | B | U | G | S | T | Y | E | B |
| R | B | O | A | R | U | I | O | N | E | R | W | R | N |
| U | R | F | Z | X | V | N | Y | I | T | W | U | S | I |
| H | U | F | C | R | Q | Y | I | R | U | S | B | R | A |
| C | V | A | V | C | I | N | Y | P | K | C | M | B | R |
| T | A | D | P | O | L | E | E | S | Q | S | T | U | B |
| A | R | U | Q | R | H | D | A | E | E | W | I | N | V |
| H | M | C | F | L | O | W | E | R | S | C | E | G | H |



# things to do

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+Blue

+Red

+Orange

+Green

Invite your residents to look at this picture and give you one word that comes to mind, link the words to make a poem or short story. (You can add a few extra words too).

This can be used as a conversation starter; just looking at this may spark some memories.

We would love to hear how you get on.