

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** – Summer themed activity ideas

+ **Plus** – lots of activity ideas for everyone to get involved in



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www.napa-activities.co.uk

+Editors piece

Hello, I hope your plans are going well for your Right Royal Street Party!

You will find lots more ideas to help in your planning for the big event in the pages that follow. I have loved finding ideas to share with you, it has been lots of fun; I am sure you find them useful.

We would love to hear about your tried and tested activity ideas, send them in to me and we will publish a selection of them. Please send them to project@napa-activities.co.uk



+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.**

- +Blue

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

Red – Living with early – mid stage Dementia. Interested in the ‘doing’ rather than the end result. Can follow simple instructions.
- +Orange

Orange – Living with 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)



#HMQ90 This is the hash tag that is being used all over the internet when people are talking about the Patrons Lunch, if you post anywhere online, use it!



Do you have Pinterest?

It is a great place to collect and store ideas for all types of things – from arts and crafts to specialist ideas for engaging your residents. We have got a few boards full of ideas and inspiration! Check them out: uk.pinterest.com/napalivinglife5/

Summer Contents	
Editors piece	2
Table cloth art project	3
Picture quiz	4-5
Pinhole photography	6-7
Wordsearch	8
Strawberry lemonade sparkler and Anyone for ice-cream?	9
Ribbon sandwiches	10-11
No bake berry cream pies and Eton mess in a teacup	12
Teapot centre piece	13
Bucket list	14-15
Pretty painted pineapples and Cheese tasting	16
Creative coasters and Hand-painted wooden door hangers	17
Awareness Days	18
Quiz answers and Wordsearch solution	19
Easy poetry	20

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- +Blue
- +Red
- +Orange
- +Green

+Table Cloth Art Project

This activity is a great way to get people together and talking. Don't give any instructions about what people should draw, let them use their creative flair! Just leave the pens out and start doodling yourself.

- ### What you need

 - Plain light-coloured table cloth or material cut to size – make sure it fits the whole table. How about putting a few tables together to make a long one
 - Fabric pens/paint
- ### What you do:

 - Place the table cloths/material on to the tables, making sure there is enough material to cover the entire table.
 - Put some pots filled with pens on the table in front of each place.
 - Invite people to come and sit with you at the table.
 - Some people may instantly pick up the pens and draw something, I would actively promote doodling!



+Think

You could invite a local nursery/school along to get involved with this project. Your masterpiece could then be hung on the wall for everyone to see.





+Picture Quiz:

For each picture, can you answer the questions below?

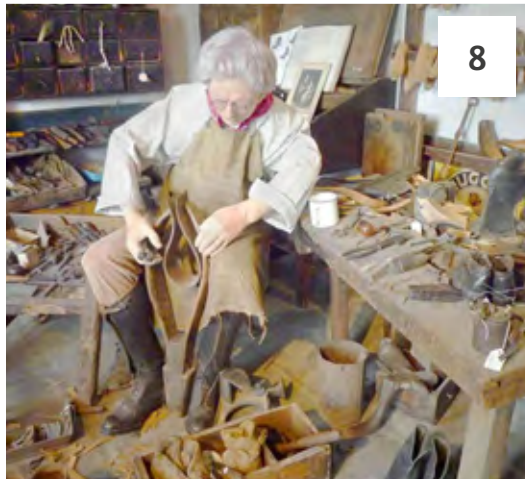
Questions.

- 1. What is another name for an apprentice?
- 2. What is the name for an apprentice chef?
a) pastry cook b) sous chef or c) commis chef
- 3. What nickname is given to carpenters?
- 4. What is an apprentice jockey called?
a) bug boy b) young rider c) saddle knight
- 5. Would a 'Jack Tar' be in the a) Navy
b) Air Force or c) Army?
- 6. Whose 13 equals a dozen?
- 7. If M.D. follows your name what is your profession?
- 8. What is another name for a shoe maker?
It begins with a 'c'.
- 9. Someone whose job it is to play records and music.
- 10. A person who leads the orchestra or works on a bus.
- 11. A maker of suits etc.

- Q: How many jobs can you think of that you need to have training for?
- Q: How many sports and athletic events can you think of that require you to train?
- Q: How many words of three or more letters can you make from the word 'training'?

+Think

Use these images as a conversation starter; you could discuss people's work life.





+ Activities – Pinhole Photography



+ Pringles Tube Pinhole Camera

What you need

- A Pringles tube
- Translucent paper
- Something to put a small hole in the base
- Something to cut the tube

What you do:

- Cut the tube off about 2 inches or so from the base, you don't have to measure it.
- Dust it out, to make sure there are no bits of card or Pringles left.
- Cut a piece of the inside packet of a cereal box or tracing paper to just a bit larger than the lid of the tube.

- Make a small hole in the centre of the base of the tube.
- Put the tracing paper or cereal packet over the open end of the tube and put the transparent Pringle lid over it to hold it in place.
- Use the remaining part of the Pringle tube to form a viewing shield.
- Tape it together if you want or just hold it.
- Stand in the middle of a room and look through it at a window, with your other eye closed; the tube being large makes a good light seal around your eye even if you

- are wearing glasses.
- Stay with it a minute or so for your eye to become accustomed to the light level.
- Ignoring the bright light from the pinhole and looking at the image on the tracing paper, move the tube about and you will find the pin point can be made to vanish and the image moves about.
- Notice that the image is upside down and back to front.

+ Smartphone / Camera Pinhole Photography

Here is another fun project for you to try. Pinhole cameras and the idea behind them have been known since the 10th century when a Persian scientist wrote about naturally occurring rudimentary pinhole cameras. The essence is that light from a scene passes through a small point and projects an inverted image on the opposite side. It is a lot like how the human eye actually works.

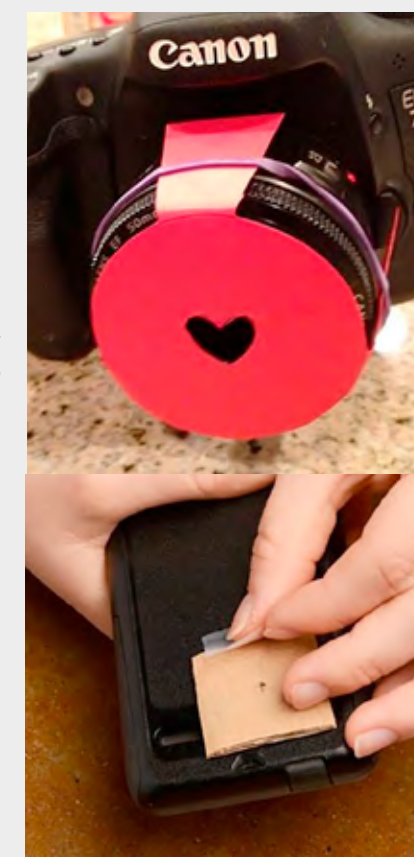
While this project is a bit of a twist, it is a fun way to experiment and get different effects. If you have kids this is a great learning experience in history and science in a very hands-on way. You can also find out more about pinhole cameras on Wikipedia also as a jumping-off point.

What you do:

1. All you need to turn your Smartphone into a pinhole camera is scissors, tape, a needle or similar sharp object, small pieces of cardboard and, of course, your Smartphone.
2. Take a small piece of cardboard or cardstock paper (half-inch squares work best), and poke a hole in the direct centre using a needle or similar sharp object. Poke a hole in your cardboard square for the Smartphone pinhole camera
3. Next, line up the hole with the Smartphone camera lens. Using the camera function as you do this will make your job a lot easier. Turn your camera on and line up the hole in the cardboard with the lens on your Smartphone
4. Once the cardboard is in place, secure it with tape. Make sure not to cover up any other device items with the tape like the flash, speaker, mic, etc. When in position, tape the cardboard to your Smartphone
5. Using a sheet as a backdrop, a few props and your child's favourite dressing up clothing items, you can create an at home DIY photo booth for your new pinhole camera. Make sure to set up in a well-lit area of your house to take the photos.

Set up a photo booth in a well-lit area to start taking pictures with your Smartphone pinhole camera

6. Import photos into Instagram. Crop your image so the subject is front and centre and the pinhole 'circle' takes up the edges of the crop square.
- Now you can pull up your pinhole images into Instagram (or other apps you like)
7. Now add Instagram effects to your photo to get the result you want. Add any of the filters and effects you want in Instagram
8. Share your old-time pinhole camera photos with family and friends online, or print your photos and frame them.



+ Think

Connecting your camera or table up to the TV is fairly easy (there are lots of how to videos on YouTube). Wouldn't it be nice for your residents to see and share their photographs with others on the big screen!



+Blue

+Red

+Orange

+Wordsearch

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



- + PARAMEDIC
- + PROFESSIONAL
- + DANCER
- + DRIVER
- + DOCK WORKER
- + CAREER FARMER
- + TEACHER
- + NURSE
- + POSTAL WORKER
- + MINER
- + TRAINING
- + EDUCATIONAL
- + MANDATORY



+Think
Talk to your residents about the training they had to do in their jobs



+Blue

+Red

+Orange

+Green

+Recipe – Strawberry Lemonade Sparkler

What you need
(Alcoholic version):

- 2 oz strawberry-infused vodka
- 2 oz simple syrup*
- 2 oz fresh lemon juice
- Sparkling wine

*For the Simple Syrup – in a small saucepan, bring sugar and water to a boil and simmer for 3 minutes until the sugar is dissolved,. Remove from the heat and cool completely. The syrup can be refrigerated in a glass jar for up to 1 month.

What you do:

- Pour the simple syrup and vodka into a shaker and shake with ice and add lemon juice.
- Top with sparkling wine.
- Garnish with strawberries and mint.
- Wash out using hot water and place in the freezer.
- Scoop some of the sorbet in the lemons and serve.

For a non-alcoholic version replace the vodka and sparkling wine with pink lemonade.



+Think

Your residents may like to pay for their own ice cream. Maybe you could offer each resident a purse with their £1 or £2 so that they can pay for their choice themselves.

You can hire coffee vans to come to you too.

+Any One
for Ice-cream?

Have you thought of contacting a local ice cream man?

He might be happy to come to your care setting so that your residents can buy an ice cream or ice lolly!

This is a really nice idea for the summer months and won't cost you much. A number of care settings already do this.

It could be a great addition to liven up your Right Royal Street Party.





+ Recipes – Ribbon Sandwiches

+ Indian chutney tea sandwiches

What you need

- Bread – 15 slices (brown or white)
- Coriander chutney – approx. 1 cup (recipe follows)
- Tomato chutney – approx. 1 cup (recipe follows)
- Butter – 1/4 cup (at room temperature)

What you do:

- Bring both the chutneys to room temperature.
- Add the soft butter into the coriander chutney and mix well. No traces of butter should be seen.
- Taste, add salt if required, and keep ready.
- Evenly spread about 1 tbsp of coriander chutney on to the first slice of bread.
- Top with another slice and spread the same amount of tomato chutney on it.
- Finally, top with a third slice and gently press down to settle the fillings in.
- Slice into half diagonally and then into quarters, or if you prefer, slice into smaller squares.



Coriander chutney

What you need

- Coriander leaves – 2 cups, washed and roughly chopped
- Grated coconut – 1 cup
- Mint leaves – 10–12
- Tamarind paste – 1 tsp (approx.)
- Green chillies – 2 (adjust according to preference)
- Salt – to taste
- Sugar – 1/2 tsp

What you do:

- Grind together all the ingredients in a food processor/blender, scraping down the sides at intervals, until you get a smoothish paste. Resist the urge to add water though!
- Transfer into an air-tight container and refrigerate till ready to use.

Tomato chutney

What you need

- Ripe tomatoes – 250 g, sliced in half (any variety is fine)
- Olive oil – 1/2 tbsp
- Sea salt – to sprinkle
- Pepper – to sprinkle (freshly ground)
- Coriander leaves – 1/2 tbsp, chopped (optional)
- Green chilli – 1, roughly chopped
- Ginger paste – 1 tsp
- Garlic paste – 1 tsp
- Vegetable oil – 1/2 tbsp
- Mustard seeds – 1/4 tsp
- Fenugreek powder – a generous pinch
- Asafoetida – a pinch
- Salt – to taste tsp

What you do:

- Pre-heat oven to 200C.
- Line a baking tray with silver foil and arrange the tomatoes on it, cut side up.

- Drizzle the olive oil over the tomatoes and sprinkle generously with salt and pepper.
- Roast in the oven for about 35–40 minutes.
- Once done, take them out and leave to cool. You can peel away the outer covering if you want, but I left it on.
- Grind together the roasted tomato, coriander leaves and green chilli to a paste-like consistency.
- Mix with the ginger and garlic pastes.
- When ready to cook, heat the oil in a saucepan and add the mustard seeds. Let it splutter.
- Add the tomato paste along with the fenugreek and asafoetida powder and cook on a medium heat until you see the oil separating. Keep stirring in between.
- Check for seasoning, add if required and take off the flame.
- Leave aside to cool and serve with crackers and cheese.

+ Pretty ribbon sandwiches

What you need

(Makes 9 finger sandwiches):

- 2 x loaves of bread – it depends how many sandwiches you want to make
- 2 x tin of crushed pineapple
- 250 g pecan nuts
- 500 g cream cheese
- Butter
- Food colouring x 2 colours of your choice

What you do:

- Allow the butter and cream cheese to soften at room temperature.
- Chop the pecans very finely. Drain and crush (using a fork) the pineapple.
- Divide the cream cheese, pineapple and pecans into 2 bowls, mix thoroughly.
- Add a few drops of food colouring to each bowl; mix the colour through each bowl evenly.
- Whip the softened butter – this will prevent the sandwiches becoming soggy from the filling.
- Spread one side of each slice of bread with the butter. Add a layer of coloured filling. Spread one side of another slice of bread and place down on top of the filling. Add butter to the top of that piece of bread and add the next layer of filling. Butter another slice of bread and place down on top of the coloured filling.
- Trim the crusts from the sandwiches. Cut each sandwich into 4 fingers about 1 inch wide.
- Use a serrated knife to cut the fingers and wipe the knife between each cut.



+ Salmon sandwiches with a herb-laced butter



What you need (Makes 9 finger sandwiches):

- Small bunch of fresh dill
- 50 g butter, softened
- Squeeze of lemon juice
- 6 slices of brown bread
- Smoked salmon

What you do:

- Strip the dill leaves from their stems and chop finely.
- Mix with the butter, lemon juice and plenty of freshly ground black pepper.
- Butter the bread with the mixture and make 3 sandwiches with the smoked salmon
- Trim off crusts and cut each into 3 fingers.



+ Recipe – No Bake Berry Cream Pies

What you need (to make 3–4):

- 1 pint chilled double cream
- Vanilla essence to taste
- 1 pack digestive biscuits
- 120 g melted coconut oil
- Fresh or frozen raspberries
- Blueberries
- Strawberries
- Individual jars or ramekins

What you do:

- Pour chilled cream into a mixing bowl, whisk until thick, and sweeten with vanilla essence to taste.
- In a bowl, mash the raspberries until saucy. Pass through a sieve if you don't like the pips.
- Crush the digestive biscuits, using a blender or a rolling pin, until you get a fine crumb.
- Layer the raspberry sauce, whipped cream and digestive biscuits in the jars and ramekins. Alternate the layers so they look pretty.
- Top with strawberries, blueberries, more cream and sprinkle digestive biscuit crumbs.



+ Recipe – Eton Mess in a Teacup

What you need

- China teacup and saucer for each serving
- Mini meringues – lightly crushed
- Sliced fruit (your choice) – you could use strawberries, kiwi, raspberries or blueberries
- Thick double cream
- Mini flags on cocktail sticks – you could make these fairly easily
- Mixing bowl

What you do:

- In the bowl carefully mix the meringue, cream and some of the chopped fruit.
- Once mixed, spoon the mix into the individual cups, dress with some of the remaining sliced fruit and pop the flag in the top!



+ Activity – Teapot Centre Piece

These would look lovely on your tables at your **Right Royal Street Party!**

What you need

- A selection of teapots
- A selection of flowers – fresh or you could use artificial flowers so they last longer

What you do:

- Invite your residents to go flower shopping with you; your residents will have their own tastes about which flowers will look good together and also which ones will fit nicely in a teapot. You may find some teapots in local charity shops too.



+Think You could do the same with teacups

things to do

+Blue

+Red

+Orange

+Green

+ Activity – Bucket List

This is an activity you can get everyone involved in, residents, staff or visitors.

Gather a small group of residents and staff. Give everyone some paper and a pen; you may need to assist some people. Ask if there is anything they wish they could do, no matter how outrageous or unrealistic! Invite people to write their wishes down, they could read them out if they want to; remember some may want to keep it private. You may be able to find a way to make things happen with the help of others. You never know there may be more than one person with the same wish.

You could have a special place for people to place/hang their wishes, maybe a pin board or a tree! Or dropped into a decorated bucket.

