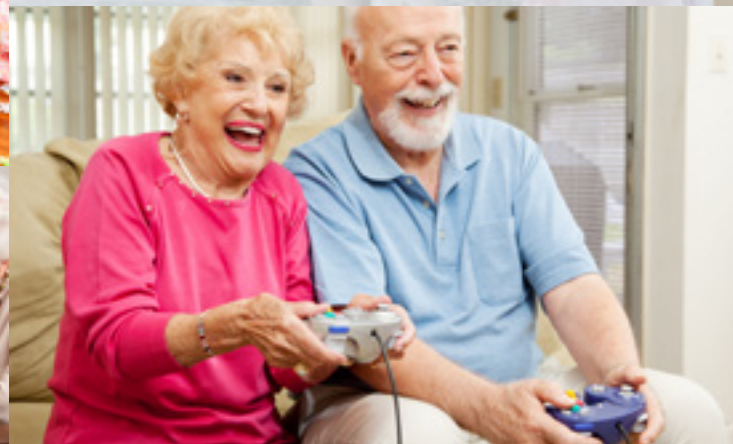


Things to do

Many of the ideas will suit
the Challenge – **Around the
World and Best Tea Party
Ever Award.**

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** – for your ‘Best Tea Party Ever’ and the ‘Around the World’ theme.
- + **Plus** – lots of activity ideas for everyone to get involved in.

Editors piece: My Life bio

Hi, my name is Gianna Burns.

About me: married, 2 children and 3 dogs!

I started working with older people in 2001 once my children had started school. My first job was in a Residential/ Dementia home. During my time there (8 years all in all) I worked as a carer, senior carer and finally Activities coordinator. I also occasionally helped out in the kitchen at weekends too!

I loved it and loved spending so much time with the residents, finding out more about them and what they liked to do. We enjoyed many activity sessions, spending time doing Puzzles, Bingo, gardening, shopping trips, Arm chair dancing (lots of fun had by all, staff included) I loved every minute of my job. During my time there I completed the Provision of Activities course which was brilliant and really made me think about how I delivered Activities.

Since then I have been working with children as an after school club manager and now a part time nanny to a wonderful family with 4 children. When NAPA moved to Amersham I began helping out in the office with admin and the NAPA challenge, I have to say it is such a privilege to be working with the NAPA team, and being able to share my experiences and ideas is great!



+Gianna Burns

Editor – project@napa-activities.co.uk

We are going to be introducing a **colour code to the activities** to let you know who it be will suitable for dependant on their abilities.

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 complete one – one step short activities

+Green

Green – 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 very distressing for the person.

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+Blue

+Red

+Craft – Fast Spin Puppets



+Think

Break this up into small tasks, some will enjoy making and some will enjoy watching/playing.

Create a fun **fast spin puppet** with the people you care for.

You can buy the balls from the Pound Shop = 4 x £1

one.

Use a Stanley knife to cut from ear to ear to create a mouth, be careful. Tip – cut in advance when working with your larger groups.

Create your character Will it be a **bold and bouncy face** or a **crazy creature?**

two.

Attach googly eyes.

three.

Use collage materials. I used a bostick tube of glue.

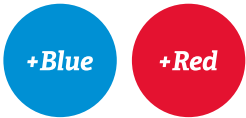
four.

I used felting wool for the comb over hair. (Its looks like my dad's hair!)

Encourage your participants to design and **make their own choices.**

- Have fun with your puppet.
- Squeeze 'ear to ear' to make the mouth work.
- Mine can say 'cup of tea' in three languages, but prefers beer!
- Mine likes to be thrown around and be told jokes.
- Mine likes to whisper in peoples ears.

Create moments of **emotional fun.**



+Picture Quiz:

For each picture, can you answer the questions below?

Questions One.

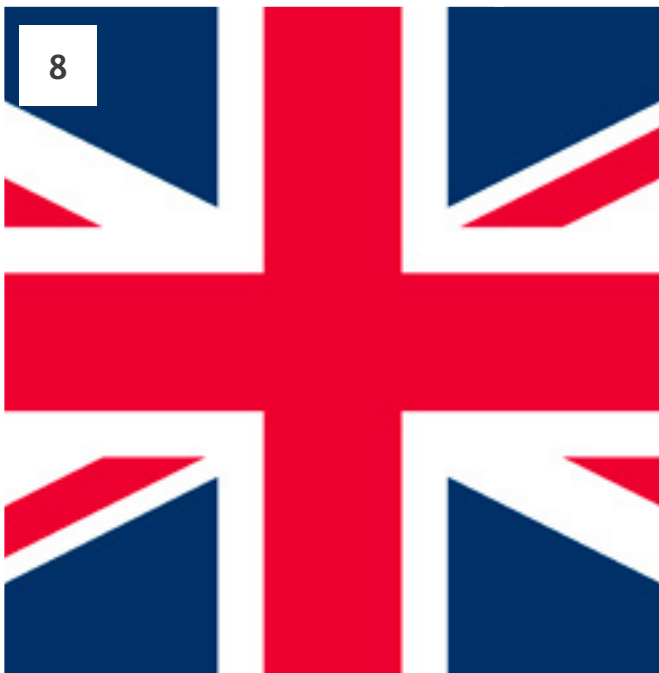
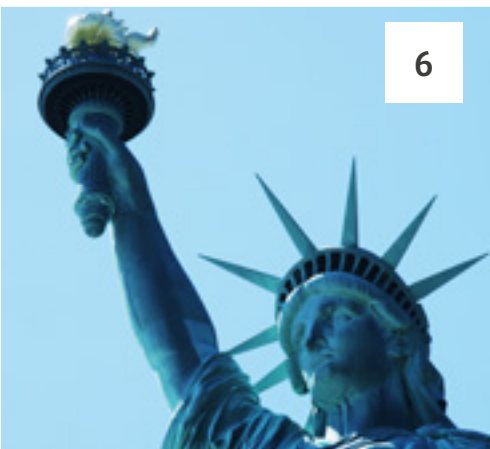
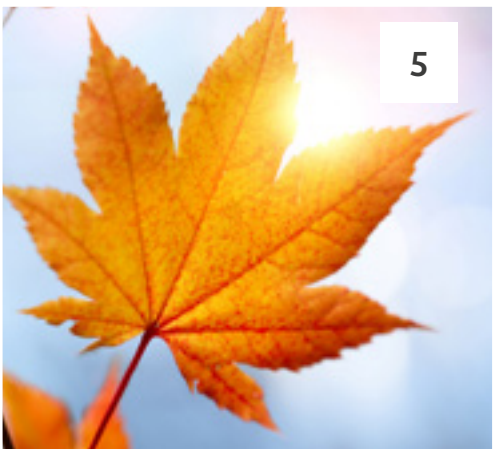
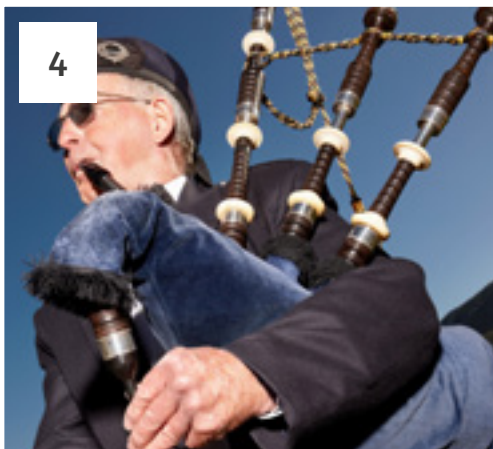
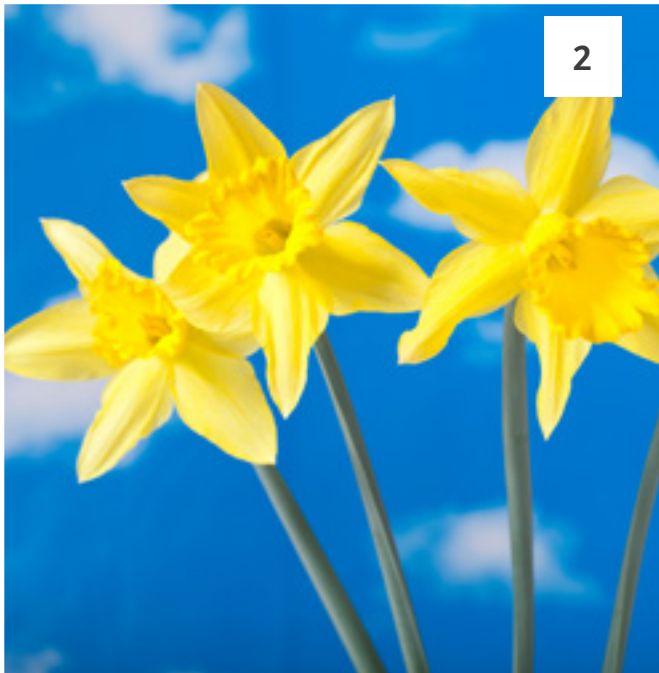
- 1. Name the Magnificent Seven
- 2. How many counties are there in Wales?
- 3. Which is Italy's main river?
- 4. How many islands are there in Scotland?
- 5. How many official languages do Canada Have?
- 6. What was Ellis Island?
- 7. What type of tree do leprechauns supposedly live in?
- 8. What does it mean if the Union Jack is flying upside down?
- 9. What is the capital of Australia?
- 10. Why was the Eiffel tower built? What did it commemorate?

Questions Two.

- 1. What is the traditional hat of this county called?
- 2. What country does it represent?
- 3. What country does it originate from?
- 4. What country is this man from? And what is the traditional dress for this country?
- 5. What country has this leaf on their flag?
- 6. Where is it?
- 7. What day do these items represent? And what month is it in?
- 8. What makes up the different parts of the Union Jack?
- 9. What country does it come from?
- 10. What country is it in?

+Think

Use these pictures as a conversation starter



Answers on page 19 of things to do.



+A few ideas to help have The Best Tea Party Ever

This could be your National care home open day event!

Plan your event

You could hold an Events meeting

- › Invite residents, relatives and colleagues

Think about who you will invite to your Best Tea Party Ever.

- › Local MP, Local community groups, residents from another home.

What will you serve?

- › Cakes, cupcakes and biscuits always go nicely with a cup of tea.

Get residents to help with all aspects of this

- › Shopping, mixing, and decorating.

Make some decorations

- › See the ideas in this section

You could send out invitations

- › Do you have a resident that is good the computer?
- › Or staff member that could help a resident to design some simple ones.

Use your best China

- › It will add to the table decorations!



Sponsored by:



+Craft – Party bunting

What you need:

- Pre-cut Triangles (Card)
- Felt tip pens/ Paint
- Ribbon

What you do:

- Using some pre-cut triangles (you may want to do this before an activity)
- Decorate them using, paint, pens, glue things on to decorate them.
- Put 2 holes in the top edge and then when finished, thread some string/ ribbon leaving some extra at the ends so you can hang it up.



+Recipe – Cupcakes



What you need (Serves: 12):

- 100g Stork® margarine or butter
- 100g caster sugar
- 2 eggs
- 1/2 teaspoon vanilla extract
- 100g self-raising flour

What you do:

- Preheat the oven to 200 C / Gas 6.
- Mix butter and sugar together until fluffy and add eggs and vanilla essence.
- Fold in flour and mix well. Place in 12 cupcake cases.
- Bake for 15 minutes. Allow to cool, decorate as desired and serve.



+Craft – Craft Garden

What you need

- Round polystyrene balls
- Dry floral foam
- Crepe paper in any colours you like.
- Scissors & flower punch
- PVA Glue (3 parts glue 1 part water and mix well)
- Party cups, drinking straws and skewers
- Decorations: Pins with heads sticky bling, glitter, magazines (to cut out flowers), ribbons, buttons or any other decorative material.

What you do:

- Place floral foam in cup attach skewer, put straw over skewer, and attach a round ball on top.
- Cut crepe paper into about 2 inch squares; cut out flowers (I did the prep prior to activity)
- Scrunch up small crepe paper dip in glue then place on ball, repeat until the ball is completely covered
- Place flowers, buttons or beads on the ball and secure with a pin, repeat until desired look is achieved.

Now it's time to decorate the base pot (cup) with bling. *I finished by spraying a gloss over the finished project*, this is optional.



+Tip

Take photos of clients that may forget they did the activity and place it with their project; this may help with encouragement for participation on the next project.



+Activity – Herbal Scent Tea Party

What you need

Buy 6 small pots of different herbs from supermarkets or Fruit & Vegetable stores; e.g. peppermint, basil, cilantro, parsley, lemon balm, dill, rosemary. Buy the same herbs above in dried form (to brew as tea) your best china tea set. Make it a special occasion.

What you do:

- Invite relatives and volunteers. You may ask them to bring a plate 'to share' or ask your Chef to make some scones.
- Arrange a table with a beautiful table cloth, the tea pot and china cups.
- Wrap herb pots in foil for easy handling and place in the centre of the table.
- Sit participants around the table and pass herb pots around for them to smell
- Give participants clues to guess the name of each herb; accompanies these foods, used as a remedy for, etc.
- Encourage them to reminisce about herbs they used for cooking, ailments and drinking.
- Give them some hints such as: How about pizza, what herb can we use? What herb is usually used in roast lamb?
- Make a couple of herbal teas from dried herbs.
- Use 1 level teaspoon of dry herbs for every cup of boiling water.
- Leave to brew for 3 or 4 minutes and pour. Sweeten with honey if desired.
- Serve with homemade biscuits.



+Think

- +Think Try inviting relatives and volunteers
- +Safety Consider all allergies and dietary requirements.
- +Safety Make sure you do a risk assessment before you start.
- +Think Easy to adapt for late stage Dementia, just use herbs for a sensory activity.
- +Think Try Massage, bubble blowing or rummage bags & boxes



+Wordsearch – Spring

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



- +FLOWERS
- +BUTTERFLIES
- +INSECTS
- +SEEDLINGS
- +PARKS
- +PICNICS
- +BIKES
- +BIRDS
- +WALKS
- +BARBEQUES
- +TENNIS
- +PARASOL
- +BLOSSOMS



Answers on page 19 of things to do.

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

+Activity – Ideas for all

- Flower arranging

• Brass polishing

• Setting the table

• Helping to fold the laundry

• Pampering- We all love to be pampered. Painting someone's nails (in a colour they choose, do not paint someone's nails in a bright colour unless they usually like that)

• Hand massage is a great way to connect with someone, perfect chance to have a chat

• Read the paper with a resident that is unable to read it themselves
- Jigsaw puzzles- if you have space to leave one out, that great. If not then put it out whenever you can. They are a great way for people to get together for a chat. You may want to do the outside of the puzzle to get it started. Invite a few residents along to have a go. You can find some great puzzles around, relatives/ staff may have some they would donate to the home.

• Handbag sorting / toolbox for men is a great activity to do.

• Sweeping indoors and outdoors

• Helping the kitchen staff, shelling peas
- Walks in the garden to admire the plants

• Music

• Play folk or popular music from your resident's era "this never fails to please. Give residents percussions instruments to add to the fun.

• Visit another care home for afternoon tea/ invite residents from another home

• Skype care homes abroad

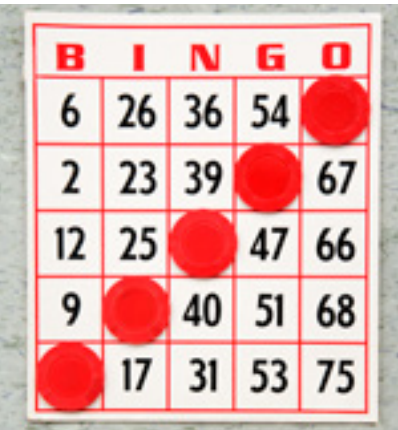
• Sing alongs always go down well (even walking into a room and start singing, I'm sure a few people will join you!)



+Activity – Around the World Bingo

What you need

- Bingo cards- you can make your own on A4 paper really easily.
- Make some smaller ones, for the caller to pull out.
- You could do 2 types of bingo card- one with Countries in words, the other in pictures. I.e. France – picture of the Eifel tower
- Laminate once printed
- Wipe able Markers, you can then wipe them cards clean and use them again – you can get chunky ones so that it is easier for someone with limited hand movement to use.
- You will need a bag/ box to put the caller's cards in
- Ask staff members to help residents that need it.





+Activity – Around the World

Goedendag – Dutch // *Bonjour* – French // *Guten tag* – German // *Ciao* – Italian // *Privet* – Russian

Here are a few ideas for your “**Around the world theme**”

- Hold an events meeting, with residents and staff
- Pick which countries you want to use, you could choose nationalities of your residents or colleagues.
- Themed food tasting
- Themed meals i.e.: Continental breakfast, lunch and dinner from a different country
- Make areas of the home different countries
- Background music from Around the World
- Have an Australian BBQ for lunch and invite relatives and friends
- Get the staff to dress up in traditional clothing from their home country, or from any country.
- Make rosettes for residents and staff
- French farmers market in the lounge
- Cooking demonstration
- Get your residents involved with a shopping trip to get all the things you will need
- Make some hats from different countries
- Local stores might donate some goods for your event
- You could use the Armchair dancing for your event, just use some music from another country
- Make some treats from Around the World- see recipes for Brigadiero’s and Anzac Biscuits and non-alcoholic Sangria



Hola – Spanish // *God dag* – Swedish // *Xin chiao* –Vietnamese // *Shalom* – Hebrew // *Aloha* – Hawaiian



+International Recipes

Everyone can enjoy both these recipes – *it’s about the tasting too!*

Brigadiero Brazilian Chocolate Bon Bons



What you need (Serves: 40):

- 2 cans (14 oz each) sweetened condensed milk (not evaporated)
- ¼ cup unsweetened baking cocoa
- 2 tablespoons unsalted butter
- ½ cup chopped pistachio nuts
- 1/3 cup chopped sliced almonds
- 1/3 cup shredded coconut
- 1/3 cup chocolate sprinkles
- 1/3 cup coloured sprinkles

What you do:

- Grease large shallow pan or platter with butter. In a non-stick heavy saucepan, heat condensed milk, cocoa and 2 tablespoons butter to boiling, stirring constantly with wooden spoon. Reduce heat to medium-low; cook 10 to 15 minutes, stirring constantly, until mixture is thick and shiny and starts to pull away from bottom and side of saucepan when pan is tilted. Pour mixture into shallow pan; cool completely (refrigerate to firm up faster).
- Place remaining ingredients in separate small bowls. Use teaspoon or melon baller to scoop truffle mixture, then use greased hands to shape into 1- to 1 1/2-inch balls. Roll each ball in pistachios, almonds, coconut or sprinkles. Place in mini paper baking cups.
- Store tightly covered at room temperature up to 2 days or in the refrigerator up to 1 week.

Anzac Biscuits

What you need:
(Makes 20 biscuits)

- 75g rolled oats
- 75g desiccated coconut
- 100g plain flour
- 200g caster sugar
- 100g butter
- 1 tablespoon golden syrup
- 1 teaspoon bicarbonate of soda
- 2 tablespoons boiling water



What you do:

- Heat the oven to 180 C / 160 C fan / Gas 4. Grease two baking trays.
- Mix together the oats, coconut, flour and sugar.
- Melt the butter in the microwave and stir in the golden syrup until it has dissolved.
- Mix the bicarb with boiling water. Add this to the butter mixture.
- Make a well in the dry ingredients and pour in the butter mix.
- Slowly mix the ingredients together until all combined.
- Take dessertspoon amounts of mixture, roll into a ball (it may be a bit crumbly) and place on the prepared trays about 3cm apart. Flatten slightly.
- Bake in the oven for approximately 8-10 minutes or until golden. Cool on a wire rack.

+Safety

Consider all allergies and dietary requirements for both of these recipes. Make sure you do a risk assessment before you start.

+Craft – Mexican piñata

Make a Mexican piñata out of a Paper bag

What you need:

- Paper bag / Tape / PVA glue / Crepe paper (streamers) / Staples / String / Sweets to fill



What you do:

- The next step is to staple a piece of twine or string along the outside of the bag to help hold the weight of the sweets
- Start at the top of one side, bringing the string around the bottom of the bag and to the top of the other side of the bag. Staple at the top and bottom of each side of the bag.
- Staple a second piece of string next to the first, going under the bottom of the bag and to the other side, so you have two pieces of string running along the sides and under the bag a few inches apart.
- Next, wind you crepe paper around and around until you have a 9 inch wide flat stack of crepe paper.
- You are now going to cut the decorative fringe by starting at the two ends. Find the centre layer and carefully put your scissors through the loop and snip 2/3 of the way to the top of each folded end.
- Then finish cutting the fringe by cutting through all the layers 2/3 of the way to the top spacing your cut a little less than an inch apart.
- Now you can start gluing the the crepe paper to the bag, starting at the bottom of the bag and working your way up.
- If you are using several colours of crepe paper, glue down two rows of each colour all the way around the bag and then proceed to the next colour. Continue this pattern all the way to the top.
- I left a little bit of the bag exposed where the poster cut-out was going to be placed.
- Tie the string together at the top where the handles meet to help reinforce the weight of the sweets when hanging and to prevent the handles from breaking.
- To decorate the bottom of the bag I just glued long strips of the leftover streamers (not the fringed cut pieces) on the bottom, scrunching them up to make a textured look as I glued it down.
- Place the sweets into the bag once it's completely dry and then staple the top of the bag shut. You can add curly ribbon to the top to finish it off



+Recipe – Non Alcoholic Sangria

What you need (Serves: 40):

- 2 litre bottles of soda water or club soda
- 1 cup of orange juice
- 1/4 cup of lemon juice
- 2 litres of red grape juice
- 1 pear and 1 apple cut in small pieces

What you do:

- Mix ingredients and refrigerate for at least 2 hours
- Serve with lots of ice

+Note

If alcoholic Sangria is preferred, add a cup of vodka.



+Activity – Armchair Dancing

Lots of people on our **Napa Livinglife facebook group** have been asking about seated exercise and I thought that this would be a great fun way to do this.

Check out the Fit as a fiddle seated exercise DVD reviews in this issues Living Life

What you need:

- Music! CD's, iTunes or youtube are great places to look; also on youtube you may find a video giving you some tips!
- You could do many different types of dancing, Scottish, Irish or Ballroom.
- Ask your residents which music they like, it might encourage more participation.
- Get some willing volunteers (that aren't afraid to get up and have a go!)

What you do:

- Make sure you have plenty of space in your chosen room; dining rooms tend to work well.
- Arrange the chairs around the outside of the room, leave gaps for wheelchairs if needed, this makes it easier for everyone to see you! Also it will make sure there is enough space should people want to get up and dance. From my experience you will probably see lots of your residents getting up.
- Music is such a great way to get people moving. Even if it is just a foot!
- Remember it is ok if some people don't want to move they may just enjoy the music and watching others.



+Activities – National Awareness days 2014

- 3rd-10th May – Get walking week
- 14th-25th May – Be nice to nettles week- Anyone for Nettle soup?
- 11th-17th May – British sandwich week
- 15th May – International day of families
- 18th-24th May – Dementia Awareness week
- 26th May-1st June – National BBQ week – Have a family BBQ
- 1st-7th June – Volunteers week. – Hold an Afternoon tea for you volunteers
- 5th June – World Environments day – Enjoy a nice walk in the garden
- 9th-15th June – National carers' week
- 20th June – National care home open day – Open your door and do the Mexican wave!
- 20th-22nd June – NAPA Challenge
- 17th-21st June – Falls awareness week
- 17th-23rd June – Jam Jamboree – Celebrating Jam!! Make some Scones with a selection of Jam
- 28th June – Show your respect for Armed forces day
- 14th July – Disability Awareness day
- 24th July – Closing date for Challenge and Award entries!!
- 26th July – National Cherry day – What delights can you make with Cherries?
- 29th July – 4th August – National parks week – Visit a National Park



+Activity – Pet Therapy

A great **Activity Idea** that will benefit everyone in the home!

Pet therapy is fantastic, especially if people that come into the home have had pets and cannot bring them into the setting with them. It can be a traumatic experience for both owner and pet.

There are many benefits with having regular contact with animals, physical and social.

It can meet so many of residents core activity needs, including Sensory, emotional, cognitive and social, it also encourages movement: holding, stroking, patting, bending and walking.

One home we know of have got a Labrador and a budgie

Many of you probably have Pets as Therapy come in on a regular basis, but have you thought about being more adventurous??

How about getting a farm to come and visit?

It can be pricey, but so beneficial. From personal experience some relatives would be quite happy to pay a small contribution towards it.

We have heard of a NAPA member that has a small holding with Goats, chickens, turkeys, ducks, guinea pig, rabbits!

When I was working as an Activity Coordinator in a home for older people and those living with Dementia I wanted to do something big! So I went online and found a farm that did visits, I had soon booked them to come for a visit.

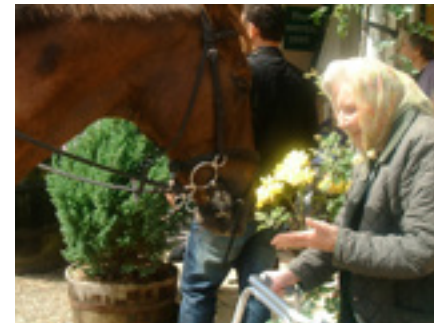
An Activity coordinator told us they are looking into getting some chickens

The day came, and the weather was not on our side, showers. I was worried about the visit and wondered if any of the residents would want to come out in the rain..... Well to my surprise 46 (out of the 48) came outside! It was amazing so many different animals, a donkey, a few goats, and huge pig, rabbits, chickens, some sheep, a cat and dog! Those that could walk around the Farm (set up in the car park!) Others came out and sat on chairs and with the help of my colleagues brought the animals over to them. We had lots of umbrellas at the ready, but it didn't stop our residents from having an amazing afternoon, 2 ladies that don't usually want to join in stayed outside for the whole afternoon, one of whom spent it cuddling a chicken the other a cat.

We didn't want the 2 residents that were unwell and had remained in their rooms to miss out, so off we went with a Goat in tow, to make a home visit! It was very amusing trying to get the Goat into the lift! One of the ladies that we went to see was in fits of giggles when she saw the goat poke his head round her door!

I have to say that was one of my fondest memories, it was so nice to see all the residents and their families having such a lovely time. People spoke about it for weeks after!

Another home we have heard about have 2 rather large rabbits and 3 dogs!



+Think

Care homes we have heard from have had these two visit their homes:

Zoo Lab

www.zoolabuk.com

Bugfest

www.bugfest.co.uk



+Think

A way to raise money for a visit – Guess the name of the Piglet (or animal that is coming to visit) get the provider to tell you and buy a small prize.

Do you have pets in your setting?

If so we would love to hear your stories.... and see a photo! Email project@napa-activities.co.uk we will share some of your stories in the next issue of things to do



+Sensory Activities



+Think

Calm, peaceful area.

Residents can benefit from different parts of this activity, from the making to the enjoying

+Aroma Dough

So to start you need to make some easy peasy No Cook Play Dough! (1 batch will make for a small group of 4) You will need to make a few batches if you want to use it as aroma dough.

What you need:

- 2 cups of plain flour
- 4 tablespoons of cream of tartar
- 1 cup of salt
- 2 cups of boiling water
- Food colouring – think about the scents that you will use and use colour accordingly.

What you do:

- Put it all in a bowl and mix! It may not come together at first, but keep mixing. It will soon be the right consistency.
- Now you can add the sent
- **Creative/Cheerful:** Mandarin, Sweet orange, Neroli (Add one drop of each)
- **Calming:** Lavender, Neroli (Add one drop of each)
- **Cold/Flu:** Tea Tree, Eucalyptus, Lavender (Add one drop of each)
- Once mixed you are ready to use the Aroma Dough! Decide which to use and as your residents start handling the dough it will become warmer and you will smell the scent.



+Cushions, Aprons & Tabards



What you need:

- A willing volunteer to help with the sewing
- Decide what you want to make: Lap blanket, cushion, tabard or an apron
- Buttons, Zips, Lentils and Silky ribbon
- Different textured material fur, silk, fleece, cotton, hessian, denim

What you do:

- Sew all the bits onto your sensory item
- Making sure that buttons are securely sewn on
- Fill pockets with different items: lentils, crinkly material, pasta shapes, anything that sounds or feels interesting.
- Make it bright and cheerful, but don't over crowd it

+Think

Have you been to your local scrap store – they provide free or very cheap craft resources, for more information contact the NAPA office

+EAC – Art Awards

“Every child is an artist. The problem is how to remain an artist once he grows old.” (with apologies to Picasso)



Anita Harrison
Donnie



Stanley Walter
End of Summer



Frank Dyson
Song Thrush

EAC Over 60s Art Awards, 20 years old this year, encourage and celebrate the creativity of amateur artists in their 60s, 70s (when it's relatively easy), 80s and 90s (no longer so easy) and occasionally into their 100s (when it's well nigh impossible!)

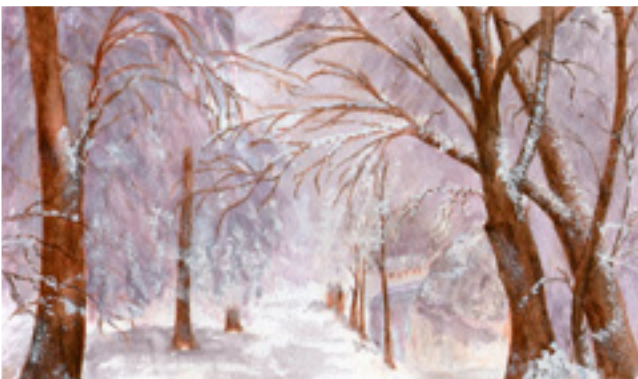
The competition's closing date this year is 6th June, with entries invited in all mediums and on all subjects. You can see the 2014 entries so far at www.eacartawards.org.uk

The competition welcomes entries from individual beginners and more experienced artists in a range of categories, from groups working on a collaborative project in any medium from those who have taken up Art in a therapeutic context.

- Entry is £5 per work to a maximum of 5 works
- Postal and online entry both available
- Prize-giving ceremony at The House of Lords October 8th 2014
- Online at www.eacartawards.org.uk – Browse the online live 2014 gallery as well as archive galleries back to 2003
- Enter online using jpeg images of your work and card payment/cheque
- Take part in the EAC People's Choice Award voting during June 2014.



John Phillip
A church by the 12 mile Lake in Ontario



Jean Elms
Winter wonderland walk

Volunteer Helplines: 01242 527 434 (Rosalind) 01704 893 251 (Marg) to request posters, entry forms and further info.

+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

Questions One.

1. Calvera – (Eli Wallach), Chico – (Horst Buchholz), Harry Luck – (Brad Dexter), Vin – (Steve McQueen), Bernardo O'Reilly – (Charles Bronson), Britt – (James Coburn), Lee – (Robert Vaughn)
2. 13 – Monmouthshire, Glamorganshire, Carmarthenshire, Pembrokeshire, Cardiganshire, Brecknockshire, Radnorshire, Montgomeryshire, Denbighshire, Flintshire, Merionethshire, Caernarfonshire, Anglesey
3. Po
4. The Scottish islands tend to be classified into four main categories: the Orkneys and Shetlands, and the Outer and Inner Hebrides
5. 2 French and English
6. Detention and deportation processing station
7. Hawthorn. The Irish would dance around hawthorn trees and hope to catch a leprechaun coming out for good luck. Leprechauns are good luck... if you can catch one!
8. A form of distress signal
9. Canberra
10. The main reason for its design and construction was for the for World Exhibition (Paris Exposition of 1889) commemorating the 100year French Revolution in Europe.

Questions Two.

1. Sombrero
2. Wales
3. Italy
4. Scotland – Kilt
5. Canada
6. Manhattan, USA
7. St Patrick's Day, 17th March
8. St Andrews Cross, St Georges Cross and St Patricks cross
9. Australia
10. France

Wordsearch (Page 10)

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

things to do

+Blue

+Red

+Orange

+Green

+Easy poetry

Invite your residents to look at this picture and give you one word that comes to mind and then 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 the picture and telling people where it is may spark holiday memories.

This is a view of Lake Maggiore with homes on shoreline, Italy.