

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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+Editors piece

Hello again ... There are lots of great ideas in this issue, some tried and tested and some new ones.

As Sylvie said in her last soap box article “Why do we always want something new”, if someone enjoys doing something and they get pleasure from it then let’s enable them to keep enjoying! The balancing act is to keep things feeling fresh and upbeat for everyone. Most activities can be adapted to suit all abilities, remember it is not just about the doing it’s also about the pleasure people might get from just being there.

Now the weather is getting better, I’m sure lots of you will be spending more time outside, I know I will be. There are so many things you can do in the garden – walking, watching, or planting vegetables for your Fine Dining Experience! The list is endless, fresh air is something we all need and can benefit from; wrap your residents up if it’s chilly.



+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)

New NAPA Competition

(Members only, please quote your membership number)

Do you want to win 2 tickets to The NAPA Gala?

Enter the competition on page 17

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Registered Charity No: 1070674, SC038991
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- +Blue
- +Red
- +Orange
- +Green

+Avondale’s Gym

The gym at Avondale first started with Kinesis One: a cable resistant piece of equipment that allows the user, especially those in wheelchairs, to exercise every part of the body.

To begin, a simple seated exercise plan was put together for residents to encourage using the gym equipment. The exercises included rowing, bicep curls, and upper back and chest movements. Over the last year the gym has had much more interest with all sessions fully booked. After speaking to the residents and establishing’s their aims and goals, we decided the way forward was to invest in more equipment. We first brought parallel bars. The bars are an aid to help the residents improve balance, getting the resident from sitting to standing and to help them improve or learn how to walk. The success of the gym kept on growing with one member of staff, who is a qualified gym instructor, becoming our resident gym instructor. After many meetings with the residents we agreed on doing a personal exercise programme for every resident in the home. We understood that not all residents would be able to make it to the gym so we had a thought about taking the gym to them. This was done by purchasing portable and smaller gym equipment, for example dumbbells, medicine balls, resistant bands, stress balls and hand grip strengtheners. Our aim was to have every resident that wanted to use the gym or do a workout to be able to do so.

Shelagh Bell, a resident, said
“I find it very helpful and enjoy it very very much. The parallel bars are extremely good. When I first came to Avondale I wanted to be able to stand and walk. With the aid of the bars and the Kinesis One I am able to stand up from my wheelchair by myself. I hope to keep progressing and hopefully be able to walk again.”

After we spoke to each resident about setting their goals, we then made suitable action plans. These plans will be focused and work on specific areas to improve to help them become closer to their goals. We keep a record of each gym user every time they use the gym and we can keep track of their progress and compare it to when they first started using the gym.



Syd Neale, A resident, said
“The gym is really helpful for me as I would like to be able to push myself up on the bed to help the carers out. My aim is to be transfer myself from my bed to my chair. The gym is helping build my upper body strength to help make this possible. I also enjoy the gym as I like to challenge and push myself to be better each time. I have met new people going to the gym and made new friends. The gym helps me take my mind off things and is a time just for me to express myself.”

Each resident has their own reasons for wanting to use our gym. This varies from losing weight, meeting new people and walking again. We do not discourage anyone from using it because they think they are too old or too weak, there is no such thing. We encourage anyone who would like to participate and whether they do a little or a lot it’s a step towards doing what they want to achieve. The gym has helped to change people lives for the better and with the extra equipment we keep getting, and the committed staff we have, it will continue to grow and to help even more people.

Written by
Jordan Collins
Leisure and Wellness Coordinator
Avondale Care Home, Porthaven

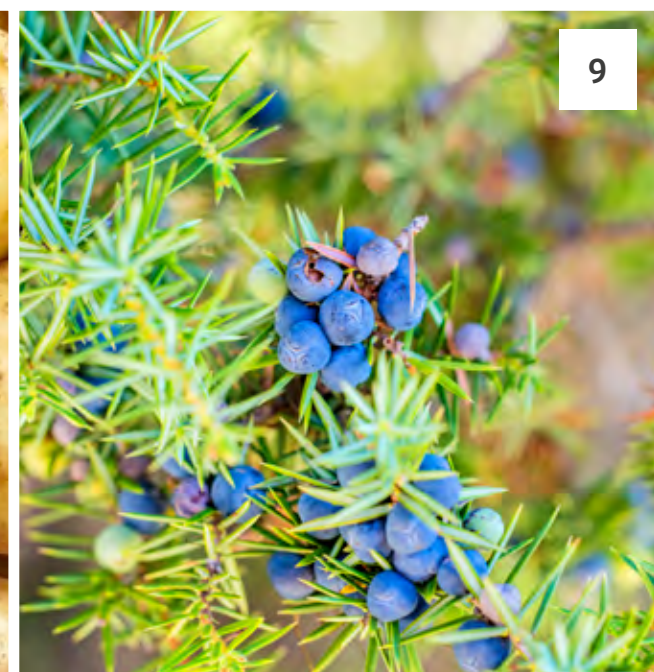
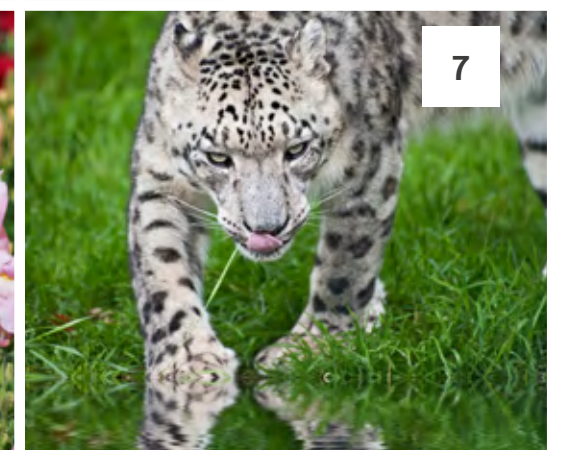
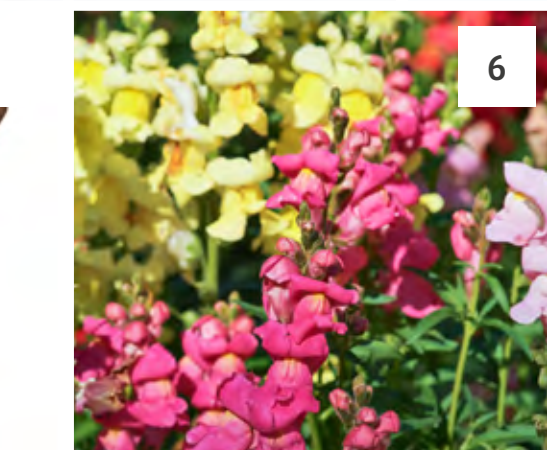


+Picture Quiz:

For each picture, can you answer the questions below?

Questions.

1. What forms the filling in a Summer Pudding?
2. Where did Sir Cliff Richard travel to in the film "Summer Holiday"?
3. In which British university town is the suburb of Summertown?
4. Which bird lays the largest egg?
5. What kind of animal is a Chamois?
6. What is the common name for the Antirrhinum?
7. What is another name for an Ounce?
8. Which vegetable is sir Walter Raleigh often credited with first bringing into Britain?
9. The berry of which bush is used to flavour Gin?
10. What was the final battle of the Napoleonic Wars?



+Think

Use these pictures as a conversation starter

Answers on page 19 of things to do.



+Spread the word **these cakes are good for you!**

Hidden beneath the layers of buttercream and toppings, lurking in sponge so utterly moist that you have to interrogate the “cook” asking the ingredients and trade secret. The secret ingredients are healthy home grown vegetables.



+David Labbett

Catering Business Support Manager
Anchor

David has given us some recipes for you to try- you will find them in the What's New section of our website where you can download them.
www.napa-activities.co.uk



Vegetables as a side dish for the main meal of the day can now feature in a rich moist carrot or parsnip cake served at afternoon tea. Beetroot at the start of day growing in the allotment – being pulled, washed, cooked and turned into a deep chocolate cake topped with vibrant purple topping “what an eye catcher” instead of being pickled or chopped in salads

Blind testing or tasting sessions of different vegetable based cakes is a fantastic idea. An activity from start to finish growing, preparing cooking and eating – the best part!!!!

Nutrients are very important for all ages and virtually everybody loves cake so the next time you are eating carrot cake think about those vitamins packed in carrots. Beetroot is very low in saturated fat and cholesterol. It is also a good source of Vitamin C, Iron and Magnesium, and a very good source of Dietary Fiber, Folate, Potassium and Manganese.

The ‘5 A DAY’ message highlights the health benefits of getting five 80g portions of fruit and vegetables every day. That’s five portions of fruit and veg in total, not five portions of each, therefore cake innovations are a contribution with a “difference”

Naturally sweet, carrots, beetroot, parsnips and courgettes add flavour and texture to cakes, and help keep them fresh and moist. Carrot is a classic addition to lightly spiced cakes, and parsnip is more unusual but works well with spices such as ginger and cinnamon, and juicy dried fruits. Courgette makes the best moist, light muffins, and beetroot and chocolate are great partners. The beetroot gives the cake a fantastic fudge-like texture, making it great served warm with ice cream. Also, try pumpkin or squash with mixed spices

Once you have the basic cake mixture, why not try out different flavour combinations? You can vary the kinds of dried fruits, nuts and spices you use in the cake mixture, and experiment with different flavourings for the frostings. Pecan and dried cranberry would work brilliantly together in the carrot cake mix, and you could then flavour the frosting with maple syrup instead of the vanilla used in the master recipe. Or you could try pistachios and dates in the courgette muffins and flavour the frosting with a little cinnamon and orange juice.

You’d never guess that these drool-worthy cake recipes are really vegetables, whole grains, and other healthy foods in disguise. But don’t take our word for it—whip up one of these sweet treats and see for yourself!

Some of you would have been lucky enough to taste some of the cakes at our Gala last year.





+Craft – Bottles Galore

These bottles are great and adaptable for all levels of ability and, **with help, a person living with dementia can make them for themselves.**

Wave Machines

Basic things needed for all machines:

- Clear plastic salad dressing bottle or water bottle (500ml), washed with the label removed.
- Approximately 4 ounces of cooking oil or baby oil (1/4 bottle)

Then decide which theme you want to make:

For a "Starry Nights" theme

- ½ cup water with 3-4 drops of blue food colouring (tinted water)
- Approximately a teaspoonful of star shaped sequins
- Blue PVC electrical tape (or any colour tape that is available)



Fill the salad dressing bottle(or water bottle 500ml) half full of cooking oil or baby oil. Fill the rest of the bottle with tinted water. Add the sequins or glitter. Make sure the lid is tightened

as much as you can, so that it is impossible to unscrew the bottle top with your hand. (You might want to put a few drops of superglue around the lip of the bottle to be sure it seals closed). Using the PVC tape and starting at the base of the bottle's neck, wrap the neck and cap of the bottle so that the whole neck and sides of the bottle cap are covered uniformly with tape. The tape is stretchy so that by pulling it gently as you wrap it, it will conform to the contours of the cap and neck. Your wave machine is ready to use!

For an "Ocean Wave" theme

- ½ cup water with 2 drops of blue plus 1 drop of green food colouring (tinted water)
- Approximately a teaspoonful of glitter
- Approximately 6 small sea shells, use pennies if you don't have shells
- Green PVC electrical tape (or any colour tape that is available)



Fill the salad dressing bottle half full of cooking oil or baby oil. Fill the rest of the bottle with tinted water. Add the shells or pennies and glitter. Make sure the lid is

tightened as much as you can, so that it is impossible to unscrew the bottle top with your hand. (You might want to put a few drops of superglue around the lip of the bottle to be sure it seals closed). Using the PVC tape and starting at the base of the bottle's neck, wrap the neck and cap of the bottle so that the whole neck and sides of the bottle cap are covered uniformly with tape. The tape is stretchy so that by pulling it gently as you wrap it, it will conform to the contours of the cap and neck. Your machine is ready- start waving!



+Think

These Activities can be adapted to suit all residents.



+Craft – Lava Lamp



What you need

- Vase or Water Bottle
- Food Colouring
- Vegetable Oil
- Water
- Alka Seltzer

What you do:

- Fill a cup with water and add a few drops of food colouring
- Then fill your vase about 3/4 full of vegetable oil.
- Next add the coloured water to the vase. Be sure to leave about an inch of space left in your vase... otherwise the Alka Seltzer will make the oil overflow.
- Break your Alka Seltzer tablet into tiny pieces and drop them in one piece at a time.

Then watch your lava lamp come to life.

+Craft – Vases with a twist

What you need

- Glass/ Plastic vases or glasses
- Food Colouring
- Flowers/ leaves
- Candles

What you do:

- Decide which vase you are going to make then follow the pictures. You could do many different designs, even paint the vase first

These could be used for your Fine Dining Experience.



+Think

take the vase into a dark room and put a torch or LED light underneath. These activities will make nice sensory items to go in someone's room

+Blue

+Red

+Orange

+Green

+Craft – Natural Flower Prints

What you need:

- Fresh flowers and leaves
- Unbleached muslin cloth
- Hammer

+Safety

Ensure close supervision when using the hammer. Do a risk assessment.

What you do :

- Cover a smooth, hard surface with paper or a cloth to protect it and spread out the fabric.
- Arrange a leaf and flower design on one half of the fabric, then fold the other half over the design.
- Feel where the outlines of the flowers lie. Using a hammer, pound on top of the leaves or flowers, being sure to go all the way to the edges.
- When the colour has bled though the fabric, open it up and scrape off the plant residue. You will have a mirror images of the leaves and flowers.
- Tip Box : Pansies don't work very well, but blue lobelia work really well.
- The pieces of fabric make great pillow fronts or quilt squares. Use the same method to make floral stationary, gifts tags or note cards.



+Activity – Nature Watch

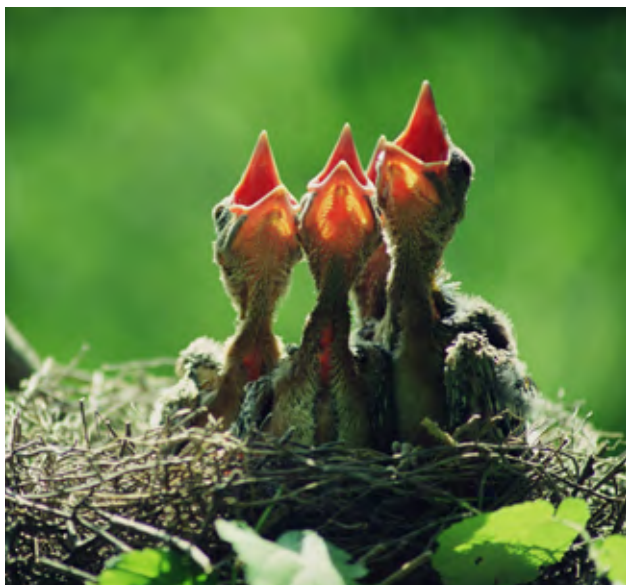
This nesting bag is simple and easy to make. It is a great activity for anyone with an interest in bird watching. They could keep a photographic diary from the moment the eggs hatch to when the young leave the nest.

What you need:

- Empty onion or orange net bag
- Nesting materials, such as raffia, non- metallic ribbon, small sticks or pet hair.

What you do:

- Fill the bag with the nesting material. Then hang from a tree and watch for the birds to begin construction.




+Blue

+Red

+Orange

+Wordsearch – Summer

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





- +SUNSHINE
- +HOLIDAY
- +SEA SHORE
- +SEASHELLS
- +SUNGLASSES
- +ICE CREAM
- +CRUISE
- +PALM TREE

- +FESTIVAL
- +BATHING SUIT
- +SUNBURN
- +BARBEQUE
- +PADDLING POOL
- +BEACH
- +SAND CASTLES
- +TENNIS

+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.





+ Ideas for your Fine Dining Experience



I'm sure you are all planning your event, here's a few ideas to get you started.
Hold a residents and staff meeting to gather ideas and get the plans worked out

- Choose a theme – no idea is too silly, try and do something you haven't done before
- Plan your menu- the catering team and the residents need to work on this one
- Grow your own veg – who, how, where and when will it be ready?
- Napkins- how can they enhance the table?
- Table decorations
- Design your menus and invitations
- Place settings
- Lighting
- Music



Unilever Food Solutions can really help you get your Fine Dining Experience started! Purchase just 5 cases of their products and you will receive a fantastic activity pack with loads of great material designed to help you enter the Challenge.

Simply call their telesales team on 0800 783 3728 (option 1) to find out more. T's & C's apply.



- › **Contact the local press in to let them know about your event**
- › **Involve as many people, from the planning to the shopping, growing and the actual event.**
- › **What is everyone going to wear..... I sense a trip to the shops and to the Barbers/ Hairdressers!**



+ Recipe – Lemon Sorbet

Easy Italian recipe for a lemon sorbet to clear your palate and taste buds, you only need a freezer, lemons, sugar and Limoncello.

What you need (Serves: 40):

- 300 ml, Lemon juice freshly squeezed
- 150g Sugar
- 2 x Egg white
- 2 cl Limoncello (optional)
- 4 x Lemon

What you do:

- Put the sugar in a pan together with 150 ml water.
- Heat until all the sugar has dissolved, then simmer for a few minutes until the liquid resembles a thick syrup.
- Remove from the heat and stir in the freshly squeezed lemon and the Limoncello.
- Cool in the fridge for 30 minutes.
- Whisk the egg whites until stiff, then fold under the lemon syrup solution.
- Pour into a flat container. Freeze for 3 hours, stirring every 30 minutes with a fork to break up the ice.
- Cut the lids off the lemons and scrape out the lemon from the inside (use otherwise).
- Wash out using hot water and place in the freezer.
- Scoop some of the sorbet in the lemons and serve.



+ Recipe – Lavender and Cherry Tiramisu

A variation on Tiramisu with lavender and cherry, easy to make and delicious for a light dessert

What you need (Makes 6 in individuals glass ramekins):

- 300g cherries- stoned
- 50g sugar
- 200ml cherry juice
- 1 orange- grate, rind and juice
- 1 tbsp cornflour
- 2 sheets gelatine
- 4 x egg yolks
- 100g icing sugar
- 4 sprigs of lavender + more to garnish
- 400g mascarpone
- 100g cream
- 20g sponge fingers
- 250ml espresso, cooled
- 2tbsp coffee liqueur
- 1tbsp honey

What you do:

Soak the gelatine in cold water. Put the sugar into a pan and heat slowly until caramelised. Stir in the cherry juice and orange juice and add the cherries. Mix the corn flour to a smooth paste with cold water, stir into the cherries and juice and bring to the boil. Divide the cherries between 6-8 small jars and leave to cool.

Squeeze out the gelatine. Whip the cream until very stiff and chill. Beat the egg yolks with the icing sugar and grated orange rind over a hot bain-marie until pale, thick and creamy. Stir in the squeezed-out gelatine. Pick the flowers off of two sprigs of lavender and chop finely. Add the lavender flowers and mascarpone to the egg yolk mixture, a spoonful at a time, then fold in the whipped cream.

Break the sponge fingers into 2 or 3 pieces and scatter on top of the cherries. Mix the espresso with the coffee liqueur and honey and drizzle over the sponge fingers. Put the mascarpone cream into a piping bag with a plain nozzle and pipe on to the sponge fingers.

Chill the tiramisu for at least 2-3 hours. Shortly before serving sprinkle with the rest of the lavender flowers. Serve garnished with a sprig of lavender.





+Recipe – Button Cookies

Easy to make sugar cookies



What you need (makes 4 dozen):

- 225g butter, softened
- 200g sugar
- 1 egg
- 1 teaspoon vanilla
- 340g self raising flour
- Cookie cutter
- Drinking glass
- Skewer
- ribbon

What you do:

- In a large bowl, cream together the butter and sugar until light and fluffy. Beat in egg and vanilla. Gradually mix in the flour.
- Roll out the dough until it is the desired thickness
- Cut out round shapes with cutter
- Add an inner ring by gently pressing the glass into the dough. Poke 4 Button Holes into each cookie with a skewer and bake for 8-10 minutes- 190 C / Gas 5.
- Stack several cooled cookies, and thread a thin ribbon through the holes. Line boxes with tissue paper, arrange cookies, wrap, and sew ribbon through buttons for added effect.

+Drinks – Fine cocktails



+Ferrets Bells Cocktail for the Ale Lovers

What you need:

- 25 ml maple syrup
- 1 bottle ale (try Fursty Ferret) swap for Ginger Beer to make a mocktail
- 25 ml lemon juice
- 25 ml orange juice



+Peach Bellini

What you need:

- 200 ml tinned peach slices, in fruit juice
- 750 ml Champagne, chilled- Swap for Lemonade to make a mocktail

What you do:

- Add the peaches and their juice to a food processor or liquidizer. Whiz for a few minutes until really smooth.
- Divide the peach purée between your glasses – you want a couple of centimetres worth in each one, then gently top them up with Champagne. Be careful as it can easily bubble over and you don't want to waste any Champagne! Serve immediately and enjoy.

+Safety

Be sure to check someones preference before you give them an alcholic drink, also check that it does not contra indicate with their medication.

+Competition NAPA Annual Gala

Tickets up for grabs.

Win up to 4 tickets for residents and staff from your care setting to come along to the Gala on the 23rd September
Unscramble the words below; write your answer in the spaces next to the words.

- | | |
|----------------|-----|
| 1. uresmm | 1. |
| 2. oht | 2. |
| 3. atwes | 3. |
| 4. loop | 4. |
| 5. igsiwnmm | 5. |
| 6. epnilrrks | 6. |
| 7. eracceim | 7. |
| 8. euisnnsh | 8. |
| 9. ebki | 9. |
| 10. frnised | 10. |
| 11. waneotmerl | 11. |
| 12. iincpc | 12. |
| 13. sdohtog | 13. |
| 14. ileppcos | 14. |
| 15. sswtiimu | 15. |
| 16. vionctaa | 16. |
| 17. doetius | 17. |
| 18. cnamigp | 18. |

Send a photocopy or scan of this page to:

NAPA Office, 1st Floor, Unit 1,
Fairview Industrial Estate, Raans
Road, Amersham, Bucks. HP6 6JY

Name:

Address:

Telephone Number:

The winner will be drawn at random from all the correct entries received by the closing date Closing date for entries 31st August 2015 Winners will be notified on 1st September.

You will be responsible for all travel costs.

NAPA will need to know the names of people attending, so start thinking now!!

+Food as an activity

All of us are involved with food in one way or another- even if it's only eating it, rather than buying and preparing it. As such using food as a familiar activity is something well worth trying with people living with dementia.

+Safety

follow policies and procedures and do a risk assessment. Be aware of allergies

Look at the value of food and mealtimes as a way of creating a sense of occasion for residents, or as a way of engaging them in something meaningful. Daily living activities become a challenge for someone living with dementia. Skills learned at work, talents in home making and parenting, chores around the house, DIY skill, are generally diminished or taken away from them as people move into residential settings. In particular the one domestic task learned from childhood and carried through and maintained into adulthood and our older age- preparing and making some of the food- is most always taken away from people, for fear that it's "too risky". The kitchen, often the centre of family and community life, is banned. Thus the comforts and pleasure of handling fresh ingredients, smelling food cooking, chatting whilst washing up, tidying and rearranging the cupboards and drawers, browsing through cookery books, or just sitting round a table with a cup of tea chatting whilst someone else does the work, are all lost. Yet the ability to do and enjoy these activities is often very much still intact with people living with dementia. Food stimulates the senses- the feel, colour, smell, shape and taste of the raw ingredients, their changing textures as they are combined together and the finished product, all stimulate the senses. The making of the food should be enjoyable, the process being more important than the finished product. Being part of a group which feels active - even if everyone is sitting down, is in itself a satisfaction. The minimal amount of effort such as bringing out a bag of sweets to pass around in the lounge, or taking some delicacies left over from a past function, around the home can bring real pleasure and a brief change from the usual routines. Residents can be encouraged to join together to prepare a fruit salad. It's important to start creating an atmosphere of activity and a point of interest to attract attention from the beginning. It's important not to have too much of a time lapse between making preparations and actually getting started, people living with dementia may quickly lose interest. This is not a cookery lesson, but more of an organic process which evolves as you go along, with a homely, relaxed feeling being created.

"the staff wore aprons and the piled fruits, bowls, chopping boards, graters, juicers and peelers onto the table, curious residents approached the table sensing that something was about to happen".

Take off the brightly coloured peel of an orange in one continuous cutting movement so that it hangs down in a spiral never fails to attract attention and gets conversation going about the many individual styles of peeling an orange, people often reminisce about how their mums used to do it for them when they were children, having an orange in a stocking at Christmas, sticking an orange with cloves, orange segments at school and football matches.

Within the first five minutes, people will become actively engaged- pulling grapes off the stalk, opening up satsumas, peeling a banana, cutting up a pear, with or without assistance. Using familiar fruits, especially those easy to peel without a knife, makes life easier for all, but the exotic fruits will create real interest.



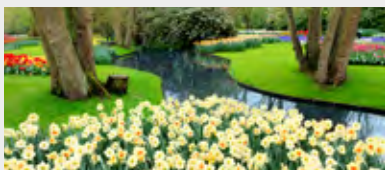
All the while, the intimate mood brings the group together, the member of staff should continuously chop the fruits in front of everyone, dropping them into a large bowl and chatting all the while about the shapes, colours, the patterns made by the seeds in a kiwi fruit, the smell of the lemon peel, which country the fruits come from, the price of food these days, seasonal fruits, harvest, dried fruits in the Christmas pudding- cues for reminiscing around the table are endless. The fruit salad making can last nearly an hour, with the cleaning up being an integral part of the activity. Residents that are seen as highly dependant are indeed still competent at tasks familiar to them and all of the residents can be involved at some level, even if it was just watching from across the room. However, although we create a spontaneous activity, it is of course well planned and it is always worth bearing in mind the following:

- Prepare yourself well. Think through the food activity you have in mind and make sure you have adequate space.
- Don't be too ambitious- keep it simple
- Make sure the task can be broken down into smaller parts, with varying degrees of complexity so that every participant can be involved in some way. People can be involved through sitting and watching, handling the ingredients, reading a recipe, weighing, counting, measuring, pouring, stirring, passing things, mixing, rolling, cutting, decorating and tasting.
- Don't have high risk parts to the process- deep frying chips is not a good idea. Preparing cold foods can be very satisfying.
- Make sure you can get hold of the ingredients you need and that you have enough of the right utensils so that each resident has got something to do.
- Have enough helpers, or do small sessions of 1 or 2 at a time.
- Think about how to engage the quiet ones, and about who to sit people next to, having in mind sight and hearing impairments.
- Don't post too many challenges, which create a sense of failure.
- Use lots of chat and reminiscing, laughter and singing to create a sense of friendship and intimacy.
- Make the session fun and enjoyable.

+Spring Poem

*This carpet of flowers,
Colourful daffodils,
Bulbs of red,
A beautiful garden of Eden,
Lovely, tranquil and serene.
Outside.*

*Walking around the garden
Among the flowers,
A soft wind blowing,
Reminding me of Kew Gardens
And Daffodils by Wordsworth*



Residents at Hartrigg Oaks were asked to look at the Easy Poetry picture from Issue 1, and between them came up with this lovely poem.
“ *This activity was fun to do and it enabled less active residents to join in*”.

This poem was sent in by Carol and Tracey of Hartrigg Oaks.

+National Awareness Days



- May**

 - National Walking Month
 - 4th-10th May
UK Coffee Week
 - 4th- 10th May
National Deaf Awareness Week
 - 9th- 15th May
Real Bread Week- How many different kind of bread can you bake?
 - 9th- 16th May
National Doughnut Week
 - 11th- 17th May
British Sandwich Week
 - 15th May
National Massage Day- Anyone for a hand massage?
 - 18th – 24th May
British Tomato Week – Grow your own for The Fine Dining Experience.
- June**

 - 1st – 7th June
RSPCA Week
 - 1st – 7th June
Volunteers Week- Perfect opportunity to recruit some new volunteers, or celebrate your existing ones.
 - 8th – 14th June
Carers Week
 - 13th – 21st June
National Picnic Week – Get the blankets ready!
 - 19th June
Care Home Open Day – dont forget to register your event on www.nationalcarehomeopenday.org.uk
- July**

 - 1st July
International Reggae Day – Sample some Jamacian cooking and some dancing
 - 12th July
Disability Awareness Day
 - 16th July
National Cherry Day. What delights can you make with Cherries?
 - 19th-25th July
Two Left Feet Week- Aimed to encourage people to get dancing!
 - 18th July – 31st August
National Fishing Month- Great day out for anyone that’s interested in fishing.



+Quiz – Answers

Picture Quiz Answers
(Pages 4-5)

- Fresh fruit, usually summer berries.
 - Greece.
 - Oxford.
 - Oistrich.
 - A Goat.
- Snap Dragon.
 - A Snow Leopard.
 - The Potato.
 - Juniper Berries.
 - Battle of Waterloo.

Wordsearch
(Page 10)

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



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, 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.