

Things to do

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

In this edition of
"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 – Pets themed activity ideas and sensory activities



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www.napa-activities.co.uk

+Editors piece

Hi, Welcome to this issue of Things to Do. I have tried to stick with the pets theme and given you a few ideas to do with your residents. Pets are really comforting to some people and puppets can sometimes have the same effect. When I worked as an Activity Coordinator I brought a puppy puppet. He was a good, realistic size and one particular resident took a liking to him. She named him Bernard and took great joy in looking after him. While I was on my honeymoon Doris looked after him, he had marmalade on toast every

day for breakfast! He had lots of cuddles and had everyone's affection. Doris had always had dogs before coming into the home so it was natural for her to warm to him. I believe over ten years on, Bernard is still there giving joy to lots of people.



+Gianna Burns

Editor – project@napa-activities.co.uk

Check out the book review in Living Life, 'Puppetry in Dementia Care'. It is a great book if you are thinking about puppets for your setting.

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)

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+Flower Art

What you need

- Paint
- Plate
- Flowers, with 3-5 inches of stem left intact
- Cardstock or watercolour paper
- Paintbrush (optional)

What you do:

- Squirt paint on to a plate. If too thick, dilute with water and mix together with a paintbrush.
- Swirl flower around in the paint.
- Place on paper. Feel free to stamp, swirl or brush to create different patterns.
- Try different types and shapes of flowers for variety or use your brush to paint in between the flower strokes.
- Once done, dry, frame, hang and enjoy.



+DIY Paper Dahlia Flowers

What you need

- 10 sheets of 8.5 x 11 inches per flower (4 layers on each flower. The biggest layer took 4 sheets, the next layer took 3, then 2 and then the centre took 1 sheet)
- Scissors
- Pen
- Low temperature glue gun
- Paper trimmer
- Cardboard



What you do:

- Cut a 6.5 inch circle out of cardboard. You could use a bowl and pen to trace a circle on the card and then cut it out with scissors. Use your paper trimmer to cut your colourful paper into rectangles. I cut all pieces of paper into 4.25 x 5.5 inches, which is basically an 8.5 x 11 inches into quarters.
- Then roll the pieces of paper into a cone shape with a point in the centre of one end and use a small dot of glue to hold in place. If you have kids helping you, I highly recommend using a low temperature glue gun. Glue gun burns are not fun!
- Glue the first layer of cones all the way around the edge of the cardboard circle. For the next layer glue the cones around a little inside the outer layer, without cutting or trimming them. For the third layer, trim about 2-3 inches off the cone before glueing them on. Then for the centre, cut off the tips of the cones and glue them into the centre of the flower.



+Blue

+Red

+Orange

+Green

+Picture Quiz:

For each picture, can you answer the questions below?

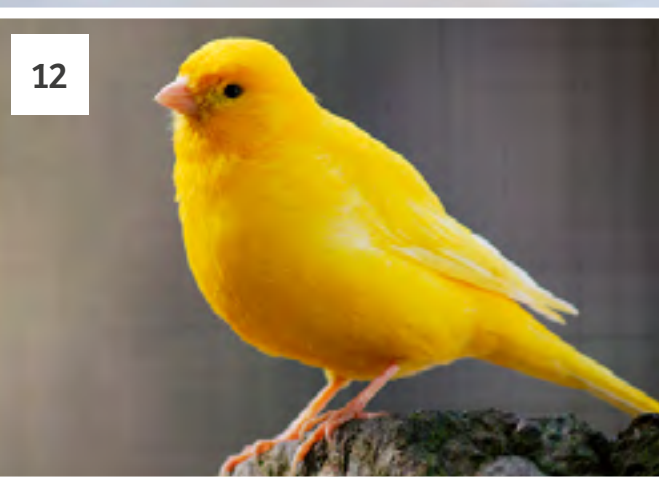
Questions.

- 1. A tropical bird, going cheep! 10 letters beginning with 'B'.
- 2. Slow and steady, but still can win a race against a hare.
- 3. "Snips and snails and _____ dogs tails. That's what little boys are made of".
- 4. Little boys like these too. Especially watching them grow from tadpoles.
- 5. Some people do have the strangest pets!
- 6. 'My Little _____'. A perfect pet for would-be horse riders.
- 7. "Mum's a cat".
- 8. A little handful. 7 letters beginning with 'H'.
- 9. A pet prize you might win at a fair.
- 10. "Run _____, run _____, run, run, run".
- 11. Not a farm pig, and it probably doesn't cost 21 shillings.
- 12. These yellow birds have a group of islands named after them.

- Q: How many other types of pets can you think of?
- Q: How many different breeds of dogs can you think of?
- Q: How many popular names for pets can you think of (e.g. 'Rover' the dog)?
- Q: How many words can you make from the word BUDGERIGAR?

+Think

Use the pictures as conversation starters.





+Slipper Soccer – An Activity and Reminiscence Session That Gets Men Joining In

For the last few years the Older Men's Network has been delivering Older Men's Champion training in care settings, enabling staff to be more aware of engaging with men and making their time in the community happier and more enjoyable. Following that work we felt we needed to develop an activity which attracted men and also embraced some of their lifelong passions. Slipper Soccer was born.

The men take a seat. We set up the goals, give them their team scarves and get cracking. The scarves denote which team they are on. Beware – it is hard to get the scarves back from them.

Slipper Soccer exercise/reminiscence sessions aim to maintain or promote independence and mobility in older people. The evidence behind strength, flexibility and stamina work in a chair for frailer older people is strong. The reminiscence and chat section ('Our Sporting Times') of the activity increases social interaction and memory recall as well as establishing common themes amongst the participants. It is also cost effective.

Improvements demonstrated in trials include:

- Improved mobility
- Less painful stiffness/joint pain
- Improved strength and power (speed and strength)
- Improved performance of everyday tasks
- Improved stamina and energy levels
- Increased confidence and independence
- Increased social interaction
- Increased recall and reminiscence
- Reduced low mood/mild depression

Slipper Soccer sessions have had a beneficial effect on maintaining or promoting independence and mobility in the older people that took part.

Compliance to a chair-based programme like Slipper Soccer is generally better than that of standing or dynamic exercise, especially amongst older participants and those with low baseline levels of fitness and function. Even one session of Slipper Soccer can improve memory recall during the session in some care home residents.

The resource book supplied with the equipment has specific warm-up routines for the participants with photographs and descriptions for easy reference, so it is easy to get a session up and running.

It also has some equipment layouts for guidance when playing Slipper Soccer.

The photographs included in the 'Our Sporting Times' reminiscence section have details of the person or event (from Henry Cooper to Lester Piggott) on the reverse side, which enables the person delivering the training to encourage discussion and reminiscence around the subject.

The session can be enhanced by the trainer supplying memorabilia to supplement the session such as football programmes, photographs, cards, pictures, old football shirts, etc. These can be found very cheaply in charity shops, boot sales and jumble sales.

You can even have some of the residents making rosettes to support the activity.



Quotes from participants

"I really did not think I would play football again and look at me now – scoring a goal again."
– Brian (Ex-professional Footballer)

"It was fantastic to have an activity that attracted the men to take part, and to see them have fun and laughing was a real treat for the staff." Senior Care Staff Member (Care Home)

"It was great to talk with the other people about sport and remember the people from our days." – Olive (Sheltered Accommodation)

"My Dad was feeling really low when he moved into the supported housing facility but since he has been taking part in Slipper Soccer he has made friends and is much brighter about his feelings for the future."
– Tony (Son of Resident)

"I enjoyed the Slipper Soccer, it was good fun and exciting." – Tom (Dementia Day Care)

"I enjoyed playing football in my chair at home and I enjoyed chatting to the trainer about sport and everyday things."
– Bill (Isolated at home)

"The sessions have really brightened up the residents. They enjoy kicking the ball but also talking about and remembering the sports of their childhood – oh, and they love wearing the scarves!"
– Manager (Care Home)

"There were some days when the men were still talking about the activity for hours after the event when normally they don't remember at all."
– Worker (Dementia Day Care)

The Slipper Soccer sets cost £150.00 plus VAT and delivery. This is for two collapsible nets, sponge football, ten scarves and the reminiscence sports book all in one easy to store bag. For more details contact:

Roger Jones at the Older Men's Network roger@oldermenswellbeing.org
07833 715753 01722 552869

+Think

This could be a fun activity that some may want to watch.



Go to www.theedibleflowershop.co.uk/shop/ where you will find lots of information about which flowers are edible. Edible flowers can be purchased from Waitrose or Amazon.

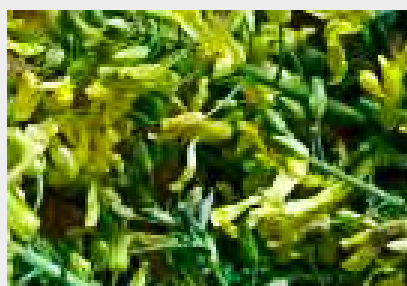
+Recipes –Eating Flowers

Any flower that isn't poisonous or that doesn't cause a negative reaction is considered edible. However, just because a flower is edible doesn't necessarily mean it tastes good. Before you go munching through the flower garden and window box, there are a few criteria you should keep in mind.

- Be sure to positively identify a flower before eating it. Some flowers have look-alikes that aren't edible.
- Don't eat flowers if you have asthma, allergies or hay fever.
- Only eat flowers that have been grown organically so they have no pesticide residue.
- Collect flowers for eating in the cooler parts of the day — preferably early morning after the dew has evaporated or late afternoon.
- Choose flowers that are at their peak, avoiding those that are not fully open or are starting to wilt.



+Kale flower and lemon spaghetti



What you need (serves 2):

- 160 g spaghetti
- 2 cloves crushed garlic
- Juice of half a lemon
- 1 tsp lemon zest
- 2 tbsp olive oil
- Large bunch kale flowers on stems, loosely chopped
- Salt and pepper to taste

What you do:

- Bring a large pot of water to the boil.
- Cook the spaghetti until just before it is ready to eat.

- Drain and set aside. In a large pan, heat the olive oil over a medium heat.
- Add the crushed garlic and lemon zest and cook gently for a few minutes, being careful not to burn the garlic.
- Add the kale flowers and cook for one further minute.
- Add the pasta, lemon juice, salt and pepper and mix together. Serve immediately.
- For those of you who like a little extra zing in your food you can sprinkle in a few chilli flakes. Carnivores may wish to add a little crispy bacon to the dish.

+Granola with lemon yoghurt and edible flowers

What you need for lemon yogurt crème:

- Juice from ½ lemon
- Zest from 1 lemon
- ¼ cup sugar
- 1 egg yolk
- 2 tbsp butter in small pieces (30 g)
- ¼ cup Greek yogurt

plus

- ½ cup toasted almonds
- ½ cup blueberries

What you do:

- Place lemon juice, lemon zest, sugar and egg yolk in a small pot.
- Cook on a medium heat, stirring constantly with a wooden spoon until thick (about 10 minutes).

- When ready, put on side and add butter. Stir until the butter melts and leave to cool.
- When cold add yogurt and mix in.
- Toast the almonds in a frying pan with 1 tsp of oil. When all the ingredients are ready, start to layer. Begin with the granola, then half of the nuts, the yogurt-lemon mix, berries, rest of the nuts, then cover with the rest of the yogurt mix and garnish with edible flowers.

+Create Meaningful Activities



Consider their interests

Designing activities that involve residents' past interests are of the utmost importance. For example, if they love to garden, foster that passion with stimulating gardening activities.

What if they don't have either the physical or cognitive capability to engage in activities they once loved? We recommend you adjust the activities to fit their abilities. If they loved gardening but no longer have the mental ability to engage in it independently consider assisting them or simplifying the activity. You can go outside with them and do planting and gardening together, or you can bring a few pots with seeds inside for them to water daily.

Try to make activities meaningful, rather than ones aimed at simply passing time. Even though they may not remember the different activities they do, they will simply enjoy the moment. It contributes to their general happiness.

There are many activities that happen in the setting on a daily basis. So many people don't see them as an activity but they are! Talk to your residents about their likes and about their lives.

Re-establish old routines:

It is very common for older people to feel as if they have lost their sense of purpose. Design activities that you can do together or that they can do independently, and that will make them feel needed and useful. Many things people do are habitual, for example, washing dishes, folding laundry or taking out the rubbish. Their ability may not be what it once was, but giving them a small task that they are able to accomplish independently or helping you with a more complicated task will create a safe sense of purpose for them.

Here is list of everyday activities that you could invite people to get involved in, both staff and residents:

- | | | |
|---|--|--|
| • Brass polishing | • Hanging washing on the line | • Helping the administrator with jobs, answering the phone, typing, etc. |
| • Setting the table | • Sweeping indoors and outside | • Helping in the garden |
| • Helping to fold the laundry – you could have a table in the corner of a room with bits and bobs that need folding so people can visit when they want to | • Delivering the newspapers/post | • Assisting the maintenance person |
| • Helping the laundry person to put the washing away | • Helping the Chef in the kitchen with chopping, peeling or mixing | • Walks in the garden |
| | • Shelling peas is good fun! | • Handbag/toolbox sorting |
| | • Dusting | • Flower arranging |



+Blue

+Red

+Orange

+Green

+Puppets in Care Settings

This is an excerpt from a participant handout – ‘Puppet Power – Connecting Generations’ – connecting through creativity and joy: exploring the power of puppetry in dementia care.

How does puppetry work?

Puppetry operates on an emotional level. Regardless of age, we all seem to respond to puppets. They were originally used with adults for making social and political comments, or passing on the latest news and stories in a way we could understand before books. We easily engage with puppets, maybe because of their innocence, humour and vulnerability, but also because of their moving portrayal of life.

"What is certain is that the puppet and the puppet play in different forms have existed since the earliest times, and are fundamental to the development of human kind." John Blundall (2012).

The world of puppetry can be an enjoyable meeting between people who have communication barriers. Conversations can be charged with all sorts of tensions, frustrations and misunderstandings. When people feel under pressure, the stress increases. People relate to one another on a complex level. This is especially true in relationships with family members, or those with whom we become involved through love, care or work. A change in how a person communicates can have knock-on effects, throwing others off track. An outcome of this often results in a reduction in interaction, as people are not sure how to engage outside the usual conversations.

Creativity and particularly puppetry creates a different space that supports interaction. By focusing on the shared creative activity instead of on the problem, people establish connections in the here and now. This approach is powerful, inclusive and joyful!

Karrie Marshall 2016

"What is certain is that the puppet and the puppet play in different forms have existed since the earliest times, and are fundamental to the development of human kind."

John Blundall (2012).



There are lots of companies online where you can order realistic animal puppets (not teddies). I list a few that I have found so that you can have a look.

The Puppet Factory – they have a beautiful full bodied Yorkshire terrier puppet.

Puppets by Post – I spotted a lovely Jack Russell hand puppet.

Puppets, Plays and Story Days – this is where I found a border collie puppy like Bernard (the one Doris adopted!).

The Puppet Company – they have a great range of different animal puppets.

Happy shopping!

Check out the book review in Living Life –

‘Puppetry in Dementia Care’.

+Think

Puppets are not for everyone, knowing the residents you are caring for will help you.



+Sensory Activities

+Scent for pleasure

- What you need:**

 - 6 small plastic/glass jars with lids – the jars should be the same
 - If the jars are transparent, wrap the scents in cotton wool so they can't be seen. If using liquid put a small amount of scent on to the cotton wool
 - Scents – cloves, coal, rose petals, baby powder, lye soap, coffee, shaving soap, brasso, old spice, vinegar and many more that I'm sure you can think of
- What you do:**

 - Invite the residents to sit around a table or you could take a tray to them.
 - Begin the session with one jar going round at a time – invite people to smell and guess the scent.
 - Ask for comments on the scent. Is it nice? Does it remind them of anything?

+Herbal scent tea party

- What you need:**
- 6 small pots of different herbs from the supermarket, for example, peppermint, basil, cilantro, parsley, lemon balm, dill or rosemary. Buy the same herbs above in dried form (to brew as tea)
 - Your best china tea-set
- What you do:**
- Invite relatives and volunteers. You could 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 teapot and china cups.
 - Wrap herbs in foil for easy handling and place in the centre of the table.
 - Invite each person to sit around the table and pass the herb pots around for them to smell.
 - Give everyone clues to guess the name of each herb: what food would you use this, etc.
 - Encourage people to reminisce about herbs they used for cooking.
 - Make some teas with the herbs for people to taste.
 - Use 1 level tsp of dried herbs for every cup of boiling water. Leave to brew for 3–4 minutes. Sweeten with honey if desired.
 - Serve with homemade biscuits.



+Think

More sensory ideas try massage, bubbles or rummage bags.

+Safety

Residents shouldn't be unsupported during these activities.

Consider all allergies and dietary requirement



+Wordsearch



+Think

Talk about peoples' pets, did they have them? If so what pets did they have?

Use the pictures as a conversation starter.



Answers on page 18 of things to do.

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

- + LIZARD
- + RABBIT
- + BUDGIE
- + GOLDFISH
- + DONKEY
- + CHICKEN
- + IGUANA
- + SNAKE
- + PARROT
- + FROG
- + HORSE
- + KITTEN
- + PUPPY
- + GERBIL
- + MICE

WE HAVE ADDED AN EXTRA WORD, CAN YOU FIND IT?





+Activity Treats for your Pets or Visiting Pets

+Carrot oat apple sauce treats for dogs and horses

What you need (makes 12 treats):

- 1/2 cup oats (quick for dogs, quick, steel-cut or old-fashioned are fine for horses)
- 1/2 cup unsweetened apple sauce
- 1/2 cup (about 1 large) carrot, finely grated
- 1/2 cup flour

What you do:

- Preheat the oven to 180°/gas 4 and cover a baking tray with parchment paper.
- Mix all the ingredients in a bowl.
- Use a tablespoon to drop clumps of the mixture on to the tray, shape if you wish.
- Bake for 15–20 minutes, until treats are set for a few hours or until hard.



+DIY frozen apple dog treats

What you need (makes 16 treats):

- 1 Hand blender
- Ice cube tray
- 2 apples
- 1 cup plain non-fat Greek yoghurties

What you do:

- Slice the apple into small pieces, removing the seeds and core.
- Blend the apple, yoghurt and a splash of water until you get a liquid consistency.
- Pour the mixture into the ice cube tray and freeze for a few hours or until hard.



+Tasty tuna crackers for cats



What you need (makes 12 treats):

- 170 g undrained tuna
- 225 g cornmeal
- 225 g flour
- 70 ml water

What you do:

- Mix ingredients together. Roll into 1/4-inch pieces.
- Bake on a greased baking tray at 180°/gas 4 for 20 minutes.
- Cool and let your cat dig in!



+Bird food garland

Attract a variety of wild birds to your yard and garden with this easy to make bird food garland.



What you need:

- Pines cones
- Peanut butter
- Good quality bird seed
- Ball of string
- 1 pack lard
- Dried fruit and nuts
- Empty yoghurt pots
- 2 x apples

What you do (to make peanut butter pine cones):

- Pine cones make a useful base for bird food. A quick bird treat can be made by filling a pine cone with fat- and energy-rich peanut butter, a particularly good food in winter. Smear it over the pine cone, pushing it into all the gaps.
- Pour a small amount of bird seed on to a flat surface. Roll the pine cone in the mix making sure that there is no peanut butter left showing. Press the seed into the cone to fill all the gaps.
- Suspend the cones from a length of raffia, string or any other cord you have to hand, and hang between the branches of a tree or sturdy shrub, or between two upright posts of a pergola. Squirrels will probably enjoy this too!

What you do

(to make suet cakes):

- Bird food cakes are also easy to make. Slowly melt a pack of lard in a saucepan and stir in some wild bird food mix. You can also add dried fruit, nuts or oatmeal.
- Make a hole in the bottom of some empty yogurt (or similar) pots. Thread through a length of string and then fill each pot with the suet mixture.
- Leave in the fridge until cool and set.
- Gently ease the cake from the container. If it doesn't come out easily, stand the container in a bowl of warm water so that the suet melts slightly. Alternatively, you can let the birds eat the cake from the container.
- The suet in bird cakes makes them quite slippery. After the cake has set, tie a knot at the bottom to stop it from slipping off. A small twig tied into the knot will make it extra secure when you hang it.

What you do (to make a fruit and nut chain):

- For fruit and nut chains, thread a mixture of dried fruit and peanuts on to lengths of string using a needle with a large eye and sharp point. Some peanuts contain a toxin that can kill birds so buy from a reputable dealer. Dried or fresh apple rings look attractive and are sought after by robins, thrushes and wrens.
- Core and slice an apple, then tie together to create a chain. This is a good use for windfalls that have slightly gone over.

Finally, create your garland

- To put all of the bird treats together in a bird food garland, choose a spot with two sturdy branches with a gap between them and firmly attach a piece of raffia. Make sure it is not close to the ground. Tie the treats to the raffia, then sit back and wait for the birds to discover them. At Christmas, this would make a festive decoration for a large conifer, giving the birds a bit of pampering at a tough time of year.



+DIY – Houses by Night

There are a few tricks to making this DIY a success, all to do with finding the perfect image.

What you need:

- What you are looking for is a picture of a house/castle/ building that has been taken front-on (perspective works, but not as well). You could take it from your favourite magazine, an old calendar, or even print some from the internet. Up to you! In fact, you could even print a photograph of your house if you have one!
- The print needs to have a bit of space either side of the house to wrap around to the back of the votive
- It is best to choose a picture that is higher in the middle than at the sides, and sides that are about the same height
- Choose a house that has some windows visible
- If possible, find a picture that has nothing printed on the back; not to worry if you can't.

What you do:

- You want to start cutting and finish cutting at around the same height on either side of your picture.
- Use the scissors to cut straight in to where your house begins, cut around the top of the house, and cut straight back out to the edge at around the same height as you cut in.
- Trim away any other areas you don't want, but don't trim the sides yet.
- Using your precision knife and a cutting mat carefully cut out any windows you want the light to shine through.
- Wrap the image into a cylinder (size is up to you) and sticky tape it together. Trim around the top if it doesn't quite match, as well as any excess where you joined it.
- Add your battery-operated tea light, and wait until it gets dark!



+Think

These would look really nice on a windowsill for people to look at.

+Safety

Use only battery-powered tea lights! As paper is highly flammable, it would be very dangerous to use real candles.

+Poem – The NAPA Right Royal Gala.

*All around the country, up and down the land,
flags are proudly waving, it's going to be grand.
Tea cups all are sorted, bunting on marquees,
little fancy sausage rolls, tiny bites of cheese.*

*Choirs of local school kids, local loud brass bands,
scores of entertainers, lots of dancing planned.
Picnic tables dusted and spread with lovely treats,
dainty salmon sandwiches, laughter filling streets.*

*We all are getting ready, we've baked a massive cake,
and covered it in icing, it took so long to make.
And now it is resplendent in red and blue and white,
it really is magnificent, a wondrous royal sight.*

*And all our lovely residents have helped us plan the day,
we're proud of all our pictures, we've made a grand display.
And we have shared our memories and put them in a book
so when it is all over we still can have a look.*

*And we will all be entered to win the NAPA prize,
Dolly would be honoured because she made the pies.
And Ethel made the bunting and labelled all the cakes,
Betty chose the napkins and washed up all the plates.*

*Alfie wrote the menus and helped us with the chairs,
Sid he made some bunting and wrapped it round the stairs.
Beryl laid the tables with a little help from Bert,
Dora started giggling and said he was a flirt.*

*Everyone was smiling, the sun shone on our street,
it was a happy day for us, a very special treat.
Our Queen she may be ninety, we wish her all the best,
but now it is all over we look forward to a rest!*

*The annual NAPA gala, it shows what care can do,
it spreads a special message, and is a huge thank you.
To all the unsung heroes who go the extra mile,
and work their socks of daily just to get a smile.*



Jan Millward – NAPA
Official Poet Laureate

+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

1. Budgerigar

2. Tortoise

3. Puppy

4. Frogs
5. Snake

6. Pony

7. Kitten

8. Hamster
9. Goldfish

10. Rabbit

11. Guinea pig

12. Canary

Wordsearch (Page 13)

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

+National Awareness Days



August

8th – 14th August
National Allotment Week

12th August
International Youth Week

20th August
International Homeless Animals Day

September

Oddfellows Friendship Month

1st – 30th September
Organic your September

10th – 13th September
Heritage Open Days

14th – 20th September
National Cupcake Week

21st September
International Day of Peace

21st September
World Alzheimer's Week

21st – 27th September
World Reflexology Week

26th September
European Day of Languages

October

2nd October
Silver Sunday

7th – 11th October
Back Care Awareness Week



+Happy facts about animals

1. Sea otters hold hands when they sleep to keep from drifting apart.

2. Squirrels plant thousands of new trees each year simply by forgetting where they put their acorns.

3. Cows have best friends.
4. Gentoo penguins propose to their life mates with a pebble.

5. Butterflies taste with their feet.

6. Sweden has a rabbit show-jumping competition called Kaninhoppning.



+Blue

+Red

+Orange

+Green

+ Easy poetry

Invite your residents to look at this image and give you a 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.