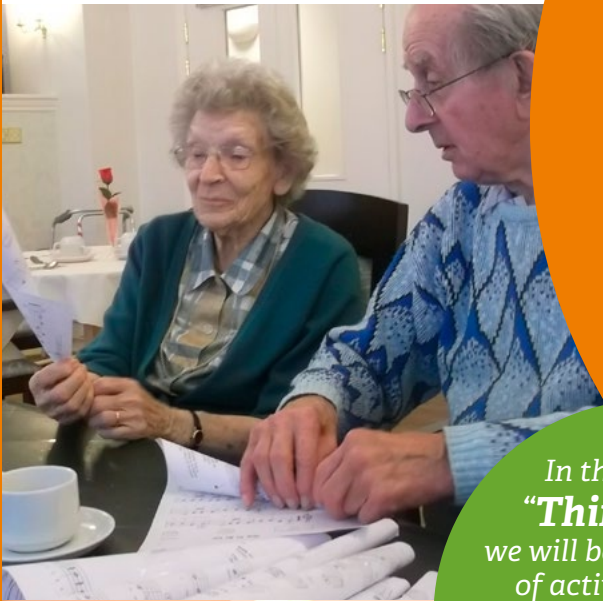


Things to do

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** – for gentlemen to get involved in. In the Garden, music plus lots more.
- + **Plus** – lots of activity ideas for everyone to get involved in.

Editors piece

Hello again ...

We have been busy in the NAPA office recently, receiving all you entries for the NAPA Challenge and Award nominations. The bar has been raised again this year, so many fantastic entries!

We have been so pleased with the response about the new look magazine.

I have tried to base the Things to do around the articles in Living Life.

We are always open to suggestions and I would love to hear about your activity treasures. Any ideas that have worked really well, that you were not sure about. We would also love to hear about how your residents enjoyed any of the ideas in Things to do.



+Gianna Burns
Editor – project@napa-activities.co.uk

We are going to be introducing a **colour code to the activities** so you know what might be suitable according to 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 work one to one to complete 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.

Summer Contents

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

+Blue

+Red

+Craft – Silly Weather Forecaster



You need:

- Yarn
- Wiggle Eyes – 10mm
- Tacky Glue
- Key Ring
- Card Stock
- Weather Saying
- Large Piece of Cardboard
- Hole Punch

Instructions

Wrap yarn about 25 times around the long side of the cardboard. Cut yarn at the edge. Slide a key ring to the middle of the yarn and fold in half. Smooth the yarn bundles together and tie tightly with a small piece of yarn about 1" from the key ring.

Separate into three sections and braid. Tie the bottom together with a piece of yarn. Print Weather Saying on card stock. Trim. Punch whole. Tie to ring with a piece of yarn.

Weather Saying- you could use the one below or ask a resident if they know one or want to make one up

Congratulations

You are now the proud owner of a WEATHER FORECASTER

Please hang outside your window
If it's wet, it's raining
If it's stiff, it's freezing
If you can't see it its foggy
If it's white, it's snowing
If it's moving, it's windy
If it's gone, it's stolen!

Idea submitted by **Belinda Bowling**
Activities Co-ordinator
at Kimberley Court - Anchor

+Blue

+Red

+Orange

+Picture Quiz:

For each picture, can you answer the questions below?

Questions One. +Blue

- 1. What Jazz singer sang the title song?
- 2. Who is the "Money Money" singer's famous mother?
- 3. Which famous ballet star had a role in this film?
- 4. Where was the film set?
- 5. One of the stars of this film starred with Doris Day in another film, which one?
- 6. Which famous double act replicated the famous scene from this film?
- 7. What play is the film based on and who wrote it?
- 8. What modern day musical tells the story of the wicked witch?
- 9. Who ran the orphanage?
- 10. Name 4 films that Julie Andrews has starred in.

Questions Two. +Red +Orange

Name the films:

+Think

Use the pictures for reminiscence – have they seen the films, do they have a favourite character

Answers on page 19 of things to do.





+ Make your own puzzle

What you need:

- Pictures, photographs for reminiscence - use different pictures, more detail - less detail.
- Lolly sticks or Cardboard to back the photo or picture
- Glue- PVA or a glue stick
- Scissors

What you do:

- Cut the picture into strips - they can be cut into any width. Just adapt for residents with different abilities.
- Stick the strips on cardboard to strengthen and make it easier to hold
- You could laminate them if you want to make them a bit more durable
- Happy Puzzling

+ Think

This can be adapted to any ability and would be great for reminiscence. Use the picture as a conversation starter.



+ Plate decorating

What you need:

- Ceramic plates/ or plastic
- Glass/ plastic marker pens
- Paint
- Bits to decorate- tissue paper, magazine cuttings, PVA glue

What you do:

- Encourage your residents choose how they would like to decorate their plate, painting, or decorating
- Set everything up on a table
- Let residents use their own creativity, assist when needed



+ Think

Some people will not want or be able to take part in the making but they will benefit from seeing them hang in their window.



+ Card making

What you need:

- Card blanks (you can get these from Hobby Craft, Argos or craft shops)
- Coloured paper
- Scissors
- Stickers
- Magazines to cut pictures out / photographs (you could either scan or print them using a colour photocopier)
- Pens
- List of residents/ relatives birthdays Check that you have consent to share these)

What you do:

- Decide the theme of the cards, birthday, thank you etc
- Let your residents decide how they want the card to be decorated



+ Think

- get more able residents to assist others
- you could sell them to relatives, friends or visitors.
- how about getting the residents to take photographs, which you could use.



+ Where have you travelled?



What you need:

- Buy or print off a Large map of world
- Different colour pins

What you do:

- Ask residents add different colour pins to all the places they've been on a nice map and start a discussion about where they've travelled and what kind of adventures they've been on.



+ In the garden

Gardening is a great Sensory activity, not only for those doing it but also for people that want to watch and see the end result.

Here are a few ideas to get you started:



What you need

- A few residents that enjoy being outdoors
- A few pairs of secateurs
- A plant/bush that needs some TLC
- Garden Gloves
- A Bag/wheel barrow for the cuttings

What you do:

- Give each resident a pair of gloves and secateurs
- Take a walk around the garden and ask them to have a look and see if anything needs pruning.



What you need

- Compost
- Seedlings and plant cuttings
- Plastic planting pots

What you do:

- Ask your residents to join you round a table (inside or outside) cover table with plastic rubbish bags (easy to clear away and throw in the bin)

- Give each person a small hand shovel
- Fill the pots with compost and plant the seeds/cuttings
- Invite residents that have an interest in gardening, even if they just want to watch
- Encourage the residents to keep an eye on how they are doing and make sure they get watered!

Pressed Flowers



What you need

- Collect flower petals, grasses, herbs and leaves - try to choose ones without any blemishes.
- Baking paper or parchment paper (tissue paper is not suitable).
- Large, heavy books for pressing flowers.

What you do:

- Line book pages with 2 sheets of parchment paper (non-stick cooking paper)
- Lay items to press on paper and cover with another 2 layers of paper. Flowers and leaves should not overlap.
- Close the book and place something heavy on top (another heavy book).
- Repeat this process until you finish pressing all the items you have collected.
- Leave the books undisturbed for 3 weeks.

+ Think

These would make lovely decorations for cards or jars.



+ Friends in the garden

Isn't it lovely to sit and watch the birds in the garden? Here are a few ideas to make them some treats that will make them want to come into the garden where your residents can enjoy watching them.

Everyone can benefit from these activities from watching the birds to seeing the garden grow.

Pinecone bird feeder



What you need

- Large Pinecone
- Peanut butter
- Spoons
- Birdseed
- Twine
- A Tray to stand the pine cones in while you pour bird seed on

What you do:

- Take the pine cone and tie the twine to one end, so you have something to hang it when it is finished

- Using the spoon push the peanut butter into the openings of the pine cone. Once you have filled all the petals with the peanut butter, put the pine cones on the tray and pour over the bird seed. Once it is covered with the seed hang up in the garden and watch the birds.

+ Think

+Safety Consider all allergies

Balloon Garden



What you need

- 1 clear balloon
- ½ cup of dirt
- ¼ cup of water
- Radish or Pea seeds (you could use different seeds)
- Funnel

What you do:

- Take the balloon and holding it by the neck use a funnel to slowly push the dirt into the balloon, then add the water and seeds.

- Nip the neck of the balloon and clean off the opening so you can blow it up.
- Very carefully blow it up until it is full size then tie off neck and secure.
- Hang your balloon plant on a window sill and watch it grow.

+ Think

you could set up a bird watching club, or how about a photography club

Gardening is a great **Sensory activity**, not only for those doing it but also for people that want to watch and see the end result.



+ Scent for pleasure



What you need:

- 6 small plastic/ glass jars with lids – the jars should be exactly the same
- If the jars are transparent wrap the scents in cotton wool so the scent can't be seen, if using a liquid put a small amount of the scent onto the cotton wool,
- Scents: Cloves, coal, rose petals, baby powder, Lye soap and shaving soap, Brasso, old spice, vinegar

What you do:

- Sit residents around a table or you could take a tray round to them
- Begin the session with one jar going around at a time- invite people to smell it and guess the scent.
- Ask people to comment on the scent,
- What does this remind you of?
- What other uses does it have?

+ A day at the beach



What you need:

- Paddling pool x 2
- Water
- Play sand
- Chairs to go around the pools
- Ice creams in cones

What you do:

- Invite your residents to command sit around either pool
- Relax and encourage people to take their shoes off and take a dip- some people may like to sit and watch
- Reminiscence ideas:
 - Did you go to the beach when you were younger?
 - Where did you go? *Some of your residents might have gone to the same holiday destination*
 - What games did you play?



+Think

about using key words for some residents, holidays, sandcastles, shells etc



+Out and about

Getting out of the setting, where possible is always a great idea. Whether it's a spontaneous trip to the newsagents, supermarket or just to a coffee shop. Or maybe a planned trip to the seaside, theatre or out for a meal it is always a really beneficial activity. So many of us take popping out for granted but for someone living in a care setting it's a treat to get involved in normal every day outings.



Here are a few ideas to start:

How about a trip to your local pick your own.

Check out this website to see where your local one is pickyourownfarms.org.uk if it's close enough you could do a few trips or get some willing helpers and take a group. Your resident's will have a great time planning what to make with their pickings!

You could go for a nice pub lunch, and maybe a few games of snooker, cards or darts.

How about going to the local garden centre- involve your residents in plant buying. Most garden centres have coffee shops too, so you could make an afternoon of it.

+Think

+Safety Do a risk assessment and make sure you have permission to leave the setting, tell staff where you are going and take a phone with you for emergencies



+Blue


+Red

+Orange

+Green

+Wordsearch – Summer

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



+WIMBLEDON

+HOLIDAYS

+SWIMMING

+ICE CREAM

+SUNFLOWER

+GARDENING

+FLOWERS

+SUMMER

+BBQ


+BEACH

+PARASOL

+FERRY

+AEROPLANE

+SUN CREAM



+Blue



+Red

+Orange

+Green

+Activities for all

Activities don't always need to be planned craft type activities, spontaneous or activities of daily living are just as beneficial to older people.



Here are a few ideas

Taking 5 minutes out of your day to sit and have a cuppa and a chat with someone is an activity! There is so much you can talk about.

Do you have newspapers delivered to the home? How about asking a

resident to help you deliver them. You could ask someone different each day.

Ask someone if they would like to help fold the washing, or peg it on the line. You could get a small washing line specifically for this activity.

Setting and clearing the tables- some people like to help.

Reading the newspaper to someone is an activity- they may be poor sighted and can no longer do something that they have always done.

Musical bingo



What you need

- Access to a computer, printer and laminator (or use plastic wallets)
- Bingo markers- wipeable markers are better then you can reuse the cards
- Token prizes for the winners
- Bingo cards with song titles on – laminate them if possible so they can be reused.
- Calling cards with song titles printed on- laminate them if possible so they last longer.
- CD with chosen songs on.
- A tin/ box with a lid.

What you do:

- Give each resident a Bingo card and a marker
- Put the calling cards in a tin with a lid.
- Either call out a song title or play the song.
- Keep going until someone has called BINGO! Give the winner a token prize



+ Pom Poms in Bulk

Pom Poms see page 14 of Living Life to read a great story about what a care home are getting up to with pom poms!

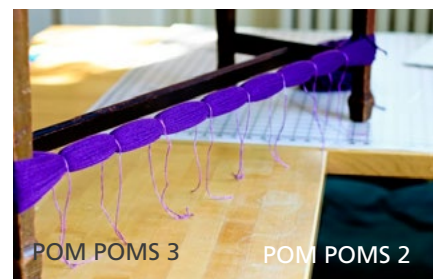


What you need:

- A bench or table. The wider apart the two legs, the more pompoms you'll make!
- Wool (I used around 200 yards for the small pom poms, and it was about right. For the bigger pompoms, I should have used more.)
- Embroidery thread
- Scissors

What you do:

- Tie one end of your wool around one of the legs of your bench.
- Start wrapping around the two legs.
- Wrap lots of wool around the legs it takes more than you think it will.
- When you have enough yarn, tie the end of the yarn to the leg of your bench.
- Now, you want to secure the centre of your pompoms. Cut a number of pieces of embroidery thread approximately 12" long. This will provide enough length to hang the poms if you choose.
- You want to tie the thread at regular intervals across the hank of wool. Decide on the size of your pom and use a piece of embroidery thread as your guide to measure evenly. When you tie the thread, you want it to be as tight as possible. When tying, during the initial crossover of ends, wrap the thread around twice before you pull tight. This will help it keep the tie from loosening, then complete with a square knot. Tie the thread around again.
- It will look like this after you tie them all off. PIC POM POMS 2
- At the end, fold your measuring thread in half to appropriately measure the end cut. Repeat on the other end.
- Cut straight down the middle of each section, doing it in two parts to get as straight a cut as possible. PIC POM POMS 3
- Next step is to trim and fluff the poms.
- To trim the poms, put your thumb and forefinger at the middle of the pom such that each finger is on either side of the centre circle. Be careful not to trim the threads used to tie the centre if you want to use those to hang your pom. Trim pom to get an even circumference throughout the pom.
- To make a garland, find a fun thread to string your poms on.
- Trim the centre threads.
- Bring embroidery thread through the centre of each pom with a needle.
- Adjust the width between each pom and hang.



+ Activities for the gents

Men's activities ideas are sometimes difficult to come up with, keeping them occupied and interested is something that many of you struggle with. Men don't usually want to take part in the same activities that women enjoy, or not for long. Sometimes they want more masculine things to do or talk about.

Here are a few ideas:

- Fishing
- Gardening- digging and pruning plants
- You could start a men's club and hold themed sessions
- Casino night
- Comedy nights
- Watch Sports games on TV – or go to a match Football or Rugby.
- Go horse racing or make a horse racing game
- Happy hour– see what their favourite tipple is and invite them along

How about some woodwork?

- You could get some small bits of wood and make a bird house, bird feeder or just do some sanding
- Nails
- Hammers
- Speak to your handyman he may be able to offer some help to this activity

Photography club

- Wouldn't it be interesting to see the world through your resident's eyes? You could learn a lot about what they are interested in.
- Digital cameras can be fairly cheap now so you might be able to get a few and use them for lots of activities.

How about having an area you could set up as a Barber shop

- (Maybe you could use the Hairdressers first things after breakfast)
- Have some music playing in the back ground, a bit of jazz maybe?
- Place some chairs around the room
- Put some car, farming, hunting or sports magazines around on tables.
- Provide some morning shaving for them, you might need a carer to assist you
- Clean and cut nails
- Have some discussions



+ Think

+Safety making sure they can firstly drink alcohol and that it won't affect any medication they might be on.

+ Music in the air

Themed sing along

What you need:

- Choose some suitable songs or start with the ones below or choose some favourites
- Find and print all lyrics in large font.
- A pianist, or a guitar player and failing that CDs with the songs chosen.

What you do:

- Gather 8 to 10 participants around a large table or sit them in comfortable chairs in front of you.
- Explain to participants the purpose of the sing-along: to remember songs that have "I'm" in the title.
- Participants may come up with songs that are not on the list; in that case add the songs to your list.
- Give lyrics to participants when they come up with a song from your list.
- Switch on the CD or have a musician to accompany the sing-along.

Some songs for you

to start:

- Some songs for you to start:
- I'm sitting on Top of the World
- I'm a Yankee Doodle Dandy
- I'm getting married in the Morning
- I'm gonna knock on your Door
- I'm Forever Blowing Bubbles
- I'm gonna sit down and write myself a Letter
- I'm Dreaming of a White Christmas
- I'm in the Mood for Love
- I'm Always Chasing Rainbows
- I'm a Believer (The Monkeys)
- I'm looking over a Four Leaf Clover
- I'm leaving on a Jet Plane (John Denver)



+ Music and a balloon

+Orange

+Green

Idea found in a recipe book by carers and artists - **anyone can join in**



Ingredients:

- A balloon or a beach ball not fully inflated.
- Music- CD and player
- Folk, piano and string music work well.

Method:

- The sessions using a beach ball were about finding ways to connect with older people in more advanced stages of dementia.
- Using a beach ball
- Usually anything ball-shaped will result in a throwing and catching action. We used a clear beach ball that wasn't fully blown up. Focus was on the lightness of it, the transparency of it and how it pressed and rolled on different parts of the body.

- Changing the familiar use of an object needs to be subtle and slow, giving time for a participant to respond... or accept or push away, either are fine.
- When we are invited, we connect, physically, verbally, sensorially. Our ability to listen with our whole bodies, hearts and minds is important – and responding, not reacting. Having an awareness of our responses but not being led by them.

+Blue

+Red

+Orange

+Green

+ Aboriginal Clapping Music Sticks

Music sticks are used to keep the rhythm in songs, dances and corroborees in ceremonial events. Traditionally, native Australians make them from tree branches. The decoration of the sticks may change according to the spiritual significance of the celebration. They are played by holding one in each hand and clapping together according to the rhythm.

Materials:

- Old broomstick cut into 4 pieces (making 2 pairs). Wooden paint stirrers are also suitable.
- Acrylic paint or another water based paint in any colours
- Brushes
- Chopsticks
- Cotton buds
- Rough and fine sanding block

Instructions:

- Sand the sticks with the rough and fine sanding blocks until smooth.
- Secure a cotton bud with masking tape around a pencil or chopstick to do the dot painting.
- Draw on the sticks what you want to paint or go straight to dot painting in bright colours.
- Hold each stick at one end whilst you paint the other side and then turn and paint the other side.
- Allow to dry.



Idea sourced from www.goldencarers.com

+National Awareness Days



August
4th-10th August
National Allotment week- How about starting a vegetable patch with your residents
5th August
International Beer Day – Enjoy beers from other countries
12th August
Have a say in international youth day - How about inviting some local children in to have a chat about their futures
30th- 31st August
International bat night- You could hold your own event email EUROBATS to get posters to promote your event eurobats@eurobats.org
30th August
Bacon Day – Bacon Buttie for lunch Yum!

September
The month of is September World Alzheimer’s month - How about doing a memory walk? Contact your local Alzheimer’s Society for details or where your local one is being held or information on how to hold your own.
13th-15th September
Heritage open days - Wouldn’t it be lovely to visit somewhere
14th-21st September
Agatha Christie week - How about a movie marathon with popcorn, you could ask your residents which films are their favourites.
20th September
The Purple Angels’ Dementia Awareness Day, founded by Norman McNamara.
27th September
Worlds biggest coffee morning - you could invite members from the local community or residents from a local home.

October
5th October
National Badger day
7th-13th October
National Curry Week - Anyone for a Korma?
7th-13th October
National Braille Week - You could ask someone from the local RNIB to come in. For people with both hearing and vision issue check out Sense they have brilliant resources available
14th-20th October
National Knitting Week- Who’s for some knitting, you could ask everyone that can to knit a square and you could make it into a blanket for charity.
14th-20 October
National Baking Week- Get out the wooden spoons and start baking!
21st October
Apple Day - so many nice things to do with apples..... Apple Pie, Apple fritters, Apple smoothies



+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

- Questions One.**

 1. Louis Armstrong
 2. Judy Garland
 3. Sir Robert Helpmann
 4. Siam
 5. Calamity Jane
 6. Morecambe and wise
 7. Pygmalion – George Bernard Shaw
 8. Wicked
 9. Miss Hannigan
 10. Mary Poppins, The sound of music, Thoroughly Modern Millie, The Princess Diaries 1+2, The Americanization of Emily
- Questions Two.**

 1. Hello Dolly
 2. Cabaret
 3. Chitty Chitty Bang Bang
 4. The King and I
 5. Seven Brides for Seven Brothers
 6. Singing in the Rain
 7. My Fair Lady
 8. The Wizard of OZ
 9. Annie
 10. The Sound of music

Wordsearch (Page 10)

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

things to do



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.