

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** – Autumn themed activity ideas

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

+Editors piece

Hello ... As you will have seen, this issue has a theme of *Every Body's Job – The Whole Home Approach*

Many of the ideas in Things to do are a great way to get everyone involved and make the most of their talents.

You might like to do some detective work and find out what in this section appeals to your colleagues. Perhaps you could set up a trial session to make something with a few members of staff as your guinea pigs before introducing it to your residents. Listening to what they say during the session might help you to know what ideas you could get them involved with in the future. The catering team can certainly support Fruity Flowers and the lollies.



+Gianna Burns

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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)

Activity Ideas

Send in your **tried and tested Activity ideas, we will publish some of the many that we receive.**

Summer Contents

Editor piece	2
Puppets	3
Picture Quiz	4-5
Tea cup table centre + flowered place mats	6
Fruity flowers + Sweet summer lollies	7
Photo captioning	8
African drums + Instruments	9
Apple Rose Tarts	10
Word Search	11
Ladies Night	12-13
Gents night	14-15
Mind Chi	16-17
Awareness Days	18
Quiz answers + word search solution	19
Easy Poetry	20

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+Using Puppets in a Care Setting

As a Participatory Artist I was motivated to look for ideas that would open up the glazed over eyes and minds of elderly people who have dementia. With help from NAPA to locate an interested Care Home, I re-established a link with the Pearce family who own Beech Court Care in Selston in Nottinghamshire.

With financial support from Nottinghamshire County Council and the Pearce family, I have undertaken this art project using a variety of puppets. I used puppets to generate moments of connections and fun. The response from all the residents,

their families and the supportive care staff was wonderful – creative, full of positive energy and enjoyment. We all know that bringing joy into people's lives is not easy but a 'must' to benefit the quality of their lives – the puppets provided this joyful opportunity.



www.puppetselderlycarehome.com
Annette Waterfield
Participatory Artist

+How to make a golden puppet to generate some fun moments.

I know Activity Coordinators have a million ideas up their sleeves and sometimes just need a little seed of an idea to move their sessions along. This basic shape is a mouse puppet; I dislike mice as they have destroyed my resources in the outside shed this winter! So yours could be whatever you want – a hedgehog perhaps?

At Beech Court Care Home in Selston they have a new kitten called Harry, who is beautiful and playful. Some of the residents liked to play with Harry but needed a little something to encourage him onto their laps. One lady enjoys using her senses to explore shiny objects and so I came up with this quick and simple puppet to enable joyful moments of interaction to happen between both residents and the cat.



What you need

- Gold paper plates for a pound a pack, cut in half.
- Ribbon or string from your local Scrap Store. I have used 'Scrap Stores' for thirty years they use to be for children's play but mine at Keyworth in Nottinghamshire as opened its membership to all groups – worth every tiny penny they charge.
- Scissors, tape and a stapler.

What you do:

- Cut the paper plate in half, to roll into a cone shape.
- Cut along the dotted lines (see in the photograph) to make a handle inside the cone to enable you to have fantastic control over the movement of your puppets.
- Cut in the ears.
- Decorate with anything you like
- Enjoy the interactions the puppet can generate.

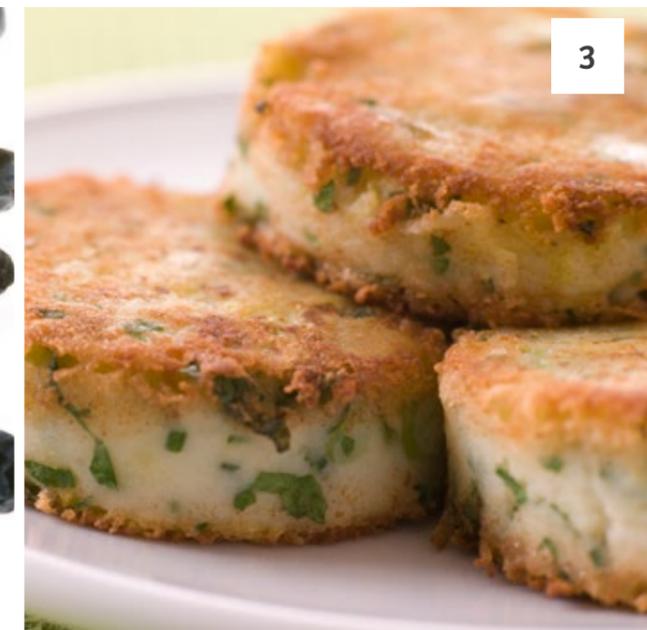


+Picture Quiz:

For each picture, can you answer the questions below?

Questions.

1. Lettuce is a member of which flower family?
2. What is the name given to the fruit of the Blackthorn?
3. What is the name of the traditional English dish, which is made up of leftover food? Usually potato, cabbage and other greens, and then fried?
4. Which cake is traditionally eaten on the 5th November to commemorate Guy Fawkes?
5. Florentine usually means which vegetable is in the dish you have ordered?
6. What would you be chewing on if you ordered Pollo in Spain?
7. What are devils on horseback?
8. What would a Scotsman do with a spurtle?
9. Thermidor and Newberg are both expensive examples of which kind of culinary treat?
10. Which dessert was created in honour of a famous ballet dancer?



+Think

Use these pictures as a conversation starter

Answers on page 19 of things to do.



+Activity – Tea Cup Table Centre

This activity can be done as a one-to-one session or with small groups

What you need

- Tea Cups and saucers
- Oasis
- Flowers

What you do:

- At a table cut the oasis into small squares that fit snugly in the teacups. Once the foam is in the teacup, water until wet through.
- Put a teacup in front of each chair at the table. Cut the heads from all the flowers at an angle.
- Once you have gathered people for the activity, invite them to sit around the table.
- Give each person some flowers; ask them to push the flowers into the oasis.



+Craft – Flowered Place Mats

Use a wilting bouquet or gather flowers & leaves to make beautiful place mats. Colours eventually fade to browns for a truly elegant look.

What you need

- Clear sticky backed plastic
- Flowers and Leaves
- Scissors

What you do:

- For each place mat, cut 2 pieces of sticky backed plastic approximately 12" x 18". Peel the backing off one piece and lay it sticky side up on the table.
- Remove blossoms and leaves from their stems and arrange them on the sticky side of the plastic.
- Press everything flat with your fingers. Some flowers will work

- better if you remove the petals and use them individually.
- Peel the backing off the 2nd piece of sticky backed plastic. Place it sticky side down over your arrangement. Do not worry about lining up edges exactly.
- You will probably get some wrinkles. Just press everything down as flat as possible and your place mat will look beautiful.
- Trim around all edges with scissors.
- Or you can do this with a laminator, if you have one- arrange leaves and petals in the pouch and carefully feed through the laminator.



+Think

These would look lovely on the dining table or in someone's room on a bedside table or window sill.

+Activity Fruity Flowers

These are a great fun way to keep hydrated during the summer months.

What you need

- Cocktail sticks
- Wooden skewers
- Melon baller
- Knife
- Short vase or glass
- Selection of fruit: red and green grapes, blueberries, melon – use the fruit that people like and will eat; you could try some exotic fruit.



What you do:

- Use the melon baller to make balls out of the fruit
- The skewers/ cocktail sticks will be really good for making things stand up, as shown in the photo
- Use the photos as a guide but use your imagination



+Think

You could make animals or anything you like, maybe a grape house!

+Activity – Sweet Summer Lollies

This recipe makes 4 lollies

What you need

- Lolly moulds
- A selection of fruit- peach, cherries, blue berries, raspberries, strawberries or kiwi fruit- use fruit that is favoured by your residents.
- 4 mint leaves
- ¾ cup of lemonade
- ¼ cup of Pimms – replace with lemonade to make a non alcoholic version.

What you do:

- Slice up the fruit into bite size pieces
- Put the fruit into the lolly mould; put a mint leaf into each one.
- In a jug measure the Pimms and lemonade, let it stand for a few minutes as it will freeze better with less bubbles.
- Pour into the moulds; don't over fill it as you need to put the lolly stick in too.
- Put in the freezer until firm- several hours or overnight.
- Once frozen, run hot water along the moulds to loosen.

Enjoy!





+Craft – Photo captioning

What you need

- Photos and/or magazine cut-outs
- Pen or pencil
- Paper to write the caption on

What you do:

- Gather a group in a circle. Ask each participant to choose a photo. Explain to the group that they must each come up with a humorous caption for their photo. Show examples if necessary.
- When everyone has worked out with their caption, invite each participant to share their photo and caption.

+Think

How about getting everyone involved, the gardener, the chef, or laundry assistants. You could ask residents or staff to go around the home and take photos for you to use.



+Think

You could make a display using the photos and captions



+Music

+Activity – Musical Instruments

Do you or your staff or residents play music/have a musical instrument?



You could have a few laid out around the home and invite people to have a go, or if someone knows how to play you could arrange for them to give a lesson.

This would be another great way to get everyone involved with Activities, and show the team that it's not all about art & craft!



+Activity – African Drum

Make a drum out of a coffee can and some basic supplies.

What you need

- Empty Coffee Can – A catering 1kg size or larger and the lid!
- Glue- PVA or glue stick
- Animal stickers/ pictures/ photographs
- Coloured Paper
- Scissors



What you do:

- Cut a piece of yellow paper to fit the coffee can.
- Decorate with safari animal stickers/ pictures and African designs.
- Decorate them on a theme- countries, colours, shapes, years, and family – anything your residents want.
- Stick the paper to the can, once dry happy drumming!



+Think

Some may enjoy just looking and listening



+Recipe – Apple Rose tarts

As part of our activities each month we have our cookery club, this month we made baked apple rose tarts, so simple to make and even better to eat with cream or ice cream.

What you do:

Start with puff pastry and roll into a long strip, as thin as possible. Next mix strawberry jam and a little water and spread this on the pastry. Ask chef to slice a red apple and microwave it for 2 minutes. When cooled, the residents can start to assemble by placing the sliced cooked apple on the pastry overlapping and having the skin above the top of the pastry fold in half, sprinkle on some cinnamon and roll up to make your rose. Bake in the oven for 45 minutes, gas mark 6. When cooked dust with icing sugar and enjoy.



This was so simple for our residents to make, the only help we needed was the cutting and cooking from the kitchen.

Catherine Adams
Pentlow Nursing Home



+Wordsearch – London

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



- +DOUBLE DECKER BUS
- +BIG BEN
- +HYDE PARK
- +KEW GARDENS
- +PALACE
- +PARLIAMENT
- +RIVER THAMES
- +THEATRE
- +TOURIST
- +TOWER OF LONDON
- +WEST END
- +WESTMINSTER ABBEY

+ 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.





+Ladies night

We all love to get together with our friends and be pampered no matter how old or young we are. Evenings are normally a lull at the end of the day so having this event on a regular basis may remove that.

How about getting all the ladies together, residents, staff, relatives and friends and have a pamper evening; you could have some nibbles and a few drinks too. Magazine adverts of beauty products can be a good talking point to get the conversations going while the manicures and massages get underway.

You could ask some willing volunteers (residents, staff or relatives) to be in charge of organising the evening, making sure everything is planned. Residents could make the invitations and send them out to all the guests.



+Activity Talented Teams

Do any of your colleagues have a special talent? Anything they could do to enhance the evening?

- + Hairdressing
- + Manicures
- + Make Up
- + Fashion

+Activity Anyone for a dance

There are so many different types of dancing, how about dancing lessons? You're never too old to learn.

Lots of fun would be had I'm sure, while you all try and get the steps right, some people will just enjoy watching and listening to the music.

Salsa, tap, ballroom, line dancing, jive, country even street dancing might appeal. Find some examples on You Tube to look at.

Here are a few more ideas for things you could do that have all been tried and tested.

- + Wine tasting
- + Ann Summers party
- + Chocolate party
- + Fashion show
- + Make up master class
- + Movie showing
- + Wedding Fair



+Activity Beauty Therapy

Provide sensory stimulation and enjoyment, an ideal activity for a ladies pamper night.

What you need

- A quiet place with comfortable chairs and relaxing music
- Make sure you have a variety of cleansers and moisturisers for all skins types
- Cotton wool pads
- Facial tissues
- Flannels
- Warm water

What you do:

- Ask people to sit in the chairs and explain what you are going to do.
- Invite them choose which creams they would like to try, keeping in mind any allergies they may or may not have.
- Start by cleaning the face with warm water and facial cleansers and then apply moisturiser for a light massage. Then with a warm damp face cloth wipe face and dry with facial tissues. Finally moisturise their face again before offering them some make up.

+Activity – Honey Oatmeal Mask

What you need

- 2 tbsp ground oats
- ½ tbsp fresh lemon juice
- 2 tbsp raw honey
- 4 drops tea tree essential oil

What you do:

- Finely grind the oats.
- In a small bowl mix together ground oats, lemon juice, honey, and tea tree oil.
- Apply to face to create a mask keeping well away from the eyes. Leave on the skin for 10-15 minutes. Remove the mask with cold water and a washcloth.



+Think Please be aware of Health & Safety issues.

things to do

+Blue

+Red

+Orange

+Green

+Gents night

How about getting all the gents together, residents, staff, relatives and friends for a Boys Night in or night out.

Do any of your colleagues have a special talent anything they could do to add to the evening?

With thanks to Tettenhall Sunrise Senior Living for this photograph.

+Activity Beer tasting

What you need

- A selection of beers – your local supermarket should have a good selection. You could contact a local Brewery and ask if they will come in and do a tasting.
- Small tankards or glasses

What you do:

- Sample each beer and decide on the favourite, you could give each person a score card so they can give scores on each one and then you can announce the winner once the scores have been added up.

Nibbles:

- How about asking your chef to make some mini burgers like the ones in the picture.

