

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** – Winter themed activity ideas

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



@napalivinglife



facebook.com/NAPALivinglife

www.napa-activities.co.uk

+Editors piece

Hello ... I bet you're all busy planning for the Festive Winter months. So many things going on and so much to do, well I hope we have made things slightly easier with the ideas in this issue.

Some festive and some winter warmers, as we know not everyone feels festive as it can be a sad time of year for some. Most of the ideas are suitable for everyone; remember it's not all about the doing/ making. Watching and listening is good too.

The decorative Christngles are my personal favourite and I look forward to seeing your creations.

I have outlined some extra ideas in the members only section of our website so don't forget to check them out too! If you haven't yet contacted me for your password, email in with your membership number and I'll send it though.



+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)

With thanks to The Old Vicarage, Anisha Grange and Mirimar for the photos on the front cover.

Activity Ideas

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

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

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

+Float a Flower Boat

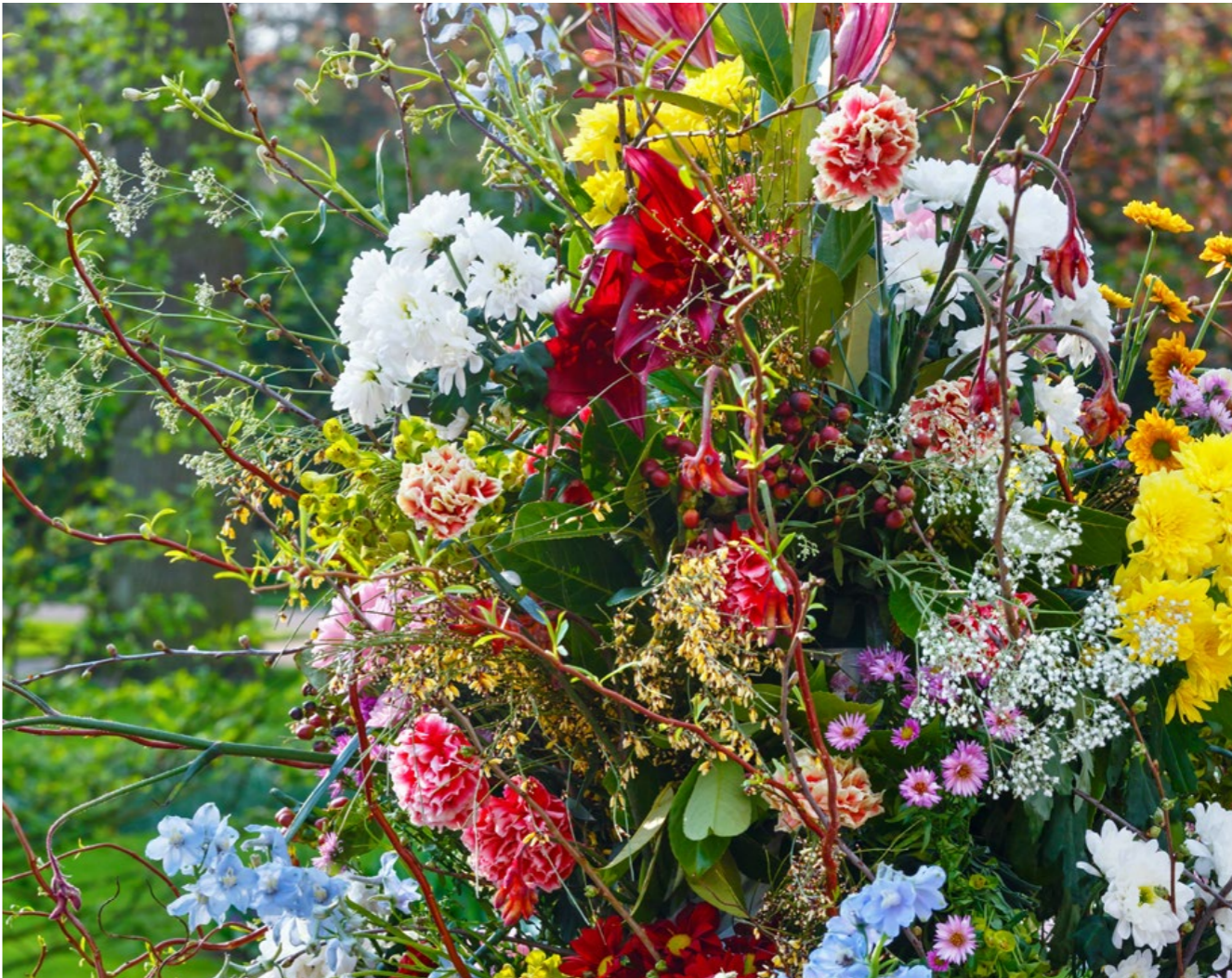
What you need

- Paper plate
- Waterproof markers
- Pencil
- Round balloon
- Small fresh flowers
- Glue



What you do:

- Draw colourful flowers with waterproof markers on a paper plate. Poke a hole in the centre of the plate with a pencil.
- Poke the open end of a round balloon through the hole in the plate. Blow up the balloon (from the back of the plate) until it is full. Knot the balloon.
- If desired, you can also glue small fresh flowers or wildflowers onto the balloon or plate.
- Make a few different balloon boats and send them off to "sea" as a beautiful, flowery thank you to the men and women who gave their lives to preserve freedom.
- Collect the balloons and discard them after you are done; balloons can be harmful to wildlife.
- Memorial Day is a special holiday to honour fallen soldiers who served their country. A parade is a great way to show your respect and gratitude. Continue to the next page to learn how to organise a neighbourhood parade.





+Picture Quiz:

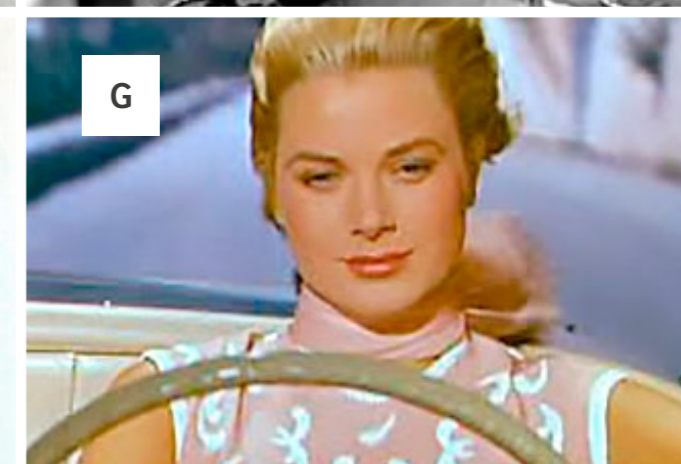
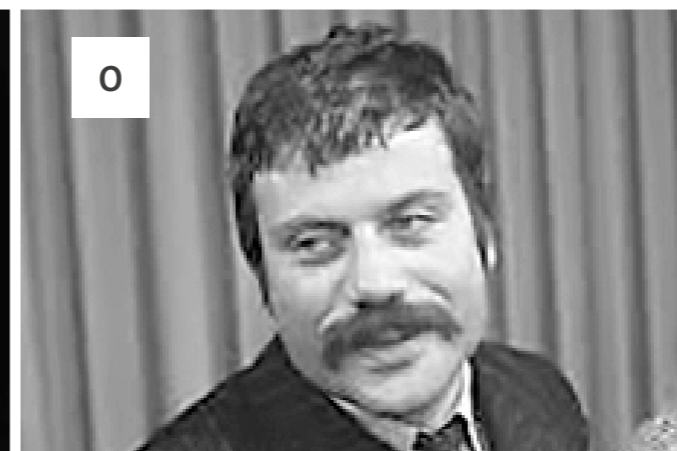
For each picture, can you answer the questions below?

Questions.

- V** She was the forces sweetheart
- O** British Actor who often played the rogue.
- L** Star of 'The Navy Lark' and always had an eye for the ladies
- U** American actress who was a James Bond girl. Also starred in 10,000 B.C.
- N** There was always 'Trouble in the Store' with this British comedian
- T** "Aha Just like that" A magician with a knack for tricks that don't work.
- E** "Bring me sunshine" The tall partner of 'Little Ern'.
- E** British actress who married 8 times and also starred as Cleopatra.
- R** British actor who was twice married to Cleopatra actress above.
- I** English comedy actor who starred in 'Privates Progress' and 'I'm alright Jack'
- N** Daughter of famous American singer, Frank, her boots were made for walking.
- G** American actress who became a Princess when she married Prince Ranier of Monaco.

+Think

Use these pictures as a conversation starter



This quiz was kindly supplied by Chris Harding, The Daily Sparkle

Answers on page 19 of things to do.



+Activity – Scented Light Catchers

What you need

- Sugar paper
- Sharpie markers, crayons, charcoals or pastels
- Scented oil
- Non scented baby oil
- Paint brush
- Scissors, needle & thread

What you do:

- Decide what shapes designs and size you want to have and draw them onto the sugar paper, then decorate.
- Fill half a cup with the baby oil and add a few drops of the scented oil, give it a stir
- Then using the paint brush, paint the oil across the shapes, the oil will make the paper translucent. Wipe off any excess oil.
- Once dry, cut out the shapes thread them together and hang in the window.



+Think

This is a great sensory activity, and will look really nice hanging in a window. Use peoples favourite scent.

+Craft – ‘Stained Glass’ Plate Decoration



What you need

- Clear plastic plates
- Colourful napkins (patterned) or tissue paper
- PVA Glue
- Paint brushes or foam brushes (for spreading glue)
- 6" of ribbon (per plate)
- Hot glue gun

What you do:

- Dilute the PVA glue with some water and have your artists paint the back of the plastic plate with the glue.

- If you are using napkins, in most cases the backs of the napkin can be carefully pulled away from the patterned side. The napkin can be applied without tearing into pieces but we cut and tore the napkin in smaller pieces before applying. (Same technique if using colourful pieces of tissue paper.)
- After the back of plate is completely covered, put another coat of the glue over on and let it dry.
- A ribbon can be added for hanger. Place small dab of hot glue then place ribbon hanger.



+Think

Hang them in the windows; they will look lovely when the light catches them.



+Activity Creative Christingles

Let's get creative with these, look at the wonderful patterns! Have a go at your own.

Oranges and cloves nails really do the trick in the period before Christmas! Could it smell more like Christmas?

What you do:

- Cut out a pattern in the skin of oranges and put them on a platter along with the "strips" of orange skin
- Garnish with cloves nails





+Craft – Birdseed Ornaments

What you need

- 4 cups birdseed
- 3/4 cup flour
- 1/2 cup water
- 1 envelope unflavoured gelatine
- 3 tablespoons corn syrup
- Cookie cutters
- Cookie sheet
- Parchment paper
- Cooking spray
- 2 straws
- Twine



What you do:

- In a large bowl, mix together the flour, water, corn syrup and gelatine to form a smooth paste.
- Slowly add the birdseed to the paste and combine until the birdseed is fully coated.
- Place the cookie cutters on a parchment paper-lined pan and coat the cookie cutters with cooking spray. Spoon the birdseed mixture into the cookie cutters. Press the mixture down firmly with the back of the spoon to pack the mixture into the cookie cutters as tightly as possible.
- Cut straws into 3-inch segments and press the straw into the top one-fourth of the birdseed-filled cookie cutter. Make sure the hole goes all the way through the mixture. Leave the straw in the ornament and allow to dry for 3 to 4 hours.
- Once the birdseed ornaments have dried, take out the straw and carefully remove the ornaments from the cookie cutters. Allow to harden overnight.
- Once the ornaments are fully dry, run a piece of twine through the hole at the top of the ornament. Hang the completed ornament in a tree for the birds to enjoy.

+Craft – Gingerbread Garlands

How to Make
Gingerbread
Ornaments – That
won't rot and will
last for years

What you need

- 3 tablespoons margarine
- 4oz cup sugar
- 6oz cup water
- 1 tsp bicarb
- 4oz cup molasses
- 1 tsp cinnamon
- 1 tsp ginger
- 1 tsp cloves
- 17.5 oz cups of flour
- To make the patterns - Use cookie cutters, peppercorns or small rusty bells and clear acrylic varnish

What you do:

- In a medium large bowl, beat the margarine and sugar together until light and fluffy, stir in molasses. Combine dry ingredients and sift then add to margarine mixture alternating with water. Dough should be stiff. Cover dough and refrigerate for 3 hours or overnight.
- Preheat oven to 350°F/180°C/Gas Mark 4 and lightly grease baking sheets.
- Cut dough into 3 pieces and knead to warm it slightly on a lightly floured surface.
- Cut out using cookie cutters and place on baking sheets.
- Decorate with peppercorns and rusty bells. Bake for 20 minutes, then shut off oven and let cool inside. Remove ornaments from baking sheet, place on a rack and allow to dry for 3 days. Then preserve with 3 coats of clear varnish. These ornaments are not edible and will last for years.



For decorative use only!



+Activity – Cinnamon-Scented Pinecones

Cinnamon-scented pine cones can be purchased at craft shops for around £10, but you can make them at home for just a fraction of the cost. Go pine cone gathering in the woods and bring home as many as you want. Start this project well in advance of when you need them because it takes between four and six weeks for the pine cones to properly infuse the cinnamon scent.

What you need

- Pine cones
- Aluminium foil (optional)
- Baking sheet
- Resealable plastic bags (large)
- Cinnamon essential oil
- Spray bottle
- Cinnamon sticks (optional)

What you do:

- Place aluminium foil on a baking tray. Place as many pine cones on the foil that will fit in a single layer. Put the tray on the middle rack in a preheated 200 degree oven for about an hour. The pine cones should open up during this time even if they were still tightly closed. This cooking process also kills any bugs and other bacteria that may be living in the pine cones. Let them completely cool.
- Place the cooled pine cones in a large resealable plastic bag. Make sure there is enough room to securely close the bag.
- Put a few drops of the essential oil and just a bit of water in the spray bottle, shake and then generously spray the pine cones. Close the bag and shake it to mix the oil with the pine cones. Open the bag and spray again, once more closing and shaking the bag.
- Leave the bag tightly closed for four to six weeks to infuse the pine cones with the scent. Shake the bag every week or so to distribute the oil scent.



+ Appleby Tate

Creative Minds is a thriving social enterprise that delivers fun and stimulating Art Sessions to care homes and small residential homes across the south. At present we deliver Art Sessions to older adults and people with learning disabilities providing residents with a supportive and encouraging outlet with which to explore their creativity.

On the 19th of June, Appleby House Care Home in Epsom, Surrey held an open day where the Mayor and Mayoress of Epsom and Ewell officially opened the 'Appleby Tate'. The 'Appleby Tate' is an incredible gallery space within the care home, which is used to display all the fantastic artwork created by the residents in the Art Sessions. James Cropper the Founder and Director of Creative Minds, has been delivering Art Sessions to Appleby House, part of Care UK for over a year and the residents have created a vast amount of artwork during the sessions exploring different mediums and materials.



James Cropper
Founder and Director of
Creative Minds
creativemindsan.co.uk



James said; "The Art Sessions are hugely popular at Appleby House and all of the residents that participate create fantastic artwork, and really immerse themselves in the creative process. An important aspect of the Art Sessions is their accessibility, but we also want the residents to have fun, relax and feel supported with a professional artist on hand. When I saw the Appleby Tate it brought a tear to my eye, it is the most incredible exhibit of the resident's artwork I've seen."

Undoubtedly one of the most impressive pieces of art in the exhibition is a huge pastel landscape (picture featured) that took the residents 5 Art Sessions to complete; it is now beautifully framed and proudly on display for all to admire.

Shona, Manager at Appleby House, commented at the opening; "James sees the creative potential in everyone, but what makes the difference is that he makes the art sessions easy, fun and engaging for residents, all of whom are living with different types of dementia and at various stages of the condition. We were so proud of what the residents had created that we began removing pictures from the home's walls and replacing them with their paintings, so we've now launched the Appleby Tate."

It is known in health care that participation in an array of activities in care homes is vital in maintaining an individual's health and wellbeing. Our Art Sessions provide a relaxing environment for the residents to explore their creativity and feel engaged and empowered through the use of various materials and mediums to create their art. Residents, staff and family members have noted that our sessions help to reduce agitation, improve mood, dexterity, social cohesion and boost levels of self-esteem and confidence. In addition, residents regularly produce beautiful artwork, which can be displayed just like the Appleby Tate, throughout the care home.

It is our aim as a growing community of Creative Minds Artists to enrich the lives of as many people as possible through our Art Sessions.



+Blue

+Red

+Orange

+Wordsearch – Winter

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



- +BLIZZARD
- +FLURRIES
- +MITTENS
- +BLUSTERY
- +FREEZING
- +REINDEER
- +BOOTS
- +FROSTY
- +SCARF
- +CHILLY
- +GINGERBREAD
- +SHIVER
- +COLD
- +GLOVES
- +SNOWBALL
- +DECEMBER
- +HAT
- +SNOWFLAKE
- +EARMUFFS
- +ICICLE
- +SNOWMAN
- +FEBRUARY
- +JANUARY
- +WINTER

+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.



+Blue

+Red

+Orange

+Activity Apple Candles

What you need

- Apples
- Tea light candles (you could use battery operated ones instead)
- Knife to cut the top of the apple out

What you do:

- Carefully cut the top out of the apple, the right size for the candle
- Place the candle in the hole and enjoy.



+Think

These would make lovely table decorations for a special occasion

+Activity Winter Candles

+Blue

+Red

+Orange

What you need

- Large candles
- string
- Cinnamon sticks

What you do:

- Place the cinnamon sticks around the outside of the candle . Once in place secure them with string.
- you could use a pin to secure the stick while you tie the string around.





+Armchair Yoga

I run two weekly sessions of armchair yoga at Sunrise Senior Living in Chorleywood, where most of the participants are living with dementia. The residents are encouraged to participate in the half hour sessions as they provide not only physical but also social and emotional benefits.



Armchair yoga increases circulation, this is due to the gentle movements of twisting and bending, which also helps eliminate toxins within the body. Flexibility is improved which enhances mobility; this in turn brings greater independence. It has been shown that the average senior citizen who participates in chair yoga is far more flexible in the hips, spine, wrists and shoulders than their non-active counterparts. Furthermore, it can also help with increased bone density preventing Osteoporosis.*

The social nature of group exercise provides positive interaction with others. For example, we often find at some point in our sessions we laugh together opening up channels of communication and forming new bonds within the group.

With armchair yoga deep breathing is encouraged to co-ordinate the exercises thereby increasing oxygen and thus energising the whole body. To close our sessions we practice a short meditation focusing on the breath. This enables the body to relax and promotes a sense of calm and well-being. A practice which can also help alleviate depression.

It has long been accepted that most forms of exercise are positive for the body. With chair yoga however, both the body and mind feel refreshed, revitalised and relaxed leaving the individual with a renewed sense of peace.

Sue Gaines- Qualified Yoga Instructor

*Source: finallyoga.com



+Recipe – Peppermint creams



What you need

- 500g of icing sugar, also known as powdered sugar
- 1 egg white
- Juice from 1/2 a lemon
- Peppermint essence
- Green food colouring
- 150g Chocolate chips for cooking

What you do:

- Place icing sugar, egg white and lemon juice into a mixer and mix until the icing becomes a soft dough texture.
- Add the peppermint essence and green food colouring to the mixture and blend for a few seconds, until the colour is evenly distributed throughout the dough.
- Line your worktop with baking paper and place the icing mixture onto it.
- Roll out the icing mixture to about 1cm thick. Using a cookie cutter, cut out shapes for your peppermint creams.
- Let the peppermint creams set in a cool, dry place.
- When the peppermint creams have hardened, melt some cooking chocolate into a small bowl.
- Dip part of the peppermint creams into the melted chocolate.
- Place the partially chocolate covered peppermint creams on some greaseproof paper to set.



+Recipe – Santa Strawberries

These are really simple to make and really yummy!

What you need

- Strawberries
- Whipping cream - freshly whipped or squirty cream would work just as well.

What you do:

- Cut the bottom off the strawberry, to make the hat.
- Put a small amount of cream on the bottom of the strawberry then put the hat back on, enjoy!



+Alive!

App recommendation

iPads are incredibly easy to use, versatile and a great way to introduce older people to new technology. At Alive! we use iPads with older people on a daily basis as a tool to build connections, revisit memories and discover new interests. In each edition of NAPA we will share with you an app we have been having success with and offer advice on how best to use it.

'**Tangible Memories – Story Creator**' is a brand new app created by the University of Bristol, who we work in partnership with on the Tangible Memories project. The goal of the Tangible Memories project is to help improve the quality of life for care home residents by building a sense of shared experience through exploration of individual life stories. Previously, life story work has been captured in books or on websites; however Tangible Memories seeks to attach the stories to meaningful objects so that residents can remind themselves of important memories. This app is one of the many ways the project is enabling older people to do this.

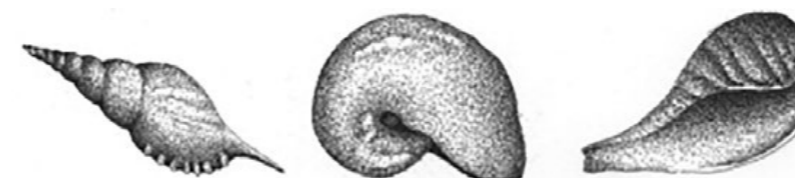
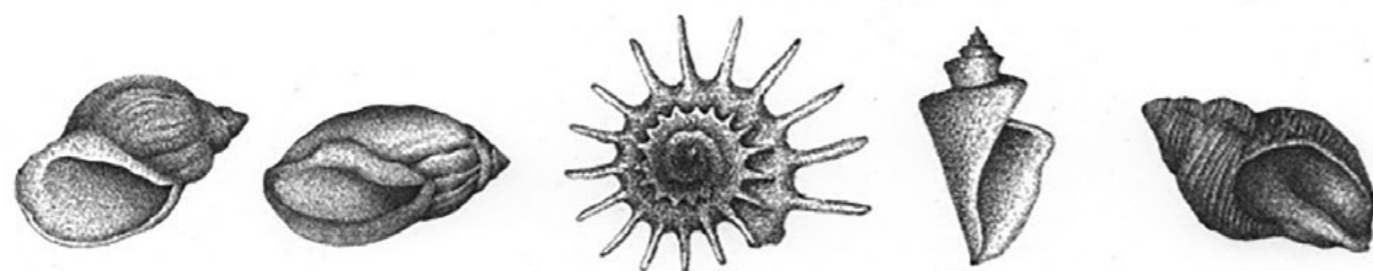
'**Story Creator**' is really simple to use, and enables you to make pages capturing photos, text and audio clips, which can be printed, audio scanned and/or made into a book. You can create pages that combine a photo, text and an audio recording. These can be viewed within the app or printed out.

When printed, the audio recording is represented by a beautiful shell illustration. The scan function within the app recognizes the shell on each printed page and, as if by magic, plays back your audio.

As well as printing out PDF pages, the shells can be printed onto other things such as cushions or lap blankets. We have also found that people with dementia often enjoy the feel of tactile fabrics. You can use the app to link a piece of music to a shell. When that shell is printed out (this could be onto a range of materials) you can use the scan function to play back that piece of music. This enables people to create blankets and objects to touch and feel that contain play lists that are meaningful to them.

It is great for stimulating and capturing conversations, stories and reminiscence. Full instructions on how to use it are included with the app, which has been developed through testing with residents and staff at Blaise Weston Court, Stokeleigh Lodge and the Orchards, St Monica's Trust, in Bristol. The app is available free on the iTunes App Store - just search for Tangible Memories Create Stories or go to: itunes.apple.com/gb/app/tangible-memories-story-creator/id1006573343

For the latest App recommendations visit: memoryappsfordementia.org
tangible-memories.com



Beth Lyford, Communications and Support Officer, Alive!

If you'd like to find out more about the work of Alive!, visit aliveactivities.org, call 0117 377 4756 or email info@aliveactivities.org

+National Awareness Days



November

- + British Sausage Week
2nd - 8th November
- + World Diabetes Day
14th November
- + International Men's' Day
19th November
- + World Television Day
21st November
- + Go Nuts on National Nut Day
22nd November

December

- + International Day of Persons
with Disabilities
3rd December
- + Tree Dressing Day
Are your local trees dressed
to impress?
5th - 6th December
- + International Animal Rights Day
10th December
- + Festival of Winter Walks
19th December- 3rd January
- + Christmas Morning Swim Day
25th December

January

- + New Years Day Happy New Year!
1st January
- + Global Belly Laugh Day
24th January
- + Australia Day
26th January

+Winter Poem

This poem has been written by residents from Tennyson Wharf Care Home

*Holiday
Colours of memories
Nice sing along songs
Shells in the greenhouse
No time to play in the sand*

*Sand and sea of abroad
Different people with language
Distance away from family and
friends
Thinking of bygone years
Outings
Adventures
Plantation of fruit in the
tropics*

*Feeling the sand through my
toes
Lots of happy faces digging
sand castles
Squelches of delights
Looking back on our holiday
memories.*

Louisa Jaques
Activities Co-ordinator
Tennyson Wharf – Barchester



+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

- | | | | |
|---|-----------------|---|------------------|
| V | Vera Lynn | E | Eric Morecambe |
| O | Oliver Reed | E | Elizabeth Taylor |
| L | Leslie Phillips | R | Richard Burton |
| U | Ursula Andress | I | Ian Carmichael |
| N | Norman Wisdom | N | Nancy Sinatra |
| T | Tommy Cooper | G | Grace Kelly |

Wordsearch (Page 10)

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

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 together 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.