

# 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.

## A Right Royal Special Issue!



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facebook.com/NAPAlivinglife

www.napa-activities.co.uk



# +Editors piece

**Hello again,** Putting this issue together has been lots of fun. I am a huge fan of the Union Flag (you should see my house!) I just love the pattern and the colours. So finding lots of Royal Street Party ideas has been right up my street!

In this special issue of Things To Do you will find lots of ideas for your Right Royal Street Party. We are all looking forward to hearing all about the plans for your events.

If you have a tried and tested activity idea that you would like to share with other members, or have you adapted any of the ideas found in Things to do Please send them to [project@napa-activities.co.uk](mailto:project@napa-activities.co.uk) – you might get it published!

Check out the NAPA Pinterest page, I have pinned lots of great ideas for your Right Royal Street Party! [uk.pinterest.com/napalivinglife5/](https://uk.pinterest.com/napalivinglife5/) and also in the Members Only section of the website. If you still need your password please email me with your membership number and expiry date and I will email it to you.



**+Gianna Burns**

Editor – [project@napa-activities.co.uk](mailto: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** – High cognitive skills- able to complete quizzes, puzzles and crosswords unaided.



**Red** – Living with early – mid stage Dementia. Interested in the 'doing' rather than the end result. Can follow simple instructions.



**Orange** – Living with mid- late stage Dementia. Able to work one to one to complete short activities



**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)

### CORRECTION

Important information about an activity idea in the last issue of Things To Do:

It has been brought to my attention that there is an error regarding the oven temperature for one of the activity ideas in Things to do – Scented Pine Cones (page 9 Things To Do). The temperature in the article says 200 degrees, this should have been converted from Fahrenheit to Celsius.

The correct temperature should be 93c (gas mark ½).

I can only apologise, and thank the NAPA Member that made me aware of the error.

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# +Let's go out

Now the weather is getting nicer, why not make the most of it and get outside. This is such a lovely time to go and see what is happening in the world beyond the care setting.

Whether it is a short time in the garden, looking at the signs of spring or an outing somewhere, to the shops or the garden centre.

### What you do:

- Walks in the garden
- Visit to the local library
- Go to a DIY store
- Take a bus ride
- Go in a taxi
- Book a hair appointment in town
- Find a barber that offers a hot shave
- Take an art class in the garden
- Walks to the shops, with a stop for coffee/ tea on the way
- Morning coffee/ tea in the garden
- The flowerbeds may need some preparation, get the gloves out!
- How about going to the race track, some of your residents that are into cars may love that. I went into a care setting in 2015 and they had an old Morris Minor in the garden. It doesn't work but the residents are able to sit in it, it's a really nice idea.
- How about going for a bike ride?
- A visit to the farm might be nice, lots of baby animals for everyone to coo over



# +Think

So often we hear people say "It's too cold to take residents outside". Surely it's their decision if they want to go out for some fresh air? They can wrap up, with coat, gloves and wellies (if you need to!) Some people are used to spending lots of time outside and that is something that you should enable them to continue to do.





## +Royal Quiz:

For each picture, can you answer the questions below?

### Questions.

1. Which royal took part in the 1976 Olympic Games?
2. What was the name of the Royal Yacht?
3. Who was Prince Charles' first wife?
4. What was the Queen Mothers' first name?
5. Who was the monarch before Elizabeth II as sovereign?
6. Where is the Royal Family home in Scotland?
7. Who is next in line to the throne after Prince Charles?
8. Where were Elizabeth and Philip married in 1947?
9. The Queen's horse, Devon \_\_\_\_ nearly won the 1956 Grand National.
10. In which decade did the Queen make her first televised speech?
11. What is the name of the Royal Family's London residence?
12. Prince Philip is also known by which title?

### General:

How many words of 3 or more letters can you make from **ROYAL FAMILY**?

## +Think

What are your memories of the Royal Family?



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

Answers on page 19 of things to do.



# +A few ideas for your **Right Royal Street Party!**



The Queen will mark her 90th birthday next year by closing off The Mall in London for a street party for 10,000 guests with the Duke of Edinburgh, the Duke of Cambridge and Prince Harry all attending.



Thousands will be invited to the sit-down lunch on June 12, which will close one of the capital's best known roads to celebrate Queen Elizabeth's patronage of more than 600 charities and other groups. We are inviting you to join in with the celebrations and hold your own **Right Royal Street Party** with the chance to win £1000.

Further information about the NAPA 2016 **Right Royal Street Party** challenge can be found in the **Right Royal Special Issue** of Living Life.

How will you be celebrating?

## **A few things to think about.....**

- Have a Street Party Committee – I would urge you to elect your committee as soon as possible so the planning can commence!
- Who to invite? – relatives, friends, community groups
- Community – how can you get them involved? Would local shops be willing to donate items for your Street Party? Such as trestle tables, chairs, decorations, food etc.
- What will your theme be?
- Location – within the care setting or join the local community. We have put a great download in the Members Only section of the website – Getting the Community into Care Settings
- Street Party insurance if not held on your property – contact your local council to find out if you need to get this.
- Publicity – use social media, local newspapers, personal visits to people/ suppliers.
- WEATHER.....HAVE A PLAN B!!
- What food will you have? You could hold tasting sessions – Yum!

Check out the NAPA Pinterest page, I have pinned lots of great ideas for your Right Royal Street Party!  
[uk.pinterest.com/napalivinglife5/](https://uk.pinterest.com/napalivinglife5/)

## +Craft – Pinking Shear Bunting

+Blue

+Red

+Orange

+Green

### **What you need**

- Material
- Pinking shears (the blades are saw-toothed instead of straight. They leave a zigzag pattern instead of a straight edge)
- Card
- Length of ribbon

### **What you do:**

- Make your card template – bunting can be any shape you like really, typically it is triangular.
- Lay the material out and using the pinking shears cut out the shape
- Staple the cut out shapes onto the ribbon

### **Now your bunting is ready to hang!**

See the photograph right, you could change the material to old comics and give your bunting the vintage feel.







## +Recipe – Easy Cupcakes

### What you need

#### For the cupcakes:

- 170g (6oz) butter or margarine
- 170g (6oz) sugar
- 3 eggs
- 170g (6oz) self-raising flour

#### For the butter icing:

- 170g (6oz) icing sugar
- 1 tablespoon golden syrup
- 1 tablespoon milk
- 55g (2oz) butter

### What you do:

- Pre heat oven to 180c (gas mark 4)
- Cream together margarine and sugar until light and fluffy. Add the eggs one at a time, beating continuously. Sift in flour and mix gently.
- Spoon mixture into prepared cupcake cases Bake for 20 minutes until golden brown. Cool on a wire rack.
- For a smooth icing, sieve icing sugar into a bowl. Heat syrup, milk and butter in a saucepan and add to the sugar. Mix together, until well combined, allow to cool then pipe onto your cupcakes.
- Hint Box

You can buy silicone cup cases from [www.lakeland.co.uk](http://www.lakeland.co.uk)



## +Recipe – Watercress and lobster sandwiches, a party snack fit for a Queen



### Makes 16

Buy the best white sandwich bread you can for these rich and extravagant little sandwiches, fit for monarchs and their subjects alike. These can also be served as open sandwiches.

### What you need

- 8 slices of white bread cut into four pieces
- Softened butter

#### For the filling

- 2 lobsters, ready cooked, the meat from the body and claws cut in small slices

### What you do:

- Preheat the oven to 220C/gas mark 7. Butter both sides of the bread lightly, place on a baking sheet and bake for about five minutes or until golden brown. Remove from the oven and allow to cool.
- Combine all the filling ingredients, and season to taste with salt and freshly ground black pepper.
- Put about one tablespoon between two pieces of toasted bread and serve.

- The leafy end of 2 bunches of watercress, chopped
- 300g mayonnaise
- 1 tablespoon brandy
- 1 level tablespoon tomato purée
- 1 large pinch cayenne pepper



## +Recipe – Jubilee Cake

### What you need

- 6oz softened butter
- 6oz caster sugar
- 6oz self raising flower
- 3 beaten eggs
- 3-4 tablespoons strawberry jam
- 2 cups of vanilla cream cheese frosting
- Fresh halved strawberries for decoration

### What you do:

- Line and grease 2 round (18 cm) cake tins
- Beat the butter and eggs together until pale and fluffy. Add the eggs a little at a time, beating well after each addition.
- Fold the flour in two batches and when combined divide the mix between the tins. Level the top and bake at 190c (375f) gas mark 5 for 20 minutes. Test with a skewer in the centre – if it comes out clean the cake is cooked. Turn out onto a wire rack and cool.
- When cool sandwich the cakes together with the jam and decorate the top with swirls of frosting. Spread a thin layer of frosting on sides of cake and decorate with halved strawberries and cake bunting!



## +Recipe – Let's party! Individual Queen of Puddings

Royal dessert: Individual Queen of Puddings – Makes 6

### What you need

- 225ml (8fl oz) milk
- 225ml (8fl oz) double cream
- 1 teaspoon vanilla paste, from supermarkets

- 225g (8oz) caster sugar
- 5 eggs, separated
- 140g (5oz) fresh breadcrumbs
- Zest of 2 lemons
- 200g (7oz) cherry compote, from supermarkets

### What you do:

Preheat oven to 160°C/fan 140°C/gas 3. Pour the milk and cream into a pan and add the vanilla paste. Bring slowly to the boil over a medium heat and remove. Whisk half the sugar and 5 egg yolks in a bowl until light and creamy. Slowly pour into the hot milk and cream, whisking all the time. Add the breadcrumbs and zest. Soak for 5 minutes. Sit 6 ramekin dishes in a roasting tin and three-quarter fill the ramekins with the pudding mixture. Tap gently to level. Pour boiling water into the tin until it comes halfway up the ramekins. Bake for 10-15 minutes, or until the puddings are almost set and wobbly in the centre. Remove and cool. Turn oven up to 190°C/fan 170°C/gas 5. Place the egg whites in a clean dry bowl and whisk to form stiff peaks. Gradually whisk in the remaining sugar until you get a thick, glossy meringue, then spoon into a piping bag. Spoon the compote onto the cooled ramekins. Pipe the meringue onto the puddings and bake for 6-8 minutes until crisp and lightly browned.







## + Recipe – Coconut Party Rings

I picked this up while I was doing my shopping, they would be great for your Street Party.

**Makes about 20**

### What you need:

- 50g (2oz) softened butter
- 50g (2oz) golden castor sugar
- 1 teaspoon vanilla bean paste or extract
- 100g (3 ½ oz.) plain flour
- 50g (2oz) desiccated coconut
- 1 medium egg

### For the icing:

- 300g (10oz) icing sugar
- Food colouring pastes or gels

### What you do:

Put the butter, sugar and vanilla in a mixing bowl and beat, using an electric whisk, for about 6-8 minutes, until pale and creamy. Add the flour, coconut, egg and a pinch of salt. Mix for a further 2 minutes, or until a dough forms.

Roll out the dough between 2 sheets of non-stick baking paper to 5mm (¼ inch thick), chill for 30 minutes.

Preheat the oven to gas mark 4, 180c fan 160c. Using a 5cm (2 inch) cookie cutter, stamp out about 20 rounds, rerolling as required. Using a 2cm (¾ inch) cookie cutter, stamp out the middle of each round to make a ring and discard (or reroll to make more biscuits, if you like).



Arrange the rings on a non-stick baking sheet and bake for 10-12 minutes, or until lightly golden. Leave to cool on the baking sheet for a few minutes, before transferring to a wire rack to cool completely.

To make the icing, sift the icing sugar into a large bowl and add enough freshly boiled water to produce a thick, spreadable consistency. Divide the icing into separate smaller bowls, adding different food colouring to each,

Using a teaspoon, spread each ring with a single colour icing, then drizzle over lines in a contrasting colour. To create a feathered effect, drag a cocktail stick through the icing in 1cm (½ inch) intervals. Repeat with the remaining biscuits in different colour pairings. Leave to set on a wire rack before serving.

## + Activity – Flowers In Ice

If you want to surprise your guests do not fail to try this. It's amazing how such a simple thing can be so effective.

### What you need:

- Ice cube trays
- Small flowers – from the garden or you can buy edible flowers too.

### What you do:

Place a flower in each cube and fill to the top with water and freeze.



**+ Think**

These would be nice with flavoured water too.

## + How about getting local children involved with your Street Party?

Intergenerational work is becoming a common theme. It's easy to get projects up and running providing you have an idea and some contacts in the local community.

### Here are some suggestions to get you started

#### Reading/Literacy

- Many youngsters need help with reading and literacy, ask at your local primary school or community youth group if they have reading time where older people can listen to youngsters read.
- It works both ways, if you have residents who are blind/partially sighted there are community groups e.g. Duke of Edinburgh award students who are looking for community service opportunities. A care setting is a great environment for them to volunteer with reading, gardening and other activities.

#### Community Scavenger Hunt

Families are always looking for a cheap day out to entertain the kids, how about organising a scavenger hunt in your local town/village.

- You could hunt for pieces of nature like pinecones, red flower etc
- You could take an obscure picture of a local landmark and participants need to identify what each picture is.
- Clues and questions to lead you round a route.
- Residents can be partnered up to a family and work together.
- At the end of the hunt celebrate with some smoothies and cake

#### Toddlers/New Mums

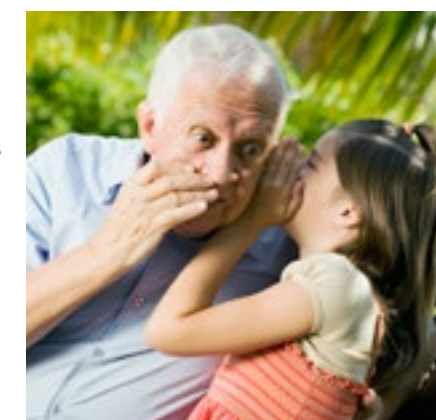
Why not host a toddler group or special event at the care setting, toddlers can help with placing fruit pieces or breadsticks in bowls. Residents can read or sing and dance with the toddlers. Some residents living with dementia will enjoy multisensory games e.g. bubbles, lights, music, tasting sessions just as much as the toddlers will. Mums also benefit from talking with older people who have been in their situation before and learning coping skills.

#### Skills Exchange

Why not put together a four week course where older people teach youngsters skills for two weeks and youngsters teach older people skills the other two weeks. For example cooking, changing a fuse, sewing, gardening, using a mobile, sending a text, searching the internet.

#### Community Media

A variety of campaigns can bring older and younger people together. How about exploring radio and video in addition to poster presentations? Topics to get you started: safety on the streets, employment, health, relationships.







## +A Right Royal Novelty Cake Competition

The internet is a fab place to get some ideas for this part of the NAPA Challenge. Here are some amazing cakes that I found.

For details on how to enter go to [www.ufs.com](http://www.ufs.com). You will also find information on the flyer that is included in this issue of Living Life.



**+Think**

Pinterest is a great place to look – check out the NAPA Cake Board for some more ideas: [www.pinterest.com/napalivinglife5/](http://www.pinterest.com/napalivinglife5/)

+Blue

+Red

+Orange

+Green

## +Activity – D.I.Y Baubles

### What you need

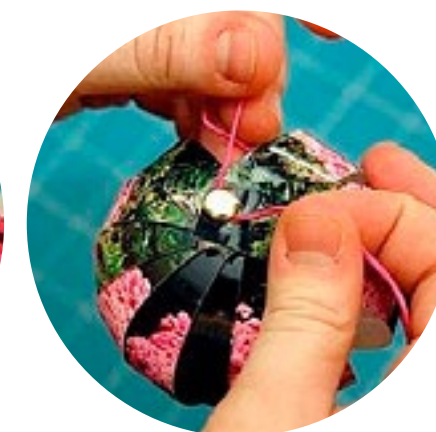
- Photographs or pictures
- Split pins
- Coloured string or wool

These are great for any occasion

You could hang them in someone's room, using photographs or nice pictures

Make large ones for your Right Royal Street Party!

Decorate the setting with them





+Blue

+Red

+Orange

# +Wordsearch – Royal



N	B	A	T	J	U	V	R	M	V	B	M	U	T	E	A
A	R	G	N	Z	Y	R	O	Y	A	L	L	N	T	Q	E
T	I	P	W	C	E	N	O	R	H	T	Q	D	G	U	W
I	T	W	O	P	A	L	A	C	E	N	O	J	E	E	R
O	I	Z	R	R	N	D	Q	C	A	S	D	U	K	E	B
N	S	C	C	I	A	U	B	T	T	N	I	B	R	N	J
A	H	H	T	N	P	C	U	B	N	M	A	I	O	N	L
L	Y	R	B	C	A	H	R	N	Y	A	M	L	B	O	M'
A	A	C	T	E	T	E	W	U	T	H	O	E	O	I	B
N	E	U	R	S	C	S	B	K	I	G	N	E	T	T	D
T	N	N	V	S	B	S	J	M	L	N	D	E	R	A	E
H	N	Q	U	I	N	F	S	A	A	I	Q	V	D	N	C
E	H	J	G	R	O	Y	E	C	Y	K	U	Y	V	O	N
M	W	N	T	Y	U	I	G	R	O	C	O	J	J	R	I
O	I	J	U	B	E	X	A	W	R	U	N	I	Z	O	R
K	U	B	S	N	O	I	T	A	E	B	E	L	E	C	P

- + BRITISH

+ ROYALTY

+ MONARCHY

+ QUEEN

+ KING

+ PRINCE

+ PRINCESS

+ DUKE

+ DUCHESS

+ CORGI

+ ROYAL

+ CROWN

+ THRONE
- + BUCKINGHAM PALACE

+ NATIONAL ANTHEM

+ DIAMOND JUBILEE

+ CORONATION

+ CELEBRATION
- 



Answers on page 19 of things to do.

+Blue

+Red

+Orange

# +Activity – Furniture Restoration or Upcycling

Old furniture is often available from junk shops for a few pounds; you may be able to get some for FREE if you ask around. You could restore almost anything, chairs, dressers, mirrors, coffee tables, small wooden pieces of furniture the list goes on.... This idea is based around a wooden trinket box.



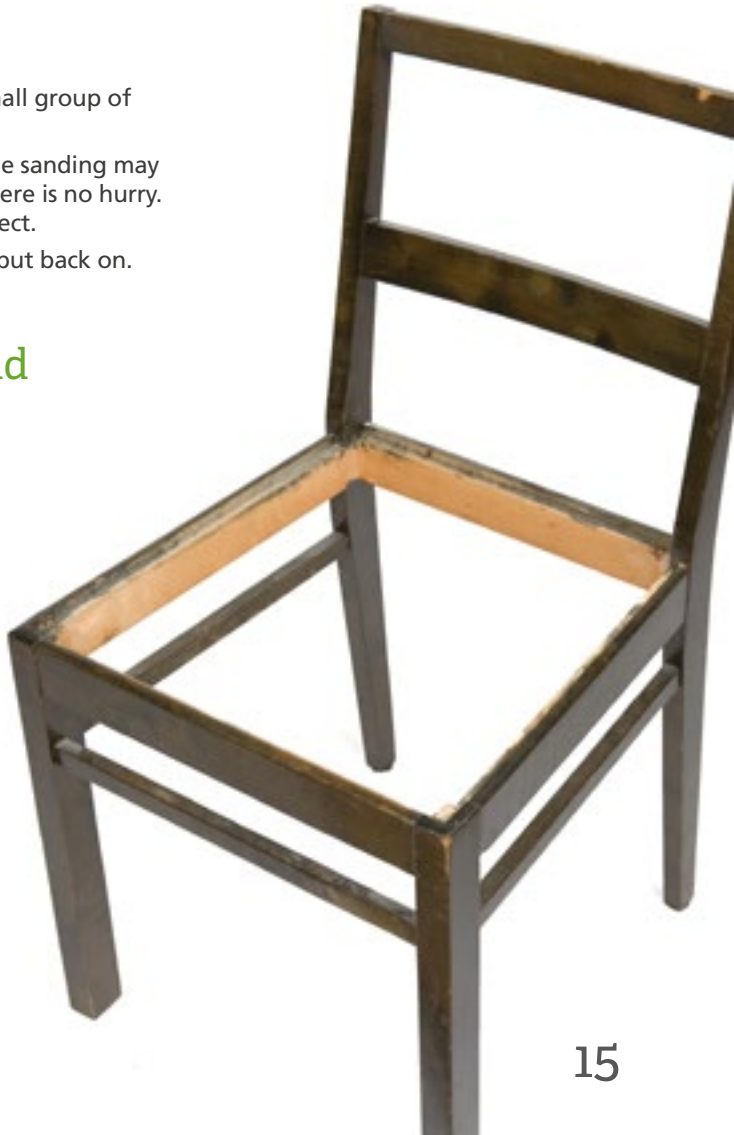
What you need:

- Different grades of sandpaper
- A screwdriver to remove the hinge
- Wax
- Soft cloth

What you do:

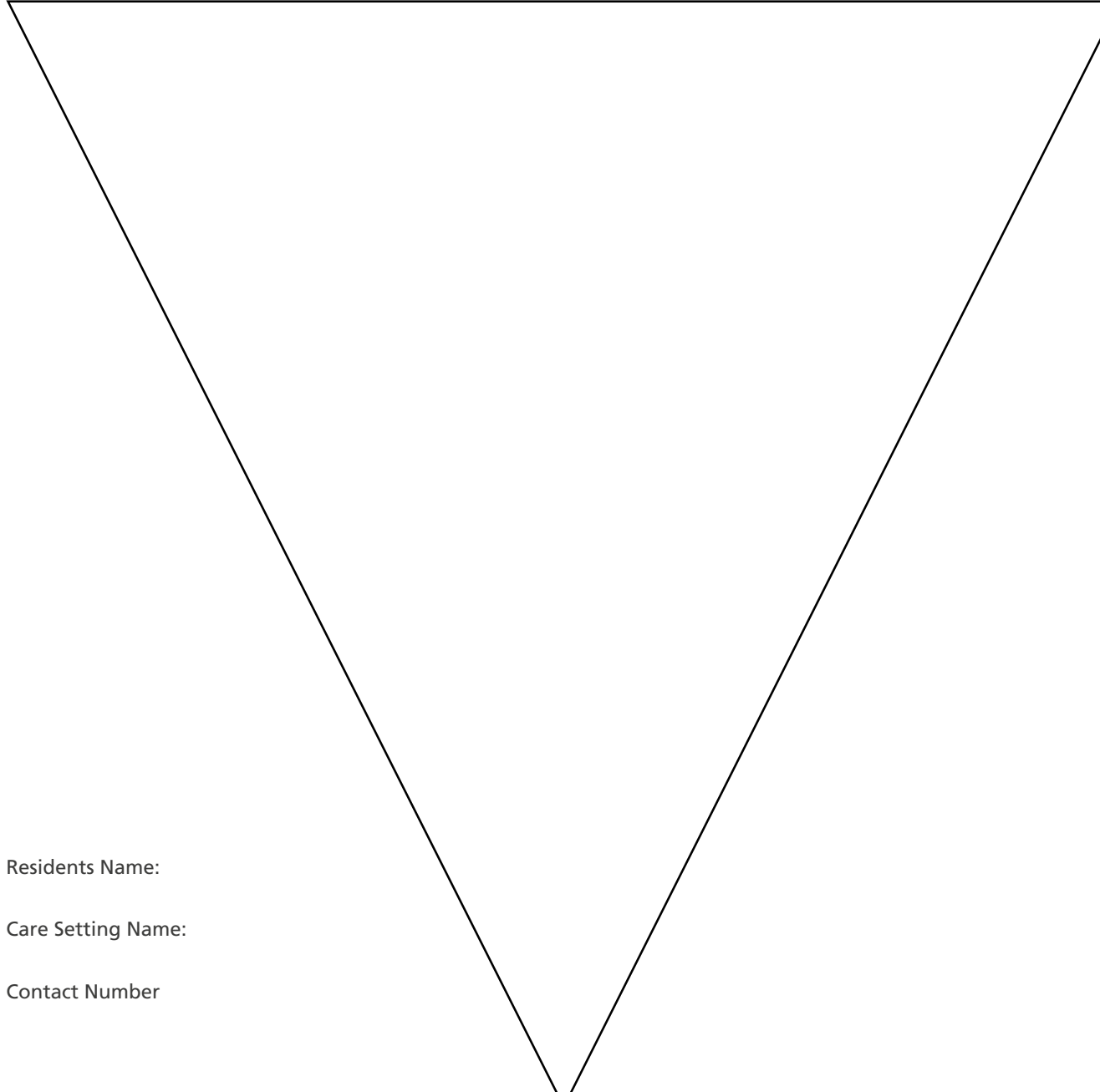
- Remove the hinge so you can sand the whole box. Invite a small group of people that are keen, along to help restore the items.
- Ask each person to sand their box – the results are instant. The sanding may take a while but it is something that you can do over time, there is no hurry. The idea is for someone to take their time and enjoy the project.
- Once fully sanded the box can then be waxed and the hinge put back on.

You could paint the furniture instead of waxing, upcycling is fun!





# +Competition Great British Bake Off Bunting Cookie Cutter Set



Residents Name:

Care Setting Name:

Contact Number

# +Memory Parlour – Bringing Stories to Life

*Learning about life stories is the foundation to building closer relationships and forming meaningful connections, but how can we provide an environment that allows people to share and explore their lifestories with each other? The Tangible Memories team are pioneering new and exciting ways of using technology to collect, share and celebrate the memories of older people in care.*

Tangible Memories is a project that works to build a sense of shared experience through exploration of individual life stories, it seeks to attach stories to meaningful objects so that residents can remind themselves of important memories. These are everyday objects integrated with technology to give the user new ways to collect and share their memories. The project is a collaboration between a team of researchers from the University of Bristol, local artists and Alive!.



Extra Care Estate has been working with Tangible Memories for the last 18 months. They are home to a vibrant group of residents and a progressive, forward thinking team of staff, making Blaise Weston the perfect place to collect life stories. The Tangible Memories team worked with staff, care home residents and families to co-design a space filled with objects that encourages curiosity, sparks questions and offers opportunities for storytelling, connection and contemplation. The team helped to design the space as a community resource which will be used to encourage local schools, community groups to visit and collaborate with older people in that space.

The Memory Parlour has lots of different areas, all with their own appeal; a 1950s style lounge area, a kitchen area with deep enamel sink, a table to sit around, a bench area with rummage boxes themed around the decades, a specially designed and painted map (by artist Simon Tozer) of Bristol and the latest version of the Tangible Memories rocking chair. So there are lots of talking points and things to interact with.

Within just a few minutes of being there, we saw how the space encouraged and enabled people to share stories from their lives. Fred, a resident at Blaise Weston Court, showed us around the map, pointing out items of interest, many of them suggested by residents. We could see the enormous footsteps of the two giants of legend who created the Avon Gorge, for instance. We were intrigued by a man in a little boat down on New Cut, The man is using a punt gun, which Fred said was used for shooting ducks. The ducks would be quietly driven into traps up a creek by the boat to where there was no escape, perhaps that's where the term 'sitting ducks' comes from ....

Barry, 94, told us that he hopes that people from the local community will come and use the room, particularly local schoolchildren. Barry has seen so much change over his lifetime, and is keen to pass on some of his experience and knowledge to younger generations.

*Within just a few minutes of being there, we saw how the space encouraged and enabled people to share stories from their lives.*

We left Fred sat in the Tangible Memories rocking chair. Discreet technology means that as you sit in the chair rocking, you can listen to a variety of soundscapes (garden birdsong, the beach, etc) to stimulate memories or just experience something afresh.

The Memory Parlour will be an inspiration for other care settings. Thanks to the imagination and ingenuity of the staff at Blaise Weston Court and the Tangible Memories team of artists and researchers, it provides a wonderful space where residents and people from all parts of the local community can come together to share time, memories and enjoyment. We can't wait for our next visit!



**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**



# +Poetry Corner

These lovely poems were sent in to me after residents read the East Poetry page in the Winter

**Christmas Day**  
Mirrored reflection of a pine clad wreath  
With warmth from blazing fire beneath  
This sets the scene for a special day  
Of festive cheer with games to play  
Presents to be opened,  
Food and drink to be consumed  
Excitement and happiness the general rule  
But when the day is over and you're all alone  
Thanks will be messaged via a mobile phone  
Then, just turn to your bible for solace confirmed  
By the story of Jesus, the miracle child  
**Written By Rachel Dasent, Holy Cross Care Home**

**Eleanors Poem**  
The welcome wreath is on the door  
The fire is burning brightly  
We're joyful as can be  
Hoping every single thing  
Turns out quite perfectly.  
Perfect health, good friends, good cheer  
This is the festive time of year  
**Written by Eleanor Castles, Holy Cross Care Home**

**A Care Home Christmas**  
The caring staff look in and say  
Wake up, wake up. Its Christmas Day  
They know our memory's not the same  
As once it was before we came  
  
We're old and frail and short of sight  
And many things are not quite right  
But all the staff want us to say  
'We did enjoy our Christmas Day'  
  
With presents, cards and hats to wear  
And mistletoe for those who dare  
And turkey, cake and games to play  
We have such fun on Christmas Day  
  
We know our carers are the best  
And so, when it is time to rest  
Before we sleep we always pray  
For those who care on Christmas Day  
**Written by John Mockford, Holy Cross Care Home**

# +National Awareness Days



## February

- + Homemade Soup Day  
4th February
- + Send a Card to a Friend Day  
7th February
- + British Yorkshire Pudding Day  
7th February
- + Lost Penny Day  
12th February
- + Chip Week  
16th – 22nd February
- + World Thinking Day  
22nd February



## March

- + March World Compliment Day  
1st March
- + National Middle Name Appreciation Day  
11th March
- + National Skipping Day  
18th March
- + Rock Against Dementia  
19th March
- + National Butchers Week  
24-30th March
- + World Neighbour Day  
27 March



## April

- + Draw a Picture of a Bird Day  
8th April
- + Winston Churchill Day  
9th April
- + Micro Volunteering Day  
15th April
- + London Marathon 2016  
24th April
- + Pinhole Photography Day  
24th April
- + International Dance Day  
29th April

# +Quiz – Answers

## Picture Quiz Answers (Pages 4-5)

1. Princess Anne

2. Britannia

3. Diana Spencer

4. Elizabeth

5. George VI

6. Balmoral
7. Prince William

8. Westminster Abbey

9. Devon Loch

10. 1950s (1957)

11. Buckingham Palace

12. Duke of Edinburgh

## Wordsearch (Page 14)

N	B	A	T	J	U	V	R	M	V	B	M	U	T	E	A
A	R	G	N	Z	Y	R	O	Y	A	L	L	N	T	Q	E
T	I	P	W	C	E	N	O	R	H	T	Q	D	G	U	W
I	T	W	O	P	A	L	A	C	E	N	O	J	E	E	R
O	I	Z	R	R	N	D	Q	C	A	S	D	U	K	E	B
N	S	C	C	I	A	U	B	T	T	N	I	B	R	N	J
A	H	H	T	N	P	C	U	B	N	M	A	I	O	N	L
L	Y	R	B	C	A	H	R	N	Y	A	M	L	B	O	M'
A	A	C	T	E	T	E	W	U	T	H	O	E	O	I	B
N	E	U	R	S	C	S	B	K	I	G	N	E	T	T	D
T	N	N	V	S	B	S	J	M	L	N	D	E	R	A	E
H	N	Q	U	I	N	F	S	A	A	I	Q	V	D	N	C
E	H	J	G	R	O	Y	E	C	Y	K	U	Y	V	O	N
M	W	N	T	Y	U	I	G	R	O	C	O	J	J	R	I
O	I	J	U	B	E	X	A	W	R	U	N	I	Z	O	R
K	U	B	S	N	O	I	T	A	E	B	E	L	E	C	P



+Blue

+Red

+Orange

+Green

## +Easy poetry

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***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.***

