

Things to do

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



In this edition of
"Things to do"
we will be giving you lots
of activity ideas and
suggestions. We hope you
will pull out this centre
section and save it in a
ring binder for future
reference.



In this edition

+ **Ideas** – Be engaged – Watching an activity – You can be engaged with an activity by watching.

+ **Plus** – Don't forget you can download **Things to do** from the members-only section of the website.

+Editors piece

Hello ... I hope you are all now making the most of your outside space, sitting outside at the start of spring is wonderful, the bulbs are just beginning to show and the birds are singing! There is so much to see and your residents will love being outside now the weather is improving.

There are lots of spring-like activities for you all to get involved in. Most of the activities in Things to do can be adapted to suit anyone’s abilities; you just need a little lateral thinking. Look out for the new Think boxes giving you a few hints about how to adapt them.



+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)

Look out for the Members Activity that is in this issue. It is a nice project which the whole home can get involved in. If you have an activity that you would like to see in print please send in the details and we will do our best to share as many as we can in future issues.

Enjoy!

Winter Contents

Editors Piece	2
Bottle print button flowers and Hyacinth printing	3
Picture quiz	4-5
DIY butterfly tree and Easy paper hyacinth flowers	6
DIY rustic twig frame	7
Providing activities for people living with dementia	8-9
Sensory activities for later stage dementia	10
Spring poetry	11
Pressed flowers and leaves bookmarks	12
Decoupage	13
Wordsearch	14
Creating a sensory environment	15
Herbal scent tea party	16
National Nest Box Week	17
Poem: Forest beauty and National Awareness Days	18
Quiz answers and Wordsearch solution	19
Easy poetry	20

Contact NAPA

National Activity Providers Association
1st Floor, Unit 1,
Fairview Industrial Estate,
Raans Road, Amersham HP6 6JY
Telephone: **020 7078 9375**
Fax: **01494 726752**
Email: info@napa-activities.co.uk
Registered Charity No: 1070674, SC038991
Company Limited by Guarantee No: 3482943

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

+Think

Observing this activity can be just as enjoyable as taking part. Residents may get enjoyment from seeing it hanging in their room. Remember it is not just about doing the activity, it is about the benefit someone can get from watching or by enjoying the end product.

+Activity Bottle Prints

+Button Flowers

What you need

- Paint
- Water bottle
- Yellow buttons
- Green marker
- Glue

What you do:

- Start by putting two colours of paint on a plate and dip the bottom of a water bottle in it.
- Stamp it on a piece of paper to create the flowers and glue a yellow button in the middle.
- Take a green marker pen or paint and add the stems and leaves.



+Hyacinth Printing

What you need

- Light blue card
- Green card
- Purple paint
- Empty water bottle
- Small paper plate
- Scissors
- Glue

What you do:

- Cut out skinny green stems and glue them on to your light blue card.
- Pour some purple paint on to your small paper plate. Dip your water bottle lid into the paint and then print it on to your blue card, around your green flower stems. Continue dipping the water bottle lid into the paint and back on to your paper until you have made your pretty hyacinth flowers.





+Picture Quiz:

The Joys of Spring

Questions.

1. What word, beginning with G describes this lamb's playful capers? **G_____**
2. The Darling **B___ of M___**
3. The greatest steeplechase in the world – **The G_____ N_____**
4. A Funny Day? Well that depend – **A_____ S___ Y**
5. Wordsworth's favourites – **__FF_____ S**
6. The call of Spring, but definitely not a nest-builder – **C_____**
7. These prickly creatures wake from hibernation in Spring – **H_____ GS**
8. This world famous Dog Show happens in Spring – **C_____ S**
9. "We won the Cup!" What Final gets played every May? – **_. . C__**
10. Another major May event. This flower show happens in which London district? – **C_____ A**
11. An Al Jolson song – **E_____ B_____ T**
12. A Springtime English tradition – **M_____ D_____ G**

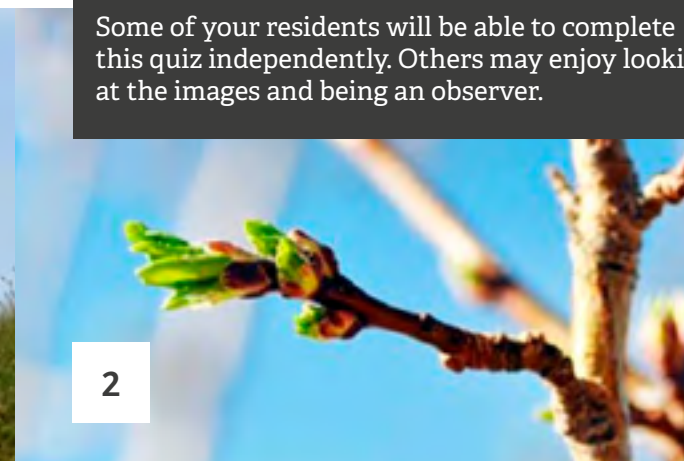
- + What other Spring events can you think of? And what memories do you have of them?
- + Which season do you love the best, and why?
- + How many words can you make from the letters **SPRINGISSPRUNG?**

+Think

Some of your residents will be able to complete this quiz independently. Others may enjoy looking at the images and being an observer.



1



2



3



4



5



6



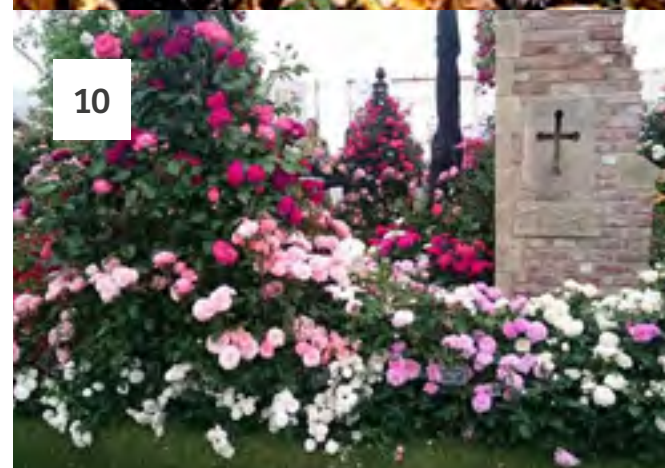
7



8



9



10



11



12



+Activity DIY Butterfly Tree

What you need

- Small branches or a twig tree
- Vase
- Sand, pebbles, rocks, vase filler or whatever you would like to fill the vase and hold the branches
- Butterflies, butterflies, and more butterflies
- Bees (optional)

What you do:

- Go on a nature walk to collect some branches.
- Leave the branches natural or paint them white.
- Place branches in a vase.
- Add sand, pebbles or vase filler to fill in spaces around the branches.
- Glue pom poms on to the branches.
- Enjoy decorating your tree with butterflies, bees, dragonflies and even birds, if you like.

+Think

A person with later stage dementia will benefit from having the finished tree next to them, the bright colours will catch their eye. Someone that may not necessarily be able to help make the tree may like to help sort the butterflies into colours.



+Activity Easy Paper Hyacinth Flowers

What you need

- Glue
- Stiff paper or thin card- to create three flowers, we used a total of four pieces of paper
- Vase – small glass jar

What you do:

- Start by picking out which colour flowers you want and the colour you would like for the stems. I chose purple, pink and white (typical hyacinth colours).
- Next start putting the stems together. Cut 1 inch thick strips of green paper or card (long side). Roll each strip into a tube, glueing into place.
- Set aside to dry. You may need to use clothes pegs to hold the tubes together until the glue dries.
- Now you can start creating the flowers. Cut your pieces of paper or card into four strips (short side). Take each strip and fold in half (long side).
- Cut slices starting from the folded edge, leaving about 1 cm of space on the other end. The width of the slices should vary, with thinner slices at the top of the flower, and gradually thicker slices for the rest of the flower.

+Think

Think outside the box. You could engage with someone using these flowers. The petals are tactile and they would be nice for someone to have near their bed/chair so that they can enjoy looking at them.



+Think

Again this is a good activity for sensory stimulation. Collecting the bits needed and sorting them would be a good activity. Put a photograph of a loved one in the frame for someone to enjoy looking at.



+Activity DIY Rustic Twig Frame

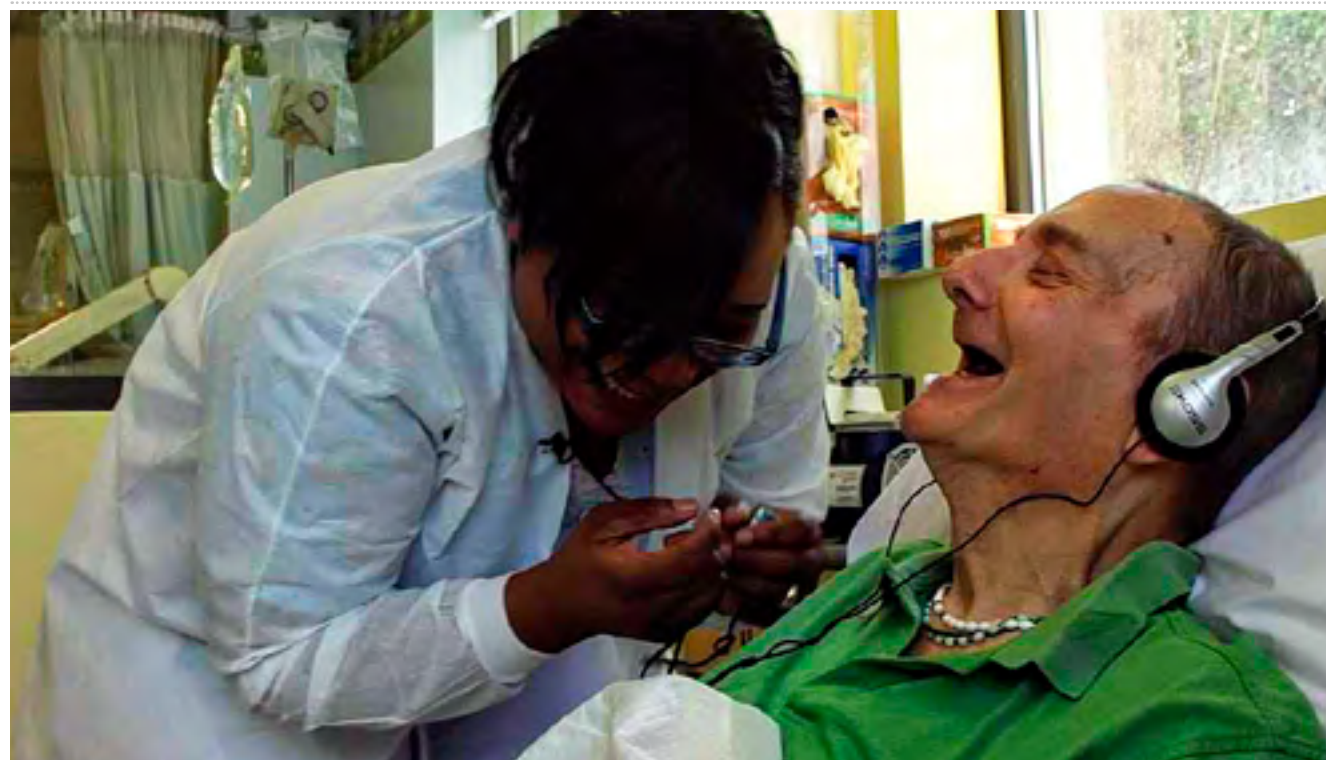
What you need

- Wooden craft frame
- Pruning shears
- Brown acrylic paint
- Foam brush
- Hot glue gun and hot glue stick (or white craft glue)
- 40–50 small twigs (1/16 to 1/4 inch in diameter)
- Decorative faux moss and flowers

Tip: Don't be afraid to use twigs from the garden. Real twigs give the frame a more natural look than the treated twigs you find at the craft shop. Collect dead twigs instead of green ones, which will shrink upon drying. Look for insects and signs of decay before bringing them in. Rinse and dry them before using.

What you do:

- Remove the frame from its glass and backing.
- Paint one coat of brown acrylic paint on the frame with the foam brush. Allow it to dry for 1 hour.
- While the paint is drying, trim the twigs with pruning shears about 1/4 inch longer than the length and width of the frame.
- Separate the trimmed twigs into two piles, one for width and one for length. Heat your glue gun.
- When the paint is dry, take a few of the larger twigs and set them on the length and width of the frame. Look for the spots where they touch the frame, and apply a small dab of hot glue to secure.
- Add twigs, little by little, overlapping them at the corners. Secure the twigs with a small dab of hot glue wherever they touch; sometimes it will be the actual frame, and other times it will be to another stick. Add the twigs evenly to the four sides as you work.
- As the frame develops, you will need to tuck smaller twigs under larger ones. Again, use just enough glue to secure. The smaller twigs don't need to be glued if they fit snugly. When you can't find an opening for another twig, the frame is done.
- To embellish, use decorative moss and silk flowers. Secure them to the frame with hot glue.



+ Providing Activities for People Living with Dementia

What are the special skills and understanding needed for an Activity Coordinator working with people who are living with dementia?

+ Sylvia Gaspar

Getting to know the individual over time

The starting point is to recognise the need to meet the person who is living with dementia at the point where they are in their state of awareness and functioning. They cannot always tell you about their wishes or their objections. What are the skills which are being lost and how far have they deteriorated? As the dementia progresses the answers to these questions will change. The impairments are not visible and are easily overlooked. Time spent getting to know and understand the individual is essential if the activities provided are to be constructive and therapeutic and possible harm avoided. The Activity Coordinator has to develop a heightened alertness to the evidence that emerges during times of interaction.

The importance of non-verbal communication

Activity is about interaction between people or between a person and his environment. Most of us are interacting much of each day and one tool we use constantly is words. The popular use of mobile phones and email puts the emphasis on words in the absence of personal encounters. However we are told that in communication words make up only about 10% while 90% is composed of non-verbal stimuli. (Have you ever watched the facial expressions of someone speaking on a phone?) We know that the person who is living with dementia is losing their ability to use words. The brain function needed to access vocabulary and to form sentences is being lost, though the mechanics of speech making are not lost until much later. In these early stages, what is especially needed is space and time to do the best they can, accompanied by a patient, listening ear which will not only wait

but also interpret the mismatch of words. Can this be provided in the group reminiscence session, the quiz or the game of bingo? Does it alter the size of the group in which the person who is living with dementia will feel comfortable and does it question who will be the other members of that group? Some older people can be very intolerant of their peers' limitations!

As the use of language further deteriorates, the importance of non-verbal communication increases. Body language, facial expression and touch take on greater significance and need to be consciously applied. The attentive ear continues to be important: we need to remember that the person who is living with dementia, whose language is impaired, still seeks to communicate. It is for the listener to respond to the combined clues of intonation and facial expressions of the speaker whatever the words or noises being formed by the mouth.

Adapting activities for different stages of dementia

Dementia has been described as a return journey through the stages of human development, the independence and functional capacity of mature years diminishing over the course of the condition to early developmental levels. This provides a framework on which to base the choice of activities, although we should avoid assuming a person has 'returned to childhood,' which might negate the person's long adult life story. As the learned social skills are lost, the person with dementia responds increasingly to more immediate and physically interactive occupations. The bean bag throw, the floor target, the skittles, the bowling, are all very visual, physical and stimulating. The person with dementia can be part of this group, and they can enjoy the competitiveness of, say, the skittles being knocked down. They can perhaps be motivated to sit up and become involved in the achievements of others. A limited concentration span is not over challenged and, if the session is carried out in the right spirit of encouragement and celebration of any success, then there is fun to be enjoyed. It is part of the Activity Coordinator's task to create an atmosphere which is stimulating and releasing. We all know what is meant by a negative atmosphere one sometimes encounters on entering a room. When working as an activity leader, we need to aim to create a positive and uplifting atmosphere in which people will want to participate.

Using all the senses

Activities which involve touch, smells, sounds and sight are important; the feely bag, the rummage box – safe bits and pieces from the workshop or garage for the men or materials, household items, items of clothing for the women. Into this category too comes the no-cook cooking with the smells of foods, the sight of fruit and vegetables, the familiarity of food preparation. Gardening, whether inside or out, provides opportunities for the feel and smell of damp earth, the texture of soil, stones and plants, and the smells of flowers and leaves (not always to one's liking!).

This brings us to creativity: the easily prepared fruit salad is creative as well as stimulating, the flower arrangement makes the room more pleasant for others, the bedding plants outside the window provide

new and added colour. Other fail-safe crafts can be offered such as clay or salt dough, or painting (a previously drawn outline might give the painter a helpful start). Leaf printing, stencilling or simple needlework will appeal to some. One must remember that the 'doing' is the important part in a craft session. There is a temptation to suggest the finished items be used for fundraising but this puts pressure on them to achieve perfection according to other people's standards. This is the last thing the person who is living with dementia needs. Key words are 'fail-safe', 'achievable goals', 'simple, step-like instructions', and 'a tempo adjusted to the individual'. These are true of all activities involving people with dementia. Beware also of assuming that if someone was once a good painter, piano player or knitter they will still want to do those things. It could well reinforce their loss.

Moving more often

Exercise for the body is always essential and going for a walk should feature on care plans often. A walk to the shops for a few items for the kitchen perhaps, or fresh toiletries, or a walk around the garden is an activity with many benefits. The use of the muscles, the movement of joints and the stimulation to the circulation are the physical reasons for a walk. But think too of the stimulation of the change of environment, colours, shapes, smells, the memory triggers of previous walks or gardening projects and the statement that you, the Activity Coordinator or Care Assistant, value their company enough to walk with them. People with dementia can respond well to Music and Movement sessions. The use of props such as those from the JABADAO catalogue can free a person to be playful and spontaneous as well as to interact more with others, without the pressure of finding words.

Keeping busy with familiar daily tasks

The cooking mentioned above can use remembered skills and recall previous daily activities. So too can the everyday domestic tasks of washing up, dusting, folding laundry, sorting socks and laying tables. In a residential setting there will be some who respond and benefit from being included in the 'running' of the home. There will be others for whom the absence of work is a pleasure. These familiar tasks may have become less

familiar and gentle, tactful guidance can bring about increased confidence. We need to beware of using our own standards as a measure of right or wrong. If the table is not laid quite as we would do it ourselves – relax! The table layer will have done what they thought was right and changes should only be made if really necessary and then discreetly. It is important to get the other members of staff on your side over this issue of correctness; a negative word or action can undo all your carefully constructive efforts.

Nurturing the inner person

Increasingly the experience for the person who is living with dementia becomes one of 'being' rather than 'doing'. The activities best suited are those which do not make demands on the process of rational thinking or reasoning and which avoid multiple stimuli, whether from other people or the environment. The importance of recognising the spiritual needs of our clients continues to be important. Make time for quiet companionship, for the enjoyment of a beautiful flower, picture or sunset. Religious rituals of whatever faith, even if incompletely accomplished, have the ability to evoke deep personal experiences which are positive and encouraging. The outer layers of learnt social skills gradually drop away and the qualities of the one-to-one engagements rise in significance. Care staff could find their routine tasks of personal care take on a more fulfilling meaning if seen in the light of engagement and interaction. For the Activity Coordinator there is the need to be convinced that quality rather than quantity is crucial at this stage.

The needs of the person with dementia reach beyond making allowances for the physical limitations as one might the person who has a sensory impairment or a physical disability, though the importance of getting to know the individual is common to all. To provide an activity programme for people with dementia, the Activity Coordinator must address the inner person; the psychological and the emotional elements of this vulnerable group.

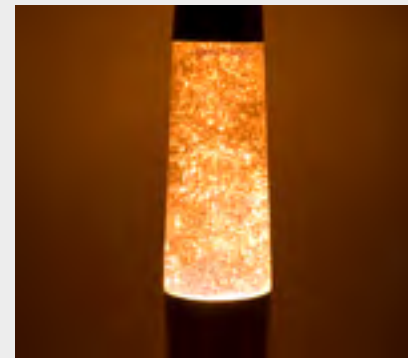
Reference: www.jabadao.org for their catalogue. 'No Cook Cooking' from NAPA. Thanks to Sylvia Gaspar who used to work with NAPA in the early days for allowing us to reproduce this excellent piece from a NAPA 2001 leaflet.



+Activity Sensory Activities for Later Stage Dementia

Here are some ideas for you to try:

- + Put visual props in bedrooms, such as a small fish tank, a bird feeder at the window, a clock, fresh flowers, hanging mobiles, or lava or bubble lamps.
- + Put wind chimes in bedrooms or scenic nature photographs which you can change weekly.
- + Gentle hand/foot massages (1 tbsp of sweet almond oil and 2 drops of lavender).
- + Pet therapy (ask the family if person is fond of animals). 'Borrow' a puppy or a kitten for them to touch.
- + Activity aprons for restless clients. Also offer comfort items such as soft toys or tactile balls.
- + Fabric books (infant books might be suitable if the content is colourful).
- + Read a poem or part of a book that has meaning for them (ask the family for ideas). Even if the person does not understand what is read, the tone and rhythm of your voice may help them feel in safe hands.
- + Play music they enjoy (ask the family) or something from their ethnic background.
- + Put scented candles (unlit) in the bedroom. An aromatherapy essential oil diffuser is another option.
- + Tasting – ice blocks, jelly and ice cream. Check with senior staff first because some people with later stage dementia may have difficulty in swallowing.
- + Grooming – brushing hair, applying moisturiser, spraying perfume or aftershave
- + Sit outdoors together, holding hands.
- + Speak gently and reassuringly to them. It may help to make them feel safe and secure.
- + Make a box of mementos to reminisce with, for example, medals, books and photographs, and sit quietly with them showing them the items one by one in an unhurried way.



+Think

This would be a great activity for someone who is living with the later stages of dementia. Read the poem to them. Do they have a favourite poem or book you could read to them? The plates are really colourful so would be great for someone to look at if you hang them close by.

+Activity Spring Poetry



What you need

- Paper plate
- Flowers/leaves made out of card or material, you may want to use real ones if you like
- Spring poem – use the image from the Easy Poetry to give you inspiration
- Glue

What you do:

- Stick your poem on to the plate.
- Stick your flowers and leaves to the outer edge of the plate.
- Hang up your poems.

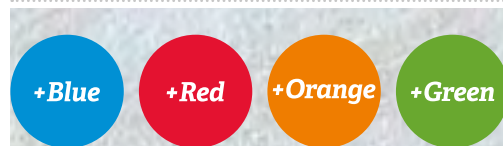
Nothing is so beautiful as Spring

When weeds, in wheels, shoot long and lovely and lush;
Thrush's eggs look little low heavens, and thrush
Through the echoing timber does so rinse and wring
The ear, it strikes like lightning's to hear him sing;
The glassy pear tree leaves and blooms, they brush
The descending blue; that blue is all in a rush
With richness; the racing lambs too have fair their fling.

What is all this juice and all this joy?

A strain of the earth's sweet being in the beginning
In Eden garden. – Have, get, before it cloy,
Before it cloud, Christ, lord, and sour with sinning,
Innocent mind and Mayday in girl and boy,
Most, O maid's child, thy choice and worthy the winning.

By Gerard Manley Hopkins



+Think

This activity has so many stages in which everyone can get involved. For example going out to collect the leaves. You could take someone in a wheelchair for a walk around the grounds; a person living with later stage dementia may enjoy seeing the garden or just feeling the fresh air on their face.

+Activity Pressed Flowers and Leaves Bookmarks

What you need

- Various leaves and flowers
- Card
- Scissors
- Glue
- Laminator and laminating pouches
- Single hole punch
- Yarn, string or raffia ribbon

What you do:

- To make this bookmark, you need some pressed leaves and flowers.
- Take a nature walk or head into your own garden and pick some small flowers and leaves.
- Press your flowers and leaves by placing them inside the pages of a thick book for 3–4 days.
- Once your flowers and leaves are pressed and dry, carefully remove them from the book.
- Cut some card the size that you would like your bookmark to be (6 inches x 2 inches is a good size).
- Use your pressed flowers and leaves to make a design on your card. Once you are happy with the design, you should lightly attach the flowers and leaves to your bookmark before you permanently cover them up.
- Next you need to cover the bookmarks with laminating pouches to protect them during use.
- Once you have laminated your bookmark, trim off the excess plastic.
- Use a small single hole punch to punch holes around the border of bookmark.
- Then thread some string through the holes.



+Think

Again the finished activity will provide sensory stimulation for all residents. Some will enjoy just looking at the bright colours. Some may enjoy just watching the transformation take place. Being part of something, no matter how small a part is vital for people.

+Member Activity Decoupage

The art of cutting out pictures, glueing them to an object and coating them in layers of varnish.



This activity was enjoyed by residents at **Meadowside Care Centre, Fremantle Trust.**

What you need

- An object – for example, a wooden box, a chair or stool, a shoe box, a Pringles tube. etc.
- Pictures to cut out (you can print them from the internet, or use magazines, comics or wrapping paper)
- Wallpaper paste
- Scissors
- Sandpaper
- Brushes
- Varnish (water-based varnish washes out of brushes with soap and water but you will need to use white spirits for oil-based varnish)
- Emulsion paint
- Rubber gloves and apron

All of these items can be usually be found by the handyman. The varnish costs approximately £7.99, but it lasts for a long time.

In my opinion the best thing about this activity is that the end result is very professional looking and something of which the residents can be proud.

Fiona Swynnerton, Leisure and Lifestyle Manager
Fremantle Trust

What you do:

Activity 1

- With the residents choose a theme. Once you have found your pictures you can set up your table with the pictures and scissors. I like to put a basket in the middle of the table for the finished pieces. While your group is cutting out there is an opportunity for discussion and chat. You could play some gentle music. There is something very cathartic about having a simple task to do.

Activity 2

- Choose the object you want to use and mix the wallpaper paste and cut the sandpaper into small pieces.
- We decided to use a stool that I had found by the side of the road. Get everyone to have a go at sanding the object. When it is ready decide which bit you want to paint and which bits you want covered in pictures. The cut out pictures can then be either dipped in the paste or pasted with a brush and stuck to the object, making sure you cover all the gaps and smooth down.
- When the paper has dried you can paint the spaces you have left.
- Wait for the paint to dry and then varnish, the more coats you do the stronger it will be. Take care if you are using oil-based varnish as it is difficult to get off hands and clothes.



+Think

You could enlarge this on a photocopier this so that someone with poor eyesight can see it better. If someone is unable to do the whole Wordsearch, ask if they can help you find the first letter.

+Wordsearch – Spring

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



- + AWAKENING
- + HATCHING
- + SEASONAL
- + GRASSY
- + GROWING
- + FLOURISHING
- + PEACEFUL
- + SUNNY
- + FLORAL
- + CHEERY
- + FRAGRANT
- + THRIVING
- + CLOUDLESS
- + OUTDOORS



+Think

Someone may have too much stimulation. It can cause the person to become distressed or agitated, similar to someone not getting enough stimulation. They may become bored or restless. So you need to find the balance between the two.

+Creating a Sensory Environment

There are many things you can do to create a sensory environment. It doesn't have to be in one room, it could be in a corner of a room, in someone's bedroom, even in the corridors. The idea is to make it accessible so that residents can experience and engage with sensory stimulation.

Sensory stimulation covers sight, touch, taste, smell, sound and movement.

NAPA advocates self-engagement to support self-esteem and offer a degree of control over what people might like to do. The more things that people can connect with without support the happier they might be. Folks living with the later stages of dementia can find contentment by engaging with something for just a moment.

Ideas:

TOUCH, SIGHT: Furry cushions or throws for the chairs. I recently saw an article where someone had brought a furry blanket that had a dog on it, and put it in a frame, so people walking past would see the dog and stroke it.

SOUND: Soft music to replicate sounds from a place such as the seaside or the forest with bird sounds. To go with the sounds you can get some wallpaper that would replicate the view. It is a great way to bring the outside in. Imagine a feature wall with tall trees and sunshine in the distance with a nice bench beside it.

SIGHT, TOUCH: If possible, have dimmer switches on the lights, put up some battery-operated fairy lights around a picture frame or in a vase. People will be stimulated by looking at them and also touching them.

SIGHT, MOVEMENT: You can buy lava lamps and light tubs from lots of high street shops.

SMELL: Place small pots of lavender around a room, and you could also put little pouches of lavender inside cushion covers so the aroma emanates. Bread makers and coffee machines will create a smell that can stimulate appetite.

TASTE, TOUCH, SIGHT: Have a food tasting day, where you have lots of different textured food on plates around the home. You might like to try popcorn, sherbet, sushi, peppermint creams or jelly. Ask your residents if there is something they want to sample.

SMELL, TOUCH: Sensory gardens: grow a herb garden on a windowsill with basil, sage and thyme for example.

SIGHT, SOUND, MOVEMENT: Get a water feature. There are plenty available now for indoor use.

SIGHT, SOUND, MOVEMENT: Wind chimes are really nice and relaxing.

These are just a few ideas, I am sure you can think of many more.





+Think

This can be done with someone who is cared for in bed. Just take small pots into their rooms. It may be that they don't actively participate, but having the different tasting tea might be nice for them.

You could use aroma dough. Either put it in their hands for them to roll around or you could do it. The more you play with it the warmer it becomes and the aroma is released.

+Activity Herbal Scent Tea Party

Try inviting relatives for this activity; **it is an enjoyable occasion.**

Important: Make sure participants do not have an existing allergy condition that could be aggravated by herbal tea (consult with the senior nurse or other health professional). If in doubt, let them savour the aroma of the plants but offer ordinary tea to drink.



What you need

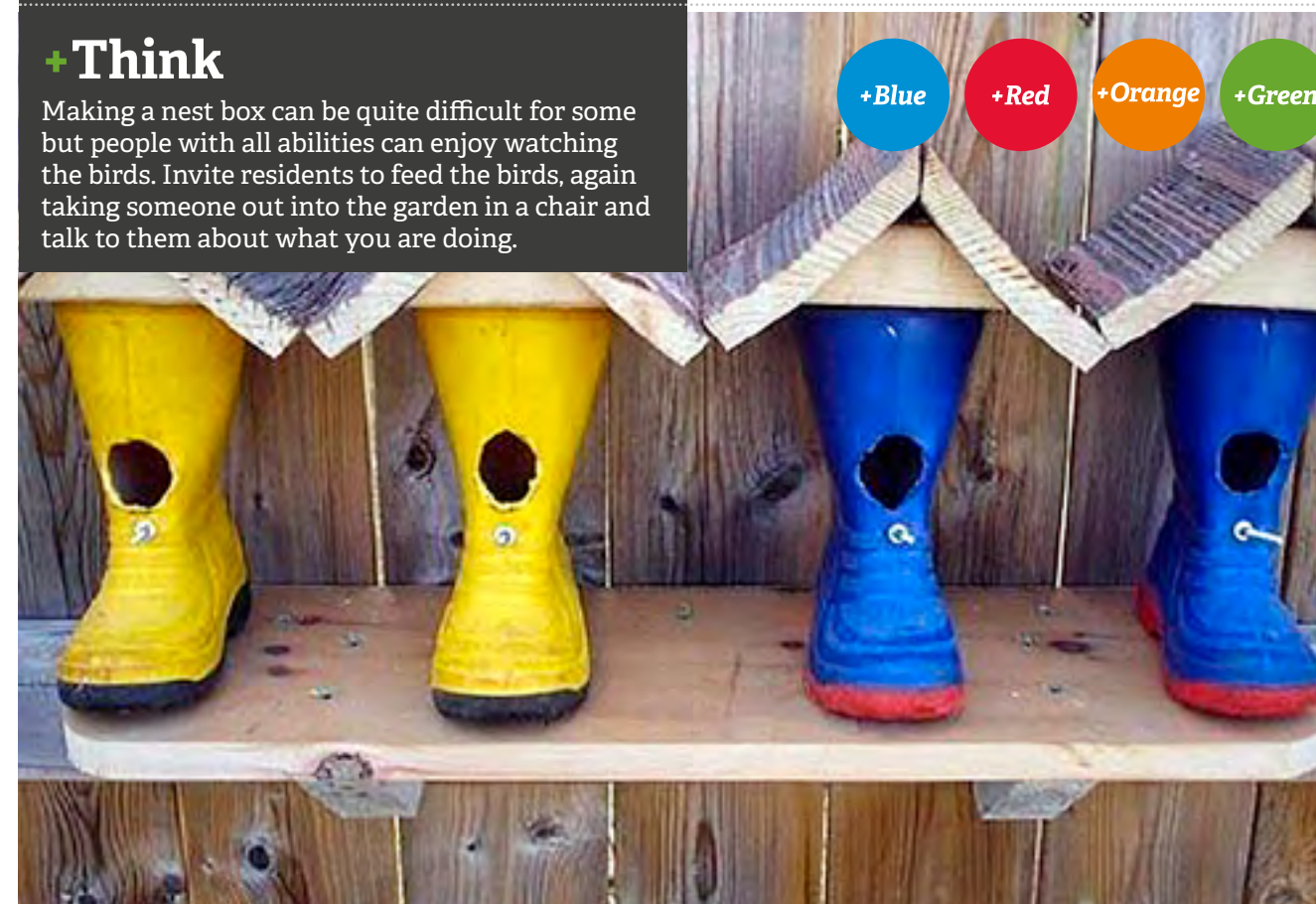
- Buy six small pots of different herbs from supermarkets or fruit and vegetable market stands, e.g. peppermint, basil, cilantro, parsley, lemon balm, dill and rosemary
- Buy the same herbs above in dried form (to brew as tea)
- Your best china tea set – make it a special occasion

What you do:

- Invite relatives and volunteers. You may ask them to bring a plate 'to share' or ask your Chef to make some scones.
- Arrange a table with a beautiful table cloth, the teapot and china cups.
- Wrap the herb pots in foil for easy handling and place in the centre of the table.
- Sit participants around the table and pass the herb pots around for their perusal.
- Give participants clues to guess the name of each herb, e.g. 'accompanies these foods', 'used as a remedy for', etc. Give them some hints such as 'how about pizza, what herb can we use?' 'What herb is usually used to accompany roast lamb?'
- Encourage them to reminisce about herbs they used for cooking, ailments and drinking.
- Make a couple of herbal teas from the dried herbs.
- As a rule of thumb use 1 level tsp of dry herbs for every cup of boiling water.
- Leave to brew for 3–4 minutes and pour. Sweeten with honey if desired.
- Serve with homemade biscuits. Read them some trivia about herbs.

+Think

Making a nest box can be quite difficult for some but people with all abilities can enjoy watching the birds. Invite residents to feed the birds, again taking someone out into the garden in a chair and talk to them about what you are doing.



+Activity National Nest Box Week

National Nest Box Week takes place each year during 14–21 February, and after more than 15 years it is now an established part of the ornithological calendar.

National Nest Box Week aims to encourage everyone to put up nest boxes in their local area in order to promote and enhance biodiversity and conservation of breeding birds and wildlife.

Who can take part?

Anyone can take part. Whether you are a family with space for a box in your garden, a teacher, a member of a local wildlife group, or you belong to a bird club and could organise a work party, National Nest Box Week gives you the chance to contribute to the conservation effort in the UK, whilst giving you the pleasure of observing any breeding birds that you attract to your garden.

When?

We are asking you to put up your nest box from 14th to 21st February, but, you can put up a nest box at any time of the year.

For your free Information Pack go to <https://www.bto.org/about-birds/nbw/information-pack>

Check out these nesting boxes, they would look fabulous in any garden and look easy to make too!



+National Awareness Days



February

- + National Chip Week
20th – 26th February
- + National Nest Box Week
14th – 21st February
- + Random Acts of Kindness Day
17th February
- + Student Volunteering Week
27th February – 5th March
- + Shrove Tuesday
28th February

March

- + British Pie Week
6th March – 12th March
- + Crufts
9th March
- + Disabled Access Day
10th March
- + Nutrition and Hydration Week
13th March – 19th March
- + NAPA Sing a Song Challenge and Comic Relief
24th March
- + Mothering Sunday
26th March

April

- + National Pet Month
April
- + World Voice Day, Do Re, Mi, Fa, So, La, Ti, Do!
16th April
- + National Dance Day

+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

- 1) Gambolling

2) The Darling Buds of May

3) The Grand National

4) April Fool's Day

5) Daffodils

6) Cuckoo
- 7) Hedgehogs

8) Crufts

9) F.A. Cup

10) Chelsea

11) Easter Bonnet

12) Maypole Dancing

Wordsearch
(Page 14)

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

+Poem Forest Beauty

Walking out in the bright sunshine,
Breathing the tranquil fresh air.
Enjoying the beauty of shadows dancing with the
swaying trees,
Following the old fence trail,
Body relaxing and feeling at peace.
This holiday is heaven.

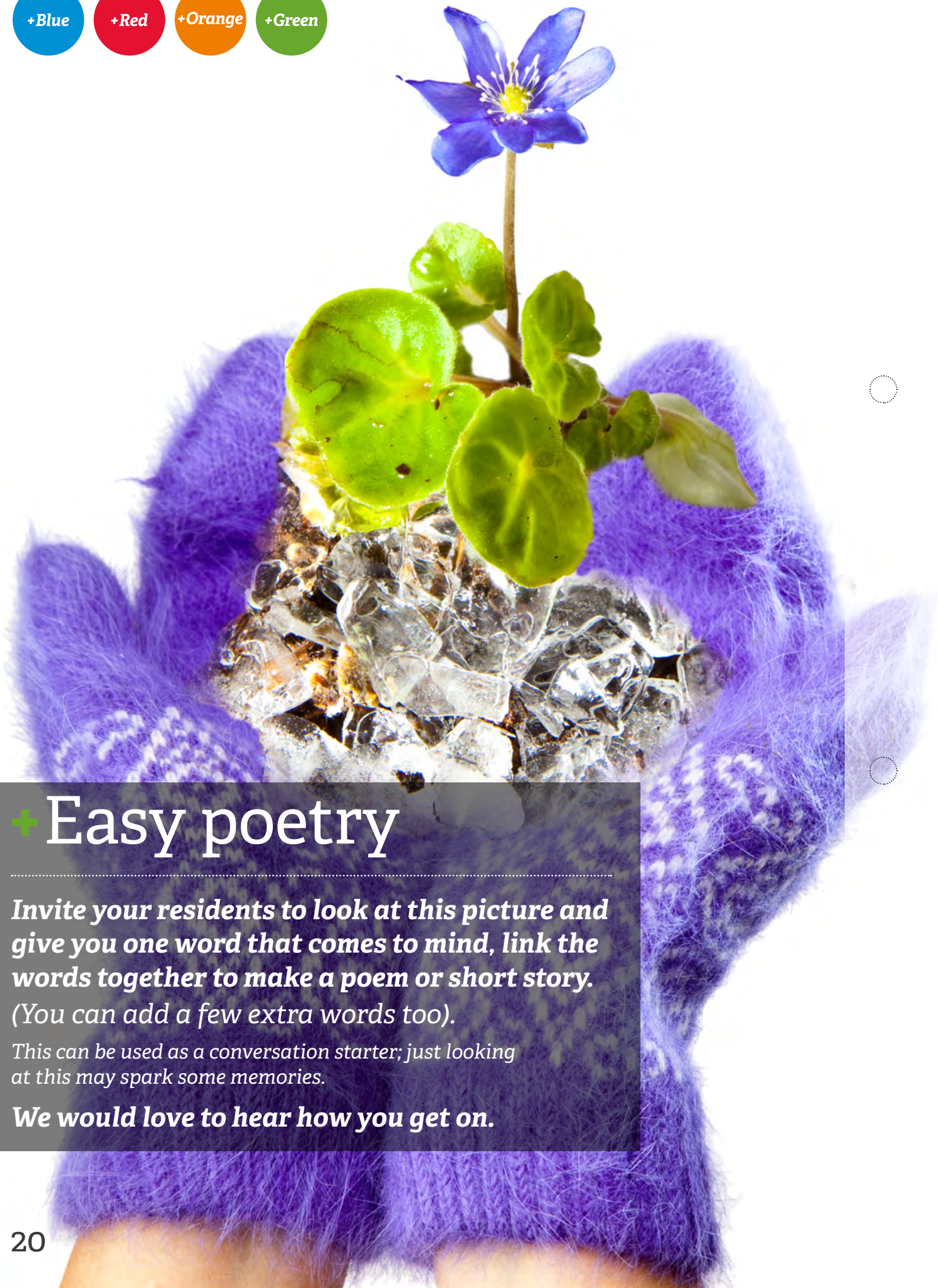
Written by the residents and staff of Westport Resource in Linlithgow

+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.