

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

+ **New Ideas** – from Magic Me's Artists Residencies in Care Homes

+ **Plus** – lots of outdoor-related ideas



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facebook.com/NAPALivinglife

www.napa-activities.co.uk

+Editors piece

Hello

There are some really good ideas in this issue to get you all making the most of this lovely weather. There are so many things to do outside, from relaxing under a parasol with a cold drink (Pimms would go down well!), admiring the flowers, partaking in a game of lawn bowls to walking through fields. Some require a little effort and some require none, and most of all everyone can enjoy the fresh air!

As you will have read in Living Life, we have been lucky to get some activity ideas from two of the artists involved in the Magic Me's Artists Residences in Care Homes project.

There are lots of activity ideas in the Members Only Section of the website. Your password will be on your renewal letter, please email Karen: membership@napa-activities.co.uk if you do not have it.

Enjoy!
Gianna



+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)

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Contact NAPA

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Company Limited by Guarantee No: 3482943

+Blue

+Red

+Orange

+Green

+Think

These would be really eye catching hanging in the window for someone being cared for in bed. They look very nice and the reflections in the room would be great.

+Botanical Sun Catchers

These botanical sun catchers are a great way to add a bit of colourful cheer to a room. Residents can compare and contrast different types of flowers and leaves. If you do not have access to fresh flowers, a bouquet that is coming towards the end of its life will work nicely for this activity. They would make lovely handmade gifts for family and friends.



What you need:

- + Clear self-adhesive shelf liner
- + Flower petals – the more variety, the better!
- + Leaves
- + Paper plates
- + Scissors
- + Hole punch
- + Pipe cleaners or string for hanging (you will definitely want to hang these up!)

What you do:

- + Cut out the centre of a paper plate and attach the clear self-adhesive shelf liner to the back with the sticky side facing the front of the plate.
- + Invite people to arrange bits of flower petals and leaves on to the shelf liner. This would be a great time to explore patterns, compare and contrast different types of flowers.
- + Once the flower petals and leaves have been arranged, cover the designs with another layer of clear shelf liner (cut to fit inside the paper plate).
- + Use a hole punch to make two holes near the top of the plate, and attach some string or a pipe cleaner for hanging. Display the botanical sun catchers proudly in a sunny window of your home. When the sun shines through, these sun catchers are sure to add a bit of colourful cheer to any space.



+Make Your Own Butterfly Feeder

+Blue

+Red

+Orange

+Green

What you need:

- + Mason jar
- + Kitchen string
- + Kitchen sponge
- + Butterfly stickers and flower embellishment (optional)
- + Blue food colouring
- + 4 cups sugar
- + Water
- + Saucepan
- + Hammer
- + Nail

What you do:

- + Bring approximately 1/2 cup of water to the boil, add 4 cups of sugar and cook until all the sugar is dissolved. Add 2–3 drops of food colouring and set aside to cool.
- + Punch a small hole in the centre of the lid of the Mason jar using your hammer and nail.
- + Cut a small strip from the sponge and pull it through the small hole in the lid making sure it fits snugly – you don't want any of the water solution to escape. Decorate your jar. Butterfly stickers and a flower may attract many butterflies.
- + Use the kitchen string to make a 'hanger' for the feeder.
- + Flip your jar upside down. Tie some string around the neck of the jar. Cut two long pieces of string (however long you want your feeder to hang). Take one end of the string and tie it to the piece that is already

secured around the neck of the jar. Then attach the other end to the string on the opposite side of the jar. This will make a loop and will allow your jar to hang upside down. Tie the second length of string in the same way to make a second loop, perpendicular to the first.

- + Place the last piece of string through your two hanging loops to pull them together. Your jar should hang evenly.
- + Fill your jar with the cooled blue sugar water and tightly screw on the lid (with the sponge fitted through the hole).
- + That's it, you're done! Hang your feeder on a tree outside and wait for the beautiful butterflies to arrive.



+Blue

+Red

+Orange

+Green

+Picture Quiz:

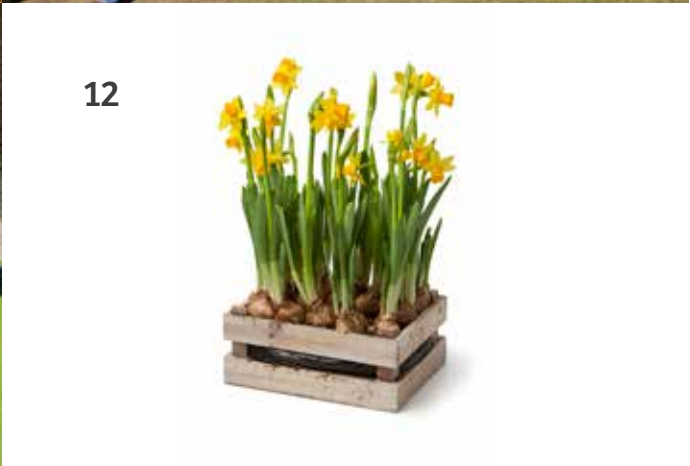
Questions.

- 1. 1. A breath of _____
- 2. How many flowers bloom and grow in ___ E _____
- 3. “If you go down to the woods today …” – what might you find (a famous song?)
- 4. In which London Park would you see this sign? (and which is your favourite park?)
- 5. Make a list of all the seaside towns that you know (and which one did you go to most often?)
- 6. Which famous Safari Park does the Marquis of Bath own?
- 7. How many different types of outdoor sports events can you name?
- 8. From which famous film was this photograph taken?
- 9. Name three competitions that you will find at most country shows?
- 10. What song does this photograph remind you of?
Mess___ ab___ on the r___
- 11. What is the name of the target ball in bowls?
- 12. Name three (or more) flowers that grow from bulbs

This quiz has kindly been supplied by **Chris Harding**,
The Daily Sparkle

+Think

Photographs make a great talking point, you never know what memory they may spark.





+A Little Bit about Upswing

Upswing was founded in 2006 and has quickly become one of the UK's leading circus companies. Driven by values of innovation, excellence and inclusion, Upswing's central vision is to use the potential of circus through participation and performances to create temporary communities in which individuals can flourish and discover potential in themselves and others.

As part of Magic Me's Artists Residencies in Care Homes, Upswing was interested in making circus as accessible as possible to the residents and staff at Silk Court Care Home. They were keen to not simply provide spectacle and entertainment but also to find the ways in which different areas of circus could involve residents in a new experience, and give residents and staff new, playful ways to interact together, offering new perspectives on each other's abilities.

The following two activities are taken from Upswing's 10-week residency at Silk Court Care Home.

UPSWING

+Feather Balancing



What you need:

- + Approximately 24-inch straight peacock feathers
- + Chairs in a circle with 1 foot of space between each chair
- + Background music for atmosphere
- + A ratio of one member of staff for up to eight participants is recommended

What you do:

- + Each participant is given a peacock feather.
- + The participant takes the peacock feather and places the point on the palm of their outstretched hand with the feather pointing upwards as vertically as possible (a staff member can assist by placing the feather in the participant's palm).

- + The participant gently lets go with their other hand so the object is now freely standing upright.
- + If the feather falls to the left, the hand is slowly moved to the left to counterbalance. When the participant is balancing an object, what they are basically doing is making gentle movements of their hand to counter whichever direction the feather is falling. This is a gentle movement as the feather is light and will fall slowly.

Tip:

The secret to balancing the feather is to watch the 'eye' pattern at the top of the feather. Watching the top of the feather gives more visual clues about the direction it will fall to help the brain coordinate the hand to keep the object upright.



Variations:

- + Try different points of balance:
- + The back of each hand.
- + One finger.
- + An elbow.
- + A foot.
- + Try making the feather jump from one hand to the other hand (remember to keep your fingers closed tight against each other and the hand open).
- + Try making the feather jump from hand to foot.

Other things to try:

- + Stand up and sit down with a feather balanced on one hand.
- + With one feather between two people try making the feather jump from one person's hand to another.



photo credit: Marcus Hessenberg

+Scarf Juggling



photo credit: Marcus Hessenberg

Using scarves is the easiest way to learn to juggle as their lightness means they are slow moving.

These games are precursors to learning how to juggle properly but are great fun and useful for getting some upper body exercise and exploring dexterity and hand/eye coordination.

What you need:

- + Chairs in a circle with 1 foot of space between each chair
- + Three juggling scarves per person (ideally each will be of a different colour)
- + Background music for atmosphere
- + We recommend a ratio of one member of staff for up to eight participants.

What you do:

Each person holds a scarf by the corner. The ideal grip is between thumb and forefinger but you can use whatever grip is most comfortable.

- + Toss the scarf into the air with the palm of the hand facing outwards (like waving goodbye to someone) as it drifts down try and catch it in the same hand.
- + See if you can you toss the scarf in the air and catch twice in a row? Three times? Try with the other hand.
- + Now try throwing the scarf from one hand and catching it with the other (the trick is to toss the scarf as high as you can to give you time to catch with the other hand as it drifts down).

- + Hold two scarves, one in each hand. Toss them both straight up in the air at the same time. Can you catch them with the same hands that threw the scarves?
- + Try a two scarf exchange. Hold a scarf in each hand. Throw a scarf from your right hand. When it reaches as high as it will go, then throw the scarf from your left hand. You then catch the first scarf in your left hand and the second in your right. The throws and catches should follow a nice rhythm (throw, throw, catch, catch). Do not throw or catch both scarves at the same time. Practicing the 'exchange' to some slow paced music may help you find the rhythm to space out the throws. When you have that, practice starting from your left hand.

Group and partner games:

- + Sit across from a partner, each with a scarf. Each person throws his or her scarf at the same time and you catch your partner's scarf.
- + Have the group seated in a circle (this game works best with group sizes of 5-12).
- + Each person must have a scarf. On signal each person tosses a scarf in the air and to the right and catches the scarf thrown by the person on their left. Continue until each person has his or her own scarf back.



+A Little Bit about Duckie



Duckie is an arts enterprise that makes performance clubs for diverse populations and creates good nights

out and culture clubs that bring communities together. From their 21-year weekly residency at the Royal Vauxhall Tavern to winning Olivier awards at the Barbican, they describe themselves as ‘purveyors

of progressive working class entertainment’ who mix live art and light entertainment.

As part of Magic Me’s Artists Residencies in Care Homes, Duckie led regular Thursday ‘making’ days, creating wall-art, decorations and props in anticipation for Friday party/cabaret afternoons. The following art activities by lead artist Robin Whitmore are taken from the Duckie residency at the Waterside Care Home.

+Painting with Leaves



What you need:

- + A pile of leaves
- + Poster paints
- + Paint palettes
- + Sponge rollers
- + Plastic food tray to roll paint out in
- + Newspaper
- + A4 paper to print on to (try coloured paper as well)
- + Wet cloths to clean hands

What you do:

- + Place a sheet of newspaper on the table.
- + Place the leaf on the newspaper.
- + Put two colours in your paint tray.
- + Roll the paint on to the roller.
- + Roll the paint over the leaf.
- + Pick the painted leaf up, and place it on a clean piece of paper.
- + Place another clean piece of paper on top. Rub gently.
- + Remove the leaf.
- + Try with a different colour.



+Think

This is a great activity for all to enjoy. If a resident is unable to come out of their room, you could make a smaller version and take it to them on a tray.



+A Painting Game



What you need:

- + Large sheets of cartridge paper or a roll of lining paper
- + Masking tape to attach the paper to the table
- + A pile of shells, pebbles or plastic bottle tops
- + PVA glue
- + Poster paints
- + Paint palettes
- + A selection of brushes
- + Water pots
- + Glitter

What you do:

- + Cover the table in paper.
- + Sit in pairs, opposite your partner.
- + Show your partner a selection of smallish objects, like shells, pebbles or maybe old plastic bottle tops.
- + Choose one object each. Look at it carefully, feel its surface. Take your time.
- + Glue your objects on to the paper.
- + Paint a circle around your partner’s object.
- + Ask your partner to add another circle or paint around your object.
- + Take turns to begin with. Think of it like a game of chess.
- + Add more objects and let the painting grow.



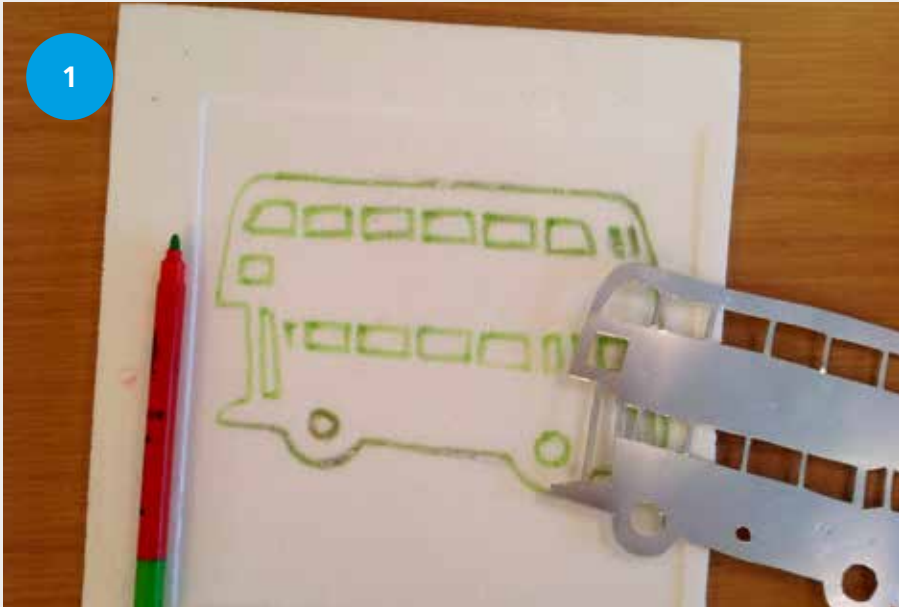
+ Easy Printing using Polystyrene

- +Blue
- +Red
- +Orange

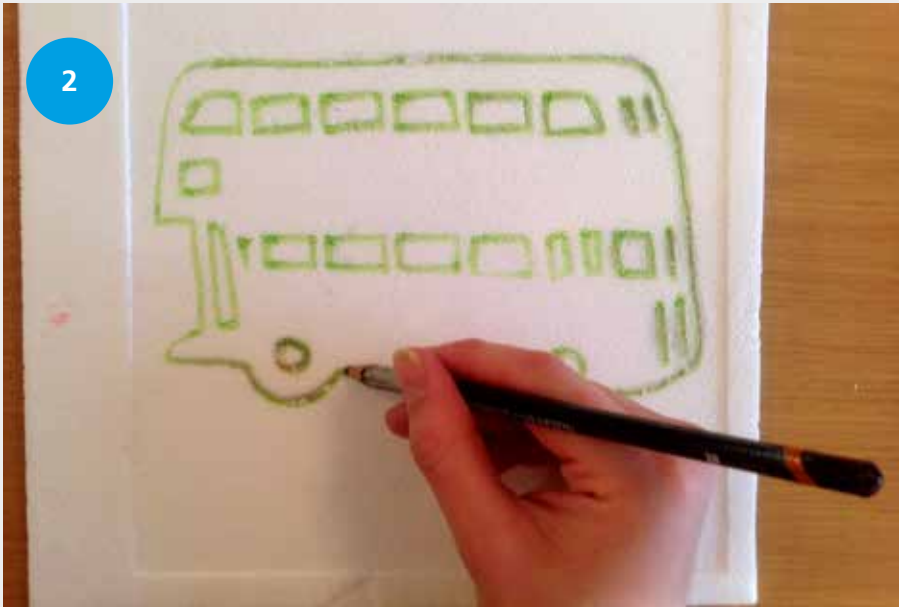
What you need:

- + Plain polystyrene ceiling tiles (use the smooth backs – check they are smooth)
- + Stencils to draw around (optional)
- + Felt tip pen
- + A blunt pencil
- + Poster paints
- + Paint palettes
- + Sponge rollers
- + Plastic food tray to roll paint out in
- + Newspaper
- + Thin paper to print on to (try coloured paper as well)
- + Wet cloths to clean hands

What you do:



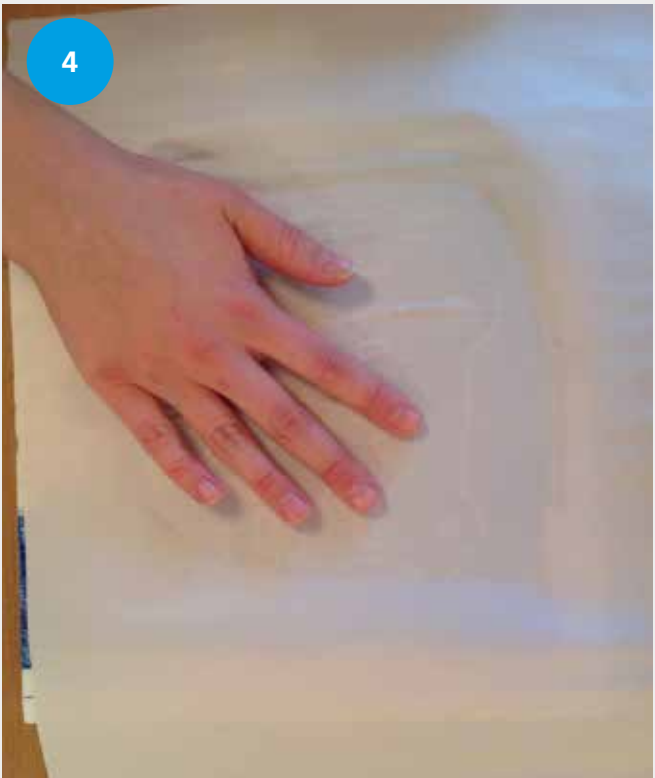
- + Take a smooth polystyrene tile and use a felt tip pen to draw on the tile. Here we have drawn around a stencil of a bus, but you could draw anything or just make marks.



- + Go over your drawing using a BLUNT pencil, and PRESS HARD.



- + Put thick paint into a plastic tray.



- + Roll over your image (don't put too much paint on your roller).



- + Place a sheet of THIN paper over your print and rub gently until you can see the image through the paper.



- + Slowly peel the paper away from the polystyrene.
- + Try again with a different colour.

+ Use Artwork that Residents Have Made to Create a Collage or Mural

★
DUCKIE

Displaying your artwork permanently or temporarily can be a great way to transform a room, create a talking point and celebrate the work of residents. As part of the Duckie residency, a whole room at the Waterside Care Home was transformed with murals that depicted artwork created every week. This was created using different themes, such as 'transport', 'international' or 'the countryside'. Here are some tips on how to create your own collages and murals.

What you need:

- + Cut-out shapes – these could be from coloured or textured paper or cut out sections from paintings previously made (for example in activities described previously)
- + Large sheets of paper
- + Glue stick and Blu Tak

What you do:

- + Start with a pile of cut-out shapes.
- + Give each participant a large sheet of paper. This can be white or any colour.
- + Working one-to-one initially, begin to place the shapes on the paper and encourage your partner to do the same. Think of it like a game. Take turns placing the shapes next to each other. You may find after a while your friend is absorbed enough to

- work on their own so you can stand back and allow them to discover patterns for themselves.
- + When all the shapes have been placed, use a glue stick to attach everything firmly in place. (Some residents will be able to do this for themselves so they can use the glue from the beginning of the process.)
- + Hold the collage up so that your friend can see the work from a fresh angle.

+Blue

+Red

+Orange

+Green



Making a mural from artwork:

- + Carefully cut around any shapes painted by your group. Use Blu Tak to fix them to the wall, this enables you to move parts around easily.
- + If residents are able to stick the shapes on, encourage them to do so, otherwise ask them to help choose which piece you stick on and give directions about where to place it.
- + Aim to create a simple pattern on the wall with your shapes, maybe something symmetrical. (The way we made our leaf display was as if we were putting together a flower arrangement.)
- + Remind everyone of the individual parts of the collage they created and show them how effective their work looks alongside that of everyone else.



photo credit: Roxene Anderson



Rock Pools



Fireworks

+Blue

+Red

+Orange

+Green



+ Gardening Together and Growing Connections

Things to think about:

- + Reassess the garden with an eye to lowering maintenance. Wherever possible, remove lawn and replace it with ground cover, mulched beds and paved areas or paths.
- + Add benches or chairs under shady trees.
- + Create raised beds to improve drainage and make harvesting easier. Lightweight plastic landscape timbers can be stacked to form raised beds at waist or wheelchair height, if necessary. Make the beds narrow, so anyone can reach into the centre without straining.
- + Make vertical gardens by growing vining plants upward using trellises, tomato cages, bamboo stakes, fences, walls or arbours as supports. It will cut down on bending and make harvesting easier.
- + Change steps to wide, curving, gently sloping paths. Use pavers or fine gravel to line paths rather than wood chips or river rocks. Paths should be at least 4 feet wide to allow walker and wheelchair access, and wider at the end so that wheelchairs can turn around.
- + Build high fences to keep out deer and other pests. Add latches and locks to gates if the gardener has memory problems and is prone to wandering.
- + Install an irrigation system to cut down on watering, and low-voltage lighting to improve visibility on paths and steps in the evenings.
- + Plant in containers using lightweight 'soil-less' mixtures and resin or foam-walled pots to reduce weight. Put pots on casters.
- + Avoid hanging baskets, since they dry out quickly, require frequent fertilisation, and can be difficult to reach

+ Think

Everyone can get involved with this, think how many steps there are to get to the final stage. What a great way to get involved with the community and work together to create something that you can all enjoy! Invite relatives, you never know you may get some willing volunteers offering their services!

Tend to the gardener:

- + Work in the morning and evening, when it is coolest.
- + Bring a water bottle to prevent dehydration.
- + Wear sturdy shoes, a broad-brimmed hat and gardening gloves.
- + Bend at the knees and hips to avoid injury.
- + Move from one activity to another to avoid stressing any particular muscle group.
- + Paint tool handles in neon colours or wrap them in brightly coloured tape so they are easy to find if dropped.
- + Use manual shears instead of power hedge clippers to avoid accidents.
- + Hire labour (or commandeer adults, children and grandchildren) to do the heaviest lifting, digging and grading.
- + If there is no room for a backyard garden, join or form a community garden.
- + If a garden-loving person is now cared for in bed, bring the outdoors inside. Plant a mini-garden in pots on the windowsill, or create a maintenance-free terrarium in an old glass or plastic container.

Source: www.agingcare.com



+Think

This may appeal to most of your residents and maybe some staff might also like to get involved. Many will have kept their own garden for years and will be very knowledgeable, and will appreciate being asked or consulted. Some may like to watch from a distance and that is fine too.



+Start a Garden Club

The benefits of garden-related activities are abounding. Many care settings now provide specially designed 'memory gardens' and 'wander gardens' for residents living with dementia. Staff can provide outdoor or indoor garden activities in a supporting and caring atmosphere via an engaging Garden Club.

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- + The benefits of gardening activities in nursing homes include:
- + Positive social entertainment and reminiscing opportunities
- + Enhanced well-being
- + Improved dexterity
- + Reduced symptoms of depression
- + Educational opportunities
- + Relaxation and satisfaction

What you need:

- + An outdoor area (cemented or tiled for easy cleaning), free of sound distractions such as noisy TVs and people talking
- + A few large tables covered with plastic or old newspapers
- + Some tools, seedlings, plant cuttings, potting mixture, plastic pots, a bag of sand, and a water hose close by
- + A group of enthusiastic residents and staff members who have an interest in gardening

Things to do in the Garden Club:

- + Plant seedlings of cherry tomatoes in pots.
- + Plant herbs in raised beds or in pots.
- + Plant flowers, whatever is in season.
- + Re-pot plants.
- + Planting vegetables that are in season.
- + Tidy up pot plants.

+Different types of Outdoor Activities



Instead of being overwhelmed by the potential challenges, focus on activities in which you and the person you are caring for are interested. This is a great way to get the whole team involved. Find out what their hobbies are and match them up with a resident who has similar interests. You could get some help from the local community too, invite them along!



Catch a sporting event: this could be a grandchild's sports day or a local sporting event, or a professional event like a football match or tennis at Wimbledon.

Fish for fun: you can cast a rod from a pier or in a local fishing lake. It is not just about the catching, it is about the build up. Take a flask or tea to keep the chill out.

Be a tourist: take a bus tour, visit an art gallery or just sit in a coffee shop and people watch!

Anyone for a stroll: take a walk in the park; listen to the laughter of the children playing.

Love the birds: make some bird feeders and place them so they can be watched from a distance. A budding photographer may like to take photographs of them.

Pedal on: rent a tricycle and go for a ride; they are easier to mount and ride and offer more back support.

Let's go fly a kite: feel the wind in your hair at the top of a hill. It might be nice to look at other kites that people are flying.

Picnic in the garden: invite residents to help shop and make the food for the picnic. You could get the BBQ out and have a gathering.

Take a dip: some people may like the idea of swimming in the sea, or doing water aerobics. Others may like to sit in the garden with their feet in a paddling pool!

The Department of Health has produced a great publication called Nothing Ventured Nothing Gained, Risk Guidance for People Living with Dementia.

You can download it from their website: <https://www.gov.uk/government/publications/nothing-ventured-nothing-gained-risk-guidance-for-people-with-dementia>

+ Poetry group at Kintyre House Residential Home

Residents at Kintyre House Residential Home hold a regular poetry group meeting. Every month they join together to look at a picture and share with each other what the image means to them, then as a group they write a poem. Staff have been amazed and moved by the creativity the group has shown. The poems are displayed in the home for a month, and then saved in the Kintyre Residents Poetry Book.



+ Quiz – Answers

Picture Quiz Answers (Pages 4-5)

1. Fresh air
2. In an English Country Garden
3. You're Sure of a Big Surprise or Teddy Bears' Picnic
4. Hyde Park
5. Various
6. Longleat
7. Various
8. The Sound of Music
9. Various, including livestock, growing vegetables, baking, equestrian, etc.
10. Messing about on the River
11. 'Jack' or 'Kitty'
12. Various including daffodils, tulips, hyacinths, crocus, etc.

+ National Awareness days

August

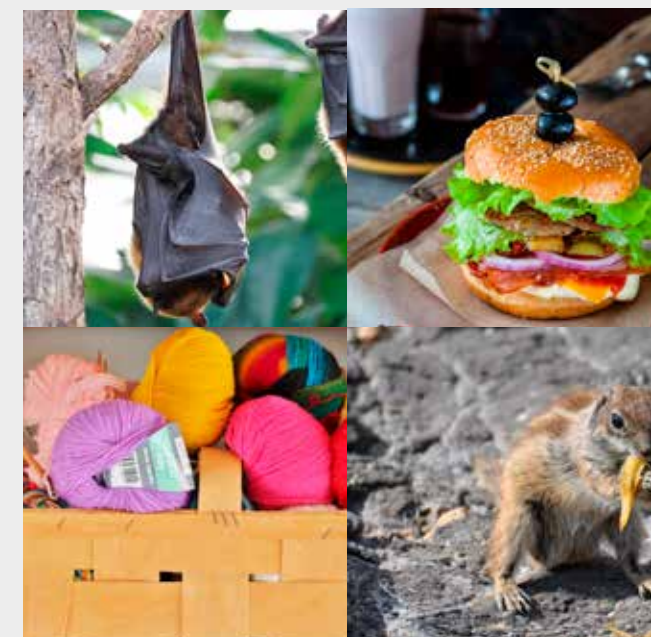
- 12th International Youth Day
- 13th International Left Handers Day
- 14th - 20th National Allotment Week
- 19th International Homeless Animals Day
- 19th World Photo Day
- 23rd Ride the Wind Day
- 26th - 27th International Bat Night
- 26th Women's Equality Day
- 31st National Burger Day

September

- Oddfellows Friendship Month
- World Alzheimer's Month
- 3rd International Vulture Awareness Day
- 3rd International Day of Charity
- 6th Read a Book Day
- 7th Heritage Open Day
- 15th Great British Beach Clean
- 18th - 24th National Cupcake Week
- 22nd National Doodle Day
- 23rd - 8th Oct British Food Fortnight
- 23rd - 4th Oct Red Squirrel Awareness Week
- 23rd - 23rd Oct Seed Gathering Month
- 28th National Poetry Day
- 30th International Sporting Heritage Day

October

- 1st International Day of Older People
- 1st World Vegetarian Day
- 6th National Badger Day
- 9th - 15th National Curry Week – Anyone for a korma?
- 9th - 15th National Braille Week
- 13th - 21st National Knitting Week – Who's for some knitting, you
- 16th - 22nd National Baking Week – Get out the wooden spoons



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.

