

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** – Lots of ideas to help you during the NAPA Challenge



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www.napa-activities.co.uk

+Editors piece

Hello

This has been a really fun issue to put together. I have found some great activity ideas from some of the Commonwealth countries, I hope you enjoy them. Also, I found lots of recipes to help you during the Challenge but I couldn't squeeze them all in so I have added them to the members' only section of the website.

Enjoy! *Gianna*



+Gianna Burns

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Password Reminder

If you need a reminder of your password, please email the office quoting your **membership number** and we will be able to give you your password.

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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+Think

This activity is great for visual stimulation. Sitting with someone, looking and touching the finished piece would be a good activity.

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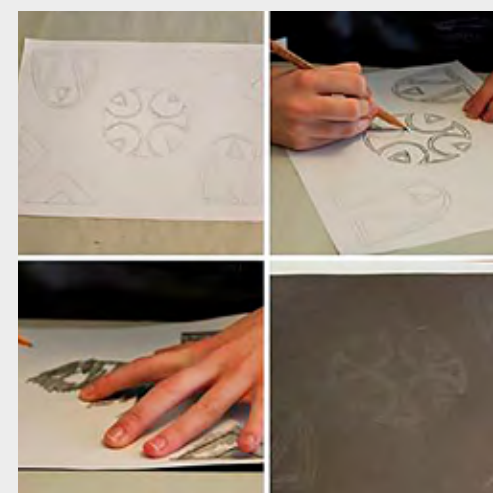
+Blue

+Red

+Orange

+Green

+Cameroon Toghu Cloth Craft



What you need:

- + Black card – A4 or larger
- + Use the images here or online of the traditional dress as your inspiration
- + Different coloured wool – the dominant colours in Toghu embroidery are red, orange, yellow and white

What you do:

- + You can outline your design in pencil or you may choose to draw your design freehand.
- + Then, very simply go over the design with white glue, and place the wool over the glue.

+Blue

+Red

+Orange

+Green

+Picture Quiz:

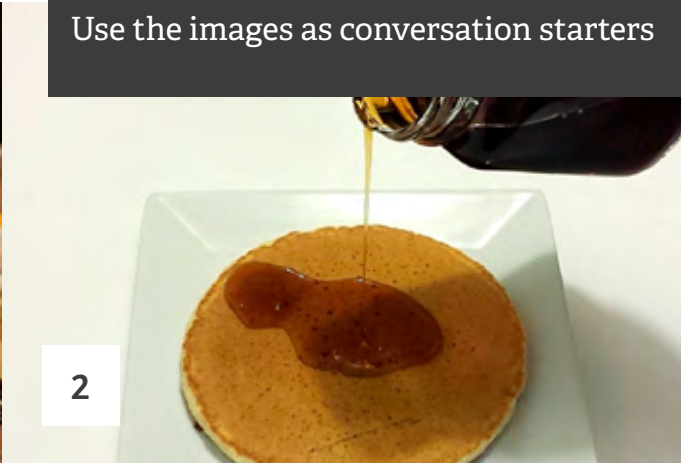
Questions.

1. This country, famous for producing rubber, has chicken satay as its national dish. M _____
2. Yummy. Pancakes with _____ syrup. Canada's favourite.
3. Pilau rice or naan bread? What would you like to go with your meal? _____
4. Wonderful Welsh warming winter soup. _____ and potato.
5. From New Zealand, it's roast _____ and mint sauce.
6. The people of Singapore love their n _____ s.
7. Over on the Emerald Isle they lap up their _____ stew.
8. H _____, n _____ s and t _____ s is Scotland's national dish.
9. Jerk chicken is the national dish of an island famous for its cricketers. J _____
10. G'day. Very down to earth, this huge country reckons you can't beat the humble meat pie (the flag might give the answer away). _____ a
11. Run rabbit, run rabbit ... well clearly not fast enough. Rabbit stew is the national dish of which Mediterranean island? _____ a
12. Roast beef is England's national dish, but traditionally, what goes with it? _____ e P _____

- + How many words can you make from the letters **NATIONAL DISH**?
- + Which of the above dishes would you like to eat right now?

+Think

Use the images as conversation starters



This quiz has kindly been supplied by Chris Harding, The Daily Sparkle. Answers on page 19 of things to do.



+Think

This is an easy activity to adapt. You can use more complex templates for some and easier for those that may struggle with the complex one. The image itself would be good for visual stimulation, for example, hanging in someone's room.

+Australian Indigenous Art – Aboriginal Dot Painting

Aboriginal Australians, also referred to as Aborigines, are people whose ancestors were indigenous to the Australian continent that is, to mainland Australia or the island of Tasmania. Traditional aboriginal art includes: painting on natural items such as leaves, bark and wood; using sand to 'paint'; carving wood (shields, spears, boomerangs), rocks, emu egg or shells; basket weaving; jewellery making.



In the 1970s, artists in Australia's Northern Territory – aboriginal people who lived in the Central and Western Desert – created various paintings that experimented with colour and style and set out to tell their 'dreaming stories' linked to the land, history and culture ('dreamtime' is often used to refer to someone's spiritual beliefs). The style came from the artists' knowledge of ceremonial and traditional body and sand painting, and the symbols might include circles, journey lines, and animal tracks, all with many meanings.

What you need:

- + Paint – a variety of colours
- + Paint brush or stick or maybe a finger
- + Template for your design
- + Card on which to put your design – you could decorate all types of things such as tissue boxes, rocks or how about a light shade

What you do:

- + Once you have chosen your design, draw a template. This will be easier for some people as they will be able to see the outline. Others may prefer to draw their design freehand.



+Think

These are great fun for everyone. Some people will love to make them and some will love to shake them!



+Sensory Ribbon Rings

What you need:

- + Small jingle bells
- + 4 feet of ribbon – any colour or size
- + Shower/curtain rings – or other round object
- + Glue dots or double-sided tape

What you do:

- + Centre your 4 feet of ribbon on the top of the ring. You can add a little bit of tape or a glue dot here to keep the ribbon in place on the ring.
- + Starting with one side of ribbon, wrap it around and around your ring. Once it gets to the bottom of the ring, add a piece of tape or a glue dot to keep it in place while you wrap the other side. Then wrap the other side all the way around. Tie off the two sides of ribbon at the bottom in a double knot.
- + Slide your bell on to the ends of the ribbon. You might need to cut a point at the end of your ribbon to help it slide through the top of the bell. You can add as many bells as you like here.
- + You might need to tie a knot at the bottom of the ribbon to hold the bell on if your bell isn't tight enough.





+Think

This is another great activity to adapt for everyone. Invite residents to go shopping with you, they may have some suggestions of things to use.

+Tactile Reminiscing Ideas

Mystery boxes

What you need:

- + Boxes or bags to put items in
- + Items and material that have a different texture such as shells, bubble wrap, silk scarf, ribbon, metal or a fur stole

What you do:

- + Place the items into the box/bag and invite people to guess what they are. You could do this with a group of 3-4 people and get them all to guess before you unveil the item.
- + Keep score, you could give a small prize at the end.

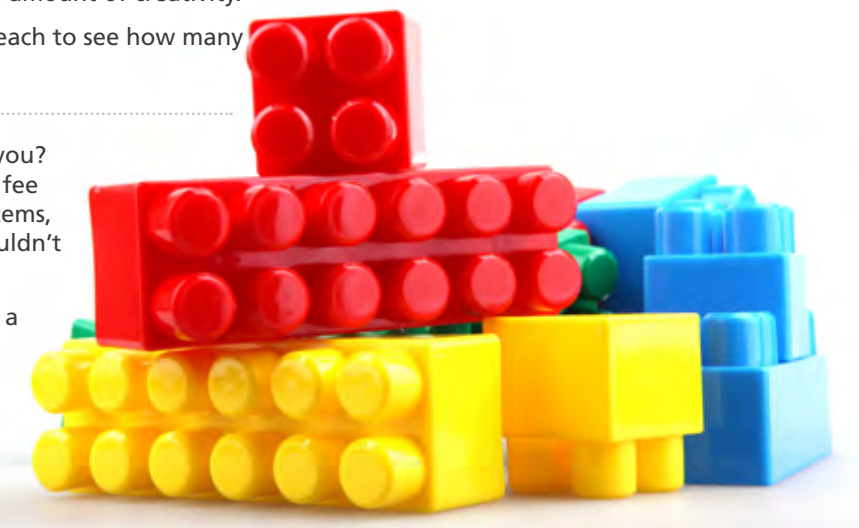


There are some great items that you can use for a tactile session:

- + **Lego** – Duplo for someone with reduced dexterity.
- + **Meccano** is really fun, some of the bits are small and fiddly so may suit someone with good fine motor skills.
- + How about **pea shelling**, this is such a great tactile activity – you may not have any peas left at the end, they are rather yummy!
- + **Flower arranging** is a great activity, you can use real or artificial flowers, they both look good. Get some oasis and a small amount of creativity.
- + **Shells** are really tactile; fancy a day trip to the beach to see how many varieties of shells you can find.

Do you have a scrap store or recycling centre near you? It is a place where you pay an annual membership fee and you can then visit and obtain lots of recycled items, such as material, paper, jars and lots more. You wouldn't believe the things you can get sometimes.

Either contact your local recycling centre or give us a call in the office and we will help you to find your nearest one.



+Think

This is a great activity to get everyone involved with. Some may want to help make it and others will love to play. Some may enjoy sitting on the sidelines and watching the game unfold.



+Giant Outdoor Scrabble

What you need:

- + Large flat area on the lawn – the lounge would be good if it is raining
- + Wooden pegs x 2 per stand (I would suggest 4 stands so lots more people can get involved)
- + Rope
- + Large box to store the letters
- + 10 cm x 10 cm wooden cards (you may need to ask the handyman to give you a hand, or some timber yards may cut them to size for you),
- + Black paint with which to paint on the letters
- + You could use laminated card if you are unable to get wooden cards, then you can print the letters on to them

You will need a lot of letters, here is the breakdown of how many tiles you will need for each letter

2 x J, K, Q, X, Z	8 x N
3 x B, C, F, H, M, P, V, W, Y	9 x T, R
4 x G	11 x O
5 x L	12 x I
6 x D, S, U	13 x A
	18 x E



What you do:

- + Drill a hole into the wooden pegs and thread the rope through to create the stand. You will see from the photograph, the stands are there so that you can prop up the letters so they can be seen by everyone.
- + Arrange benches so people can sit and watch the game unfold.
- + Once this game has been made you will be able to have hours of fun! Let the games begin!

+Commonwealth Countries

Here is a list of the 52 member countries. I hope this will help with the planning for the NAPA Challenge. Keep reading for some great recipe ideas and more Commonwealth-themed ideas.



Africa

- + Botswana
- + Cameroon
- + Ghana
- + Kenya
- + Lesotho
- + Malawi
- + Mauritius
- + Mozambique
- + Namibia
- + Nigeria
- + Rwanda
- + Seychelles
- + Sierra Leone
- + South Africa
- + Swaziland
- + Uganda
- + United Republic of Tanzania
- + Zambia

Asia

- + Bangladesh
- + Brunei Darussalam
- + India
- + Malaysia
- + Pakistan
- + Singapore
- + Sri Lanka

Europe

- + Cyprus
- + Malta
- + United Kingdom

Caribbean and Americas

- + Antigua and Barbuda
- + Bahamas, The
- + Barbados
- + Belize
- + Canada
- + Dominica
- + Grenada
- + Guyana
- + Jamaica
- + St Lucia
- + St Kitts and Nevis
- + St Vincent and the Grenadines
- + Trinidad and Tobago

Pacific

- + Australia
- + Fiji
- + Kiribati
- + Nauru
- + New Zealand
- + Papua New Guinea
- + Samoa
- + Solomon Islands
- + Tonga
- + Tuvalu
- + Vanuatu

+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.



+Commonwealth Wordsearch

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



- + Trinidad and Tobago
- + Swaziland
- + Tuvalu
- + South Africa
- + United Kingdom
- + Sri Lanka
- + Malta
- + Fiji
- + India
- + Tonga
- + Cameroon
- + Zambia
- + Ghana
- + Canada
- + New Zealand



+Recipes To Help You With Your Food Journey

Vegemite and cheese scrolls

What you need:

- + 1 tbsp vegemite
- + 2 sheets of puff pastry
- + 250g grated cheese

What you do:

- + Spread vegemite over a sheet of puff pastry.
- + Sprinkle over the cheese.
- + Carefully roll the puff pastry into a sausage and cut into discs.
- + Cook at 180°C gas mark 4 for 20 minutes or until golden brown.

Best served warm



Mukimo A recipe from Kenya

What you need:

- + Potatoes
- + Green peas

What you do:

- + Peel your potatoes. Don't forget to wash them.
- + Boil your potatoes until they are soft.
- + Boil your green peas until they are soft too.
- + Add some salt and pepper to taste.
- + After they are ready drain the water and mix in a large bowl.
- + Mash them together.
- + If you love onions, peel and fry them until golden brown.
- + Add your 'mukimo'/mashed peas and potatoes.

Enjoy!



+Recipes To Help You With Your Food Journey



Maltese Figolli biscuits

What you need:

For the biscuits:

- + 200g unsalted butter (straight from the fridge)
- + 400g plain flour
- + 250g caster sugar
- + 5 medium egg yolks
- + 1 tsp baking powder
- + 4 tsp orange blossom water
- + zest of 2 lemons

For the almond filling:

- + 200g caster sugar
- + 2 medium egg whites
- + 200g ground almonds
- + 2 tsp almond extract

What you do:

Make the biscuit dough:

- + Finely grate the zest of 2 lemons.
- + Cut the butter (200g) into cubes and place in a large bowl with the plain flour (400g), caster sugar (250g) and baking powder (1 tsp). Rub the butter into the dry ingredients (as you would if you were making pastry) until it resembles breadcrumbs.
- + Add the lemon zest and orange blossom water (4 tsp) to the bowl and stir to evenly distribute through the other ingredients.

- + Add the egg yolks (5 yolks) and using your hands mix them into the other ingredients until they come together (I tend to find that using a squeezing action works best).
- + Wrap the dough in cling film and put it into the fridge for a few minutes while you make the filling.

Make the almond filling:

- + Put all the ingredients into a large bowl (200g caster sugar, 2 medium egg whites, 200g ground almonds, 2 tsp almond extract).
- + Mix until combined (yes, it is that simple!).

Make the biscuits:

- + Pre-heat the oven to 170°C/ 150°C fan.
- + Line your baking tray with greaseproof paper or similar (I always use bake-o-glide sheets).
- + Roll out the biscuit dough until it is about 2mm thick (I prefer to only roll out enough for a couple of biscuits at a time as it is more manageable). If you find that the dough is sticking to the rolling pin/ work surface then try rolling it out between two sheets of cling film, that way it peels off easily.

- + **Active time:** 25 minutes
- + **Total time:** 45 minutes (This excludes the time to decorate the biscuits).
- + **Makes 16 biscuits** (although it depends on the size and shape of the cutter you use).

- + Roll out the filling (again, this is much easier to do between two sheets of cling film).
- + Using a cookie cutter, cut two identical shapes from the dough and one from the filling. Make a sandwich of dough, filling, dough and place on to your baking tray. If you are cutting a fancy shape it can be a little tricky to line up the three layers. To get them perfectly aligned, cut the shape in the dough, place the cut shape on to the filling and use it to line up to the cutter, pick up both pieces together and then put these on to the dough for making the base.
- + Once you have cut out all of your biscuits, put them into the oven and bake for 20 minutes until they are starting to brown on top.
- + Remove them from the oven and leave them to cool on the tray for a couple of minutes and then transfer them to a cooling rack to cool completely.
- + Once they have cooled they are ready to decorate.

Enjoy!





+Recipes To Help You
With Your Food Journey



Pista Burfi
(pistachio fudge)

- + Preparation time: 10 minutes
- + Cooking time: 15 minutes
- + Serves 10

What you need:

- + 1.5 cups pistachios
- + 3/4 cup sugar
- + 3/4 cup water
- + 1 tsp ghee (clarified butter)
- + 3 tbsp full fat milk powder
- + 1/2 tsp cardamom powder
- + 3 edible silver leaf sheets or glitter spray (Varak)

What you do:

- + Put the ghee into a heavy-bottomed pan, add the pistachios and roast for 1 minute on a low flame.
- + Leave to cool in a bowl.
- + Grind (pulse) pistachios in a mixer to make a powder (but don't overdo it otherwise oil will ooze from the nuts).
- + Put the powder into a bowl, add the cardamom powder and milk powder and mix well.
- + Put the sugar and water into a pan and cook on a medium heat to form sugar syrup of 1.5 thread consistency. Keep stirring.
- + When done (you will see bubbles all over the syrup) take off the heat and add the ground pistachio powder mixture and mix thoroughly.
- + Leave to cool for approximately 5–8 minutes.
- + Knead the firm dough (mixture) with your palm to make it smooth.
- + Grease a rolling pin and roll the ball of dough on your work platform or any other smooth surface. Stick the silver foil delicately over the flattened dough, or if using the glitter spray, make sure you cover the surface of the dough.
- + Dice into small cubes.

Enjoy!



+Recipes To Help You
With Your Food Journey



Loukoumades (honey puffs)

What you need:

- + 500g flour
- + 2 tps dried yeast
- + 1 tps salt
- + 1 tps ground cinnamon
- + Oil for frying
- + 300ml honey
- + 150g sugar
- + Stick of cinnamon
- + 300ml water

What you do:

- + Dissolve the yeast in lukewarm water.
- + Put the flour and salt in a bowl and gradually add the dissolved yeast mixing by hand.
- + Gradually add some lukewarm water until you have a paste that is neither too fluid nor too thick.
- + Cover the bowl with a towel and let it stand in warm water for about an hour.
- + When the batter doubles in size and forms 'bubbles', heat plenty of oil in a pot, until it is scalding hot.
- + Drop teaspoonfuls of the batter into the hot oil and allow the loukoumades to turn golden brown.
- + Remove the loukoumades from the oil with a slotted spoon and place them on to a plate.
- + In the meantime, prepare the syrup by boiling the honey, sugar, water and cinnamon stick in a pot for about 10 minutes.
- + Pour the syrup over the loukoumades and sprinkle with cinnamon.

Serve hot!





+Recipes To Help You With Your Food Journey



Saltfish and ackee with fried dumplings

- + Saltfish and ackee is Jamaica's national dish and is traditionally served with dumplings.
- + Cooking time: 1–2 hours
- + Serves: 4

What you need:

For the saltfish:

- + 450g/1lb salt cod
- + 1 x 400g/14oz can ackee
- + Olive oil
- + 1 onion, chopped
- + 1 tsp paprika
- + 2 tsp mild curry powder
- + 2 tsp jerk seasoning
- + 1 tsp hot pepper sauce
- + 1 red pepper, seeds removed and sliced
- + 1 yellow pepper, seeds removed and sliced
- + 200g/7oz tomatoes, chopped
- + Salt and freshly ground black pepper

For the dumplings:

- + 250g/9oz self-raising flour
- + 30g/1oz vegetable suet
- + Pinch of salt
- + 250ml/9fl oz water
- + Vegetable oil for frying

What you do:

- + Soak the salt cod overnight, changing the water a couple of times.
- + Drain, then put the cod into a large pan of fresh water and bring to the boil. Drain again, add fresh water and bring to the boil again.
- + Simmer for about 5 minutes, or until cooked through, then drain and flake the fish into large pieces. Discard any skin or bones.
- + For the dumplings, mix the flour and suet with a pinch of salt and 250ml/9fl oz water to make a dough.
- + Wrap the mixture in cling film and leave in the fridge to rest.
- + Open the can of ackee, drain and rinse, and then set aside.
- + Heat a tablespoon of olive oil in a pan and fry the onion until softened but not brown.
- + Add the spices, seasoning, pepper sauce and sliced peppers and continue to fry until the peppers are tender.
- + Add the chopped tomatoes, then the salt cod and mix together.
- + Lastly stir in the ackee very gently and leave to simmer until ready to serve.
- + When you are almost ready to eat, heat about 1cm/½ inch vegetable oil in a frying pan and heat until just smoking.
- + Shape the dumpling mix into plum-size balls and shallow-fry until golden brown. (CAUTION: hot oil can be dangerous. Do not leave the pan unattended.)
- + Drain the dumplings on kitchen paper and serve with the saltfish and ackee.

Enjoy!



+Recipes To Help You With Your Food Journey



- + This is a traditional corn soup recipe for the popular Trinidad street food. Made with split peas, corn and dumplings, this soup is commonly an after-fete snack, especially around carnival time.

Traditional Trinidad corn soup

What you need:

- + 6 ears of fresh corn
- + 2 cloves garlic, chopped
- + 1 celery stalk, chopped
- + 1 large carrot, sliced into discs
- + 91g diced green bell peppers
- + 91g diced red bell peppers
- + 121g yellow split peas
- + 1 scotch bonnet pepper
- + Pepper sauce (to taste)
- + Salt and pepper (to taste)
- + 316 ml coconut milk
- + 1 medium tania (or sweet potato), diced
- + 2 sprigs thyme
- + 2 cups stock 235ml per cup
- + 3 cups water 235ml per cup
- + 2 leaves culantro, chopped
- + 2 tbsp oil

For the dumplings:

- + 120g flour
- + 117ml water

What you do:

- + Cut 5 ears of corn into about 2-inch pieces and set aside.
- + Shave the kernels off the remaining corn cob.
- + Heat the oil in a heavy-bottomed pan, over a medium-high heat.
- + Add the onions, garlic and celery to the oil and sauté until the onions are opaque.
- + Add the split peas and shaved corn and stir well.
- + Add the thyme to the pot and sauté for another 2 minutes.
- + Add 3 cups water, 2 cups stock, the tania and culantro to the pot, and bring to the boil.
- + Lower the heat to a low boil until the split peas are cooked (about 30 minutes). Note: add more water if the split peas are not soft enough and more boiling is needed.
- + Once the split peas are softened, use the back of a spoon to mash them up a little.
- + Add the coconut milk, scotch bonnet pepper and 3 cups water and bring to a slow boil.
- + Make the dumplings at this point. Knead the water and flour together and break into balls or roll into logs.
- + Add the corn discs, dumplings and carrots to the pot.
- + Add salt and pepper and the pepper sauce to taste.
- + Boil until the dumplings are cooked (about 15 minutes).

Enjoy!



+National Awareness Days



March

- + St David’s Day
1st March
- + Time for a Cuppa
1st March
- + National Old Stuff Day
2nd March
- + British Pie Week
5th – 11th March
- + Crufts 2018
8th March
- + Mothering Sunday
11th March
- + Nutrition and Hydration Week
12th – 18th March
- + St Patrick’s Day
17th March
- + Sport Relief
17th March
- + English Tourism Week
17th – 25th March
- + Spring Equinox (First Day Of Spring)
20th March
- + Wear a Hat Day
29th March
- + NSPCC Big Board Game Day
31st March

April

- + National Wear a Flower Day
20th April
- + National Tea Day
21st April
- + Care Home Open Day 2018
21st April
- + London Marathon
22nd April



- + NAPA Challenge
18th – 25th April
- + World Book Night
23rd April
- + St George’s Day
23rd April
- + World Penguin Day
25th April
- + International Dance Day
29th April
- + National Gardening Week
30th – 6th April

May

- + Local and Community History Month
- + National Walking Month
- + Europe Day
9th May
- + National Limerick Day
12th May
- + National Train Day
12th May
- + Dying Matters Awareness Week
14th – 20th May
- + International Day of Families
15th May
- + International Museums Day
20th May
- + Great British Fish & Chip Supper
18th May
- + Dementia Awareness Week
21st – 27th May
- + British Tomato Week
22nd – 28th May
- + World Turtle Day
23rd May
- + European Neighbours Day
25th May
- + National Go Canoeing Week
26th May – 3rd Jun
- + English Wine Week
27th May – 4th Jun
- + National BBQ Week
28th May – 3rd Jun

+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

1. Malaysia

2. Maple

3. Curry

4. Leek

5. Lamb

6. Noodles
7. Irish

8. Haggis, neeps and tatties

9. Jamaica

10. Australia

11. Malta

12. Yorkshire pudding

Wordsearch
(Page 11)

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

things to do

+Easy poetry

+Blue

+Red

+Orange

+Green

Invite your residents to look at this picture and give you one word that comes to mind, link the words together and make a poem or short story. You may want to add a few extra words.

*This can be used as a conversation starter.
Just looking at the image may spark
some memories.*

*We would love to hear
how you get on.*

