

Things to do

Many of the ideas in *Things to do* are based around the articles in **The Activity Providers Magazine**

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 seasonal activity ideas and some brilliant member submitted activities.



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facebook.com/NAPAlivinglife

www.napa-activities.co.uk

+Editors piece

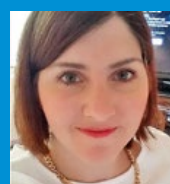
Hello again,

Welcome to your Winter issue of Things to Do. I'm sure your activity plans are full to the brim already, here are a few more for you.

Remember, there are lots of activity ideas in the members only section of the website. Please email if you need a reminder of your password. The mini Christmas cakes are my favourite, I made them with residents when I worked as an activity coordinator. They went down a treat!

Enjoy!

Gianna



+Gianna Burns

Editor – project@napa-activities.co.uk

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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Company Limited by Guarantee No: 3482943

+Think

These candles would make lovely table decorations.

+Blue

+Red

+Orange

+Apple Candles

What you need:

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

What you do:

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



+Think

This is a great sensory activity for all to enjoy. The apples could be pureed for someone on a soft diet.

+Blue

+Red

+Orange

+Green

+Guess which Apple

What you need:

- + A selection of apples – Braeburn, granny smith, golden delicious, gala
- + Numbered cards to place behind the samples

What you do:

- + Slice up the apple so that everyone can taste them to guess which type they are.
- + Keep score, people will get competitive!

Fruit For The Office



Braeburn



Cameo



Cox



Fuji



Golden Delicious



Granny Smith



Jazz



Pink Crisp



Red Delicious



Royal Gala

+Blue

+Red

+Orange

+Green

+NAPA - Winter Quiz:

Questions.

1. It may be winter, but spring is not far away. These flowers appear in January. What are they?
2. Which spiny mammal hibernates in winter? What do animals do when they hibernate?
3. These conifers are evergreens. But many trees lose their leaves before winter. Which word beginning with D describes trees that lose their leaves?
4. This painting is 'The Skating Minister', by which famous Scot – Robert Burns or Henry Raeburn?
5. This skier is racing downhill around poles. Is he taking part in the slalom or the bobsleigh?
6. Is the shortest day on the 5th November, 21st December or 1st January?
7. At what temperature does water freeze?
8. Every year there is a large Christmas tree in Trafalgar Square in London. Which Scandinavian country gives this Christmas tree to London?
9. This is a gritting lorry. What is it spreading on the road? What does it do to the ice on the road?
10. Brrr! It might be cold outside. Some people wear thermals or Long J_____
11. The winter of 1947 was one of the worst on record. The worst weather started on 21st January and lasted until 10th March. It was not a leap year. How many days did the bad weather last?
12. Which Scottish word is used for New Year's Eve? Which song do people sing at midnight? Who wrote it? Which fuel do people bring as a gift when 'first-footing'?

+ How do you keep warm in winter? What would you put on to go outside on a cold winter's day? What is your favourite winter sport?

+ How many words can you make from the letters in **WINTER**

+Think

Use the images as conversation starters or just talk to someone about the images.



1



2



3



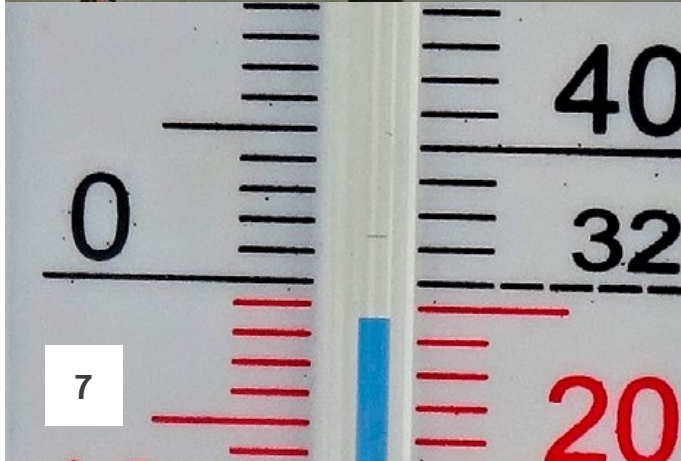
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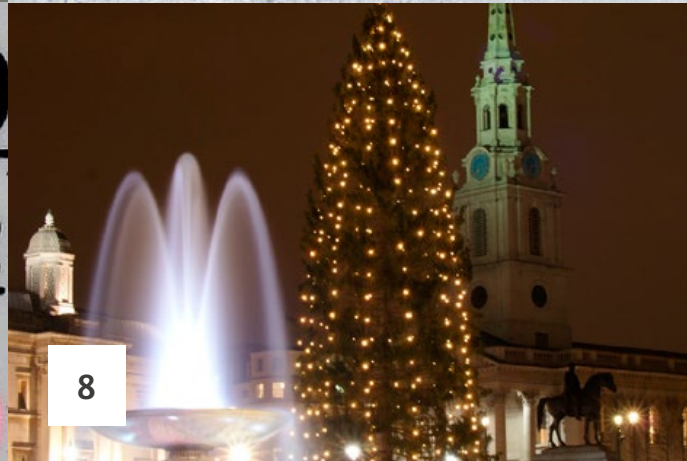
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6



7



8



9



10



11



12

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



+Think
These will look fab on the table this Christmas and equally as fab for New Year.

+Poinsettia Serviette Ring



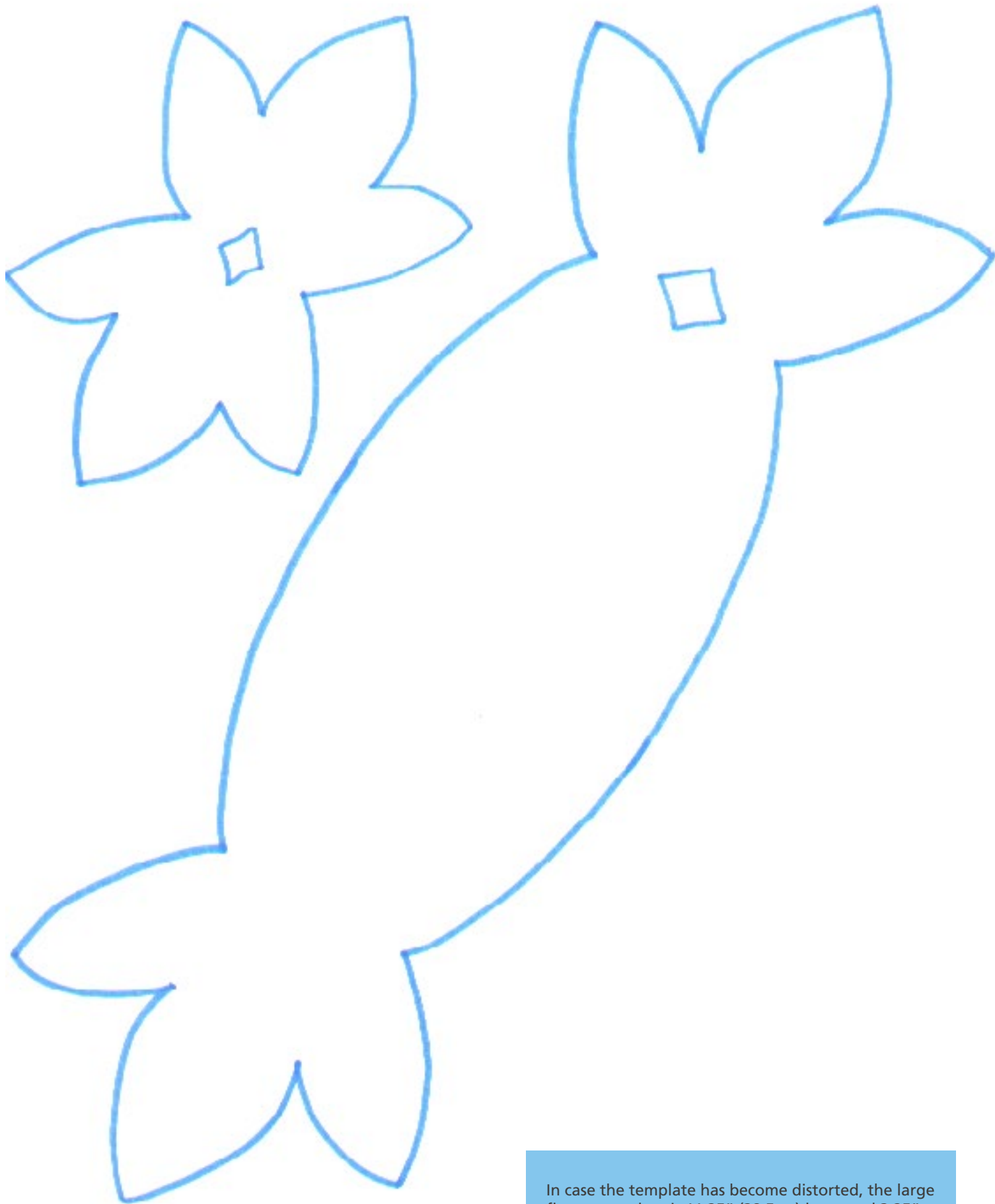
What you need:

Materials for 60+:

- + 2.5 yards red felt
- + 1-yard green felt
- + Tools
- + Scissors

What you do:

- + Cut one red flower (the larger template); and one each red and green of the leaves (the smaller template).
- + Nip a hole in one end of the flower and in the centre of both leaves, by folding in half and snipping with the scissors. If you make the hole too small, you can always make it bigger, but if you make it too big, you have a problem. The hole in the flower should be smaller than the holes in the leaves.
- + With the right side of the fabric on the outside bring the petals round towards each other and push the petals (of the end without the hole) through the hole in the other end.
- + Place the red leaf on top of the green leaf, right side of the fabric uppermost. Gather the petals together to be as thin as possible and push them through the holes in the leaves.
- + Offset the red and green leaves and the petals so that they all show.



In case the template has become distorted, the large flower template is 11.25" (28.5cm) long, and 3.25" (8.0cm) wide at the fattest point in the centre.



+Living Well @Home

“Bringing physical activity into Homes, using household items”

Activity provision is about developing and sharing basic ideas on how to keep the mind and body active and physical activity has an important role in the six Activities of Daily Living (ADLs) that reflect capacity for self-care.

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1. Bathing
2. Dressing
3. Transferring
4. Using the toilet
5. Eating
6. Walking



Physical functions should be continually practised, or they deteriorate, and the Living Well @ Home programme helps bring physical activities into people's daily lives by using everyday household objects which are easily accessible, recognisable and encourage people to participate – without expensive equipment.

The Vitalyz Exercise team train carers/ volunteers around the UK and are supported by founder Tony Duke, a specialist in Seated Physical Activities (SPA) and long-term NAPA champion. Celebrating 20yrs of NAPA whilst marking his stepping away from actually delivering training, Tony is sharing SIX movements from the Living Well @ Home programme. Activities 1&2 were featured in the Summer 2018 edition and 3&4 in the Spring edition so if you've missed any, please contact the NAPA office for copies.

Activities Nos 5 and 6 each person needs a household rolling pin which can be plastic or wooden only be aware that they can hurt if thrown. Ideally the pin will not have loose handles however if it has and the centre 'rolls' free, you can hold the handles for **No.5** and will need to hold the centre only for **No.6**

For the ladies, this may bring back many memories and encourage some cookery reminiscing. For the gentlemen it'll possibly be an alien piece of equipment but usually ladies are happy to share their knowledge and experiences!

These activities can be attempted by most residents but be aware of physical restrictions such as limited movement in one arm and remember to record the outcomes. Carefully read the instructions then consider

how you'll speak them out loud as the words and actions you use must be appropriate for your residents cognitive and physical abilities.

Using the PAL colour coding system, both are suitable for Blue & Red although dedicated 1-2-1 support is required for Orange.

Of course your Green residents should not miss out and a rolling pin is fairly tactile but you can add to the sensory experience by wrapping it with things ie: ribbon, string or wool which can be fixed securely by using double-sided tape.

If you have any queries, contact – info@revitalyz.co.uk

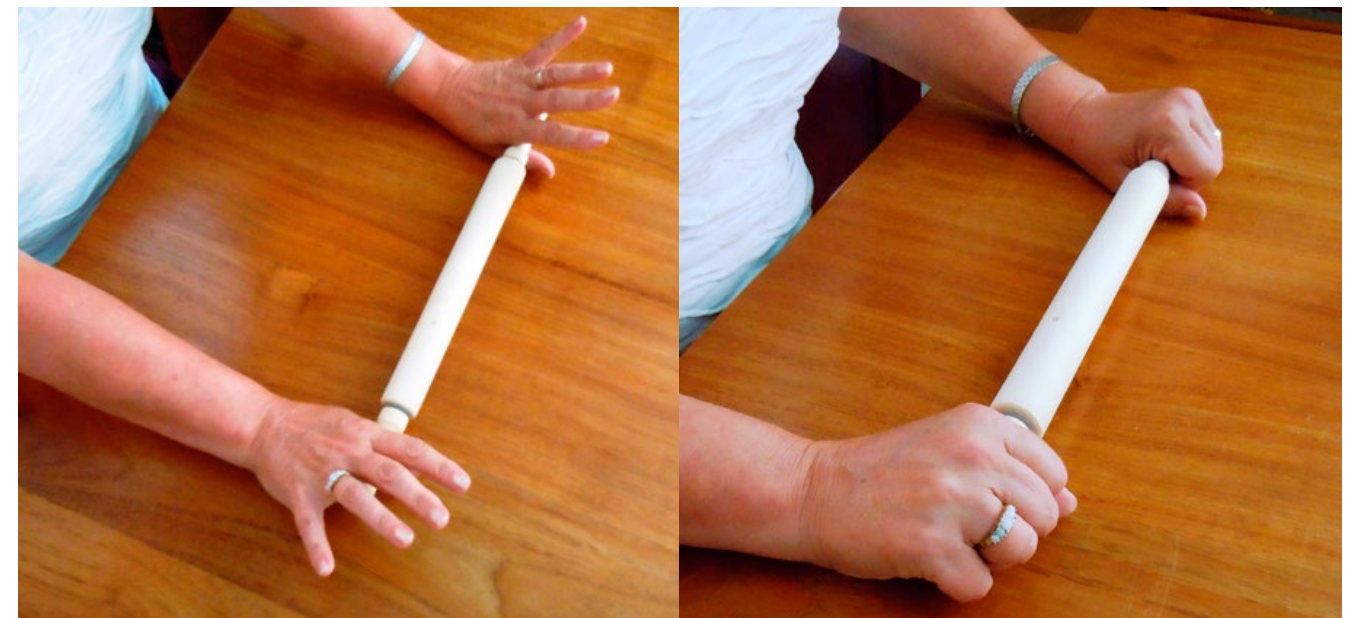
Before attempting these activities, it will be nice to encourage better posture (where possible). You may need to provide cushions behind backs etc but if people can keep both feet flat on the floor whilst remaining seated, that will help. Good posture is not comfortable to maintain, especially when you've been inactive for a long time, but it IS worth practising as the spine gets a gentle stretch and internal organs get a chance to settle into their correct places which has the added bonus of helping bodily functions.



+Rock & Roll Activity No. 5

Sit upright at a steady table or lean on a solid surface whilst keeping good posture

- + Grip the ends of the rolling pin, not too firmly
- + Start position is with elbows pulled back and pin against edge of surface
- + gently roll it across the surface away from you
- + use a smooth 'rock & roll' action
- + stop when arms/elbows are fully extended without bending the body
- + bring it back to the body, using the same action
- + Relax and repeat



+Row the boat Activity No. 6

Sit upright at a solid surface keeping good posture with feet flat on the floor

- + grip each end of the rolling pin firmly.
- + lift the pin until hands are at chest height with elbows bent
- + keeping arms at chest height push pin away from you
- + pull arms back towards chest rolling the wrists to simulate rowing a boat.
- + lower arms and take a breath.
- + repeat this action so you are replicating a rowing action.

When performing both these activities, you are reinforcing and/or practising posture whilst exercising back, chest, shoulders, elbows, wrists AND encouraging laughter!

things to do



+Men's Business

- + Create a space just for men who can do craftwork.
- + Get them sanding and painting bird boxes, and other achievable projects.
- + Display the finished items for others to admire.

The outcomes you are looking to achieve include:

- + Socialisation
- + Hand and eye coordination
- + Self-esteem
- + Self-confidence boost
- + Sense of achievement

+Think

What a great way to get the gents together, some may like to get fully involved and others may like to sit and chat.



+Beard Oil

What you need:

- + Carrier oil (sweet almond oil or jojoba)
- + 1 oz bottles.
- + Essential oils
- + Measuring glass, shot glass size
- + Mini funnel

What you do:

- + You can mix and match essential oils to create the perfect scent.



+Think

Grooming can be so relaxing, more so for someone in the later stages of dementia.

Here are some ideas you can start with.

- + 1/2 oz organic jojoba oil
- + 1/2 oz sweet almond oil
- + 4 drops sandalwood oil
- + 4 drops grapefruit oil

Here's another one to try

- + 1/2 oz organic jojoba oil
- + 1/2 oz sweet almond oil
- + 4 drops tea tree oil
- + 2 drops orange oil
- + 2 drops peppermint oil



+Think

Before any wishes are fulfilled, check with your manager and see if you need to consult the GP.

+Bucket List

This is an activity you can get everyone involved in, residents, staff or visitors.



Gather a small group of residents, visitors and staff. Give everyone some paper and a pen; you may need to assist some people. Ask if there is anything they wish they could do, no matter how outrageous or unrealistic! Invite people to write their wishes down, they could read them out if they want to, remember some may want to keep it private. You may be able to find a way to make things happen with the help of others. You never know there may be more than one person with the same wish.

You could have a special place for people to place/ hang their wishes, maybe a pin board or a tree!

Here are some of wishes that we heard:

- + Swim with dolphins
- + Ride a motorbike
- + Sleep under the stars
- + Write a book (or at least try)
- + Go skinny dipping
- + Go to the opera
- + Fly a kite
- + Solve a jigsaw puzzle
- + Be an extra in a film or TV series
- + See the northern lights
- + Go on a cruise
- + Jump out of a plane
- + Learn how to dance
- + Learn how to swim
- + Be a celebrity for the day
- + Dye your hair a daring colour
- + Go up in a hot air balloon
- + To go on a carousel horse
- + Get a tattoo
- + Drive a train
- + Fly a helicopter
- + Go to Las Vegas
- + Try to beat a world record
- + Learn a foreign language
- + Grow a beard at least once
- + Send a message in a bottle.
- + Write a fan letter to your all-time favourite hero or heroine.
- + Do a bungee jump
- + Donate blood
- + Fly 1st Class.
- + Ride in a limousine
- + Go to a Rock/Pop Concert
- + Wing walk
- + Tandem jump
- + Pass your driving test
- + Master patchwork
- + Master crochet.
- + Seeing the New Year in on Times Square NYC
- + Singing on a Broadway stage

Risk taking can be very positive. Objectives worth achieving for persons of any age involve the taking of risks, and the same principles apply to older people.

The Department of Health have a publication you can download called 'Nothing Ventured, Nothing Gained, Risk Guidance for people with Dementia. www.gov.uk/search?q=nothing+ventured+nothing+gained



+Whatever the Weather

There are so many reasons to go outdoors; the physical and social benefits to name but 2. Just taking a walk to the post office can be a wonderful experience for an older person. Who will you meet and what might you see?

We so often hear, "We get outside when the weather is good" but we should get outside throughout the year and not just in the summer. Do you have a supply of raincoats, wheelchair covers, umbrellas and wellington boots? As long as the resident can see the purpose of getting out they will do so whatever the weather.

Here are a few ideas:

Straw Bale Gardening

I heard about this recently and think it's a wonderful idea. A lot cheaper than brick build raised beds and you can move them around.

What you need:

- + Straw bales
- + Hose
- + Trowel
- + Garden soil



What you do:

- + Decide where you want to put the straw bales. The best location is near fences or by pathways where they will get a lot of sunshine.
- + Lay the straw bales down on their flat side. Water the bales several times a day for two days using a hose. You need to soak the bale with a generous amount of water. The bales will suck the water up so make sure to soak them well.
- + Choose a cloudy day for planting your plants in the straw bales. If you live in a place where it is sunny a lot, plant in the late afternoon or early evening, around 6 p.m.
- + Use a trowel to dig a hole in the straw bale.
- + Transplant plants by inserting them into the hole you have made with the trowel.
- + Pour a 1-inch thick layer of garden soil over the straw bales if you want to sow seeds. Sow the seeds at the depth and distance apart that the manufacturer recommends on the seed packaging.
- + If you live in a mild climate area you could have salad leaves growing all through the winter or winter flowering pansies for a splash of colour.



How about kite flying?

This time of year, is perfect for flying kites and it can be so much fun for all ages.

Kites can be bought or made fairly easily. Keep it simple by going out into the garden in your setting or you could make an afternoon of it by going to the local beach or park.

Rope in the local secondary school pupils to help get them in the air- they might have more energy than you!



+Think

Just imagine the smell of these hanging in someone's bedroom, the smell alone would most certainly hold some memories for people.



+Cinnamon-Scented Pinecones

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

What you need:

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



What you do:

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

+Blue

+Red

+Orange

+Green

+Think

What does the smell remind people of?
This will smell lovely hanging around the home or in someone's room.



+ Sensory Ideas Make a Pomander

What you do:

- + An orange
- + Pins
- + Red ribbon
- + Cloves
- + Ground cinnamon
- + Greaseproof paper
- + Kitchen foil



What you do:

- + Wrap your ribbon around the orange, pinning it into place. As we have used a thick ribbon we have only wrapped it round the orange once, but you can go around as many times as you want. Tie a bow on top of the orange.
- + Press the sharp point of the cloves into the orange. If you have difficulties use a pin to make a small hole first.
- + Sprinkle some cinnamon onto a piece of greaseproof paper. Wrap your orange in the paper, and then wrap it again in kitchen foil.
- + Leave your orange somewhere dark and dry for about 6 weeks – an airing cupboard is ideal. When you unwrap it, you should be left with a hard, sweet smelling ball.
- + Tudors would keep a pomander in their pocket to help them escape the unpleasant smells of Tudor life!

Idea: Instead of placing the cloves randomly, try creating a design on your orange or forming initials.

+Think

You could enlarge this on a photocopier this so that someone with poor eyesight can see it better.
Talk to residents about the clues, it would be a good talking point.

+Blue

+Red

+Orange

+Green

+Winter Wordsearch

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



- + WREATH
- + TURKEY
- + GIFTS
- + STOCKING
- + REINDEER
- + SAINT NICHOLAS
- + NATIVITY

- + CAROLS
- + SNOWMAN
- + BELLS
- + FIREPLACE
- + GIVING
- + CANDLE
- + CELEBRATION
- + MERRY



Answers on page 19 of things to do.



+Top tip:
You can pick up an old puzzle for next to nothing at a charity shop – missing pieces don't matter, after all.

+Jigsaw Heart Decorations

- What you need:**

 - + Scissors
 - + Cardboard
 - + Glue
 - + Puzzle
 - + Ribbon
- What you do:**

 - + Start by cutting out a thin heart shape from some thick cardboard. It needs to be wide enough to have the strength to stand up on its own, but thin enough that one of your puzzle pieces will cover it.
 - + Glue the puzzle pieces to the heart. Try to hide as much of the cardboard as possible. Once you've finished, go back to the start and layer more jigsaw pieces over the top, so that you completely hide the cardboard heart.
 - + To give the heart stability, glue some puzzle pieces on the back, too. Leave to dry, then glue a piece of ribbon to the top and display.



+National Awareness Days



November

- + National School Meals Week
12th - 16th November
- + World Kindness Day
13th November
- + World Toilet Day
19th November
- + International Men's Day – ARTICLE
19th November
- + World TV Day
21st November

December

- + Tree Dressing Day
3rd December
- + International Volunteers Day
5th December
- + International Civil Aviation Day
7th December
- + Faux Fur (1st Friday of the month)
7th December
- + Poinsettia Day
12th December
- + Christmas Bird Count Week
14th December – 5th January
- + Christmas Jumper Day
14th December
- + Festival of Winter Walks
17th December – 23rd January
- + Crossword Puzzle Day
21st December

January

- + Veganuary Month – Go Vegan for the Month
January
- + National Popcorn Day
19th January
- + National Hug Day
21st January
- + National Pie Day
23rd January
- + Burns Night
25th January
- + Big Garden Bird Watch
26th January

February

- + LGBT History Month
February
- + Sign2Sing Week – sign2sing.org.uk
4th - 10th February
- + Send a Card to a Friend Day
7th February
- + National Pizza Day
9th February
- + Valentine's Day
14th February
- + Random Acts of Kindness Day
17th February
- + National Love your Pet Day
20th February
- + Real Bread Week
23rd February - 3rd March

May Day

Looking back on days I thought great
Xmas, Easter, bank holiday, the autumn fete
But the best day of all 1st of May
Celebration will not return I'm sorry to say
Horses dressed in ribbons and bows
Everyone happy no cares or woes
Brass bands playing
Torch light parade
Oh what a beautiful cavalcade
But the world has changed
Old traditions have been changed
You do not know what you are missing
But I'll go on reminiscing

I've seen butterflies pinned on a wall
Or in cabinet in the hall
But never in the garden alive
Like the honey bee in a hive
But today in the park
Just before getting dark
One settled on a rose tree
Fluttering nice and free
The marking and its colours so bright
Oh how sad to see it disappear in the night



A lovely poem to share with you, written by **Edna Pearson**,
From The Hawthorns

We love receiving poems that residents have written, keep them coming in. We will soon have enough to fill a book!



+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

1. Snowdrops

2. Hedgehog. Animals that hibernate 'sleep' and 'hide away' through winter, with low body temperature, slow breathing and low heart rate, to conserve energy and survive.

3. Deciduous

4. Henry Raeburn

5. Slalom

6. 21st December

7. 0 degrees centigrade (32 degrees Fahrenheit)

8. Norway
9. Rock salt, which melts the ice.

10. Long Johns

11. 48 days

12. Hogmanay. Auld Lang Syne. The writer – that is Robert Burns. A lump of coal.

Wordsearch (Page 15)

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

things to do

+Blue

+Red

+Orange

+Green

+Easy poetry

Invite your residents to look at this picture and give you a 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 too.

This can be used as a conversation starter, just looking at the images may spark some memories.

Send your poems or stories to project@napa-activities.co.uk