

# 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.

**NAPA Year of the Arts**



## In this edition

+ **New Ideas** – Lots of activity ideas to get you started with your Best Year of the Arts Award.



# +Editors piece

*Hello,*  
Welcome to the Spring issue of Things to Do. As you know we are celebrating The Year of the Arts, there are lots of Arts related activities in this issue.

Remember, art is not just about painting, there are so many different art forms. Creative writing, dance, music, pottery are just a few. I hope you will use some of the ideas that are in this issue and future issues to help you with your nomination for The Best " Year of the Arts" Care Setting Award - the details can be found on page 22 of the Activity Providers Magazine and on the What's On section of our website – [www.napa-activities.co.uk/whatson](http://www.napa-activities.co.uk/whatson)

One of the photos on the front cover has been kindly sent in by Castle Gardens Care Home- HC-One. This was an activity they have done, inspired by an activity idea in Things to do!

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



## +Think

This is a good sensory activity to do with lots of stages to get maximum engagement. Invite residents to help with buying the things you need for this activity. By adding some pot pourri into the bowl, it becomes a really nice sensory item to have in someone's room.

# +Decorative Leaf Bowl



### What you need:

- + Artificial Leaves
- + Plastic Bowl
- + Mod Podge Or PVA glue
- + Varnish
- + Clingfilm

### What you do:

- + Cover the bowl with cling film.
- + Paint Mod Podge onto a leaf and press the leaf onto the bowl. Repeat with various leaves, overlapping the leaves as you go. As you layer and press the leaves onto each other, excess Mod Podge will squeeze out. Just brush that over the outside of the leaves. Continue until the base is covered and half the sides are covered with leaves.
- + When the leaves are completely dry, give the whole bowl a coat of varnish. You may want to do this outside or in a well-ventilated room.
- + When the varnish is dry, carefully take the leaves and cling film off the bowl. Carefully peel back the cling film from the inside of the leaf bowl.

**You could add some scented pot pourri to the bowl and use it to brighten up a room.**





## +NAPA – Spring Quiz:

- Are daffodils a type of narcissus or a type of tulip?
- William Wordsworth wrote his poem about daffodils in 1804. It begins:  
*'I wandered lonely as a cloud  
That floats on high o'er vales and hills'*  
(Can you complete the first verse?)
- At Easter, the skins of which vegetable are used to dye eggs?
- Which chocolate company makes Easter eggs at Bournville in Birmingham?
- What colour are the flowers of the primrose? Which similar plant has red, blue and purple flowers?
- In 'Alice In Wonderland' the Mad March Hare goes to whose tea party? Who wrote the 'Alice In Wonderland' books?
- In the song, 'Though April showers may come your way,' what is the next line?
- Which thorny bush produces lots of white and pink May blossom?
- How do chicks get out of their eggs?
- What does one swallow NOT make? Are swallows' winter or summer migrants to the British Isles?
- Which country is famous for its cuckoo clocks? If the clock cuckoos every hour, how many times does it go cuckoo in a week?
- What do we call the woolly coat of lambs and sheep?

- + In which month is Easter this year? (Easter Sunday is 21st April) What name do we give to the Friday before Easter Sunday? (Good Friday) How do you celebrate Easter? Did you ever go on holiday at Easter? Where did you go?
- + How many words can you make from the letters in **EASTER**

### +Think

Use the images as conversation starters or just spend time talking to someone about them.



1



2



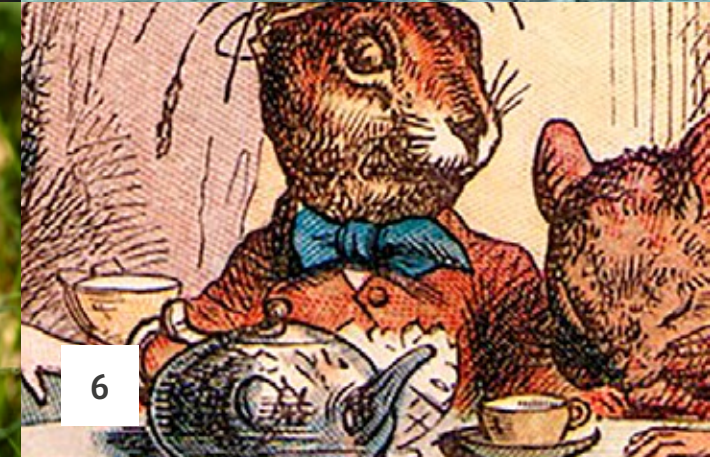
3



4



5



6



7



8



9



10



11



12





## +Think

Use props to help trigger memories, a bowl filled with sand and a few shells would be a good tactile experience for someone who is in the later stages of dementia.



## +Beach Reminiscing

Use these questions as a guide for other reminiscence subjects.

*Here are some sample questions you could use:*

- + Did you go to the beach when you were small? Where?
- + What do you remember most about summer days? (Heat, ice blocks, burnt shoulders?)
- + Did you go by public transport or car?
- + What sort of food did you take to the beach?
- + What is your favourite thing about being at the beach?
- + What types of games did you play at the beach?
- + Did you collect shells and pebbles?
- + The fresh air stimulates appetites; what did you eat at the beach?
- + Were you ever caught by a wave while making sand castles?
- + What beach smells do you remember best?
- + Did you get any treats whilst at the beach?
- + Did you have to wear a hat?
- + How about sand castles, did you like to make them?
- + Did you go for the day or spend a week at the beach?
- + Did you stay at a caravan park or hotel?
- + Did your family have a Kodak film camera?
- + Did you go fishing?
- + What songs do you remember from those days?



# +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 the 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.
- + 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

These would make a lovely hanging decoration in someone's room or use the photos of family members and use for reminiscence.

# +Botanical wood slices



### What you need:

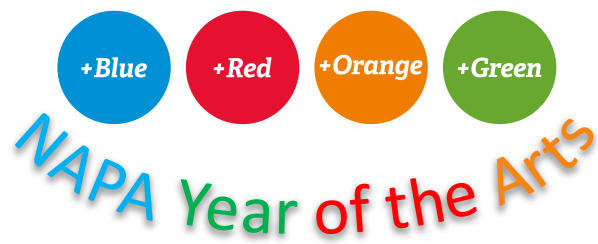
- + Wood slices- about 4inches across. You can buy these in most craft shops or your local wood shop may cut some for you.
- + Images you want to use – You can technically print any image and adhere them to any type of wood.
- + Wax paper
- + Tape
- + Scissors
- + Plastic card, bank or store card would work
- + Standard printer paper
- + \*Just be sure the image you are going to print is going to match the size of the wood. \*

### What you do:

- + First of all, cut a piece of wax paper the same size as your standard printer paper. Overlap the wax paper about an inch over the top of the printer paper. Fold the extra edge over to the back side of the printer paper and tape it securely down. You only need to tape on the top edge that will be feeding into the printer. To give you perspective, you are only printing on the wax paper, but it is best to tape it to printer paper otherwise the wax paper gets jammed very easily.
- + Place this paper into your printer paper feed so that the wax side will be the one printed on. This is different for all printers so experiment if you need to figure out your specific printer.
- + Print your botanical image and carefully remove the print from the printer. You really must be careful to not let that image smudge on anything. It is wet ink just sitting on top of the wax and if you all but breath on it, it could smear.
- + It's best to handle this image as little as possible, but you might find it easier to cut your image out carefully before the transfer. Keep in mind, you cannot touch that ink at all.
- + One great tip is to dampen your wood surface just barely, before putting the image on.
- + Figure exactly where you want the image and set it down without moving it around.
- + Use any type of card or flat surface to gently rub the ink onto the wood. It only takes a little bit of pressure and stop once the wax paper lifts up.
- + Lift your wax paper all the way up and off, and your image is left on the wood. Yay!







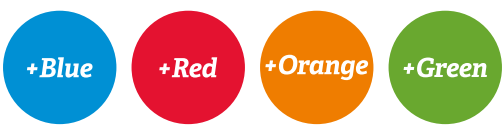
**+Think**  
You could enlarge this so that you could invite a group of people to help solve it.

+Year of the Arts Wordsearch

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



- + DANCE  
+ CRAFT  
+ SILK WORK  
+ CERAMICS  
+ POTTERY  
+ WOODWORK  
+ ILLUSTRATION
- + DRAMA  
+ SINGING  
+ PHOTOGRAPHY  
+ MOSAIC  
+ WRITING  
+ SCULPTING  
+ SEWING
- + TAPESTRY  
+ CALLIGRAPHY  
+ THEATRE  
+ CLAY  
+ PAINTING  
+ FLOWER ARRANGING

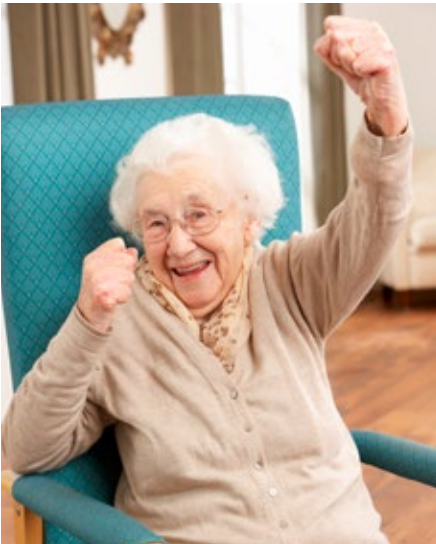


+Music makes the world go round!

**+Think**  
Music can be a vital tool in working with people with limited verbal communication. Musical memories seem well stored for many people with dementia and individuals can come to life on hearing a particular favourite song or a dance.  
For any person who spends large amounts of time in their own room, a good investment will be a CD player, iPod or MP3 player and a collection of music which relates to their background and interests.  
Care staff should speak with relatives or close friends to find out whether the person loves Mozart, Elvis Presley, Scottish ballads, rock music or Bollywood music. A key person will also need to know the times of day that a person might respond particularly well to music.

+Armchair Dancing

- What you need:**
  - + Music! CDs, iTunes or YouTube are great places to look; also, on YouTube you may find a video giving you some tips!
  - + You could do many different types of dancing, Scottish, Irish or ballroom
  - + Get some willing volunteers (that aren't afraid to get up and have a go!)
- What you do:**
  - + Make sure you have plenty of space in your chosen room; dining rooms tend to work well.
  - + Arrange the chairs around the outside of the room, leave gaps for wheelchairs if needed, this makes it easier for everyone to see you! Also, it will make sure there is enough space should people want to get up and dance. From my experience you will probably see lots of your residents getting up.
- + Ask your residents which music they like, it might encourage more participation. Music is such a great way to get people moving, even if it is just a foot!
  - + Remember it is fine if some people don't want to move, they may just enjoy the music and watching others.





## things to do



### +Think

For someone who is cared for in bed, this would be a lovely thing to have in their room, make sure it is close enough for them to see it.

## +Scented light catchers



### What you need:

- + Sugar paper
- + Sharpie markers, crayons, charcoals or pastels
- + Scented oil
- + Non-scented baby oil
- + Paint brush
- + Scissors
- + Needle & thread

### What you do:

- + Decide what shapes, designs and size you want to have, draw them onto the sugar paper, then decorate.
- + Fill half a cup with the baby oil and add a few drops of the scented oil, give it a stir.
- + Then using the paint brush, paint the oil across the shapes, the oil will make the paper translucent. Wipe off any excess oil.
- + Once dry, cut out the shapes thread them together and hang in the window.



## +Apple Pie Sensory Dough



### What you need:

- + 256g baking soda (bicarbonate of soda)
- + 128g corn flour
- + 1.5 cups water
- + 1 Tablespoon vegetable oil
- + Food colouring
- + 1 Tablespoon cinnamon
- + 1 Tablespoon All Spice

### What you do:

- + Add all the ingredients to a pot – except the spices, the spices get added last when kneading!
- + If you would like to add food colouring – add it to the water before you start cooking – it is so much easier this way – rather than kneading in at the end!
- + Stir well before cooking. The corn flour will initially be hard to stir, but it will all come together and turn into a runny liquid.
- + Put it onto the hob and cook until it turns into a thick mush – and becomes really hard to stir.
- + It will still be a little stickier than the play dough will end up once it is cooled and kneaded.
- + Set aside for a few minutes and knead when cool enough to touch.
- + At this point if you would like to add an apple pie scent – then add in the spice and knead further.

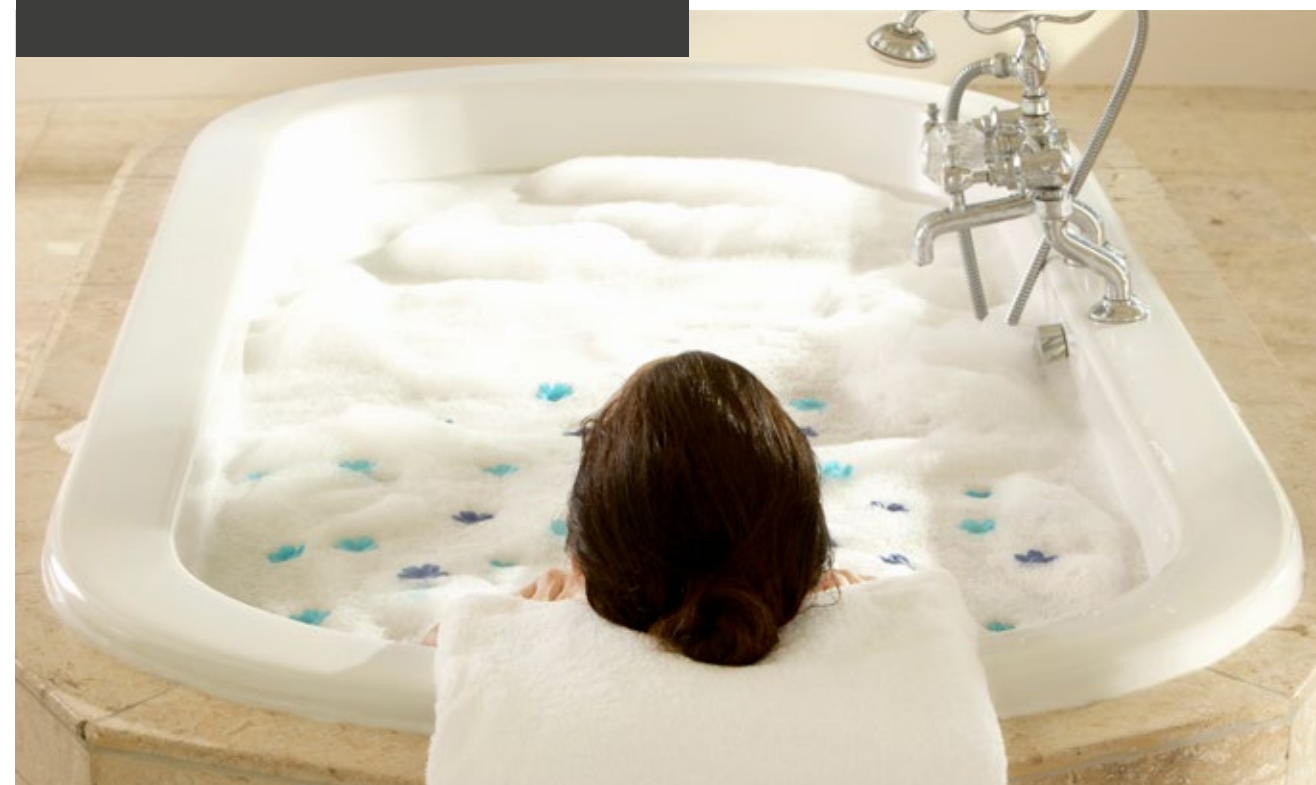
### +Think

This is a great sensory activity, some may not want to use the dough but may enjoy making it for others. Be creative and try other scents.



### +Think

If a person is unable to have a bath, then you could use these ideas to bathe someone by using a bowl rather than the bath. The aroma will still be relaxing and soothing.



## +Herbal Baths

Did you know that herbs can also be used in a nice soothing bath and some can be used to make a relaxing cuppa?

### Here are a few suggestions.

#### + Lavender bath:

Add 40g of dried lavender flowers to a bath, either on their own or mixed with some Epsom Salts.



#### + Lavender tea:

Place 1 tbsp of fresh or dried buds into a cup or tea ball. Pour boiling water into the cup, allow to steep for 10 minutes, strain and then enjoy!

#### + Basil bath:

Put 2 tbsp of fresh basil into a warm bath for a soothing escape.

#### + Basil tea:

Put 2 tbsp of fresh basil into a cup of boiling water, allow to steep for 7-10 minutes, then strain and enjoy.

#### + Rosemary bath:

Add rosemary to your bath to ease muscle pain. Lie back and enjoy,

#### + Rosemary tea:

Put 1 tsp of leaves into a cup of boiling water and let them steep for at least 5 minutes. The rosemary in this tea would also be nice if paired with lavender and thyme.

Holistic Massage Practitioner and Trainer in 'How to Massage People Who Have Dementia'







## +Think

These are pretty and would be lovely hanging in a room. Placing lavender inside will be nice and will create a calming aroma.



# +Air Drying Clay Decorative Display Cone

## What you need:

- + White Air-Drying Modelling Clay
- + Mini Silver Metal Paper Fasteners
- + Plastic mat (to keep table clean and give a smooth surface)
- + Rolling pin
- + Plastic Doilies or any other flat disc with a raised pattern
- + Small sharp scissors
- + Scrap paper or plastic (for support whilst piece is drying)
- + Lavender or similar to place inside
- + Bamboo skewer
- + Ribbon or string

## What you do:

- + Take a piece of clay and roll into a ball – I used a piece that was approximately 5 cm in diameter (you may need a larger piece if your patterned disc is larger).

- + Flatten the ball with the heel of your hand, then roll out until the piece of clay is a little larger than your Plastic Doily.

- + Put your patterned disc face down on top of the clay and with even pressure use the rolling pin to press the pattern into the clay.

- + I rolled mine out fairly thin to a thickness of approximately 2mm.

- + With the patterned disc still on top of the clay carefully trim off the excess clay.

- + Still with the disc on top of the clay give it another gentle roll with the rolling pin – the aim here is not to make it any thinner but to ensure an even thickness.

- + Again, trim any excess bits.

- + Now carefully peel you mat/disc away from the clay.

- + Ensuring the patterned side of the clay is on the outside gently roll into a cone.

- + Use a small dab of water to help to adhere the outer edge.

- + Then carefully add the Mini Split Pins on the overlapping edge of the clay.

- + Do not open the split pins at the back, they will pull the cone out of shape.

- + If want to hang your cones you can now use a bamboo skewer to make 2 holes in the back of the cone (make sure your holes are big enough for the string or ribbon you are planning to use).

- + Now tuck some scraps of paper or plastic inside your cones to prevent the shape collapsing whilst drying. Drying usually takes 24hours but may take a longer.



## +Think

Check people's dietary requirements before starting this activity. You could use soft cheese for those who are on a soft diet.

# +Cheese Tasting

## What you need:

- + A selection of cheeses from around the world
- + Cheese biscuits
- + Grapes/ figs
- + Plates/ napkins
- + Cheese knife
- + Chopping board

## What you do:

- + Invite a few residents to go cheese shopping with you. Try and get a few varieties.
- + Cut the cheese into small pieces; get the residents to help with this. Arrange the cheeses on plates and label them.
- + Offer everyone a small piece of cheese to taste, as well as the fruit and biscuits if they would like.

- + After sampling each variety of cheese, discuss it.
- + *Did they like it?*
- + *What country do they think it came from?*
- + *Have they tasted it before?*
- + *People could vote on their favourite.*



**Safety:** Be aware of food allergies or preferences.

**Think:** Wine tasting could be an enjoyable addition to the cheese tasting.







## +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 picture 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 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 colourful so would be great for someone to look at if you hang them close by.

# +Spring Poetry

### What you need:

- + Paper plate
- + Flowers/ leaves made from 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.

### What you do:

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



## Ode to winter

By Ian Lyall  
Southwell Court  
Care Home



*The wind howls and blows outside  
Rain lashes on the window pane  
Yet all is calm and still  
By my fire side.*

*Yet, it is I know only the start  
More is to come!  
Snow, frost and sleet  
Will come day by day.*

*All the time?  
Well, not quite!  
There will be occasional thaws  
With rain, gales and floods.*

*So will all be bad? No!  
Days of crystal-clear skies  
Bitter keen winds  
The so-called chill factor?*

*Odd days will come, yes they will!  
When the air feels mild  
You can feel the warmth of the sun,  
So what?*

*They are the pore-miners of Spring  
When the sun grows warm  
Days grow longer  
Yes, Spring has sprung!*



+National Awareness Days



March

- + Time for a Cuppa  
1st – 8th March
- + St David’s Day  
1st March
- + British Pie Week  
4th – 11th March
- + Pancake Day (Shrove Tuesday)  
5th March
- + International Women’s Day  
8th March
- + Nutrition and Hydration Week  
11th – 17th March
- + St Patrick’s Day  
17th March
- + National Conversation Week  
18th – 22nd March
- + Spring Equinox  
21st March

April

- + Jazz Appreciation Month  
April
- + National Pet Month  
April
- + Discover National Parks Fortnight  
6th – 21st April
- + World Homeopathy Awareness Week  
10th – 16th April
- + Good Friday  
19th April
- + Easter Sunday  
21st April
- + St George’s Day  
23rd April
- + World Penguin Day  
25th April
- + International Dance Day  
29th April

May

- + National Walking Month  
May
- + International Dawn Chorus Day  
5th May
- + Donkey Week  
7th – 14th May
- + Europe Day  
9th May
- + National Doughnut Week  
11th – 18th May
- + International Nurses’ Day  
12th May
- + Dying Matters Awareness Week  
13th – 19th May
- + International Day of Families  
15th May
- + British Tomato Week  
20th – 26th May
- + World Turtle Day  
23rd May
- + English Wine Week  
25th May – 2nd June
- + National BBQ Week  
27th May – 2nd June
- + National Biscuit Day  
29th May



+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

1. Narcissus

2. ‘When all at once I saw a crowd,  
A host of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.’

3. Onion skins

4. Cadbury’s

5. Light yellow / deep cream. Polyanthus
6. Mad Hatter’s Tea Party. Lewis Carroll

7. ‘They bring the flowers that bloom in May’

8. Hawthorn

9. Chip at the eggshell with their beak

10. A summer. Summer migrants to this country  
(from Africa)

11. Switzerland. 168 times

12. Fleece

Wordsearch (Page 10)

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



## things to do

+Blue

+Red

+Orange

+Green



## +Easy poetry

*Invite residents to look at this picture and give you a few words that come to mind, link the words together and create a poem or short story.*

*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](mailto:project@napa-activities.co.uk)*