

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 issue

+ **Lots of ideas** – To meet the 10 Core Activity Needs.



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www.napa-activities.co.uk

+Editors piece

Hi,
I hope you are ready to be inspired. This issue of Things to do is packed full of ideas to meet the 10 Core Activity Needs of residents.

You will not be able to meet all 10 needs in one day, but it is good to be aware of them all when doing person- centred planning. Some residents may require you to focus on their sensory needs- for example those people who are in the later stages on dementia. Others may need a focus on their intellectual needs, The Times crossword is definitely good for that!

We also have some really good activity ideas from Creative Minds too. There is lots to keep you busy over the coming months.

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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Registered Charity No: 1070674, SC038991
Company Limited by Guarantee No: 3482943

+Blue

+Red

+Orange

+Green

+Simple Foliage Wreathes



What you need:

- + An embroidery hoop (or 2)
- + Foliage
- + Secateurs to trim foliage
- + Green florist tape
- + Fishing line
- + Yarn to hang



DIY MODERN FALL gold ring wreath



How to Make Your Wreath:

- + First thing you'll need to do is lay out the foliage so you can see each piece and its length. Lay it out in the shape you plan to create. If you are doing exactly as pictured, try and find similar size pieces for the left and right side. You may need to trim branches down a little to fit better as you go.
- + Start with your bottom branch, this should be the largest one. Wrap the base of the branch with a strip of florist tape keeping it nice and tight. Cut another piece of tape and wrap the piece of foliage onto the hoop, positioning it to the left or right of the centre.

- + Repeat step one with other branches, hiding the tape behind the layers. As you build up, if pieces are hanging off awkwardly or you're struggling with hiding the tape, crack out the fishing line and weave it around the branch a few times before wrapping and weaving around the hoop.
- + Using your yarn, tie it around the top of your hoop/s, knotting at the top. Hang it somewhere special for all to see and admire. Depending on the foliage, your wreath could last weeks or even months!



+NAPA Core Activities Quiz:

- Creative.** What activity is the woman involved in? She is using oil-paints. What other type of paints do artists use? If not painting, what would you like to do or make?
- Cultural.** Is the man playing the guitar or the sitar? Where does this instrument originate? What else do you know about this country?
- Esteem.** These three women are having a perm in the 1950s. What is 'perm' short for? What name is usually given to a gentleman's hairdresser? Apart from having your hair done, what other personal treatments make you feel good?
- Emotional.** Pets can be great companions. What type of pet is in the picture? What other animals make good pets? People often say about animals, 'If only they could speak.' Who can you talk to?
- Intellectual.** What is the name of this board game? Which piece on the board can only move diagonally? A player wins by declaring 'check mate'. Which piece has been captured in 'check mate'? This game certainly gets the grey cells working. What other games do you enjoy? How else do you like to keep using the grey cells? Do you like reading? What do you like to read?
- Learning.** What is the woman in the picture using? What is she studying? They say it is never too late to learn. What subject do you enjoy learning about?
- Physical.** Which famous singer is dancing in the picture? Which of his songs is he dancing to? (Clue: there are bars on his cell window.) What sort of dancing do you enjoy, even in your chair? What sort of music gets you tapping your toes and joining in? Which is your favourite song?
- Sensory.** Which sense is the woman in the picture using? The flower is giving off a scent. What does this help to attract to the flower? What is another word for scent, beginning with the letter P? Which flowers do you think have the sweetest scent?
- Social.** What type of drink is shown in the picture? It is made from which fruit? Sherry is a fortified wine. Sherry comes from which country? What name is given to red wine from the Bordeaux region of France? Do you like wine tastings? If not wine, which drink do you prefer? – it doesn't have to be alcoholic!
- Spiritual.** The picture shows Holy Trinity Church in Blackpool. It is part of the Church of England. What other Christian denominations are there? What are the other main world religions? Are you a religious or spiritual person? Who do you like to talk to about the bad and the good things in life?

- + All ten of these activities are important to us. How else could your life be made just a little better? In what other activities would you like to take part?
- + How many words can you make from the letters in **A C T I V I T Y**

+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

things to do



+Lavender Pillows

What you need:

- + Patterned cotton
- + Needle and thread
- + Paper
- + Dried lavender
- + Ribbon

What you do:

- + Cut a pair of 9.5cm squares from three coordinating pieces of fabric.
- + Stitch the pairs together, with right sides facing, taking a 6mm seam allowance and leaving a 5cm gap in one edge to turn through.
- + Clip the corners and turn right side out.
- + Roll paper into a funnel and slip the narrow end into one sachet. Pour in dried lavender until it resembles a pillow.
- + Slip stitch the gap closed. Repeat to make two more sachets.
- + Pile sachets on top of each other and tie them together with ribbon or sew a loop of ribbon at the top of each of them to hang on clothes hangers.
- + Now you're ready to add them to your wardrobe, drawers or cupboards to give a bust of freshness!

+Think

These would be lovely in someone's room, the aroma would be really relaxing. You could try using something other than lavender, cloves maybe?



+Think

The end product of this activity is generally used for those in the later stages of dementia or end of life care. However, it might be nice to invite other residents to help make them.



+Sensory Pouches

These touchy-feely sensory pouches are a wonderful way to explore the senses. Filled with interesting textures, these pouches are stimulating to look at and touch. They are also super easy to make. Making the pouches is a quick and inexpensive way to create an engaging and relaxing sensory activity for people.

What you need:

- + Ziploc bags, the size is up to you.
- + Hair gel, sand or shaving cream.
- + Food colouring (optional).
- + Duct tape – 5cm wide
- + Decorations- anything small and soft. Such as, buttons, coins, plastic flowers, shells, pebbles, glitter, beads, sponges, pearls, flat marbles, left over game pieces or rubber sea toys.

What you do:

- + Take a Ziploc bag and tape 3 sides with duct tape to prevent leaking, trimming the edges as you go but carefully so as not to cut the plastic.
- + Open the zip side of the bag and pour in the gel, sand, or shaving gel, so the bag is $\frac{3}{4}$ filled.
- + Add 2 drops of food colouring if using
- + Insert a selection of the decorations
- + Squeeze out as much of the air as you can when sealing the bag.
- + Zip the bag shut and fasten with duct tape.
- + Enjoy the feel of the bag as the contents slide around



+Safety

Always check with the doctor before starting any aromatherapy with people receiving care, as it may interact with a medication or illness.

+Aromatherapy Awareness Week – 10th-17th June



The best way to use oils:

Chamomile and lavender provide relief from joints swollen by rheumatism and arthritis. Aromatic massages and rubs containing black pepper, cypress or juniper can promote circulation and reduce the risk of varicose veins and oedema. Beauty care should not be neglected either; rose and geranium promote skin growth, giving skin a more vital appearance. An aromatherapy massage can give much needed contact, especially if given by a close relative.

Suitable essential oils:

- + **Rosemary** – Invigorating and analgesic, you can use rosemary oil in a vaporiser to improve concentration and memory.
- + **Cypress** – This essential oil helps to boost circulation, providing welcome relief for varicose veins as well as haemorrhoids, also swollen feet and ankles.
- + **Eucalyptus** – Eucalyptus essential oil's renowned antiseptic properties are most helpful for fighting colds and flu.
- + **Geranium** – Geranium oil is gently uplifting for low times.
- + **Rose** – Promoting skin cell regeneration, rose is an excellent beauty oil that improves the complexion and helps to soften lines on facial skin.
- + **Chamomile** – As well as anti-inflammatory relief from rheumatic aches and pains, chamomile oil provides help when treating insomnia or restlessness.
- + **Juniper** – This essential oil is detoxifying and can be used for arthritic and rheumatic conditions.

More information and guidance can be found at www.therapy-directory.org.uk



+Think

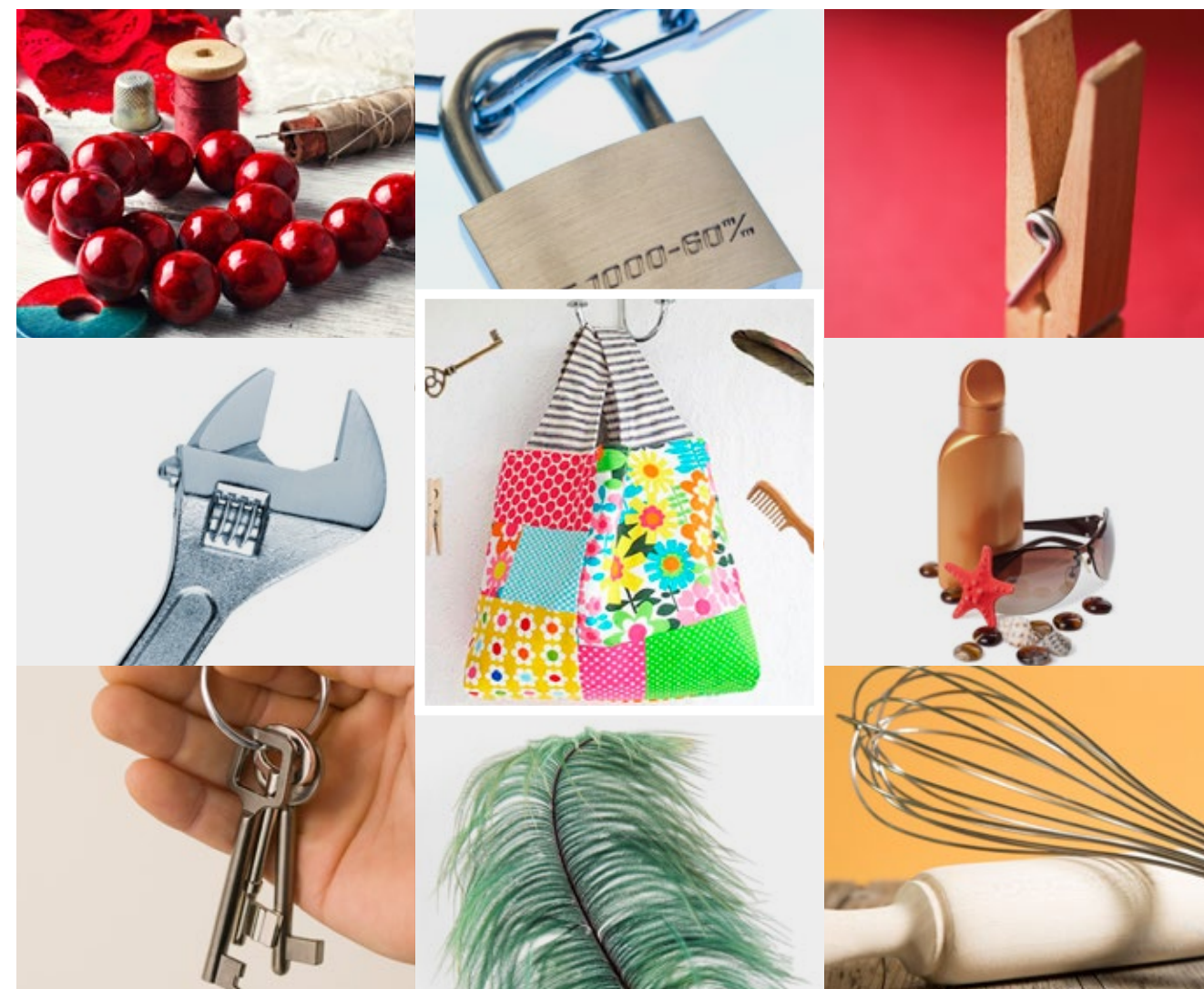
Personalise each bag for a fun reminiscence session.

+What's in the bag

Choose a colourful bag, something that catches the eye, silk, or any other fabric that feels good to the touch. You don't want to be able to see through the bag. It might have a rope so that you can tie it.

What you do:

- + Find random objects such as kitchen utensils; keys; padlock; sun glasses; can of soup; feather; button; pen; various tools; bobbin; wool; zip; clothes pin; cufflinks; the list can go on and on.
- + Invite people to either: guess the object – what it is used for; or count the objects in the bag – without looking! For some residents you may want to use a time limit to keep it fun!
- + If someone is having trouble guessing, give a clue so that there isn't an element of failure.
- + It is great if they can all have a guess then either write down their answer or go around the group once everyone has guessed.
- + Keep it varied, change the object each time you do this activity. This is a fun game for you to do in small groups or in a one to one situation.
- + Having prizes makes it more entertaining, everyone's a winner!



+Blue

+Red

+Orange

+Green

+Guess that
Phrase or Saying!

1. Sitting ____
2. The early bird _____
3. Put a ____ in it
4. Fit as a _____
5. _____ is the best medicine
6. A woman's ____ is never done
7. An _____ a day keeps the doctor away
8. A piece of ____
9. Costs an _____
10. As busy as a ____
11. Better ____ than sorry
12. Bull in a _____
13. Making a _____ out of a molehill
14. Pot calling the _____

How many more can you come up with?



Answers on page 19 of things to do.

+Blue

+Red

+Orange

+Green

+Think

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

+All about the Summer!

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

A photograph of a sandcastle on a sandy beach with the ocean in the background.

+ BEACH

+ BIRDS

+ FAMILY

+ FRIENDS

+ FUN

+ GARDEN

+ GARDENING

+ HOLIDAY

+ OUTDOORS

+ SANDCASTLE

+ SHELLS

+ SUNSHINE

+ SWIMMING

+ WALKS

+ WAVES

A photograph of a person swimming in the ocean.

Answers on page 19 of things to do.

things to do



+ Things to do Creative arts

+ Night-time Cityscapes in Soft Pastels

by **Deborah Living**, CM Artist based in Birmingham

Prep Time:

+ 15 minutes Skill Level Required: Easy

You will need:

- + Black card or paper
- + Card for making templates
- + Pen or pencil and ruler for drawing template shapes
- + Scissors for cutting out templates
- + Soft pastels in a variety of colours will give best results, (these can be purchased from high street retailers such as Hobbycraft, WHSmith and The Works), although coloured chalks will also work
- + Hairspray (works as a fixative on the finished picture to stop the soft pastel or chalk smudging)

Preparation:

Draw and cut out some basic building shapes from card. These could be simple house shapes or even just rectangles to represent tower blocks

What you do:

1. Working with the black paper or card choose a bright soft pastel to draw around the first few building-shaped templates. The outlines should be arranged in a row to give the impression of a street



2. Change to a differently coloured soft pastel and draw around some more building shapes in the row. (Tip: The finished picture will seem more visually striking if there are different coloured outlines)
3. Repeat this process, filling up the width of the black paper with building outlines. When one row is full, start another row, changing outline colours as you go. Fill up the sheet of black paper in this way, leaving some space at the very top to represent the sky
4. When all the outlines are drawn, use your finger to slightly smudge the soft pastel. The smudged line will give the impression of bright light shining in the darkness.
5. Use a white or pale-yellow soft pastel to mark in where the windows would be on the buildings. (Tip: Leaving some gaps looks effective as not all windows would be lit)
6. Add a moon, stars, or clouds in the sky if you would like to. If not, leave the top part of the page blank
7. Your night-time cityscape picture is finished! Stop the soft pastel from smudging (or chalk if you have used it instead) by lightly spraying hairspray over the picture. (Tip: Hold the hairspray about 20-30cm away so that it doesn't soak the paper)



+ Things to do Creative arts

+ Clay Coasters

by **Alice Nicholson**, CM Artist based in Chertsey, Surrey

You will need:

- + White Air-Dry Clay (£3.75 per 1kg from Hobbycraft)
- + Rolling pin
- + A round glass or mug
- + Items for mark making or printing
- + Paint & paint brushes

What you do:

- + Roll your clay out flat using a rolling pin to the desired thickness for your coasters.

- + Use the wider top end of a glass or a mug to push down into your clay like a cookie cutter which will create the perfect size circle.
- + At this stage you can design patterns or make marks onto the clay coasters using anything you can find... Leaves, a fork, lace etc.
- + Leave coasters on a flat surface to dry out overnight.
- + They should now be ready to paint. Again, you can use all sorts of items to print onto your coasters... be imaginative!



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+ Maraca's

by **Caroline Cook**, CM Artist based in Thames Ditton, Surrey

"MAKE and SHAKE your own MARACA"

You will need:

- + Cardboard rolls -re-cycle thin ones that will fold
- + Glue – UHU is ideal
- + Acrylic Paints – Red, Blue and Yellow – then mix to make other colours
- + Dry Rice or similar that will make a good sound

Tools:

- + Paperclips, Brushes, Paper towel, Pencils

What you do:

- + Fold and glue one end of the cardboard roll to seal it closed. Use paperclips to hold whilst the glue sets.
- + Insert rice then fold and glue the other end.
- + Paint all over in one colour and then use paper towel to 'dab' on next colour. Finally use a pencil end to print dots.

Enjoy shaking to your favourite tune!





+ Scratch Art

by **Laura Novak**, CM Artist based in Huntingdon, Cambridgeshire

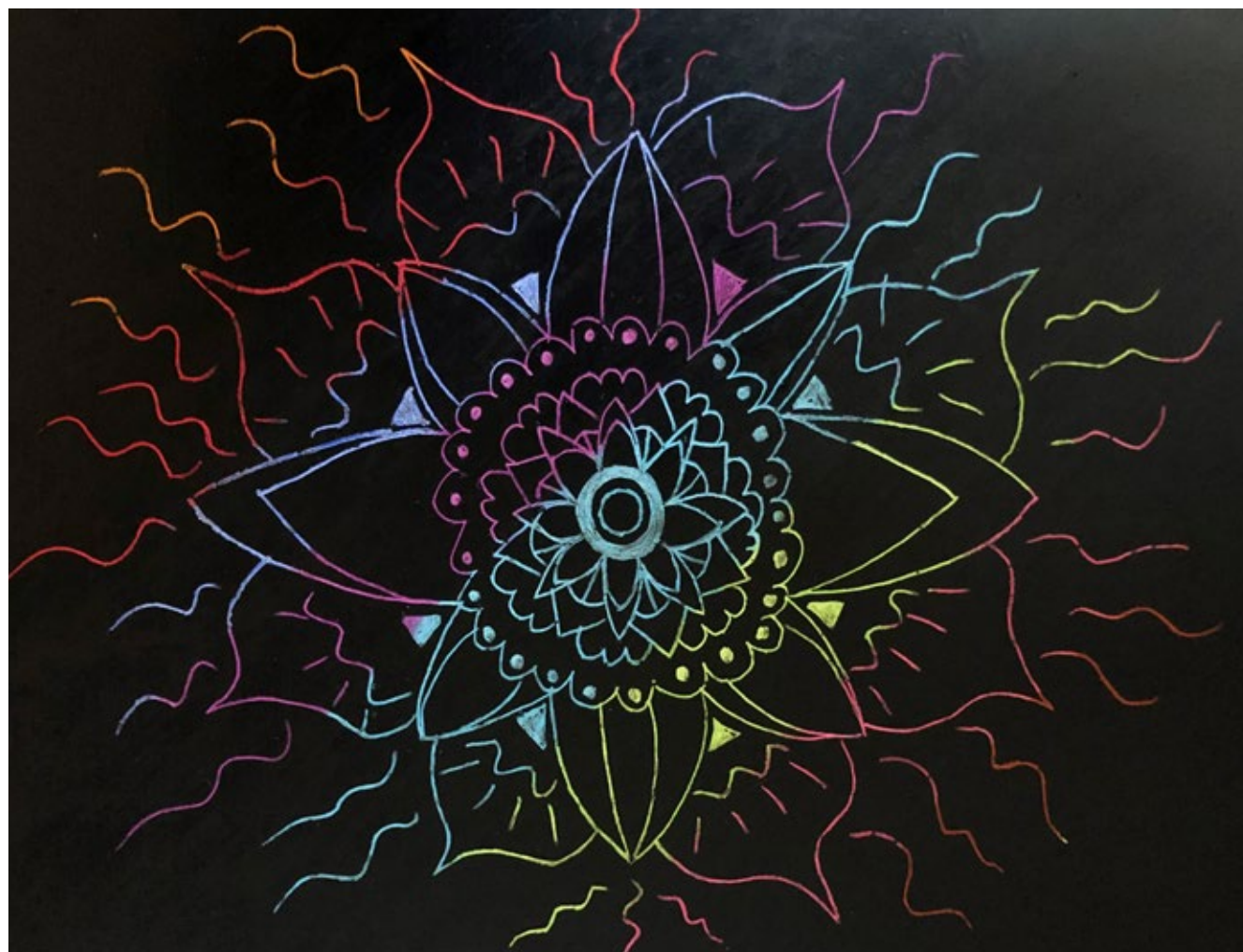
Simple scratch art instructions

What you need:

- + Paper
- + Oil pastels
- + Black acrylic
- + Something with a sharpish edge to scratch (wooden skewer or wooden cuticle stock)
- + Hand soap

What you do:

- + Cover your paper all over with bright coloured oil pastel. Ideally lots of different colours!
- + Mix black acrylic paint with a little dollop of hand soap (this helps the paint scratch off nicely at the end), paint liberally on top of the whole piece of paper that you used oil pastels on.
- + Allow to dry. If you are short for time you can use a hairdryer to dry quickly.
- + Then take your apparatus with a sharpish edge and use like a pencil to scratch a pattern of your choice onto the paper!
- + Finished!



+ Wool Paintings

by **Jess Leebrook**, CM Artist based in Market Harborough, Leicestershire

How to create these colourful and tactile wool paintings!

What you need:

- + An A4 board for each participant
- + Clear Sticky back plastic/self-adhesive roll
- + Sticky tape
- + Safety scissors
- + A variety of different coloured wool, cut into approx. 30cm lengths

What you do:

- + Cut the Sticky Back Plastic (SBP) into a rectangle 5cm less than the A4 size board (one piece for each participant)
- + Place on the board with the squared paper side up and clear plastic down
- + Carefully peel back each corner of the paper side and use sticky tape to attach to the board (sticky side of SBP facing up)

- + *DO NOT peel off all of the paper until you have prepared all of the boards and are ready to begin!
- + Once you're ready you can peel off all of the paper to reveal the sticky surface- your "blank canvas"
- + Demonstrate how to place the pieces of wool to make straight lines, wavy lines, swirls, spirals, and different shapes.
- + Gently press the wool onto the SBP as you go- it should stick beautifully! You can also demonstrate how easy it is to reposition a piece of wool if they wish. The wool can of course be cut into shorter lengths if needed.
- + (I would suggest having a go at creating one yourself beforehand, so that you can show everyone how a finished one might look!)
- + Encourage each participant to experiment and just have fun with it!
- + When finished, carefully remove the wool-covered SBP from the board and mount onto a brightly coloured piece of card, preferably that contrasts with the colours of wool used.
- + Display for all to admire and be sure to share pics your residents' creations with us!

+ Top tips!

Try using multi-coloured and extra chunky wool, as it's easier to work with.

Encourage each person to try to cover the space as much as possible for greater effect.

If there are large areas of unused (negative) space, you could cut the SBP around the shapes that have been made and mount them onto a piece of felt instead of card for a more textured effect.



+Think

These would be a perfect gift for a tea lover. You could also make them to sell at your Summer Fete.



+Break in case of Tea Shortage

National Cream Tea
Day 29th June

What you need:

- + Old photo frame, relatively small
- + 1 tea bag preferably not pyramid shaped
- + String or ribbon
- + Old tea spoon
- + Coloured paper

What you do:

- + Remove the cardboard that is usually found inside the old photo frame, cut the coloured paper the same size as the cardboard then stick it to the backing card
- + Place the tea bag where desired and glue down the cardboard tag. This helps to stop it from moving when the glass is replaced.
- + In attractive lettering write around the tea bag "In case of tea shortage break glass" then carefully place the glass on top and put it back into the frame.
- + Tie the ribbon/string around the spoon then attach the string to the back of the frame using glue or Sellotape or just tie it in position.



+Think

How cute are these, they would make nice decoration for an inside garden, perhaps in someone's room, or on a windowsill.

+Be creative with golf balls!

What you need:

- + Some old golf balls
- + Sandpaper to prepare the balls
- + Primer paint for the final paint to adhere correctly on the surface
- + For the chicks- Yellow paint (for the body) and some white, black and red paints for the eyes & beaks.
- + For the ladybirds – Red paint for the body and black paint for the face and spots
- + Some varnish to protect the balls.

What you do:

- + Give each ball a rub down with the sandpaper
- + Give each ball a coat with the primer
- + Give the ball a coat of the main colour, wait for it to dry before adding any other colour
- + Once completely decorated and dry, give each ball a coat of varnish (make sure you are in a well-ventilated room while varnishing).



+National Awareness Days



June

- + LGBT Pride Month
June
- + World Milk Day
1st June
- + Volunteers Week
1st – 7th June
- + National Growing for Wellbeing
Week 3rd – 9th June
- + National Cheese Day
4th June
- + Fish & Chip Day
7th June
- + Bike Week
8th- 16th June
- + Aromatherapy Awareness Week
10th – 17th June
- + Sewing Machine Day
13th June
- + Martini Day
19th June
- + Picnic Week
14th – 23rd June
- + Beer Day
15th June
- + World Music Day
21st June
- + World Wellbeing Week
21st – 30th June
- + International Sunglasses Day
27th June
- + Care Home Open Day
28th June
- + National Cream Tea Day
29th June

July

- + Picnic Month
July
- + International Reggae Day
1st July
- + Wimbledon
1st – 14th July
- + BBQ Day
4th July
- + Tour De France
6th – 28th July
- + World Chocolate Day
7th July
- + Don't Step on a Bee Day
10th July
- + Festival of British Archaeology
15th – 30th July
- + National Cherry Day
16th July
- + Carousel Day
25th July
- + National Fishing Month
26th July – 31st August
- + National Movie Week
27th July – 3rd August
- + International Tiger Day
29th July
- + Cheesecake Day
30th July



August

- + International Beer Day
2nd August
- + Sandcastle Day
3rd August
- + Oyster Day
5th August
- + International Cat Day
8th August
- + Book Lovers Day
9th August
- + International Youth Day
12th August
- + National Allotments Week
12th – 19th August
- + International Prosecco Day
13th August
- + Relaxation Day
15th August
- + World Photo Day 1
9th August
- + International Bacon Day
31st August

+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

1. Painting. Watercolours
2. Sitar. India (originally from Persia)
3. Permanent wave. Barber
4. Dog (Golden Retriever/Labrador)
5. Chess. Bishop. King
6. Computer. History
7. Elvis Presley. Jailhouse Rock
8. Smell. Bees / butterflies / insects. Perfume
9. Wine. Grapes. Spain. Claret
10. Roman Catholic, Methodist, Eastern Orthodox, Presbyterian, Baptist, United Reformed, Congregational, Pentecostal. Islam, Hinduism, Judaism, Buddhism, Sikhism.

Guess that Phrase Answers (Page 10)

1. Sitting Duck
2. The early bird catches the worm
3. Put a sock in it
4. Fit as a fiddle
5. Laughter is the best medicine
6. A woman's work is never done
7. An apple a day keeps the doctor away
8. A piece of cake
9. Costs an arm and a leg
10. As busy as a bee
11. Better safe than sorry
12. Bull in a china shop
13. Making a mountain out of a molehill
14. Pot calling the kettle black.

Wordsearch (Page 11)

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

+ Editors piece

Hi,

I hope you are ready to be inspired. This issue of Things to do is packed full of ideas to meet the 10 Core Activity Needs of residents.

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Enjoy!

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+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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Registered Charity No: 1070674, SC038991

Company Limited by Guarantee No: 3482943