

# 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** – For the whole team to get involved in.

# +Editors piece

Hi there,

Welcome to your Autumn issue of Things to do, we have a fab selection of activity ideas for the whole team to get involved with. I am really excited to hear how the Lavender Wands go, we would love to see them.

Remember, there are lots of activity ideas and the Things to do pull-outs in the members only section of the website. Please email [membership@napa-activities.co.uk](mailto:membership@napa-activities.co.uk) if you need a reminder of your password.

Enjoy! *Gianna*



## +Gianna Burns

Editor – [project@napa-activities.co.uk](mailto: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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## Contact NAPA

National Activity Providers Association  
1st Floor, Unit 1,  
Fairview Industrial Estate,  
Raans Road, Amersham HP6 6JY  
Telephone: **020 7078 9375**  
Fax: **01494 726752**  
Email: [info@napa-activities.co.uk](mailto:info@napa-activities.co.uk)

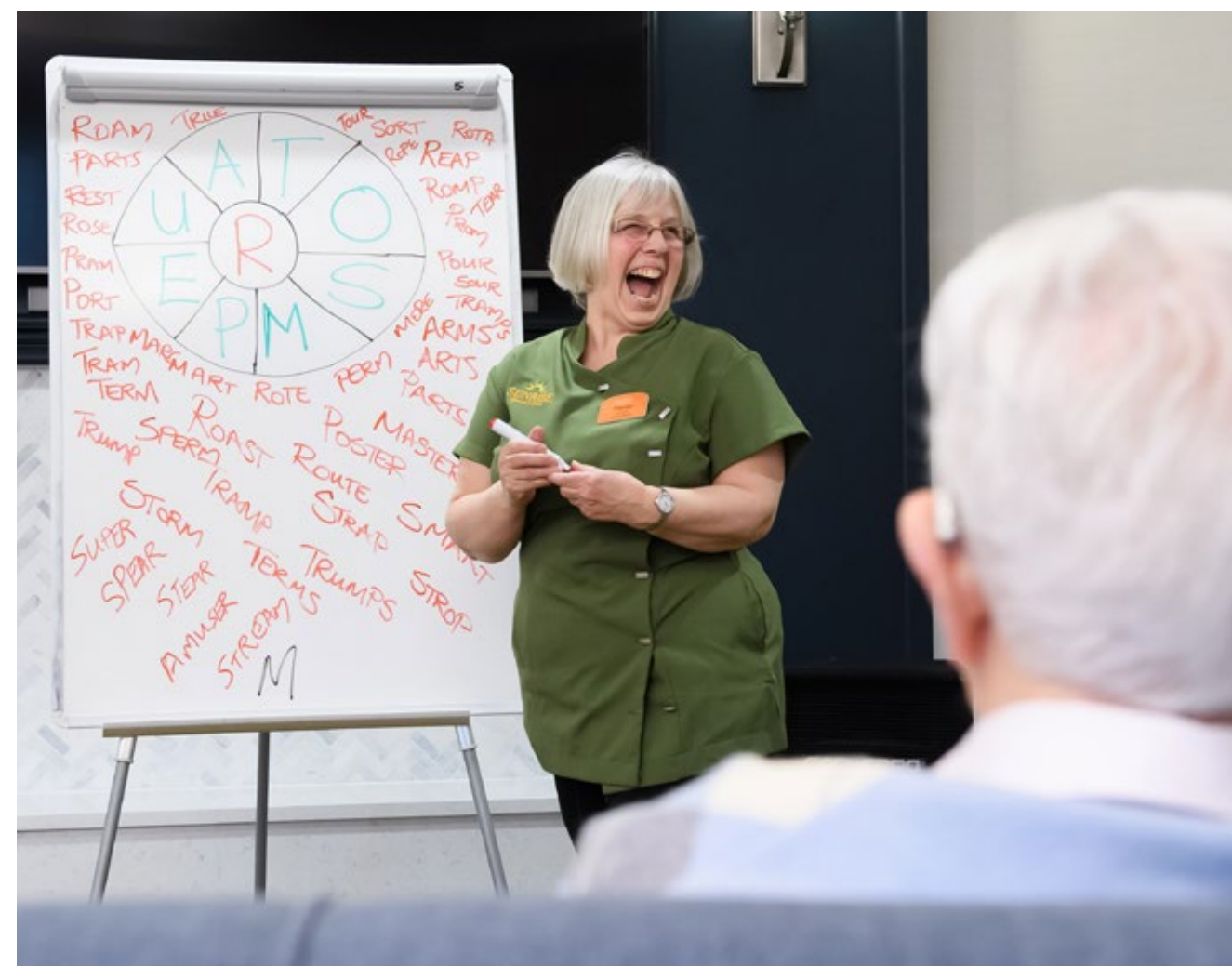
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+Blue

+Red

+Orange

# +Word Wheel



We were visiting this setting when we saw this activity taking place, it was a really engaging and great to see how many people were getting involved. Theresa has kindly shared it with us.

Most mornings I will draw a Word wheel on the white board for our residents to have a go at. Originally, we got the idea from the Daily Mail and saw how some of our residents enjoyed doing it themselves. Putting it up on the whiteboard allows the residents, family members, visitors, staff and even the passing workmen to all have a go. Also, it can become competitive/compelling as everyone wants to get the nine-letter word, of course, or get as many words as possible. Many of the residents look forward to it each morning.

### What you need:

- + Large flip chart or whiteboard
- + Wipeable Markers. Black or blue would be best, then people at the back can read them.
- + Willing participants

### What you do:

- + Choose your 9-letter word
- + Draw and fill the word wheel, making sure you put 1 letter in the centre. See how Theresa has done it in the photo.
- + Invite residents, staff and relatives to join in!

Theresa from Sunrise of Chorleywood



+Blue

+Red

+Orange

+Green

## +NAPA Quiz Everybody's Job

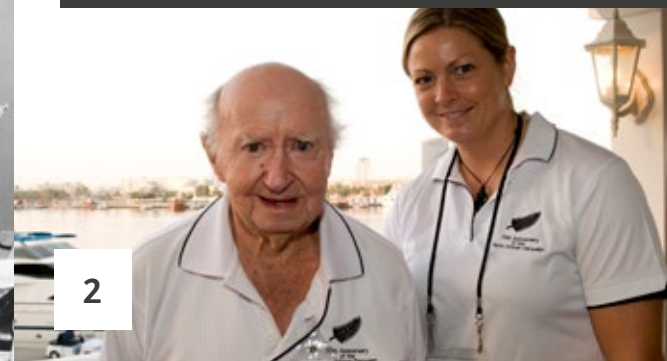
- Admin staff.** On a typewriter, do you press Shift or Carriage Return to get upper-case letters? What replaced the typewriter in the office? Do you recognise the actress and singer who is temping in the office? (She starred as Rose in the musical 'Gypsy')
- Carers.** Bill was a sapper in the Second World War. What is a 'sapper'? Both Bill and his carer are Kiwis. They are on their way to a commemoration of the North Africa campaign. Which country are they from?
- Domestic staff.** Which comedian was famous for his Tickling Sticks? What are Tickling Sticks? How could you use them to do the cleaning?
- Gardener.** Which flower is this? It is a type of viola. What type of musical instrument is also called a viola? Can you complete the rhyme: 'Roses are red, violets are blue ...'?
- Handyperson / Maintenance.** What type of screwdriver is this? When fixing a screw, do you turn the screwdriver handle clockwise or anti-clockwise?
- Hairdresser.** Has this woman a bouffant or a pageboy hairstyle? What does a pompadour hairstyle look like? When was the pompadour popular?
- Kitchen / Cooks.** Who is this famous television cook? Her husband helped her on screen. What was his name? What is your favourite recipe?
- Housekeeper / Laundry.** Nowadays, we use duvets on beds. We used to have eiderdowns. What sort of animal is an eider? Pillows also used to be stuffed with feathers. What was a long pillow called?
- Manager.** It is often said: 'The buck stops here.' For which of these jobs is the Manager responsible – health and safety, staffing, business plan, care quality, finance. The Manager may have to talk to HMRC about tax. What does HMRC stand for?
- Reception.** Reception staff do a lot more than answer the telephone. But in an emergency what number would they ring? What other jobs do reception staff do?

+ All ten of these jobs are vital. What other jobs need to be done around your care setting? What was your most fulfilling job, either at work or at home?

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



1



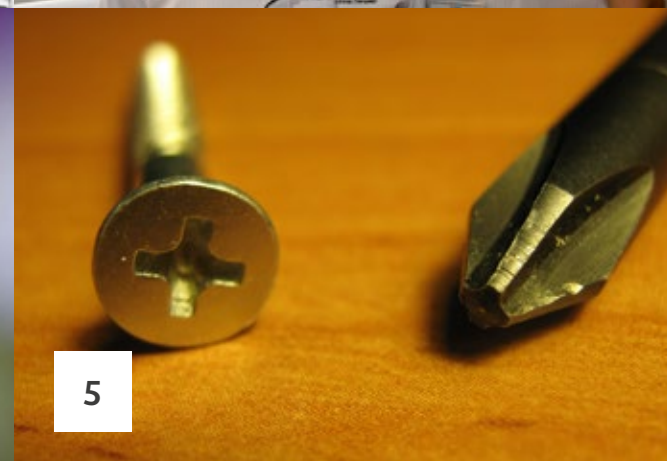
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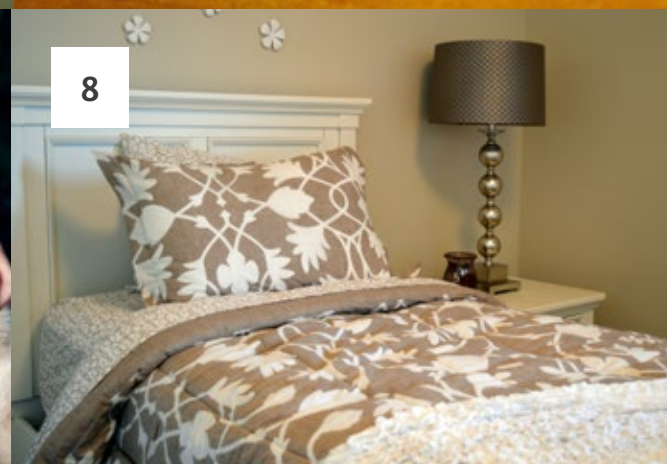
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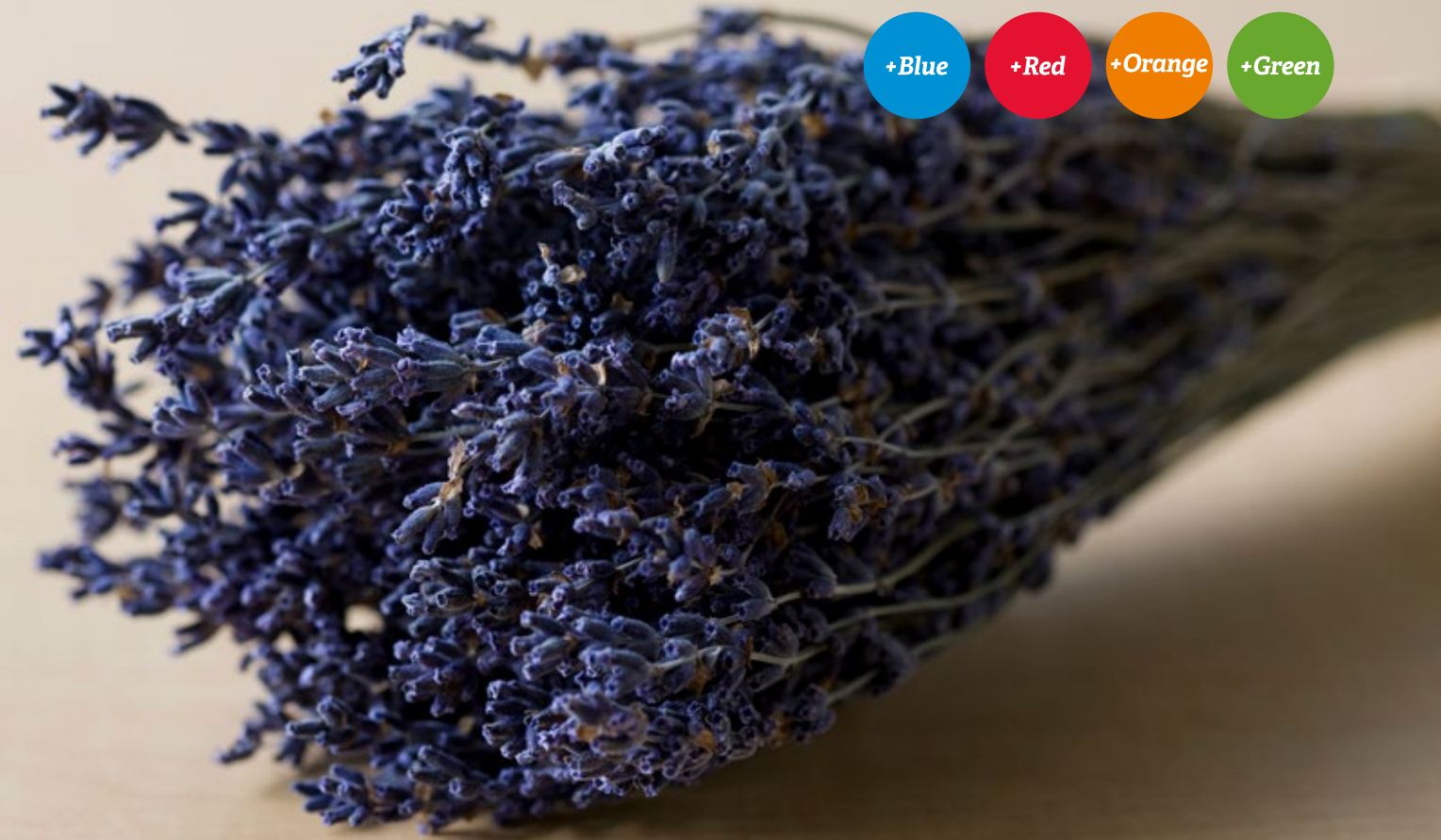
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### +Think

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



# +Lavender Wands and Bottles



+Blue

+Red

+Orange

+Green



## How to make Lavender Bottles



### What you need:

- + 7-15 lavender buds/flowers, with long stems.
- + A length of 1/2" (0.5cm) ribbon
- + Scissors
- + A spoon... you'll see why in a moment

### What you do:

- + Lay the lavender stems side by side, with the flowers staggered in two rows. Staggering the flowers like this makes a long slender bottle, whereas lining all the flowers up on the same level makes a short fat bottle.
- + Tie some ribbon tightly around the stems at the base of the flowers and snip the loose ends of ribbon close to the knot.
- + Use the edge of a spoon to squash the stems just near the knot. This makes the stems easier to bend without snapping in the next step
- + Bend the stems to form a cage around the buds. Try to space the bars of the cage evenly.
- + Finish off by tying ribbon around the stems at the base of the cage. Trim the excess stems.

**Now that you have made these easy lavender bottles, why not learn how to make lavender wands?**

## How to make Lavender Wands

### What you need:

- + 7-15 lavender buds/flowers, with long stems. You need an odd number of stems for the weaving to work.
- + 2 yards of 1/2" (0.5cm) ribbon
- + Scissors
- + A toothpick
- + A spoon... you'll see why in a moment



### What you do:

- + Lay the lavender stems side by side, with the flowers staggered in two rows. Staggering the flowers like this makes a long slender wand, whereas lining all the flowers up on the same level makes a short fat, fat, wand.
- + Tie ribbon tightly around the stems at the base of the flowers. Leave at least a 10" (25cm) loose end – you'll need it to make a finishing knot later on. Leave the other end of the ribbon loose.
- + Gently squash the stems with the edge of a spoon, just next to the ribbon. This makes them easier to bend without snapping in the next step.
- + Bend the stems to form a "cage" around the flowers. Run the loose end of the ribbon alongside the flowers, to poke out of the bottom of the cage. Let the spool-end of the ribbon poke out between the bars at the top of the cage.
- + Weave the loose end of the ribbon under and over the lavender stems.



- + If bits of flower stick out between the stems and ribbon, poke them back into place with a toothpick.
- + Keep weaving until you reach the place where the flowers end. Then go back to the start and pull the ribbon tight. Take up any slack ribbon and work it all the way through, to make the weaving nice and snug. The lavender will shrink as it dries, so weaving tightly is important.
- + Wrap the loose end of the ribbon around the base a few times, then tie it to the loose end that you left poking through the bottom of the cage.





## +Choosing the right activity for the right people.

### How much do you know about the residents in your care?

Capturing a person's Life Story is a great way of finding out lots about their life before they moved into the care setting. What are their likes and dislikes, favourite pastimes and how they like to spend their day? Add this to information about their past life and it will help you tap into their memories and personalise their activity care plan. If they are unable to help with this, speak to their relatives and friends. Always try to involve the person too as you may see them light up when something they care about is mentioned.

We have produced a great new resource that can help you. My Life Now and Then can be found and downloaded exclusively in the members only section of the website – <http://www.napa-activities.com/membership/members-only>



I remember doing dementia training when I worked in a residential home. The trainer spoke about a man who was living with dementia. He had moved into the home recently and the staff noticed that every morning at around 4am he went into the garden searching the bottoms of the hedges, plants and bushes and he always seemed frustrated when he returned empty handed. This baffled the staff and he couldn't tell them what he was looking for. They sat down with the resident and his relatives to complete a life history booklet when they discovered that, from a very young age, he had worked on a farm and every morning before the sun came up, he would venture out onto the farm and gather the eggs.

Now, knowing this the night staff would go out into the garden and place eggs under the bushes, plants and trees. The first morning, the gentleman went to search the garden as usual. Staff watched as he loaded his pockets up with the eggs that he had collected, he then came back inside and handed the eggs to the carer. He was no longer frustrated; he was



happy and content. This may seem like a small thing, but to that man it gave meaning to his daily life and gave him a purpose. A perfect example of person-centred activity based on some knowledge gained from capturing a Life Story.

*Gianna*

### +Think

These are great activities to get the whole team engaging with the residents.



## +Activity ideas for all



- + Flower arranging.
- + Brass polishing.
- + Setting the table.
- + Helping to fold the laundry.
- + Pampering – We all love to be pampered. Painting someone's nails (in a colour they choose, do not paint someone's nails in a bright colour unless they usually like that).
- + Hand massage is a great way to connect with someone, perfect chance to have a chat.
- + Read the paper with a resident that is unable to read it themselves.
- + Jigsaw puzzles- if you have space to leave one out, that's great. If not, then put it out whenever you can. They are a great way for people to get together for a chat. You may want to do the outside of the puzzle to get it started. Invite a few residents along to have a go. You can find some great puzzles in charity shops or relatives/staff may have some they would donate to the home.
- + Handbag/toolbox sorting is a great activity to do.
- + Sweeping indoors and outdoors.
- + Helping the kitchen staff, eg. shelling peas.
- + Walks in the garden to admire the plants.
- + Music. Play folk or popular music from your resident's era – this never fails to please. Give residents percussion instruments to add to the fun.
- + Visit another care setting for afternoon tea or invite residents from another care setting.
- + Skype care settings abroad.
- + Sing along sessions always go down well (even just walking into a room and start singing, I'm sure a few people will join you!).
- + Watering the plants, indoor or outdoor.
- + Helping with delivering the newspapers/post to individual residents.
- + Assisting the Maintenance staff with their regular checks, eg lightbulb replacement.
- + Tidying up shelves or cupboards with a member of staff.
- + Shoe polishing kit in a box
- + Sorting necklaces and bracelets
- + Winding wool or tidying string
- + De-heading pot plant flowers
- + Finding local sites of interest on Google

**.... add your own suggestions – the list is endless!**



+Blue

+Red

+Orange

+Green

+Easy Healthy Raspberry Lemonade



This Easy Healthy Raspberry Lemonade is the perfect summer refreshment without all those empty calories. Made with fresh fruit and NO refined sugar!

Prep Time 15 minutes / Total Time 15 minutes / Check dietary requirements

What you need:

- + 5 lemons, juiced
- + 1 tablespoon honey
- + 1 punnet fresh raspberries
- + 1 litre of water
- + lemon slices, fresh raspberries, ice and mint leaves for garnish

What you do:

- + Add the juice of 5 lemons, honey and raspberries, along with 250ml of the water to a blender and blend on high speed until smooth.
- + Strain the mixture into a pitcher to remove the foam and raspberry seeds and add the remaining 750ml of water (to taste) to the raspberry mixture.
- + Add ice, fresh raspberries, lemon slices and mint leaves (if desired) for garnish.
- + Serve in mason jars or tall glasses with paper straws and a slice of lemon.

+Blue

+Red

+Orange

+Green

+Rhubarb Sorbet



What you need:

- + 3 large rhubarb stalks cut into 1-inch-long pieces. Pick stalks with lots of red on them for pink sorbet.
- + 118ml water
- + 192g sugar
- + 1 teaspoon vanilla
- + 1 tablespoon rum – \*optional

What you do:

- + Put everything but the \*rum in a large saucepan. Stir over low heat until sugar dissolves. Increase heat, bring to a boil, then reduce heat and simmer until rhubarb is tender (about 10 minutes). Don't overcook or you'll lose the nice pink colour.
- + Using a handheld blender, purée until smooth. Cool purée in the fridge until it is cold to the touch. Add the \*rum and stir well; alcohol will help the sorbet remain soft enough to scoop.
- + Freeze purée in an ice cream maker as per the machine's instructions. To harden, transfer the sorbet to an airtight container and store in the freezer.

+Note

You need an ice cream maker for the smooth, creamy texture. (You can buy these from Lakeland for about £30, John Lewis also sell them, however they are much more expensive.)

+Think

You could use any theme for these, flowers, countries etc. /everyone will be able to use these for their drinks.

+Blue

+Red

+Orange

+Green

+Beer themed Scrabble tile coasters



What you need:

- + A selection of scrabble letters select your words first so you know how many of each letter you will need. Here is a list of the words used in the image:  
*Pour, me, a, beer*  
*Hops, Pine, Ale, Dark,*  
*Home, Brew, Pub, Suds*  
*Cold, Keg, Malt, Chug*
- + PVA glue
- + Cork sheeting to back your mats/ coasters
- + Knife to cut cork to size

What you do:

- + Lay out your scrabble letters and measure
- + Cut the cork sheeting to size
- + Glue the letters onto the cork, leave to dry.
- + Once dry paint a layer of PVA glue over the top to seal







## +Think

Gardening is a great sensory activity, not only for those doing it but also for people that want to watch and see the results.

# +In the garden

*Here are a few ideas to get you started:*

These would make lovely decorations for cards or jars.



### You will need:

- + A few residents that enjoy being outdoors
- + A few pairs of secateurs
- + A plant/bush that needs some TLC
- + Garden Gloves
- + A bag/wheelbarrow for the cuttings

### What you do:

- + Give each resident a pair of gloves and secateurs
- + Take a walk around the garden and ask them to have a look and see if anything needs pruning.



### You will need:

- + Compost, seeds and plant cuttings
- + Plastic planting pots

### What you do:

- + Ask your residents to join you around a table (inside or outside) cover table with plastic rubbish bags (easy to clear away and throw in the bin)
- + Give each person a small hand trowel
- + Fill the pots with compost and plant the seeds/cuttings
- + Invite residents that have an interest in gardening, even if they just want to watch
- + Encourage the residents to keep an eye on how they are doing and make sure they get watered!



## Pressed Flowers

### You will need:

- + Collect flower petals, grasses, herbs and leaves – try to choose ones without any blemishes.
- + Baking paper or parchment paper (tissue paper is not suitable).
- + Large, heavy books for pressing flowers.

### What you do:

- + Line book pages with 2 sheets of parchment paper (non-stick cooking paper).
- + Lay items to press on paper and cover with another 2 layers of paper. Flowers and leaves should not overlap.
- + Close the book and place something heavy on top (another heavy book).
- + Repeat this process until you finish pressing all the items you have collected.
- + Leave the books undisturbed for 3 weeks.
- + Open and admire your pressed flowers and leaves.



# +Hammered plant printing onto fabric



### What you need:

- + Thin white fabric (suggested lacquer fabric in cotton).
- + Fresh flowers or plants of various kinds (I used pink petunias and purple pansies).
- + Masking tape.
- + Hammer.
- + Smooth hard surface, eg. a cutting board.

### What you do:

- + Sort through your flowers and cut off or cut out any thicker pieces that are dry or too fluid filled.
- + Place your plants in the desired composition on the right side of the fabric.
- + Tape the plants and make sure they are completely covered with tape.
- + Turn the fabric upside down and hammer until you see the plant colour penetrate and dye the fabric. Different plants contain different amounts of liquid and sometimes it is enough to tap the hammer lightly, sometimes you need to give the fabric a good pound.
- + When the colour is wet through the fabric, turn it over and remove the tape.

- + Start by experimenting on a test piece. Beautiful, colourful flowers do not necessarily give off the finest imprints and vice versa. As you can see above, the pink petunias did not give a particularly cool impression at all, while the pansies became very nice.
- + Do not soak the fabric afterwards, the plant colour is rarely water resistant. If you want to embroider the print or use a water-soluble marker pen, avoid drawing the centimetre closest to the print and swaddling the lines with a damp sponge or cloth instead of rinsing the entire fabric. If you press it with an iron, use no or very little steam.
- + If plant fibres get stuck in the fabric when you pull off the tape, you can wait until the fabric has dried before brushing them off, so you do not risk smearing the colour.

+Blue

+Red

+Orange

+Green

+Think

This word search would be good to do on a one to one basis. You may need to help some people more than others. Use the images as clues.

+A Word Search for Everyone

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



+Blue

+Red

+Orange

+Green

+Sudoku Challenge!

Sudoku is a great activity to sharpen the mind. The object of Sudoku is to fill in the empty spaces of a 9x9 grid with numbers 1-9 in such a manner that every row, every column and every 3x3 box contains all numbers 1 through 9. It's fun and challenging for all ages.

4					3			
1	3			9		6		7
5	8	6				9		3
2		1	6	4	8	3		9
	4				9			
3	5		2	1			6	8
8			4				9	5
9	1	4		3			7	6
			9		1		3	





## + Things to do during Organic September

You could really run wild with this theme.



### Hold your own Organic Market

You could do this inside or outside, depending on how much space you have.

Contact local providers of organic food and products and see if they would like to have a stand. You may be able to charge a small fee, which you could put into your residents' fund.

Posters and adverts in the local area / paper, or social media sites would help to generate interest from sellers and buyers.

### Do you have a vegetable patch, if not could you visit a local allotment?

More and more people are now growing their own fruit and vegetables, from a few potatoes to a whole meal!

If you have the space it might be a great activity to invite some residents to help with. If you have raised beds you could plant a few things to start you off, or it can be done in bags and plant pots!

<https://www.attainable-sustainable.net/smart-pots/>

You may be able to buy some of the vegetables from a local allotment.

### + Think

Check for allergies before using this.



## + Lemon & Sugar Organic Foot Scrub



#### What you need:

- + 8 tbsp white sugar
- + 1 tbsp olive oil
- + 1 lemon
- + A mixing bowl
- + A grater
- + Mason Jar or similar for storage

#### What you do:

- + In a bowl, mix together the olive oil and the juice from half of the lemon.
- + Gradually spoon in your white sugar and mix together until you have your preferred scrub consistency.
- + Grate the zest from the lemon and mix into the scrub.
- + Mix well and store in a Mason jar. Decorate with ribbons, string and tags if you wish – the scrub makes a great homemade gift!
- + To use, scoop up the scrub with your fingers and massage into your feet to exfoliate and refresh. Rinse thoroughly, pat dry, and finish by rubbing in some moisturiser.



# +National Awareness Days



## September

- + Oddfellows Friendship Month  
September
- + Organic September  
September
- + National Read a Book Day  
6th September
- + National Spa Week  
16th – 22nd September
- + National Doodle Day  
20th September
- + World Alzheimer's Day  
21st September
- + Seed Gathering Season  
23rd September – 23rd October
- + National Art in Care Homes Day  
24th September
- + International Week of Happiness at Work  
23rd – 27th September
- + Recycle Week  
23rd – 29th September
- + Wool Week  
28th September – 6th October
- + National Sporting Heritage Day  
30th September

## October

- + The Big Draw  
1st – 31st October
- + International Coffee Day  
1st October
- + World Vegetarian Day  
1st October
- + National Poetry Day  
3rd October
- + National Badger Day  
6th October
- + National Work life Week  
7th – 11th October
- + National Braille Week  
7th – 13th October
- + National Curry Week  
7th – 13th October
- + World Post Day  
9th October
- + National Coming Out Day  
11th October
- + World Egg Day  
12th October
- + Chocolate Week  
14th – 20th October
- + National Baking Week  
15th – 21st October
- + Apple Day  
21st October

## November

- + National Sandwich Day  
3rd November
- + Guy Fawkes Night  
5th November
- + International Stout Day  
7th November
- + Sugar Awareness Week  
11th – 17th November
- + World Kindness Day  
13th November
- + International Men's Day  
19th November
- + World Television Day  
21st November
- + Carers Rights Day  
21st November
- + St Andrews Day  
30th November



# +Quiz – Answers

## Picture Quiz Answers (Pages 4-5)

1. Shift. Word-processor / Computer.  
Ethel Merman
2. Soldier who is in an engineers' unit.  
New Zealand
3. Ken Dodd. Feather dusters
4. Pansy. String instrument, slightly larger than a violin. '... Sugar is sweet, and so are you.'
5. Phillips screwdriver. Clockwise
6. Bouffant. Also a style with high hair, swept up from the forehead. Popular in the 1950s
7. Fanny Cradock. Johnnie
8. Duck. Bolster
9. All of them! Her Majesty's Revenue & Customs
10. 999

## Wordsearch solution (Page 14)

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

## Sudoku solution (Page 15)

4	9	7	1	6	3	5	8	2
1	3	2	8	9	5	6	4	7
5	8	6	7	2	4	9	1	3
2	7	1	6	4	8	3	5	9
6	4	8	3	5	9	7	2	1
3	5	9	2	1	7	4	6	8
8	2	3	4	7	6	1	9	5
9	1	4	5	3	2	8	7	6
7	6	5	9	8	1	2	3	4



## things to do

+Blue

+Red

+Orange

+Green

### +Think

This image can be used as a conversation starter about holidays, building sand castles etc.

## +Easy poetry

*Invite residents to look at this wonderful scene and give you a word that comes to mind., link the words together and create a poem.*

*We would love to hear your creations, please send them to [project@napa-activities.co.uk](mailto:project@napa-activities.co.uk)*