

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** – Lots for everyone to do



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www.napa-activities.co.uk

+Editors piece

Hi there,

Welcome to this issue of Things to do, there are plenty of ideas for the festive period that will keep you all busy. Don't forget, all the Things to do pull-outs are available for members to download from our website in the member's only section – if you need a reminder of your username and password, please get in touch.

We **NEED** your images!!!! Would you like to feature on the front cover? Please send your high res images to me, I will randomly select a front cover, the lucky winner will not only get their photos used but will also receive a NAPA Goodie bag!

Enjoy!

Gianna



+Gianna Burns

Gianna – 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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+Blue

+Red

+Orange

+Green

+Think

This is a lovely activity for everyone to enjoy, some may like to help make the cakes, others may enjoy watching the birds enjoy them.

+Bird Cake

Let's look after our feathered friends this winter



What you need:

Equal quantities of:

- + Shredded suet
- + Shelled (NOT salted) peanuts – chopped
- + Bird seed, rabbit oats, etc
- + Breadcrumbs
- + Melted fat – preferably dripping but solid vegetable fat will do

THIS DOES GET MESSY!! Some people don't mind, others do, so be careful.

It is a nice social event that promotes conversation about birds, bird watching, seasons, what they fed birds as children- in the war did they feed them at all? Have some bird books around so any that can be seen may be able to be named.

What you do:

- + Mix all the dry ingredients together in a large bowl then pour the melted fat in slowly so that the mixture is soft, but all the liquid is absorbed: if necessary, add more bread to soak up excess fat.
- + Fill empty yoghurt pots, halved coconut shells or any other suitable container and place in the refrigerator to set.
- + Use the "bird cake" produced on bird tables, in bird feeders, or hang up the coconut shells and yoghurt pots where they can be seen.

Some residents might like a plastic window feeder- cost about £3.00.





+NAPA Quiz

Theme: Leadership

This edition's quiz has ten examples of people who have shown qualities of leadership in different ways. Who are they, and can you answer the quiz questions?

1. **Who is this famous wartime leader?** Complete this line from one of his speeches: 'Never was so much owed by so many to so' Which battle was he speaking about?
2. **Who is this famous Victorian?** Today she would be called a Sister or a Matron. What job did she do? In which war did she lead a team doing this?
3. **Who is this great musician?** What instrument did he play? Did he lead a band or an orchestra?
4. **Three people who have shown great leadership in this picture.** But who is the chap on the right receiving the trophy? Which football team did he lead? What had they just won?
5. **A much quieter politician than Winston Churchill** – who is he? Which party did he lead?
6. **Who is the man on the left?** He campaigned for the independence of which country? By profession, was he a doctor, a lawyer or an engineer?
7. **Who is this military man?** He led the 8th Army in North Africa. What was their nickname? In which battle did he lead them in November 1942?
8. **Horse and rider in perfect harmony.** This sportswoman won gold at the 2012 Olympics. She is Charlotte Du..... (French for 'Of the garden'). What is the name of the event?
9. **Who is this?** He is famous for presenting wildlife programmes. But before that he was the manager of BBC2 television. What does BBC stand for?
10. **Another picture of this great lady. Who is she?** In which year was her Coronation? Where was her Coronation?

- + All of these people have shown great skills of leadership. What makes for a good leader, do you think, in any walk of life?
- + How many words can you make from the letters in **LEADERSHIP**

+Think

Use the images as a conversation starter.





+Mini Christmas Cakes

These little cakes are cooked in small baked bean tins (or anything of a similar size – the approximate capacity should be about 7 fl oz – 200ml) Just remove the labels, rinse and dry well.



I've been using the same ones for years, and they are still in pretty good condition, so you don't have to subject your family to endless meals of beans on toast every time you want to whisk up a batch of these cakes!!! -Also, they don't have to be just for Christmas, they are great for any occasion.

This recipe is enough for 6 cakes- so just multiply it up to make the quantity needed.

* this recipe contains alcohol. *

What you need:

- + 2 oz (50g) glacé cherries
- + 1 oz (25g) no-soak dried apricots
- + 13 oz (450g) Mixed Fruit
- + 2 fl oz (50ml) brandy/sherry/ whiskey
- + 1 oz (25g) blanched (skinned) almonds
- + 4 oz (125g) Margarine
- + finely grated rind of half a lemon
- + 4 oz (125g) soft, dark brown sugar

- + 2 eggs (size 2 – medium)
- + 4 oz (125g) white plain flour
- + ½ level teaspoon (2.5 ml) ground mixed spice
- + ¼ level teaspoon (1.25 ml) ground cinnamon
- + ¼ level teaspoon (1.25 ml) or less ground mace
- + 1 Tablespoon (30 ml) Milk

Get the residents to help with the weighing- everyone loves to say "when"!!

+Think

This is something that everyone can get involved with, the mixing, the reminiscing and of course the tasting!



What you do:

1. Cut the cherries into quarters. Place the cherries and the remaining dried fruit and spices in a bowl. Cover with 1½ tablespoons of brandy. Stir well, cover and leave to stand. (Let everyone have a go at adding and stirring)
2. Prepare six 8oz (227g) baked bean tins by lining with greaseproof paper. For each tin cut 2 circles of greaseproof paper the size of the tins, cut another strip of paper three times the height of the tin, big enough to go round the circumference with a small overlap. Fold in half and turn up a ½ inch cuff along the folded edge. Snip the cuff at ½ inch intervals. Grease the tin, line with one disc and fit strip, snipped side down. Grease base and top with second disc.

(I prepared all the circles and long pieces before hand- the residents then greased "their" tin, and then put all the papers in- I then wrote their name on the top of the greaseproof paper).

3. Beat 4oz (125g) margarine with the finely grated lemon rind until soft and pale. Add the sugar into mixture until blended. Lightly beat the eggs, and then slowly beat into the creamed ingredients. The mixture should be of a smooth consistency after each addition of egg.

(Again, we passed the bowl around- the men really enjoyed this part!)

4. Using a metal spoon gently fold the flour into the creamed ingredients along with the soaked fruit, chopped nuts and milk. Spoon into the prepared tins equally and level each surface.

(Again, we passed the bowl around- everyone made a wish – lots of memories about past Christmases. Some of the residents spooned their own mixture in- it's up to you whether they do or not. You know your residents and who is able or not).

5. Bake at 170°C (325°F, Gas mark 3) for 1 ¼ hours, then cool in the tins. Spoon over a little brandy, wrap and store for no more than a week before decorating. (Freeze at this stage if required)

I cut out a square of card larger than the base of the cake and covered it with silver foil (one per cake).

To decorate:

- + Two 8oz (250g) packets of Marzipan
- + Two (or possibly three) 8oz (250g) packets of ready-to-roll fondant icing
- + 6 Tablespoons (90ml) Apricot Jam

1. Trim the tops of the cakes with a sharp knife, if necessary, and turn over so that the base now becomes the top. Heat the Jam with a tablespoon of water and sieve out any bits. (I did all of this prior to the session). While still warm, brush over the cakes. (A bit messy but some of the

residents like doing it- others don't want to get sticky). Roll out the marzipan quite thinly, dusting the work surface with icing sugar. Cut out strips long enough and deep enough to wind around the edge of your cakes. (Use the used greaseproof as a template) Fit these around your cakes trimming as necessary. Roll out the trimmings and cut out six circles (2¾ – 3 inches / 7 – 7.5cm) and fit onto the top of the cakes. Roll gently over the top to neaten. (If it looks a bit untidy at this stage it does not really matter as this will not be seen – just make sure the top and sides are completely covered). Put onto the card bases and leave at room temperature for about 6 hours for the marzipan to dry out slightly.

2. Roll out the icing (separately for each cake so that it doesn't dry out) into a circle of about 6½ inches (16cm) Lift over the cake and smooth down over the edges. Trim to fit. Using the palm of your hand or a cake smoother, smooth down the surface of the icing. Decorate as required with ribbons, icing trimmings.

You can put them in cellophane or pretty see through bags and they can be given as gifts or sold or just saved for the special day.

Have fun!





+Think

Use scents that people favour, memories will be unlocked and conversations had.

+Sensory Activities

+Scent for Pleasure



What you need:

- + 6 small plastic/ glass jars with lids – the jars should be exactly the same
- + If the jars are transparent wrap the scents in cotton wool so the scent can't be seen, if using a liquid put a small amount of the scent onto the cotton wool
- + Scents: Cloves, coal, rose petals, baby powder, Lye soap, and shaving soap, Brasso, Old Spice, vinegar

What you do:

- + Invite residents to sit together at a table or take a tray round to them
- + Begin the session with one jar going around at a time- invite people to smell it and guess the scent
- + Ask people to comment on the scent:
What does this remind you of?
What other uses does it have?



+Think

Think about using key words for some residents, Holidays, Sandcastles, shells etc

+A day at the beach



What you need:

- + Paddling pool x 2
- + Water
- + Play sand
- + Chairs to go around the pools
- + Ice creams in cones

What you do:

- + Invite your residents to sit around one of the pools
- + Relax and encourage people to take their shoes off and take a dip- some people may like to sit and watch

Reminiscence ideas:

- + Did you go to the beach when you were younger?
- + Where did you go? Some of your residents might have gone to the same holiday destination
- + What games did you play?

+Think

This is a great sensory activity and will look really nice hanging in a window. Use people's favourite scent.

+Scented Light Catcher



What you need:

- + Sugar paper
- + Sharpie marker pens, crayons, charcoals or pastels
- + Scented oil
- + Non scented baby oil
- + Paint brush
- + Scissors, needle and thread

What you do:

- + Decide what shapes designs and size you want to have, draw them onto the sugar paper and then decorate.
- + Fill half a cup with 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.

+ 'Stained Glass' Plate Decoration



What you need:

- + Clear plastic plates
- + Colourful napkins (pattern) or tissue paper
- + PVA Glue
- + Paint brushes or foam brushes (for spreading glue)
- + 6" of ribbon (per plate)
- + Hot glue gun

What you do:

- + Dilute the glue with some water and have your artists paint the back of the plastic plate with the glue.

- + If you are using napkins, in most cases the backs of the napkin can be carefully pulled away from the patterned side.
- + The napkin can be applied without tearing into pieces, cut and tear the napkin in smaller pieces before applying. (Same technique if using colourful pieces of tissue paper.)
- + After the back of the plate is completely covered, put another coat of the glue over and let it dry.
- + A ribbon can be added for a hanger. Use a small dab of hot glue then add the ribbon hanger.



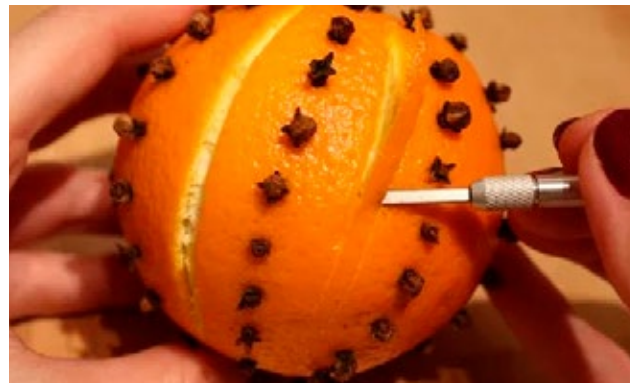
+Creative Christingles

Let's get creative with these, look at the wonderful patterns! Have a go at creating your own design.

Could it smell more like Christmas?

What you do:

- + Cut out a pattern in the skin of oranges and place them decoratively onto a platter along with the "strips" of orange skin
- + Garnish with cloves



+Think

For those who want to wear a Christmas jumper, you could have a competition for the best one!

+Christmas Jumper Day A Spot of Baking

How cute are these Christmas Jumper biscuits! What a fun way to celebrate the day, you could replicate the jumper's people are wearing or design your own. If you don't have a jumper cookie cutter you could use gingerbread men and just decorate the jumper!



Serve them for desert while wearing your jumpers! *Easy Biscuits!*

What you need:

- + 200g unsalted butter, softened
- + 200g golden caster sugar
- + 1 large egg
- + ½ tsp vanilla extract
- + 400g plain flour, plus extra for dusting

What you do:

- + Heat oven to 200C/180C fan/gas 6 and line a baking sheet with baking parchment. Put the butter in a bowl and beat it with electric beaters until soft and creamy. Beat in the sugar, then the egg and vanilla, and finally the flour to make a dough. If the dough feels a bit sticky, add a little bit more flour and knead it in.
- + Pull pieces off the dough and roll them out to about the thickness of two £1 coins on a floured surface. The easiest way to do this is to roll the mixture out on a baking mat. Cut out

shapes using a biscuit cutter, or a use the rim of a small glass and peel away the leftover dough around the edges. Re-roll off-cuts and repeat.

- + Transfer the whole mat or the individual biscuits to the baking sheet and bake for 8-10 mins or until the edges are just brown. Leave to cool for 5 mins, then serve. Will keep for three days in a biscuit tin.

+Blue

+Red

+Orange

+Green

+Think

This word search would be good to use on a one – one basis. Use the images as clues.

+A word search for everyone

TREE / ANGEL / SNOW / TURKEY / SHERRY

A	Y	B	T	B	S
E	L	S	U	U	H
E	E	S	R	G	E
R	G	N	K	E	R
T	N	O	E	A	R
W	A	W	Y	Z	Y



+Blue

+Red

+Orange

+Green

+Think

This game can be used in a small group or during a one to one. Talk about the items, let the person touch and smell them, this will trigger memories and may start a conversation.

+Winter Lucky Dip Memories

What you need:

- + A wheelbarrow or large box
- + Shredded paper
- + Items relating to winter – long johns, woolly hat, scarf, gloves, hot water bottle etc

What you do:

- + Fill your box or wheelbarrow with the shredded paper and add your items
- + Take the items out one by one like a lucky dip and have a discussion about each one. Ask about what people did in cold winters to keep warm, waking up in the morning and you could see your breath on the windows, putting on freezing cold shoes, defrosting the car, frozen milk on the doorstep
- + Finish off the session with a nice hot toddy or a hot chocolate



You could play this game with many different items, how about using it as a reminiscence session using items that belong to your residents? (with permission).

+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 the numbers from 1-9. It is fun and challenging for all ages!

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

+Blue

+Red

+Orange

+Green

+Think

This game can be used in a small group or during a one to one. Talk about the items, let the person touch and smell them, this will trigger memories and may start a conversation.

+Gingerbread House decorating competition

This is a really good activity to get the community involved in. You could invite some children from the local school or youth groups. I'm sure they would really like to get involved, especially if it's a competition!

This would work best in small groups of maybe 4 people.

You could make your house, here is a simple recipe – <https://whipperberry.com/tutorial-gingerbread-house-101/>

You can buy gingerbread houses pre-made so all you have to do is stick them together and decorate them. Most supermarkets sell them.

All you have to do is send in a photo of your finished house and we will pick a winner at ransom, who will receive a NAPA goodie bag! Photos can be emailed to – project@napa-activities.co.uk or posted to the NAPA office:

NAPA,
1st Floor, Unit 1 Fairview Industrial Estate,
Raans Road,
Amersham,
Bucks HP6 6JY



Closing date is the 31st December.



+Photo Christmas Tree

Most of us have boxes of photos in drawers waiting for the day when time will allow us to put them in albums. Mind you, we had better enjoy and treasure these photos because soon enough we will only have digital photos!



In the meantime, what can we do with so many photographs? Perhaps we can use some of them to make a very different Christmas tree!

All you need is a wall, lots of photos and some willing participants. There is no need to ruin the photos, use blu tack to attach photos to the wall in the shape of a Christmas tree. It will attract clients, visitors and staff and generate lots of social interaction. Smaller trees can also be made on bedroom walls.

What you do:

- + Make a rough sketch with chalk (not permanent pen!) on a wall and away you go.
- + Depending on the size of the tree it may take a couple of days to make. So, lots of people can participate at different times and share the work.
- + Place decorations and Christmas lights on your tree if you have them available. They can also be attached with blu-tack.

Merry Christmas!



Poetry Corner

Written by the Residents of **Arden House**

+ **Julie Packer**
(Activity Co-ordinator) and everyone at Arden House

*GOOD DAYS, BAD DAYS we all have them
Days when we have a laugh and a cheer,
Days that end with a sob and a tear,
Days that you wake with the sun on your face,
Days when you feel that you have no space,
Family and friends coming to visit,
Laughing and joking every minute
These are the days that we love the most,
So join with us to raise a glass as we make a happy toast.*



+Awareness Days

Feel free to add these to your calendar or make up your own.



November

- + National Pate Day
1st November
- + Guy Fawkes Night
15th November
- + Saxophone Day
6th November
- + Stout Day
7th November
- + Guinness World Record Day
18th November
- + Origami Day
11th November
- + World Kindness Day
13th November
- + I Love to Write Day
15th November
- + Homemade Bread Day
17th November
- + International Men's Day
19th November
- + British Game Week
19th-25th November
- + French Toast Day
28th November

December

- + Tree Dressing Day
1st December
- + Poinsettia Day
12th December
- + Violin Day
13th December
- + Roast Chestnuts Day
14th December
- + Christmas Jumper Day
14th December
- + Sangria Day
20th December
- + Festival of Winter Walks
20th December
- + Egg Nog Day
24th December
- + Christmas Eve
24th December
- + Christmas Day
25th December
- + Boxing Day
26th December
- + New Year's Eve
31st December

January

- + New Year's Day
1st January
- + National Trivia Day
4th January
- + National Shortbread Day
6th January
- + National Apricot Day
9th January
- + National Hat Day
15th January
- + Brew Monday
20th January
- + Cheese Lovers Day
20th January

February

- + Chinese New Year
5th February
- + National Pizza Day
9th February
- + Student Volunteering Day
11th February
- + Random Acts of Kindness Day
17th February
- + Love your Pet Day
20th February
- + Cornish Past Week
24th February – 2nd March
- + World Spa Day
25th February

+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

1. Winston Churchill. Few. Battle of Britain
2. Florence Nightingale. Nursing. Crimean War
3. Glenn Miller. Trombone. Band
4. Bobby Moore. England. World Cup
5. Clement Attlee. Labour
6. Mahatma Gandhi. India. Lawyer
7. Field Marshall Bernard Montgomery. Desert Rats. El Alamein
8. Charlotte Dujardin. Dressage
9. Sir David Attenborough. British Broadcasting Corporation
10. Queen Elizabeth II. 1953. Westminster Abbey

Wordsearch solution (Page 12)

A	Y	B	T	B	S
E	L	S	U	U	H
E	E	S	R	G	E
R	G	N	K	E	R
T	N	O	E	A	R
W	A	W	Y	Z	Y

Sudoku solution (Page 14)

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

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