

# NAPA Activities

## to support your special events

### Homemade Bread Day 17<sup>th</sup> November

These ideas are to help you make the most of some of the special days in your calendar. Add to the fun by building on a topic, which could be spread across several days if that suits you and your team. Anyone in the care team including volunteers should be able to use these ideas. Some may take a little planning, but others you could do on the spur of the moment.



We have used a **colour code** for the NAPA Activities to help you to match them to **people's abilities, interests and level of participation**.

**Blue** – High cognitive skills- able to complete quizzes, puzzles and crosswords unaided.

**Red** – Living with early – mid stage Dementia.  
Interested in the 'doing' rather than the end result.  
Can follow simple instructions.

**Orange** – Living with mid- late stage Dementia.  
Able to work one to one to complete short activities

**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

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**Connecting with your Community on Homemade Bread Day**

**Visit a local bakery**



**Contact a bakery and ask if you can come and have a tour and taste and maybe have a go at baking something. This is a great way to get involved in a local business and who knows maybe you could sample a few of your bakes!**





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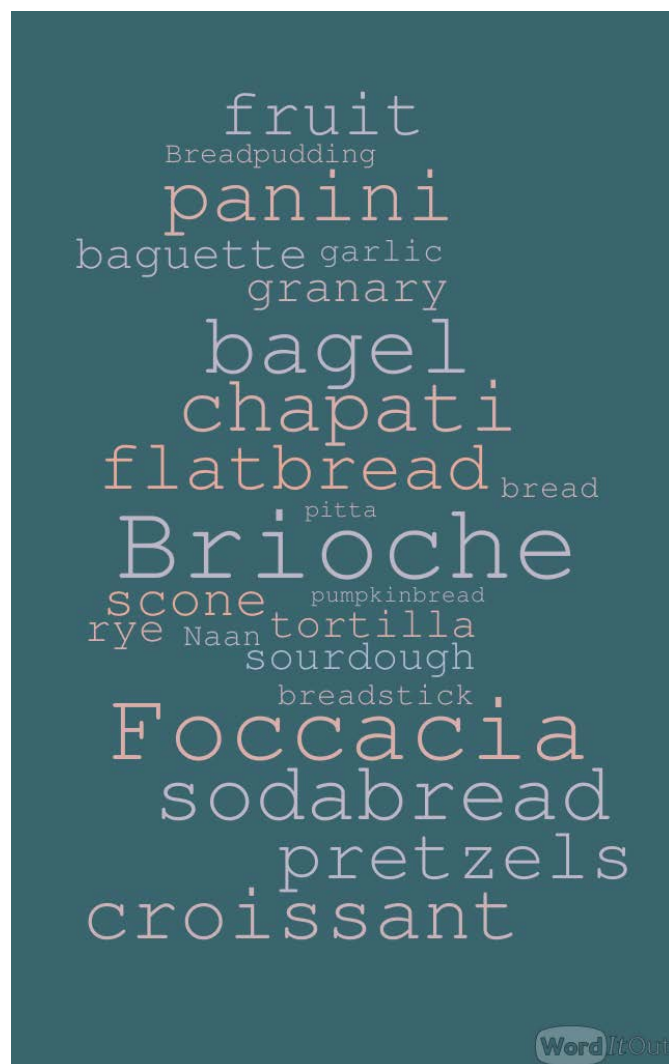
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## Making the Most of Mealtimes on Homemade Bread Day

These are just a small selection of the different kinds of bread, how many more can you think of?



How about, spending a week  
baking and sampling the  
different breads, you could  
hold a vote on people's favourites!



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### Things to do on Homemade Bread Day

#### Braided Pesto Bread (Edible)

What you need: Serves 3-4

- 1 1/2 cups warm water
- 1 tsp caster sugar
- 2 tsp (7g/1 sachet) dried yeast
- 4 cups plain flour, plus extra for dusting
- 1 teaspoon salt
- 1/4 cup olive oil, plus extra for brushing
- 1/2 cup store bought or homemade pesto
- 1/4 cup grated parmesan cheese

What to do:

- Combine the water, yeast and sugar in a small bowl. Set aside for 5 minutes or until foamy. Combine the flour and salt in a large bowl and make a well in the centre. Add the yeast mixture and oil. Use a round-bladed knife in a cutting motion to mix until the mixture is combined. Use your hands to bring the dough together in the bowl.
- Brush a bowl lightly with oil. Turn the dough onto a lightly floured surface and knead for 10 minutes or until smooth and elastic. Place in the prepared bowl and turn to coat in oil. Cover with plastic wrap and set aside in a warm, draught-free place to rise for 30 minutes or until dough doubles in size.



- Dust work surface with flour. Roll out the dough into a long rectangle. Spoon pesto over top, spreading evenly, leaving a clean 1/2-inch border around the edges.
- Roll the long side of the dough towards you and pinch the seam closed. Transfer to a baking sheet that has been lined with baking paper. Cut the dough in half down the length of the dough and pinch the top ends together. Working quickly, braid the two pieces, trying to keep the pieces twisted so the cut ends remain on top (this is what makes the bread pretty). When you get to the bottom, pinch the ends together and wrap into a wreath. Transfer to your baking sheet and let rest for 30 minutes. Sprinkle with parmesan cheese and bake for 20-25 minutes, until golden brown.  
Let cool slightly and slice to serve.