

NAPA Activities

to support your special events

International Nurses Day 12th May

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 International Nurses Day

Get your coats on and off you go!

Invite residents to take a stroll to the local hospital or doctors' surgery, pop in and drop some cakes off for the nurses to celebrate nurse's day. You could call ahead first to see if there is a good time of day to drop by.



Nurses Now & Then

Do you have any retired Nurses in the care setting? You could invite them to do a short talk about their career as a Nurse, how about inviting local Nurses in too. It would be good to hear how , if at all, the role has changed over the years.



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Making the Most of Mealtimes on International Nurses Day

Afternoon Tea

What a lovely way to celebrate by having a fancy afternoon tea, get the posh china out! Set the table and make some lovely table decorations.



Invite local Nurses along to join for this wonderful treat as guests of honour!

What a great excuse for everyone to get dressed up.

Plan a lavish selection of fancy sandwiches, delicious cakes and scrumptious scones, not forgetting a pot of tea!



Here are a few ideas to help you with your event:

Tea Bag Biscuits -

<https://www.clairekcreations.com/tea-bag-biscuits/>

How to serve an easy afternoon tea -

<https://www.31daily.com/easy-afternoon-tea/>

Cucumber Tea sandwiches -

<https://www.ohhowcivilized.com/tea-sandwich-cucumber-chive-butter/>

How to throw a vegan afternoon tea -

<https://thegreenloot.com/vegan-tea-party/>

Checklist Afternoon Tea		
China	Glassware	Food
(Per Person) Teacup Saucer Side Plate	(Per Person) Lemonade Glass Champagne Glass	Champagne Homemade Lemonade Loose Tea Sugar Milk
(Per Four) Cake Stand Sandwich Plate Teapot Sugar Bowl Milk Jug Slop Bowl Teapot Jam bowl Cream bowl	(Per Four) Lemonade Jug	Lemon Slices Assorted Finger Sandwiches Little Cakes Tiny Warm Scones Jam Cream
	Cutlery	Decor
	(Per Person) Teaspoon Cake Fork	Tablecloth Vase of flowers Place Markers Bunting
	(Per Four) Large Cake Knife Cake Slice Sandwich Tongs Sugar Tongs Jam Spoon Cream Spoon Tea Strainer	

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Things to do on International Nurses Day

Beauty Therapy

Invite the nurses in your setting or the District Nurses who come into the setting in for a pamper session. I'm sure some residents and staff might like to get involved for a bit of pampering too.

What you need:

- Chairs and relaxing music
- A variety of cleansers and moisturisers for all skin types
- Cotton wool pads
- Facial tissues
- Flannels
- Warm water
- Hand cream
- Nail varnish remover
- Nail file
- Nail varnish – check for preferences on colour



What you do:

- Ask people to sit in the chairs and explain what you are going to do.
- Invite them to choose which creams they would like to try, keeping in mind any allergies they may or may not have.
- Start by cleaning the face with warm water and facial cleansers and then apply moisturiser for a light massage. Then with a warm damp face cloth, wipe face and dry with facial tissues.
- Finally moisturise their face again before offering them some make-up.
- Ask if they would like their nails painted, if so, it might be nice to give a little hand massage with the hand cream first.



Honey Oatmeal Mask

- What you need:
- 2 tbsp ground oats
- ½ tbsp fresh lemon juice
- 2 tbsp raw honey
- 4 drops tea tree essential oil

What you do:

Finely grind the oats.

In a small bowl mix together the ground oats, lemon juice, honey and tea tree oil.

Apply to the face to create a mask keeping well away from the eyes.

Leave on the skin for 10–15 minutes.

Remove the mask with cold water and a face cloth

