

NAPA Activities

to support your special events

Pinhole Photography Day 28th April

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 Pinhole Photography Day

Photography Exhibition

What a great way to showcase your work and inspire others to have a go.



What you need:

Printed photos and framed (this is up to you, you could print them and display in plastic wallets)

Invite relatives, friends and members of the local community to come along.

What you do:

Display the photos around the home or entrance. Invite guest to have a look around. Make sure the photographers are on standby to answer questions about their work and how it was taken.

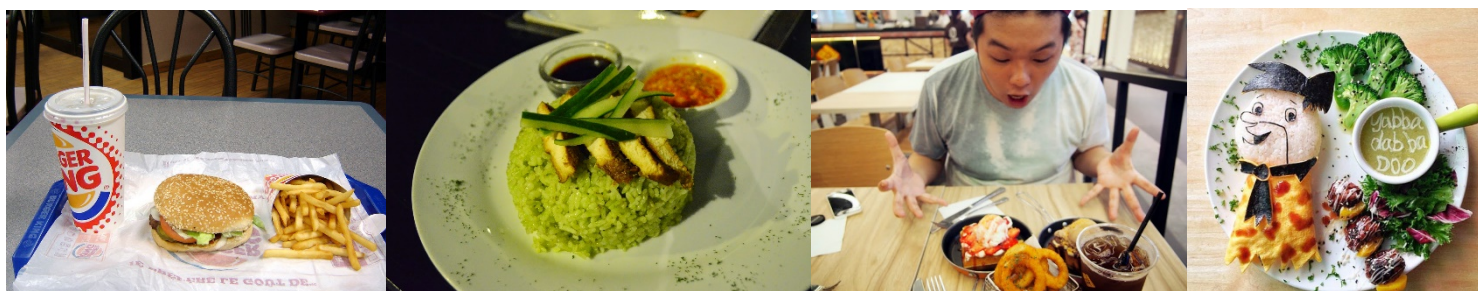
You could sell the photos!

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Making the Most of Mealtimes on Pinhole Photography Day

Everywhere you look on social media, there are people who are sharing photos of their meals and what they are eating and drinking. This could be a fun way of joining in the trend!



These could be used as a visual menu for everyone to use, really beneficial for those that find visual cues easier.

Here is a suggestion

Today's Menu



Fish & Chips



Red or White wine



Fruit Salad



Fruit Juice

to support your special events



Things to do on Pinhole Photography Day

Pinhole Photography

What you need:

- A Pringles tube
- Translucent paper
- Something to put a small hole in the base
- Something to cut the tube



What you do:

- Cut the tube off about 2 inches or so from the base, you don't have to measure it. I used a bread knife and sawed through it quickly.
- Dust it out, to make sure there are no bits of card or Pringles left.
- Cut a piece of the cereal box inside packet or tracing paper to just a bit larger than the Pringle lid.
- Make a small hole in the centre of the base of the tube. In the first version I made, I just stabbed it with a knife and although this worked it was a slit rather than a round hole, in a second tube I used a bradawl and hit it with a hammer.
- Put the tracing paper or cereal packet over the open end of the smaller part of the tube and put the transparent Pringle lid over it to hold it in place.
- Use the remaining part of the Pringle tube to form a viewing shield.
- Tape it together if you want or just hold it.
- Stand in the middle of a room and look through it at a window, with your other eye closed, the tube being large makes a good light seal around your eye even if you are wearing glasses.
- Stay with it a minute or so for your eye to become accustomed to the light level.
- Ignoring the bright light from the pinhole and looking at the image on the tracing paper, move the tube about and you will find the pin point can be made to vanish and the image moves about.
- Notice that the image is upside down and back to front.

Here is another fun project for you to try.

- All you need to turn a Smartphone into a pinhole camera is scissors, tape, a needle or similar sharp object, small pieces of cardboard and, of course, your Smartphone.
- Take a small piece of cardboard or cardstock paper (half-inch squares work best) and poke a hole in the direct centre using a needle or similar sharp object.
- Poke a hole in your cardboard square for the Smartphone Pinhole Camera
- Next, line up the hole with the Smartphone camera lens. Using the camera function as you do this will make your job a lot easier.
- Turn your camera on and line up the hole in the cardboard with the lens on your Smartphone
- Once the cardboard is in place, secure it with tape. Make sure not to cover up any other device items with the tape like flash, speaker, mic, etc.
- When in position, tape the cardboard to your Smartphone
- Using a sheet as a backdrop, a few props, you can create an at home DIY photo booth for your new pinhole camera. Make sure to set up in a well-lit area of your house to take the photos.
- Set up a photo booth in a well-lit area to start taking pictures with your Smartphone pinhole camera

