

Getting Creative with **tech**



Sponsored by



***A resource to inspire tech-based
activity and engagement***

Getting creative with **tech**

+Contents



How NAPA uses Tech to support the sector:

NAPA supports the care sector to prioritise wellbeing through the promotion of activity, arts and engagement. We provide support services that equip our members with the essential knowledge, skills and resources required to provide person centred, meaningful connections. Our flexible and responsive approach has enabled us to adapt our support services to be available digitally.

Our digital services:

All NAPA members can now access the following virtual **professional development** opportunities:

- + FREE elearning
- + Discounted distance learning qualifications
- + FREE and discounted webinars
- + Online training days

We have extended our **Helpline service** to include the following points of contact:

- + FREE Phone line available Monday to Friday 10am-3pm
- + Helpline Email service – helpline@napa-activities.co.uk
- + Closed virtual support group – [click here](#) to join the group

We have converted our **digital resources** to be available digitally including:

- + FREE digital quarterly magazine
- + Twice weekly NAPA News sent direct to your mailbox – [sign up here](#)
- + NEW downloadable resources – sign up to NAPA News for updates
- + Online shop of digital resources, for your Activity toolkit – [click here](#) to browse

The services provided by NAPA are developed in consultation with our members, we endeavour to work alongside NAPA members to understand their experience and provide information and support that is appreciative, responsive and practical.

Please note: All NAPA services are available to non-members to purchase – contact: info@napa-activities.co.uk



About this resource

NAPA are delighted to provide this free resource in collaboration with Alive, we appreciate their experience and expertise in this area.

Together we have compiled a range of practical ideas that we hope you will find useful in developing opportunities for creative tech-based activities. Now more than ever the use of tech is vital to connection and creativity and we are here to support you on this

journey. If you would like to discuss the activities in this resource or how to introduce tech into your care setting you can contact our helpline service for further information and support.

To get in touch with our free helpline service call: 08001585503 – email: helpline@napa-activities.co.uk

We are now all using the tech that previously baffled us to help us remain connected and to ensure creative and meaningful engagement for the people

we support. NAPA members can share their challenges and spirit-lifting stories on how digital communication and resources are becoming embedded into their practice by:

- + Joining the NAPA online support group and sharing their experiences ([click here](#))
- + Contributing ideas for tech-based activities with the **NAPA News Network**
- + Submitting articles to the NAPA magazine ([click here](#) to join NAPA)



To hear more about the work of our members or to share examples of your own practice, please contact us: communications@napa-activities.co.uk

+ **Hilary Woodhead** Executive Director, NAPA

Tech is one of those words that can either bring a smile to someone's face or fill someone with dread. 2020 has forced us all to try to embrace it, just to stay connected.

The Care Sector has responded to the challenges it has faced with incredible creativity and we know in many care homes, tech is being used so much more. It will never replace personal

touch, it can never substitute for human connection but it can help us to make our activity more personalised and person centred and as such benefit and improve the quality of life of those we love and care for. We have to keep embracing tech, even when we can move to more of a normal way of life, we need to keep the lessons we have learnt and ensure tech is embedded in our activity programmes. Whether that is using iPads for life story work, sharing videos of grandchildren, attending a

virtual church service, using DAB Radio, or sharing daily simple activity on social media. Each time we use some form of tech, we can tailor activity to individuals' interests, backgrounds, cultures and faiths, allowing us to learn more about our older people, each home will use tech in a different way; some will be linking up with other homes in multi-home zoom calls, others will be purchasing their first iPad, others will be grappling with WIFI connections.



Wherever you are, continue on your digital journey and see how far you can travel. If you would like to find out more about the work of Alive, please give us a call on 0117 377 4756 or email info@aliveactivities.org / www.aliveactivities.org

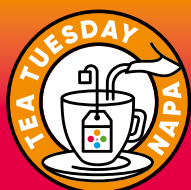
+ **Isobel Jones** CEO, Alive

OM interactive are delighted to be able to sponsor this Free resource to support the use of technology in activity and engagement.

NAPA & Alive do so much to promote the provision of meaningful activities, so we are very proud to be able to assist in the creation of this resource which we hope will be of great benefit to all working tirelessly in care homes across the UK.



+ **Anna Park**
Care and
Education
Consultant,
OM interactive



Hilary and Isobel discussing the use of Tech during a NAPA Tea Tuesday event – [click here](#) to watch the clip

To find out more about upcoming Tea Tuesday events – [click here](#)

To catch up on past Tea Tuesday events, please visit our You Tube channel – [here](#)

Alexa-based Activities:

An Alexa can help you provide opportunities for activity and engagement which relates to an individuals background and interests.

Talk to the person you support and find out about them:

Does the person love Mozart, Elvis Presley, Scottish ballads, rock music or Bollywood music? Have they travelled the world? Do they like comedy?

There are many activities you can do with an Alexa, all by speaking to it.

Each time you want to ask a question, say "Alexa" to get it to listen.

- + Exercise to music – Start the day with some gentle exercise. For example: To launch the programme, say "Alexa, start the 7-minute workout" or "Alexa, start Engage workout". Alexa will talk you through the steps.

- + Meditate to music – Take a moment to relax. For example, to launch the programme, say, "Alexa, activate the Peaceful Meditation skill". Alexa will ask you to select how long you want the session to last. These range from 3 minutes to 15 minutes.

- + Alexa Song Quiz – This is fun. To launch the game, say, "Alexa, Start Song Quiz". You can choose the decade you feel is best suited, 60's-present day pop music.

- + Play peoples favourite songs. All you need to do is ask Alexa to play the song of your choice. Ask for the singer and song title if you know it. Example, "Alexa, play The Beatles, Yellow Submarine".



- + Ask Alexa to play popular songs from the 50's for example. It will play a selection of songs. If you wish to move on to the next song, just say, "Alexa, next song."
- + Jokes – Alexa will tell a joke to lighten the mood. Just say, "Alexa, tell me a joke".
- + Fun facts – Alexa will tell you facts about famous people, places and objects!

You can have lots of fun learning what Alexa can do!

Alexa-based Activity – Armchair Dancing

Activity:

What you need:

- + An Amazon Echo "Alexa" for Music! YouTube is a good place to look, you may find a video giving you some tips!
- + You could do many different types of dancing, Scottish, Irish or ballroom
- + Don't be afraid to get up and have a go!

What you do:

- + Make sure you have plenty of space in your chosen room; dining rooms tend to work well
- + Arrange the chairs around the outside of the room to ensure there is plenty of space
- + Music is such a great way to get people moving, even if it is just a foot! Remember it is fine if an individual doesn't want to move, they may just enjoy the music and watching you!



Using tech to connect

Alive has been using touchscreen technology to enrich the lives of people in care settings for almost a decade. We use touchscreen devices (iPads being our preferred tool) during our meaningful activity sessions in a multitude of ways, allowing us to respond in the moment to the needs, interests and wishes of individuals.

Touchscreen devices can place the whole world at our fingertips. We use them to explore people's life stories – finding pictures, films or facts that can transport people back to their happiest memories. We create music together by using the latest sensory music apps such as 'Bloom' or 'Midnight' as stimulation for people living with dementia.

Spontaneous internet searches allow us to explore, discover and share music from any decade or country. Touchscreen devices can also be connected to a TV or projector, for an interactive group experience. Whether it's watching movie clips, historic footage or using free apps like Google Street View to find the house where someone grew up and 'walk' down their childhood street, the ways in which we can use this technology with older people are limitless.



+ **Isobel Jones** CEO, Alive

Although it's a good place to start, touchscreen technology is just one of the ways new tech can be used to improve wellbeing in care settings. Don't forget technology can be as simple as having a DAB radio. With so many different radio stations available, from Test Match Special to culturally diverse stations such as Asian Sound Radio or to M4Dementia, you can ensure all tastes and hobbies are catered for.

There is a growing body of evidence to suggest that using technology can bring many benefits for the people we support, such as increased cognitive and physical activity, social interaction and learning new skills. Alive met one man who said he was going to buy his own games console so he

could play against his grandchildren when they came to visit! Some of the most common misconceptions we encounter are that the people we support are not interested in learning about new technology, that they aren't capable or are too scared to use it. Although people can sometimes take a little while to get comfortable, once the tech is 'demystified', most of us thoroughly enjoy the new challenges and fun it brings.

We have been running zoom sessions direct into Care Homes for some time and have loved seeing individuals embracing the technology. We have been brought a range of care homes together, quizzing and puzzling against each other and it's been wonderful to see the smiles and joy this has brought.



If you would like to speak to us about a virtual zoom activity session please call **Ben** in the Alive office on **0117 377 475**

Getting started:



It's easy to set up technology in most care settings. The majority already have large TVs in communal areas, so they are generally equipped with a good space to use. It's simple to plug a touchscreen device into a TV using an adaptor and HDMI cable and the TV is a familiar focal point to captivate a group.

You can also cast or mirror your screen from your iPad which allows you to move the iPad around the room, without the need for cables. You might need a Chromecast or firestick if you don't have a smart TV. Youtube videos are great for explaining how to do this. You can start a discussion about past holidays or jobs, encouraging people to share memories and searching for relevant content through Google to bring them to life.

At Alive we have learnt that it's best to avoid using the word 'computer' when first introducing touchscreen technology as it can sometimes deter people from participating. It is also good to avoid confusing terminology such as Wi-Fi, 3G, 4G etc. Try conversational phrases like "Have you seen this...?" "Look at this" or simple invitations to "touch this", "press here", or "move it this way". Always be patient as new users become accustomed to the touchscreen device. We believe it's vital to ensure each activity is user-led and guided by participants. This means asking questions and presenting options to promote choice, which will enable control and independence wherever possible.

Alive has many amazing examples of how technology can be used to open up life again for those we support. A particular favourite comes from a reminiscence session where we were discussing love and marriage. One resident was originally from South Africa and we were able to find a picture looking down the aisle of the church in Durban where she was married almost 60 years previously.

At that moment she was transported back to the happiest day of her life and it was a privilege for everyone in the room to share the memory with her.

So, how can you get started using technology with the people you support? Buy a new or refurbished touchscreen tablet and explore! You can also book onto the Alive 'iPads and older people' training course and we will empower you with all the knowledge you need to you enrich the lives of the people you care for.

Alive are also running **free 1 hour technology sessions**, for those who are unsure how to set up technology or want to move on to the next stage. Please email info@aliveactivities.org for more details.

Alive App Recommendations

iPads are incredibly easy to use, versatile and a great way to introduce people to new technology. With our work at Alive, we have found a wide variety of apps which enable people to build connections, be creative, and discover new and old interests.



Apps can be used in groups and on a 1:1 basis, so are incredibly flexible.

New apps are constantly coming on the market, so it's important to keep checking and looking for new ideas. Here is just a selection of our favourite apps that can be used specifically around life story work and reminiscence, nature and those which are particularly good for people living with dementia.

Tangible Memories Story Creator

Tangible Memories is a simple life story app, created by University of Bristol as part of the Tangible Memories project. This app enables you to capture images, text and audio that have special meaning for you, print out, scan and listen back to them and even use them to make a personalised book. Specially co-designed with older people living in care and care staff alongside artists and researchers from

Bristol University, it's easy to use. A great starting point for conversations and life story projects. Available for both apple and android tablets.

Armchair Gallery

If we can't get to galleries in person then this app brings the gallery to you! Taking you on a tour, you can discover, copy and learn about different artists and even create your own artwork. Gives opportunity for memory prompts and reminiscing as it is designed for people living with dementia.

Pic Collage

Pic Collage is a scrap book App that enables you to create interactive images in an easy, fun and accessible way. Use photos from the web or your camera roll, move items around, search for and import images live, and embed gifs or short video clips. Can be created right in the moment and used 'live' and saved to revisit later. A great app for life story and conversation starters. Share

with a group by connecting your iPad to a TV or projector, create animations, virtual postcards or a scrap book.

RemArc

This app will take you through the decades, either by topic or by decade. You can look at clothing, work history, television programmes to name but a few. Its great fun!

House of Memories

My House of Memories enables you to explore objects and videos from living memory, share memories together and build your own memory tree. Based on themed collections from National Museums Liverpool, with background info on each object. Designed for and with people living with dementia and their carers. New objects are continually being added.

Alive App Recommendations



WARBLR or Bird Song

Bring the outside in! A great way of connecting the people you support with nature, especially in these winter months. These apps as well as displaying pictures and playing the different bird songs, this app allows you to record a song you aren't sure and it will let you know which bird it belongs too. Enabling us all to learn more about the outside world. There are other apps offering similar support for plants and trees such as SMART PLANT and TREEID or Tree Finder.

Gardroid

For those who love to sow, by using Gardroid you'll have a massive amount of information at your fingertips with practical guide on when is best to sow and harvest. By 'favouriting' crops, you can receive notifications when it's best to get started whilst also allowing you to keep track of the progress, with an estimation of when you'll be able to harvest and enjoy your fresh pickings.

Nature Finder

Allows you to find the different kind of species and nature at different points around the UK. The 'Nature Finder' app contains a map of more than 2000 nature reserves – woods, meadows, moors, heaths, lakes – great places to explore and get close to nature.

Fireworks HD

A simple app to introduce someone to using a touchscreen. Real looking and sounding firework displays by dragging your fingers across the screen. Can include loud sounds, so adjust your device volume.

Gaze

Allows people to chose the environment they would like to be in. From a tropical island, to an open fire, at the touch of a screen people can be whisked to the destination of their dreams.

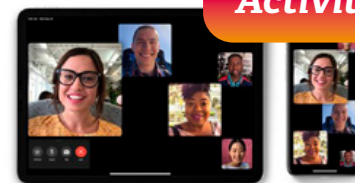
Butterflies

Used with the camera on your iPad, this app will bring a host of brightly coloured, exotic butterflies into your lounge! People may have fun using the touchscreen and getting butterflies to land in particular places. Link your iPad to a projector or a TV, so everyone in the group can watch as brightly coloured butterflies flutter around the room – and come to land on a chair, a hand – even someone's head.

Bloom

Create patterns and unique melodies by simply tapping the screen. A generative music player takes over when Bloom is left idle, creating infinite variations of melody, colour and shape. Great for introducing people to using a touchscreen. Pass around a group for everyone to add their bit. Or read a poem while the melody plays in the background on a Bluetooth speaker, or connect to a TV.

Stay connected with family and friends online

Activity:

Staying connected is so important and with a little help of technology is easier than ever.

There are a number of different ways of talking to one another face to face on a computer and using 'Skype' is one of them, which we will use here. Please use the link to download if you haven't already got Skype – [here](#)

Skype is a telecommunications application that specialises in providing video chat and voice calls between computers, tablets, mobile devices.



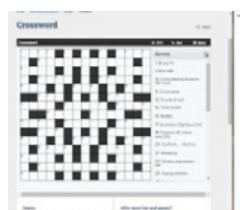
Online games with family: Words searches

Follow the link below to create your very own word search.

You get to choose the words to search for which means you can make it as personal as you like. Maybe you could add family and friends' names or places that you have visited together. When completed making the word search, there is an option to send your creation to others to have a go. You can also use the option to download and print – [here](#)

You will need:

- + PC, tablet or smart phone
- + Internet access
- + Email address



What to do:

- + Once connected to the internet follow the link and instructions on making the word search. You will need to include 10 words or more. You could make it a theme of the day, choose colours or food types.
- + When you have typed in the words you would like to include – click on the save button on the screen and enjoy your puzzle.

Crossword Coffee Morning

Using Skype have a crossword coffee morning and invite 2 or more people to join in.

The link below provides a daily puzzle, everyone involved can access the same crossword from different places at the same time! – [click here](#)

You will need:

- + PC, tablet or smart phone
- + Internet access
- + Printer (optional)

What to do:

- + Follow the link above and have a coffee ready. Arrange with a friend or relative when you want to do the crossword together online and connect using skype.
- + You may need to print the crossword out using a printer or have two windows open on the screen one side the puzzle and the other the skype call, which ever you find easier.



Online chat group for a quiz between family and friends



You will need:

- + PC, tablet or smart phone
- + Internet access/ Skype
- + Decorate your room for a themed quiz

What to do:

- + Log onto skype
- + Select the. New Chat button and select New Group Chat from the list

- + Enter a name for your group, which is required to continue
- + Select the Camera icon to upload a photo for your group
- + Select the right arrow to create your group
- + Add contacts
- + Select Done to start chatting

YouTube

YouTube is a video-sharing website, on which users can upload, view and share videos.



You use YouTube to watch

- + Movie clips
- + TV clips
- + Music videos
- + Amateur videos blogging
- + Short original videos
- + Educational videos

Activity Ideas

- + Music Request night – Everyone enjoys a good sing song
- + YouTube is a great way to revisit old/new favourites
- + Give every resident a chance to share a favourite tune

Ideas to structure the evening

- + Favourite music video of all time
- + Favourite lyrics
- + Top ten tunes
- + First song/album you bought
- + First song you heard on the radio



- + First song you danced to on your wedding day
- + Favourite hymn
- + First music concert you went to
- + Favourite songs that remind you of loved ones

Educational purposes of YouTube

- + Learn how to play a piece of music
- + Learn foreign words
- + Learn how to do something e.g. a knitting stitch, recipe, program a PC

Upload your own videos

- + Share a skill
- + Share a positive video about life in a care home
- + Share a song/poem you have written
- + Video blogging about a favourite subject e.g. places
- + you have travelled, words of encouragement.

Quiz: Technology



1. Did the Apple iPhone first become available in 2005, 2006 or 2007?
2. In terms of computing, what does CPU stand for?
3. True or false? Nintendo was founded after the year 1900.
4. The Hubble Space Telescope is named after which American astronomer?
5. Is the wavelength of infra-red light too long or short to be seen by humans?
6. Firefox, Opera, Chrome, Safari and Explorer are types of what?
7. The technologically advanced humanoid robot ASIMO is made by which car company?
8. True or false? Atomic bombs work by atomic fission.
9. In terms of computing, what does ROM stand for?
10. Did the original Sony Playstation use CDs or cartridges to play games?
11. What is the Earth's primary source of energy?
12. IBM is a well-known computer and information technology company, what does IBM stand for?
13. Along with whom did Bill Gates found Microsoft?
14. What science fiction writer wrote the three laws of robotics?
15. True or false? In computing, keyboards are used as input devices.
16. What does the abbreviation WWW stand for?
17. Nano, Shuffle, Classic and Touch are variations of what?
18. How can Alexa help you? Does she – do your washing up, clean the kitchen floor or provide a weather forecast?

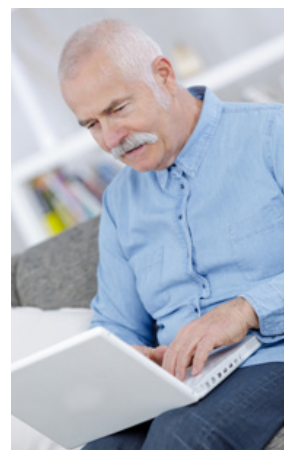
ANSWERS: 1. 2007 / 2. CENTRAL PROCESSING UNIT / 3. FALSE – 1889 / 4. EDWIN HUBBLE / 5. LONG / 6. WEB BROWSERS / 7. HONDA / 8. TRUE / 9. READ ONLY MEMORY / 10. CDS / 11. THE SUN / 12. INTERNATIONAL BUSINESS MACHINES / 13. PAUL ALLEN / 14. ISAAC ASIMOV / 15. TRUE / 16. WORLD WIDE WEB / 17. THE APPLE IPOD / 18. PROVIDE A WEATHER FORECAST

Activity Ideas



Reminisce about technology!

- + When did you purchase your first computer/mobile phone? What was it?
- + What did you use it for?
- + How did the rise of technology in the workplace help or hinder your work?
- + How do you use computers/phones/tablets for recreational use now?



Activity – Gaming

Using the Wii is much more active than any other console, you can get really involved and move around or play from the comfort of your chair. It is also fairly simple to use.

There are lots of fun games to play, including bowling, boxing, golf, tennis, bowling and more.

You could also get racing games with steering wheels! If anyone likes driving or racing!



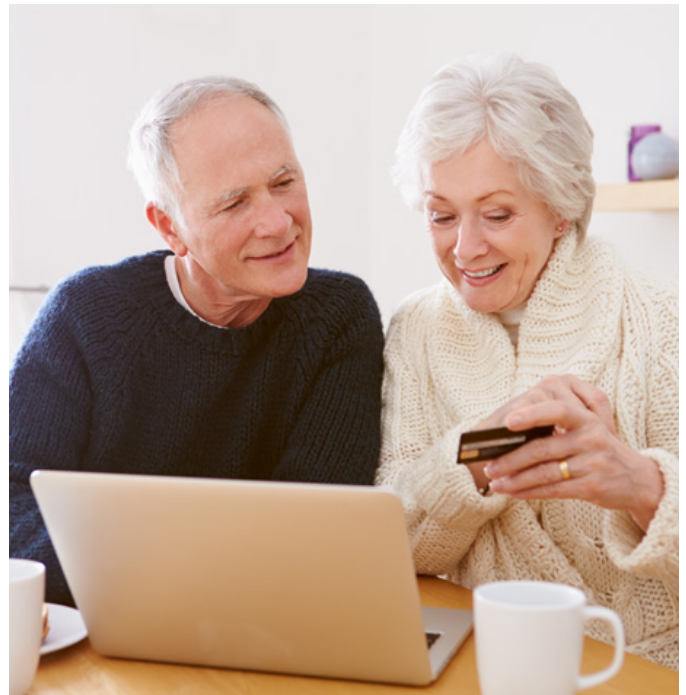
The internet: Shopping for gifts

Internet shopping is a great way to enable the people we support to buy a gift or send a personalised card.

Here are some inexpensive websites for you to suggest:

- + **Moonpig** – Create that personalised card for someone special. Individuals can think of their own greetings messages as well as include funny photos
- + **Etsy** – this is a great place to find unique gifts for all occasions
- + **Baby Blooms** – Looking for unique Christmas baby gifts how about these beautiful baby clothes bouquets
- + **Buy a Gift** – something a bit special, this website gives you loads of ideas for the whole family
- + **Hampers** – Something tasty
- + **Totally Funky** – Something fun

Check in, as appropriate to ensure the individual has money available to spend, online shopping can get expensive! It can be easy to overspend and over order. Suggest keeping track of what has been ordered and how much has been spent, perhaps 'shop around' to find the best deals. Online shopping is a great activity for individuals whose mobility/ health restricts them from getting out.



Ways to make online shopping experience fun

- + Play music
- + Shop together
- + Most people enjoy having a coffee or some lunch out when shopping – so prepare a warm drink/ snack that can be enjoyed when you take a break or when you have finished
- + Enjoy talking about purchases, why they picked certain presents for certain people
- + Reminisce – where they used to enjoy shopping? what are some of the presents they remember buying or receiving over the years?

Reminiscence – World News

For centuries newspapers were printed on paper and distributed physically to readers. Now, virtually all printed newspapers have online editions distributed over the Internet. But as some publishers find their print-based models increasingly unsustainable, web-based newspapers have also started to appear.

By 2007, there were 6,580 daily newspapers in the world selling 395 million copies a day.

The late 2000s-early 2010s global recession, combined with the rapid growth of web-based alternatives, caused a serious decline in advertising and circulation, as many papers closed or sharply retrenched operations. By the late 1990s, the availability of news via 24-hour television channels and then the internet had changed the industry markedly, not only in the decline of printed newspapers but in the growth of the mass media.

- + In your life time what are the news stories that have shocked the world?
- + What is your choice of newspaper?
- + Where did you get your printed newspaper from? E.g. paperboy or local shop?
- + How do you feel about the decline of printed newspapers?

There may be individuals for whom reading a paper was a favourite pastime. They may now find reading a printed paper difficult all sorts of reasons – but don't assume they can no longer read.

Consider:

- + Dexterity
- + Vision
- + Cognitive decline
- + Posture

Individuals may appreciate you looking into different options for them to try, for example

- + Download a paper on an ipad
- + Search online for local talking newspapers



Additional activity ideas

- + Ask individuals to recall a memorable day in their lives e.g. wedding day, birth of a child. Search the internet to find out what happened in the news that day
- + You might like to create a poster presentation in the home or produce a small booklet together which they can keep



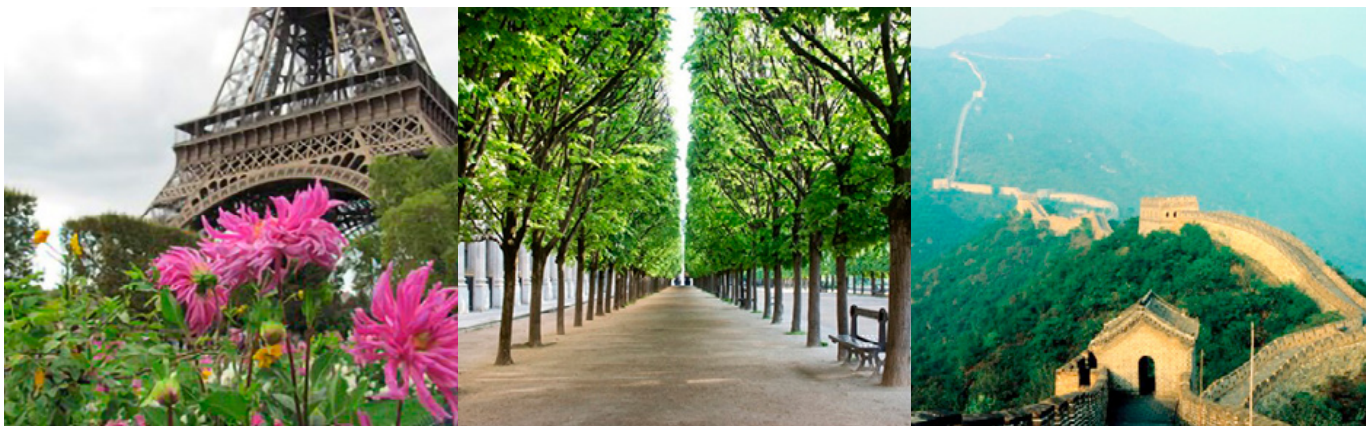
Virtual Tours from around the world

Virtual Tours – Sit back, relax in a comfortable chair and explore some the most famous iconic places around the world with these special virtual tours online.

We take a look through the eyes of the camera in France, China, under water oceans and even a quick hop over to Mars for interesting look on another planet.

To enjoy the tour – **[click here](#)**

Please click the link and look around the famous Louvre, in Paris. In this virtual tour you have access to a range of interesting people and places from classical artists of the renaissance period to interesting Egyptian artifacts. Using the mouse to click and control the view. Use the wheel in the middle mouse button to zoom in for a closer look.



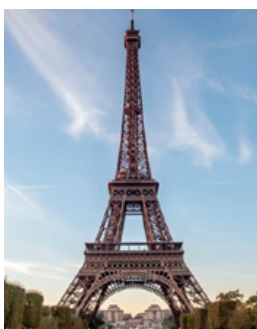
Eiffel tower views

For the next stop on the tour, we will remain in Paris and look at the magnificent views from the Eiffel tour.

This is a fabulous way to view cities from all over the world. Simply click the link below, if you feel that you would like to explore part of another city type at the top of the screen the place you want to visit.



You might want to consider a theme with your tour e.g. offering food associated with that place. A cheese and wine afternoon in Paris, or maybe tasting fortune cookies for a visit to the Great Wall of China.



360 views form The Eiffel Tower

There are also some wonderful views surrounding the Eiffel tower and gardens, providing a really immersive experience – **[click here](#)**

The Great Wall of China

Explorers can jet off to the Great wall of China and learn facts about this amazing feat of architecture that stretches 3000 miles.

This is a free short virtual tour, there are options to purchase different locations in China on this website – **[here](#)**

If you want some fabulous video footage to continue your tour take a look on this link on youtube – **[here](#)**

Virtual Tours from around the world



Live Aquarium

What better way to relax than with the live aquarium from the USA. This is a lovely background image to have for meditation, sitting quietly, knitting or reading a book.

It maybe that you want to use it as part of a sensory experience activity or to project onto a bedroom wall.

When you click the link you will be taken to live views of aquariums. There are different areas to choose from with different species. They really are interesting to watch live **here**



Space visit and beyond!

Space is very popular in the media at present as Mars is becoming a popular planet to explore next. In the coming months more scientific studies will be launched to the red planet.

NASA has sent some fascinating videos and pictures during the rovers exploration. Treat those who want to have a special journey beyond our planet.

The journey starts here.

- + This link takes you to video to experience 'take off' from Earth through the clouds and up into space – **click here**
- + This video will then land you onto Mars. This is an animated video of landing on Mars! – **click here**
- + Play 'Life on Mars' by David Bowie to add to the experience!
- + These links take you to pictures on Mars. The NASA images are so clear, there are a number of panoramic views and a narrated video to watch.
- + Watch the video **here**
- + Check out the images **here**

Travel safely!

Photo captioning

What you need:

- + Photos and/or magazine cut-outs
- + Pen or pencil
- + Paper to write the caption on

What you do:

- + Ask each person to choose a photo
- + Agree on a humorous caption for their photo. Show examples if necessary
- + Pin each caption on a board for everyone to see!

- + How about getting everyone involved, family members, the gardener, the chef, or laundry assistants – relatives can send captions in by email
- + You could ask residents and staff to take photos too

???



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Dominoes using tech

Here is an idea you could try with the use of a projector screen.



What you need:

- + PC/ webcam and Projector, or
- + White board and marker
- + dominoes

What you do:

Arrange the room so that chairs are separated the recommended distance apart facing towards the screen or white board. Each player has the number of dominoes given to them by the host who will have to collect the dominoes from each player. When the host collects the domino you place it onto a table that has a webcam looking downwards, projecting the table top onto the screen. This therefore displays the game in play so everyone can still see the game in progress and get to play in a group at a safe distance apart. The winner is the person who has no dominoes left. Remember to wipe clean the dominoes between games.

Alternative:

You may not have a PC and projector, you could use big sheet of paper on a wall or a white board and marker. You would have to draw the domino onto the paper or board as you play.

If you like this method of game play you could make some larger dominoes on paper and laminate them. Follow the link for a free download of A4 size dominoes you can print and laminate.

Then you could stick the appropriate domino on any wall/ whiteboard and reuse them each time.

You can find a range of templates for dominos online.

Click here to play against your friends and family.

Using the link above it takes you to a dominoes game you can play against the computer with up to 4 players.



Virtual Afternoon Tea

How To Host: Zoom

Zoom is a type of video calling software/website. On the free plan, you can invite up to 100 attendees and there is a call time limit of 40 minutes.



To host a Zoom meeting

To host a Zoom meeting, you must first create a login [here](#) and also download Zoom Client for Meetings from [here](#) on your computer.

1. Open Zoom Client for Meetings on your computer and sign in.
2. Click on the Schedule button and complete all fields in the Scheduler window. For the Calendars option, choose Other Calendars at the bottom of the window which will allow you to copy and paste scheduled meeting information such as the date, time and meeting URL. Click Schedule to finish.
3. Copy the information (date, time and meeting URL) of the Virtual Afternoon Tea that you have just set up in Zoom and send all invitees this information via email or another method of your choice.
4. To start the Virtual Afternoon Tea, once again open and sign in to Zoom Client for Meetings on your computer. From the Zoom home screen, you will be able to see the Virtual Afternoon Tea that you have created listed as a Meeting. Click the Start button of that Meeting. Make sure your audio and video are turned on!

To attend a Zoom meeting

Zoom is a type of video calling software/website.

You don't need to install anything to use Zoom, it can all be done through your internet browser. If you are using a smartphone, you will need to download the Zoom app from the app store on your phone ahead of time. The Virtual Afternoon Tea host will send you a link to join the video call before the tea commences.

1. Click on the link your contact has sent you.
2. Click 'join from your browser' to join the video call. The Zoom app will open if you are using a smartphone.
3. To end the call, click the red phone icon or close the browser window.

If you are using a desktop computer that does not have a built-in camera and microphone you may have to purchase a headset. Laptop computers have a built-in camera and microphone.



Virtual Afternoon Tea

How To Host: skype

Skype is a type of video calling software/website. On the free plan, you can invite up to 50 attendees and there is no time limit on the call.



To host a Skype meeting

Create a login [here](#) and also download Skype [here](#).

1. Once you have decided on a date and time to host your Virtual Afternoon Tea, open Skype on your computer and sign in.
2. Select the Meet Now button.
3. This will create a call link and a Share invite button.
4. Copy the information (date, time and call link) of the Virtual Afternoon Tea that you have just set up on Skype and send all invitees this information via email or another method of your choice.
5. To start the Virtual Afternoon Tea, once again open and sign in to Skype on your computer. Set your call to video and select the Start call button. Make sure your audio and video are turned on and working!

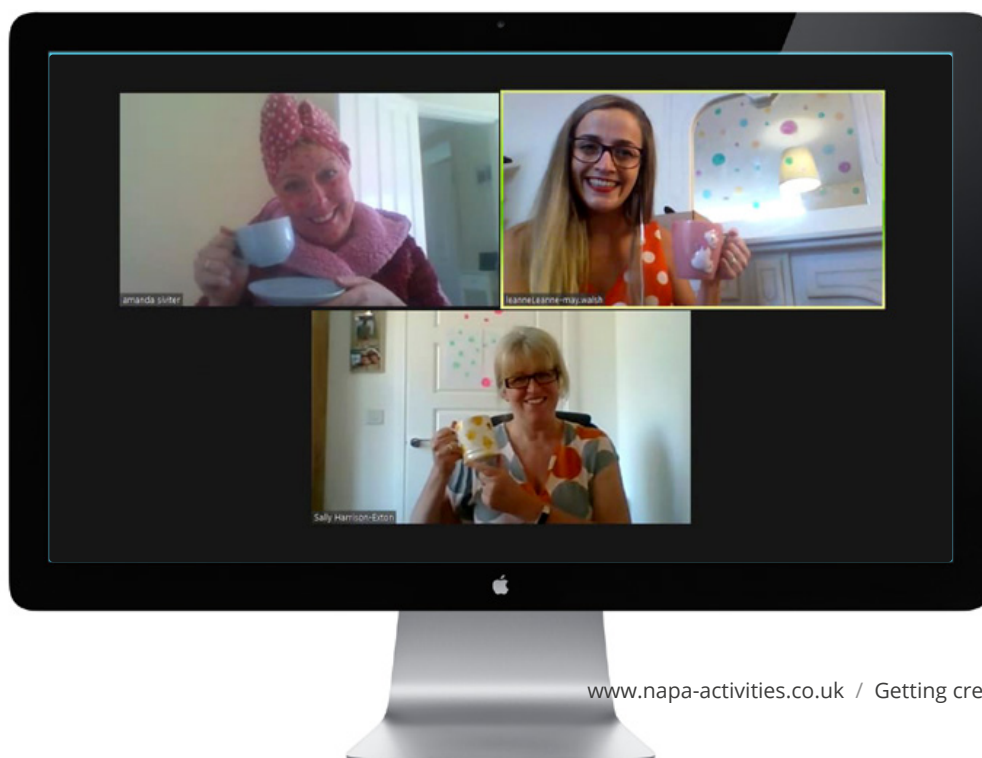
To attend a Skype meeting

Skype is a type of video calling software/website.

You don't need to install anything to use Skype, it can all be done through your internet browser. If you are using a smartphone, you will need to download the Skype app from the app store on your phone ahead of time. The Virtual Afternoon Tea host will send you a link to join the video call before the tea commences.

1. Click on the link your contact has sent you.
2. A window (or the Skype app if using a smartphone) will open. Click 'join as guest'.
3. Type in your name and click 'join' to join the video call.
4. To end the call, click the red phone icon or close the browser window.

If you are using a desktop computer that does not have a built-in camera and microphone you may have to purchase a headset. Laptop computers have a built-in camera and microphone.





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-  **Supports Emotional Wellbeing through Shared Enjoyment**
-  **Provides Reminiscence Activities for Reassurance**
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-  **Intuitive and Instinctive for all Living with Dementia**
-  **Boosts Staff Morale and Sense of Value/Purpose**



Joanne Monaghan, Head of Care & Manager at Askham Hall & Askham House, Doddington, said:

“Our Mobii projector has already brought a lot of joy and positivity in light of what is going on in the world at the moment. It is so easily transferable and really inclusive and has brought so much stimulation and happiness to our residents as they paint, ripple and sweep the colourful projections.”



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