

+Editors piece

Hi, Welcome to this issue of Things to Do. I have tried to stick with the pets theme and given you a few ideas to do with your residents.

Pets are really comforting to some people and puppets can sometimes have the same effect. When I worked

as an Activity Coordinator I brought a puppy puppet. He was a good, realistic size and one particular resident took a liking to him. She named him Bernard and took great joy in looking after him. While I was on my honeymoon Doris looked after him, he had marmalade on toast every

day for breakfast! He had lots of cuddles and had everyone's affection. Doris had always had dogs before coming into the home so it was natural for her to warm to him. I believe over ten years on, Bernard is still there giving joy to lots of people.



+Gianna Burns

Editor – project@napa-activities.co.uk

Check out the book review in Living Life, 'Puppetry in Dementia Care'. It is a great book if you are thinking about puppets for your setting.

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Contact NAPA

National Activity Providers Association
 1st Floor, Unit 1,
 Fairview Industrial Estate,
 Raans Road, Amersham HP6 6JY
 Telephone: 020 7078 9375
 Fax: 01494 726752
 Email: info@napa-activities.co.uk
 Registered Charity No: 1070674, SC038991
 Company Limited by Guarantee No: 3482943

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 – 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

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)



+Flower Art

What you need

- Paint
- Plate
- Flowers, with 3-5 inches of stem left intact
- Cardstock or watercolour paper
- Paintbrush (optional)

What you do:

- Squirt paint on to a plate. If too thick, dilute with water and mix together with a paintbrush.
- Swirl flower around in the paint.
- Place on paper. Feel free to stamp, swirl or brush to create different patterns.
- Try different types and shapes of flowers for variety or use your brush to paint in between the flower strokes.
- Once done, dry, frame, hang and enjoy.



+DIY Paper Dahlia Flowers

What you need

- 10 sheets of 8.5 x 11 inches per flower (4 layers on each flower. The biggest layer took 4 sheets, the next layer took 3, then 2 and then the centre took 1 sheet)
- Scissors
- Pen
- Low temperature glue gun
- Paper trimmer
- Cardboard

What you do:

- Cut a 6.5 inch circle out of cardboard. You could use a bowl and pen to trace a circle on the card and then cut it out with scissors. Use your paper trimmer to cut your colourful paper into rectangles. I cut all pieces of paper into 4.25 x 5.5 inches, which is basically an 8.5 x 11 inches into quarters.
- Then roll the pieces of paper into a cone shape with a point in the centre of one end and use a small dot of glue to hold in place. If you have kids helping you, I highly recommend using a low temperature glue gun. Glue gun burns are not fun!
- Glue the first layer of cones all the way around the edge of the cardboard circle. For the next layer glue the cones around a little inside the outer layer, without cutting or trimming them. For the third layer, trim about 2-3 inches off the cone before glueing them on. Then for the centre, cut off the tips of the cones and glue them into the centre of the flower.

