

# NAPA Activities

## to support your special events

### Aromatherapy Awareness Week 19<sup>th</sup> – 17<sup>th</sup> June

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 during Aromatherapy Awareness Week

## Host a Pamper Event



Connect with local beauty businesses, invite them to come along and offer samples of the services they provide either free of charge or for a small fee!

Take a walk into the town with a resident and visit a few businesses. Asking in person is much better, you will then have a personal connection with the person.

You could invite residents, relatives, friends and colleagues.

-  Hairdressers
-  Beauty Salons
-  Barbers
-  Spas
-  Makeup artists
-  Hairdressers
-  Massage therapist

Have some drinks and nibbles and encourage people to give things a try.

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## Making the Most of Mealtimes during Aromatherapy Awareness Week



### What you need:

225g Double Cream  
2 tablespoons of honey  
1 tablespoon of dried lavender buds  
340g all-purpose flour  
1 tablespoon baking powder  
¼ tablespoon salt  
6 tablespoons of unsalted butter  
1 large egg

### What you do:

Preheat oven to 200 / gas mark 6. Line a baking tray with parchment paper and set aside.  
In a small saucepan, add the cream, honey and lavender buds. Warm over a low heat for 10 minutes. Remove from heat and cool to room temperature.  
In a large bowl whisk together flour, baking powder and salt. Cut in butter with a pastry blender or 2 knives until the butter is broken down into the flour mix forming a crumbly mix.  
Whisk egg into cooled cream/ lavender mix and pour into mixture. Combine the ingredients with a fork, don't over mix.  
Place dough on a lightly floured surface and knead until dough is combined. Gentle form the dough into a 10x4 inch rectangle. Cut in half lengthwise and cut each side into the shape of triangles ( 6 per side). Place on prepared baking sheet 2 inches apart and brush with cream. Bake for 13 minutes or until lightly browned. Serve with additional honey or lemon curd.

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## Things to do on

### Aromatherapy Awareness Week

#### The best way to use oils:

Chamomile and lavender provide relief from joints swollen by rheumatism and arthritis. Aromatic massages and rubs containing black pepper, cypress or juniper can promote circulation and reduce the risk of varicose veins and oedema. Beauty care should not be neglected either; rose and geranium promote skin growth, giving skin a more vital appearance. An aromatherapy massage can give much needed contact, especially if given by a close relative.



#### Suitable essential oils:

##### Rosemary

Invigorating and analgesic, you can use rosemary oil in a vaporiser to improve concentration and memory.

##### Cypress

This essential oil helps to boost circulation, providing welcome relief for varicose veins as well as haemorrhoids, also swollen feet and ankles.

##### Eucalyptus

Eucalyptus essential oil's renowned antiseptic properties are most helpful for fighting colds and flu.

##### Geranium

Geranium oil is gently uplifting for low times.

##### Rose

Promoting skin cell regeneration, rose is an excellent beauty oil that improves the complexion and helps to soften lines on facial skin.

##### Chamomile

As well as anti-inflammatory relief from rheumatic aches and pains, chamomile oil provides help when treating insomnia or restlessness.

##### Juniper

This essential oil is detoxifying and can be used for arthritic and rheumatic conditions.



**Safety:** Always check with the doctor before starting any aromatherapy with older people as it may interact with a medication or illness.

More information and guidance can be found at  
[www.therapy-directory.org.uk](http://www.therapy-directory.org.uk)

