

NAPA Activities

to support your special events

Random Acts of Kindness Day 17th February

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 Random Acts of Kindness Day



CALLING ALL KNITTERS to knit smoothie hats 'BIG KNIT 2020-2021' Age UK receives 25p for every knitted smoothie hat that we receive and the target for the next 2-year campaign is an amazing 65,000 hats. The first target deadline is to knit: 20,000 smoothie hats by Wednesday 24th June 2020!

What is the Big Knit?

The Big Knit is a campaign ran by innocent drinks to support Age UK charities across the country.

People (that's you) are asked to knit little wooly hats to go on top of innocent smoothie bottles. For every hat knitted, they receive 25p.

How to get involved

Whether you're a knitting novice or purling pro, creating tiny hats is a fab way to raise money for charity.

Follow this link to browse over forty knitting patterns from innocent. From beginner to expert, bobble hats to unicorns, there's a pattern to suit everyone. <https://www.thebigknit.co.uk/knitting-patterns>

To find out more: <https://www.ageuk.org.uk/bp-assets/globalassets/staffordshire/activities-and-events/big-knit/big-knit-pack-2020---2021-v-2.pdf>

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Making the Most of Mealtimes on Random Acts of Kindness Day

Thank those that help you.

How about inviting them in for a nice meal to say thank you for all they do.



Think about all the different people that come into the home, nurses, hairdressers, volunteers, community minibus drivers, local community groups you are connected with, doctors, the list is endless when you think about it. I'm sure you can add a few more! Wouldn't it be a lovely way to thank them, invite them in for a special meal, with a menu that the residents have helped to create!



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Things to do on Random Acts of Kindness Day

Kindness Rocks

What are kindness rocks?

With the rock painting craze in high gear, you may be wondering what are kindness rocks anyway?

Kindness rocks is a viral trend where people, paint rocks or stones with inspirational messages or sayings. Then they leave them in public places for people to find. The intention is to spread kindness and love to people around the world.

These painted stones are pretty simple to create and don't require a lot of instruction.



What you need and what you do:

- Find the perfect rock.
- Starting with the right rock makes all the difference. You want a nice and smooth rock, this will help make writing on the rocks easier. The size of the rock is important too. Think about how much space your message will take and choose a rock that's big enough for all the words.
- Prep the rocks.
- Once you buy your rocks, you want to make sure they are ready to be painted. Washing your rocks makes the paint stick better and removes any debris from the stones.
- Paint the rocks with a base colour
- Add an inspirational message.
- Finding what to write on a kindness rock can be a challenge.
- Hide or give your kindness rocks.
- This is the most important step. You can have a bumpy, dirty rock, with a messy word on it. As long as you hand it to someone, and it makes them smile, you have succeeded.

