

# NAPA Activities

## to support your special events

### World Poetry Day 21<sup>st</sup> March 2019

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 World Poetry Day

Meet other members through Stanzas – poetry groups run voluntarily by Poetry Society members. Give feedback on each other's 'poems in progress', set up a reading group, or run impromptu open mic sessions – whatever you want to do! You may even just want an excuse to have a poetic chat over a pint.



The main contact (Stanza rep) of the group has to be a Poetry Society Member and we prefer that Stanzas are open to everyone, Members and non-members alike. However, it may be that some groups decide to open up to Poetry Society Members only e.g. if there's not much capacity in the room you use for meetings.

They also run a Stanza Competition annually that every Stanza member who is also a Poetry Society Member can enter.

Click here to find out more and see if there is a group in your area, if not maybe you could host one for members of the community to attend as well. [www.poetrysociety.org.uk](http://www.poetrysociety.org.uk)



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### Making the Most of Mealtimes on World Poetry Day

Turn the menus into a poem and invite someone to read them out.

How about making up some short poems about the food you have?

#### On Top of Spaghetti

On top of spaghetti,  
all covered with cheese,  
I lost my poor meatball,  
when somebody sneezed.  
It rolled off the table  
and onto the floor  
and then my poor meatball,  
rolled right out the door!  
It rolled in a garden  
and under a bush,  
now my poor meatball,  
was nothing but mush.  
The mush was as tasty,  
as tasty could be,  
early next summer,  
it grew into a tree.  
The tree was all covered,  
with beautiful moss.  
It grew lovely meatballs,  
in a tomato sauce.  
So if you like spaghetti,  
all covered with cheese,  
hold on to your meatballs  
and DON'T EVER SNEEZE!  
A-A-A-CHOO !!



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### Things to do on World Poetry Day

Write a Poem that is a list of questions. Try to include images- specifics, concrete words. In as many questions as you can.

Here is an example, written by Christy Ann Martine

#### How Would You Paint Me?

If you were an artist, how would you paint me?

With deep solid strokes or your brush sweeping softly?

Would you paint me by number, quickly fill in the lines or sketch me first, taking your time?

Would you use vibrant colours or plain shades of grey?

Would you change me in any way?

Would you hang me proudly and gaze at me often or tuck me away until I'm forgotten?

#### Cracked

How long can this coffee cup last?  
The one with the long crack, from lip to toe?  
The one I rely on every single morning  
for just the right proportion of coffee to milk?  
I bought it, cheap, at a truck stop, in southern Colorado  
years ago. It has everything I love on its painted face:  
stars, pine trees, a bear roasting marshmallows.  
I stick it in the dishwasher every day, but it never  
gets clean. It has never failed me, 'til now.  
Now I'm trying to make it last, against all odds.  
Sip quick before the drips flood the countertop,  
before it can no longer hold what I hold dear.  
Both of you. Stop fighting. Get in the car.  
Just past Oklahoma, there's a truck stop  
with a long row of uncracked cups.

Megan Willome

