



pladis

# McVitie's Tasties Care Home Challenge Activities pack



**WIN**  
an afternoon tea  
package worth up  
to **£1,000**  
for your care home



In association with NAPA



NAPA is a national charity and membership organisation. We support the care sector to prioritise wellbeing through the provision of activities, arts and engagement.

# Welcome to McVitie's Tasties Care Home Challenge, in association with NAPA.

Inside you'll find a variety of fun, exciting and tasty activities to keep your residents happy, active and entertained during Afternoon Tea Week – 10 to 16 August – and beyond. We're also giving you the chance to win an afternoon tea package for your care home by taking part in our McVitie's Tasties Biscuit Decorating competition which runs until the end of October. Turn to page 8 for the full details.



Scott Snell, vice president sales, UK & Ireland pladis, says: "At pladis we promise happiness with every bite and to live that promise we're focusing our efforts on how we can reduce loneliness and instead bring more happiness to care homes across the UK.

"We know that loneliness has spiked over the last two months, and residents are missing visits from friends and relatives. Social distancing shouldn't mean social isolation, so, we've partnered with NAPA to create a series of biscuit themed challenges that we hope will bring a smile and happiness with every bite"



Hilary Woodhead, executive director NAPA, says: "We are delighted to work with pladis on this lovely campaign – The McVitie's Tasties Biscuit Decorating Competition. NAPA members are committed to providing opportunities for engagement that are meaningful, fun and stimulating. The ideas provided in the pack will inspire the imagination and we are sure we will see some fantastic competition entries. This is a fabulous prize that will enable a wonderful afternoon tea activity for the lucky winner – so get involved and good luck!"

Source: Mental Health Foundation Longitudinal Study, April 2020

# Tasties teasers Biscuit word search



NAPA says wordsearch activities are great fun and can help with problem solving skills and spelling. Word searches can remind people of words they might not have used for a while and remind them how clever they are!

This biscuit themed word search would be good to do on a one to one basis. Talk to residents about the clues, it could be a good talking point.

N.B. You may need to help some people more than others – it's OK to do it together!

You could enlarge this on a photocopier so that someone with poor eyesight can see it better.

## Biscuits

H	E	E	S	G	H	O	B	O	U	R	B	O	N
C	M	C	V	I	T	I	E	S	M	A	I	I	H
E	U	N	T	A	S	T	I	E	S	D	U	M	R
E	E	R	R	I	C	H	T	E	A	G	A	A	E
V	S	D	H	U	I	S	C	C	N	H	E	E	T
S	S	S	E	T	E	R	O	E	I	D	V	R	E
T	I	E	M	C	T	S	P	C	T	E	I	C	T
E	R	I	I	N	E	D	B	O	C	L	T	D	A
L	V	K	T	A	M	C	T	G	I	I	S	R	L
E	T	O	A	R	D	S	I	S	I	C	E	A	O
C	E	O	E	O	O	I	C	T	T	I	G	T	C
C	H	C	T	T	E	A	E	V	E	O	I	S	O
T	C	R	R	E	N	T	O	S	V	U	D	U	H
K	E	G	N	I	K	N	U	D	O	S	M	C	C

- TEATIME
- RICH TEA
- PENGUIN
- CHOCOLATE
- DELICIOUS
- COOKIES
- CUSTARD CREAM
- DUNKING
- TASTIES
- DIGESTIVE
- BOURBON
- MCVITIES



# Tasties teasers

## Make your own Afternoon Tea Week bunting



According to NAPA, activities that require cutting, drawing, colouring are great fun and can help with people to maintain hand and finger strength, these activities can also support concentration and coordination and remind people how creative they are.

Get everyone involved in decorating your communal area or individual rooms for Afternoon Tea Week with homemade bunting.

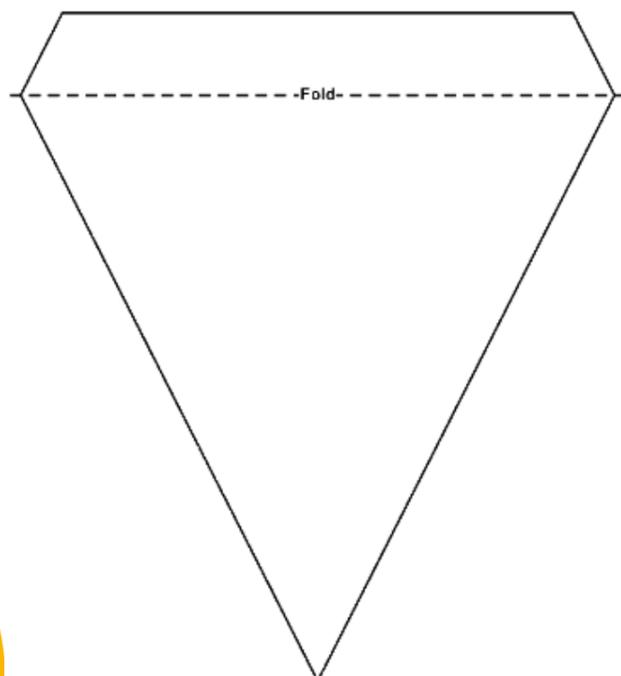
Print out several copies of the template below and ask your residents to decorate the triangles. Collect the decorated triangles.

Lay the string or ribbon flat and lay the decorated triangles on the string, fold over the string at the fold line and staple to keep in place.

Hang in an area for all to enjoy!

### What you'll need:

- Several printed out templates
- String or ribbon
- Scissors
- Colouring pens/pencils
- Stapler

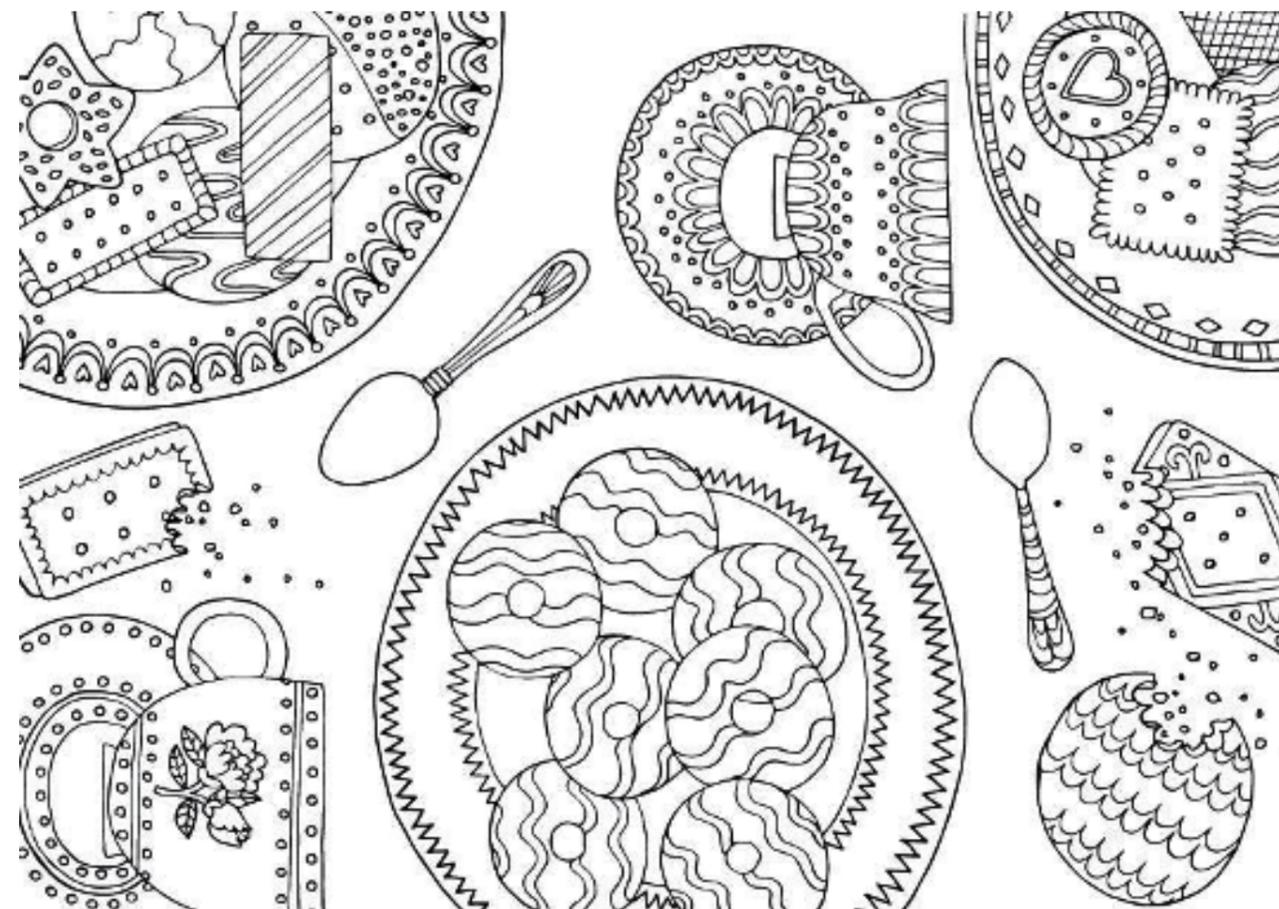


# Tasties teasers

## Biscuit colouring sheet

Activities that involve colouring are great fun and can help with people to maintain hand and finger strength, says NAPA. Colouring can also support concentration and coordination and remind people how creative they are.

Print out this biscuit themed colouring sheet and encourage your residents to spend some time colouring, it is a relaxing activity which is known to reduce stress and anxiety.



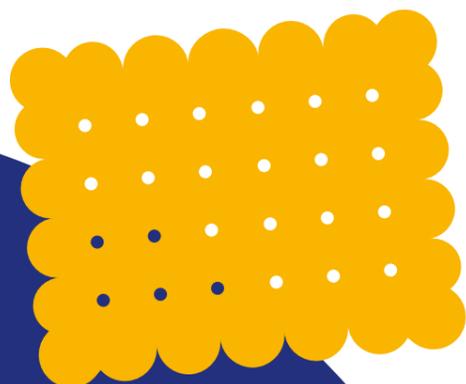
## Tasties teasers

# Biscuit poem/short story or conversation

At afternoon teatime, invite your residents to have a biscuit and give you one word that comes to mind. Together, link the words to make a poem or short story. (You can add a few extra words too).

This can also be used as a conversation starter; just tasting the biscuit may spark some memories.

We would love to hear how you get on, share your poems and stories with us @pladis\_f



Activities that involve writing and the imagination are great fun and can help people to think of new ideas and to process experiences and emotions. Always give people the opportunity to talk about how the experience has made them feel and listen and spend time with them if they become moved or distressed.



## Tasties teasers

# Biscuit anagrams

Unscramble the words below to reveal some of the nation's favourite biscuits.

It's simple to get started, print off the worksheet and help residents write their answer in the spaces below or if it's easier, do one word at a time, write the letters on a large piece of paper or put on a big screen if you have one.



HON BOB

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BURNOBO

---

GIVE EDITS

---

CINE

---

ERIC HAT

---

TRAMCAR CUDES

---

RUNT IN EGG

---

JACK EA AFF

---

CANAD JAMMER

---

CURTIN CONGO

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# McVitie's Tasties Care Home Challenge: Biscuit Decorating Competition



We're on the look out for the UK's best decorated biscuit and have launched the search for the McVitie's Tasties Care Home biscuit decorating champion.

For your chance to win a special afternoon tea package worth up to **£1,000** we're challenging care homes across the country to get creative and make a biscuit masterpiece built on a memory.

**It's simple to enter and take part:**

- 1.** Choose a theme or memory that means something to residents – this could be a historic local hero, favourite place, moment in time or even a pet. Residents can pick a theme each or you can choose one for your whole home
- 2.** Get creative. Let your residents decorate their biscuit to the chosen theme
- 3.** Take a photo of the end creations and send it to us with a few words about the inspiration behind it – just a couple of sentences will do
- 4.** Send the photos and background on why you chose the theme to: [belinda@williammurray.co.uk](mailto:belinda@williammurray.co.uk) with your name and contact details
- 5.** The closing date is Friday 30 October 2020 and the winning care home will be contacted and announced week commencing 2 November

**Good luck!**



## What you'll need:

- A round biscuit to decorate (we recommend a McVitie's Tasties Digestives)
- Icing pens
- Anything edible to bring your residents' creations to life e.g. sweets, sprinkles, chocolate or edible glitter



**Tasty biscuits at a tastie price, perfect for healthcare.**

## Competition timeline:

**Entries open**  
10 August

**Entries close**  
Friday 30 October

**Judging – Winner announced**  
w/c 2 November

For full competition T&Cs see page 12

# Answers to Tasties teasers



## Biscuits

H	E	E	S	G	H	O	B	O	U	R	B	O	N
C	M	C	V	I	T	I	E	S	M	A	I	I	H
E	U	N	T	A	S	T	I	E	S	D	U	M	R
E	E	R	R	I	C	H	T	E	A	G	A	A	E
V	S	D	H	U	I	S	C	C	N	H	E	E	T
S	S	S	E	T	E	R	O	E	I	D	V	R	E
T	I	E	N	C	T	S	P	C	T	E	I	C	T
E	R	I	I	N	E	D	B	O	C	L	T	D	A
L	V	K	T	A	M	C	T	G	I	I	S	R	L
E	T	O	A	R	D	S	I	S	I	C	E	A	O
C	E	O	E	O	O	I	C	T	T	I	G	T	C
C	H	C	T	T	E	A	E	V	E	O	I	S	O
T	C	R	R	E	N	T	O	S	V	U	D	U	H
K	E	G	N	I	K	N	U	D	O	S	M	C	C

- TEATIME
- RICH TEA
- PENGUIN
- CHOCOLATE
- DELICIOUS
- COOKIES
- CUSTARD CREAM
- DUNKING
- TASTIES
- DIGESTIVE
- BOURBON
- MCVITIES

## Biscuit anagrams answers:

- HOBNOB
- BOURBON
- DIGESTIVE
- NICE
- RICH TEA

- CUSTARD CREAM
- GINGER NUT
- JAFFA CAKE
- JAM AND CREAM
- COCONUT RING

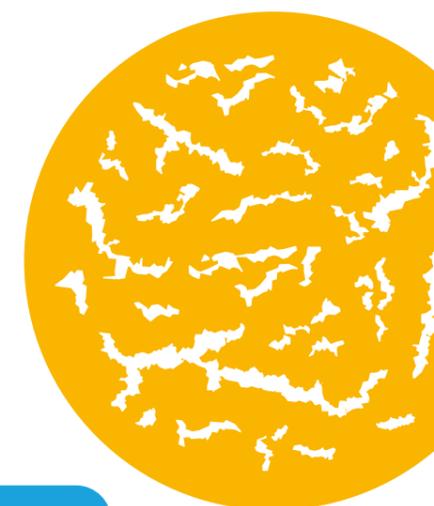


# About pladis

pladis is one of the world's leading global snacking companies. As the parent company of McVitie's, Meredith & Drew and Jacob's, we're the proud steward of over 300 years of family baking and confectionery expertise.

At our heart we're bakers and chocolatiers, delighting consumers with sweet and savoury biscuits, wafers, cakes and chocolates. We're good at what we do, and our technical strength and ability to compete across the spectrum of the snacks market can't be matched.

@pladis\_f



## About NAPA

NAPA is a membership organisation that supports the care sector to prioritise wellbeing, through the promotion and provision of activities, arts and engagement.

We connect, signpost, motivate and educate practitioners to provide opportunities for meaningful conversation, connection and creativity.

Our aim: Every care and support setting to be full of life, love and laughter.

We value: The uniqueness of every person and their right to a meaningful conversation every day. The right to person-centred meaningful engagement with choice and control over how they spend their time.

- [www.napa-activities.co.uk](http://www.napa-activities.co.uk)
- [info@napa-activities.co.uk](mailto:info@napa-activities.co.uk)
- 02070789375
- [www.facebook.com/NAPALivinglife](https://www.facebook.com/NAPALivinglife)
- [twitter.com/NAPALivinglife](https://twitter.com/NAPALivinglife)
- [www.instagram.com/napaactivity](https://www.instagram.com/napaactivity)



The McVitie's Tasties Care Home Challenge is open to all bona fide care homes operating in the UK and Northern Ireland. Entry is limited to one entry per establishment. To enter: please email [belinda@williammurray.co.uk](mailto:belinda@williammurray.co.uk).

Closing date: is 23:59pm BST 30 October 2020. The winner will be selected on: entrants creativity. The winner will be picked by: pladis and an independent judge from NAPA. The prize is: an afternoon tea package worth up to £1,000. The judges' decision is final, and no correspondence will be entered into.

