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Prioritising Wellbeing

NAPA Activities Calendar
for every day of the year

April 2021



April 2021

Many of the dates include links that will direct you to a web page where you will find further relevant information.

We hope the calendar will support you in providing activities and inspire you to create person centred opportunities for activity, arts and engagement. Please note that sometimes calendar dates change e.g. National day dates might be different each year.

How to use your NAPA Digital Calendar:

- + Find a date
- + Click the resource link 
- + For more information relating to the activity click the web page link. 
- + Note the additional dates listed for your consideration.
- + Each page can be printed and shared
- + Customise your calendar – Add your own dates e.g., birthdays, local events etc
- + We would love to hear your feedback and ideas – **Email here**
- + Send us photos and news – for a chance to WIN NAPA Membership, Resources, or Equipment – winners are selected at random and announced monthly in NAPA News
- + To find out about the benefits of NAPA Membership – **Click here**

Additional April dates:

Friday 2nd April

- + International Children's Book Day
- + World Autism Awareness Day

Sunday 4th April

- + The International Carrot Day

Thursday 8th April

- + Start of the Golf – Masters at Augusta National

Saturday 10th April

- + Bananas first went on sale

Monday 12th April

- + Parkinson's Awareness Week
- + Hindu New Year

Tuesday 13th April

- + SONGKRAN Buddhist Festival

Friday 16th April

- + National Orchid Day

Tuesday 20th April

- + National Pineapple Upside Down Cake Day

Thursday 22nd April

- + National Jelly Bean Day

Friday 23rd April

- + World Book Night

Sunday 25th April

- + National Telephone Day

Monday 26th April

- + National Garden Week
- + National Pretzel Day



Helpline

If you would like to discuss your ideas or how to introduce any of the resources included in this calendar, please contact our free helpline service.

Abilities coding – This **colour code** to the featured activities will help you to try to match them to people's cognitive abilities, interest and level of participation.



Blue: High cognitive skills – able to plan how to carry out an activity and to complete the activity unaided, perhaps with support if problems arise

Red: Moderate cognitive skills – able to engage in the 'doing' rather than working towards an end result. Can follow simple guidance.

Orange: Low cognitive skills – able to respond to one-to-one support using a sensory approach to complete short activities that are broken down into single steps.

Green: Highly dependent on others – able to engage with objects and people through direct stimulation of a single sense.

*Our colour coding is supported by QCS Ltd and the QCS PAL Instrument Levels (Pool J (2012) The Pool Activity Level (PAL) Instrument 4th ed. Jessica Kingsley publishers, London pp 54-55)

The NAPA Activities Calendar – April 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			01 ⓘ April Fool's Day ⓘ April fools' history 	02 ⓘ Good Friday ⓘ PRESSED Flowers	03 ⓘ Find A Rainbow Day ⓘ Rainbow leaf and petals	04 ⓘ Easter Sunday ⓘ Decorative Eggs and Spring Door Wreath
05 ⓘ National Caramel Day ⓘ Caramel Ice Cream	06 ⓘ National Tartan Day ⓘ Easy to make tartan	07 ⓘ World Health Day ⓘ Mindfulness Wordsearch	08 ⓘ National Zoo Lover's Day ⓘ Treats for Pets	09 ⓘ Day of Silence 2021 ⓘ LQBT+ fact sheet	10 ⓘ Sibling Day ⓘ How to Make a Postcard	11 ⓘ Cheese Fondue Day ⓘ Cheese tasting
12 ⓘ Start of Ramadan ⓘ Ramadan Lantern	13 ⓘ National Scrabble Day ⓘ Scrabble Ornaments	14 ⓘ National Pecan Day ⓘ Pecan Pie rolls	15 ⓘ Titanic Remembrance Day ⓘ Sail Boat	16 ⓘ World Voice Day ⓘ Karaoke Evening	17 ⓘ Snooker World Championship ⓘ Snooker Ball Cookies	18 ⓘ Start of National Garden Month ⓘ Gardening club
19 ⓘ National Garlic Bread Day ⓘ Pesto Garlic braid	20 ⓘ MS Awareness Week ⓘ Sensory Environment 	21 ⓘ National Tea Day ⓘ Herbal Scent Tea Party	22 ⓘ National Mother Earth Day ⓘ Lava lamp	23 ⓘ St Georges Day ⓘ History of St George Cross	24 ⓘ National Skipping Day ⓘ Skipping rope Reminiscence	25 ⓘ Football - League Cup Final ⓘ Chair football
26 ⓘ Lesbian Visibility Day 2021 ⓘ LQBT+ fact sheet	27 ⓘ National Day of South Africa (2021) ⓘ African Drum activities	28 ⓘ Stop Food Waste Day ⓘ Leftover roast chicken soup	29 ⓘ International Dance Day ⓘ Activity Armchair Dancing	30 ⓘ Orthodox Good Friday ⓘ Dye Red eggs	ⓘ Autism Awareness Month ⓘ Pet Month ⓘ Stress Awareness Month ⓘ Jazz Appreciation Month	



April 1st – April Fool's Day

April Fools Day History

April Fools' Day or April Fool's Day is an annual custom on April 1st consisting of practical jokes and hoaxes. Jokesters often expose their actions by calling out "April Fools!" at the recipient. Mass media can be involved in these pranks, which may be revealed as such the following day. The day is not a public holiday in any country except Odessa in Ukraine, where April 1st is an official city holiday. The custom of setting aside a day for playing harmless pranks has been relatively common in the world historically.

Here are some of the funniest and most ambitious April Fools' Day pranks:



The Swiss spaghetti harvest

Panorama stunt from 1957.

Richard Dimbleby anchored the piece about a particularly bountiful crop of spaghetti in Switzerland.

This was in part due to the disappearance of the pesky spaghetti weevil, according to the report.

When viewers contacted the programme to ask how they could grow their own spaghetti trees, they were told to stick some spaghetti in a tin of chopped tomatoes and hope for the best!



Defying gravity

This prank was out of this world.

In 1976, renowned astronomer Patrick Moore appeared on BBC Radio 2 and announced that at 9:47am, we would feel what he called the 'Jovian-Plutonian gravitational effect'.

He said that at that exact moment, the planets would align and gravity on Earth would get a tiny bit weaker, so if you jumped in the air at exactly the right moment, you would almost float.

Although we know this to be entirely untrue it does not seem to stop the pseudo-science from being recirculated every so often by people who fall for it!



'Big Ben' becomes 'Digital Dave'

Due to ongoing renovations, it has been a while since we have heard the bongs of Big Ben. However, it has been even longer since the BBC Overseas Service (now called the World Service) tried to convince the world that it would change to electronic beeps.

In 1980, they announced to listeners that not only was the iconic clock face going digital, but that the first people to get in touch could win the hands of the clock.

Unfortunately, this did not go down as well as they had hoped, and the BBC were forced to issue formal apologies. Some people just clearly did not see the funny side!



April 2nd - Good Friday

Hammered plant printing onto fabric



You will need:

- + Thin white fabric (suggested lacquer fabric in cotton)
- + Fresh flowers or plants of various kinds (I used pink petunias and purple pansies)
- + Masking tape
- + Hammer
- + Smooth hard surface, eg. a cutting board

What you do:

- + Completely cover the plants with tape.
- + Place your plants in the desired composition on the right side of the fabric.
- + Tape the plants and make sure they are completely covered with tape.
- + Turn the fabric upside down and hammer until you see the plant colour penetrate and dye the fabric. Different plants contain different amounts of liquid and sometimes it is enough to tap the hammer lightly, sometimes you need to give the fabric a good pound.
- + When the colour is wet through the fabric, turn it over and remove the tape.
- + Start by experimenting on a test piece. Beautiful, colourful flowers do not necessarily give off the finest imprints and vice versa. As you can see above, the pink petunias did not give a particularly cool impression at all, while the pansies became very nice.
- + Do not soak the fabric afterwards, the plant colour is rarely water resistant. If you want to embroider the print or use a water-soluble marker pen, avoid drawing the centimetre closest to the print and swaddling the lines with a damp sponge or cloth instead of rinsing the entire fabric. If you press it with an iron, use no or very little steam.
- + If plant fibres get stuck in the fabric when you pull off the tape, you can wait until the fabric has dried before brushing them off, so you do not risk smearing the colour.



April 3rd – Find A Rainbow Day

Rainbow leaf and petals

This beautiful display will brighten up any space! Why not use the rainbow pictures as a trail and have a nice surprise at the end? Perhaps some chocolates!



This natural rainbow is a fun way to create a sensory piece of art. You can have fun hunting for the leaves and petals or use up flowers that are past their best.

You will need:

- + Double-sided tape
- + Blue card
- + Selection of leaves and petals in a variety of colours
- + Cotton wool

What you do:

- + Place straps of double-sided sticky tape in four arches on the card. These will need to be around one inch apart.

- + Start to fill the arches with your colours.
Red/pink
Orange/yellow
Greens
Blue/purple
- + At the end of each rainbow use the cotton wool to make clouds.



April 4th – Easter Sunday

Decorative Eggs

These could be made for any occasion

You will need:

- + Thin ribbon, colour of your choice
- + Polystyrene eggs- you could also use an egg shell
- + Pencil
- + Paints or marker pens
- + Paint brushes

What you do:

- + Draw the outline of your design onto your egg
- + Decorate your egg using either paint or pens
- + Once dry tie the ribbon around the egg as in the picture



Spring door wreaths



These could be made for any occasion

You will need:

- + Wreath base (Card, polystyrene, wooden)
- + Decorations- the list is endless but I'll give you a few ideas:
- + Pom Poms
- + Ribbon
- + Silk flowers or real flowers
- + PVA Glue or glue gun if you have one
- + String- if you need to tie decorations onto your wreath
- + Card cut outs

What you do:

- + Once you have decided on the base and decorations, get creative.
- + Attach ribbon or string to the top so you can hang it up.
- + These can be hung on the front door or on each resident's bedroom door.

Think!

The activity begins with the planning, so take a resident out with you to get the supplies.



April 5th – National Caramel Day

Ice Cream

Why not have some fun with this unique way of making Ice-cream?



You will need:

- + 250ml single cream
- + 2 tablespoons caster sugar
- + 1 tablespoon caramel sauce
- + half a chopped fresh banana
- + 4 scoops ice cubes
- + 4 tablespoons coarse salt
- + 1 x litre zip lock bag
- + 1 x 2 litre zip lock bag

What you do:

- + Combine the cream, sugar, caramel and the banana in a litre size resealable plastic bag. Press the air out of the bag, seal and shake bag to combine contents. Place the bag into a larger sized resealable plastic bag. Add the ice and salt to the larger bag, press the air out, and seal bag.
- + Wrap bags in a tea towel. Shake continuously, until the contents of the small bag thicken into soft ice cream, 5 to 10 minutes.
- + Rinse the small bag quickly under cold water to wash off salt. Lay the ice cream filled bag on a flat surface.
- + Use a wooden spoon handle to push the ice cream down to the bottom corner of the baggie. Snip off the corner, and squeeze ice cream into a bowl.



April 6th – National Tartan Day

Easy to Make Tartan

Enjoy this craft session and see what personal pattern you could make!



You will need:

- + PVA glue
- + Plastic pockets (the ones that go in ring binders) – one per person
- + Coloured sheets of tissue paper (vibrant colours are best) 2 colours

What you do:

- + Spread PVA all over one side of the plastic.
- + Tear some the tissue paper into strips about 2cm (1 Inch) wide and the length of the plastic pocket. (Approx. 4 of each) these will form the base layer. Then tear some more strips these ones need to be the same width (2cm / 1 inch) but need to be the same length as the width of the pocket! (Approx. 3 of each).

Base layer:

- + Lay the strips down the plastic pocket alternating colours.

Next layer:

- + Lay the first strip across the plastic pocket, then leave a 2cm/ 1-inch gap and then lay the alternate coloured strip, then leave a gap, lay the other colour and so on till you have reached the end.
- + Keep repeating these 2 layers until it is thick enough for what you are going to use it for, you may need to use extra PVA to make it stick.
- + Leave to dry, and then peel the whole thing off. The PVA soaks through the tissue and makes a solid sheet, so it is relatively durable if used to cover a book, and it will hold together if you want to cut it into other shapes. You could make photo frames, all sorts of things.



April 7th – Celebration of World Health Day

Mindfulness Wordsearch

- + Attention
- + Breath
- + Focus
- + Personal
- + Rest
- + Attitude
- + Choice
- + Lifestyle
- + Present
- + Selfcare
- + Aware
- + Doing
- + Love
- + Reflection
- + Senses
- + Being
- + Feel
- + Mindfulness
- + Relaxation
- + Wellbeing

A	C	E	M	B	L	A	T	K	C	U	T	S	E	R
S	T	R	Q	B	R	G	R	A	E	X	W	R	P	B
L	P	T	U	E	M	E	P	S	K	C	Q	E	P	K
I	I	F	E	I	Y	B	A	I	L	L	K	F	N	Y
F	G	O	S	N	W	T	L	T	C	U	A	L	O	M
E	G	C	Y	G	T	A	P	A	H	R	M	E	I	I
S	N	U	A	I	N	I	M	S	O	E	T	C	T	N
T	I	S	T	O	D	H	O	E	I	J	R	T	A	D
Y	O	U	S	U	O	K	R	N	C	A	P	I	X	F
L	D	R	F	E	E	L	F	S	E	E	C	O	A	U
E	E	Y	L	V	A	I	N	E	T	I	R	N	L	L
P	X	N	V	O	T	N	E	S	E	R	P	J	E	N
L	Y	O	F	L	P	I	Z	B	K	A	W	A	R	E
E	C	S	E	L	F	C	A	R	E	M	O	G	K	S
Z	T	U	G	N	I	E	B	L	L	E	W	B	I	S





April 8th – National Zoo Lover's Day

Treats for your Pets or Visiting Pets

Carrot, oat, apple sauce treats for dogs and horses

You will need:

(makes 12 treats):

- + 1/2 cup oats (quick for dogs, quick, steel-cut or old-fashioned are fine for horses)
- + 1/2 cup unsweetened apple sauce
- + 1/2 cup (about 1 large) carrot, finely grated
- + 1/2 cup flour

What you do:

- + Preheat the oven to 180°/gas 4 and cover a baking tray with parchment paper.
- + Mix all the ingredients in a bowl.
- + Use a tablespoon to drop clumps of the mixture on to the tray, shape if you wish.
- + Bake for 15–20 minutes, until treats are set. for a few hours or until hard.



DIY frozen apple dog treats



You will need:

(makes 16 treats):

- + 1 Hand blender
- + Ice cube tray
- + 2 apples
- + 1 cup plain non-fat Greek yoghurt

What you do:

- + Slice the apple into small pieces, removing the seeds and core.
- + Blend the apple, yoghurt and a splash of water until you get a liquid consistency.
- + Pour the mixture into the ice cube tray and freeze for a few hours or until hard.

Tasty tuna crackers for cats

You will need:

(makes 12 treats):

- + 170 g undrained tuna
- + 225 g cornmeal
- + 225 g flour
- + 70 ml water

What you do:

- + Mix ingredients together. Roll into 1/4-inch pieces.
- + Bake on a greased baking tray at 180°/gas 4 for 20 minutes.
- + Cool and let your cat dig in!





April 9th – Day of Silence 2021

LGBT+ session guide

It is important to provide safe spaces for LGBT+ people to spend time with partners, friends and chosen family. Here we offer some suggestions, that we hope will help you to plan a session, group or event to engage LGBT+ residents or to raise awareness of LGBT+ issues in your setting.



Preparation and collaboration:

Person centred engagement is easier to achieve if we plan and work together:

- + Are there people who would be interested in getting involved?
- + Explore your ideas together and decide on the purpose of the session
- + What is considered best practice in leading groups?
- + Do you need to develop protocols for confidentiality, managing conflict, recruiting volunteers etc?
- + How often will it take place? Where are you thinking of holding it?
- + How long will group meetings last?
- + Is there anyone you can approach for technical support?



Environment

Think about the space you will need and where the session will be held:

- + Is the space private and welcoming?
- + Can people leave if they wish or take time out?
- + Do you have visual objects which demonstrate LGBTQ+ inclusivity?
- + Is there a kettle? A nice cuppa and a few biscuits can help to make people feel welcome!

Content

The next step is to plan the content of the group and to consider possible topics for discussion:

- + How will the session begin?
- + What areas are you wanting to explore?
- + What are some good questions that might start the session and get people chatting?
- + How will the session end?

Wellbeing

Take some time to consider how people might be feeling or what they might be thinking – check in:

- + Give people time to share their thoughts and feelings
- + What assumptions might group members be making?
- + It is ok to ask questions!

Information

We never have all the answers, and when holding a session, you may be asked a question you do not know or come across terminology you are not familiar with.

It may help to have resources to hand, many LGBT+ organisations have resource sections:

- + Best practice, toolkits and resources | **Stonewall**
- + Who we are | **Opening Doors London**
- + LGBT+ groups and staying connected | **Age UK**
- + Images and information representing LGBT+ inclusivity can be found via a google search and printed off for 1-2-1 or small group discussions.



Reflection

Take time to reflect on the session:

- + Remember that group size does not matter, the first step is to provide opportunities for people to feel safe and chat
- + A care home is likely to have one 1-2 people who are LGBT+, holding 1-2-1 sessions is just as valid as a large group activity and some people may feel more comfortable in a small group or just chatting to one other person
- + Ask your manager for support and find what works well for your care setting and for the people you support
- + What support may be needed before, during and after the next session? For you and for the group members?



April 10th – Sibling Day

How to Make a Postcard

Did you know that you can send any stamped piece of paper as a postcard, as long as it is cut to the right dimensions (see below). This means the possibilities for crafting your own unique postcard are endless.



You will need:

- + Card/ Sturdy paper
- + Photos
- + Scissors
- + Construction paper
- + PVA glue
- + Inks
- + Ruler
- + Paint
- + Pencil and pen
- + Ribbons
- + Stamp
- + Sequins
- + For decoration
- + Glitter
- + Newspaper clippings
- + Glue
- + Magazine clippings

What you do:

- + Use sturdy paper. To make sure your postcard will not be damaged, choose a sturdy type of paper, like cardstock. The postcard you make should be about the same thickness as a regular postcard. If you are afraid the paper you have is too flimsy, you can glue more than one piece together to make it sturdier.
- + Cut the paper to the right dimensions. Take a ruler and measure out a card between 3 1/2 and 4 1/4 inches high and between 5 and 6 inches long. Carefully cut out the card, making sure it is not lopsided or irregular in shape.
- + Draw a line down the centre of the back. Now your piece of paper will start looking more like a postcard! Use a straightedge to help you create a straight line down the centre of the back of your card. The space on the



left side of the line will be reserved for your message, and the space on the right side will be reserved for the address of the recipient.

- + Draw address lines. On the right side of the centre line, draw three horizontal lines. This is where you will write the recipient's name and address. If you want, draw a box in the upper right-hand corner where the stamp will go.

- + Gather supplies. Gather the art supplies you want to use so you can create a one-of-a-kind picture for the front of your postcard. You can draw directly onto the postcard, but do not be limited to using just pens and pencils.
- + Seal the card. This step will help protect the front of your card in the post. Get PVA glue or another clear craft sealant and use a paintbrush to paint the front of the card.
- + Write a note on the card. Use the space on the left-hand side of the back of your postcard to write a personal note. Inside jokes, funny drawings, and well wishes will make your postcard fun to receive!
- + Fix a stamp and send it! Drop your finished postcard in the post so it can start making its way to the lucky recipient.





April 11th – Cheese Fondue Day

Cheese Tasting

You will need:

- + A selection of cheeses from around the world
- + Cheese biscuits
- + Grapes/ figs
- + Plates/ napkins
- + Cheese knife
- + Chopping board

What you do:

- + Invite a few residents to go cheese shopping with you. Try and get a few varieties.
 - + Cut the cheese into small pieces; get the residents to help with this. Arrange the cheeses on plates and label them.
 - + Offer everyone a small piece of cheese to taste, as well as the fruit and biscuits if they would like.
- + After sampling each variety of cheese, discuss it.
 - + Did they like it?
 - + What country do they think it came from?
 - + Have they tasted it before?
 - + People could vote on their favourite.



Safety: Be aware of food allergies or preferences.

Think: Wine tasting could be an enjoyable addition to the cheese tasting.





April 12th – Start of Ramadan

Ramadan Lantern

Ramadan lanterns are essential accessory during the Holy month. Ramadan is a month of self-purification and promotes spiritual elevation, forgiveness, generosity, and kindness. The term lantern indicates light and light gives hope to everyone.

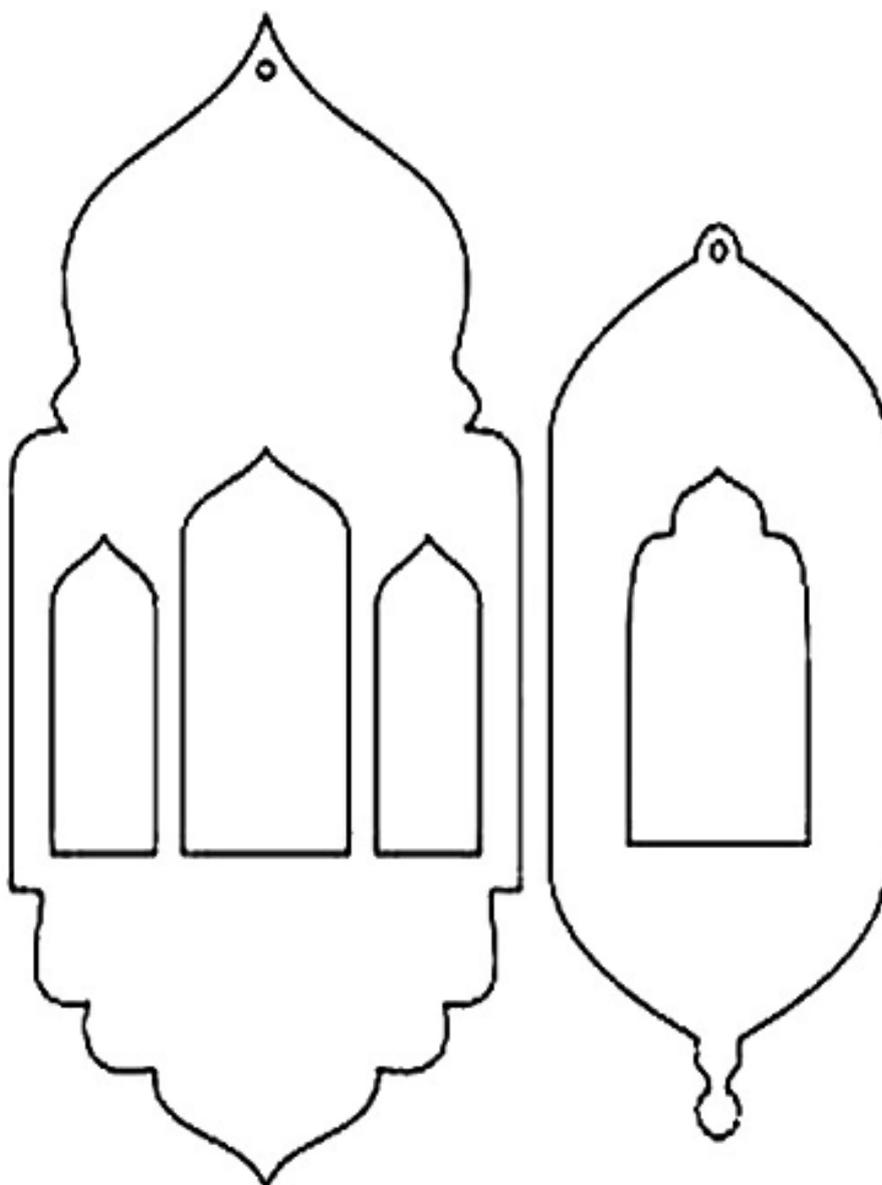


You will need:

- + Coloured or black card
- + Coloured Tissues paper
- + Scissors
- + Glue
- + String to hang

What you do:

- + Here is an ever-so-pretty, easy Ramadan lantern craft which comes with a printable lantern template.
- + You can make as many as you like and hang around a space or window.
- + You can use different coloured card and even embellish them.
- + Cut out the template and inner windows.
- + Place on to your chosen card and draw around.
- + Cut out the pattern including the inner windows.
- + Turn over and place different colours of tissue paper and glue in place.
- + Flip back over and pop a hole at the top.
- + Cut the amount of sting needed and thread through the hole.





April 14th – National Pecan Day

Pecan Pie rolls

Why not combine cinnamon rolls and a pecan pie? Both delights in just one bite! This spiced bake is delicious served warm with a drizzle of icing and a fresh pot of tea!

You will need:

- + 400ml milk
- + 1 cinnamon stick
- + ½ orange, zest only, finely grated
- + 500g strong white flour – plus 4 tbsp and extra for shaping
- + 50g unsalted butter
- + 1 medium egg
- + 50g caster sugar
- + 1 sachet fast-action yeast
- + 1 ½ tsp salt
- + oil for kneading
- + For the filling
- + 5 shortbread finger biscuits
- + 100g pecans, chopped
- + 100g dark brown sugar
- + 3 tbsp maple syrup
- + 2 tsp ground cinnamon
- + 25g butter, chilled or frozen
- + 1 egg beaten, to glaze
- + ½ tbsp golden caster sugar
- + For the icing
- + 5 tbsp icing sugar
- + ½ tsp cinnamon



What you do:

- + Put the milk, cinnamon stick, orange zest and 4 tbsp flour in a saucepan, whisk well and bring to a boil. Take the pan off the heat and add the butter and leave to cool for 10 mins.
- + Pour the milk mixture into a bowl and discard the cinnamon stick. Beat in the egg, sugar and yeast, followed by the remaining flour and salt. Mix to a soft and very sticky dough, cover and leave for 10 minutes.
- + Lightly oil a worktop and knead the dough for 5 mins, then put the dough back in the bowl, cover, and

leave the dough to rise for an hour. Heat oven to 220C/200C fan/gas 7. Line the base and sides of a 25cm loose bottomed round cake tin with baking parchment.

- + Put the shortbread biscuits in a food bag and bash with a rolling pin until they're very finely crushed. Tip into a bowl and add the pecans, sugar, maple syrup and cinnamon. Lightly flour the worktop and roll the dough to about 1cm thick. Grate the chilled butter over the dough and distribute evenly. Scatter the pecan mixture over it, roll it up tightly and cut into 2-3cm slices. Lay these cut

side up in the tin, cover and leave for 45 minutes. Brush with beaten egg, sprinkle with sugar and bake for 20-25 mins, then cover with foil and bake for another 10 mins. Transfer to a wire rack to cool.

- + While the rolls cool put the icing ingredients in a bowl and slowly add enough water until it becomes the consistency of thick double cream. When the rolls have cooled but are still warm drizzle the cinnamon icing over the top.



April 15th – Titanic Remembrance Day

Extract adapted from www.firstpalette.com

Sail Boat

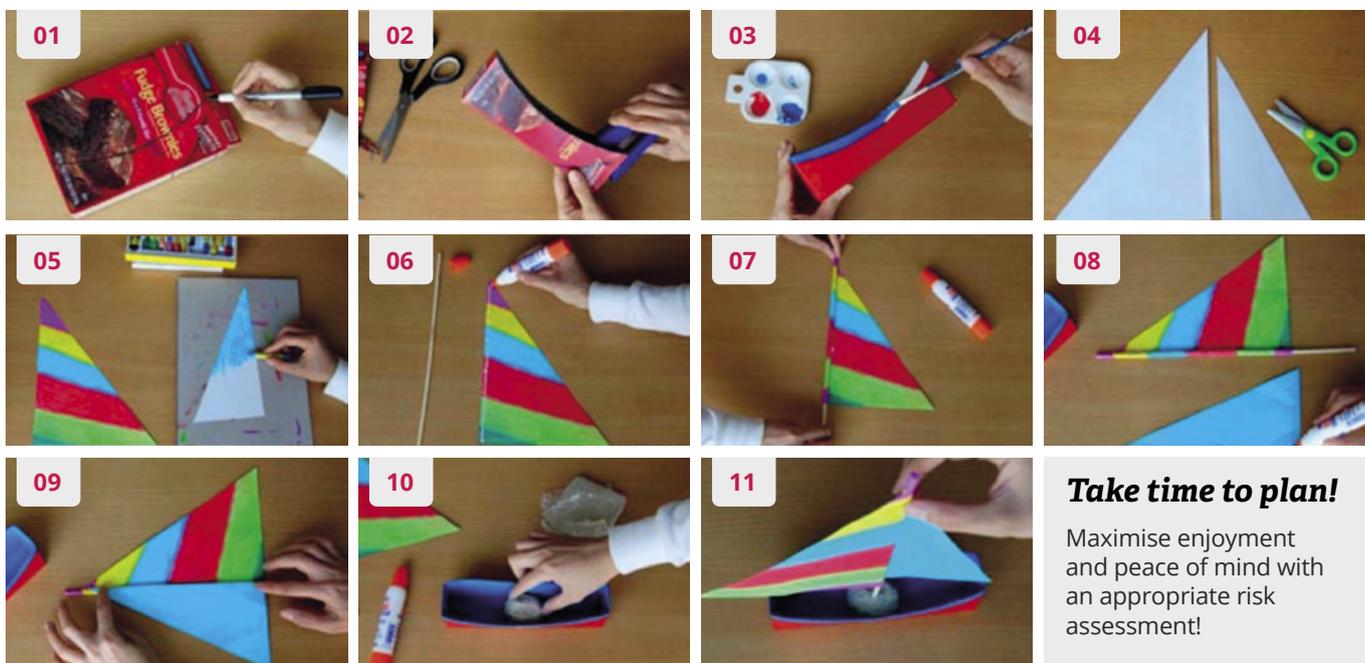
You will need:

- + Recycled box (tissue box, cereal box or any flat box)
- + White construction paper or sketch paper
- + Wooden dowel or chopstick
- + Acrylic paint
- + Crayons or coloured pencils
- + String
- + Modelling clay or Styrofoam



How to make it:

1. Find a relatively flat box such as a tissue box, cereal box or cake mix box to make into your sailboat's hull. With the box's display panel (or wide side) facing up, draw an arc from end to end. Make an identical arc on the opposite box panel.
2. Cut the box along the arcs. Staple the side flaps.
3. Paint the box hull with acrylic paint.
4. Cut 2 right triangles on white construction paper or sketch paper to make the sails. One sail should be slightly smaller. Proportion the triangles' size with that of your hull.
5. Draw designs on the sails with any colouring material such as crayons, paint, or coloured pencils. You need to decorate both sides of the sails.
6. A chopstick or dowel will serve as your sailboat's mast. If you need a longer mast, you can tape 2 sticks together. Put some white glue along the larger sail's vertical side.
7. Place the mast on the area with glue and carefully roll the edge of the sail around the mast.
8. Apply glue on the smaller sail's vertical side.
9. Glue the smaller sail on the mast as well, this time pointing towards the opposite direction.
10. Roll a small chunk of modelling clay into a ball. Glue this at the center of the boat's hull to provide an anchoring material for the mast. An alternative to modelling clay is to cut a piece of Styrofoam into a cube shape and similarly glue this at the centre of the hull.
11. Stick the mast into the clay or Styrofoam piece



Take time to plan!

Maximise enjoyment and peace of mind with an appropriate risk assessment!

Activities

- + Gather images of ships and boats. Has anyone ever been on a boat? What type? With whom?
- + Look at the different types of boats and comment on those recognized.
- + Make a collage of boat pictures or a decoupage picture of a boat.
- + Plan a boat trip using maps.
- + Play recordings of boat related songs: "Row, Row, Row Your Boat", "What Do You Do With a Drunken Sailor", "Shores of Tripoli".
- + Have you ever been fishing? As a child? As an adult? Where are your favourite fishing places?.



April 16th – World Voice Day

Karaoke Evening



Why not hold a Karaoke Evening. You could make a real event of it by inviting residents, staff, relatives and community groups.



You will need:

- + A few willing volunteers to get the singing started
- + A karaoke machine or CD player with good speakers and a microphone
- + Music on an ipod or CD's. Collect a broad variety of music as well as seasonal songs and carols. Ask your guests if they have a favourite song, you could invite everyone to write their choices on their RSVP
- + You can find the lyrics to most songs on the internet. Print them out in large print if you can't project them
- + Why don't you hold your own concert and invite the local community. You could make an afternoon of it sharing homemade mince pies and mulled wine

Singing with local schools and choirs

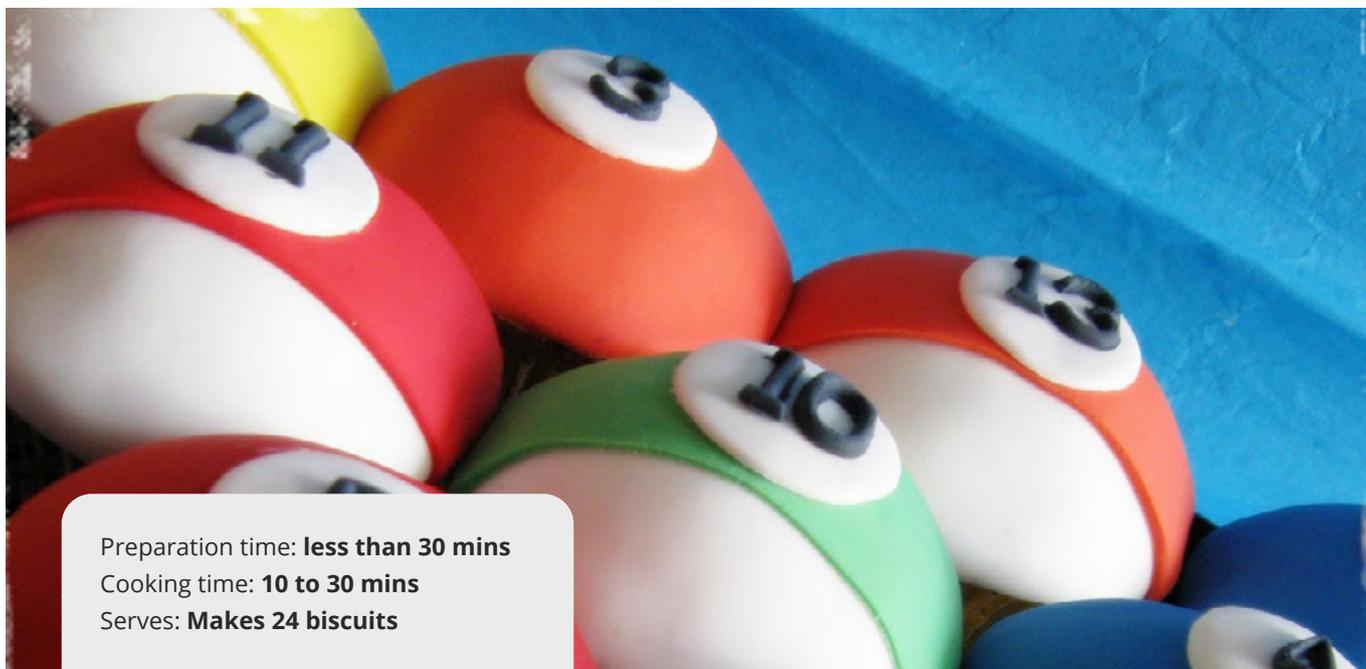
Many schools visit care homes at this time of year to entertain residents which is lovely but why not ask the local school if you can take some residents along to their concert or carol service. It makes for a great, and inexpensive, trip out for those residents that really enjoy seeing children perform.

Local churches often hold choir practice at a regular time in preparation for services. They probably wouldn't object to a few residents listening in while they practice.



April 17th – Start of Snooker World Championship

Snooker Ball Cookies



Preparation time: **less than 30 mins**
Cooking time: **10 to 30 mins**
Serves: **Makes 24 biscuits**

You will need:

- + 100g/3½oz unsalted butter, softened at room temperature
- + 100g/3½oz caster sugar
- + 1 medium free-range egg, lightly beaten
- + 1 tsp vanilla extract
- + 275g/10oz plain flour
- + To decorate
- + 200g/7oz icing sugar
- + 3-4 tbsp water
- + 2-3 drops food colourings
- + Black food pen



What you do:

- + Preheat the oven to 190C/170C Fan/Gas 5. Line a baking tray with greaseproof paper.
- + Cream the butter and sugar together in a bowl until combined. Beat in the egg and vanilla extract, a little at a time, until well combined, then stir in the flour and bring together to form a dough.
- + Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in. Using biscuit cutters,

cut biscuits out of the dough and carefully place onto the baking tray.

- + Bake for 8-10 minutes, or until pale golden-brown. Set aside to harden for 2 minutes, then cool on a wire rack.
- + For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring. Leave enough plain white icing to decorate.
- + Carefully spread a colour icing onto the biscuits using a knife and set aside until the icing hardens.
- + Once hard, take some white icing and make a circle in the middle, set aside to go hard.
- + Using the Black food pen pop a number in the centre of the white icing.

Enjoy!



April 18th – Start of National Garden Month

Gardening Club

The benefits of garden-related activities are abounding. Many care settings now provide specially designed ‘memory gardens’ for residents living with dementia. Staff can provide outdoor or indoor garden activities in a supportive and caring atmosphere via an engaging Garden Club.



The benefits of gardening activities in care settings include:

- + Positive social entertainment and reminiscing opportunities
- + Enhanced well-being
- + Improved dexterity
- + Reduced symptoms of depression
- + Educational opportunities
- + Relaxation and satisfaction

You will need:

- + An outdoor area (cemented or tiled for easy cleaning), free of sound distractions such as noisy TVs and people talking
- + A few large tables covered with plastic or old newspapers
- + Some tools, seedlings, plant cuttings, potting mixture, plastic pots, a bag of sand, and a water hose close by
- + A group of enthusiastic residents and staff members who have an interest in gardening

Things to do in the Garden Club:

- + Plant seedlings of cherry tomatoes in pots.
- + Plant herbs in raised beds or in pots.
- + Plant flowers, whatever is in season.
- + Re-pot plants.
- + Planting vegetables that are in season.
- + Tidy up pot plants.

Think!

This may appeal to most of your residents and maybe some staff might also like to get involved. Many will have kept their own garden for years and will be very knowledgeable and will appreciate being asked or consulted. Some may like to watch from a distance and that is fine too.





April 19th – National Garlic Bread Day

Braided Pesto Garlic Bread (Edible)

You will need:

- + Serves 3-4
- + 1 1/2 cups warm water
- + 1 tsp caster sugar
- + 2 tsp (7g/1 sachet) dried yeast
- + 4 cups plain flour, plus extra for dusting
- + 1 teaspoon salt
- + 1/4 cup olive oil, plus extra for brushing
- + 1/2 cup store bought or homemade pesto
- + 1/4 cup grated parmesan cheese
- + Teaspoon of minced garlic

What you do:

- + Combine the water, yeast and sugar in a small bowl. Set aside for 5 minutes or until foamy. Combine the flour and salt in a large bowl and make a well in the centre. Add the yeast mixture and oil. Use a round-bladed knife in a cutting motion to mix until the mixture is combined. Use your hands to bring the dough together in the bowl.
- + Brush a bowl lightly with oil. Turn the dough onto a lightly floured surface and knead for 10 minutes or until smooth and elastic. Place in the prepared bowl and turn to coat in oil. Cover with plastic wrap and set aside in a warm, draught-free place to rise for 30 minutes or until dough doubles in size.
- + Dust work surface with flour. Roll out the dough into a long rectangle. Spoon pesto and garlic over top, spreading evenly, leaving a clean 1/2-inch border around the edges.
- + Roll the long side of the dough towards you and pinch the seam closed. Transfer to a baking sheet that has been lined with baking



paper. Cut the dough in half down the length of the dough and pinch the top ends together.

- + Working quickly, braid the two pieces, trying to keep the pieces twisted so the cut ends remain on top (this is what makes the bread pretty). When you get to the bottom, pinch the ends together and wrap

into a wreath. Transfer to your baking sheet and let rest for 30 minutes. Sprinkle with parmesan cheese and bake for 20-25 minutes, until golden brown.

- + Let cool slightly and slice to serve.



April 20th – Start of MS Awareness Week

Creating a Sensory Environment

There are many things you can do to create a sensory environment. It doesn't have to be in one room, it could be in a corner of a room, in someone's bedroom, even in the corridors. The idea is to make it accessible so that residents can experience and engage with sensory stimulation.



Sensory stimulation covers sight, touch, taste, smell, sound and movement.

NAPA advocates self-engagement to support self-esteem and offer a degree of control over what people might like to do. The more things that people can connect with, without support, the happier they might be.

Ideas:

- + **TOUCH, SIGHT:** Furry cushions or throws for the chairs. I recently saw an article where someone had brought a furry blanket that had a dog on it, and put it in a picture frame, so people walking past would see the dog and stroke it.
- + **SOUND:** Soft music to replicate sounds from a place such as the seaside or the forest with bird sounds. To go with the sounds, you can get some wallpaper that would replicate the view. It is a great way to bring the outside in. Imagine a feature wall with tall trees and

sunshine in the distance with a nice bench beside it.

- + **SIGHT, TOUCH:** If possible, have dimmer switches on the lights, put up some battery operated fairy lights around a picture frame or in a vase. People will be stimulated by looking at them and also touching them.
- + **SIGHT, MOVEMENT:** You can buy lava lamps and light tubs from lots of high street shops.
- + **SMELL:** Place small pots of lavender around a room, and you could also put little pouches of lavender inside cushion covers so the aroma emanates. Bread makers and coffee machines will create a smell that can stimulate appetite.
- + **TASTE, TOUCH, SIGHT:** Have a food tasting day, where you have lots of different textured food on plates around the home. You might like to try popcorn, sherbet, sushi, peppermint creams or jelly. Ask your residents if there is something they want to sample.

- + **SMELL, TOUCH:** Sensory gardens: grow a herb garden on a windowsill with basil, sage and thyme for example.
- + **SIGHT, SOUND, MOVEMENT:** Get a water feature. There are plenty available now for indoor use.
- + **SIGHT, SOUND, MOVEMENT:** Wind chimes are really nice and relaxing.

These are just a few ideas, I am sure you can think of many more.

Think!

Someone may have too much stimulation. It can cause the person to become distressed or agitated, similar to someone not getting enough stimulation. They may become bored or restless. So you need to find the balance between the two.



April 21st – National Tea Day

Herbal Scent Tea Party

Try inviting relatives for this activity; it is an enjoyable occasion.



Important:

Make sure participants do not have an existing allergy condition that could be aggravated by herbal tea (consult with the senior nurse or other health professional). If in doubt, let them savour the aroma of the plants but offer ordinary tea to drink.

You will need:

- + Buy six small pots of different herbs from supermarkets or fruit and vegetable market stands, e.g. peppermint, basil, cilantro, parsley, lemon balm, dill and rosemary
- + Buy the same herbs above in dried form (to brew as tea)
- + Your best china tea set – make it a special occasion

What you do:

- + Invite relatives and volunteers. You may ask them to bring a plate 'to share' or ask your Chef to make some scones.
- + Arrange a table with a beautiful table cloth, the teapot and china cups.

- + Wrap the herb pots in foil for easy handling and place in the centre of the table.
- + Sit participants around the table and pass the herb pots around for their perusal.
- + Give participants clues to guess the name of each herb, e.g. 'accompanies these foods', 'used as a remedy for', etc. Give them some hints such as 'how about pizza, what herb can we use?' 'What herb is usually used to accompany roast lamb?'
- + Encourage them to reminisce about herbs they used for cooking, ailments and drinking.
- + Make a couple of herbal teas from the dried herbs.
- + As a rule of thumb use 1 level tsp of dry herbs for every cup of boiling water.
- + Leave to brew for 3–4 minutes and pour. Sweeten with honey if desired.
- + Serve with homemade biscuits. Read them some trivia about herbs.

Think!

This can be done with someone who is cared for in bed. Just take small pots into their rooms. It may be that they don't actively participate, but having the different tasting tea might be nice for them.

You could use aroma dough. Either put it in their hands for them to roll around or you could do it. The more you play with it the warmer it becomes and the aroma is released.



April 22nd – National Mother Earth Day

Lava Lamp

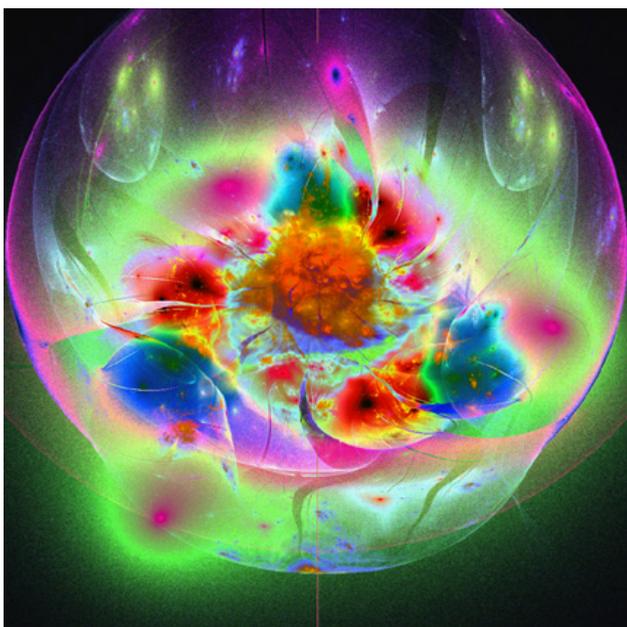
Watch your lava lamp come to life.

You will need:

- + Vase or Water Bottle
- + Food Colouring
- + Vegetable Oil
- + Water
- + Alka Seltzer

What you do:

- + Fill a cup with water and add a few drops of food colouring.
- + Then fill your vase about 3/4 full of vegetable oil.
- + Next add the coloured water to the vase. Be sure to leave about an inch of space left in your vase...otherwise the Alka Seltzer will make the oil overflow.
- + Break your Alka Seltzer tablet into tiny pieces and drop them in one piece at a time.





April 23rd – St Georges Day

History of St George Cross

In heraldry, Saint George's Cross, also called the Cross of Saint George, is a red cross on a white background, which from the Late Middle Ages became associated with Saint George, the military saint, often depicted as a crusader.

The coat of arms of York is the official symbol of City of York Council, the local government of the City of York, England. The borough has been extended a number of times from the original city contained within the city walls. However, the arms have remained the same throughout all these changes to the borough.

The shield, argent, bears St George's Cross upon which are five lions Passant Guardant. The variations depicting the Monarch's recognition of the City's powers of self-government are represented by a Civic Sword and Mace crossed behind the shield. The Chapeau symbolises the office of Mayor who has the right to bear the Sword and Mace. Why not see what your family crest could look like based on your own family characteristics?

You will need:

- + A template
- + Pencils
- + Colour materials

What you do:

- + Enter your family name & motto. (Don't have a motto? Be creative!)
- + Select a background for your crest.
- + Choose your crest's first colour/attribute based on the family characteristics offered.
- + Choose your crest's second colour/attribute based on the family characteristics offered.
- + Choose a shield based on the family characteristics offered.
- + Choose an icon based on the family characteristics offered.

Enjoy your new family crest!

Coat of arms history

Traditional family crests stemmed from heraldic arms, also known as coat of arms or armorial bearings. Heraldic arms were common throughout Europe in the Middle Ages (the 1000 years between the 5th and the 16th century).

Historically heraldic arms were a design belonging to a particular person or group of people. These designs tended to be used by knights and noble men to identify them apart from enemy soldiers. In such traditions these coats of arms were passed from father to son or from wife to daughter.

Over time the use of such crests moved from the military to families, regions and other institutions such as educational institutions.

In times past your own family ancestors would have approached a heraldic artist or officer of arms to design your family crest. Your ancestors would have chosen attributes of that family that the officer of arms would depict in the family crest. These attributes would tend have been depicted through various shield designs, colour(s) and symbols, known as 'charges', such as animals and plant designs.

Why not have try to find your own – [Click here](#)





April 24th – National Skipping Day

Skipping Rope Reminiscence

You will need:

- + Skipping rope
- + Images of skipping
- + Pen and paper to write down chants or memories

History of Skipping

Aboriginal people enjoyed jumping with vines as early as the 16th Century. European boys started jumping rope in the early 17th century. The activity was considered indecent for girls because they might show their ankles. Girls began to jump rope in the 18th century, adding skipping chants, owning the rope, controlling the game, and deciding who may participate.

In the United States, domination of the activity by girls occurred when their families moved into the cities in the late 19th century. There, they found sidewalks and other smooth surfaces conducive to jumping rope, along with a host of contemporaries.

Do you remember any skipping chants? Can you think of your own chant?

- + Butterfly, butterfly: turn around. [jumper turns while jumping][8]
- + Butterfly, butterfly: touch the ground [jumper touches the ground as she is jumping]
- + Butterfly, butterfly: show your shoe. [..thrusts out her shoe]
- + Butterfly, butterfly: [n] to do.
- + Mable, Mable, Set the table, Don't forget the salt, Vinegar, Mustard, Pepper!

What techniques do you remember?

- + **Criss-cross**
Also known as crossover or cross arms. Perform the basic jump whilst crossing arms in front of the body.
- + **Double under**
A high basic jump, turning the rope twice under the feet. Turning the rope three times is called a triple under. In competitions, participants may attempt quadruple (quads) and quintuple unders (quins) using the same method.
- + **Boxer jump rope**
One foot is positioned slightly forward and one foot slightly back. The person positions their bodyweight primarily over their front foot, with the back foot acting as a stabiliser. From this stance the person jumps up several times (often 2-3 times), before switching their stance so the front foot becomes the back foot and the back foot becomes the front foot. And so forth. An advantage of this technique is that it allows the back leg a brief rest. So while both feet are still used in the jump, a person may find they can skip for longer than if they were using the basic two-footed technique.





April 25th – Football – League Cup final at Wembley

Chair football

They think it's all sofa... it is now! Play the world's best-known sport, sitting down!



You will need:

- + Footballs
- + Pens or pencils
- + A4 paper
- + Chairs
- + Something to mark lines (for example, chalk, masking tape, or rope)
- + Glow-sticks

What you do:

- + Split the group into two teams. Teams should pick a team name. Explain that they will be playing football sitting down and allow both teams time to huddle and talk tactics!
- + Everyone should take a chair, pick a spot and sit somewhere on the pitch, making sure they're at least 2m away from the other players. One team should defend one goal and the other should defend the opposite goal. Advise teams to spread out and fill the area if they have not already.
- + The person leading the activity should referee. Begin the match. Players should work together, passing the ball to one another with their feet, until they get close enough to score in the opposing goal. Players should only touch the ball with legs or feet and must remain in their chairs in one spot unless they are told to move by the ref. Players can stretch for the ball so long as they remain seated.
- + The referee should watch the game carefully. Players should be given a 'time out' if they: leave their chairs, kick the ball up into the air or kick an opposing player or their chair. It is up to you how long a 'time out' lasts; it should not be longer than a few minutes.
- + If the ball rolls to a point where it is out of reach, the referee should pick it up and drop it somewhere between two opposing players or allow everyone 10 seconds to move their chairs. Make sure the referee is the only person who touches the ball with their hands.
- + The winner is the team who scores the most goals.



April 26th – Lesbian Visibility Day 2021

LGBT+ session guide

It is important to provide safe spaces for LGBT+ people to spend time with partners, friends and chosen family. Here we offer some suggestions, that we hope will help you to plan a session, group or event to engage LGBT+ residents or to raise awareness of LGBT+ issues in your setting.



Preparation and collaboration:

Person centred engagement is easier to achieve if we plan and work together:

- + Are there people who would be interested in getting involved?
- + Explore your ideas together and decide on the purpose of the session
- + What is considered best practice in leading groups?
- + Do you need to develop protocols for confidentiality, managing conflict, recruiting volunteers etc?
- + How often will it take place? Where are you thinking of holding it?
- + How long will group meetings last?
- + Is there anyone you can approach for technical support?



Environment

Think about the space you will need and where the session will be held:

- + Is the space private and welcoming?
- + Can people leave if they wish or take time out?
- + Do you have visual objects which demonstrate LGBTQ+ inclusivity?
- + Is there a kettle? A nice cuppa and a few biscuits can help to make people feel welcome!

Content

The next step is to plan the content of the group and to consider possible topics for discussion:

- + How will the session begin?
- + What areas are you wanting to explore?
- + What are some good questions that might start the session and get people chatting?
- + How will the session end?

Wellbeing

Take some time to consider how people might be feeling or what they might be thinking – check in:

- + Give people time to share their thoughts and feelings
- + What assumptions might group members be making?
- + It is ok to ask questions!

Information

We never have all the answers, and when holding a session, you may be asked a question you do not know or come across terminology you are not familiar with.

It may help to have resources to hand, many LGBT+ organisations have resource sections:

- + Best practice, toolkits and resources | **Stonewall**
- + Who we are | **Opening Doors London**
- + LGBT+ groups and staying connected | **Age UK**
- + Images and information representing LGBT+ inclusivity can be found via a google search and printed off for 1-2-1 or small group discussions.



Reflection

Take time to reflect on the session:

- + Remember that group size does not matter, the first step is to provide opportunities for people to feel safe and chat
- + A care home is likely to have one 1-2 people who are LGBT+, holding 1-2-1 sessions is just as valid as a large group activity and some people may feel more comfortable in a small group or just chatting to one other person
- + Ask your manager for support and find what works well for your care setting and for the people you support
- + What support may be needed before, during and after the next session? For you and for the group members?



April 27th – National Day of South Africa (2021)

African Drum

Make a drum out of a coffee can and some basic supplies.



You will need:

- + Empty Coffee Can – A catering 1kg size or larger and the lid!
- + Glue- PVA or glue stick
- + Animal stickers/ pictures/ photographs
- + Coloured Paper
- + Scissors

What you do:

- + Cut a piece of yellow paper to fit the coffee can.
- + Decorate with safari animal stickers/ pictures and African designs.
- + Decorate them on a theme- countries, colours, shapes, years, and family – anything your residents want.
- + Stick the paper to the can, once dry happy drumming!

Think!

- + Some may enjoy just looking and listening





April 28th – Stop Food Waste Day

Leftover Roast Chicken Soup



UK households waste 6.5 million tonnes of leftovers every year, 4.5 million of which is edible. Those 4.5 million tonnes are enough to fill 38 million wheelie bins, or 90 Royal Albert Halls. It's a lot, but we have the power to change this.

This hearty soup is the perfect way to use up leftover meat from a roast chicken dinner.



You will need:

- + Large pan
- + Knife
- + Wooden spoon
- + 200g leftover boneless roast chicken meat, shredded or chopped
- + 1 large onion, finely chopped
- + 2 garlic cloves, crushed
- + 2 carrots, peeled and chopped into rounds
- + 2 sticks celery, cleaned and chopped into 1cm slices
- + 125ml chicken stock
- + thumb-size chunk of ginger, peeled and finely grated (optional)
- + handful of flat-leaf parsley, chopped
- + a little oil
- + salt & pepper to taste

What you do:

- + Heat the oil in a large non-stick soup pot or large pan.
- + Add the onions and garlic and sweat for a few minutes.
- + Next, add the ginger, carrots and celery, and sweat for a further 5 minutes, or until soft.
- + Add the chopped chicken, cover with stock and bring up to the boil.
- + Reduce the heat down to a simmer before covering and cooking for another 15 minutes.
- + Season with salt & pepper to taste and serve with a generous handful of chopped parsley.



April 29th – International Dance Day

Armchair Dancing



You will need:

- + Music! CDs, iTunes or YouTube are great places to look; also, on YouTube you may find a video giving you some tips!
- + You could do many different types of dancing, Scottish, Irish or ballroom
- + Get some willing volunteers (that aren't afraid to get up and have a go!)

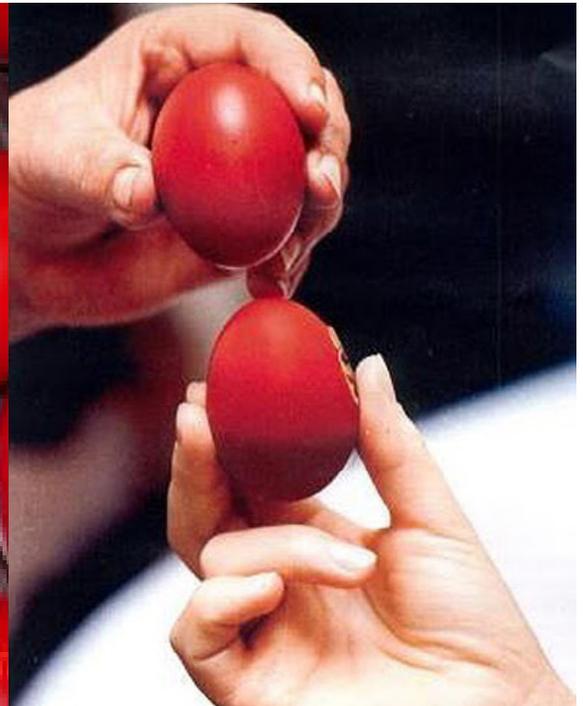
What you do:

- + Make sure you have plenty of space in your chosen room; dining rooms tend to work well.
- + Arrange the chairs around the outside of the room, leave gaps for wheelchairs if needed, this makes it easier for everyone to see you! Also, it will make sure there is enough space should people want to get up and dance. From my experience you will probably see lots of your residents getting up.
- + Ask your residents which music they like, it might encourage more participation. Music is such a great way to get people moving, even if it is just a foot!
- + Remember it is fine if some people don't want to move, they may just enjoy the music and watching others.



April 30th – Orthodox Good Friday

Red Greek Easter Eggs



Traditionally the egg is seen by Christians as a symbol of life, resurrection, and rebirth—a hard shell holding a new life within. In the Orthodox religion, it is not an authentic easter celebration without eggs that have been dyed a deep, dark, vibrant red.

The exact meaning behind the eggs varies depending on who you ask. Sometimes observers of Greek Orthodox religion believe that Mary Magdalene shared cooked eggs with those holding vigil at the tomb of Jesus.

Easter eggs are dyed red to represent the blood of Christ, the shell symbolizes the tomb, and the eggs are cracked to show his resurrection from the dead. Celebrants of Greek Easter may play a game called tsougrisma where two players hold red eggs (kokkina avga), taking turns tapping or clinking the other's egg and trying to crack their opponent's egg while leaving their egg whole. While cracking the eggs, one person says, "Christos Anesti" (Christ has risen!), while the other person says, "Alithos Anesti" (Indeed he has risen!), symbolizing Christ's emergence from the tomb.

You will need:

- + One dozen hard-boiled eggs
- + 1-ounce red food colouring or one sachet of Greek red food dye
- + Six cups warm water
- + 3 tablespoons distilled white vinegar
- + Oil for polishing (optional)

What you do:

- + Combine dye or food colouring, six cups of warm water, and the vinegar in a glass jug or bowl and stir well. If you are using dye, make sure it dissolves completely.
- + Carefully submerge each egg into the water. Let stand until deep red, about 2 hours. Lightly rinse eggs under running water and allow to dry on a paper towel-lined plate.
- + If you want the eggs to have a shiny finish, polish the eggs with paper cloth and vegetable oil.

NAPA membership benefits

NAPA supports the sector to prioritise wellbeing by promoting the importance of activity, arts and engagement.



NAPA members can access training, support, activity resources and opportunities to connect with other activity professionals

Benefits include:

FREE training:

- + Induction eLearning course to all NAPA members and their staff to enable a whole team approach
- + Managers eLearning course – free activity training for managers
- + Free qualifications – this applies to large groups (terms and conditions apply) – contact us for more information

FREE Resources:

- + Quarterly digital magazine and activity resources / ideas
- + Members hub on the website with activity-based articles, research and useful information
- + NAPA e News twice a week with activity ideas, updates on events and news across the care sector

FREE Helpline Service:

Free information and advice provided by skilled activity professionals:

- + FREE phoneline
- + Out of hours email service
- + Closed virtual groups for exchanging ideas and offering support

60% Discount on the following professional development opportunities:

- + Qualifications in Supporting Activity Provision at Level 2 and Providing Activity Provision at Level 3 Consultancy services and bespoke Training days

Occasional special offers and discounts on:

- + Priority booking on NAPA Conferences and Open Training days
- + Digital resources
- + NAPA shop

NAPA Members are also invited to:

- + Display a Membership certificate
- + Display NAPA members logo on website or company stationery
- + Include your organisation's name in our membership Index (April 2021)
- + Include your group members logos in our membership Index
- + Tailor NAPA publications for in house use
- + Enter the NAPA Member Activity Awards
- + Participate in research and service improvement projects
- + Connect on social media platforms
- + Join the NAPA Leaders Network
- + Access the Directory of NAPA Recognised Activity Suppliers

Note: The Care Quality Commission Provider Information Return form asks for details of involvement with national bodies supporting best practice – NAPA is listed