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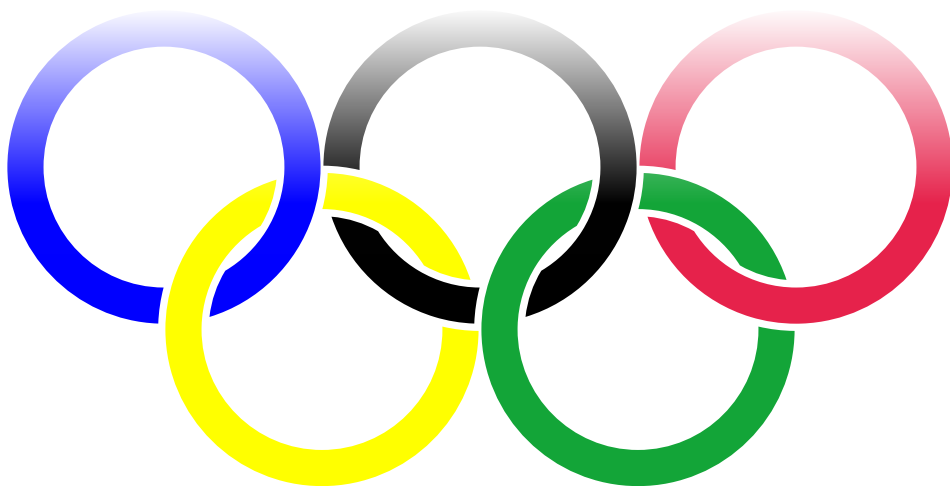
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Prioritising Wellbeing

NAPA Activities Calendar *for every day of the year*

July 2021



Sponsored by






July 2021

This is a digital calendar; it has been created for you to use online. Many of the features have links that will direct you to a web page where you can 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, 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 
- + Look out for this symbol for NAPA occasions: click the link  to register
- + Note the additional dates listed for your consideration, as well to those on the calendar
- + 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 or ideas/dates to include – email – **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 NAPA and the benefit of NAPA Membership – **Click here**

Additional July dates:

Thursday 1st July

- + International Joke Day

Thursday 1st July

- + International Reggae Day

Sunday 4th July

- + Independence Day in the USA

Sunday 11th July

- + Euro 2020 Final

Friday 16th July

- + Edinburgh Jazz & Blues Festival

Friday 16th July

- + International Drag Day

Saturday 17th July

- + The Welsh Proms

Saturday 17th July

- + Non-Binary Awareness Week

Thursday 27th July

- + Samaritans – The Big Listen



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)

Hilary & OMI



Hilary

Hilary Woodhead
NAPA's Executive Director

Hilary Woodhead, NAPA's Executive Director said:

We are excited to share the resources and activity ideas included in this month's issue of the NAPA Calendar. All being well, the Tokyo Summer Olympic Games will be held from July 23rd to August 8th. We hope you will all enjoy cheering on the thousands of athletes across over 200 participating nations! In line with the Olympics, 2021 is the NAPA Year of Moving and Grooving. We hope you have enjoyed the various physical activities we have suggested throughout 2021 so far – you can find more in our Moving and Grooving resource [here](#).

I would like to thank OMI for sponsoring the July issue of the NAPA Calendar; we are most grateful for their support which enables us to make this resource free to download.



OMi are proud to be supporters and NAPA recognised suppliers. We have a history of working closely together since 2018, and we are strongly aligned with NAPA's core values and objectives.

OMi strongly believe in transforming the lives of people who live in care homes through cognitive and social stimulation and in providing technological solutions to help support care staff in delivering outstanding activity provision and person-centered care to everyone. OMi's systems feature customisable and editable Life Stories which complement and support NAPA's own Life Story and Reminiscence Resources.

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://twitter.com/napalivinglife) [#NAPAAActivitiesCalendar](https://twitter.com/NAPAAActivitiesCalendar)

Are you ready to Move and Groove with The Olympic Tokyo games?!

The Olympic Games began over 2,700 years ago in Olympia, in southwest Greece

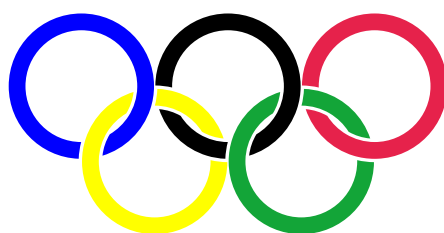
This year's delayed Olympic Games will take place in Tokyo from the 23rd of July 2021. We are delighted to be celebrating the Olympic Games which aligns with NAPA's Year of Moving and Grooving. We have many ideas to help you get Moving and Grooving in the run-up to the Games. [Click here](#)

Why not celebrate by organising your own Olympic Games events?

Here are a few ideas for activities to inspire you and help create conversation and excitement:

Craft for Gold

- + Decorations and bunting
- + The 5 Olympic rings
- + Medals and certificates to present to participants
- + Invitations to invite people to watch via Zoom or outdoors
- + Making the Olympic torch
- + Making flags
- + Making a photo frame
- + Medal score chart



Watch the games

- + Make a timetable with all the events [click here](#)
- + Have a themed watching area set up for the Olympics
- + Watch vlogs from the athletes in the build up to the Games [click here](#)
- + Have themed snacks and drinks from around the world
- + Provide flags to wave and support teams
- + Have an Opening and Closing of the Games party

Hold your own Games

- + Why not hold your own mini-Olympic Games?
- + Ask people which country they would like to represent [click here](#) for the list of participating countries [click here](#)
- + Decide on which sports you would like to add to your programme and adapt to suit support needs. [click here](#) for the list of Olympic sports [click here](#)
- + Think of a colour theme or national dress for each country and hold your own Opening Ceremony
- + Create a virtual torch or make your own and move it around your















setting. Send it around to people via Zoom and see how far it gets? Follow the journey of the Olympic Torch [click here](#)

- + Hold training sessions building up to the Games to add to your exercise programme – more ideas here with The NAPA Moving and Grooving resource [click here](#)
- + Introduce Hydration Stations to keep everyone hydrated during the day
- + Keep scores and hold an Awards Ceremony, create an area to present the awards

We have included several fun ideas throughout the July calendar. However, you choose to celebrate the Olympic Games, we hope you have a wonderful time!

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

The NAPA Activities Calendar – July 2021

<p>Thurs 1 July</p> <p>i Canada Day</p> <p>R Decorative Leaf Bowl</p>	<p>Fri 2 July</p> <p>i National BBQ week</p> <p>R Summer Wordsearch</p>	<p>Sat 3 July</p> <p>i National Eat Your Beans Day</p> <p>R How to Make a Rain stick</p>	<p>Sun 4 July</p> <p>i Thank you Day</p> <p>R Card Making</p>	<p>Mon 5 July</p> <p>i The Bikini swimsuit 1946</p> <p>R Itsy Bitsy Teenie Bikini</p>	<p>Tue 6 July</p> <p>i RHS Hampton Court Palace Flower Show</p> <p>R Edible Flowers</p> <p>Tea Tuesday (Staff wellbeing)</p>	<p>Wed 7 July</p> <p>i World Chocolate Day</p> <p>R Stylish Chocolate Bowl</p>
<p>Thurs 8 July</p> <p>i Olympic Resource</p> <p>R Duster Sprint</p> 	<p>Fri 9 July</p> <p>i Olympic Resource</p> <p>R Stress ball Shot-Putt</p> 	<p>Sat 10 July</p> <p>i Don't step on a Bee</p> <p>R How to Attract Bees to your Garden</p> <p>Seaside Variety Show (NAPA and Ready Generations)</p> 	<p>Sun 11 July</p> <p>i Wimbledon</p> <p>R Wii Gaming</p>	<p>Mon 12 July</p> <p>i Paper Bag Day</p> <p>R Map Rose</p>	<p>Tue 13 July</p> <p>i The Hollywood Sign is officially dedicated 1923</p> <p>R Hollywoodland</p> 	<p>Wed 14 July</p> <p>i Bastille Day</p> <p>R Virtual Tours around the world</p> <p>Meaningful Activity (Training day)</p> 
<p>Thurs 15 July</p> <p>i Olympic Resource</p> <p>R Tabletop Curling</p> 	<p>Fri 16 July</p> <p>i National Cherry Day</p> <p>R No bake Cherry Cheesecake</p>	<p>Sat 17 July</p> <p>i Olympic Resource</p> <p>R Dry Swimming</p> 	<p>Sun 18 July</p> <p>i Nelson Mandela International Day</p> <p>R Cameroon Cloth Craft</p>	<p>Mon 19 July</p> <p>R A Moment in Time</p> <p>napa-activities.co.uk</p> 	<p>Tue 20 July</p> <p>i First Man landed on the Moon 1969</p> <p>R Space Quiz</p>	<p>Wed 21 July</p> <p>i Love Parks week</p> <p>R Botanical Wood Slices</p> <p>Activity, Arts and Engagement (workshop)</p> 
<p>Thurs 22 July</p> <p>i Olympic resource</p> <p>R Bean Bag High Jump</p> 	<p>Fri 23 July</p> <p>i Olympic Resource</p> <p>R Scores on the Doors</p> 	<p>Sat 24 July</p> <p>i Cow Boy Day</p> <p>R Lasso Like a Cowboy</p>	<p>Sun 25 July</p> <p>i Olympic Resource</p> <p>R Balloon Volleyball</p> 	<p>Mon 26 July</p> <p>i Picnic Month</p> <p>R Plush Picnic</p>	<p>Tue 27 July</p> <p>i Watermelon Day Japan</p> <p>R Fruity Flowers</p>	<p>Wed 28 July</p> <p>i Beatrix Potter Born in 1866</p> <p>R Lavender wands</p>
<p>Thurs 29 July</p> <p>i Edinburgh Art Festival</p> <p>R Doily Hoop Art</p>	<p>Fri 30 July</p> <p>i International Friendship Day</p> <p>R Get to know you - Jenga!</p>	<p>Sat 31 July</p> <p>i National Fishing Month 2021</p> <p>R Hook a Poem</p>				



July 1st – Canada Day

Decorative Leaf Bowl

You could add some scented pot pourri to the bowl and use it to brighten up a room.



You will need:

- + Artificial Leaves
- + Plastic Bowl
- + Mod Podge Or PVA glue
- + Varnish
- + Clingfilm

What you do:

- + Cover the bowl with cling film.
- + Paint Mod Podge onto a leaf and press the leaf onto the bowl. Repeat with various leaves, overlapping the leaves as you go. As you layer and press the leaves onto each other, excess Mod Podge will squeeze out. Just brush that over the outside of



the leaves. Continue until the base is covered and half the sides are covered with leaves.

- + When the leaves are completely dry, give the whole bowl a coat of varnish. You may want to do this outside or in a well-ventilated room.

- + When the varnish is dry, carefully take the leaves and cling film off the bowl. Carefully peel back the cling film from the inside of the leaf bowl.

Think:

Invite individuals to help with buying the things you need for this activity. By adding some pot pourri into the bowl, it becomes a really nice sensory item to have in someone's room.

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July 2nd – National BBQ week

Summer Wordsearch

- + PICNIC
- + SUNTAN LOTION
- + HOLIDAY
- + HOPS
- + SANDALS
- + FAN
- + BATHING SUIT
- + DAISY
- + CAMPING
- + HOTEL
- + CAMERA
- + SAILING
- + SUNGLASSES
- + ICE CREAM
- + ROCK POOL
- + TRAIN TIMETABLES
- + OCEAN
- + MAP
- + POSTCARD
- + CRICKET



T	A	P	O	S	T	C	A	R	D	J	E	C	I	E	W	U	B	U	Y
H	R	O	Y	F	I	B	U	S	U	N	T	A	N	L	O	T	I	O	N
G	E	A	P	K	O	C	E	A	N	V	L	M	G	M	N	G	T	A	X
T	S	H	I	U	A	R	F	C	T	M	A	P	A	K	D	K	O	Q	S
E	G	O	C	N	V	E	O	R	I	Q	O	I	H	W	C	L	H	T	E
K	P	B	N	G	T	A	Z	C	K	E	W	N	F	C	E	I	C	M	S
C	U	F	I	S	O	I	C	U	P	I	R	G	L	T	V	H	O	P	S
I	C	E	C	R	E	A	M	J	D	O	E	J	O	L	S	U	L	W	A
R	U	A	D	A	T	U	I	E	Z	M	O	H	C	P	O	B	P	Y	L
C	R	L	Z	B	L	H	D	N	T	F	W	L	S	A	I	L	I	N	G
O	H	O	L	I	D	A	Y	U	O	A	T	E	B	P	M	J	E	R	N
Q	Y	D	A	M	A	I	C	I	T	S	B	U	X	D	A	E	H	N	U
F	I	K	T	R	I	P	S	A	N	D	A	L	S	B	D	M	R	K	S
A	H	C	U	J	S	E	V	U	W	N	Q	A	E	I	O	X	C	A	E
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July 3rd – National Eat Your Beans Day

How to Make a Rainstick Instrument

You will need:

- + Sturdy cardboard tube, an empty kitchen roll or tin foil tube would work
- + Paint
- + Large, brown paper bag
- + Wool
- + Rubber bands
- + Scissors
- + Pipe cleaners
- + Beads, rice, beans or other material for inside the rainstick

What you do:

- + Start by painting your cardboard tube. We painted ours to resemble a piece of hollow wood. Let it dry.
- + Cut out two circles from a large, paper grocery bag.
- + Attach one circle to the end of your cardboard tube using a rubber band.
- + Experiment with different ways to fill your rainsticks.
- + In a separate rainstick, you could try twisted pipe cleaners with dried beans.
- + Once you are happy with the sound of your rainstick, rubberband the other paper circle to the opposite end.
- + Tie some different coloured pieces to yarn to each end.



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July 4th – Thank you Day

Card making



You will need:

- + Card blanks (you can get these from Hobby Craft, Argos or craft shops)
- + Coloured paper
- + Scissors
- + Stickers
- + Magazines to cut pictures out / photographs (you could either scan or print them using a colour photocopier)
- + Pens
- + List of individuals/relatives birthdays Check that you have consent to share these)



What you do:

- + Decide the theme of the cards, birthday, thank you etc.
- + Let your individuals decide how they want the card to be decorated.

Think:

- + Encourage individuals to support each other.
- + You could sell them to relatives, friends or visitors.
- + How about getting the individuals to take photographs, which you could use.



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July 5th – The Bikini swimsuit 1946

Itsy Bitsy Teeny Bikini

What is the first thought that pops into your mind when you hear the word 'Bikini'?

Do you think of the famous song? – Brian Hyland 1960 'Itsy Bitsy Teeny Weenie Yellow Polka Dot Bikini'. **Watch here**

Do you gasp at the thought of wearing the renowned two-piece?

Below is a timeline for the history of the classic beach fashion must-have.

Top Tip:

Why not hold a session using images and maybe some real-life Bikinis to evoke exciting conversations? Get creative and design your Bikini.



300 A.D

Villa Romana del Casale in Italy, features Roman women in bikini-like garments

1907

Annette Kellerman Australian swimmer and silent-film star was arrested on a Boston beach for indecent exposure after wearing a form-fitting, sleeveless tank suit.



1946

French engineer Louis Réard officially created the bikini as we know it, naming it after Bikini Atoll. He took over his mother's lingerie business. When on holiday in Saint Tropez, he noted ladies rolling up the edges of their swimsuits to get a better tan. He advertised it as 'the world's smallest bathing suit' on 5 July 1946 at Piscine Molitor, a popular public pool in Paris to the media and public. The bikini was controversial because for the first time, the wearer's navel was exposed.



1951

The first Miss World competition took place in London. Contestants wore bikinis, but the suit was quickly banned from worldwide beauty pageants thereafter.



1953

Bridget Bardot was photographed wearing a bikini on the beach during the Cannes Film Festival, making the bikini fashionable and other big names soon followed.



1962

Ursula Andress emerged from the water wearing a bikini in the classic James Bond movie 'Dr. No.'

The iconic moment propels the bikini further into the spotlight.



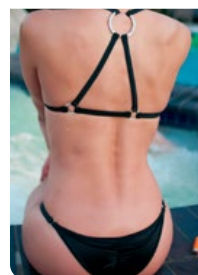
1983

Carrie Fisher rocks a gold metal bikini that will spawn years' worth of Halloween costumes, in 'Star Wars Episode VI: Return of the Jedi'.



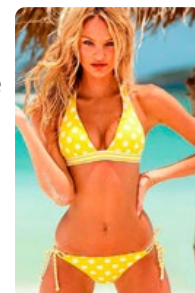
1988

The suit grows smaller than ever, as G-strings make their way north from Brazil. Réard's company closes 4 years after his death in 1984.



2021

We now have many different styles of the iconic bikini. There are 7 main types today – String bikini, Monokini, Microkini, Tankini, Sling bikini, Trikini and Pubikini. The bikini industry is now worth £17 billion and it is the most popular swimwear item on a beach.



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July 6th – Start of RHS Hampton Court Palace Flower Show

Edible Flowers

Any flower that isn't poisonous or that doesn't cause a negative reaction is considered edible. However, just because a flower is edible doesn't necessarily mean it tastes good.

Before you go munching through the flower garden and window box, there are a few criteria you should keep in mind.

- + Be sure to positively identify a flower before eating it. Some flowers have look-alikes that aren't edible.
- + Don't eat flowers if you have asthma, allergies or hay fever.
- + Only eat flowers that have been grown organically so they have no pesticide residue.
- + Collect flowers for eating in the cooler parts of the day — preferably early morning after the dew has evaporated or late afternoon.
- + Choose flowers that are at their peak, avoiding those that are not fully open or are starting to wilt.



Kale flower and lemon spaghetti

You will need:

- + 160 g spaghetti
- + 2 cloves crushed garlic
- + Juice of half a lemon
- + 1 tsp lemon zest
- + 2 tbsp olive oil
- + Large bunch kale flowers on stems, loosely chopped
- + Salt and pepper to taste

What you do:

- + Bring a large pot of water to the boil.
- + Cook the spaghetti until just before it is ready to eat.
- + Drain and set aside. In a large pan, heat the olive oil over a medium heat.
- + Add the crushed garlic and lemon zest and cook gently for a few minutes, being careful not to burn the garlic.
- + Add the kale flowers and cook for one further minute.

- + Add the pasta, lemon juice, salt and pepper and mix together. Serve immediately.
- + For those of you who like a little extra zing in your food you can sprinkle in a few chilli flakes. Carnivores may wish to add a little crispy bacon to the dish.

Granola with lemon yoghurt and edible flowers

You will need:

- + Juice from ½ lemon
- + Zest from 1 lemon
- + ¼ cup sugar
- + 1 egg yolk
- + 2 tbsp butter in small pieces (30 g)
- + ¼ cup Greek yogurt

- + plus – ½ cup toasted almonds
- + plus – ½ cup blueberries

What you do:

- + Place lemon juice, lemon zest, sugar and egg yolk in a small pot.
- + Cook on a medium heat, stirring constantly with a wooden spoon until thick (about 10 minutes).

- + When ready, put on side and add butter. Stir until the butter melts and leave to cool.
- + When cold add yogurt and mix in.
- + Toast the almonds in a frying pan with 1 tsp of oil. When all the ingredients are ready, start to layer. Begin with the granola, then half of the nuts, the yogurt-lemon mix, berries, rest of the nuts, then cover with the rest of the yogurt mix and garnish with edible flowers.

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July 7th – World Chocolate Day

Stylish Chocolate bowl

Ideal for decorating the celebrating a special birthday!

You will need:

- + 1 large balloon – make sure the rubber is thick-ish, or else the balloon might pop!
- + sellotape
- + 1 medium sized bowl
- + 200g dark or milk chocolate*
- + 200g white chocolate*
- + baking paper
- + a sharp knife
- + a sweet filling of your choice, such as strawberries and cream

*N.B. regular chocolate can be used, as long as dark chocolate is at least 70% cocoa solids, milk chocolate is at least 34% cocoa solids and white chocolate is at least 29% cocoa butter

What you do:

- + Blow up your balloon and tie the end. Take a small piece of sellotape and place it just to the side of the knot in the balloon – this will ensure that the balloon stays in one piece when you deflate it later.
- + Place the knotted end of the balloon inside the bowl and secure in place with sellotape.
- + In two separate bowls melt the two kinds of chocolate either in a microwave, or over a pan of boiling water. Make sure that the bottom of the bowl does not touch the water if using this method.
- + Once the chocolate has melted, leave it to cool until it is around body temperature. You can test this by dabbing a bit on your lip. If it doesn't feel hot, the chocolate is ready. Cooling the chocolate is very important as the balloon may pop if it's too hot.



- + Pour around a quarter to a third of the dark or milk chocolate onto the balloon followed by a quarter to a third of the white.
- + Leave the chocolate to set either in a cool room, or in the fridge if you want to speed things up. It is ready when the surface is solid enough to touch and no longer shiny.
- + Continue to layer the chocolate onto the balloon, allowing it to set between applications until you have used almost all the chocolate – save about a quarter of the white chocolate to make the base of the bowl.
- + Pour on the final bit of white chocolate and then immediately flip the balloon over onto a piece of baking paper. Hold the bowl or balloon until the chocolate has set enough for you to take your hands away without the balloon moving. Then leave to set for a couple more minutes.
- + Undo the sellotape which is attaching the bowl to the balloon and then lift off the bowl.
- + Hold onto the knotted end of the balloon and pierce it with a sharp knife in the center of the piece of sellotape you attached earlier.
- + Pull gently on the knotted part of the balloon to help let the air out. Once the majority of the air has been released, you should be able to remove the balloon easily.
- + Fill the bowl with whatever you fancy.

What you do:

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 [here](#)

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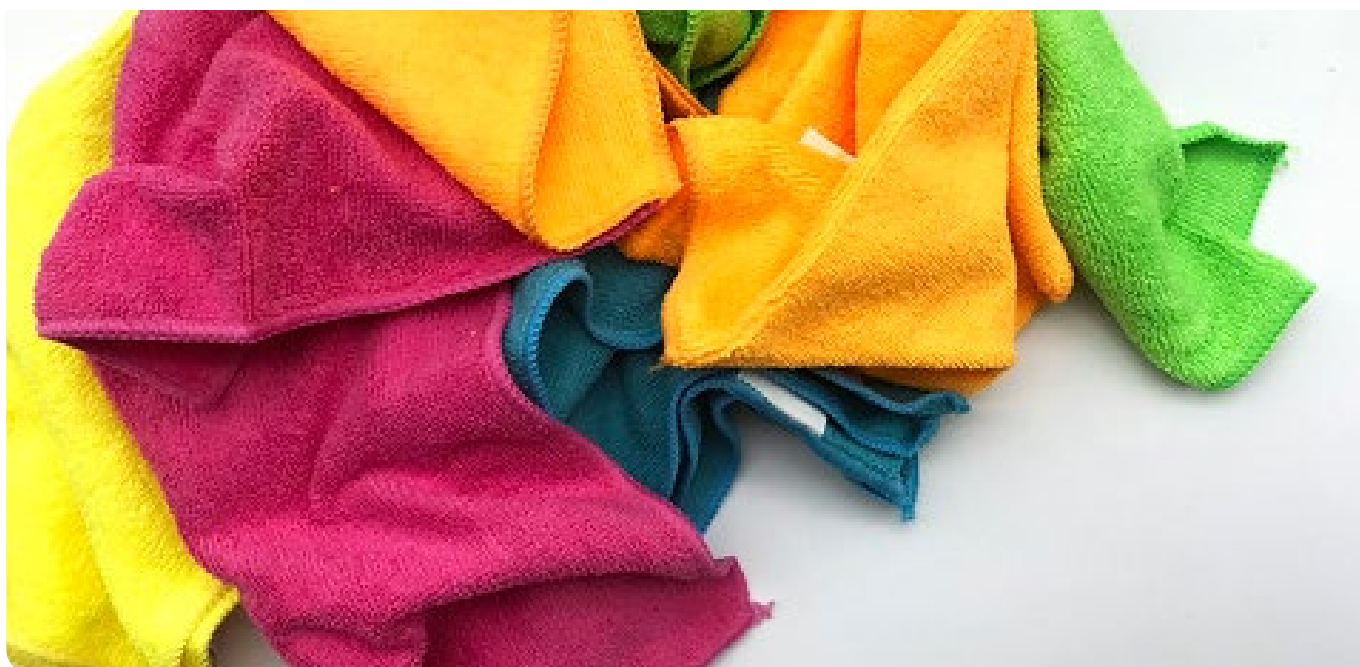


July 8th – Olympic Resource



Duster Sprint

Sprinting is one of the oldest running traditions and was recorded at the Ancient Olympic Games.



We have all had a moment of sprinting for the last biscuit or the bus...

Why not adapt the sport of sprinting with this fun take on a short, fast dash!

Click here to see a list of the world's most famous sprinters.

You will need:

- + You will need a short tube (cardboard or similar lightweight material) about 12 inches long, a 10ft length of wool and a duster

What you do:

- + Tie one end of the wool to the centre of the tube and the other end to the duster.
- + Place the duster on the floor as far away as possible from the person holding the tube.
- + Wind in the duster as fast as possible – using the wrists to twist the tube, wrapping the wool around the tube – A bit like winding in a kite!



Tips:

It's a race, and a good workout for the arms and hands. The brighter the colour of the duster the better!

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July 9th – Olympic Resource



Stress ball shot-putt

Stress balls are light and safe, so make great items to throw.

The field track sport of Shot-put is thought to have originated from the rock throwing of soldiers in Greek history.

The sport was included on the official list of the Olympic games around 1896 and over the years, many versions have been added. The glide and the spin, however, remain in today's sport. Why not adapt this fun game to help recreate your own Shot-Putt competition?

You will need:

- + You will need stress balls, and a waste paper bin or laundry basket

What you do:

- + See how many shots (stress balls) you can 'putt' into the basket!

Tips:

The trick is to encourage those involved to hold the ball near their shoulder like a proper shot putt; it's not as easy as it sounds.



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July 10th – Don't step on a Bee Day

How to Attract Bees to Your Garden



Add an insect house to your garden to provide nesting sites for solitary bees and insects.

Make your own but ensure it has a waterproof roof, or invest in a bespoke bee hotel such as the Big Insect Biome, (wildlifeworld.co.uk)

- + Offer a home
- + Re-wild your lawn
- + Plant trees for bees
- + Put out water
- + Learn more

For effective foraging, bees need masses of flowers in one place. Large shrubs or small trees are a vital food source. Five established trees would provide a similar amount of pollen and nectar as an acre of meadow.

Bees need to drink and evaporate water to cool their hives. They collect water droplets, such as the morning dew on leaves, but they drown in water bowls, so fill the bowl with glass sea beans, pebbles or even marbles to provide a surface for them to drink from.

Visit Buglife web page [click here](#) where you can download a Pollinator Identification Chart or check out the seven most common bumblebees.



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)



July 11th – Wimbledon

Wii Gaming



Using the Wii is much more active than any other console, you can get really involved and move around or play from the comfort of your chair. It is also fairly simple to use.

Evenings playing bowling with family members of varying ages and everyone gets very competitive!

There are lots of fun games to play but for a Boys Night In Wii Sports have some great games including boxing, golf, tennis, bowling and lots more.

You could also get racing games with steering wheels! If any of the gents like driving.

Think:

Have a hydration station set up and some oranges.



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July 12th – Paper Bag Day

Map Roses

These would look lovely in a window so individuals can admire them from afar, you could spray them with rose water to make them smell like roses.

Talking about flowers and what residents had in their gardens would be a great sideline to this activity. You could even get the magnifying glasses out and look at the map!

You will need:

- + Old maps, atlases, etc., you can also get map wrapping paper but you might prefer to use maps that are printed on both sides. If that is not possible one-sided maps will still work but will look a little different
- + Green florist wire
- + Green florist tape
- + Scissors and pen
- + Glue gun and glue sticks
- + Red watercolour paint and brush (optional)

What you do:

- + First, you need to cut out your petals, you could make a card template.
- + Place your petal template on top of the map, draw round it and then cut out the petal shape. For each map rose you will need six small petals, six medium petals and six large petals.
- + Cut your florist wire to the length you would like your rose stem to be. Then wrap this wire with the green florist tape.

Adding the petals to your map roses

- + First take a small map petal and roll it up tight, using a glue gun stick the petal to the end of the green stem.
- + Take another small petal and gently roll it in your hand to shape it into a slight curve. Dab a small amount of



- hot glue on to the base of the petal and stick this to the stem.
- + Carry on with the remaining four small petals, overlapping them slightly as you go round.
- + Next glue the medium-sized petals one by one to the outside of the small petals, again overlapping as you go round.
- + Repeat with the six remaining large petals.
- + To finish off your map roses you can stick a small green leaf cut from green paper to the stem. You could paint the edges of the rose petals with a small amount of red watercolour paint to add a bit more red to the maps.

- + Several map roses together create a lovely decoration. They look very impressive together in a bunch.
- + You can also display them individually in small bottles. A single map rose makes a gorgeous gift topper, especially if you use maps of meaningful places.

Think:

The preparation of this activity is a great way to get to know individuals. Find out where they have lived or travelled.



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July 13th – The Hollywood Sign is officially dedicated 1923

Hollywoodland

In 1923, on the southern slope of a Peake called Mount Lee in Los Angeles, California, a sign was erected and would become the most cultural and iconic sign of all time.



The sign was commissioned as an advertisement statement by real estate developers, Woodruff and Shoults. They wanted to encourage people to buy property in the Hollywood hills.

The original sign read "HOLLYWOODLAND," and each letter was 30 ft (9.1 m) wide and 50 ft (15.2 m) high. Four thousand light bulbs were studded around the sign and flashed in segments: "HOLLY," "WOOD," and "LAND," and then as a whole.

The sign was intended only to last a year and a half; however, the sign became an internationally recognised symbol during the Golden Age of Hollywood and was left there.



Competition

We would like you to get creative and design your icon sign for your care setting. To be in with a chance of winning a fabulous Hollywood-themed party pack.

What you do:

- + Discuss with your residents and staff to decide on the space.
- + Think about the size of the sign and the materials you can use.
- + The size can be any size, and we do not expect to see it from space!

- + Discuss colours, textures, and individual letters.
- + Get as much of your home involved as you can.
- + Take photos and a brief story of your sign.
- + Send to NAPA before 31st July. competitions@napa-activities.co.uk
- + The winner will be announced on 2nd August.



Top tip:

You can plant flowers, use wood, or even people to get creative with your sign. Try involving your community by sending ideas. Hold a grand unveiling of the sign. You could have a resident cut the ribbon.

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July 14th – Bastille Day (France)

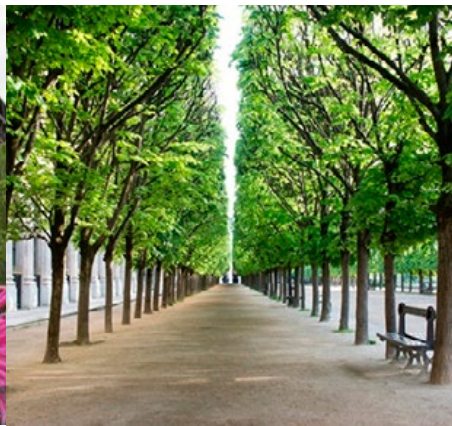
Virtual Tours from around the world

Virtual Tours – Sit back, relax in a comfortable chair and explore some the most famous iconic places around the world with these special virtual tours online.

We take a look through the eyes of the camera in France, China, under water oceans and even a quick hop over to Mars for an interesting look on another planet.

To enjoy the tour – **[click here](#)**

Please click the link and look around the famous Louvre, in Paris. In this virtual tour you have access to a range of interesting people and places from classical artists of the renaissance period to interesting Egyptian artifacts. Using the mouse to click and control the view. Use the wheel in the middle mouse button to zoom in for a closer look.



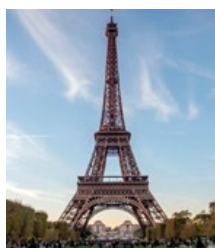
Eiffel tower views

For the next stop on the tour, we will remain in Paris and look at the magnificent views from the Eiffel tour.

This is a fabulous way to view cities from all over the world. Simply click the link below, if you feel that you would like to explore part of another city type at the top of the screen the place you want to visit.



You might want to consider a theme with your tour e.g. offering food associated with that place. A cheese and wine afternoon in Paris, or maybe tasting fortune cookies for a visit to the Great Wall of China.



360 views form The Eiffel Tower

There are also some wonderful views surrounding the Eiffel tower and gardens, providing a really immersive experience – **[click here](#)**

The Great Wall of China

Explorers can jet off to the Great wall of China and learn facts about this amazing feat of architecture that stretches 3000 miles.

This is a free short virtual tour, there are options to purchase different locations in China on this website – **[here](#)**

If you want some fabulous video footage to continue your tour take a look on this link on youtube – **[here](#)**

We would love to see how you get on – email photographs to **communications@napa-activities.co.uk** or tag us on social media **[@napalivinglife](#)** **[#NAPAActivitiesCalendar](#)**



July 15th – Olympic Resource



Tabletop Curling



Curling is a sport in which players slide stones on a sheet of ice towards a target area. The rocks can be guided by two sweepers with brooms or brushes. At the Olympics, this popular game could really draw the crowds- cheering and chanting were believed to make the sweepers sweep faster.

Hold your own tabletop curling game without the ice. Enjoy this energetic game with a group of individuals and encourage them to cheer!

You will need:

- + Handheld dust brush per player
- + Tables
- + Three balls per team
- + Coloured tape
- + Two teams of 3

What you do:

- + Clear the tables and stand in a line. You will need no more than 3 tables.
- + Using the coloured tape, mark out a target zone on the end of the table like a bullseye.
- + One team plays at a time.
- + Stand a player on each side of the tables with the brush in hand. Stand another player at the end of the table without the bullseye.
- + This player slowly rolls the first ball down the table.
- + The other two players sweep the table as the ball rolls.
- + Score points by getting stones closer to the bullseye centre. The Bullseye is 20 points, inside outer circle 15 points, outside the outer circle 10 points.
- + Each team has three balls to role which stay on the table and do not move. The next team roll their three balls and try to knock the other team's balls out of the bullseye to steal the points.



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July 16th – National Cherry Day

No bake Cherry Cheesecake

Check out our No Cook Cooking book available to purchase **here**

You will need:

- For the digestive biscuit base
- + 100g digestive biscuit crumbs
- + 50g butter or margarine, softened
- + 50g caster sugar (optional)
- For the filling
- + 225g cream cheese
- + 125g icing sugar
- + 1 teaspoon vanilla extract
- + 250ml double cream, whipped
- + 1 (400g) tin red cherry fruit filling

What you do:

- + Stir together digestive biscuit crumbs, butter and sugar in a bowl until well mixed and crumbly. Press into a cheesecake tin or pie dish, going up the sides as much as possible.
- + Beat together the cream cheese, sugar and vanilla in a bowl until smooth and spreadable. Whisk whipped cream into cream cheese mixture until smooth. Pour cream cheese on top of prepared biscuit

base. Smooth the top with a spatula, and refrigerate until firm, about 2 to 3 hours. Spread the cherry fruit filling over the top, and chill until serving.

Think:

Please be aware of Health & Safety issues when dealing with raw food products within recipes.



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July 17th – Olympic Resource



Dry Swimming

Swimming is one of the largest events in the Olympic Games. Great Britain comes 7th in the leader board of medals with America holding an impressive 246 gold medals.



With so many styles of swimming, the sport can be over very quickly, and this is mainly due to the style of swimwear. Male swimmers wore full body swimsuits up until the 1940s, but now modern swimwear styles enable a more streamlined presence in the water.

Have you ever thought of Dry Swimming with the individuals you support? This fun game involves a creative way to play along in a support environment – without getting wet!

You will need:

- + Swim caps or shower caps
- + A dice for each player

- + A score board – you can use a flip chart or white board
- + Pens

What you do:

- + Ask the players to pick a choice of hat attire and place all hats on heads.
- + Mark on your board 1- 6 across and the names of your swimmers down the side in a grid style.
- + Give each player a dice and once ready, shout "On your marks, get set, go!"
- + As the person rolls a dice, they shout a number. The highest number called is the winner of that round.

- + Mark out a square on your grid for that person.
- + Keep going till a person reaches the end of the grid.
- + If you have people with the same highest number, then give them both or all the mark- you can have joint winners.

Top Tip:

To enjoy the experience more, why not use a bowl of water and pop the person's feet into it while they play!



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July 18th – Nelson Mandela International Day

Cameroon Toghu Cloth Craft

You will need:

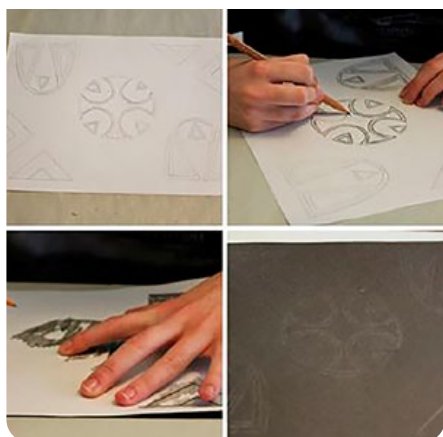
- + Black card – A4 or larger
- + Use the images here or online of the traditional dress as your inspiration
- + Different coloured wool – the dominant colours in Toghu embroidery are red, orange, yellow and white

What you do:

- + You can outline your design in pencil or you may choose to draw your design freehand.
- + Then, very simply go over the design with white glue, and place the wool over the glue.

Think:

This activity is great for visual stimulation. Sitting with someone, looking and touching the finished piece would be a good activity.



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July 19th – A Moment in Time

A Moment in Time

What is the project and how do I take part?

The Covid 19 pandemic is a significant moment in time, which has changed and disrupted people's lives across the globe. This project aims to capture the range of these experiences for posterity, by creating 'Moment in Time' boxes, which will be 'sealed' and opened on the same day in 2022.

The project builds on other community responses to the pandemic and will help to sustain memories of pandemic life for future generations. The project will help to retain some of the smaller memories - the little moments in everyday life, rather than just the highlights, which time has a way of altering over the years.

By capturing 'moments in time' together we can sustain these memories and share pandemic life with future generations. Boxes will be sealed on July 19th, 2021 and re-opened on July 19th 2022. It is also possible to continue adding to the box as you choose.



The project is a joint initiative between the National Care Forum (NCF) National Activity Providers Association (NAPA) and Beacon Consultancy. It is focussed on social care, which has been at the forefront of the pandemic but is open to anyone who wishes to take part.

Resources will be available on the NAPA website, [here](https://www.napa-activities.co.uk). Email your photos and memories of making your box to communications@napa-activities.co.uk. You can also follow the conversation on Twitter at [#momentintime21](https://twitter.com/momentintime21)



Continued ►

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://twitter.com/napalivinglife) [#NAPAAActivitiesCalendar](https://twitter.com/NAPAAActivitiesCalendar)



A Moment in Time (continued)

How do I build my Box?

Before you start the practical work itself, you might want to think about who is going to be involved with the box. For example,

- + Do we build a group box?
- + Do we create an individual box?

If you decide to create a group box, you might want to think about how you retain individuality while linking everyone through the contents. If you make an individual box, how will you tell your story through the objects you choose?

What Box should I use?

- + It would be best to decide on the location for storing your Box as it will need to be kept safe and dry for at least a year and maybe longer.
- + You should also think about the box itself. You will need something with a lid that you can close and 'seal' for at least a year. Will you use a recycled container, for example a Pringles box, or a cardboard shoe box, or do you have a metal box, a tin, or other package or tin?
- + You might want to buy a bespoke box, or even make your own!

What sort of objects can I use to fill my Box?

Once you have chosen a box, you can think about what you want to capture as contents. Below are only suggestions, and you should feel free to be as creative as you like:

- + Photographs and images (remember to get appropriate consent for these)
- + Meaningful Images from the pandemic



- + Mementoes or memories of people who may have died during the pandemic
- + Photographs/images of new milestones
- + Mementoes of loss and new beginnings
- + Images from the news media – for example Clap for Heroes
- + Natural and found objects, e.g. pebbles, feathers, leaves, shells
- + Technology – for example screenshots of 'Zoom' calls (with consent)

Memories

Writing down your memories, on the computer, in a notebook or on scraps of paper. Maybe use these sentences below to invoke memories and encourage people to finish off the sentence?

- + My last 12 months have been ...
- + I remember hearing the word lockdown on ...

- + The word Covid to me means ...
- + The worst thing about it all ...
- + The best thing that came from Covid ...

Objects

When we look back into the box and reflect on "A Moment in Time", it will be helpful to have objects that will help us remember and discuss the feelings and emotions that we experienced. Thinking about the objects to place into the box, here are some suggestions but you will have your own ideas too:

- + Unused mask
- + Empty hand sanitiser
- + Newspaper clippings
- + Toilet paper
- + Government letters
- + Posters
- + Photograph of vaccination card and stickers
- + Artwork or tokens given by your community
- + Letters or greetings cards

Arts and Crafts

Think about adding an artistic element to your box. Many people express emotions by developing a creative piece.

- + Self-portraits
- + Pottery
- + Creative writing
- + Sculpture
- + Textiles
- + Music
- + Knitting

Continued ►

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A Moment in Time (continued)



Sensory items

Many things changed around us during the last 12 months, everything from the environment to the food we ate. Think about how you could capture this in the box – maybe on a USB stick?

- + The sounds around us. For example, the birdsong
- + The new smells of cleaning products and hand sanitisers
- + The food we tasted and the recipes we developed
- + The lack of touching in our daily life
- + What we have seen and what we could not see

Digital Resources

What digital elements could you add to the box for people to listen to or watch in the future?

- + Video recordings
- + Sound recordings
- + News programmes
- + Messages of hope
- + Zoom classes and meetings

How do I finish and seal my Box?

Finally, think about the story of who created and contributed to this “Moment in Time”.

- + Maybe write a short letter with the date and details of everyone involved with making the box
- + Record a ‘blog’ or type up an account or audio narrative
- + Add photos of you creating the content or holding the box
- + Download the template resources from the NAPA website which can be used to decorate the Box, or make your own decorations
- + Use the project seal provided on the NAPA website to seal the box

Are there any disadvantages to taking part?

Although research and knowledge on creating memorial artefacts shows that this is generally a very positive experience for people, the Covid 19 pandemic has been an emotional period in history and it is possible that making and filling the box might provoke painful or difficult thoughts and feelings. If this is the case for you, make sure you have support

available and remember you can stop taking part at any time. Resources will be available on the NAPA and NCF websites as well as through Beacon Consultancy:



Are there any GDPR considerations?

A full GDPR statement is available on the NAPA website [here](#).

Follow the conversation on Twitter [#Momentintime21](#)

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)



July 20th – First Man landed on the Moon 1969

Space Quiz

Have some fun with an out-of-this-world Space Quiz!



1. What type of animal was the first living being sent into Space?
2. Who was the first man in Space and when did he go?
3. Who was the first American in Space and when did they go?
4. Who was the first woman in Space and when did she go?
5. Who was the first American to orbit the Earth and when was it?
6. What is the name of the astronaut who has spent the most time in Space?
7. Who was the first person to walk on the Moon?
8. Who was the second person to walk on the Moon?
9. On what day did the first people walk on the Moon?
10. When was the first Space station launched and what was it called?



Answers:

- | | | | |
|---------------------------------|--|----------------------------------|------------------------------|
| 1. A dog | 3. Alan Shepard; May 5, 1961 | 5. John Glenn; February 20, 1962 | 8. Buzz Aldrin |
| 2. Yuri Gagarin; April 12, 1961 | 4. Valentina Tereshkova; June 16, 1963 | 6. Sergei Avdeyev | 9. July 20, 1969 |
| | | 7. Neil Armstrong | 10. April 19, 1971; Salyut 1 |

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July 21st – Love Parks week Ends

Botanical Wood Slices



You will need:

- + Wood slices- about 4 inches across. You can buy these in most craft shops or your local wood shop may cut some for you
- + Images you want to use – You can technically print any image and adhere them to any type of wood
- + Wax paper
- + Tape
- + Scissors
- + Plastic card, bank or store card would work
- + Standard printer paper

*Just be sure the image you are going to print is going to match the size of the wood. *

What you do:

- + First of all, cut a piece of wax paper the same size as your standard printer paper. Overlap the wax paper about an inch over the top of the printer paper. Fold the extra edge over to the back side of the printer paper and tape it securely down. You only need to tape on the top edge that will be feeding into

the printer. To give you perspective, you are only printing on the wax paper, but it is best to tape it to printer paper otherwise the wax paper gets jammed very easily.

- + Place this paper into your printer paper feed so that the wax side will be the one printed on. This is different for all printers so experiment if you need to figure out your specific printer.
- + Print your botanical image and carefully remove the print from the printer. You really must be careful to not let that image smudge on anything. It is wet ink just sitting on top of the wax and if you all but breath on it, it could smear.
- + Figure exactly where you want the image and set it down without moving it around.
- + Use any type of card or flat surface to gently rub the ink onto the wood. It only takes a little bit of pressure and stop once the wax paper lifts up.
- + Lift your wax paper all the way up and off, and your image is left on the wood. Yay!



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July 22nd – Olympic resource



Bean Bag High Jump

In the 19th century in Scotland, the first ever recorded high jump event took place. Jumpers would elaborately run towards a bar and take off on one foot.



Over the years, many different techniques have developed to achieve a higher height. The highest recorded height reached 7 ft 7 1/4 inches by Franklin Jacobs from New Jersey.

We would not expect you to reach such heights! But you can still enjoy this fun sport by using bean bags instead.

You will need:

- + Make a simple high jump bar using some garden canes and string

- + The upright canes will need to be supported by an old book or two. Then adjust the cross bar, using the string

What you do:

- + Once one bag is thrown over the bar, raise its height. Then try again, continue till all bags have been thrown. Then the tricky bit – try again but using the other hand.

Simple but fun and good for coordination skills.



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July 23rd – Olympic Resource



Scores on the doors!

Great for your own Olympic competition!



You will need:

- + Glue stick
- + Scissors
- + Silver glitter glue
- + Sponge applicator
- + Number outlines

What you do:

- + Using your favourite font for numbers, print out the numbers 0 through 9 so they are large enough to see from a distance.

- + Cut the numbers out, leaving a small border of white paper around each one.
- + Glue the construction paper sheets to the thin cardboard and trim the edges neatly.
- + Glue the numbers to the black construction paper; you should have one for each number.
- + Pipe silver glitter glue around the edge of each black paper.
- + Use a sponge applicator to flatten and spread out the glitter.
- + Let dry completely.

Tips:

- + Glitter glue takes several hours to dry, but by spreading it flat with the sponge applicator it speeds up drying time.
- + Save the cardboard from the inside of packing boxes, the backs of note pads or anything else you think you could recycle for this project!

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July 24th – Cowboy Day

Lasso Like a Cowboy

A Lasso ('re-tied rope') is a name originated from Spanish and Mexican cowboys who would use a stiff rope to capture cattle or other livestock when necessary.

American cowboys adopted the practice and simply call it "roping". The stiff rope has a noose which stays open when the lasso is thrown. It is also easy to open the noose and release the cattle from horseback.

Why not have some "yeeha" fun and try some roping with your residents? Watch a video [here](#)

You will need:

- + Stiff rope
- + Objects to rope of different sizes – Teddy, chair or hay bale

What you do:

- + Form a loose overhand knot at the end of the rope by making a loop and bringing the working end up through the loop.
- + With the working end, tie a tight overhand knot at the very end of the rope (making another loop from right to left) for a "stopper," then bring the end back through one side of the overhand knot.
- + When you tighten down the loose overhand knot and pull the stopper knot up tight, you get the hondo.
- + Now feed the main line (the working end), through the honda. Watch a video [here](#)
- + Start by standing close to the object.
- + Extend your hand to the right and lay the rope over the object. Try this a few times to get used to the weight of your rope.



- + Now hold coils in your left hand and with your right hand holding onto the bottom of the loop, practise swinging the rope over your head if you can manage, making sure the tip of the loop is furthest from your body.
- + Keep your left hand in front of your body when you throw your rope.
- + After you throw the rope onto the horns, reach for the slack with your right hand, using your index finger and your thumb and pull.

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)



July 25th – Olympic Resource



Balloon Volleyball

Mintonette is thought to be the original name for this international sport. In 1895, a physical education director at the YMCA created a game which brought many outdoor ball sports together and encouraged older people to participate.



A spectator recognised the volleying nature of the game and thus it became a popular sport.

Why not try this fun and interactive game with the individuals you support? You can easily adapt it to suit individual needs.

You will need:

- + Make a barrier between chairs using a couple of dining room chairs or similar, to resemble volleyball net

What you do:

- + If people don't like balloons, try some balloon balls – these are soft fabric covers that you insert a balloon inside and then inflate it. It saves the balloon popping easily, makes it more controllable and feels nicer for anyone who doesn't like to touch them.

Top Tip:

Have fun getting the ball as high as possible and over the net.



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July 26th – Picnic Month

Plush Picnic

A picnic is a meal taken outdoors (al fresco) as part of an excursion – ideally in scenic surroundings, such as a park, lakeside, or other place affording an interesting view, or else in conjunction with a public event such as preceding an open-air theatre performance, and usually in summer.



How many different picnics can you have throughout the month? Here are a few ideas to get you started:

- + A different country each time- many supermarkets have a World Food section; a perfect reason to try some new foods.
- + Invite individuals to give food suggestions, some may like to help prepare the picnic.

- + Fancy plates, you could even get a candelabra out!
- + Try a variation of locations; train, boat, beach, garden or in the woods.

Top Tip:

Do not be put off and think that you must be seated on a blanket for a picnic; sturdy garden chairs, a park bench, a wheelchair, an armchair on wheels, are comfortable places to have lunch.



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July 27th – Watermelon Day Japan

Fruity Flowers

A great fun way to keep hydrated during the summer months.



You will need:

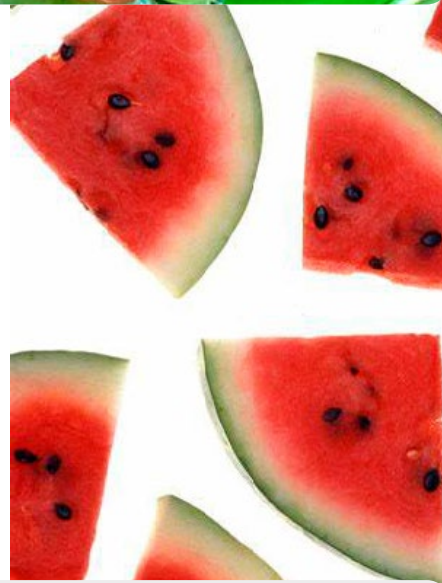
- + Cocktail sticks
- + Wooden skewers
- + Melon baller
- + Knife
- + Short vase or glass
- + Selection of fruit: red and green grapes, blueberries, melon – use the fruit that people like and will eat; you could try some exotic fruit

What you do:

- + Use the melon baller to make balls out of the fruit.
- + The skewers/ cocktail sticks will be really good for making things stand up, as shown in the photo.
- + Use the photos as a guide but use your imagination.

Think:

You could make animals or anything you like, maybe a grape house!



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July 28th – Beatrix Potter Born in 1866

Lavender Wands



You will need:

- + 7-15 lavender buds/flowers, with long stems. You need an odd number of stems for the weaving to work
- + 2 yards of 1/2" (0.5cm) ribbon
- + Scissors
- + A toothpick
- + A spoon... you'll see why in a moment

What you do:

- + Lay the lavender stems side by side, with the flowers staggered in two rows. Staggering the flowers like this makes a long slender wand, whereas lining all the flowers up on the same level makes a short fat, fat, wand.
- + Tie ribbon tightly around the stems at the base of the flowers. Leave at

least a 10" (25cm) loose end – you'll need it to make a finishing knot later on. Leave the other end of the ribbon loose.

- + Gently squash the stems with the edge of a spoon, just next to the ribbon. This makes them easier to bend without snapping in the next step.
- + Bend the stems to form a "cage" around the flowers. Run the loose end of the ribbon alongside the flowers, to poke out of the bottom of the cage. Let the spool-end of the ribbon poke out between the bars at the top of the cage.
- + Weave the loose end of the ribbon under and over the lavender stems.
- + If bits of flower stick out between the stems and ribbon, poke them back into place with a toothpick.
- + Keep weaving until you reach the

place where the flowers end. Then go back to the start and pull the ribbon tight. Take up any slack ribbon and work it all the way through, to make the weaving nice and snug. The lavender will shrink as it dries, so weaving tightly is important.

- + Wrap the loose end of the ribbon around the base a few times, then tie it to the loose end that you left poking through the bottom of the cage.



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July 29th – Edinburgh Art Festival

Doily Hoop Art



You will need:

- + Embroidery hoops – any size, some residents may find it easier with the larger ones
- + Doilies, a selection of patterns and sizes to match the hoops
- + Choose if you want to decorate your hoop and make it a dream catcher. (Leather straps, lava beads and feathers look good). Or you could just leave them without and hang as they are

What you do:

- + Choose your doily and hoop.
- + Loosen the screw in the embroidery hoop so that you can put the doily between the inner and outer rings.
- + When the doily is centred, screw the hoop back together. Then stretch the cloth by pulling it. Remember to pull a bit at a time. Old doilies can be fragile.
- + Cut off the overflow.

Think:

If individuals chose to turn their hoop into a dream catcher, now is the time to put the decorations on, use the ribbon or leather straps as shown in the images



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July 30th – International Friendship Day

Get to know you – Jenga!



You will need:

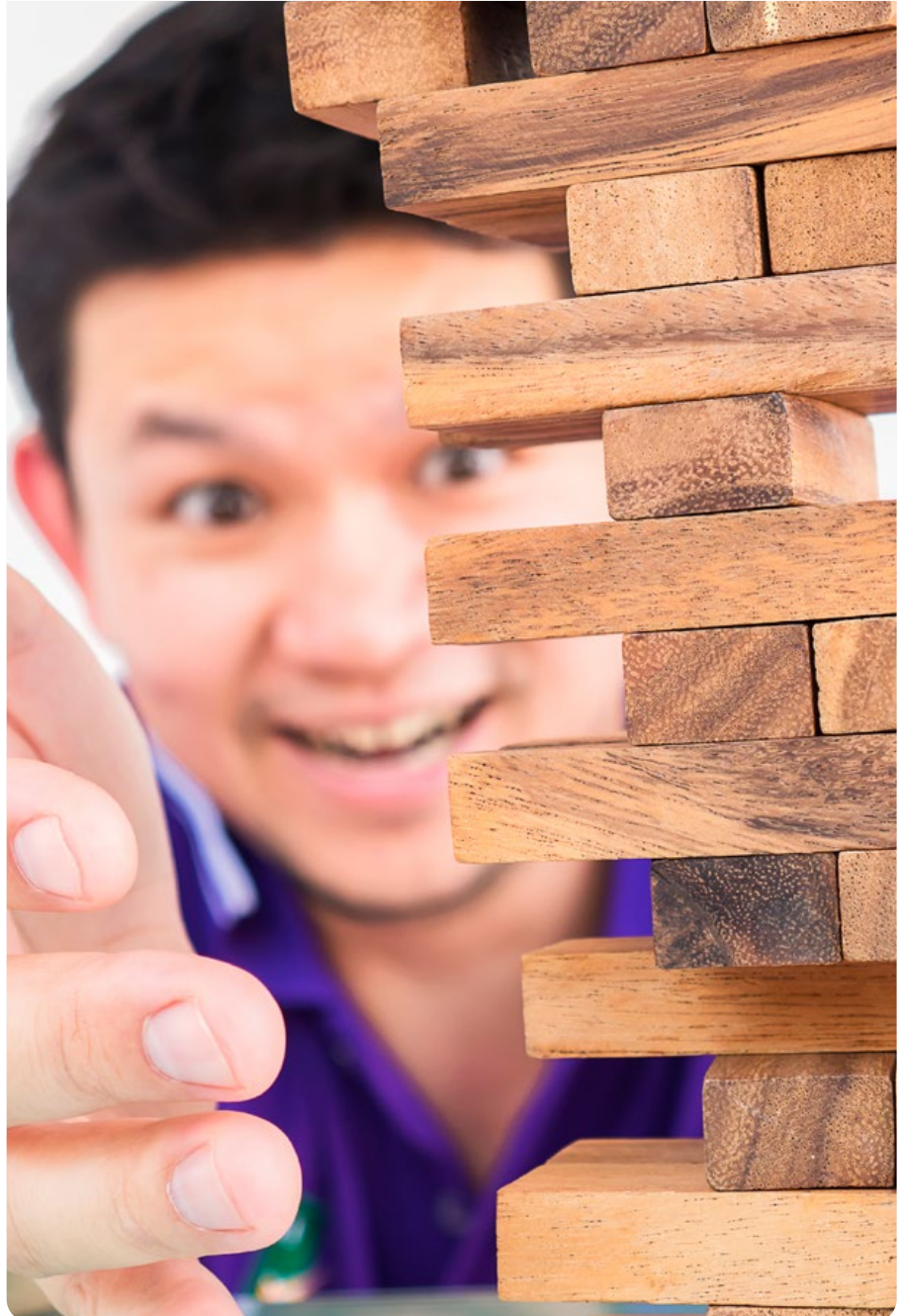
- + Wooden Jenga bricks
- + Stickers with questions on

What you do:

- + Choose your questions, see below for a few suggestions.
- + Write them on the stickers and stick them to the Jenga bricks.
- + Invite a few people to play the game, it is a great way to get to know people.
- + Play Jenga!

Suggested questions for the bricks:

- + Choose your questions, see below for a few suggestions.
- + Write them on the stickers and stick them to the Jenga bricks.
- + Invite a few people to play the game, it is a great way to get to know people.
- + Play Jenga!



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July 31st – National Fishing Month 2021

Hook a poem

Fishing has taken place for at least 40,000 years. Stone age fishhooks made from bone and spearfishing with barbed poles were common ways in which people would fish.

It is difficult to determine when fishing became a recreational activity. Many books and paintings show fishing, hawking and hunting as sports.

Fishing is now considered to be a worldwide sport and leisure activity.

- + Do you work with individuals who like to fish?
- + Did they fish for a living or hobby?
- + What type of fishing do they enjoy – Fly, sea or fresh water?
- + How big was the largest fish they caught?
- + While chatting, why not try this acrostic poem? Certain letters in each line spell out a word or phrase.

F

I

S

H

I

N

G



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Prioritising Wellbeing

THE NAPA NATIONAL TEA DANCE

Put on your dancing shoes

Make a few sandwiches

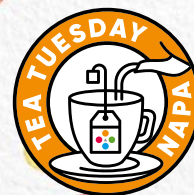
Pop the kettle on

We will provide the entertainment

Enjoy music from the 40's, 50's, 60's
and 70's, performed by
Mezzo-Soprano
Lily Armstrong

3rd August at 3pm

Sound like fun?
Book your ticket
here



Save the Date for The
NAPA Tea Dance – [here](#)

Helping skilled care sector staff keep older people living with dementia engaged, active and social through innovative sensory activities.

OMi “Magic Table” Projectors are simple to use motion-activated sensory systems designed to engage and motivate people with cognitive, physical or sensory impairment, enabling skilled care staff to lead them in a wide range of fun, creative and social activities.

OMi’s portable Mobii system projects interactive sensory images onto any horizontal surface including tables, floors or beds. Providing care home residents at different levels of cognitive and physical ability and at all stages of dementia with a range of **sensory games, music and social activities** designed to stimulate, relax and inspire reminiscence.

Mobiis exceptional versatility enables use with residents in small or large groups as well as individually which enables care staff and activities co-ordinators to facilitate interactions and engagement in lots of different care and support settings.

Using a Mobii Magic Table helps Activity and Care Providers to:

ENGAGE care home residents and adults with special needs with the 150+ customizable activities and games that come as standard.

INCREASE social interaction between people, some of whom may have never been known to communicate with others before.

STIMULATE people mentally, getting them to use their brain to complete the activities they’re engaged with.

IMPROVE physical co-ordination through exercising both the upper and lower body when involved with the many different activities on offer.

ENTERTAIN everyone who uses it, as well as those around them, leading to a happy environment and smiling faces all round.

We invite all **NAPA members** to discover how our innovative sensory projector systems can help to deliver outstanding sociable activities to those in their care, and how the Mobiis editable features can be used to support **NAPA’s Life Stories** work and Reminiscence based activities visit www.omi.uk/care.

