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Prioritising Wellbeing

NAPA Activities Calendar *for every day of the year*

June 2022






June 2022



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 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 
- + 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 June dates:

Wednesday 1st June

- + Volunteers' Week 1-7 June

Tuesday 2nd June

- + Cricket: England men host New Zealand, India and South Africa

Tuesday 2nd June

- + Italian National Day (Festa della Repubblica)

Wednesday 3rd June

- + National Fish and Chip Day

Wednesday 3rd June

- + National Egg Day

Thursday 5th June

- + World Environment Day

Friday 6th June

- + Carers' Week

Monday 13th June

- + National Sewing Machine Day

Monday 13th June

- + Men's Health Week

Saturday 18th June

- + International Sushi Day

Sunday 19th June

- + Father's Day

Saturday 25th June

- + Global Beatles Day

Monday 27th June

- + National Bingo Day



Supportline

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



Hilary

Hilary Woodhead
NAPA's Executive Director

We are delighted with the resources and activity ideas included in this month's calendar.

June is a busy month; there are many national events including Pride month, Care Home Open Week (more information [HERE](#)) and The Queen's Platinum Jubilee (Click [HERE](#) for resources.)



Here is this month's calendar and we are excited to include a number of activities to inspire you in acknowledging LGBT+ Inclusion. I would like to thank Mike Phillips, NAPA's Adviser on LGBT+ Inclusion, for his continued advice and support.

I encourage you to follow the links to Mike's blogs, which offer tips for planning inclusive activity and engagement, and please contact the NAPA Support Line if you would like to discuss any of these ideas or some of your own. We would love to hear from you.



The month of
Pride!



June is a very busy and exciting month for Lakeland Dairies Foodservice, with the first day of the month being World Milk Day!

As a 100% farmer owned Irish dairy co-operative, our dairy cows and farmers are at the heart of everything we do. With their hard work and the support and dedication from the whole Lakeland Dairies team, we craft dairy products with extraordinary taste and fantastic functional performance.

June celebrates Pride, which we are delighted to be supporting through NAPA!



Finally, this month marks the Queen's Platinum Jubilee and what better way to celebrate than with a scone during afternoon tea! Check out our recipe on page 11 for a savoury fortified scone, made using our Lakeland Dairies 100% Dairy Skimmed Milk Powder, recommended by dieticians to add extra protein.



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://www.instagram.com/napalivinglife) [#NAPAAactivitiesCalendar](https://twitter.com/NAPAAactivitiesCalendar)

Top Tips for PRIDE

Pride Month is a great opportunity to celebrate diversity, promote inclusivity and have fun!

You may not think you have LGBT+ residents in your care home (evidence shows that many 'go back into the closet'). However, the Pride activities in this month's NAPA Activity Planner are suitable for all residents. Indeed, running just one of the activities may encourage a resident to disclose their sexuality.

The Pride activities in this month's NAPA Activity planner, as with all our special focus activities, promote inclusivity and raise awareness, and are suitable and fun for all residents.

As in last month's edition, Eid activities promote inclusivity and raise awareness even if you have no Muslim residents. Similarly, organising Pride activities can be fun and show that you are LGBT+inclusive (something CQC look for).

LGBT+ Inclusivity is a big topic and is covered in greater detail in earlier NAPA blog pages:

1. LGBT+ Inclusion – Let's Start at the Very Beginning: Why? [Click here](#)
2. LGBT+ Inclusion – Who? [Click here](#)
3. LGBT+ Inclusion – When and Where? [Click here](#)
4. LGBT+ Inclusion – What? [Click here](#)
5. LGBT+ Inclusion – How? [Click here](#)

Each blog includes some questions for you to discuss as a staff team. Then, you're ready to get planning for PRIDE.

P – Planning and Preparation

- + Activities in this calendar can be used as a one-to-one, in small or large groups – think ahead about how you might use them.
- + Remember, a person who is LGBT+ may not be comfortable being open about their sexuality in a group – a one-to-one activity may be more appropriate.

- + Solo activities (e.g., giving an individual the LGBT+ Icons photo quiz) is just as useful as a group activity.
- + Be prepared for some residents sharing opinions about LGBT+ issues that may appear outdated or inappropriate. Consider how you will deal with this.
- + Use each activity as an opportunity to open-up conversations about LGBT inclusivity.

R – Running

- + Setting some "ground-rules" (such as being respectful or maintaining confidentiality) can help towards ensuring any activity goes smoothly and avoid potential conflict.
- + Allow individuals to take 'time-out' or to not participate, if needed
- + Allow people to participate in a way that is appropriate for them.

I – Including

- + Some residents or staff may be uncomfortable on religious grounds. Try to be respectful, whilst reminding them that NAPA activities are inclusive of all religions and that LGBT+inclusion is equally valid and important
- + If someone is homophobic or says something inappropriate, it is important to challenge them in a respectful way and (if possible) in private.
- + Encourage care staff and relatives to join in and enjoy themselves!

D – Do's and Don'ts

- + Do remember that residents will have lived through times that were much less tolerant towards LGBT+ people than now.
- + Do try at least one activity in this calendar. It will ensure the

beginning of LGBT+ inclusivity, help people and be good practice.towards being LGBT+inclusive and good evidence for CQC.

- + Don't give up too soon – just one activity is a step towards being more LGBT+ inclusive.
- + Do have fun, take photos, and send them to NAPA.

E – Enlisting Support and Evaluation

- + Ask your local LGBT organisations for advice and support. They may be prepared to give a talk at your care home, which is another potential Pride Activity!
- + Contact the NAPA helpline for guidance, further activity ideas.
- + Evaluate each activity to see what worked well and what you could do differently in the future (be sure to speak to colleagues and residents about their ideas too).

I hope these tips are useful. You can contact me at Mike Phillips Training at mike@mikephillipstraining.co.uk for further advice and information about training and consultancy support available.



Mike Phillips
NAPA Advisor and Associate Trainer



The Studio

Welcome to **The Studio!** We invite you to explore cultural, historical, traditional, factual, and fictional collections of music, books, and poems, all carefully selected to engage your interest.



Each month, **The Studio** will change to reflect the theme of the calendar; we hope you will use the information to encourage the creative arts within your setting. Be inspired! Why not set up a book club, poets' corner, or film club?

Junebe you can add your own ideas to this collection and build your own Studio?

Just click the images below and enjoy!

Books



+ **'Keeping You a Secret'** by Julie Anne Peters – [Click here](#) to read.

+ **'If You Could Be Mine'** by Sara Farizan – [Click here](#) to read.

+ **'The Left Hand of Darkness'** by Ursula K. Le Guin – [Click here](#) to read.

+ **'Kissing Kate'** by Lauren Myracle – [Click here](#) to read.

+ **'The Summer I Wasn't Me'** by Jessica Verdi – [Click here](#) to read.

Music



+ **'I Will Survive'** by Gloria Gaynor – [Click here](#) to listen.

+ **'Freedom! ' 90'** by George Michael – [Click here](#) to listen.

+ **'Vogue'** by Madonna – [Click here](#) to listen.

+ **'I'm Coming Out'** by Diana Ross – [Click here](#) to listen.

+ **'You Make Me Feel (Mighty Real)'** by Sylvester – [Click here](#) to listen.

Films



+ **'Maurice'** – [Click here](#).

+ **'Call Me' by Your Name** – [Click here](#).

+ **'The Imitation Game'** – [Click here](#).

+ **'Brokeback Mountain'** – [Click here](#).

+ **'Love, Simon'** – [Click here](#).

+ **'What Love May Bring'** – [Click 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](#)

The Studio (continued).



Poems



+ 'I Sing the Body Electric' by Walt Whitman – [Click here.](#)

+ 'Poem about My Rights' by June Jordan – [Click here.](#)

+ 'Glitter in My Wounds' by Caconrad – [Click here.](#)

+ 'In Memory of Joe Brainard' by Frank Bidart – [Click here.](#)

+ 'Who Said It Was Simple' by Audre Laude – [Click here.](#)

Gallery



+ 'Sappho and Erinna in a Garden at Mytilene' 1864 – [Click here.](#)

+ Duncan Grant, 'Bathing' 1911 – [Click here.](#)

+ John Singer Sargent, Vernon Lee 1881 – [Click here.](#)

My Life TV

The Dementia-Friendly TV streaming service.



[Click here](#) to find out about subscribing to My Life TV

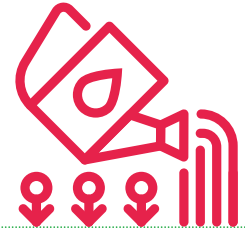
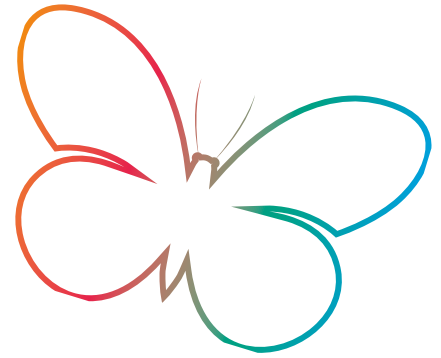


Diary for Timothy

Here's a clip of 'Diary for Timothy' taken from My Life TV. The highly acclaimed documentary from 1945 was actually written by the author E M Forster, known for 'A Passage To India' and 'A Room With A View'. Forster was open about his homosexuality to his friends at the time but not to the general public.

Breath of Fresh Air

June is the month of colour and celebration and we love to spend peaceful afternoons listening to the bees buzz and smelling and seeing the beautiful gardens.



Each month, this section of the calendar will aim to encourage you to head outside for a **Breath of Fresh Air**. Add your own ideas to this collection, be creative and get out and about.

Nature Journal.

Research suggests that there is a link between access to nature and feelings of happiness. Research also suggests a link between capturing memories and feelings of safety. Here we combine the two! We have created a Nature Journal to help you capture what you experience, whilst enjoying a Breath of Fresh Air!

The Nature Journal is a tool to support your practice. Capture your experience in the garden and then use the journal to reflect on your experience with the people you support. Later, you might have a reminiscence based conversation, prompted by the information you have captured in the journal.



How to use your nature journal:

- + What are you going to record in your Nature Journal and how you will record it? Will you draw, write or press flowers and plants?
- + How often will you fill in your journal? Once a week or once a month? If you're feeling ambitious, you could enter a daily record!
- + At the start of each month, take the opportunity to place a photo of your favourite tree. Stand in the same spot around the same time of day. It's beautiful to watch it change over the year!

- + Don't forget to add your feelings; how did you feel, seeing the first snowdrops? If you're feeling inspired, why not write a short poem together?
- + What was the weather like today? What time did the sun rise and set?
- + What wildlife did you see?

Jobs in the garden :

- + Plant summer-blooming bulbs
- + Mow the lawn
- + Get pruning
- + Tackle the weeding
- + Hang a basket of beautiful blooms
- + Unwrap tree ferns
- + Bring out the bird feeder

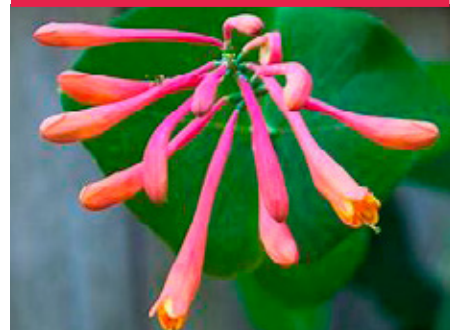
What to plant :

- + Asparagus
- + Cucumbers
- + Tomatoes
- + Artichokes
- + Onions
- + Radishes


Outdoor activities :

- + **Stargazing** – On a dark evening – wrap up, sit outside with a hot drink, look at the stars.
- + **Play eye spy!** – This classic game helps you to sit and spot things around you.
- + **Garden hunt** – Take images of objects in the garden and copy them onto paper. Encourage people to go outside and find them, ticking them off the list!
- + **Paint Bird houses** or get crafty and make them!
- + **Plant your seedlings** in the green house.
- + **Create a spot in the garden** to be creative in the summer.

Flower of the month Honeysuckle



The NAPA Activities Calender – June 2022

<p>Wed 1 June</p> <p>i World Milk Day</p> <p>R Dairy Word Search</p>	<p>Thur 2 June</p> <p>i The Queen's Birthday Parade</p> <p>R Creative Writing</p> <p>NAPA Presents – "Songs to Celebrate" The Platinum Jubilee</p>	<p>Fri 3 June</p> <p>i Queen's Platinum Jubilee</p> <p>R Scrumptious Scones</p>	<p>Sat 4 June</p> <p>i Butterfly Education and Awareness Day</p> <p>R String Pulled Butterflies</p>	<p>Sun 5 June</p> <p>i Aromatherapy Awareness Week</p> <p>R Aromatherapy</p>	<p>Mon 6 June</p> <p>i Anniversary of D-Day</p> <p>R Ration the food!</p>	<p>Tue 7 June</p> <p>i Chocolate Ice Cream Day</p> <p>R Food Bag Cooking – Ice Cream</p>
<p>Wed 8 June</p> <p>i World Oceans Day</p> <p>R Ocean in a Bottle</p>	<p>Thur 9 June</p> <p>i Pride Resource</p> <p>R My Flag, My Pride</p>	<p>Fri 10 June</p> <p>i National Herbs and Spices Day</p> <p>R Smell and Name</p>	<p>Sat 11 June</p> <p>i Pride Resource</p> <p>R LGBT+ Icons Quiz</p>	<p>Sun 12 June</p> <p>i International Falafel Day</p> <p>R Falafel Curry</p>	<p>Mon 13 June</p> <p>i Diabetes week</p> <p>R Healthy Chocolate Cake</p>	<p>Tue 14 June</p> <p>i International Bath Day</p> <p>R Herbal Baths</p>
<p>Wed 15 June</p> <p>i Nature Photography Day</p> <p>R Watch the Seasons Develop</p> <p>NAPA Conference 2022</p>	<p>Thur 16 June</p> <p>i National Fudge day</p> <p>R No cook fudge</p>	<p>Fri 17 June</p> <p>i National Eat Your Vegetables Day</p> <p>R Wooden Vegetable Spoons</p>	<p>Sat 18 June</p> <p>i World Picnic Week</p> <p>R What's in The Basket?</p>	<p>Sun 19 June</p> <p>i National Watch Day</p> <p>R Clay Watch</p>	<p>Mon 20 June</p> <p>i Insect Week</p> <p>R Bug hotel</p>	<p>Tue 21 June</p> <p>i International Yoga Day</p> <p>R Laughing yoga</p>
<p>Wed 22 June</p> <p>i Windrush Day</p> <p>R Acrostic Poem</p> <p>NAPA – The use of Dolls in Activities for people living with dementia</p>	<p>Thur 23 June</p> <p>i National Typewriter Day</p> <p>R Creative Writing</p>	<p>Fri 24 June</p> <p>i Midsummers Day</p> <p>R A Midsummer Night's Dream – June</p>	<p>Sat 25 June</p> <p>i Armed Forces Day</p> <p>R Big British BBQ</p>	<p>Sun 26 June</p> <p>i National Beautician's Day</p> <p>R Relaxation – shed</p>	<p>Mon 27 June</p> <p>i Wimbledon Starts</p> <p>R Balloon Tennis – April</p> <p>Start of Care Home Open Week</p>	<p>Tue 28 June</p> <p>i Children's Art Week</p> <p>R Intergenerational Projects – November</p>
<p>Wed 29 June</p> <p>i Pride Resource</p> <p>R Dipping Pots</p> <p>NAPA Reminiscence based activities – An Inclusive Approach</p>	<p>Thur 30 June</p> <p>i Pride Resource</p> <p>R Rainbow cup cakes</p>	 <p>The month of Pride!</p>				



June 1st – World Milk Day

Dairy Word Search

Today is World Milk Day, which, as a dairy co-operative, is an important day for Lakeland Dairies! Celebrate our cow-lebrities with a Dairy Word Search!

- + BONES
- + BUTTER
- + CALCIUM
- + CATTLE
- + CHOCOLATE
- + COWS
- + CREAM
- + DAIRY
- + FARMER
- + FARMS
- + GRASS
- + ICE CREAM
- + IRELAND
- + MILK
- + MILKSHAKE
- + PASTURES
- + PROTEIN
- + SKIMMED

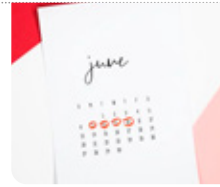


B	O	G	M	H	C	E	Q	C	Q	S	Z	B	H	N	Z	C	T
O	U	N	V	I	J	A	I	S	K	I	M	M	E	D	S	A	L
A	U	T	H	Q	L	U	T	C	K	E	F	A	R	M	S	L	D
F	J	V	T	D	O	K	P	T	E	Y	B	O	N	E	S	C	J
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P	U	I	G	R	A	S	S	I	B	V	U	N	E	A	V	O	M
P	V	Z	P	R	O	T	E	I	N	P	D	A	I	S	Q	Z	S
P	U	K	C	I	R	E	L	A	N	D	R	D	A	I	R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



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June 2nd – The Queen's Birthday Parade



Jean Hersey

"June is the gateway to summer."

Creative Writing

Her Majesty the Queen will become the first British Monarch to celebrate a Platinum Jubilee, having acceded to the throne on 6th February 1952 when she was 25 years old and served for seventy years.



Use this photograph from the Queen's first Jubilee to inspire a story.

Here are some suggested questions to prompt your conversation:

- + What year do you think this photograph could have been taken?
- + Where in the country or world do you think it is?
- + What day and time is it?
- + What do you think they are doing?

- + How are they all feeling?
- + What can you see around them?
- + Do you remember the first jubilee?
- + What did you do to celebrate?

You can use the questions as conversation starters. Write down the answers and memories as they are shared. Use the notes to form the basis of the story and ask for other ideas.

Read the story out loud and edit it together, letting the story evolve. Take your time!

Why not watch footage from jubilee celebrations over the years?!

For more resources relating to The Platinum Jubilee – **[Click 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](#)



June 3rd – Queen's Platinum Jubilee

Scrumptious Scones

Today marks the Queen's Platinum Jubilee, which is a very special day! We hope you will join us by celebrating with an afternoon tea, featuring our Lakeland Dairies Scrumptious Scones recipes.

Chef's Tips

- + Consider varying portion size to cater for those with smaller appetites.
- + If the dough is looking slightly dry, add a little more milk gradually

Ingredients:

Serves 8 large scones or 16 mini scones

- + 450g self-raising flour
- + 10g baking powder
- + 100g Lakeland Dairies Pure Irish Salted Butter cubed
- + 2 eggs
- + 25g Lakeland Dairies Semi Skimmed Milk
- + 30g Millac Gold Double
- + 50g Sugar

Method:

1. Mix the flour, baking powder, sugar and Lakeland Dairies Pure Irish Salted Butter together
2. Add the Lakeland Dairies Semi Skimmed Milk, eggs and Millac Gold to form a dough
3. Flatten and cover the dough. Chill for 30 minutes.
4. Roll out on a floured surface and cut your scones.
5. Brush with egg wash and bake for 15-17 minutes in a hot oven, 220°C.
6. Allow to cool slightly and serve with jam and whipped Millac Gold Double.



How about trying a fortified savoury scone, made with Lakeland Dairies 100% Dairy Skimmed Milk Powder, to add protein and calories!

Fortified Scone Ingredients:

Serves 10 large scones or 20 mini scones

- + 450g self-raising flour
- + 10g salt
- + 150g Lakeland Dairies 100% Skimmed Milk Powder
- + 160g Lakeland Dairies Pure Irish Salted Butter cubed
- + 80g mature cheddar – grated
- + 5g mustard powder
- + 5g paprika
- + 60ml Lakeland Dairies Semi Skimmed Milk
- + 2 eggs

Method:

1. In a mixer, combine the flour, salt, Lakeland Dairies 100% Dairy Milk Powder, Lakeland Dairies Pure Irish Salted Butter, cheese,



mustard and paprika and mix until a breadcrumb texture.

2. Add the egg and Lakeland Dairies Semi Skimmed Milk and bring together to form a dough.
3. On a worktop, roll the dough until 1 inch thick, then cut into scone shapes.
4. Place the scones onto a lined baking tray and brush with egg wash. Cook in a preheated oven at 190°C for 12-14 minutes.
5. Serve with Lakeland Dairies Pure Irish Butter or combine cream cheese with Millac Gold Double to make a light and creamy base for smoked salmon!



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](#)

June 4th – Butterfly Education and Awareness Day



M. F. K. Fisher

"Wine and cheese are ageless companions, like aspirin and aches, or June and moon, or good people and noble ventures."

String Pulled Butterflies

String paint art is beautiful and easy to make! This is a wonderful art project for people of all ability levels because it's a fun and easy art technique. Any type of acrylic paint, as well as string or wool, can be used to make pull string art.

Why not try making string pulled butterflies and see what how a magnificent butterfly emerges from blobs of paint?!

You will need:

- + Black Drawing Paper
- + Acrylic Paint (assorted colours)
- + Wool
- + Paper Plate
- + Wooden Stir Stick



What you do:

- + Cut a piece of string or wool about 18 inches long.
- + Squeeze a line of paint onto a paper plate. Make sure each paint colour connects to the next so there are no gaps.
- + Place the end of the string on the end of the line of paint. Then lay the string carefully on top of the entire line of paint.
- + Use a wooden stir stick to push the string into the paint.
- + Work your way through the line of paint, pressing the string into the paint until it's completely covered. Other than the clean end of string (you'll use that to pick up the string in a moment), you want the entire string to have paint on it.
- + Lay one piece of black paper on a protected surface.

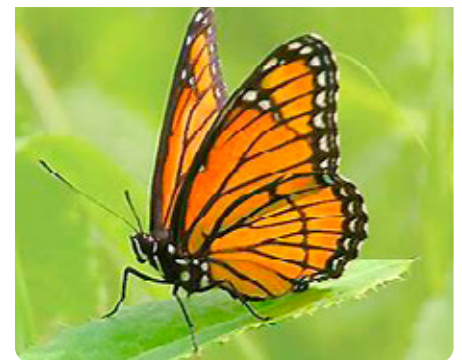


- + Fold the paper in half to get a crease, open the card.
- + Carefully lift the clean end of the string and pull the entire length of string out of the paint.
- + Place onto one side of the paper, half a butterfly. It might help beforehand if you draw a simple large half butterfly shape. Then people know where to place it.
- + Once your string is laid out, fold the other half of the paper over, making sure you have two ends hanging out to pull.
- + Press hard on the paper remaining, being careful not to move it.
- + With one hand on the card and another hand on the string, pull the string out of the card.

- + Open the card to reveal your butterfly!

Top tip:

You can make flowers and all sorts; individuals can pick the colours, press the card, pull the string, or create one from start to finish.



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://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://www.instagram.com/napaactivitiescalendar)

June 5th – Aromatherapy Awareness Week



Kenny Chesney

"It's a smile, it's a kiss, it's a sip of wine ... it's summertime!"

Aromatherapy

The best way to use oils: Chamomile and lavender provide relief from joints swollen by rheumatism and arthritis. Aromatic massages and rubs containing black pepper, cypress or juniper can promote circulation and reduce the risk of varicose veins and oedema. Beauty care should not be neglected either; rose and geranium promote skin growth, giving skin a more vital appearance. An aromatherapy massage can give much needed contact, especially if given by a close relative.



Suitable essential oils:

Rosemary – Invigorating and analgesic, you can use rosemary oil in a vaporiser to improve concentration and memory.

Cypress – This essential oil helps to boost circulation, providing welcome relief for varicose veins as well as haemorrhoids, also swollen feet and ankles.

Eucalyptus – Eucalyptus essential oil's renowned antiseptic properties are most helpful for fighting colds and flu.

Geranium – Geranium oil is gently uplifting for low times.

Rose – Promoting skin cell regeneration, rose is an excellent beauty oil that improves the complexion and helps to soften lines on facial skin.

Chamomile – As well as anti-inflammatory relief from rheumatic aches and pains, chamomile oil provides help when treating insomnia or restlessness.

Juniper – This essential oil is detoxifying and can be used for arthritic and rheumatic conditions.

Safety:

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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June 6th – D-Day



L. M. Montgomery

"I wonder what it would be like to live in a world where it was always June."

D-Day

D-Day was, and still is, the largest military operation by sea in history. More than 150,000 allied troops landed on the coast of northern France at 6.30am on 6th June 1944. The victory in Normandy caused the depleted German forces to retreat.



We remember and recognise D-Day every year.

When holding your remembrance service, why not include some of these inventive recipe ideas?

Britain had to make do with less than before. Try the recipes and discuss if they would have been a keeper or a no thank you!

Fairy Toast:

Cut your leftover bread into wafer thin slices and bake it in the oven until golden brown. Store in an airtight tin and you have a helpful back up snack in place of bread or plain biscuits.

Wheatmealies:

If the loaf has gone a bit stale, cut half a dozen slices into half-inch squares, bake in a slow oven until brown and crisp and serve with milk (and a dash of sugar, if preferred).

Poor Knights' Fritters:

Make jam sandwiches, cut into four fingers or triangles and then fry in a little hot fat, turning once until browned on both sides – then sprinkle with sugar.

You can find lots of quirky ideas to try online, but here is a list of some of the unusual ones!

- + Carrot Cookies
- + Woolton Pie
- + Prune Sponge
- + Ration Scones
- + Egg and Bacon Pie

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://www.instagram.com/napalivinglife) [#NAPAAactivitiesCalendar](https://twitter.com/NAPAAactivitiesCalendar)



John Steinbeck

"What good is the warmth of summer, without the cold of winter to give it sweetness."

Food Bag Cooking – 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.



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June 8th – World Oceans Day



Pablo Neruda

"Green was the silence, wet was the light, the month of June trembled like a butterfly."

Ocean in a Bottle

See the ocean in a bottle! Get creative with this homemade mini ocean.



You will need:

- + 2 litre plastic bottle with lid
- + Clear vegetable oil or mineral oil
- + Water
- + Funnel
- + Blue food colouring
- + Small star fish, shells and other sea creatures
- + One tsp glitter
- + White PVA glue
- + Hot glue (glue gun)



What you do:

- + Wash and dry bottle and remove all labels.
- + Fill bottle halfway with tap water.
- + Add a few drops of blue food colouring and swirl around to mix.
- + Add glitter and sea creatures.
- + Using a funnel, fill the rest of the bottle with vegetable oil.
- + Be sure that rim and cap are dry, then apply white PVA glue around the rim.
- + Seal cap.
- + Use a layer of hot glue around the outer edge of the cap for added protection from leakage or seal with tape.
- + Turn bottle on its side and gently rock the bottle to create a "wave" inside your ocean habitat.

Tips:

- + Use lightweight starfish, shells and other sea creature toys that can float. Try the fish, shells in a bowl or glass of water first to make sure they float. Find these at your local craft supply store or discount department store.
- + Make the ocean any colour you choose! Blue is standard of course, but there's no rule that says your ocean must be blue.



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Sebastian Faulks

"The end-of-summer winds make people restless."

My Flag, My Pride

When we think of Pride Month, we might think of the iconic image of the Rainbow Pride flag, the beautiful array of vibrant and meaningful colours, fluttering in the breeze.

Each colour is important and signifies hope, diversity, and vibrancy.

Why not create your own Pride flags? What colour best reflects your personality or represents your feelings or attitudes?

You will need:

- + Card
- + Scissors
- + Pencil
- + Ruler
- + Mix of coloured paint/ coloured pencils/ felt tips
- + Craft bits for decoration
- + Lolly sticks or stiff straw for the flagpole (optional)

What you do:

- + Using the link, provide some examples of images of Pride flags.



Discuss:

- + Do we recognise the flag?
- + How do we feel?
- + What understanding do we have of the flag's origins and significance?
- + Look at the craft materials and the colours your own Pride flag could represent. Maybe someone enjoys strawberry trifle – red might represent this perhaps someone enjoys hiking when it is muddy – brown might represent this maybe someone is just a happy person and always smiling – yellow might represent this.

- + Take a card and cut out a flag the size of a post card.
- + Draw 5 equal horizontal lines from one side of the flag to the other. There should be 6 columns.
- + Colour each column in the Wchosen colours.
- + Once dry, write one word that represents the meaning of that colour e.g., Red – Trifle, Brown – Hiking or Yellow – Positivity.
- + Use extra decoration like glitter or stickers.
- + Use a lolly stick or stiff straw as a flagpole. Glue or staple the paper around the flagpole.
- + Give the flag a wave with Pride!

History of the Pride flag

The rainbow Pride flag was designed in 1978 by artist and gay rights activist Gilbert Baker. Originally eight colours and measured 30 by 60 feet, Gilbert had incredibly sewn it all by hand. The Flag made its debut in the San Francisco's United Nations Plaza for Gay Pride Day, on June 25th, 1978. Gilbert said of the flag "We needed something to express our joy, our beauty, our power. And the rainbow did that,"

The month of
Pride!



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June 10th – Herbs and Spices Day



John Steinbeck

"In early June, the world of leaf and blade and flowers explodes, and every sunset is different."

Smell and Name

Herbs are a great way to start a conversation and stimulate the senses. Growing your own herbs is a lot of fun, but you can also buy fresh herbs in garden centres and supermarkets.

This game can also be played with spices or other foods! You could also try fresh cut grass, soaps, and a whole lot more!

You will need:

- + Herbs, spices or other smelling objects
- + Plastic tubs
- + Card with the image and name to match the object the person is smelling
- + Pen and paper



What you do:

- + Take the objects and individually put them into a tub of any size (if you do not have a tub, then a sealed sandwich bag will do)
- + Print off images which match the scents and put the name underneath (you could also pop some interesting facts on the back of the image to read out)
- + Bring the group or sit with an individual and offer the first smell.
- + Ask them to write down or tell you what they think the smell could be.
- + You can also use the images and place them on the table for individuals to select.
- + Once they have picked the correct scent, have a conversation asking:
 - + What does it remind you of?
 - + Do you like the taste of it? (if food based)

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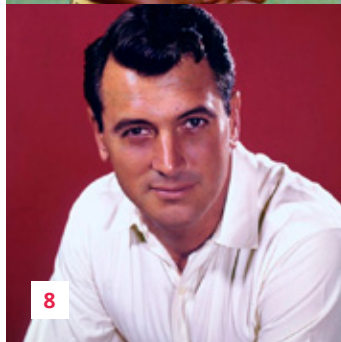
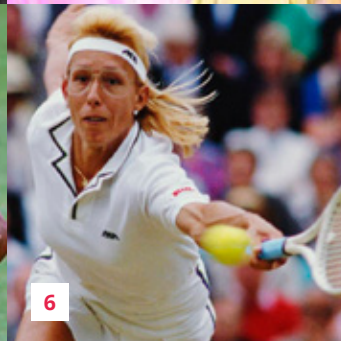
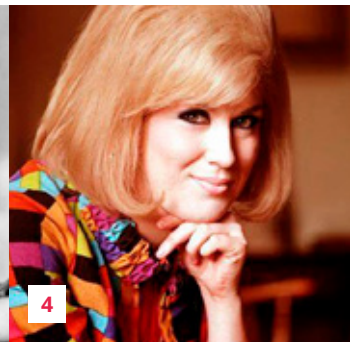
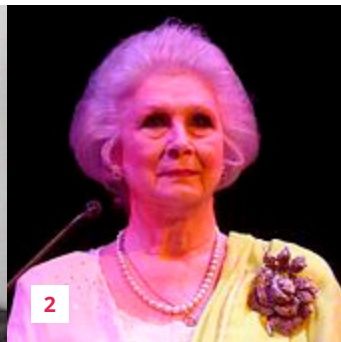
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"B.E.A.C.H.: Best Escape Anyone Can Have."



LGBT+ Icons Quiz

An LGBT+ icon (alive or from the past) who is someone that is highly regarded within the LGBT+ community. Many of the people below were also lesbian, gay, bisexual or transgender themselves.



From the photos, how many can you name? We've also provided links so you can find out a little bit about each of them and why it's important to remember them.

If you wish to go for some more faces:

- + Kenneth Williams
- + Danny La Rue
- + Judy Garland
- + Shirley Bassey
- + Andy Warhol
- + Gilbert and George

Answers:

1. Alan Turing – British mathematician and computer scientist who cracked the Enigma Code.
2. April Ashley – British model and restaurateur who was outed as a transgender woman by the press in 1961
3. Doris Day – American Singer and actress
4. Dusty Springfield – British singer
5. Justin Fashanu – First and only (to date) high profile football-player in the UK who was out about his sexuality
6. Martina Navratilova – Woman Tennis Player
7. Oscar Wilde – Irish playwright
8. Rock Hudson – American film actor
9. Roberta Marshall Cowell – First known British transwoman to undergo gender-reassignment surgery
10. Virginia Woolf – British Author

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June 12th – International Falafel Day



Unknown

"Hello, June! Be a month of peace and love."

Falafel Curry

Why not try something different? Combining falafel and curry for a unique, tasty and vegan-friendly meal!

Falafel facts:

- + The first record of frying dough made from dried beans was recorded as a meal in Medieval Egypt.
- + A New York based Israeli chef used thousands of chickpeas and 40 litres of oil to fry the world's largest falafel ball: it weighed 10.9 kg. and had a circumference of over a metre.
- + Today, falafel is served on almost every other street in Israel and is very popular throughout the whole world.
- + Falafel is high in many micronutrients and a good source of fibre and protein.

You can find the falafel recipe [here](#).

You will need:

- + 1 tablespoon plant-based oil
- + 14 Homemade Falafel
- + 1 cup tomato purée
- + 1 cup full-fat coconut milk
- + 1/4 teaspoon salt and more to taste
- + 1 teaspoon ginger powder
- + 1 teaspoon garam masala
- + 1 inch piece ginger root
- + fresh coriander

What you do:

- + In a large pot, heat the plant-based oil and add the Falafel once the oil is hot.
- + Fry them for about 2-3 minutes on medium-high heat and reduce the heat to low.



- + Add in the tomato purée, coconut milk, salt, ginger powder and garam masala.
- + Stir and let it cook for about 8-10 minutes (while slowly turning up the heat again). This is the point where you can adjust the curry to your taste by adding more coconut milk, salt.
- + Peel the ginger root piece and cut it in very thin strips.
- + Once the curry is hot and it has reached your desired consistency, transfer it to a bowl and top it with the ginger strips and fresh coriander.

Top tip

Add other seasonal vegetables to your dish.

Click [here](#) to discover NAPA Food-based activities guidance.

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Jorja Smith

"I was born in June, so I like summer, and my favourite part of a sunny day is when the sun sets."

Healthy Chocolate Cake

Those with diabetes can enjoy a healthy, balanced, and varied diet, which could include a carefully prepared treat, such as this chocolate cake.



You will need:

The Cake

- + 2 cups cake flour
- + 1/2 cup unsweetened cocoa
- + 3 tbsp granulated fructose or other sugar replacement
- + 1 tbsp baking powder
- + 1 1/4 cup milk
- + 1/4 cup soft margarine
- + 2 eggs

The Filling

- + 1/2 cup flour
- + 1/3 cup walnuts very finely chopped
- + 1/3 cup milk
- + 1 tsp granulated fructose or other sugar replacement
- + 1 tsp baking powder
- + 1 tsp vanilla extract

What you do:

- + Preheat oven to 350c or Gas mark 4.
- + Combine dry ingredients and sift into a bowl.
- + Add remaining ingredients and beat until smooth and creamy.
- + Pour into prepared pan.

- + Now for the filling – combine all ingredients in a bowl mixing with a fork until well blended.
- + Spoon in a ring over centre of chocolate layer, being careful not to touch sides of pan with filling mixture.
- + Bake for 35 minute or until tester comes out clean.
- + Cool in pan for 20-25 minutes, invert onto a plate or rack and let cool completely.
- + Cut up, chat and enjoy!

Click here to discover NAPA Food-based activities guidance.



The month of
Pride!



June 14th – International Bath Day



Unknown

"All people are born equal, but the best ones are born in June."

Herbal Baths

Did you know that herbs can also be used in a nice soothing bath and some can be used to make a relaxing cuppa?

Here are a few suggestions.

Lavender bath: Add 40g of dried lavender flowers to a bath, either on their own or mixed with some Epsom Salts.

Lavender tea: Place 1 tbsp of fresh or dried buds into a cup or tea ball. Pour boiling water into the cup, allow to steep for 10 minutes, strain and then enjoy!

Basil bath: Put 2 tbsp of fresh basil into a warm bath for a soothing escape.

Basil tea: Put 2 tbsp of fresh basil into a cup of boiling water, allow to steep for 7-10 minutes, then strain and enjoy.

Rosemary bath: Add rosemary to your bath to ease muscle pain. Lie back and enjoy,

Rosemary tea: Put 1 tsp of leaves into a cup of boiling water and let them steep for at least 5 minutes. The rosemary in this tea would also be nice if paired with lavender and thyme.

Think:

If a person is unable to have a bath, then you could use these ideas to bathe someone by using a bowl rather than the bath. The aroma will still be relaxing and soothing.

Click here to discover NAPA Food-based activities guidance.



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June 15th – Nature Photography Day



Unknown

"What was told by August when June claimed today to be the month's last day. Do not July to me!"

Watch the Seasons Develop

Taking photographs of the great outdoors can provide wonderful opportunities for engagement.



Nature Photography Day encourages us to get outside, take a walk and enjoy the fresh air.

This Nature Photography Day, why not think about the cycle of nature and capture the developing seasons?

You will need:

- + A smart phone or camera
- + A tree
- + Printer and photo paper
- + A book
- + A pen



What you do:

- + Once you have found the perfect tree, mark a spot with a stick, cane or stone. This will help you find the same spot each time.
- + Take many photos of the tree from different angles

- + Choose a date to take a photo on the same date each month.
- + Print the photo and place into the book, a page for each photo.
- + Write a little about the weather and how you felt on that day.
- + Review the book over time:
 - + how did the tree change?
 - + How did your feelings change?
 - + How do you feel now?
 - + What have you learned about the seasons?

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June 16th – Fudge Day



Larry June

"Always remember you are doing good."

No Cook Fudge

Enjoy making this tasty no cook fudge. If you can avoid eating it maybe you can gift it!

You will need:

- + 75g unsalted butter, at room temperature
- + 4 tbsp. condensed milk
- + ½ tsp. vanilla extract
- + 400g Icing Sugar, sifted, plus extra
- + 25g cocoa powder
- + Bowl & Wooden spoon

What you do:

- + Put the butter, condensed milk and vanilla extract into a bowl and beat together until smooth. Sift the Icing Sugar and cocoa together, and then gradually mix into the butter mixture. Eventually, you will have to use your hands and work the mixture well until it comes together into a firm ball.
- + Lightly dust the work surface with a little Icing Sugar, place the fudge ball onto the surface and roll evenly about 1Cm (½") thick.
- + Use novelty cutters and cut out shapes, transfer to a flat tray lined with parchment paper. Alternatively, roll into a square and cut into small squares. Gather up the trimmings and continue to cut out shapes.
- + Leave to dry overnight before serving, or pack into pretty boxes, if you want to give them as a gift.

Top Tip:

- + When kneading the mixture, stir in 75g seedless raisins or dried fruit.
- + For cherry fudge leave out the cocoa and knead in 50g of finely chopped glacé cherries.



Click here to discover NAPA Food-based activities guidance.

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June 17th – National Eat Your Vegetables Day



Unknown

*"Take it easy, don't rush things.
Half-year is gone, but hey,
welcome, June."*

Wooden Vegetable Spoons

We all like watching vegetables grow from seed to plate. Sometimes we plant so many that we can't identify which row belongs to which.



Why not have some fun decorating these colourful, sturdy wooden vegetable spoons with the name and image of the vegetable they represent?

You will need:

- + Wooden spoons
- + Felt pens
- + PVA glue
- + Images of vegetables

What you do:

- + Place the images on the table and discuss which veg you would like to grow in the space you have.
- + Once you have chosen, start to draw the veg onto the wooden spoon. You can do this on either side.

- + Then write the name of the vegetable and under this write the month they are ready for harvest.
- + Let it all dry.
- + Paint on your PVA and let it dry.
- + Now you can place them into the soil around your garden space!

Top tip

You can also use these for planting flowers!



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Unknown

"Hello July, please be a good month that brings smiles and happiness to our lives."

What's in The Basket?

We all have memories of picnics at the beach, in the park and sometimes, when the weather is not so good, in our own living room!

While enjoying a picnic, why not play the basket game, a fun and inclusive reminiscence activity that everyone can contribute to?

You will need:

- + Basket
- + Tea towel or blanket to cover basket
- + Objects relating to picnics

What you do:

- + Pop the items into the basket and cover over with the blanket or tea towel.
- + Pass the basket to a person and ask them to pull out an object without looking.
- + Ask them to share the object they have selected – what memory does it prompt?
- + Discuss the objects.
- + Place the object back into the basket and keep going.
- + You can also adapt this game and use photos if you do not have objects.



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June 19th – National Watch Day



The Handmaid's Tale

*"A rose is a rose, except here.
Here it has to mean something.
It's beautiful"*

Clay Watch

Salvador Dali's iconic painting, The Persistence of Memory, is one of the most famous works of art in the world, along with Da Vinci's Mona Lisa and others. The Melting pocket watches are unique to Salvador Dali's work. Dali was quoted to have said they were inspired by melting cheese.



Replicate the iconic melting pocket watch using air drying clay. If you have no clay to hand you could use paper plates and shape into a melting watch once decorated.



You will need:

- + Air drying clay (Hobby craft or Amazon)
- + Rolling pin
- + Table covering
- + Clay sculpting tools
- + (Hobby craft or Amazon)
- + Dinner plate
- + Cling film
- + Paint
- + Varnish

What you do:

- + Take a ball of clay around the size of your hand.
- + Place on top of a table covering and roll out to the size of a side plate.
- + Take a dinner plate and turn it over, cover with cling film.
- + Draw a circle on the outer edge of the clay, using the sculpting tools.
- + Around the clay circle put your watch numbers 1-12, using the sculpting tools.
- + Add clock hands, using the sculpting tools.
- + Once finished, move the clay watch onto the covered dinner plate.
- + Mould the watch to drape and bend, using the dinner plate as a tool to drape the clay watch.
- + Leave the watch over night to dry, the clay should turn white when dry.
- + You can paint the clay watch in any colours you feel and once dried then varnish

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Maud Hart Lovelace

"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside."

Bug Hotel

Make a bug hotel to give critters of all kinds a somewhere to hide. Constructing a bug hotel can provide a safe haven for animals and allow you to recycle your garden rubbish. Hedgehogs, toads, solitary bees, bumblebees, ladybirds and woodlice can all find shelter in a well-constructed hotel.

You will need:

- + Bamboo, reeds and drilled logs
- + Larger holes with stones and tiles, which provide the cool, damp conditions
- + Dry leaves, sticks or straw
- + Corrugated cardboard
- + Something for a roof e.g. old carpet
- + Bricks, wood or pallet for the floor



What you do:

- + Identify the area where you would like to build the bug hotel. It will need to be levelled. If you have vegetable beds, locate the hotel a good distance away from them!
- + Start by laying some bricks on the ground as sturdy corners. Leave some spaces inbetween the bricks for critters to move in.
- + Add three or four layers of wooden pallets on top of your bricks. If you leave larger ends, you're more likely to attract hedgehogs.
- + The idea is to provide all sorts of different nooks and crannies, crevices, tunnels and cosy beds. Start to fill all the gaps.
- + Dry leaves or straw mimic a natural forest floor – where you have gaps pack them into the space.
- + When you think you've gone high enough, put a roof on to keep it relatively dry. Use old roof tiles or some old planks.
- + Pop some wildflower seeds around the hotel to provide food for butterflies, bees and other pollinating insects.
- + Give the hotel a name and revisit it once a week to see what (or who!) has moved into the bug hotel.

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June 21st – International Yoga Day



A.E. Housman

"June suns, you cannot store them."

Laughing Yoga

Hatha yoga, ashtanga yoga and even power yoga are all well-known and numerous physical and mental health benefits have been demonstrated, but what about laughter yoga?

Laughter yoga (also known as Hasya yoga) is a modern type of yoga that mixes breathing techniques and movement with simulated laughter.

The overall goal of the practise is to connect the body and mind, similar to traditional yoga, while enjoying the best medicine of all, laughing!

You will need:

- + A large space as you will be laughing loudly
- + Seats
- + Fluids for hydration

What you do:

- + Clap your hands to warm up. Warm-up exercises such as clapping and coordinating your movements are usually included in most laughter yoga sessions.
- + Perform the lion laughter exercise. Lion laughing, is derived from the Lion Posture. Keep your mouth open and your tongue fully out. Raise your hands like a lion's paws and roar, then laugh from your belly. Your facial muscles, tongue and throat should all feel stretched. This will help to loosen up and have some fun.
- + Perform a vigorous laughter exercise. Vigorous laughter will help you get used to the deep, hearty laughter. Sit in a circle, side by side, instruct the group with; "1,2,3."



On number three, everyone should start laughing at the same time, striving to match each other's tone and pitch. Invite everyone to spread their arms in the air, tilt their heads back, raise their chin, and laugh loudly. The laughter should be genuine.

- + Invite everyone to offer each other "thumbs up," "high fives," and laughter while making eye contact. This will help the group to bond.
- + To receive the scientifically established benefits of laughter yoga, you will need to laugh frequently for at least 10 to 15 minutes. The laughter should also be loud and deep, like a belly laugh from your diaphragm.

- + Provide a secure, open environment in which people feel comfortable to laugh out loud and completely for lengthy periods of time.
- + Keep water on hand because laughing is thirsty work!

Top tip

Some people may simply enjoy seeing everyone act foolish and have a good time. Try laughing while producing animal or vehicle noises.

This is all about giving permission to be ridiculous, have a good time, and laugh your socks off!

Click here to watch a laughing yoga video or use this video in a laughing yoga session.

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June 22nd – Windrush Day



Unknown

"Queens are born in June."

Acrostic Poem

On 22nd June 1948, Afro-Caribbean people arrived at Tilbury Docks, Essex, in the UK, on the Empire Windrush ship.

Windrush Day encourages communities across the country to celebrate the contribution of the Windrush Generation and recognise the diversity of Britain's history.

- + What did the arrival of the Windrush Empire signify?
- + Do you remember the story?
- + Were you part of the Windrush generation?
- + Do you have friends, colleagues or family members who are descendants?

Try creating this acrostic poem for reflection and conversation.



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June 23rd – National Typewriter Day



Jeannette Walls

"One benefit of summer was that each day we had more light to read by."

Creative Writing

The first typewriter was patented by Christopher Latham Sholes in 1868. During the summer of 1867. The iconic clickity-clack sound we associate with typewriters was almost eradicated early on. The Noiseless Typewriter Company tried to solve the issue when they debuted their first machine in 1917. However, it failed.



Use this photograph of a typewriter to inspire a story.

Here are some suggested questions to prompt your conversation:

- + What year do you think this photograph could have been taken?
- + Where in the country or world do you think it is?
- + What day and time is it?

- + Have you used a typewriter?
- + Where did you learn to use a typewriter?
- + What can you remember about typewriters?
- + Do you remember changing the ribbon?
- + What did you did you type?

You can use the questions as conversation starters. Write down the answers and memories as they are shared. Use the notes to form the basis of the story and ask for other ideas. Read the story out loud and edit it together, letting the story evolve. Take your time!

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June 24th – Midsummer Day



James Russell Lowell

*"And what is so rare as a day in June?
Then, if ever, come perfect days."*

A Midsummer Night's Dream

Shakespeare's most popular and widely performed play is A Midsummer Night's Dream. The comedy was written by William Shakespeare around 1595 or 1596. The play which is set in Athens revolves around the marriage of Theseus and Hippolyta.



- + Why not hold an evening of readings or themed performances in your garden
- + Create photos and information that people can read or view while in the garden
- + Create an enchanting evening meal of finger sandwiches and butterfly cakes
- + Hold craft sessions building up to the event making flower crowns, fairy wings, lanterns
- + Use the link (link here) to read some short scenes from the play
- + Decorate the garden and create an ambiance with fairy lights and blankets with cushions
- + Time the event to include dusk

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June 25th – Armed Forces Day



Virginia Woolf

"June had drawn out every leaf on the trees."

Big British BBQ

Why not enjoy a British Style BBQ celebrating Armed Forces Day. Enjoy music and food with decorations provided by the Armed Forces Day campaign.



Below are some simple BBQ recipes.

Think

When planning your menu for the BBQ, make sure you take everyone's dietary requirements into account, so you cater for everyone. Complete all necessary risk assessments as stated in your company policies.



Simple Grilled Chicken Recipe

You will need:

- + 4 chicken breasts
- + 2 lemons juiced (about 1/4 cup)
- + ¼ cup extra virgin olive oil
- + 1 teaspoon dried basil
- + 1 teaspoon dried oregano
- + ½ teaspoon salt
- + ½ teaspoon black pepper
- + 3-4 garlic cloves crushed
- + 4 boneless skinless chicken breasts

What you do:

- + In a small bowl, whisk together lemon juice, olive oil, basil, oregano, salt, pepper, and garlic.
- + Place chicken breasts into a large resealable plastic bag or shallow dish. Pour marinade over chicken.
- + Marinate in the refrigerator for a minimum of 30 minutes, or up to 8 hours.
- + Heat an outdoor grill over medium-high heat.
- + Grill chicken for 5 to 7 minutes per side, until cooked through.
- + Remove from grill and let rest 5 minutes before serving.

Grilled Vegetable Skewers with a Balsamic Vinaigrette

You will need:

- + 1 red pepper
- + 1 green pepper
- + 1 yellow pepper
- + 2 medium red onions
- + 15-18 large mushrooms
- + ¼ cup olive oil
- + ¼ cup balsamic vinegar
- + 1 tbsp Dijon mustard
- + 1 tbsp honey
- + ½ tsp salt
- + ½ tsp ground black pepper
- + 2 cloves garlic, crushed
- + 1 tsp dried oregano
- + wooden skewers

What you do:

- + Soak the wooden skewers in water for 15 minutes.
- + Whisk together the oil, vinegar, mustard, honey, salt, pepper, garlic, and oregano. Set aside until needed.
- + Wash and cut the vegetables (except the mushrooms) into large, evenly sized, chunks.
- + Stick the vegetables on the wooden skewers, in any order you wish.

Click here to discover NAPA Food-based activities guidance.

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L.M. Montgomery

"A cold in the head in June is an immoral thing."

What is relaxation?

We are all born knowing how to be relaxed since relaxation is a state of being rather than an activity.

Relaxation creates measurable bodily changes such as a reduction in oxygen consumption, blood pressure, heart/respiratory rate, muscle tension, and an increase of serotonin which leads to feelings of calmness and wellbeing. Most of us instinctively know how to achieve relaxation, whether it is through leisure activities or simply doing nothing.

This is a fantastic resource to use with the individuals you support or your staffing teams. Why not create an event called "Relax at 3" each day encouraging people to take care of their own wellbeing?



Here are some tips on how to relax:

A relaxing environment

We all need to relax in different ways, as we all have different needs, but it can be simple to make some small changes, which will help everyone who enters a space/room.

- + Room temperature – warm/cool
- + Soft calming sounds – chill-out music/nature's sounds.
- + Visually relaxing images – DVDs

- + Relaxing colours – pastels.
- + Soft furnishings – low lighting/relaxing seating.
- + Plants – shadows & aromas
- + Introduce slow gentle movement like water.
- + Aromas such as fresh air, coffee, or new bread.
- + Relaxing items to hold & touch.
- + Noise pollution – put up notes reminding individuals a relaxing session is in progress.
- + Company – the right type!
- + Take time out – Simple 5 min mind & body 'holiday'
- + Allow yourself a five-minute wind down and you'll be amazed out how much more focused, relaxed and energised you will feel
- + Sit relaxed both feet on the floor.
- + Allow your shoulders to drop and rest your hands by your side.
- + Take a deep breath in.

- + Exhale through your mouth.
- + Notice if there is tension in your upper body.
- + Tighten and relax these muscles.
- + Imagine there is a large LIGHT floating just above your head.
- + It is warm and sparkles.
- + Open your mind, and create a small hole in the top of your head
- + Imagine the entering your mind.
- + As it shines inside your head, you feel the warmth.
- + Tension flows down as you feel the warmth flow down into your neck.
- + Neck tension is flowing down your body as the light works its way down to your chest.
- + The warmth dissolves tension in your back/shoulders as it works its way to your stomach.
- + You feel your head shoulders and chest all relaxing.
- + The warm light is now flowing down your arms and legs.
- + All tension is flowing out of your feet and fingertips onto the floor

Now sit for a moment feeling the warmth and relaxation. All the tension has ended up outside your body, and on the floor. Take a moment and enjoy your relaxed mind and body. Remember this sensation and keep it in a safe place to be used again when needed. If possible, get some water and return to your work feeling calmer, less tense, and more relaxed. Returning to this place will benefit you but it can also work for some of the individuals you support and has the

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June 27th – Wimbledon starts



James Russell Lowell

"No price is set on the lavish summer; June may be had by the poorest comer."

Balloon Tennis

This fun balloon tennis game is a great indoor game, easy to set up and great exercise!

You will need:

- + Balloons
- + Pump
- + Fly swatters, paper plates or just a couple of hands
- + A piece of string and two chairs on which to tie to



What you do:

- + Balloon tennis is like a basic version of tennis. You can make your own racket by using a simple paper plate. You could also use a fly swatter as they are very light to hold, if you do not have any racket supplies then hands work just fine.
- + Position two chairs a few feet apart in the middle of the room and tie a piece of string between them. You could also use a table and lay the string across to make the game more inclusive. That is the top of the net, so make sure it is not too high.
- + Toss a balloon at one of the players and start the game, allowing them to hit it back and forth over the string.
- + Make the scoring easy and give a point for every time they hit the balloon.
- + First to 10 wins the round





Sanober Khan

"I realised June had never been just a month."

Intergenerational Projects

Connecting children and the individuals you support can be beneficial to both the younger generation with learning and the old generation in teaching. Here are a few ideas that could help you connect and support intergenerational projects in your care setting:

Community:

- + **Connect with education** – you could connect with early years children at nursery, all the way to college students. Look at what is in your area and think of the schools who might support additional needs and connect with them, too.
- + **Youth groups** – many communities have a youth club who enjoy projects and helping in the school holidays. You can find this information from your local council.
- + **Clubs** – You will have clubs in your area, Scouts, guide's, gymnastics, dance, tennis and much more. Connect with the groups and see what support they can offer with visits or shows.
- + **The arts** – many communities have a local theatre or drama group, musical bands, and young artists. Invite them into the home to share the arts.



In your setting:

- + Reach out to your team, many will have children in the local schools and groups listed above.
- + Check with the individuals you support – not everyone likes children or could be aging without children and find children a personal trigger. Remember to remain person centred when planning to invite children into the setting.
- + Safe spaces – a safe space will be needed where the children will interact with others.
- + Check dietary requirements before the children arrive.

Activity ideas:

- + Reading 1:1
- + Singing
- + Art and craft
- + History talks
- + Performances
- + Gardening
- + Playgroup
- + Classroom lessons
- + Technology
- + No cook cooking

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June 29th – Lakeland Dairies Sharing Recipe



Bill Watterson

"It's a cruel season that makes you get ready for bed while it's light out."

Dipping Pots

The month of June celebrates Pride, which is a wonderful time to bring people together and celebrate! These Dipping Pots recipes from Lakeland Dairies are fun to make and are a great addition to serve at a gathering.

Ingredients:

Serves: 12

- + 200g beetroot purée
- + 150g aubergine purée
- + 200g red pepper purée
- + 150g broad bean purée
- + 150g avocado purée
- + 100g chopped cucumber & mint
- + 600ml natural yoghurt
- + 600ml Millac Gold Double
- + Cornish sea salt
- + Freshly milled pepper

Method:

1. Mix each of the flavours with 100g of natural yoghurt and 100g of Millac Gold Double to make six different dips
2. Season to taste and place into dipping pots
3. Serve with slices of chargrilled sourdough bread, pitta bread, vegetable sticks or crisps!



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John Barrowman

*"Oh, my love's like a red, red rose,
That's newly sprung in June."*

Over the Rainbow Cupcakes

These brightly coloured cupcakes will make you smile. The brightly layered colours will spark a conversation and maybe even a song!

You will need:

Makes 10

- + Cupcake cases
- + Cupcake tray
- + Mixing bowl
- + Electric whisk
- + Piping bag
- + 5 small bowls
- + Cooling rack
- + 110g unsalted butter
- + ½ tsp vanilla extract
- + 110g caster sugar
- + 2 large eggs
- + 110g self-raising flour
- + Red, blue, and yellow gel food colouring
- + Sprinkles or decorations (optional)
- + 150g butter, softened
- + 300g icing sugar
- + 3 tbsp milk



What you do:

- + Pre heat the oven to 180C/160C fan/gas 4
- + Fill the cupcake tray with 10 cases
- + Beat the butter, vanilla, and caster sugar together with an electric whisk until pale and fluffy. Gradually whisk in the eggs.
- + Mix in the flour and a pinch of salt until just combined
- + Divide into five bowls and colour each a different shade with a drop of food colouring
- + Starting with the end of the rainbow (purple), evenly spread 1 tsp of the mixture into each cupcake case using a piping bag or the back of a teaspoon.
- + Top with 1 tsp of the next colour and spread – be careful not to mix the colours together
- + Bake for 15 mins, until a skewer inserted into the middle of each cake comes out clean. Leave to cool completely on a wire rack.
- + To make the buttercream, beat the butter until very soft. Add the icing sugar, vanilla extract and a pinch of salt and whisk together until smooth
- + Pipe the buttercream on top of the cupcakes using a circular nozzle
- + Decorate how you like with sprinkles or bright sweets

Enjoy!

Click here to discover NAPA Food-based activities guidance.



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