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Prioritising Wellbeing

NAPA Activities Calendar *for every day of the year*

May 2021



Sponsored by






May 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 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. directly
- + We would love to hear your feedback or ideas/dates to include – [email here](#)
- + Send photos of your calendar activities and tag us on social media @napalivinglife – for a chance to win NAPA membership or digital resources
- + To find out about NAPA and the benefit of NAPA Membership – [Click here](#)

Additional dates:

EID

- + EID al-Fitr falls on Wednesday 12 or Thursday 13 May this year, subject to sightings of the moon. We have a **resource** to help you celebrate. If you would like to learn more information about the celebration, then please [click the link](#).

Saturday 8th May

- + Scottish Cup Final at Hampden Park

Sunday 16th May

- + National Love a Tree Day

Monday 17th May

- + International Day Against Homophobia, Transphobia and Biphobia

Friday 21st May

- + National Strawberries and Cream Day

Saturday 22nd May

- + Women's FA Cup Final at Wembley

Sunday 23rd May

- + World Turtle Day

Sunday 23rd May

- + Whit Sunday

Sunday 23rd May

- + Monaco Grand Prix, Monte Carlo

Wednesday 26th May

- + Europa League Final in Gdansk

Saturday 29th May

- + Champions League Final in Istanbul

Sunday 30th May

- + Start of Bike Week

Monday 31st May

- + National Smile Day



Helpline

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

Abilities coding – This **colour code** will help you tailor the activity to an individual. All activities can be adapted to enable an inclusive approach.



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)

Move it May 2021

As part of The NAPA Year of Moving and Grooving 2021; we are delighted to launch Move It May – a month focussed on creating opportunities for physical activities.



Sign up for **NAPA News Here** and we will send you FREE resources, twice a week, that will help you to provide physical activity throughout May.

Want to get planning straight away?

In addition to your NAPA Calendar which provides an activity for every day of May you can also download our FREE Moving and Grooving Resource, packed full of activities to get moving and grooving this May **Here**.



On May 15th we invite you to take part in the **Wellbeing Walk** – you can walk 5 steps or 5 miles! Download our wellbeing walk guide **Here** and **Click Here** to access a special Wellbeing Walk warm-up led by our sponsors Burns Gym.



If you would like to arrange your own fundraising event in aid of NAPA please **Click Here** to download our fundraising guide.

Have you got your official NAPA T-shirt or hoodie?

Celebrate The NAPA Year of Moving and Grooving. Join the Movement! Show your support, wear this top!

* NAPA benefits from the sale of these items

#NAPAMoveGroove **Get Yours Here**



To launch **Move it May** we have a special live event – Our **FREE** Tea Tuesday event on the 4th May will be dedicated to Physical Activity. Hilary Woodhead; NAPA's Executive Director will be chatting to Tony and Joe Burns about the importance of Physical Activities In Care Homes. Burns Gym will demonstrate a short chair based activity programme. **Book Now Here.**



Hilary Woodhead. NAPA's Executive Director said:

Taking part in a range of physical activity provides essential benefits for physical and mental health, Improving balance, strength, agility and emotional wellbeing. We hope you enjoy these resources and are inspired to Move and Groove during Move it May! We would like to thank Don't Tone Alone for sponsoring this issue of The NAPA Activity Calendar.

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)

The NAPA Activities Calendar – May 2021

<p>Sat 1 May</p> <p>i May Day R Ribbon Rings</p>	<p>Sun 2 May</p> <p>i National Truffle Day R Chocolate Truffles</p>	<p>Mon 3 May</p> <p>i International Dawn Chorus Day R Bird Food Garland</p>	<p>Tue 4 May</p> <p>i Deaf Awareness Week R Fingerspelling</p> <p>Tea Tuesday</p>	<p>Wed 5 May</p> <p>i Cinco de Mayo (Mexican Celebration) R Mexican piñata + Sangria</p>	<p>Thurs 6 May</p> <p>i World's First Adhesive Postage Stamp R Create Your Own Custom Postage Stamps</p>	<p>Fri 7 May</p> <p>i International Space Day R Galaxy Jar</p> <p>NAPA Poetry Book – Look out for the NAPA Poetry Book</p>
<p>Sat 8 May</p> <p>i VE Day R Creative Carrot Cake</p>	<p>Sun 9 May</p> <p>i Howard Carter Born 1874 R Discover Hidden Treasures</p>	<p>Mon 10 May</p> <p>i Start of National Vegetarian week R Grow Your Owns Green</p>	<p>Tue 11 May</p> <p>i Salvador Dali Born 1904 R Clay Watch</p>	<p>Wed 12 May</p> <p>i National Nurses Day R International Nurses Day</p>	<p>Thurs 13 May</p> <p>i Apple Pie Day R Apple Pie Sensory Dough</p>	<p>Fri 14 May</p> <p>i National Buttermilk Biscuit Day R Buttery Buttermilk Biscuits</p>
<p>Sat 15 May</p> <p>R Design A Wellbeing Walk T-Shirt</p> <p>NAPA Wellbeing Walk</p>	<p>Sun 16 May</p> <p>i Honor Our LGBT Elders Day R LGBT advice</p>	<p>Mon 17 May</p> <p>i Dementia Action Week R Tactile Reminiscing Ideas</p>	<p>Tue 18 May</p> <p>i Mental Health Awareness Week R Bath Bombs</p>	<p>Wed 19 May</p> <p>i Juice Slush Day R No Blend No Mess Slush</p>	<p>Thurs 20 May</p> <p>i National Pick Strawberries Day R Strawberry Jam</p> <p>NAPA Training Day – Advanced Communication Skills</p>	<p>Fri 21 May</p> <p>i World Meditation Day R Lemon and Sugar Organic Foot Scrub</p>
<p>Sat 22 May</p> <p>i Laurence Olivier Born 1907 R Curtain Up</p>	<p>Sun 23 May</p> <p>i Tennis – French Open in Paris R Balloon Tennis</p>	<p>Mon 24 May</p> <p>i Queen Victoria Born 1819 R A Very Royal Cake</p>	<p>Tue 25 May</p> <p>i National Tap Dance Day R Tip Tap</p>	<p>Wed 26 May</p> <p>i Buddah Day R Flower Art</p>	<p>Thurs 27 May</p> <p>i National Grape Popsicle Day R Sweet Summer Lollies</p>	<p>Fri 28 May</p> <p>i International Hamburger Day R Pop Art Burger</p>
<p>Sat 29 May</p> <p>i National Biscuit Day R Recipe-Button Cookies</p>	<p>Sun 30 May</p> <p>i National Creativity Day R Book Making</p>	<p>Mon 31 May</p> <p>i Garden Wildlife Week R Solitary Bees Hotel</p>	<p>i Move It May <i>A month focussed on creating opportunities for physical activities</i></p>	<p>i EID i Local and Community History Month i National Walking Month i National Share A Story Month</p>		



May 12th – 13th – EID

EID

Why not try a traditional EID celebration desert?

Sheer Khurma is specially prepared for Eid festivities. The word 'Sheer' is Persian for milk and the word 'khurma' for dates. This Eid recipe is a traditional delicacy which is uniquely made by different households.



You will need:

- + Knife to chop
- + Frying pan to roast the Vermicelli
- + Wide pan
- + Wooden spoon
- + Bowls for serving
- + 500 MI Milk, full cream
- + 50 Gram Vermicelli (broken into small pieces)
- + 1/4 Cup Sugar
- + 2 Tbsp Dates, chopped to garnish
- + 1/4 Cup Raisins
- + 1/4 Cup Almonds (cut into small pieces)

- + 1/4 Cup Pistachios (cut into small pieces)
- + 1/4 Cup Ghee
- + 1/2 tsp Saffron
- + 1/2 tsp Cardamom powder



What you do:

- + Take a pan and pour ghee in it.
- + Add the chopped almonds, raisins and pistachios to it sauté well.
- + Now in another hot pan with ghee, add vermicelli roast well till brown.
- + In a separate wider pan simmer the milk till it thickens, add sugar and simmer again.
- + Add the roasted vermicelli and dry fruits along with dates and saffron.
- + Mix well till simmer add the cardamom powder bring to simmer let it cool and then pop into the fridge.
- + Serve chilled, garnished with dates.

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May 1st – May Day

Sensory Ribbon Rings



You will need:

- + Small jingle bells
- + 4 feet of ribbon – any colour or size
- + Shower/curtain rings – or other round object
- + Glue dots or double-sided tape

What you do:

- + Centre your 4 feet of ribbon on the top of the ring. You can add a little bit of tape or a glue dot here to keep the ribbon in place on the ring.
- + Starting with one side of ribbon, wrap it around and around your ring. Once it gets to the bottom of the ring, add a piece of tape or a glue dot to keep it in place while you wrap the other side. Then wrap the other side all the way around. Tie off the two sides of ribbon at the bottom in a double knot.

- + Slide your bell on to the ends of the ribbon. You might need to cut a point at the end of your ribbon to help it slide through the top of the bell. You can add as many bells as you like here.
- + You might need to tie a knot at the bottom of the ribbon to hold the bell on if your bell isn't tight enough.

Think!

These are great fun for everyone. Some people will love to make them and some will love to shake them!

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May 2nd – National Truffle Day

Chocolate Truffles



Have some chcolicious fun, making these delicious chocolate truffles. They are easy to make and would make a lovely gift, if you can resist eating them first!



You will need:

- + 2oz butter
- + 3oz ground almonds
- + 2tsp sieved jam
- + Almond essence
- + Sieved jam for coating
- + 2oz caster sugar
- + 2tsp sieved cocoa
- + Sieved cake crumbs
- + Rum
- + Chocolate vermicelli or chopped nuts

What you do:

- + Cream the butter and sugar until light and fluffy.
- + Add the almond essence, almonds, cocoa and jam and beat thoroughly.
- + Mix in sufficient cake crumbs to make a stiff paste.
- + Add a few drops of rum to taste (or not!).
- + Knead well, cut into equal sized pieces and roll each into a ball.
- + Cover with a thin layer of jam and roll in vermicelli or chopped nuts.

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May 3rd – International Dawn Chorus Day

Bird food garland

Attract a variety of wild birds to your yard and garden with this easy to make bird food garland.

You will need:

- + Pines cones
- + Peanut butter
- + Good quality bird seed
- + Ball of string
- + 1 pack lard
- + Dried fruit and nuts
- + Empty yoghurt pots
- + 2 x apples



What you do: (to make peanut butter pine cones):

- + Pine cones make a useful base for bird food. A quick bird treat can be made by filling a pine cone with fat- and energy-rich peanut butter, a particularly good food in winter. Smear it over the pine cone, pushing it into all the gaps.
- + Pour a small amount of bird seed on to a flat surface. Roll the pine cone in the mix making sure that there is no peanut butter left showing. Press the seed into the cone to fill all the gaps.
- + Suspend the cones from a length of raffia, string or any other cord you have to hand, and hang between the branches of a tree or sturdy shrub, or between two upright posts of a pergola. Squirrels will probably enjoy this too!

What you do: (to make suet cakes):

- + Bird food cakes are also easy to make. Slowly melt a pack of lard in a saucepan and stir in some wild bird food mix. You can also add dried fruit, nuts or oatmeal.
- + Make a hole in the bottom of some empty yogurt (or similar) pots. Thread through a length of string and then fill each pot with the suet mixture.
- + Leave in the fridge until cool and set.
- + Gently ease the cake from the container. If it doesn't come out easily, stand the container in a bowl of warm water so that the suet melts slightly. Alternatively, you can let the birds eat the cake from the container.
- + The suet in bird cakes makes them quite slippery. After the cake has set, tie a knot at the bottom to stop it from slipping off. A small twig tied into the knot will make it extra secure when you hang it.

What you do: (to make a fruit and nut chain):

- + For fruit and nut chains, thread a mixture of dried fruit and peanuts on to lengths of string using a needle with a large eye and sharp point. Some peanuts contain a toxin that can kill birds so buy from a reputable dealer. Dried or fresh apple rings look attractive and are sought after by robins, thrushes and wrens.
- + Core and slice an apple, then tie together to create a chain. This is a good use for windfalls that have slightly gone over. Finally, create your garland.
- + To put all of the bird treats together in a bird food garland, choose a spot with two sturdy branches with a gap between them and firmly attach a piece of raffia. Make sure it is not close to the ground. Tie the treats to the raffia, then sit back and wait for the birds to discover them. At Christmas, this would make a festive decoration for a large conifer, giving the birds a bit of pampering at a tough time of year.

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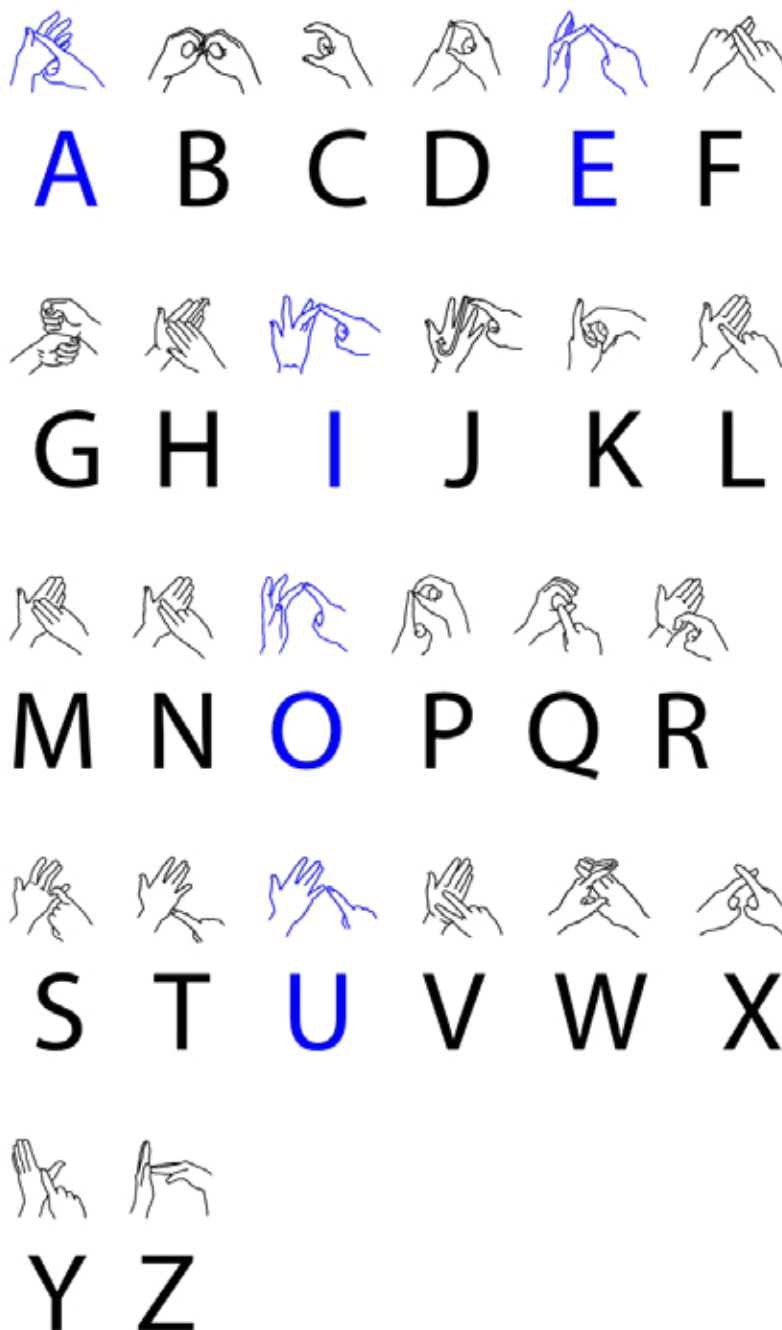
May 4th – Deaf Awareness Week

Fingerspelling

We have many ways in which we can communicate. For Deaf Awareness Week, try using this hand fingerspelling alphabet.

We use fingerspelling in sign language to spell out names of people and places when there is not a sign.

Try spelling your name out to each other! Using the **Fingerspelling** alphabet.



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May 5th – Cinco de Mayo (Mexican Celebration)

Mexican piñata

Make a Mexican piñata out of a Paper bag

You will need:

- + Paper bag / Tape / PVA glue / Crepe paper (streamers) / Staples / String / Sweets to fill

What you do:

- + The next step is to staple a piece of twine or string along the outside of the bag to help hold the weight of the sweets.
- + Start at the top of one side, bringing the string around the bottom of the bag and to the top of the other side of the bag. Staple at the top and bottom of each side of the bag.
- + Staple a second piece of string next to the first, going under the bottom of the bag and to the other side, so you have two pieces of string running along the sides and under the bag a few inches apart.
- + Next, wind you crepe paper around and around until you have a 9 inch wide flat stack of crepe paper.

- + You are now going to cut the decorative fringe by starting at the two ends. Find the centre layer and carefully put your scissors through the loop and snip 2/3 of the way to the top of each folded end.
- + Then finish cutting the fringe by cutting through all the layers 2/3 of the way to the top spacing your cut a little less than an inch apart.
- + Now you can start gluing the the crepe paper to the bag, starting at the bottom of the bag and working your way up.
- + If you are using several colours of crepe paper, glue down two rows of each colour all the way around the bag and then proceed to the next colour. Continue this pattern all the way to the top.
- + I left a little bit of the bag exposed where the poster cut-out was going to be placed.



- + Tie the string together at the top where the handles meet to help reinforce the weight of the sweets when hanging and to prevent the handles from breaking.
- + To decorate the bottom of the bag I just glued long strips of the leftover streamers (not the fringed cut pieces) on the bottom, scrunching them up to make a textured look as I glued it down.
- + Place the sweets into the bag once it's completely dry and then staple the top of the bag shut. You can add curly ribbon to the top to finish it off.

Non Alcoholic Sangria

You will need:

- + 2 litre bottles of soda water or club soda
- + 1 cup of orange juice
- + 1/4 cup of lemon juice
- + 2 litres of red grape juice
- + 1 pear and 1 apple cut in small pieces
- + If alcoholic Sangria is preferred, add a cup of vodka

What you do:

- + Mix ingredients and refrigerate for at least 2 hours.
- + Serve with lots of ice.



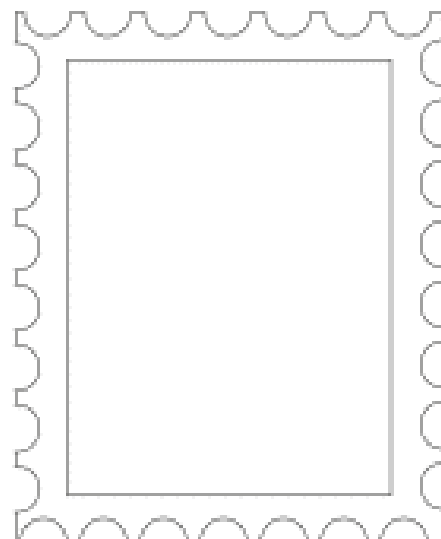
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May 6th – World's First Adhesive Postage Stamp

Create Your Own Custom Postage Stamps

The world's first adhesive postage stamp used in a public postal system was The Penny Black. The stamp was issued in the United Kingdom on 1 May 1840, but was not valid for use until 6 May. The stamp features a profile of Queen Victoria.



This DIY create your own stamp activity is a great for a craft project. You can work on patterning, letter recognition, shapes and so much more. Use the image as a guide to design your own stamp. When finished, you could display a stamp art trail around the home. People could tick off a sheet when they find the stamp!

You will need:

- + A4 Paper
- + Pencils
- + Scissors
- + Paints or pens
- + Ruler
- + Glue
- + Decorations (sequins, tissue paper, magazine clippings)

What you do:

- + Draw your own stamp box on A4 paper.
- + Discuss with the group what the stamp could commemorate. An event (such as Olympics) a cause (such as the importance of reading, space exploration, environment, etc.) maybe even an animal, insect, fish. A famous person such as an author, historical figure, musician, artist. They may even wish to do a self-portrait!
- + Next add a back ground, you will want to try and keep this plain and light so you can see the main image clearly.
- + Get creative!
- + Remember to place a price in the bottom right corner of the stamp once finished.

Top Tip

Ask if someone has a box/book of stamps that you could lend to look through and see up close. Maybe use a laptop, tablet or a short PowerPoint about stamps throughout history. You could ask the local post office if they had any posters or information about commemorative stamps.



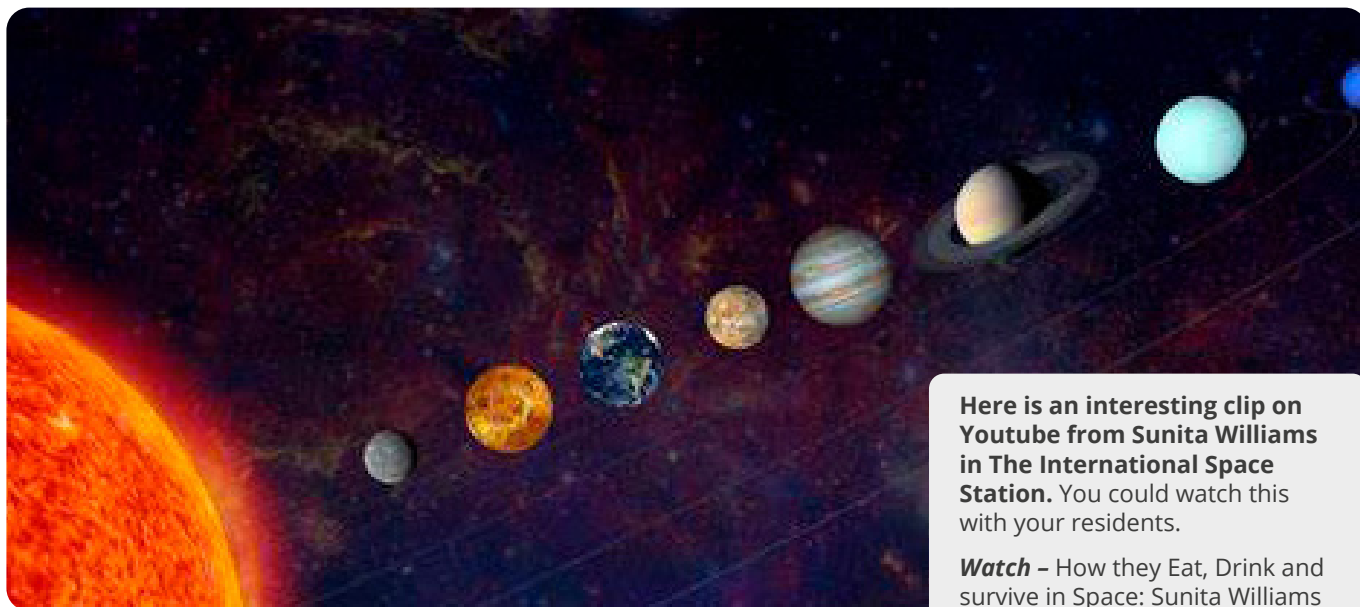
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May 7th – International Space Day

Galaxy Jar

Why not recycle and repurpose your empty glass or plastic jars.



Here is an interesting clip on Youtube from Sunita Williams in The International Space Station. You could watch this with your residents.

Watch – How they Eat, Drink and survive in Space: Sunita Williams in The International Space Station

These memorizing galaxy jars fascinate everyone with their glittering contents and miniature objects.

You can include whatever you like the jars, as long as the items are small. We will be using modelling dough in the example below.

You will need:

- + Glass/plastic jar
- + Water
- + Glitter (silver or gold)
- + Modelling dough (mixed colours)
- + Food colouring (mixed colours)
- + Strong glue to seal lid

What you do:

- + Make sure your jar is clean.
- + Take the modelling dough, mix the colours as best as you can into small round planets. They will be

different sizes, but they will need to fit into the jar.

- + Once complete pop them into the jar.
- + Add your choice of glitter.
- + Add your water and leave an inch from the top.
- + Add a drop of food colouring, pink, yellow, greens work well. You can also leave it clear but do not use black as you will not be able to see the contents.
- + Run the glue around the edge of the jar and screw the lid on tight. Then leave to dry with the instructions from the glue manufacturer.
- + When ready shake the jar and watch the galaxy spin!

Top Tip

Use a strong glue to seal the lids.



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May 8th – VE Day

Creative Carrot Cake



During the Second World War, many of our favourite foods needed to be rationed. It was very difficult to cook or bake using your ration booklet. We became very resourceful at adapting home grown produce.

One of the larger challenges to baking was sugar the rationalization of sugar. This was rationed to 8oz (230g) per week, people realised that carrots could be used to naturally sweeten cakes and biscuits. The sweetness of the carrots replaced some of the sugar used in the original recipes.

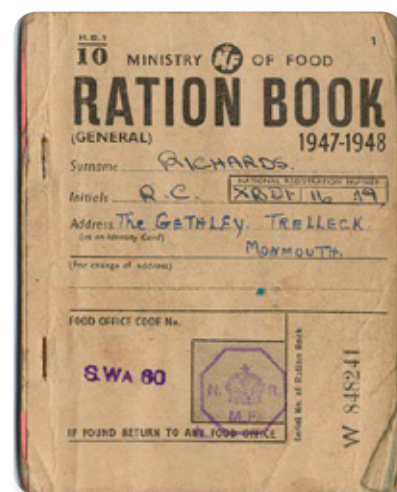
Have fun making the scrumptious carrot cake and enjoy with a loose leaf pot of tea!

You will need:

- + Mixing bowl
- + Wooden spoon
- + Lined baking tin
- + Cooling rack
- + 230g self-raising flour
- + 85g margarine or cooking fat
- + 85g sugar
- + 115g finely grated carrot
- + 55g sultanas
- + A little milk or water
- + 1 reconstituted dried egg or 1 fresh egg

What you do:

- + Preheat oven to 220 °C / 200 °C (fan) / gas mark 7.
- + Sift the flour into a mixing bowl.
- + Rub in the margarine or cooking fat.
- + Add sugar, carrot, sultanas and egg. Mix well and then add sufficient milk or water to make sticky.
- + Pour mixture into a lined baking tin and cook in the oven for 40 – 45 minutes or until golden in colour.



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May 9th – Howard Carter Born 1874

Discover Hidden Treasures

Why don't you become an archaeologist like Howard Carter and have some fun with this sensory dig activity?

Increase the use of fine moto skills and hide fascinating conversational objects like costume jewels, rocks or images.

This exciting therapeutic mobile sensory session will be a great activity for them rainy days or outside for some Summer fun.

You will need

- + Plastic box deep enough to hide your objects and cover
- + Dry sand
- + Small spades or rakes
- + Paint brush of different sizes
- + Objects to hide

What you do

- + Fill your plastic box with a small layer of sand.
- + Place your objects on top of the layer.
- + Fill the rest of the box with your sand till all objects are covered.
- + Have fun with your resident by using the small spades and rakes to discover what objects lay beneath the sand.
- + Once your close to the object, changed to using a paint brush to carefully expose your discovery!



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May 10th – Start of National Vegetarian week

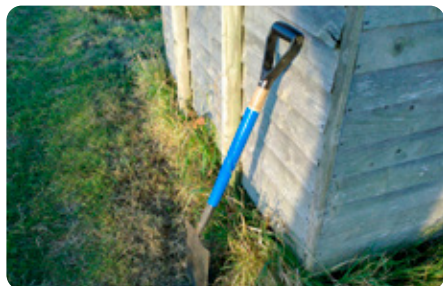
Grow your own Greens!

Identify a space with easy access, a good mix of sun coverage and shade throughout the day. If possible shielded from too much wind.



Clear your chosen plot from debris. Trees, shrubs, and other woody plants such as brambles are best carefully cut down and dug out (you may need assistance with this.)

When you have cleared the plot then the soil can be broken up. Add organic matter like compost or manure. You may need to add some new soil depending on the soil quality.



Now you are ready to start planting!

Here are some easy to grow vegetables, always follow the instructions on the seed packets and store in a safe place. You can also visit your local garden center and buy plant plugs (plant plugs are ready grown seedlings). This will give you a good start with your plot. Enjoy making some delicious meals with your fresh home grown veg!

Lettuce

Loose-leaf lettuce can be great to cut and keep growing. Just sow the seed in rows, 4-6 inches wide. Then take what you need when you need to, but do not remove the full lettuce.

Runner Beans

The easiest vegetables to grow and they look great too. Runner beans will quickly climb up sticks, trellises, hedges they need very little attention.

Once grown pick them every day, you will have a continuous supply. Try not to let them get too long as they become stringy.

Radishes

Sow directly into the ground, thin out the leaves, crop then eat! One of the quickest, friendliest crops. They also look like little red jewels in the soil.

Spring Onions

Sow directly into the soil. Spring Onions do not usually cause too many issues – but keep an eye out for slugs as they can cause damage.

Beetroot

Another easy to grow root vegetable. Sow them as you would carrots. While you are waiting to harvest the beetroot pick some of the leaves and enjoy them in salads and stir-fries. Beetroot is extremely nutritious and easy to grow.

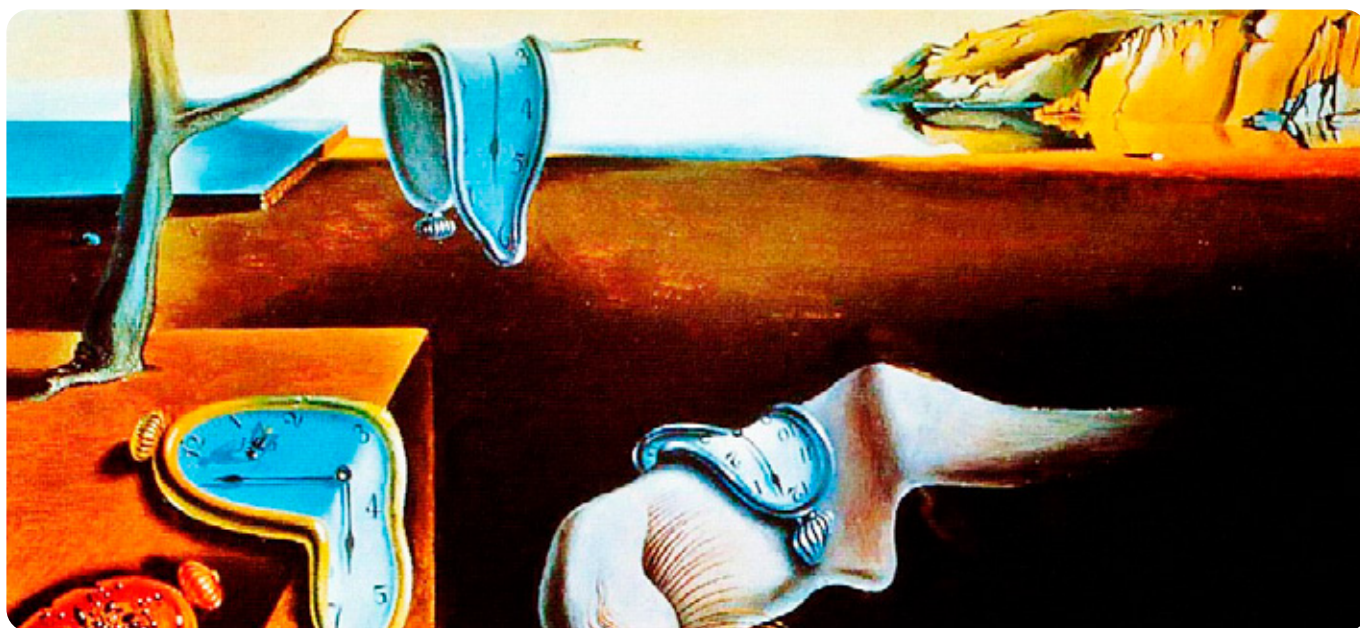
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May 11th – Salvador Dali Born 1904

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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May 12th – National Nurses Day

International Nurses Day

Are there any retired Nurses in your care setting? Invite them to do a short talk about their career as a Nurse. It would be good to hear how, if at all, the role has changed over the years.

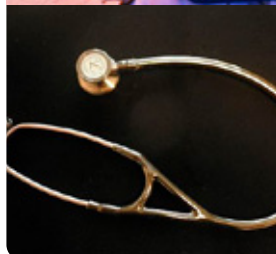
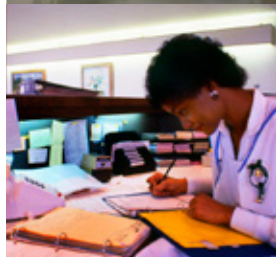


Below are some images which relate to the nurse role, can you name them and discuss their uses.

- + Nurse cap
- + Paper work
- + Holding hands
- + Cup of Tea

- + Pens
- + Nurse cape
- + Stethoscope
- + Nurse (forb) watch

- + Scrubs
- + Nurses shoes
- + Nurses buckle



Here are some famous nurses can you name them?



Duffy and Charlie from TV show Casualty, Hattie Jacques from the film Carry on Matron, Florence Nightingale, Call the midwife cast photo, Mary Seacole

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May 13th – Apple Pie Day

Apple Pie Sensory Dough

You will need:

- + 256g baking soda (bicarbonate of soda)
- + 128g corn flour
- + 1.5 cups water
- + 1 Tablespoon vegetable oil
- + Food colouring
- + 1 Tablespoon cinnamon
- + 1 Tablespoon all spice

What you do:

- + Add all the ingredients to a pot – except the spices, the spices get added last when kneading!
- + If you would like to add food colouring – add it to the water before you start cooking – it is so much easier this way – rather than kneading in at the end!
- + Stir well before cooking. The corn flour will initially be hard to stir, but it will all come together and turn into a runny liquid.
- + Put it onto the hob and cook until it turns into a thick mush – and becomes really hard to stir.
- + It will still be a little stickier than the play dough will end up once it is cooled and kneaded.
- + Set aside for a few minutes and knead when cool enough to touch.
- + At this point if you would like to add an apple pie scent – then add in the spice and knead further.

Think!

This is a great sensory activity, some may not want to use the dough but may enjoy making it for others. Be creative and try other scents.



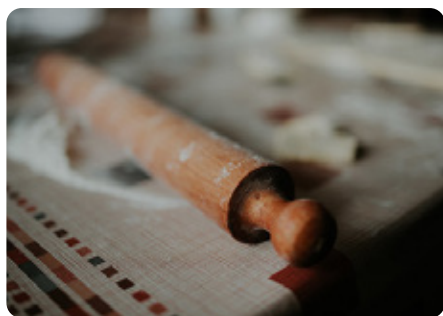
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May 14th – National Buttermilk Biscuit Day

Buttery Buttermilk Biscuits

Why not try baking some Classic Southern Buttermilk Biscuits? These American biscuits were so revered in the pre-civil war South that they were considered a delicacy.



Make these light, tender, scrumptious biscuits. Enjoy with melted butter and honey, your favourite jam, or if you want to be traditional then smother in gravy!

This activity provides opportunity to reminisce together, give our arms and hands a workout and create a traditional biscuit.

You will need:

- + Biscuit tray
- + Mixing spoon
- + Rolling pin
- + Round cookie cutter
- + Bowl
- + 2 cups all-purpose flour, (save some for rolling out)
- + 4 tsp baking powder
- + 1 tsp salt
- + 1/4 tsp baking soda
- + 1/4 c cold butter or lard, (small easy to crumble pieces)
- + 1 cup buttermilk (if no buttermilk the use full fat milk)

What you do:

- + Preheat oven to gas mark 6.
- + Mix the flour, baking powder, salt, and baking soda. Incorporate butter or lard into the mixture and rub until crumbly. Stir in the buttermilk (or full fat milk), just until it starts to form.
- + Turn out the dough onto a floured surface. Start to knead the dough gently, folding it in half and then pressing into itself 4-5 times. Roll the dough lightly until it is 3/4 thick.
- + Cut into 2 rounds with your cookie cutter.
- + Place on baking sheet and bake 10-12 minutes until tops are golden brown.
- + Add cheese if you are making a savoury biscuit!

Enjoy!

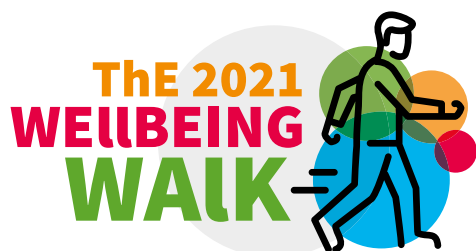
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May 15th – Design A Wellbeing Walk T-Shirt

Design A Wellbeing Walk T-Shirt

Do you fancy designing and wearing your own t-shirt?



We are looking for a vibrant colourful design to celebrate The NAPA Year of Moving and Grooving and our dedicated sponsored walk – The NAPA “wellbeing walk”.

If you designed a t'shirt:

- + Would you use bright colours, shapes or patterns?
- + What would be on your t'shirt? An image or logo to represent your care setting?

Have some fun planning a new T-shirt and we will pick one lucky winner, we will bring your design to life and have it printed on a T-shirt and send it you to display.

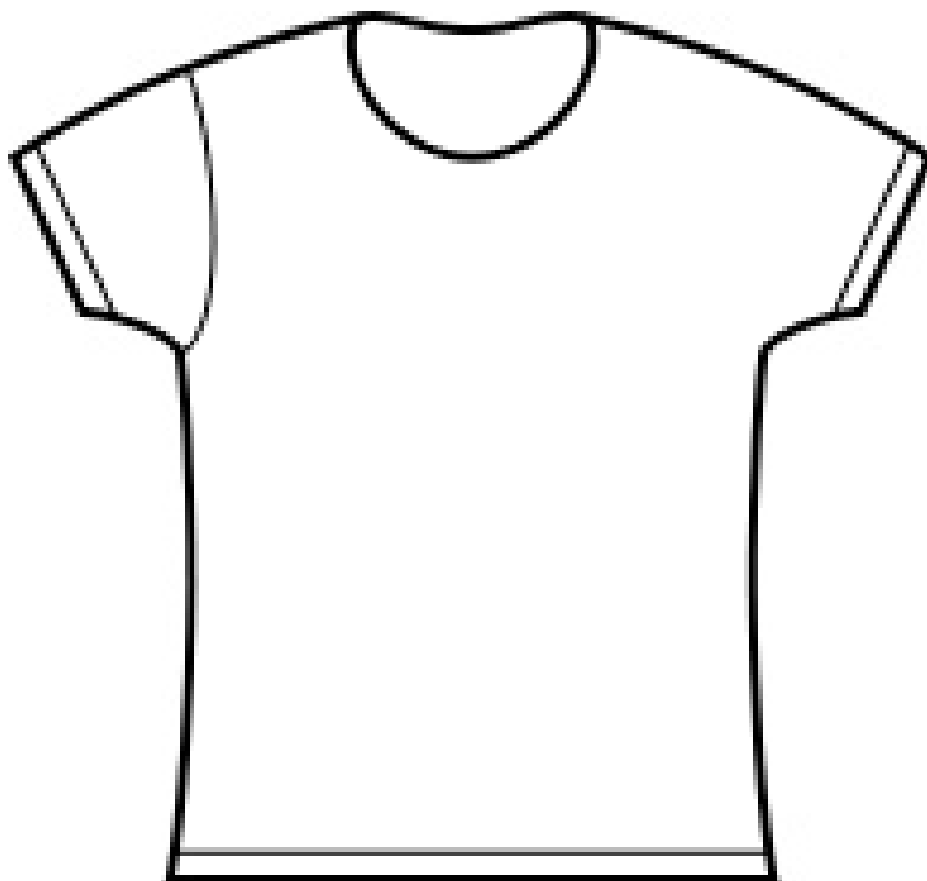
Closing date 31st May 2021

You will need:

- + Print out the template
- + Felt tips colours
- + Pencils

What you do:

- + Discuss what wellbeing means to you.



- + How do you support your wellbeing?
- + What colours do you think best represents wellbeing?
- + Do you want to stand out with bold patterns?
- + Then using the template – what would your wellbeing T-shirt be if you were responsible for commissioning NAPAs main T-shirt?
- + What name or logo?
- + Join in the wellbeing walk on the 15th May – more information available here (wellbeing walk guide).

Haven't got time to make your own tshirt? **Here** is one we made earlier.

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://twitter.com/NAPAActivitiesCalendar)



May 16th – Honor Our LGBT Elders Day

LGBT+ session guide

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

Preparation and collaboration:

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

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

Environment

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

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

Content

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

- + How will the session begin?



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

Wellbeing

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

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

Information

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

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

- + Best practice, toolkits and resources | **Stonewall**

- + Who we are | **Opening Doors London**

- + LGBT+ groups and staying connected | **Age UK**
- + Images and information representing LGBT+ inclusivity can be found via a google search and printed off for 1-2-1 or small group discussions.

Reflection

Take time to reflect on the session:

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

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May 17th – Dementia Action Week

Tactile Reminiscing Ideas

Mystery boxes

You will need:

- + Boxes or bags to put items in
- + Items and material that have a different texture such as shells, bubble wrap, silk scarf, ribbon, metal or a fur stole

What you do:

- + Place the items into the box/bag and invite people to guess what they are. You could do this with a group of 3-4 people and get them all to guess before you unveil the item.
- + Keep score, you could give a small prize at the end.

Think!

This is another great activity to adapt for everyone. Invite residents to go shopping with you, they may have some suggestions of things to use.



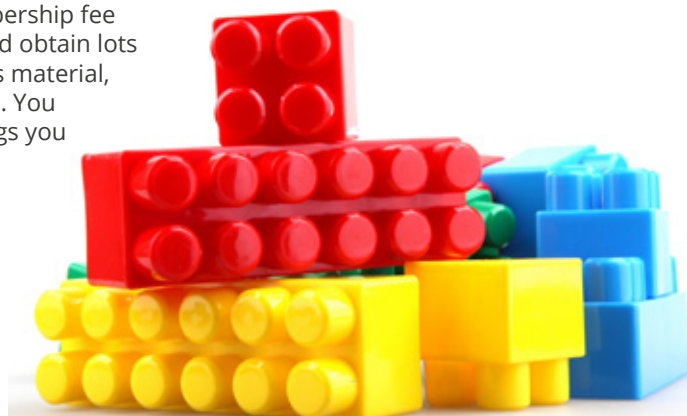
There are some great items that you can use for a tactile session:

- + **Lego** – Duplo for someone with reduced dexterity.
- + **Meccano** is really fun, some of the bits are small and fiddly so may suit someone with good fine motor skills.
- + How about **pea shelling**, this is such a great tactile activity – you may not have any peas left at the end, they are rather yummy!
- + **Flower arranging** is a great activity, you can use real or artificial flowers, they both look good. Get some oasis and a small amount of creativity.

- + **Shells** are really tactile; fancy a day trip to the beach to see how many varieties of shells you can find.

Do you have a scrap store or recycling centre near you? It is a place where you pay an annual membership fee and you can then visit and obtain lots of recycled items, such as material, paper, jars and lots more. You wouldn't believe the things you can get sometimes.

Either contact your local recycling centre or give us a call in the office and we will help you to find your nearest one.



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May 18th – Mental Health Awareness Week

Bath Bombs

This recipe will turn your bath into a fragrant Jacuzzi.



You will need:

- + 80g sodium bicarbonate
- + 15ml citric acid
- + 10 drops essential oil* of your choice

*Some essential oils should be avoided during pregnancy or by those with asthma, epilepsy, or with other health conditions. Please check with your care manager before using ANY essential oil. Bear in mind that you need to be aware about yourself and the staff helping you as well.

What you do:

- + Mix the sodium bicarbonate and citric acid together on a plate.
- + Sprinkle the sodium bicarbonate mixture with the essential oil. This powder can be sprinkled into the bath or molded by compression into a solid block. (We used 35mm film cases).
- + Add the powder just before you step into the bath.

Think!

In the interest of best practice please check that any residents that may wish to use these products when they have made them can safely do so.



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May 19th – National Juice Slush Day

No Blend No Mess Slush



Have some fun and do some exercise, making this no blend slushy! A perfect thirst-quenching drink for a hot summer's day. Hands can get cold when shaking the bags so keep a hand towel nearby in case the bags feel too cold to hold.



You will need:

- + Drink of choice (cordial or light juice)
- + Salt
- + large zip bag
- + small zip bag (needs to fit into the big bag)
- + 3 cups of ice
- + Hand towel
- + Cup

What you do:

- + Pour the 3 cups of ice into the large zip bag.
- + Add half a cup of the salt.
- + Pour the juice into the small freezer bag and zip closed (remove as much air as you can).
- + Put the small bag into the large bag and zip closed.
- + Shake the bags together for 5-10 mins, the juice should turn into a soft slush.
- + Remove the small bag, open, and pour into your cup.

Enjoy!

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May 20th – National Pick Strawberries Day

Homemade Strawberry Jam

This recipe can be adapted for however many strawberries you have to use up. Simply use equal quantities (by weight) of strawberries with the stalks removed and jam sugar. You can add lemon juice to taste, but as a rough guide use ¼ tsp of lemon juice per 100g of fruit.



You will need:

Servings 1 litre of jam

- + 700 g strawberries, 700 g jam sugar
- + 2 tsp lemon juice, medium saucepan, Wooden spoon or similar
- + Sugar thermometer – you can still make jam without one
- + Jam Funnel – not essential but it's much easier to get the jam into the jars without getting sticky if you have one

What you do:

- + Place a medium-sized saucepan over a low heat and once the pan is hot add the strawberries (700g). Fry for a couple of minutes, stirring regularly, and then add the jam sugar (700g) and lemon juice (2 tsp).
- + Stir all the ingredients together. Continue stirring until all the sugar has dissolved – you can tell if the sugar has dissolved by dipping a spoon in and looking at the back to see if any grains have stuck to it.

- + Once all the sugar has dissolved, turn up the heat to medium/high. Let the jam bubble until it reaches 105°C – make sure you move your thermometer around a bit to ensure it's all at the right temperature.
- + Once your jam has reached 105°C pour it into sterilised jars (if using) and leave to set.

Think:

This jam will be extremely hot during the cooking process and will take some time to cool.

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May 21st – World Meditation Day

Lemon & Sugar Organic Foot Scrub

You will need:

- + 8 tbsp white sugar
- + 1 tbsp olive oil
- + 1 lemon
- + A mixing bowl
- + A grater
- + Mason Jar or similar for storage

What you do:

- + In a bowl, mix together the olive oil and the juice from half of the lemon.
- + Gradually spoon in your white sugar and mix together until you have your preferred scrub consistency.
- + Grate the zest from the lemon and mix into the scrub.
- + Mix well and store in a Mason jar. Decorate with ribbons, string and tags if you wish – the scrub makes a great homemade gift!
- + To use, scoop up the scrub with your fingers and massage into your feet to exfoliate and refresh. Rinse thoroughly, pat dry, and finish by rubbing in some moisturiser.

Think!

Check for allergies before using this.



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May 22nd – Laurence Olivier Born 1907

Curtain up!

How about setting up your own theatres company or drama group?



You do not need to be a West End Star or Hollywood Director to have a little fun and set up a drama group.

Here are some tips to help you.

What you do:

- + Hold an informal meeting of interested individuals. Discuss what you love about drama and maybe some of the shows you have all seen.
- + What would be the aim of the group – how often do you want to meet and what type of productions are you interested in? Start with small achievable goals. You do not need

want to stage a full production of "CATS" with costume and lighting. Start at reading through small scenes from well-known plays.

- + Discuss the 'parts' people would like to read or portray. Perhaps some group members would like to help make the set of the costumes or work on the lighting or sound.
- + Choose a suitable room for holding meetings, rehearsals and the performance. It will need to be a large enough space to safely hold your group and audience.
- + Financing the group, can you ask for donations of props and costumes. Do staff members or family have sewing skills or support they could offer?

- + Think of some ideas for a name for the drama group, keep it snappy.
- + Set a realistic goal date for your first show, this will help you to keep the groups focused and build up excitement for opening night!
- + Performances can be 10 minutes or two hours – it is entirely up to you!

Above all, remember to have fun! Live shows always have hiccups and laughter. Once you have held your first performance, regroup, and reflect. You could find yourself with new members keen to join the fun!

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May 23rd – Tennis – French Open in Paris

Balloon Tennis

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



You will need:

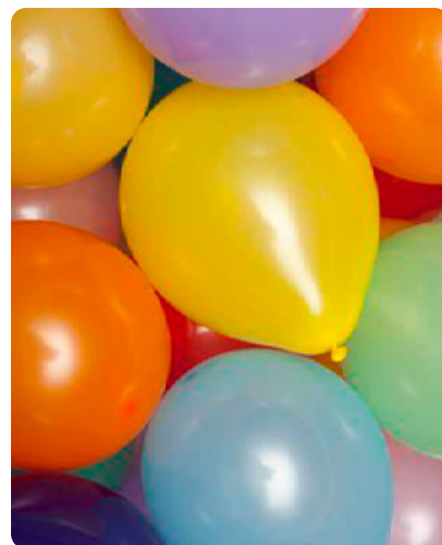
- + Balloons
- + Pump
- + Fly swatters, paper plates or just a couple of hands
- + A piece of string and two chairs on which to tie to

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!



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May 24th – Queen Victoria Born 1819

A Very Royal Cake

This famous cake should be known as The Royal Victoria Sponge, as its name harks back to Queen Victoria. The Queen was said to enjoy a slice of the delicious cake with her traditional English afternoon tea.

We know the cake as The Victoria Sponge, food historians report that Queen Victoria enjoyed a Victoria sponge, decorated with a single layer of jam and cream, alongside other cakes, and edibles, at tea parties on the Isle of Wight.

Why not enjoy making this classic British cake and enjoy with a pot of Earl Grey tea!



You will need:

- + Mixing bowl
- + x2 20cm sandwich tins
- + Wooden Spoon
- + 200g caster sugar
- + 200g softened butter
- + 4 eggs, beaten
- + 200g self-raising flour
- + 1 tsp baking powder
- + 2 tbsp milk
- + For the filling
- + Fresh cream
- + Good-quality strawberry jam
- + Icing sugar, to decorate

What you do:

- + Pre heat oven to gas mark 5.
- + Butter two 20cm sandwich tins, line with non-stick baking paper.
- + In a large bowl, beat 200g caster sugar, 200g softened butter, 4 beaten eggs, 200g self-raising flour, 1 tsp baking powder and 2 tbsp milk together until you have a smooth, soft batter.
- + Divide the mixture between the tins, smooth the surface with the back of a spoon.
- + Bake for about 20 mins until golden and the cake springs back when pressed.
- + Turn onto a cooling rack and leave to cool completely.
- + On one of the cakes spread the Jam, put your cream on top.
- + Place your other half of the cake on top and dust with the icing sugar. You can add extra cream to the top and decorate with strawberries if you like.

Slice and enjoy!



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May 25th – National Tap Dance Day

Tip Tap

Tap dance has a long tradition of bringing people together through music and rhythm.



Tap has evolved from American dance, with debate about its origins; possibly originating from African dance, Irish dance, or clog dancing traditions.

The sound of tapping on the floor and the fast rhythm of the feet has fascinated people for many years.

Why not try a little bit of tap dancing with a group, this activity can be enjoyed stood up or seated with feet on the floor? You can adapt the activity to use hands on a table if required.

Here is a link to a basic tap dance video by Just Tap.

How to TAP DANCE – Beginner Tutorial – YouTube

Once you have tried a beginner's guide to tap dancing, why not enjoy these out takes from the world famous tap dancer Gene Kelly.

Gene Kelly – Some of his greatest work – YouTube

You could also contact your local dance school and enquire about zoom performances or lessons!



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May 26th – Buddha Day

Paper Spring Flower Collage



You will need:

- + Coloured paper
- + Paper or material flowers and stickers (available at most craft stores)
- + White PVA glue

What you do:

- + Arrange the flowers onto the coloured paper.
- + Glue into place.
- + Allow to dry.
- + Frame or hang to display.

Think!

These would make lovely tactile pictures, try using different materials.

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May 27th – National Grape Popsicle Day

Sweet Summer Lollies

This recipe makes 4 lollies.

You will need:

- + Lolly moulds
- + A selection of fruit- peach, cherries, blue berries, raspberries, strawberries or kiwi fruit- use fruit that is favoured by your residents.
- + 4 mint leaves
- + $\frac{3}{4}$ cup of lemonade
- + $\frac{1}{4}$ cup of Pimms – replace with lemonade to make a non alcoholic version

What you do:

- + Slice up the fruit into bite size pieces.
- + Put the fruit into the lolly mould; put a mint leaf into each one.
- + In a jug measure the Pimms and lemonade, let it stand for a few minutes as it will freeze better with less bubbles.
- + Pour into the moulds; don't over fill it as you need to put the lolly stick in too.
- + Put in the freezer until firm – several hours or overnight.
- + Once frozen, run hot water along the moulds to loosen.

Enjoy!



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May 28th – International Hamburger Day

Pop Art Burger

Why not create your own 'pop art' burger, have some fun using different materials and textures – building a unique burger that is a one-off can be rather satisfying!

Look at examples of pop art using images from books or the internet. Discuss what makes art, pop art. Can you find some famous pop art artists?

Talk to each other and find out what people like to have in their burgers. Display the materials and textures in colour groups on the table. Encourage people to pick the colours that best represent the fillings they enjoy, you will soon create a burger that looks good enough to eat!

You will need:

- + Coloured paper
- + Coloured foam paper
- + Coloured tissue paper
- + Any other textured materials you have to hand
- + Scissors
- + Glue
- + Plain Paper to use as the background
- + Images of pop art or burgers for example

What you do:

- + Rip up the materials and group them into coloured piles on the table.
- + Place the plain sheets of paper on the table ready.
- + Look at the different styles of pop art and hold a discussion with the group, do they know about pop art?
- + Next talk about burgers, have they eaten a burger? If so, where and what was it like?
- + Ask people to pick colours that relate to food, example – White would be onions, red tomato, green lettuce.
- + Start to build the pop art burger and glue down the materials.
- + Once finished why not have a real burger for dinner!



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May 29th – National Biscuit Day

Button Cookies

Easy to make sugar cookies.

You will need: (makes 4 dozen)

- + 225g butter, softened
- + 200g sugar
- + 1 egg
- + 1 teaspoon vanilla
- + 340g self raising flour
- + Cookie cutter
- + Drinking glass
- + Skewer
- + ribbon

What you do:

- + In a large bowl, cream together the butter and sugar until light and fluffy. Beat in egg and vanilla. Gradually mix in the flour.
- + Roll out the dough until it is the desired thickness.
- + Cut out round shapes with cutter.
- + Add an inner ring by gently pressing the glass into the dough. Poke 4 Button Holes into each cookie with a skewer and bake for 8-10 minutes- 190 C / Gas 5.
- + Stack several cooled cookies, and thread a thin ribbon through the holes. Line boxes with tissue paper, arrange cookies, wrap, and sew ribbon through buttons for added effect.



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May 30th – National Creativity Day

Book Making

You will need:

- + kraft or packaging paper (even a large paperbag opened up and cut to get the longest piece you can from it)
- + Thin cardboard (like from a cereal box)
- + String, buttons needle and thread
- + Scissors, glue, ruler, pencil

Accordion books are very easy to make. The hardest part is usually finding a piece of paper long enough to fold into the book. You can try piecing paper together but it's easier to use a roll of Kraft paper or packaging paper.

Step 1 – Measure your paper to get the size of book you want. Cut a long strip for the accordion folds, decide how many pages you want and divide the total length by that number. This will tell you where to place your folds. Measure with the ruler and place a mark where each page fold should be.

Make all your folds.

Step 2 – To make this more like a book we will give it a front and back cover. Place your folded paper on the thin cardboard and trace out the size you need. You will need 2 pieces.

Cut these out.

Step 3 – Pick one of the cardboard pieces to be the front cover. Sew two buttons near the edge on one side. I used a big needle to push thru the cardboard. You want your buttons near the center of the edge.

Step 4 – You will need to make a shank on both these buttons. After you have made a few passes with the needle and thread poke your needle up thru the cardboard but not the button, have it come out on the side.

Step 5 – Wrap the thread around the stitches you have sewn and then back thru the cardboard. This causes the button to rise up a little from the cardboard so we can wrap our string around it in the finished book. Knot off and repeat with second button.

Step 6 – We are now going to attach our front cover. Put some glue all over the thin cardboard on the printed side. I used tacky glue. I found a glue stick was just not strong enough for the book. Take your folded accordion paper and place in front of you like a closed book with the first page opening on the right. Place the glued cardboard directly on top of this page. You want the buttons to be on the right side. Align your edges as best you can. You can always trim the cover after the glue dries. Your knots from your stitching should be sandwiched between the cardboard and paper.

Step 7 – Take your book and turn it over. Open the first page (which is actually the last page of the book). Set aside.

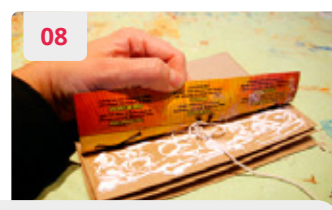
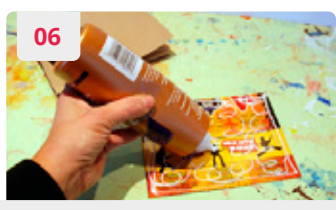
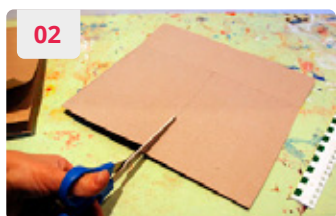
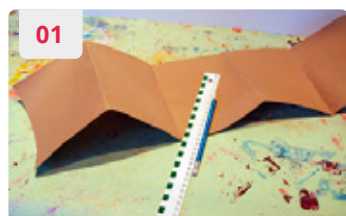
Before gluing on the cardboard take a 12 inch piece of string. Make a loop and knot it. This will be the string that holds the book closed.

Step 8 – Put your glue on the second piece of thin cardboard. In the picture I did it the opposite way with the glue on the paper, glue on the cardboard seems to work better.

Sandwich your string loop between the paper and the cardboard. You are gluing the cardboard to the inside of that first page on the left side. If you opened up your accordion book fully, the cardboard would be on the backside of the first page and on the backside of the last.

In the Bear book I glued my back cover on the wrong side, which is why the string is sticking out between the last 2 pages. It's a little awkward like that so put it on the other side.

Step 9 – You should now have a book with a front and back cover that you can close by winding the string around the buttons.



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)



May 31st – Garden Wildlife Week

Solitary Bees Hotel



You will need:

- + Large Porcelain Mugs
- + Long Bamboo Sticks
- + Hessian
- + Aluminium Wire
- + Black Porcelain Outline Pen
- + Brilliant Porcelain Paint Pens
- + HobbyLine Acrylic Satin Varnish
- + Pencil
- + Ruler
- + Scissors
- + Secateurs

What you do:

- + Sketch your design on the ceramic mug using a pencil.
- + Outline your design using a Black Porcelain Outline Pen. Leave to dry.
- + Colour and decorate the outside of the mug using Porcelain paint pens. Leave to dry.
- + As directed on the porcelain pen, heat fix your design in a non-heated oven for 90 minutes at 160 degrees centigrade. Then to help protect your design from the elements, use a coat of Acrylic Satin Varnish.
- + Using scissors cut a rectangle piece of hessian or warm fabric 8cm x 21cm and place inside the mug to act as a lining. To prevent the lining from slipping, you could add some glue, so the lining adheres to the side of the mug.
- + Using the secateurs, cut 45-50 pieces of bamboo 8cm long.
- + Lay the ceramic mug on its side and insert the bamboo sticks one by one onto the fabric lining until nearly full. Then stand the mug upright and insert the last of the bamboo sticks. The bamboo sticks should fit snugly and should not move.
- + Ideally, the bamboo sticks should not be flush with the lip of the mug, but slightly inside, to help protect them from rain.
- + Wrap wire around the mug handle and hang up your Ceramic Bee Hotel in a sheltered but sunny south facing position on a tree, fence, wall or post at least a metre off the ground, with no vegetation blocking the entrance.

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May's Activity Calendar Sponsorship



Don't Tone Alone CIC (DTA) is one of NAPA's Recognised Suppliers and the proud sponsor of the NAPA Activities Calendar for May 2021. With NAPA focussing 2021 on being The Year of Moving & Grooving, this aligns strongly with DTA's core values centring on physical activity and exercise.

"It is important to us that everybody has the ability to engage in health and fitness, no matter how this looks... it's about people doing what works for them and that can look very different for everyone." says Managing Director & Founder of DTA, Christopher Robertson.

DTA's founder first came across NAPA over 13 years ago while working in a dementia-focussed care home. He has first hand experiences of the benefits of NAPA's resources as many of NAPA's members do.

Christopher says: *"To facilitate smiles and laughter, to create opportunities for extraordinary conversation, to simply connect with others, is extremely rewarding and at the heart of these activities. It enhances the human experience, gives us more life, and a better quality of it."*

DTA has now been running for a number of years and specialises in working with populations that do not engage with mainstream health and fitness provision to improve their quality of life. DTA has specialist instructors to deliver programmes and runs a number of services for older adults ranging from low-impact and accessible exercise classes, to mindfulness projects that take inspiration from dementia-focussed activities such as reminiscence. Participants have professed over a 90% difference to their mental wellbeing, physical health, and caring roles and made statements such as:

"My husband has dementia and is usually very reluctant to take part in the various activities that are available but he really looks forward to the sessions and we both find them enervating, and feel fitter after doing the exercises"

DTA also has exercise guides for older adults that they can use with family, friends, and their support networks, to play a number of adaptable games or take part in paired exercise. These can be downloaded from DTA's website www.donttonealone.co.uk or free mobile application, available in Apple and Google Play app stores.

DTA hopes that this month's edition of the NAPA Activities Calendar will bring a little more joy, movement, and improved overall wellbeing to those who use it and engage with the activities provided.

