



NAPA

Prioritising Wellbeing

Contact us: info@napa-activities.co.uk or 01494 590421

Upcoming Events

Tea Tuesday
Enabling Wellbeing in Care Homes this Winter with Vic Rayner

Tues 14th December 2.30pm

Connect by Candlelight
Weds 15th &
Fri 17th December 3pm

Support & Share Network
Mon 20th Dec 2pm

National Activity Providers Week UK
24th - 30th January 2022

Roundtable with MyHomeLife
Tues 18th Jan at 2.30pm
Weds 26th Jan at 10.30am

Visit our [eventbrite](https://www.eventbrite.co.uk) page to book

NAPA News

8th December 2021

Winter Wellbeing Walk



The Winter Wellbeing Walk was a huge success, we were delighted to see photos of the walks that happened.

If you took part please send your photos to us at

fundraising@napa-activities.co.uk

Connect by Candlelight

On 15th December and 17th December at 3pm

Following the success of last winter's Connect by Candlelight concert we are delighted to invite you to join us once again as we come together online to celebrate winter. This year the concert is brought to you in partnership with the London International Gospel Choir and features performances from Intergenerational Music Making, Songhaven and Health Pitch.

Please encourage your family, friends, colleagues, and the people you support to join in too!

Book [here](#)

LIGC
London International Gospel Choir

NAPA Prioritising Wellbeing

NAPA

Connect by Candlelight Concert

im INTERGENERATIONAL MUSIC MAKING
Generations of Music
Belong



songhaven
healthpitch

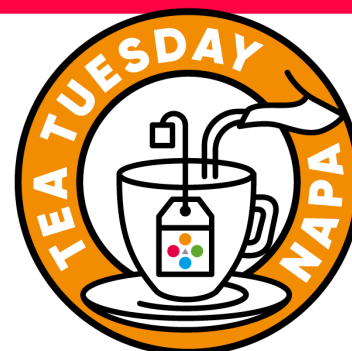


Tea Tuesday

Join us next Tuesday for our Tea Tuesday event with Vic Rayner
December 14th at 2.30pm

Hilary Woodhead will chat to Vic Rayner about how we can continue to enable wellbeing in care homes this winter.

Book your place [here](#)



Easy Fundraising



It's time to enter the #easyfundraising Advent Calendar! You could WIN a £250 donation **EVERY day** for NAPA until Christmas. For each day you enter, you'll also get a FREE entry into the Christmas Day Grand Prize Draw for £1,000 to spend at John Lewis & Partners and a £10,000 donation for us! Visit [here](#)



Round Table

Are you a **Care Home Manager** or an **Activity Provider**?

NAPA and My Home Life England would really value your expertise in helping us co-create a resource that will help Managers and Activity Providers in supporting great quality of life for people living and working in care homes.

We hope you will join us on one of the dates below

Tuesday 18th January at 2.30pm

Wednesday 26th January at 10.30am

book [here](#)



LMN Concerts

Live Music Now have just announced a new series of free online live stream concerts in conjunction with their Songs & Scones Christmas campaign.

They kick off on 10th Dec at 3pm with a jazzy festive concert streamed LIVE from St George's Bristol! With Live Music Now musicians Elly Hopkins and Stuart Oliver.

The full programme can be seen [here](#)

'Songs & Scones' brings together isolated older members of the community for uplifting afternoons of live music, tea, cakes and conversation. This Christmas, we are raising funds to expand the Songs & Scones programme across the UK. Monthly concerts will run for at least a year in each area, enabling participants to make new friends within their local community, explore their own creativity and connect better with local services. Find out how to get involved [here](#).



Reimagining Dementia

A Creative Coalition for Justice

The Reimagining Dementia Coalition in the US is going to do all we can to broaden and deepen our impact and influence locally, regionally, nationally and globally.

We really can't do it without you, so if you can spend an hour with us during the week of December 7 (click [here](#) for dates, time and registration), it will make a difference.

In 2022, we want to leverage all that we've build over the last year to create the kinds of campaigns, partnerships, collaborations and activities that will take us another step closer to creatively and relationally shifting the conversation about dementia at every level from tragedy to empowerment, growth, joy and impact.



**University of
Nottingham**
UK | CHINA | MALAYSIA

Call for Singers with Experience of Dementia Care

The University of Nottingham are looking for singers with experience of dementia care to take part in the first ever performances of *Take Care*, a new opera by composer Douglas Finch and with words by Cindy Oswin. *Take Care* will help shine a light on dementia care and the emotional labour of carers. Professional and family carers are both the creative heart of the work and its intended audience.

The opera will premiere at Lakeside Arts, University of Nottingham on 2 April, 2022. We are looking for 12 singers to take part in the Dementia Carers Chorus. Those selected will need to be available for rehearsals in Nottingham from 21st to 31st March. In addition, there will be 10 hours of pre-production practice. Chorus members will be paid at the hourly wage for home carers.

Whether you are a current or former dementia carer, in a voluntary, professional or family context, apply now to participate by completing the online questionnaire [here](#)

BlindAid - tailored service for care settings

BlindAid

For visually impaired Londoners since 1834

BlindAid has offered free services in all twelve inner London Boroughs for 187 years.



BlindAid supports a particularly hidden group of beneficiaries- isolated, blind and visually impaired people.

Our Sight Support Workers provide vital outreach support via telephone or visit beneficiaries in their homes, sheltered accommodation or residential/nursing homes. The emotional and practical support we offer not only directly improves wellbeing and reduces social isolation for beneficiaries, but also builds relationships of trust that ensure we can act as a reliable vital pivot point between beneficiaries and statutory/other services. The time we offer beneficiaries is, wherever possible, tailored to the specific needs of each person.

To make a referral please visit www.blindaaid.org.uk or call us on 0207 403 6184.

Calendar Activity

Baked Bean Christmas Cake

Don't throw out your used tins of baked beans; they make fanta cake tins!

These little cakes are cooked in small baked bean tins (or anything of a similar size – the approximate capacity should be about 7 fl oz / 200ml). Just remove the labels, rinse, and dry well. Also, they don't have to be just for Christmas; they are great for any occasion. We are sure this unusual way of cooking a Christmas cake will get everyone laughing!

This recipe is enough for 6 cakes, so just multiply it to make the



Click [here](#) to download this activity

Calendar

The December Edition of the NAPA Activities Calendar for every day of the year is available now

from our homepage, click on the cover to go there.

Our monthly competition is available on the right.

