



# NAPA

## Prioritising Wellbeing

Contact us: [info@napa-activities.co.uk](mailto:info@napa-activities.co.uk) or 01494 590421

### Upcoming Events

**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

**Person-Centred Activity Planning**

Weds 9th Feb\*

**Planning Activities and Events**

Weds 16th Feb\*

**Basic Risk Assessments**

Weds 23rd Feb\*

\*full details on page 2

Visit our [eventbrite](#) page to book

## NAPA News

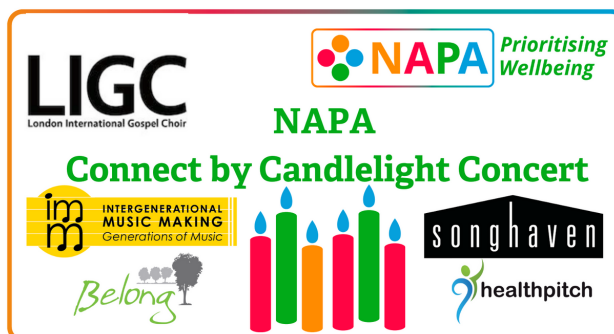
### 15th December 2021

#### Connect by Candlelight

There is still time to get your place at our virtual concert on Friday - nearly 4,000 care home residents are joining NAPA this afternoon and on Friday afternoon for our Christmas concerts - see you at 3pm!

15th December and 17th December at 3pm

Book [here](#)



### Activity Provider T-shirt



Are you the brightest star on the tree?

Get the T-shirt to show it!

We have produced a T-shirt for you to wear over the festive period to show how proud you are of what you do

Get your t-shirt [here](#)

£15 with proceeds going to NAPA

We also have Christmas jumpers too - click on the pictures to order



### Don't Send Me a Card

[DontSendMeACard.com](http://DontSendMeACard.com)



Looking for an alternative to Christmas cards?

With our fun, personalised eCards on DontSendMeACard you get to support our cause with what you would have spent anyway on cards and stamps. It's faster and helps save the planet too.

Get your Christmas eCards [here](#)

## Christmas Opening Hours



The NAPA office and Helpline  
will be **CLOSED** from  
**Wednesday 22nd December**  
reopening on **Tuesday 4th January 2022**



## Training Days



### Person-Centred Activity Programme Planning

This half-day course will enable activity and care staff to develop a person-centred activity programme

**Weds 9th February 2022**

**10am-1pm**

**£62.50\***

### Planning Activities, Events and Celebrations

This half-day course will enable activity and care staff to plan activities, events and celebrations

**Weds 16th February 2022**

**2pm-5pm**

**£62.50\***



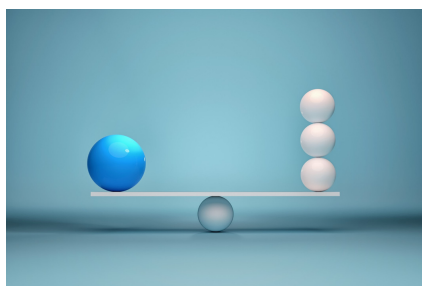
### Basic Risk Assessments

This mini workshop will cover the basics of risk assessment

**Weds 23rd February 2022**

**9.30am-11am**

**£62.50\***



\*NAPA Members receive 60% off

Book these workshops [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](#)

## Gardening Workshops



Support your clients' wellbeing with this selection of table-top gardening activities:

All our online free LIVE ZOOM and GROWING SERIES sessions are geared towards inspiring staff in care, health & community settings, to feel confident in carrying out gardening activities with their clients:

- No previous knowledge required.
- Learn gardening skills and how to adapt activities to your client group.
- Informal, 60 minute, online, live, practical demonstrations - Thursdays 14:00
- Free giveaways in the session, so you can have a go!

Sessions fill fast - for more information and to Register, visit the website [here](#).

## Care Home Entertainers

### Register of Care Home Entertainers



If you are a singer or musician who would like to be listed on NAPA's Register of Care Home Entertainers we would love to hear from you. Complete and submit [this form](#).

This is a FREE service, free to be listed and free for NAPA members to access.

Please pass this on to any care home singers and musicians that you know who could benefit from this service.

## Calendar Activity

### Music Sheet Paper Strip Angel Christmas Ornament



Ludwig van Beethoven was born in Germany on the 17th December 1770. Beethoven's musical talent was obvious at an early age, and he was taught by his father, Johann van Beethoven. Following the premieres of his First and Second Symphonies in 1800 and 1803, he became regarded as one of the most important composers of his generation; following



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.

