

# The Daily Sparkle Step by Step Guide for Activity Co-ordinators

This guide will help you become familiar with using the Sparkle on a daily basis.

## What is the Daily Sparkle?

The Daily Sparkle is a reminiscence tool which works by:

- Stimulating residents' happy memories.
- Reminding them of their lives well-lived.
- Building relationships between residents, Activity Co-ordinators and other staff.
- Providing fun content (e.g. quizzes, singalongs and interesting articles).

## Popular features include:

- **A letters column.** Encouraging contribution and a sense of community.
- **Carers' Notes.** Background information and questions to stimulate conversation (helpful for inexperienced or foreign staff).
- **Your Home's branding.** Residents get their 'very own newspaper.'
- **Interesting images and large font.** Images trigger memories while a size 18 font makes reading that much easier (for those who can).

## 3 Golden Rules to Maximise Engagement

- Print in colour
- Print plenty – one copy per 3-4 residents
- Distribute well – common areas, bedrooms and staff room

The collage displays several pages from 'The Daily Sparkle' newspaper. Key sections visible include:

- That's Life:** Features a photograph of a 'Toy cap gun' and a short story: 'I still have my old toy cap gun. It was a birthday present when I was six. It had a white plastic handle with a horse's head. Under the n... it had the n... I can still s... smell wher... It made m... bang - not... a real gun. My sister... cowboys at... the house... Ma made... headress... the cowb... Eventually... and said i... wouldn't l... gun. Ma so...'
- Over To You:** Features a photograph of a 'Room divider' and a short story: 'Dear Mary and Jimmy When we had our first house, the dining room and lounge were one room - a 'through...'
- Carer's Notes:** Titled 'Daily Sparkle Thursday 7 November 2019'. It includes background information and questions about Jean Shrimpton, a fashion model.
- All About India:** Features a photograph of the Indian flag and a quiz: '1. On which continent is India? 2. Which one of these countries is also in the Indian sub-continent? China or Pakistan 3. Which one of these cities is the capital of India? New Delhi or Bombay 4. Which mountain range is on the northern border of India? Alps or Himalayas 5. Which is the largest religion in India? Hinduism or Islam 6. Who led the Indian independence movement in the 1930s and 40s? Mandela or Gandhi 7. Which of these rivers runs through northern India? Nile or Ganges 8. Many women in India wear a s \_ r \_ \_.'
- All I have To Do Is Dream:** Features a photograph of a 'Standard Flying Fourteen family car' and a short story: 'Drea-ca-ca-ca-eam Dream, dream, dream Drea-ca-ca-ca-eam Dream, dream, dream When I want y... In my d... When I... And all... Whenever... All I hav... Drea-ca... D... When I... In the m... And I m... me ti... Whenever... All I hav... Drea-ca...'
- On This Day:** Features a photograph of 'The Sex Pistols' and a short story: 'The Sex Pistols' outraged society. They were rude and loud, and in your face. They had band members called Sid Vicious and Johnny Rotten. They started Punk Rock in Britain. But in 1975 no one had heard of them. Then on 6th November 1975 they got their first gig. It was at St Martin's College of Art in central London. The students were used to rock bands. But they had never seen or heard anything like 'The Sex Pistols'. They were almost deliberately off their heads! They were soon one of the biggest names in pop music.'
- The Way We Were:** Features a photograph of a woman smelling flowers and a short story: 'People talk about all the five senses we have. It would be a poorer world without music to listen to, whether your taste is Mozart or jazz. The feel of my cat's soft fur when I stroked her was delightful. And so was the taste of the first strawberry of the season. We take sight for granted, but just think of the excitement of that first glimpse of the sea. Of course, not all 'sense' experiences are pleasurable. The sight and smell of rubbish piling up when the bin-men were on strike wasn't very nice. I'd rather think about smelling 'Chanel No. 5!'



## Your 3 week plan

# Integrating the Daily Sparkle as a natural part of your working day

---

### Week 1 – Introduction: take it slowly at first

- Print out a few copies of the Daily Sparkle and Carers' Notes. Introduce the Sparkle to all residents (including those confined to their beds). Read to those who are unable to read for themselves.
- Include a copy at breakfast for the personal touch. Point out the home's name.
- Give copies to any visiting relatives. They will love them.



### Week 2 – Familiarity: building confidence

- Talk about the Sparkle at staff meetings. Explain how you have been using it.
- Use the Sparkle throughout the day and encourage other staff to do the same.
- Read to those who are unable to. Encourage them to share their experiences.
- Use the Sparkle to gain deeper insight into residents' earlier lives.
- Have a 'Sparkles one-to-one' hour after breakfast. Visit those who stay in their rooms.



### Week 3 – Integration: start using the Sparkle in a more structured way

- Advertise a 'Chit Chat Club' reminiscence session with our poster ([www.dailysparkle.co.uk/poster](http://www.dailysparkle.co.uk/poster))
- Invite up to 8 residents to sit around a table with tea and biscuits. Welcome them by name. Read one article at a time and prompt with comments if needed.
- Use the acronym **CAFES** to keep the session flowing:
  - C** is for **Curiosity** – Be interested in what residents have to say.
  - A** is for **Ask questions** – Vary your tone and phrasing for a natural interaction. Use open-ended questions.
  - F** is for **Follow the conversation** – Be willing to stray from the topic. Go where the interest is.
  - E** is for **Engage all residents** – Gently prompt quieter residents by name. Ask them a direct question.
  - S** is for **Stimulate** – Keep things moving, ask a quiz question, use jokes or a new topic to move things along.

