

IN SUPPORT OF

# Dementia Action Week

## 16 – 22 May 2022

A TASTER PACK OF OUR REMINISCENCE ACTIVITY RESOURCES

WHAT'S INSIDE...

★ This week's edition of the Weekly Sparkle  
– our award-winning reminiscence newspaper

*plus*

- ★ Activity session plans
- ★ Puzzles
- ★ Wordsearches
- ★ Quizzes

★  
Perfect for  
group sessions,  
one-to-ones or for  
residents to enjoy  
individually

We are passionate about enabling the elderly and people living with dementia to live a happy, stimulated, fulfilled life.

We believe that neither old age nor dementia should be a barrier to friendship, conversation and laughter.

# Welcome

Whether you're an existing subscriber, or new to us, we invite you to use this special edition Daily Sparkle Dementia Action Week pack with your residents.

Alzheimers Society's Dementia Action Week is an event we are very proud to support. Living with dementia brings huge challenges, but the incredible work of organisations such as Alzheimers Society provides knowledge, advice and much-needed support.

We are the UK's leading provider of reminiscence activities for the elderly and people living with dementia. Our resources are enjoyed by a readership of thousands every single day.

The Daily Sparkle relates to the world many older people live in – a world which we view as the past, but which is often their experience of reality. Our resources trigger memories and prompt conversation.

We hope you enjoy what this pack has to offer. For more information on what we do, visit [www.dailysparkle.co.uk](http://www.dailysparkle.co.uk), call 0800 228 9698 or email [info@dailysparkle.co.uk](mailto:info@dailysparkle.co.uk)

**We offer a no-obligation free trial – to claim yours, visit [www.dailysparkle.co.uk/free-trial](http://www.dailysparkle.co.uk/free-trial) and enter the offer code DAW22 . See back page for more information.**

## contents

Weekly Sparkle . . . . .	3
Carer's Notes . . . . .	13
Reminiscence Discussion Activity – DIY . . . . .	17
Music & Movement Activity – Hand Jive . . . . .	19
Sensory Activity – Wind Chimes . . . . .	20
Sensory Activity – Walking Barefoot . . . . .	21
Craft Activity – Hand Circles . . . . .	22
Jigsaw Puzzle – Flowers. . . . .	23
Game – Word Web . . . . .	25
Game – Nature Idioms . . . . .	27
Crosswords . . . . .	29
Word searches . . . . .	33



## On This Day



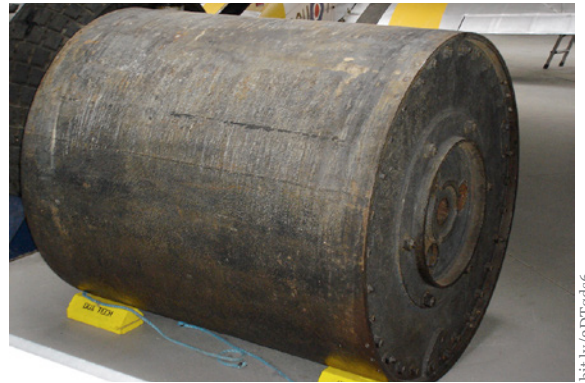
Liberace

Some entertainers are flamboyant and put on a great show. The greatest of all the flamboyant entertainers was Liberace. He played the piano, but it was his costumes and the spectacle that stole the show. No wonder he was called ‘Mr Showmanship’.

He grew up at a time when being gay was still very much in the closet. It would have been very different for Liberace today.

Born in the American Midwest on 16th May 1919, Liberace was a real larger-than-life character. He certainly put the ‘show’ into show business!

## On This Day



Dam busters – bouncing bomb

In 1943, Britain was doing everything it could to disrupt the Nazi war machine. The Ruhr was the main centre of German industry. There were dams above the Ruhr that produced electricity and they provided water for the factories. It was decided to bomb the Ruhr dams.

The main problem was how to hit the dam wall. Barnes Wallis came up with a bomb in the shape of a barrel. It would skip along the water like skimming a flat stone.

The Dam Busters bombed the dams on the morning of 17th May 1943.

## On This Day



Helen Sharman

On 18th May 1991, a Soyuz spacecraft rose into the skies. On board were two Russian cosmonauts and one Briton. Her name was Helen Sharman. She was the first Briton in space.

The mission lasted eight days. It took the three cosmonauts to the Mir Space Station. Helen Sharman did experiments on board, and she also broadcast to British schoolchildren.

Helen Sharman was a scientist. She had won a competition to become the first Briton in space. It was an amazing achievement.

## On This Day



Ho Chi Minh

The 20th century was dominated by several world leaders. Churchill, Roosevelt, Hitler, Stalin and Chairman Mao all shaped the world in which we live.

One of the other big names of the 20th century was Ho Chi Minh. He was a Communist revolutionary. Born in Vietnam on 19th May 1890, he fought against the French colonial power.

He became the leader of North Vietnam. That led to the Vietnam War, with the North fighting the South who joined with the United States. They were long and bitter struggles.



## On This Day



Levi jeans

In the 1870s, California was known as gold-rush country. Prospectors toiled away hoping to make their fortune. The work was hard and they needed tough clothing. Many wore jeans made with strong denim cloth. But the jeans kept tearing at the seams.

That gave Levi Strauss an idea. He was already making trousers in San Francisco. He came up with the idea of using copper rivets to hold the denim cloth together.

He produced his first pair of jeans with copper rivets on 20th May 1873. Levi jeans had been born!

## On This Day



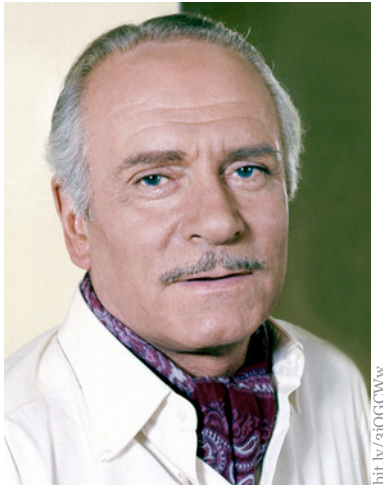
Rigi Railway, Switzerland

Don't worry, you aren't seeing things! The train in the picture really is going up a steep mountain, and the steam locomotive really is that shape! It is a train on the Rigi Railway in Switzerland.

The Rigi Railway has a rack in the middle of the track. The train grips the rack and hauls itself up the mountain beside Lake Lucerne.

The Rigi Railway was the first mountain rack railway in Europe. It opened on 21st May 1871. Since then, Switzerland has become a railway wonderland. Trains can nearly 'climb every mountain'!

## On This Day



Laurence Olivier

Laurence Olivier was one of our greatest actors. He was famous for playing the most important Shakespearean roles, both on stage and in films. His most magnificent films were *Wuthering Heights* and *Rebecca*.

Yet he was not only a fine actor, but also a brilliant director. He helped found Britain's National Theatre, which raised the bar for acting in this country.

Laurence Olivier was born on 22nd May 1907. He was one of a rich vein of talent in British acting that brought our theatres back to life.

## The Way We Were



Trying not to laugh

How many times have you heard someone say, "Don't laugh, it will only encourage them"? It was one of the hardest things sometimes, to keep a straight face when children were being silly. You knew you had to tell them off, but they could be so funny.

Sometimes, even if I managed to maintain my composure, other children around couldn't always contain their giggles.

We tried to bring up the girls to be considerate and polite, but like most children, they had their moments. If anyone said 'bottom' or burped, it reduced them to hysterics.

## The Way We Were



Odd socks

Why is it that when you put eight socks in a washing machine, only seven seem to come out? The problem of odd socks is a mystery! I used to keep them in a bag in the airing cupboard, assuming that sooner or later the other one would turn up. It rarely did.

It wasn't so bad with school socks – plain navy in winter and plain white in summer. You could put odd ones together. Although even then, they seemed to fade at different rates and didn't always match.

But would wearing odd socks really matter?

## The Way We Were



Duvet and blankets

It took me a while to get used to duvets, or continental quilts, as we used to call them. I liked blankets because they were versatile. You could put extra layers on or take them off according to the season.

On the other hand, duvets were soft and cosy, and felt as light as a feather. That was good too. They were possibly more hygienic, as the duvet covers got changed regularly. Blankets were not washed very often.

I wouldn't like to go back to blankets. You can have the best of both, and put a blanket across the bed, over your feet.



## Now And Then



Postal order

One of the things I remember most about growing up was queuing at post offices. I went with Ma to get the child allowance and with Dad to tax the car. But mostly, I went with them to buy postal orders.

Dad or Ma went to the post office at least once a week. Nearly everything seemed to need a postal order. It might be sending off the football pools, or an order out of Freeman's catalogue. It could be Dad sending off for seeds, or Ma putting half-a-crown in a birthday card.

One of the sounds of the post office was the *thud, thud* of the ink stamp. Everything had to have the official stamp.

## Now And Then



Tyre swing

The other day, Angie and I took our grandchildren to the playground. They had a whale of a time.

There were the usual slides and roundabouts. But I was pleased to see this tyre swing. Our grandchildren were thrilled to sit on an old tyre and swing back and forth.

When I was a boy, me and my mates made our own tyre swing. We managed to cadge an old rope from a farmer. We threw it over the branch of a tree and tied it to the tyre we'd got hold of. Many an hour was spent on that tyre swing. We sat on it, stood on it, and then tried to shin up the rope. How nice to see our grandchildren having as much fun.



## Now And Then



Matches from Charrington

Our local pub was called the Red Lion. Dad and Uncle Bill would often go there for a pint.

Uncle Bill was a big smoker. He smoked twenty a day and more. Most people smoked in those days. The public bar at the Red Lion was thick with a smog of cigarette smoke.

The Red Lion was a tied house run by Charrington Brewery. With so many people smoking, Charrington's gave away packs of matches. They were flimsy things made of cardboard, but they kept people puffing away. And they encouraged people to stay in the pub and drink more beer. Uncle Bill would go through a pack of these matches in a night.

## Lots Of Letters



What do each of these acronyms stand for?

1. UK
2. USA
3. ITV
4. USSR
5. NHS
6. UN
7. BBC
8. MP
9. RAF
10. TUC
11. CND
12. EU

## Make-Up Challenge



tinyurl.com/mfjwmtu5

Use a pen. Circle or draw a line under all six words to do with applying make-up.

Geranium

Lipstick

Linoleum

Mascara

Brush

Toaster

Daffodil

Powder

Fuse

Darn

Compact

Blouse

Mirror

## Powder Your Face With Sunshine

Doris Day

Powder your face  
with sun \_ \_ \_ \_ \_  
Put on a great big smile  
Make up your ey \_ \_  
With laughter  
Folks will be lau \_ \_ \_ \_ \_  
With you in a little while

Whistle a tu \_ \_ of gladness  
Blue never was in sty \_ \_  
The future's brighter  
When hea \_ \_ \_ are lighter  
Smile, smile, smile!

Powder your face  
with sunshine  
Put on a great big s \_ \_ \_ \_  
Ma \_ \_ up your eyes  
with laughter  
Folks will be laughing  
With you in a little while



tinyurl.com/vturd68v

## That's Entertainment



Shirley Bassey

Would you say you were an adventurous person? When I have the chance to try something new, I always think of Shirley Bassey singing *Climb Every Mountain*.

The song goes, '*Climb every mountain, ford every stream, follow every rainbow, 'til you find your dream.*'

The message of the song is that we should try out new things in life. That's a good lesson. I first heard Shirley Bassey sing the song when I was a teenager. I decided I would try to live my life like that. People say you only regret the things you didn't do. So, whenever an opportunity comes along, I try to say yes!

## That's Entertainment



*Champion the Wonder Horse*

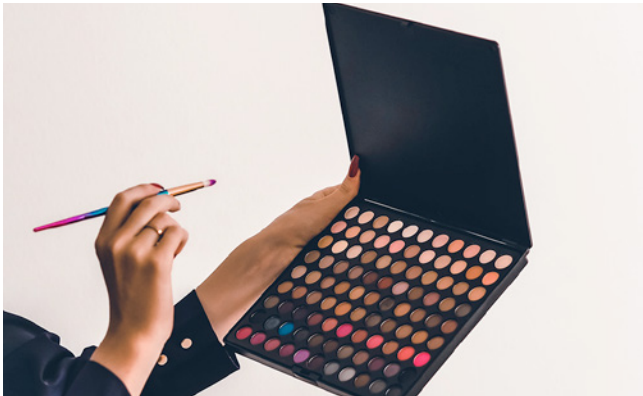
My son loved the TV series *Champion the Wonder Horse* on television. It was a western series about a wild horse and a little boy.

In every episode, Champion the horse would foil a gang of criminals, or help out someone who was in trouble. It was good fun for kids.

My son was obsessed with cowboys and horses. He would ask us every week, "Mum can we get a horse?" And I'd say, "Where would we keep a horse? We live in a terraced house!" Then he'd say, "We can keep it in the back yard." In the end, we bought him a cat. But he never did stop asking for a horse!



## Over To You



Make-up

Dear Daily Sparkle,

My granddaughter came over today to do my make-up. She is training to become a make-up artist, and she wanted to practise on me. I agreed as I thought it would be fun.

I cannot believe how much make-up has changed over the years. She had a suitcase full of products that I didn't know existed. In my day, we didn't have so much choice, especially for darker skin tones like mine. I remember using lipstick on my eyelids and cheeks as well as my lips! I hope she comes back next week. It was so nice to feel – and look – so young again!

Best wishes, from Deirdre

## Over To You



Ipswich Town programme

Dear Daily Sparkle,

I've been a football fan all my life. I used to watch my dad setting off for the match, with his scarf and his football rattle. He took me to see my first local match the year I started school. When I was ten, he took me to a big match at a proper football stadium.

In those days, fans had to stand in crowded terraces. I was too big to sit on Dad's shoulders. He had to lift me up piggy-back style when it looked like there was going to be a goal. I still have boxes full of match day programmes – they were printed in black and white back then.

Best wishes, from Bob

The articles, quizzes and singalong are all written to provide reminiscence and to trigger memories. We also provide background information as well as suggested questions to ask. Listen, reassure and acknowledge each person's contribution. It's a great opportunity for quieter ones to express themselves.

---

## On This Day • *through the years*

### **PAGE 1 ~ ON THIS DAY ~ 16 May 1919 ~ Liberace, flamboyant pianist & entertainer, born**

**Background:** Liberace is pronounced 'Libber-Ah-Chee'. Throughout his life there were deeply contrasting attitudes to homosexuality – in public it was illegal, and just a hint of it could ruin careers, yet in neighbourhoods and in private it was more often accepted & understood. Liberace took flamboyance to extremes, and his extravagant public and private life did not enamour him to many who were gay.

**Questions:** Did you see Liberace on stage in a show or on the television? What did you think of him as an entertainer? What did you think of his costumes and flamboyance? How would you say attitudes to homosexuality, in public and in private, have changed over your lifetime?

### **PAGE 1 ~ ON THIS DAY ~ 17 May 1943 ~ Dam Busters bouncing bomb raid on Germany**

**Background:** The Dam Busters of the RAF's 617 Squadron and the success of Barnes Wallis's bouncing bomb have become the stuff of legend. Films (the popular 1955 version) and books have been written about their exploits. Two of the three dams were breached, and the Dam Busters raid did temporarily reduce German industrial output. However, the biggest impact was to boost morale here in Britain.

**Questions:** What do you know about the Dam Busters and the bouncing bomb? Have you seen films or read books about the Dam Busters? Have you ever skimmed flat stones across the surface of water? How good were you at it? Have you played 'ducks and drakes' – the game of throwing flat stones so they skim?

### **PAGE 2 ~ ON THIS DAY ~ 18 May 1991 ~ Helen Sharman becomes first Briton in space**

**Background:** Helen Sharman's trip into space was a collaboration between the Soviet Union, as it still was then, and a number of British companies. The next British astronaut (cosmonaut) was not for another 24 years, until Tim Peake in 2015. Tim was also launched on a Russian Soyuz spacecraft, spending 185 days (6 months) on board the International Space Station, a successor to the Mir Space Station.

**Questions:** Do you remember when Helen Sharman became the first Briton in space? What did you think about her achievement? Do you think Britain should have more people involved in space travel? Do you think human beings should go back to the Moon? Do you think humans will get to Mars, and return?

### **PAGE 2 ~ ON THIS DAY ~ 19 May 1890 ~ Ho Chi Minh, leader of North Vietnam, born**

**Background:** Ho Chi Minh, like most of the major world leaders of the 20th century, was a complex and controversial character. He rose to become the leader of the Communist forces seeking independence for Vietnam from France. That was only partially achieved by 1956, resulting in Vietnam being split between the Communist-controlled North and the South, backed by France and then the USA. Ho Chi Minh died in 1969, six years before the North's victory in the Vietnam War.

**Questions:** What do you know about Ho Chi Minh? What do you remember about the Vietnam War? Where is Vietnam? [*Indochina, SE Asia*] Which world leader in your lifetime do you most admire? Why?

### **PAGE 3 ~ ON THIS DAY ~ 20 May 1873 ~ Levi blue jeans created using copper rivets**

**Background:** Levi blue denim jeans were initially mainly worn by men and mainly those in hard, manual jobs, but during the 1950s and 60s they became a fashion symbol for young people. Many residents will have worn jeans at some time in their lives. Genuine Levi jeans still include a label with that 1873 date.

**Questions:** Have you ever worn jeans? Why did you wear them? Were they Levi jeans? What colour were they? [*usually blue from indigo dye, or dark-wash to light*] Were they faded? Why do you think blue denim jeans became so popular, especially with young people in the 1950s and 60s? If not jeans, what other types of trousers/slacks have you worn? Which type do you like best? What are they made from?

## **PAGE 3 ~ ON THIS DAY ~ 21 May 1871 ~ Rigi Railway opens in Switzerland**

**Background:** Many residents will know of the Snowdon Mountain Railway in North Wales, which is our only mountain railway similar to the Rigi Railway. Switzerland went on to develop scores of mountain cogwheel railways, along with hundreds of aerial cable cars & funicular railways, all loved by enthusiasts.

**Questions:** Have you or your family ever been to Switzerland? Have you been on mountain railways in Switzerland? Which mountains were these? Did you enjoy the experience and the views? If not Switzerland, have you been on or seen the similar Snowdon Mountain Railway in North Wales? Were you ever into fell-walking or mountain climbing? Which hills, fells or mountains have you climbed?

## **PAGE 4 ~ ON THIS DAY ~ 22 May 1907 ~ Laurence Olivier, English actor and director, born**

**Background:** Laurence Olivier is often spoken of alongside his contemporaries – Ralph Richardson, John Gielgud and Peggy Ashcroft – a group who transformed British theatre from the 1930s–1970s and dominated this period. Olivier appeared in more than 50 films. The style and level of acting has moved on since then, but these were the most important figures in British acting for most of the 20th century.

**Questions:** Do you remember the actor Laurence Olivier? Did you ever see him on the stage? Where was this? What was the play? What role did he have? Was it a Shakespeare play? Or have you seen him in films at the cinema or on the television? What do you think made him such a great actor?

---

## **The Way We Were • *from Mary's point of view***

### **PAGE 4 ~ THE WAY WE WERE ~ Telling off children and keeping a straight face**

**Background:** It's a parent's job to teach children how to behave properly. Sometimes they may decide to let things go when it's just the family around, but generally not when they are in the company of strangers. Once a parent laughs at cheeky behaviour or slightly rude words that the children say, however funny it is, they've lost any chance of ticking them off or reprimanding them effectively!

**Questions:** Were your parents strict or generally easy-going? When you were a child, if you did something that was inappropriate but also funny, how did they tend to react? How did you encourage children in your family to behave well? Did you have any specific rules about polite behaviour?

### **PAGE 5 ~ THE WAY WE WERE ~ Odd socks – one of life's mysteries**

**Background:** However hard you try, even the best-run households must occasionally experience the 'odd-sock problem'. Odd socks can always be worn with boots or wellies as they don't show, but wearing odd socks with shoes can be seen as eccentric by some. It may be the case that odd socks are eventually, possibly reluctantly, thrown out, only for the other one of the pair to turn up!

**Questions:** Do you have any useful tips about keeping socks together in the wash? Can odd socks be used for anything? What sorts of socks did you usually buy? Would it bother you to wear odd socks, or would you quite enjoy it? When socks had been washed and dried how did you keep them together?

### **PAGE 5 ~ THE WAY WE WERE ~ Blankets or duvets on the bed, or best of both**

**Background:** When the season changes, the difference between a thick winter duvet with a higher tog rating and a thinner summer one is noticeable. Blankets are easier to adjust to the seasonal temperature change, but less convenient and generally less hygienic. Eiderdowns and counterpanes were often used to give extra warmth before duvets. Eiderdowns were rarely washed as they were filled with feathers.

**Questions:** Which would you rather sleep under – blankets or a duvet? What were blankets usually made of? Do you like eiderdowns? How could blankets and eiderdowns be cleaned? Which is most likely to keep you awake – being too hot or being too cold? What do the Aussies call duvets? [*doonas*]



---

## Now And Then • *from Jimmy's point of view*

### PAGE 6 ~ NOW AND THEN ~ Postal orders, and queuing in the post office to get them

**Background:** Before the 1960s, the majority of people did not have a bank account. This meant they had no chequebook, and certainly no debit or credit cards with which to pay or send money. As a result, most people used postal orders. They could be bought at one post office and then redeemed at another. Many larger post offices in towns and cities were quite grim and austere places in those days.

**Questions:** How often did you use the post office? Where was your nearest post office? What was it like inside? What did you go to the post office for? How often did your parents use the post office? What did they get? How often did you buy and send postal orders? What for? Why did people use postal orders?

### PAGE 6 ~ NOW AND THEN ~ Rope & tyre swing, and children of all ages having fun on it

**Background:** Children of all ages love a playground, and in recent years many councils have put in tyre swings, similar to the ones that many residents will have enjoyed as children.

**Questions:** Did you ever make a tyre swing? Where was this? Did you make it with friends? Who were they? How often, if ever, have you been on a tyre swing? How do you feel when you are on a swing? How often have you taken children/grandchildren to a playground? Where was your nearest playground? What sorts of things were there at the playground? Some people say that children don't go outside enough nowadays, and others say that children do still love playing outside – who do you think is right, and why?

### PAGE 7 ~ NOW AND THEN ~ Matches given away in pubs by Charrington Brewery

**Background:** Many breweries gave away small packs of cardboard matches in pubs. A large majority of people smoked up until the 1960s, and you could smoke indoors and in pubs. These giveaways were a cheap advertising promotion. Charrington's was one of the larger brewers, based in the East End of London. In 1967 they merged with Bass to form the largest UK brewer at the time, Bass Charrington.

**Questions:** Did you smoke? If yes, how many a day did you smoke? If not, why did you not smoke? How often did you go to the pub? What was your local pub called? Was it a free house or a tied house? If tied, which brewery was it run by? Do you remember free giveaway matches in pubs?

---

## That's Entertainment • *memories of music, films and television*

### PAGE 9 ~ THAT'S ENTERTAINMENT ~ *Climb Every Mountain* sung by Shirley Bassey

**Background:** *Climb Every Mountain* is a song from the 1959 Rodgers & Hammerstein musical *The Sound of Music*. It has been covered by several singers, but one of the best-known was released in 1961 by Welsh singer Shirley Bassey. It reached number 1 in the music charts. The film was released in 1965.

**Questions:** Do you know the song *Climb Every Mountain*? Do you like and agree with it? How does the tune go? Have you seen either the musical or the film? Would you say you were an adventurous person? What is your attitude to new experiences? Have you ever said 'no' to something and regretted it? Have you said 'yes' to something you were scared by? What were the consequences? How did you feel?

### PAGE 9 ~ THAT'S ENTERTAINMENT ~ *Champion the Wonder Horse* – popular TV series

**Background:** *Champion the Wonder Horse* was an American TV western made in the 1950s. It was shown on UK TV at the same time and was also repeated regularly on TV throughout the 1960s and 1970s, and perennially popular, so that many people who grew up in those decades are familiar with it.

**Questions:** Did you watch *Champion the Wonder Horse* on television? What other western series did you watch? [*The Lone Ranger*, *Gunsmoke*, *Bonanza*] What was it about them that you enjoyed? Did you play cowboys and Indians as a child? Have you ever ridden a horse? Where was that? What pets did you have as a child? Who in your family chose them? Were there any pets you wanted, but weren't allowed?

---

## Over To You • *readers' letters*

### PAGE 10 ~ OVER TO YOU ~ Beauty products, make-up and remembering trends

**Background:** Until quite recently, access to suitable make-up colours was limited for many women of colour. It wasn't until they were much more visible in the media that beauty companies began to create ranges that catered to them. The supermodel Iman, from Somalia, created her own line of beauty products in the 1990s to counter the lack of choice that was available to women of colour.

**Questions:** Do/did you wear make-up? What products do you remember using as a young adult? What beauty products do you use now? What is your favourite brand of make-up? Have you ever had your make-up done professionally? Was it for a special occasion? Do you enjoy being pampered?

### PAGE 10 ~ OVER TO YOU ~ Going to football matches in the 1950s

**Background:** All-seater stadiums and full-colour programmes were unheard-of luxuries back in the 1950s. (As was football violence, for the most part.) Standing on the terraces meant that the supporters were well squashed in, and couldn't always see everything, but the atmosphere was electric. Stadiums were encouraged to provide seating for safety reasons, which led to season ticket prices going up.

**Questions:** Were you or anyone in your family a football fan? Which team did you/they support? What were their colours? Where did they play? Did you/they attend football matches? Would you rather see a live football match, or watch it on television? What are the advantages and disadvantages of both?

---

## Quizzes and Singalong • *for fun*

### PAGE 7 ~ QUIZ : Lots Of Letters

**Answers:** 1. United Kingdom    2. United States of America    3. Independent Television  
4. Union of Soviet Socialist Republics    5. National Health Service    6. United Nations  
7. British Broadcasting Corporation    8. Member of Parliament    9. Royal Air Force  
10. Trades Union Congress    11. Campaign for Nuclear Disarmament    12. European Union

### PAGE 8 ~ QUIZ : Make-Up Challenge

**Answers:** Lipstick    Mascara  
Brush    Powder  
Compact    Mirror

### PAGE 8 ~ SINGALONG : *Powder Your Face With Sunshine*

**Answers:** 1. Sunshine    2. Eyes  
3. Laughing    4. Tune  
5. Style    6. Hearts  
7. Smile    8. Make



# Discussion – Do It Yourself





# Discussion – Do It Yourself

---

## Introduction

The 1950s saw a huge increase in do-it-yourself for home improvements and house repairs. There were magazines such as *Practical Householder* and television programmes presented by Barry Bucknell, such as *Bucknell's House*.

It was a time of relatively high employment and growing prosperity, and yet most people could not afford to employ builders and decorators themselves.

Although this topic is one rather more for the gentlemen, remember that whilst most of the joinery and building work was still done by men, the majority of the overall home improvements were done by women.

## What To Do

Copy the large image. Ensure everyone has a copy. Chat about the scene and about the meaning of DIY/ do-it-yourself.

## Environment and Timing

Always use a quiet room, with the television turned off, and not just turned down, as moving images are very distracting. Allow about 20 minutes for this discussion, depending on levels of interest and concentration.

## Questions To Ask

Did you ever get into DIY? If not yourself, who did the DIY and repair jobs in your household? What sort of jobs did you/they do about the house? What sort of things did you/they make? What projects did you/they tackle? Which was your/their most successful DIY project?

Did you/they do all the work yourself/themselves? Who else helped you/them? What did they do?

What tools did you/they use? Which tools were the most useful?

Did you or anyone in your family buy DIY magazines such as *Practical Householder*?

Did you watch Barry Bucknell do any DIY on the telly? What did you think of his programmes?

Why do you think most people did as many of their own repairs and home improvements as possible? If somebody else did your repairs, were they from the council or did you employ builders, plumbers or joiners?

# Hand Jiving

---

## Introduction

This is great both as a fun way of enjoying some light exercise and as reminiscence.

## Resources

A good sound system. Use appropriate rock & roll jive music. The best is Johnny Otis and his *Rock and Roll Dance* of 1959, also sometimes simply called 'The Hand Jive'.

## Environment and Timing

Hand jiving involves people following a series of moves, so it is good if they can see each other, as well as watching and following the actions.

Don't exhaust people with these sorts of exercises. Ten minutes each day may well be enough.

## What To Do and Questions To Ask

Play 'The Hand Jive'. Slowly warm up by going through the basic moves.

There are five basic moves:

1. Clap hands on thighs twice
2. Clap hands together twice
3. Weave hands over hands twice each side
4. Hit alternate fists twice each side
5. Point fists to elbow twice each side

You can of course 'free style' the hand jive in any order, or just simply clap hands high, low and middle in time to the beat.

Play 'The Hand Jive' again, and encourage everyone to join in.



## Extension Sessions

Use these other songs on other occasions. They are all great for clapping, waving or hand jiving:

- *You Need Hands* (Max Bygraves)
- *Wish Me Luck as You Wave Me Goodbye* (Vera Lynn)
- *I Wanna Hold Your Hand* (The Beatles)
- *We Will Rock You* (Queen)

### Introduction

Listening to wind chimes on a sunny, breezy day can help people to focus on the sensation of sound. This simple activity can be enjoyed and adapted for any level of dementia and is best suited to a one-to-one experience.

### You Will Need

- A wind chime
- Wheelchair or a seat outside

### Top Tips

- Enter the world of this person.
- Ensure you use direct eye contact, facial expressions and touch.
- Use one-word explanations and commands.
- Do not over-stimulate them.

### Setting Up

Ensure the person has appropriate clothing or sun cream for the weather. Most elderly people will feel the cold more easily.

Support the person into a quiet area of the garden, and hang a wind chime somewhere suitable nearby so they will be able to hear it.

### What To Do

Introduce yourself and explain that you are going to go outside to listen to the sound of wind chimes and enjoy the summer's day.

Support the person into the appropriate clothing and into a wheel chair or assist them to walk into the garden. Explain calmly step by step when transferring a person into a wheelchair.

As you are about to walk through the door to go outside, explain that they will feel the breeze or the temperature on their face and arms.

As you walk through the garden to the wind chime, explain in one word what you can see, such as sky, flowers, grass, sun etc, and encourage the person to look around at the new environment.

Sit the person next to the wind chime, remembering they may not be able to hear as clearly as you, so the closer the better. Sit next to the person. Keep giving reassuring smiles and maintaining eye contact.

Say: 'Listen,' as you are sat there in the peaceful scenery. Allow nature to sway the wind chimes to make gentle music.

If the weather isn't windy enough, you may have to gently run your fingers through the wind chimes to start off the chiming sounds.

Allow the person to listen and end the session when necessary. A person with late-stage dementia will only need a short period of time to engage in the sensations.





### Introduction

When was the last time the people you look after at the later stages of dementia felt the soil or the grass beneath their toes?

We take for granted running to the washing line barefoot, or feeling sand between our toes on the beach. This activity stimulates the sensation of touch, can be adapted for any level of dementia, and is best suited to being a one-to-one experience.



### You Will Need

- Grass
- Cut grass or artificial lawn if indoors

### Setting Up

Have all the items you need readily available, ensure the person can see the item when you are talking about it. When speaking to the person, maintain direct eye contact with them.

Throughout the activity, use touch and the person's name to sustain the social contact.

### What To Do

Introduce yourself in a calm manner, and be in direct eye contact of the person.

Explain that they are going to feel the grass beneath their toes.

If you are outdoors, allow the person time to feel the fresh air on their skin and look around at the environment.

Ensure the person is sat down on a chair or in their wheelchair.

Put your hand on the person's foot and explain, 'Shoes off'.

Gently take the person's shoes and socks off, keeping regular eye contact and smiling.

Put the person's shoes out of direct eye contact, so they can focus on you.

Making sure the footplates of the wheelchair are out of the way, place one of their feet at a time on to the grass. Say the word 'Feel'.

Give them a moment to absorb the sensations of the texture and the coldness.

Use one describing word, such as cold, soft, tickley etc.

Support the person's foot and lift their heel up and down, saying the word 'Foot'.

Allow the person to feel the difference in pressure on the grass.

Placing your hand on the back of their calf say 'Walking' and support their legs by lifting them up and down. Alternate between each leg to give the sense of a walking movement.

If you are indoors, do the same on artificial lawn or a roll of turf from a local garden centre.

# Family and Friends Hand Circles

# Introduction

This activity is a great way to connect with friends and family. The isolation of the coronavirus pandemic has reminded us all of the importance of friendship and the touch of a comforting, friendly hand.

## You Will Need

- White and coloured sheets of paper or light card
- Crayons, felt-tips and coloured pencils
- Pencils
- Scissors
- PVA glue

## Risk Assess

Care using scissors.

## What To Do

When family and friends are visiting, draw round people's hands.

The family and friends sit with the resident to complete their hand. Add the name of the relative or friend across the hand – make sure it is large and easy to read. Then use the crayons, felt-tips or coloured pencils to make designs on the outline of the hand.

If the relative or friend is unable to visit in person, then through your social media and other contacts with them, share this sheet and ask them to send in their own named and decorated hands, and those of other members of the family. They can send them in electronically or physically in the post.



Then cut them out and make them into 'circles of friends and families' by sticking them onto backing sheets. Display in residents' rooms. Chat regularly about the names on the hands, both individually and in the circle.

## Extension Activity

Make a circle of the hands of a resident's main carers. A great way to help make connections.

# Jigsaw Puzzle – Flowers

---

## Introduction

This is an easy, fun game to do one-to-one. Most people enjoy doing a puzzle. Once you have a set of cut-up pieces they can be used over and over again.

## Environment

This activity is ideal for one-to-one, either at a table or in a resident's own room, or it can be done in pairs at a table in a communal room.

## Risk Assess

Care if residents use scissors themselves to cut up the card.

## What To Do

Print out a copy of the large jigsaw from the second page onto thick card.

Cut up into 'puzzle' pieces along the straight lines, keeping the white border edges.

Lay out the pieces, face up and muddled, on a flat surface – a tray would be fine – and have fun together completing the puzzle.

Use the full image on this page as a guide to help with completing the puzzle.

As a variation and to make it harder, cut off the white edge borders – but as all the edges of the pieces are straight it won't be nearly as easy to complete!









# Word Web

Use the letters in the spider web to create words.

Each word must contain the letter in the centre of the web.

Answers on next page. Residents may find extra words. Proper nouns, eg Peter, are not technically allowed.



Find 7 three-letter words

_____	_____
_____	_____
_____	_____
_____	

Find 8 four-letter words

_____	_____
_____	_____
_____	_____
_____	_____

Find 7 five-letter words

_____	_____
_____	_____
_____	_____
_____	

Find 3 six-letter words

_____
_____
_____

Find 1 seven-letter word

_____
-------

# Word Web – Answers

---

## Find 1 seven-letter word

percent

## Find 8 four-letter words

cent peer

pent pert

rent teen

tree tern

## Find 3 six-letter words

centre

recent

repent

## Find 7 three-letter words

net pen

per pet

rep tee

ten

## Find 7 five-letter words

creep crepe

crept enter

erect pence

preen



# Nature Idioms

---

Match the missing word to the correct idiom.

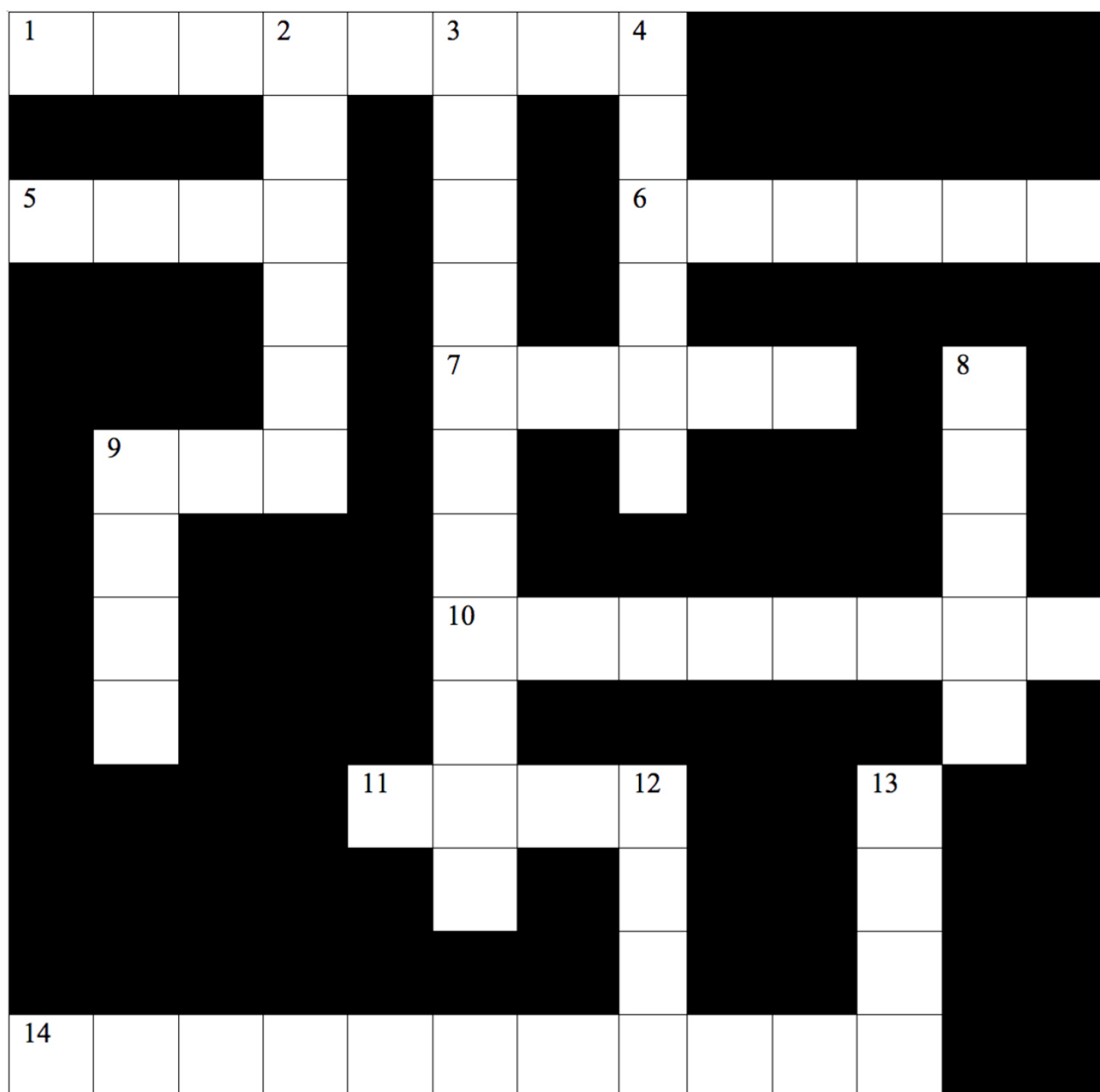
- |                                       |             |
|---------------------------------------|-------------|
| 1. A _____ of sunshine                | A. Wind     |
| 2. Beat around the _____              | B. Wood     |
| 3. Can't see the _____ for the trees  | C. Ice      |
| 4. Make a mountain out of a _____     | D. Jungle   |
| 5. The _____ of the iceberg           | E. Ray      |
| 6. A _____ in the ocean               | F. Olive    |
| 7. To hold out an _____ branch        | G. Salt     |
| 8. Let the _____ grow under your feet | H. Bush     |
| 9. The _____ of the beast             | I. Storm    |
| 10. It's as _____ as mud              | J. Clear    |
| 11. Break the _____                   | K. Drop     |
| 12. Head for the _____                | L. Hills    |
| 13. A _____ of fresh air              | M. Molehill |
| 14. Calm before the _____             | N. Tip      |
| 15. _____ like a leaf                 | O. Grass    |
| 16. It's a _____ out there            | P. Breath   |
| 17. Sail against the _____            | Q. Nature   |
| 18. _____ of the Earth                | R. Shake    |

# Nature Idioms – Answers

---

- |                                       |             |
|---------------------------------------|-------------|
| 1. A _____ of sunshine                | E. Ray      |
| 2. Beat around the _____              | H. Bush     |
| 3. Can't see the _____ for the trees  | B. Wood     |
| 4. Make a mountain out of a _____     | M. Molehill |
| 5. The _____ of the iceberg           | N. Tip      |
| 6. A _____ in the ocean               | K. Drop     |
| 7. To hold out an _____ branch        | F. Olive    |
| 8. Let the _____ grow under your feet | O. Grass    |
| 9. The _____ of the beast             | Q. Nature   |
| 10. It's as _____ as mud              | J. Clear    |
| 11. Break the _____                   | C. Ice      |
| 12. Head for the _____                | L. Hills    |
| 13. A _____ of fresh air              | P. Breath   |
| 14. Calm before the _____             | I. Storm    |
| 15. _____ like a leaf                 | R. Shake    |
| 16. It's a _____ out there            | D. Jungle   |
| 17. Sail against the _____            | A. Wind     |
| 18. _____ of the Earth                | G. Salt     |

# Crossword I and Clues



## Across

1. The 'F' in 'F.A. Cup'
5. Colour associated with the Tories
6. \_ \_ \_ \_ \_ paper – you cast your vote with this
7. These can help solve a mystery
9. Joke
10. Person who mends a roof with straw
11. *Peter And The* \_ \_ \_ \_
14. Sings at night and in Berkeley Square

## Down

2. Newspaper known for its page 3 ladies
3. The 'A' in 'F.A. Cup'
4. A political party or hard work
8. Cuts the grass
9. You dance around it in May
12. Sharp tooth
13. Cast your ballot

Answers on second page



# Crossword I – Answers

---

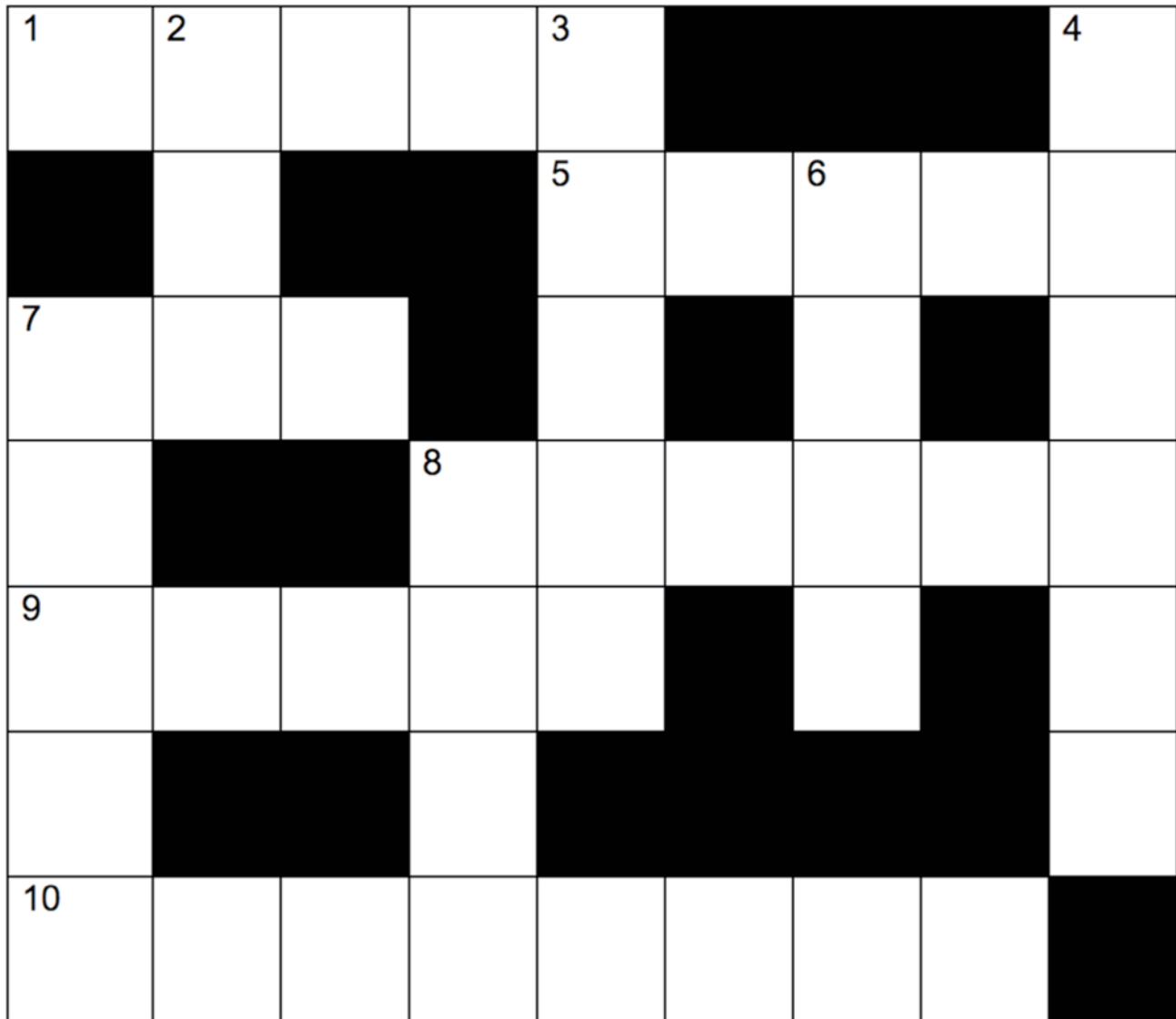
## Across:

1. Football
5. Blue
6. Ballot
7. Clues
9. Pun
10. Thatcher
11. Wolf
14. Nightingale

## Down:

2. The Sun
3. Association
4. Labour
8. Mower
9. Pole
12. Fang
13. Vote

# Crossword 2 and Clues



## Across

1. Mild, green washing-up liquid
5. Just above the foot
7. To allow
8. Goes with 4. Down
9. \_ \_ \_ \_ Britain
10. Urgent message

## Down

2. Use this to chop wood
3. Sail this in the Admiral's Cup
4. Used in sewing
6. To retain
7. This Programme became Radio 2
8. Measuring \_ \_ \_ \_

Answers on second page

# Crossword 2 – Answers

---

## **Across:**

1. Fairy
5. Ankle
7. Let
8. Thread
9. Great
10. Telegram

## **Down:**

2. Axe
3. Yacht
4. Needle
6. Keep
7. Light
8. Tape



# The Cheerful Word Search

g	l	a	u	g	h	n	j	s
c	f	j	u	j	o	w	i	m
s	t	o	g	o	j	o	r	e
m	h	n	l	v	s	d	i	r
s	a	q	a	i	m	j	o	r
u	p	e	d	a	i	o	j	y
n	p	j	o	l	l	y	o	s
n	y	c	h	e	e	r	y	z
y	g	h	o	b	k	o	y	e

Can you find all ten of these upbeat words?

cheery  
glad  
happy  
jolly  
jovial

joy  
laugh  
merry  
smile  
sunny

# Shopping Word Search

b	a	h	b	a	k	e	r	g
x	p	u	r	s	e	f	x	r
u	r	b	a	s	k	e	t	o
q	i	s	h	i	m	c	k	c
u	c	t	q	s	j	i	p	e
z	e	b	u	t	c	h	e	r
h	g	a	e	a	n	m	v	w
t	y	g	u	n	l	i	s	t
b	u	e	e	t	d	e	n	c

Can you find all ten words to do with shopping?

assistant  
bag  
baker  
basket  
butcher

grocer  
list  
price  
purse  
queue

# Train Travel Word Search

w	t	i	c	k	e	t	s	w
h	i	m	f	x	u	g	t	n
i	m	c	t	a	p	v	a	r
s	e	g	u	a	r	d	t	a
t	t	r	a	i	n	b	i	i
l	a	q	s	h	o	l	o	l
e	b	u	f	f	e	t	n	w
p	l	a	t	f	o	r	m	a
t	e	s	i	g	n	a	l	y

Can you find all ten of these words to do with train travel?

buffet

guard

platform

railway

signal

station

ticket

timetable

train

whistle





# The UK's leading provider of person-centred care activities and resources

The Daily Sparkle produces high-quality, award winning, professionally written activities for older people and people living with dementia.

Save hours of preparation whilst providing wonderful fresh reminiscence material

- ★ Daily Sparkle newspaper
- ★ Monthly Sparkle Magazine
- ★ Activity Bank
- ★ Daily Sparkle app



Access all of this in our **FREE** trial with code: **DAW22**  
[www.dailysparkle.co.uk/free-trial](http://www.dailysparkle.co.uk/free-trial)

## Daily Sparkle®

The Activity Coordinator's Friend

[www.dailysparkle.co.uk](http://www.dailysparkle.co.uk) • [info@dailysparkle.co.uk](mailto:info@dailysparkle.co.uk) • 0800 228 9698