

# ACTIVITY AND WELLBEING PACK

2nd Edition



SAGE HOUSE NEEDS

# YOU

— TO STAY SAFE —

Follow **GEORGE** and his  
mischievous adventures at  
Sage House during lockdown

**@DementiaHub**



## CONTENTS PAGE

|                                                                |          |
|----------------------------------------------------------------|----------|
| Coronavirus: Information for people affected by dementia ..... | 4-5      |
| Supporting Older People.....                                   | 8 - 15   |
| Coping Strategies.....                                         | 20 - 21  |
| Crosswords.....                                                | 29 - 45  |
| Spring Quiz.....                                               | 49 - 53  |
| Word Search.....                                               | 57 - 66  |
| Colouring Drawings .....                                       | 67 - 73  |
| Song list.....                                                 | 81 - 87  |
| Solutions.....                                                 | 89 - 113 |





# CORONAVIRUS: INFORMATION FOR PEOPLE AFFECTED BY DEMENTIA

## What is coronavirus?

Coronavirus causes a new illness (COVID-19) that can affect your lungs and airways. Coronavirus symptoms in most people will be mild – a bit like cold or flu. They include:

- a cough
- a high temperature
- difficulty with breathing (shortness of breath).

A few people will get worse symptoms and need medical attention. People aged over 70 and anyone living with a long-term health condition or weak immune system is more likely to get worse symptoms.

How is coronavirus spread? Coronavirus probably spreads in cough droplets.

Because it's a new illness, we're still learning more about it.

- To help prevent it spreading, everyone should follow this advice:
- Wash hands often for at least 20 seconds – use soap and water or a hand sanitiser
- Cough or sneeze into a tissue. If you don't have a tissue use your elbow, not your hands
- Put used tissues in the bin quickly
- Avoid close contact with anyone who has symptoms of coronavirus
- Only travel on public transport if you need to
- Work from home, if you can
- Avoid social activities - going to pubs, restaurants, theatres and cinemas
- Avoid events with large groups of people
- Use phone, online services, or apps to contact your GP surgery or other NHS services.

**Don't touch your face** unless your hands are clean. And **don't have visitors** to your home, including friends and family.

## What should I do if I have coronavirus symptoms?

If you have a new, continuous cough or a high temperature (or both) you should stay at home.

Do not go to a GP, pharmacy (chemist) or hospital – this will help protect yourself and others.

- If you live alone, you need to stay at home for **7 days** from the start of your symptoms.
- If you live with others, you should stay at home for **14 days** from the start of the first person's symptoms.
- If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for **14 days**.  
If you can't do this, try to keep away from each other as best you can.

## Use the NHS 111 coronavirus service – visit this online or call 111 – if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

## Will Dementia Support services remain open?

In light of the most recent Government guidance, we have made the decision to temporarily suspend all our face to face and group services with immediate effect.

We are replacing these with telephone support, increasing this to ensure we support people's mental health through isolation.

## Where can I get advice about dementia?

Dementia Support can answer your questions about dementia. We can also give you tips if you find it difficult to follow the NHS advice about coronavirus.

We cannot offer personalised medical advice.

But we will direct you towards other reliable sources.

**Call us on 01243 888 691 or Visit <https://www.dementia-support.org.uk/>**

## Somebody I care about is living with dementia.

### What should I do about coronavirus?

If you're caring for a person living with dementia, you may be more worried about coronavirus. There are some things you can do to help prevent the person from catching any viruses.

If you need to stay at home (self-isolate), there are also other ways to support the person with dementia.

- Check that they have hand-wash and hand sanitiser available – maybe singing a song with them can encourage the person to wash their hands. Make sure that any visitors know to make use of sanitiser too
- Clean things that are handled a lot, such as remote controls, door handles and taps
- If the person or their primary carer is self-isolating, you might help with practical tasks. The person might need shopping dropped off, medicine collected, or some library books left outside the door for them – ask how you can help. Many communities are also forming groups of volunteers to offer this kind of help
- Make sure the person has all the medication they need. You can speak to a GP or local pharmacist to make sure they will have a supply. Keep checking in to make sure they are continuing to take the right medication
- Check that they have a plan of what to do if they do get unwell – leave the number(s) to call prominently displayed
- While the person is indoors, encourage them to stay active and consider gentle exercises. You can use your garden (if you have one). You can also go out to exercise once a day – **just stay at least 2 metres away** from other people
- Try to make sure the person has activities that they can engage in at home as well; reading, magazines, jigsaws, music, knitting, their favourite TV/radio programmes available.
- Keep in touch by phone, post, email or Skype. They may be anxious about the situation. Tell the person that you're thinking of them and encourage others to do so as well.
- Make sure that they have our phone number so that they know that we are here to help.

# FREE TELEPHONE BEFRIENDING SERVICE

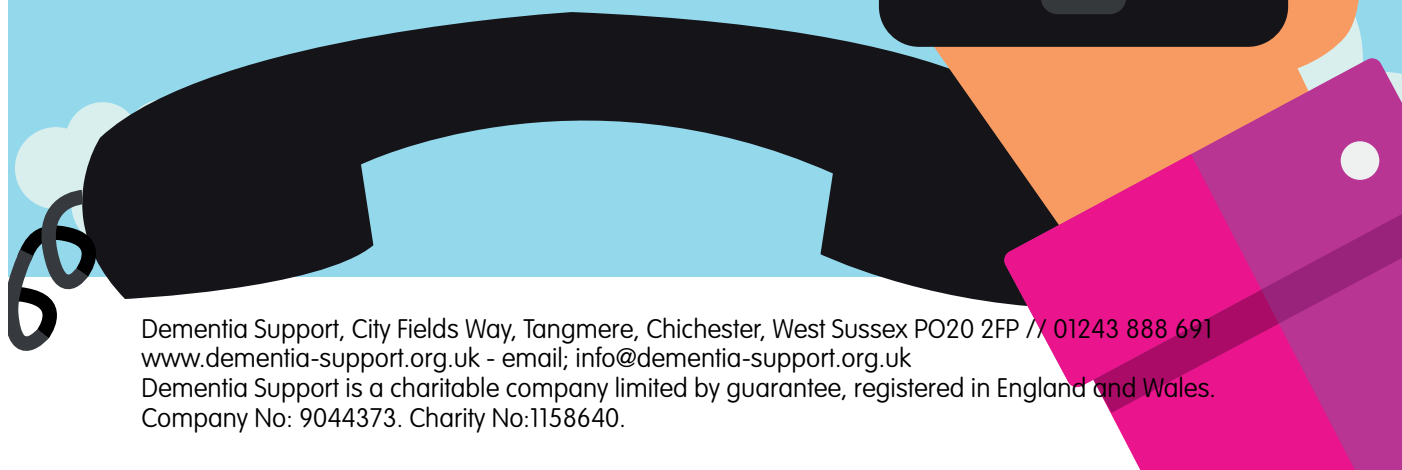


**Everybody gets lonely sometimes, some more than others.  
We recognise during Covid-19 you may need more support than ever.  
Open to all, people aged 65 and over.**

**A short half hour chat with a  
friendly voice, might just  
brighten up your day!**

**A chance to talk about your  
favourite soaps, hobbies, interests  
or just day to day chit chat.**

**If you are interested and want to  
book a time slot or want to find out  
more email us at  
[info@dementia-support.org.uk](mailto:info@dementia-support.org.uk)  
or call 01243 888691.**



Dementia Support, City Fields Way, Tangmere, Chichester, West Sussex PO20 2FP // 01243 888 691  
[www.dementia-support.org.uk](http://www.dementia-support.org.uk) - email; [info@dementia-support.org.uk](mailto:info@dementia-support.org.uk)  
Dementia Support is a charitable company limited by guarantee, registered in England and Wales.  
Company No: 9044373. Charity No:1158640.



# INDOOR WALKING



**Do you really need to get out and walk and take your mind off the current situation or do you need an easy way to exercise indoors? It's a great way to travel to places you might have never been before.**

## **You will need:**

- A computer/smart TV/phone/ipad or tablet to access YouTube.
- Two tins of anything you have handy in your cupboard – mine tends to be tinned peaches that I buy and never eat!!
- A chair that you can sit comfortably in and touch your feet on the floor.

## **What to do:**

- Set up youtube and go to some of the links attached or search for walking in other locations. You can listen with or without the sound. *(find walking links in the post below!)*
- Sit upright in the chair - you may feel safer with a chair with arms .
- Place one tin under each foot so that you can roll them backwards and forwards on the floor. You can do this to simulate walking.
- If you're new to exercise, you should start slowly and build up. Start with 5 minutes of walking and if you can build up to half an hour.
- If you prefer you can just sit back and watch the views.
- Don't forget to drink plenty of water after you exercise.

Not only is this a good way to exercise if you are not able to get out but it also gives you the opportunity to travel to places you've been on holidays and always wanted to see or for reminiscence about of holidays you have been on. You can get out some old photos ready to look at after exercising from places you have been.



the british  
psychological society  
promoting excellence in psychology



Division of  
Clinical Psychology  
Faculty of the Psychology  
of Older People

## GUIDANCE

# Supporting older people and people living with dementia during self-isolation

## A COMPASSIONATE RESPONSE TO COVID-19

**Covid-19 and finding the strength to cope:** We keep being told that these are unprecedented times and it is true that as humans we have never encountered this new Corona virus (Covid-19). However, as individuals we have encountered adversities before and as a species we have evolved to be able to deal with all sorts of threats. So we have within us the skills that we need to get through. But what can be tricky is that when we are faced with overwhelming threat, we have natural responses such as fear, anger or feeling too overwhelmed to do anything. These responses can be really helpful in dealing with short term problems, but if we live with those kinds of feelings ruling the show for long, they have damaging effects on our mental health and even our immunity.

## SO WHAT CAN WE DO INSTEAD?

Compassion focused therapy brings our attention to the strength we gain when we focus on the fact that 'we're all in the same boat'. And now really is a time in our lives, like no previous time, when we realise that across the globe we are sharing in this challenging period.

To come through this well, we need to have the courage to turn our attention to the challenges and difficulties we are facing... and then do something about them. And there are small things that we can do.

As well as the bad news, there are suddenly good news stories on the radio and television: People sharing their ideas about how we can be flexible, how we can hold in mind people that normally are not thought about, how we can pool our resources and skills and work together as communities.

We are having to tolerate that we may not be able have everything that we want, but we may be able to survive with what we need... especially if we adopt a sharing *lagom* philosophy. What really matters is coming into clearer focus.

GUIDANCE

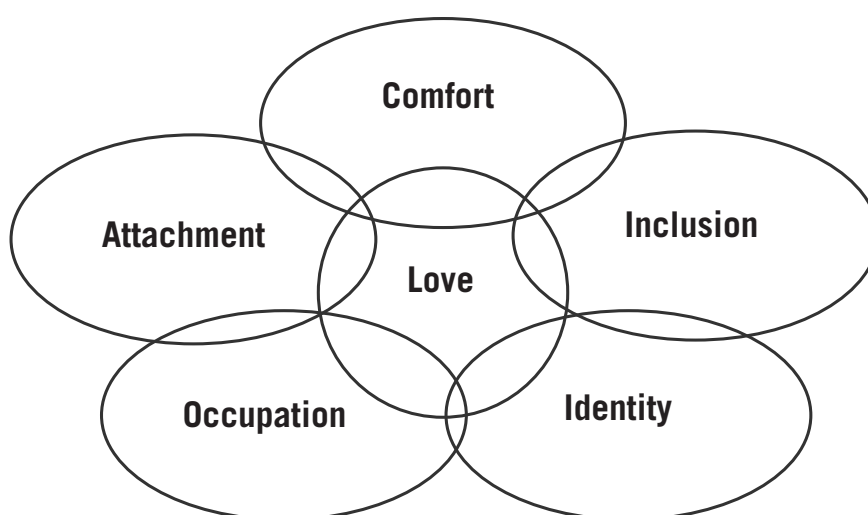


And after many years of being used to helping others, we may be starting to realise that we need to open our hearts to receiving offers of help and kindness. Feeling gratitude for all the ways that people have already changed their lives for the greater good, like the children putting their schooling on hold to try to protect their elders.

There is no certainty about what tomorrow will bring but today we can start to give more air to our inner light, kindle our inner fire of courage to face this challenge with kindness for ourselves, empathy for others and a graceful calmness for the world around us.

## MEETING THE PSYCHOLOGICAL NEEDS OF PEOPLE LIVING WITH DEMENTIA DURING SOCIAL-ISOLATION

Tom Kitwood (1997) defined the psychological needs of people living with dementia as; love, comfort, attachment, occupation, inclusion and identity. These are commonly displayed as the 'Kitwood Flower'.



In times of challenge, such as those we are currently facing, it is even more important that we think about the most effective ways to help people living with dementia to meet their psychological needs and promote wellbeing.

### LOVE

Everybody needs love and acceptance. We can probably all think of times when we feel love whether this is loving a person, enjoying an activity, having a favourite meal or self-love. Having to self-isolate may make it harder for us to do the things that make us feel love or loved, as we can't see the people we usually see or access activities we usually engage in. You could think about making a photo album with pictures of all the people you care about so you can look at them whenever you want to. How about adding in stories of times you have enjoyed together? Make sure you look after yourself and maybe spoil yourself a bit; get your favourite food in; listen to your favourite music; sit in the garden and enjoy nature or watch a film you really enjoy.

## COMFORT

We all need our basic needs met including our emotional need to not feel anxious. It is natural that with all the news about the Covid-19 virus and feelings of uncertainty we might feel more anxious than usual. There are lots of ways we can control our anxiety. It might be useful to limit the amount of time we spend watching the news – there are lots of confusing messages out there that can increase anxiety. Some people find that practicing mindfulness, or trying relaxation techniques help with anxiety. A lot of people now enjoy mindfulness colouring to give them something to focus on rather than thinking of what is going on in the world that we can't control!

## ATTACHMENT

Attachment describes the connections we have in life. These attachments, or connections, are important in helping us feel safe and secure. Being in self-isolation is likely to mean we can't physically spend time with the people who make us feel safe. It might feel hard to be separated from these people but there are still ways to stay in touch. The telephone is a great way to stay in contact with people. It might be helpful to keep a list of telephone numbers for friends and family by the phones so you can find them easily. If you use a tablet, computer or smart phone you might consider video messaging. If you have never done this before there are some excellent guides produced specifically for people living with dementia. When people aren't around consider other things that make us feel secure like a pet or a favourite piece of clothing.

## OCCUPATION

It is vital for our wellbeing that whilst we are self-isolating we still find meaningful and enjoyable thing to do. This might feel challenging at first but look around you and think of all the opportunities that are available to you. Routine and structure in your day are likely to help in maintaining activity during this time. If you have a garden try to get some fresh air each day. This is a great time to do all the tidying and sorting in the house that you have always meant to do. Dig out those jigsaw puzzles from the back of the cupboard or maybe listen to a play on the radio or an audiobook. It will be important to keep ourselves fit and well and so think about doing some exercise every day as well.

## INCLUSION

Many people living with dementia get a lot of support from linking up with other people in a similar situation. It helps our wellbeing to feel that we are a part of something. At the current time many social groups will have stopped but maybe you could find other ways to stay connected. Think about writing a letter to a friend or family member. Some services are still offering groups by videoconferencing so you might be able to join one of these. The dementia engagement and empowerment project run the [dementia diaries](#) scheme where people living with dementia leave stories about their experiences. It might help to hear how others are doing at this time.

## IDENTITY

A sense of identity helps us define and remember who we are as a person. The way other people treat us reinforces our beliefs about ourselves. During the time we are isolated it will be important to remind ourselves of all the things that are important to us. That might be by having things that are important to us, around us, such as a picture or photograph we like or playing music we have enjoyed. [Playlist for life](#) offer advice on putting together a list of your favourite music. Some people make a life story book where they put all the things that are important to them in one place.

## HOW CAN WE HELP PEOPLE WITH MEMORY PROBLEMS AND LIVING WITH A DEMENTIA TO UNDERSTAND, REMEMBER AND FOLLOW THE COVID-19 ADVICE?

---

Use posters and reminders in the house. Pictures and words are best. Put them on the doors, next to the sink and in places that are regularly passed. Point out the poster and make a clear statement 'We need to wash our hands'.

Keep communication as clear as possible and try to focus on what you need to do rather than why you must do it.

Tell your loved one that this is advice from a person they trust – maybe the GP, their children, the government so they understand this isn't your choice.

Use your digital devices to set reminders – 'It's time to wash your hands' 'It's time to phone a friend'.

Link washing hands with a song, music or story. Pay close attention to details such as how the water feels, the smell of the soap and memories linked to times when you wash hands (work, school, hospitals).

People with dementia, at all stages of difficulty, will pick up on anxiety and panic. Try to stay calm, matter of fact and upbeat.

Limit access to the news, radio and conversations about covid-19 and the risks. This heightens anxiety and is hard to explain.

Prioritise getting on well if you can, behaviours are easier to change if you keep the mood light and encourage.

Encourage family and friends to maintain regular phone and digital contact and ask them to explain that they are washing hands, keeping their distance and staying at home. We are all doing this together.

Keep busy in the house as much as possible and if you need a break to go out, use the garden or make a plan to sit and look out of the window. If you feel you really need to be outside, plan your walk carefully to maintain social distance.

Use your local community well. Explain to neighbours that your loved one may not remember the guidance and that they need to contact you if they are talking a walk outside. Remind everyone that this is not breaking rules it's simply not remembering.

If you can it might be an idea to identify two 'flu friends' who you can call on for extra help?

It is possible that your loved one will become suspicious about the advice and the isolation. Reassure them that they are safe at home and keep in mind a list of activities, songs, conversations and interests that you can use quickly to maintain their wellbeing.





Those with dementia can easily develop a delirium. Pay close attention to changes in levels of confusion or unusual behaviour. Seek medical advice if you think they are showing symptoms – NHS 111 or phone the GP/CPN.

Use the Herbert Protocol with your local police force. This lets them know all about your loved one and allows for quick action if they go missing. Find more information by calling your local Police station or calling Age UK.

Having a plan in place can help ease your worries if you are not able to care for those you look after at any point in the future. See [Carers UK](#) for practical advice on planning for emergencies.

[The National Activity Providers Association](#) are currently providing free access to their website for ideas and activities in the home.

[Dementia UK](#) also has good advice.

If you are someone living with dementia you may want to connect digitally through the [Dementia Engagement Empowerment Project](#). You may want to become a dementia diarists or to listen to what others people with a dementia are doing, learning and sharing.

Connect with others virtually maybe through [dementia diaries](#).

- 1 **Focus on what you can control;**
- 2 **It's helpful to develop routines;**
- 3 **Look after yourself – ‘you cannot pour from an empty cup’;**
- 4 **Find a way to be ‘out’ when you are in (contact friends and family – connect with other groups).**

Please do ask for help. Contact your local [Alzheimer's Society](#) or [Age UK](#) for a conversation.

Link with friends and **look after yourself**.

## GUIDANCE FOR OLDER PEOPLE DURING SELF-ISOLATION

The government has responded to concerns over the spread of coronavirus by asking us all to strictly observe social distancing measures to limit the transmission of the virus. Those aged 70 or older are considered more vulnerable to severe illness from coronavirus and are asked to be particularly stringent in their application of these measures. Additionally, people with an underlying health condition have been asked to self-isolate for 12 weeks.

Self-isolation due to social distancing measures can result in increased distress due to e.g. lack of company, confined space, worries about infection, worries about money and strained family relationships. Confusion, anger, depression and anxiety are common responses in those who have had to endure quarantine for a number of weeks or months.

The effects of self-isolation can be worsened by longer duration, frustration, boredom, stigma, and inadequate supplies or information.

As an older adult, you may already live alone and/or rely on others for support. Self-isolation may make it more difficult for you get the support you need and may make you feel anxious or low. The suddenness of these changes in your life and to the roles you hold dear leaves little time to adjust.

The ideas that follow are provided to help you live as well as possible during self-isolation. They are consistent with current [NHS guidance](#) about how to improve mental wellbeing ('five ways to wellbeing') and share features of our guidance for those living with dementia.

## CONNECT

Being 'connected' is linked to better wellbeing because it gives us a sense of belonging and self-worth, and is a source of emotional support.

Connecting with others in the same physical space is difficult during self-isolation. You may have supported your family up to now by looking after grandchildren and find that you can no longer do this. You may feel that your self-isolation is causing your family additional worry. You might be wondering what all the fuss is about and have had some disagreements with your loved ones about this.

Technology provides us with some solutions but it is not a substitute for actual contact. You may also take time to connect more with yourself, nature, nations, pets and/or spiritual needs:

- Switch off television: This helps limit your exposure to news, which may be making you feel anxious, and allows you to focus on the loved ones in your home.

Or

- Switch on the television! Watching a favoured television programme and reading a good novel have been found to reduce feelings of loneliness;
- Maintain social contacts over the telephone;
- Video conference: FaceTime, Skype and Zoom are platforms for seeing and speaking to loved ones at the same time. Although telephone is great, seeing facial expressions can help people feel less lonely. You may need some help from a loved one to put this in place. Additionally, help with this sort of technology can be found at [Fountain Digital](#);
- 'Create warmth'! The same parts of the brain are activated by heat, and by warmth from interpersonal contact. Creating opportunities for heat e.g. a hot drink and warm bath can mimic the effects of touch and increase our sense of connectedness;
- Spend time in nature;
- Revisit old photos/family films and share memories: Nostalgia has been found to enhance feelings of security and reduce loneliness;
- Email a different friend each day and make time to respond;
- Write a card or letter to a friend and ask a neighbour to post it for you;
- Discuss your worries with a friend or with your therapist/psychologist;
- Some more helpful ideas can be found at the [Campaign to End Loneliness](#).



## BE ACTIVE

You may find during self-isolation that your confidence to try new things is reduced. You might believe that the way you feel is inevitable given your age and that there is very little you can do to change this. You may hold the view that you are powerless in the face of self-isolation and find that it impacts on every part of your day to day life as a result.

However, making conscious choices about our behaviour can boost our mood. As little as 10 minutes of exercise a day can make us feel better, both physically and emotionally. And activity that stimulates our brain can help us feel more alert. You may want to try the following during self-isolation:

- Exercise: There are lots of free exercise programmes/sessions available on the internet or on apps on your smartphone. You may want to ask for assistance to access these. You could try yoga, tai chi or other martial art practice, or increase your movements from your armchair. Other activities with mood-boosting effects include housework, gardening, using the stairs if it's safe to do so, dancing round the house and safely going for a walk.
- There are lots of ways you can stimulate your mind during self-isolation. Jigsaws, puzzle books or games, reading, colouring books for adults, painting or drawing, singing along to your favourite song, playing a musical instrument, sorting out your finances, cooking or baking and craft activities.

## NOTICE

We tend to spend a lot of time dwelling on the past or worrying about the future. This can be tiring, and not very helpful. Instead, 'savouring the moment', often referred to as 'mindfulness', has been found to enhance wellbeing:

- Breathing or meditation exercises: You can find lots of free exercises on the internet or through apps on your smart phone e.g. apps like Calm and Headspace. Ask someone if they can provide you with some if you have difficulties accessing the internet.
- Self-care is important during self-isolation and provides a great opportunity for mindfulness: Shower or bath frequently and take time to notice the sounds, smells and sensation of the water on your skin; do hair and nails; use hand cream or body lotion to maintain suppleness and notice how it feels.
- Mindful eating: Lay the table or tray for your meal and focus on the sight, smell and taste of your food.
- Reflect using music, prayer, the outdoors, silence; take a few moments to be thankful, notice and appreciate beautiful things around you.

## LEARN

Learning new skills can help lift your mood, boost your self-esteem and give a sense of purpose. Setting yourself goals can help you see even greater benefits. It is also helpful to have good information about the reason for your social isolation:

- Get advice from NHS and read public health guidance to gain facts and dispel fear;
- Research online something that you have always wanted to know more about;
- Learn new words/look up definitions in the dictionary;



- Create a book club with friends/loved ones and discuss books over the phone or video conferencing;
- Challenge yourself to complete new puzzles, crosswords etc.;
- Learn to play a musical instrument;
- Learn a new language.

## GIVE

Giving has been linked with a sense of reward, purpose and self-worth. Those who give to others are more likely to rate themselves as happy. You might feel it is hard to give to others during self-isolation. However even giving a smile, encouragement, your time, a wish/prayer, thanks, and other 'random acts of kindness' has the power to boost your mood.

These 'five ways' help us build on our strengths and increase our resilience. By promoting our self-esteem, sense of being valued, and a positive attitude, they can help us 'bounce back' from challenges we encounter. There are already many examples of compassion in our communities during this crisis. Leaflet drops with offers of help, businesses changing their procedures to meet the needs of the isolated, online communities sharing information to support home schooling, medical students setting up relief initiatives to provide child care/grocery drops for NHS staff, websites and apps making their content free for the duration of the crisis, churches taking a central role in supporting communities, milkmen delivering groceries to the housebound... to name but a few. As we all experience restrictions on our movement, freedom and choice. We have an opportunity to emerge from this crisis with fewer divides and greater empathy.



# FREE EXTENDED WAYFINDING SERVICE

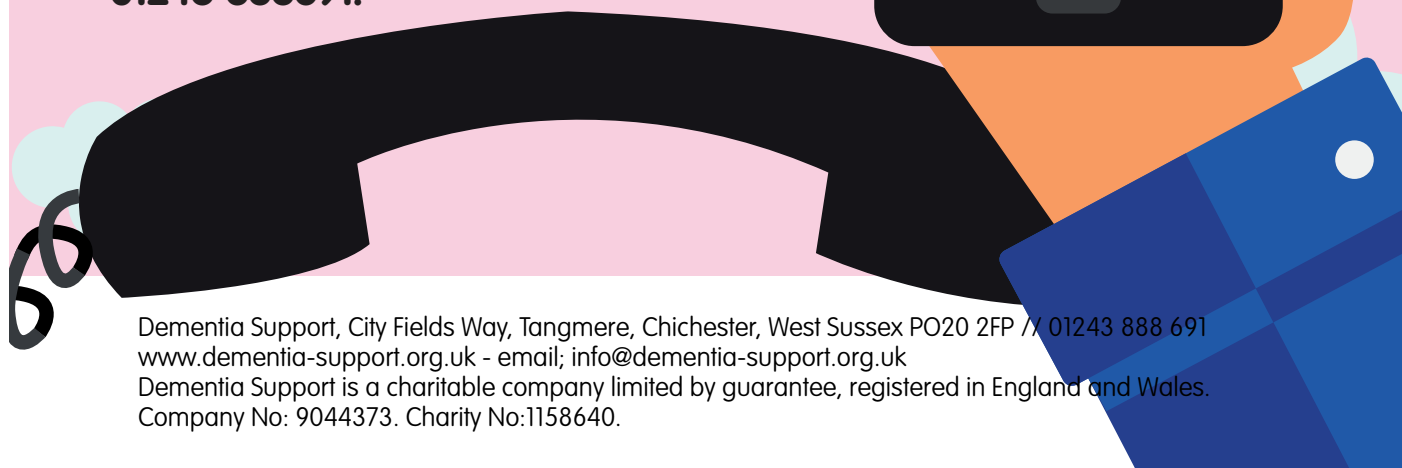


**We are available to talk to anyone who is worried or concerned about someone living with dementia at this time!**

**We recognise during Covid-19 you may need more support than ever, so, we are opening our popular Wayfinding service to brand new customers**

**Our Wayfinding service that supports people living with Dementia, their carers, family and friends is now extending its service hours from 7am - 7pm. And we will be open from 10am - 2pm at the weekend to calls.**

**So if you, or someone you know needs support call us on 01243 888691.**



Dementia Support, City Fields Way, Tangmere, Chichester, West Sussex PO20 2FP // 01243 888 691  
[www.dementia-support.org.uk](http://www.dementia-support.org.uk) - email; [info@dementia-support.org.uk](mailto:info@dementia-support.org.uk)

Dementia Support is a charitable company limited by guarantee, registered in England and Wales.  
Company No: 9044373. Charity No:1158640.

# HOW CAN WE HELP PEOPLE WITH MEMORY PROBLEMS AND LIVING WITH A DEMENTIA TO UNDERSTAND, REMEMBER AND FOLLOW THE COVID-19 ADVICE?

Use posters and reminders in the house. Pictures and words are best. Put them on the doors, next to the sink and in places that are regularly passed. Point out the poster and make a clear statement 'We need to wash our hands'.

Keep communication as clear as possible and try to focus on what you need to do rather than why you must do it.

Tell your loved one that this is advice from a person they trust - maybe the GP, their children, the government so they understand this isn't your choice.

Use your digital devices to set reminders - 'It's time to wash your hands' 'It's time to phone a friend'.

Link washing hands with a song, music or story. Pay close attention to details such as how the water feels, the smell of the soap and memories linked to times when you wash hands (work, school, hospitals).

People with dementia, at all stages of difficulty, will pick up on anxiety and panic. Try to stay calm, matter of fact and upbeat.

Limit access to the news, radio and conversations about covid-19 and the risks. This heightens anxiety and is hard to explain.

Prioritise getting on well if you can, behaviours are easier to change if you keep the mood light and encourage.

Encourage family and friends to maintain regular phone and digital contact and ask them to explain that they are washing hands, keeping their distance and staying at home. We are all doing this together.

Keep busy in the house as much as possible and if you need a break to go out, use the garden or make a plan to sit and look out of the window. If you feel you really need to be outside, plan your walk carefully to maintain social distance.

Use your local community well. Explain to neighbours that your loved one may not remember the guidance and that they need to contact you if they are talking a walk outside. Remind everyone that this is not breaking rules it's simply not remembering.

If you can it might be an idea to identify two 'flu friends' who you can call on for extra help?

It is possible that your loved one will become suspicious about the advice and the isolation. Reassure them that they are safe at home and keep in mind a list of activities, songs, conversations and interests that you can use quickly to maintain their wellbeing.



The ideas that follow are provided to help you live as well as possible during self-isolation. They are consistent with current [NHS guidance](#) about how to improve mental wellbeing ('five ways to wellbeing') and share features of our guidance for those living with dementia

## CONNECT

Being 'connected' is linked to better wellbeing because it gives us a sense of belonging and self-worth, and is a source of emotional support.

Connecting with others in the same physical space is difficult during self-isolation. You may have supported your family up to now by looking after grandchildren and find that you can no longer do this. You may feel that your self-isolation is causing your family additional worry. You might be wondering what all the fuss is about and have had some disagreements with your loved ones about this.

Technology provides us with some solutions but it is not a substitute for actual contact. You may also take time to connect more with yourself, nature, nations, pets and/or spiritual needs:

- Switch off television: This helps limit your exposure to news, which may be making you feel anxious, and allows you to focus on the loved ones in your home.

Or

- Switch on the television! Watching a favoured television programme and reading a good novel have been found to reduce feelings of loneliness;
- Maintain social contacts over the telephone;
- Video conference: FaceTime, Skype and Zoom are platforms for seeing and speaking to loved ones at the same time. Although telephone is great, seeing facial expressions can help people feel less lonely. You may need some help from a loved one to put this in place. Additionally, help with this sort of technology can be found at Fountain Digital;
- Create warmth! The same parts of the brain are activated by heat, and by warmth from interpersonal contact. Creating opportunities for heat e.g. a hot drink and warm bath can mimic the effects of touch and increase our sense of connectedness;
- Spend time in nature;
- Revisit old photos/family films and share memories: Nostalgia has been found to enhance feelings of security and reduce loneliness;
- Email a different friend each day and make time to respond;
- Write a card or letter to a friend and ask a neighbour to post it for you;
- Discuss your worries with a friend or with your therapist/psychologist;

Those with dementia can easily develop a delirium. Pay close attention to changes in levels of confusion or unusual behaviour. Seek medical advice if you think they are showing symptoms - NHS 111 or phone the GP/CPN.

Use the Herbert Protocol with your local police force. This lets them know all about your loved one and allows for quick action if they go missing. Find more information by calling your local Police station.

Having a plan in place can help ease your worries if you are not able to care for those you look after at any point in the future. See [Carers UK](#) for practical advice on planning for emergencies.

[The National Activity Providers Association](#) are currently providing free access to their website for ideas and activities in the home.

If you are someone living with dementia you may want to connect digitally through the [Dementia Engagement Empowerment Project](#). You may want to become a dementia diarists or to listen to what others people with a dementia are doing, learning and sharing. Connect with others virtually maybe through [dementia diaries](#).

- 1. Focus on what you can control;**
- 2. It's helpful to develop routines;**
- 3. Look after yourself - 'you cannot pour from an empty cup';**
- 4. Find a way to be 'out' when you are in (contact friends and family - connect with other groups).**

## **GUIDANCE FOR OLDER PEOPLE DURING SELF-ISOLATION**

The government has responded to concerns over the spread of coronavirus by asking us all to strictly observe social distancing measures to limit the transmission of the virus. Those aged 70 or older are considered more vulnerable to severe illness from coronavirus and are asked to be particularly stringent in their application of these measures. Additionally, people with an underlying health condition have been asked to self-isolate for 12 weeks.

Self-isolation due to social distancing measures can result in increased distress due to e.g. lack of company, confined space, worries about infection, worries about money and strained family relationships. Confusion, anger, depression and anxiety are common responses in those who have had to endure quarantine for a number of weeks or months.

The effects of self-isolation can be worsened by longer duration, frustration, boredom, stigma, and inadequate supplies or information.

As an older adult, you may already live alone and/or rely on others for support. Self-isolation may make it more difficult for you get the support you need and may make you feel anxious or low.

The suddenness of these changes in your life and to the roles you hold dear leaves little time to adjust.

# Focus on ACE – Coping Strategies

## Focus on what's in your control



Fear and anxiety are inevitable: they are normal, natural responses to challenging situations that feel uncertain and worrying.



You can't control what happens in the future. You can't control Coronavirus itself, or the world economy, or how your government manages the situation. We have far more control over our behaviour. So, our number one aim is to take control of our behaviour.



When a big storm blows up, the boats in the harbour drop anchor. If they don't, they'll be swept out to sea. Dropping anchor doesn't make the storm go away, but it can hold a boat steady in the harbour until the storm passes in its own good time.



Similarly, we may experience 'emotional storms'. These can include unhelpful thoughts spinning inside our head and uncomfortable or painful feelings whirling around our body. If we're swept away by that storm inside us, the first practical step is to 'drop anchor' using the simple ACE guide.

**A =**  
**Acknowledge**  
**your thoughts**  
**and feelings**



**C =**  
**Come back**  
**into your**  
**body**



**E =**  
**Engage in**  
**what you're**  
**doing**



You can run through this ACE guide slowly and peacefully 3 or 4 times.



Information adapted from FACE COVID-19 document by Dr Russ Harris, 2020  
Sophie Trees, Molly Laybourn and Dr Sally Stapleton, Sussex Partnership NHS Foundation Trust  
DTP and Language Services by Sprig of Heather [www.sprigofheather.co.uk](http://www.sprigofheather.co.uk)



## A = Acknowledge your thoughts and feelings

Silently and kindly acknowledge your thoughts, feelings, emotions memories, sensations, urges.

Take the stance of a curious scientist, observing what's going on in your inner world.

For example, "I am thinking that something bad is going to happen, which is making me feel scared and my tummy feels full of butterflies".



## C = Come back into your body

You could try some or all of the following, or find your own methods:

- Slowly push your feet onto the floor
- Slowly straighten up your back and spine; if you're sitting, sit upright and forward in your chair
- Slowly press your fingertips together
- Slowly stretch your arms or neck, shrugging your shoulders
- Slowly breathe in 1-2-3-4 and out 1-2-3-4



## E = Engage in what you're doing

Get a sense of where you are and refocus your attention on the activity you are doing:

- Look around the room and notice 5 things you can see
- Notice 3 or 4 things you can hear
- Notice what you can smell or taste or sense in your nose and mouth



Try to have a go at this ACE guide slowly 3 or 4 times.

Information adapted from FACE COVID-19 document by Dr Russ Harris, 2020  
Sophie Trees, Molly Laybourn and Dr Sally Stapleton, Sussex Partnership NHS Foundation Trust  
DTP and Language Services by Sprig of Heather [www.sprigofheather.co.uk](http://www.sprigofheather.co.uk)

# HOW TO STICK TOGETHER, BY STAYING APART



**Stay at home**  
no unnecessary journeys  
or social contact



Only leave home for  
**essential shopping**  
or **medical needs**



Or **exercise once a day**



Or travelling to work if  
absolutely necessary



Public gatherings of  
**more than two people are banned** -  
excluding people you live with

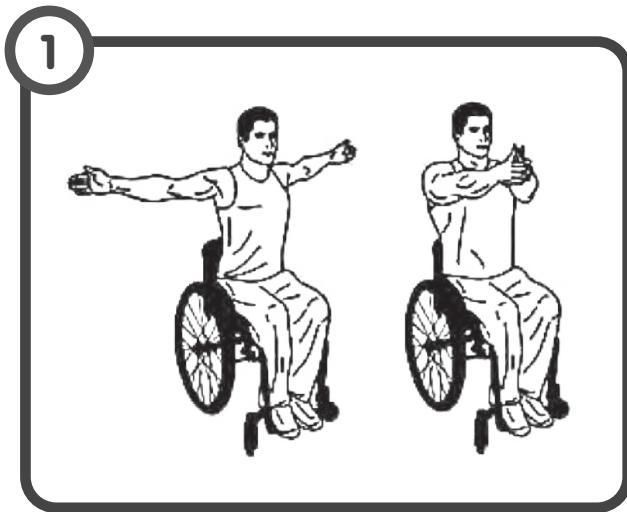


**Police may be able to fine you**  
if you don't follow the rules

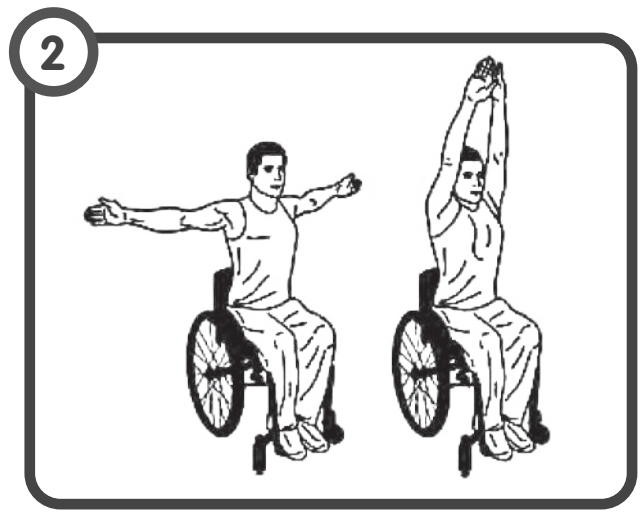
# CHAIR EXERCISES

**3 SETS**

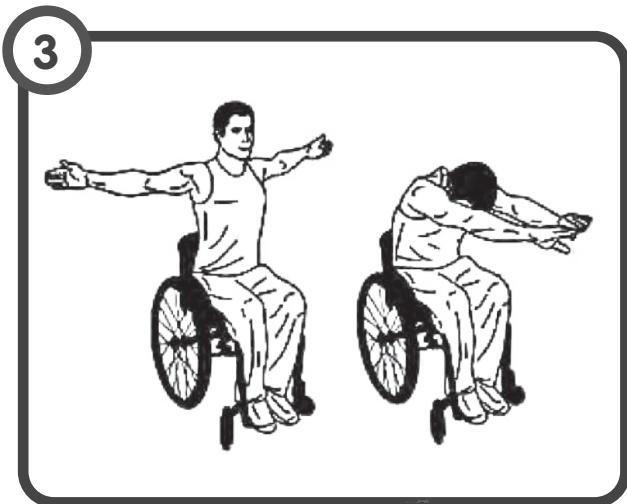
Up to 2 minutes rest between sets



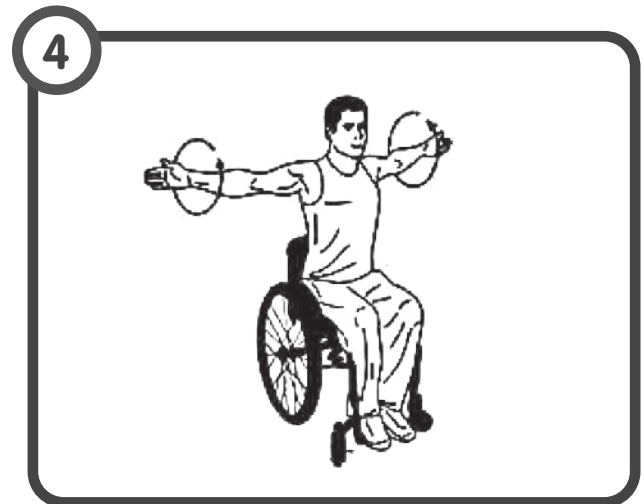
**20** Chest Expansions



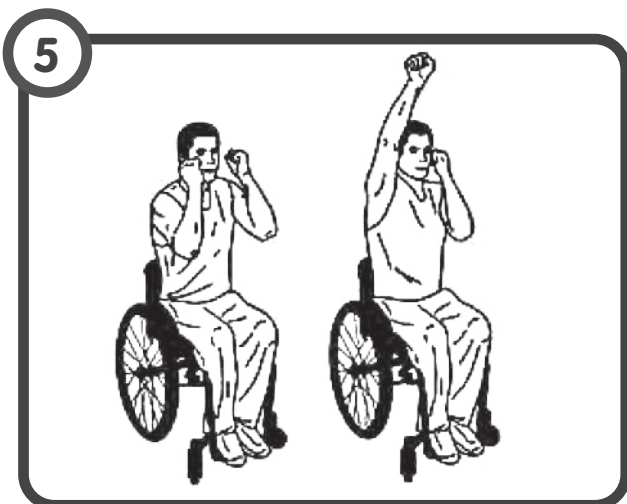
**20** Side Arm Raises



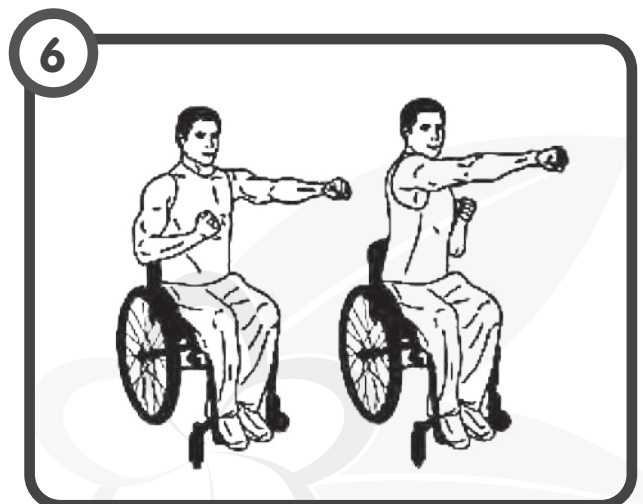
**10** Dives



**10** Raised Arm Circle  
5 Clockwise / 5 Counterclockwise



**20** Overhead Punches



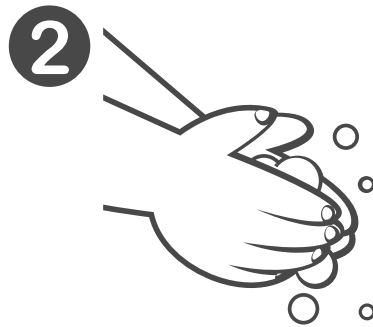
**20** Punches

# WE NEED TO WASH OUR HANDS A LOT AT THE MOMENT

Wash your hands with soap + water for at least 20 seconds.  
Follow the actions below:



**USE SOAP**



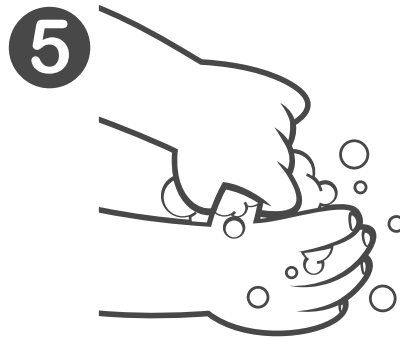
**PALM TO PALM**



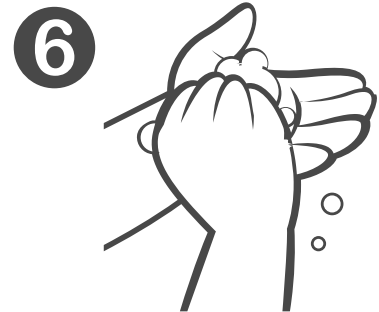
**BACK OF HANDS**



**INBETWEEN FINGERS**



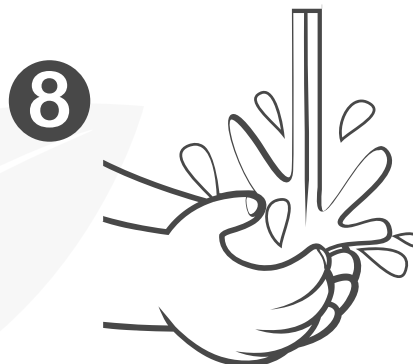
**BASE OF THUMB**



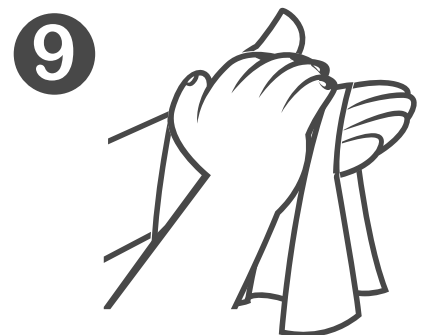
**FINGERNAIL**



**WRISTS**

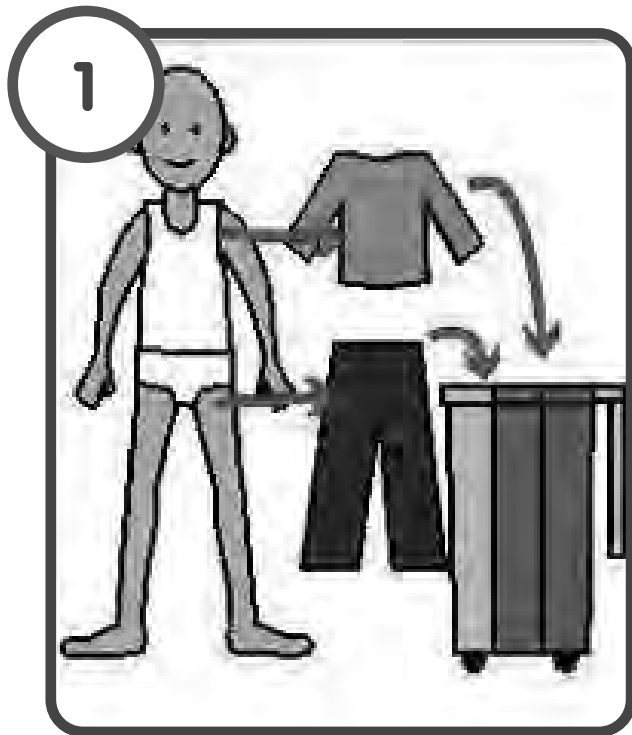


**RINSE HANDS**

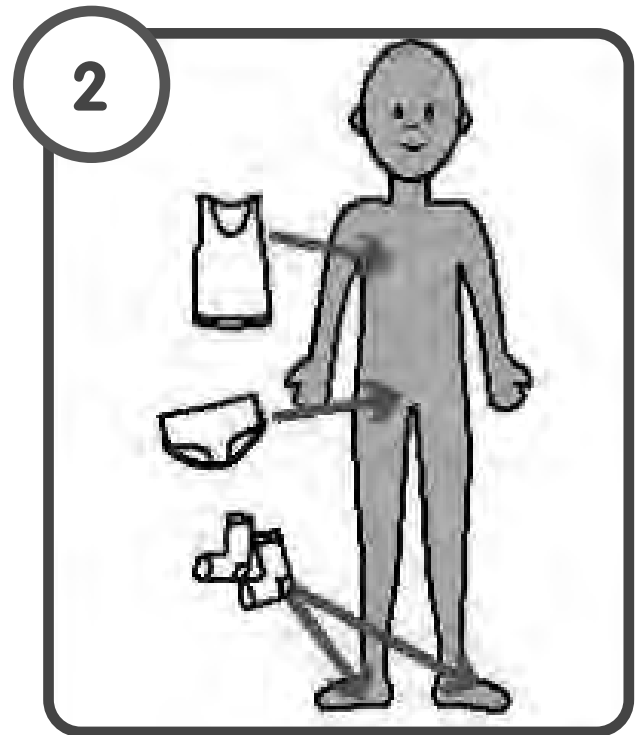


**DRY HANDS**

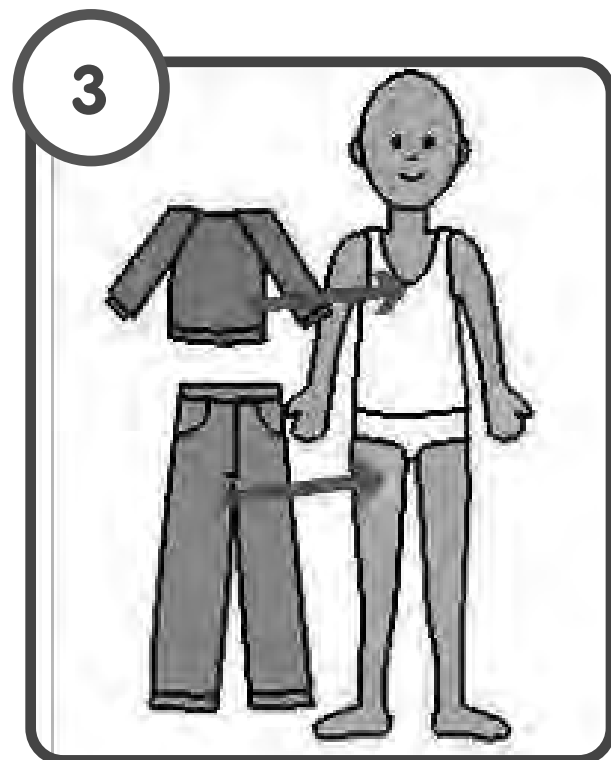
# GETTING CHANGED



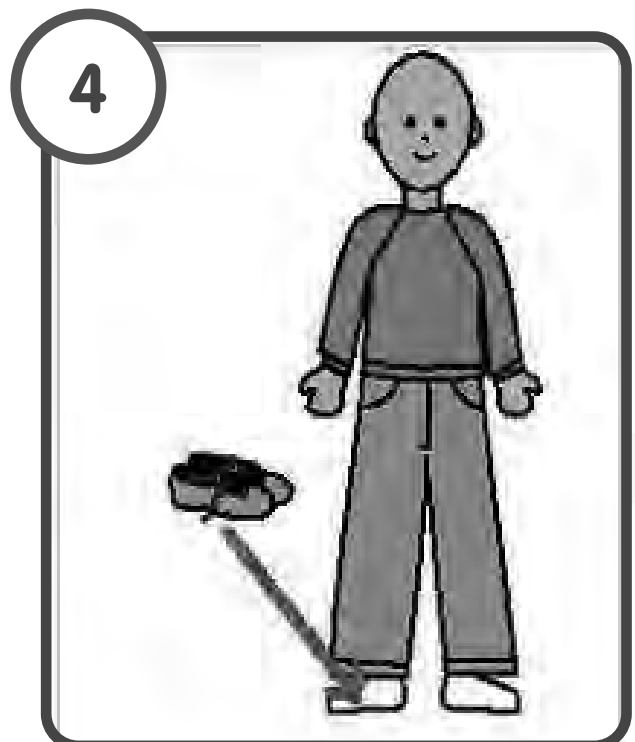
**Take clothes off and put in wash basket**



**Put undergarments on**



**Put top and trousers**



**Put your shoes**



# MINDFULNESS TECHNIQUES

## Mindful breathing for one minute

Lower your eyes and notice where you feel your breath. That might be the air going in and out at your nostrils or the rise and fall of your chest or stomach. If you can't feel anything, place your hand on your stomach and notice how your hand gently rises and falls with your breath. If you like, you can just lengthen the in breath and the out breath or just breathe naturally. Your body knows how to breathe.

Focus on your breath. When your mind wanders, as it will do, just bring your attention back to your breath. You might like to say 'thinking' when you notice your thoughts and just gently shepherd your attention back to your breath.

## Loving-kindness meditation

For one minute, repeat 'May I be happy, may I be well, may I be filled with kindness and peace.' You can substitute "you" for "I" and think of someone you know and like, or just send love to all people.

## Stroke your hands.

Lower or close your eyes. Take the index finger of your right hand and slowly move it up and down on the outside of your fingers. Once you have mindfully stroked your left hand, swap and let your left hand stroke the fingers of your right hand.

## Yawn and stretch for 10 seconds every hour

Do a fake yawn if you have to. That will trigger real ones. Say "ahh" as you exhale. Notice how a yawn interrupts your thoughts and feelings. This brings you into the present. Then stretch really, really slowly for at least 10 seconds. Notice any tightness and say "ease" or just say hello to that place (being mindful — noticing without judgment). Take another 20 seconds to notice and then get back to what you were doing.

## Just for today affirmations

Just for today, I will not anger  
Just for today, I will not worry  
Just for today, I will be grateful  
Just for today, I will do my work honestly  
Just for today, I will be kind to every living being, starting with myself

Repeat these three times

# MINDFUL OBSERVATION

The exercise is designed to connect us with the beauty of the natural environment, something that is easily missed when we are rushing around in the car or hopping on and off trains on the way to work.

Choose a natural object from within your immediate environment and focus on watching it for a minute or two. This could be a flower or an insect, or even the clouds or the moon.

Don't do anything except notice the thing you are looking at.

Simply relax into watching for as long as your concentration allows.

Look at this object as if you are seeing it for the first time.

Visually explore every aspect of its formation and allow yourself to be consumed by its presence.

Allow yourself to connect with its energy and its purpose within the natural world.

What is mindfulness - a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations,

## **Grounding of self. 5 mins**

Shoes, socks off.

Imagine that you are holding a ball of white light in a cupped hand.

Cup the other hand over the top.

Close your eyes.

Feel the white light in your hands – warmth radiating through your fingers, feel the weight of the light in your hands how heavy is the light ? some people might feel a tingling sensation as the light warms you.

Place the light on the crown of your head and imagine that light is flowing down your head, over your shoulders, down your chest, arms down your whole body until it flows into your feet.

Feel your feet sinking into the floor and becoming one with the earth, imagine your feet are putting out roots that are twisting their way through the earth, going deep down into the earth's core.

Visualise the core of the earth, a glowing ball and wrap your roots round that core and grounding yourself to the earth.

Take 3 deep breathes and take a moment to think about how you are feeling. Allow yourself time to just be in this moment, this is your time.

Take another deep breath and when you are ready open your eyes

Moving and Looking – When I get older  
Beatles 4 mins

## **Yoga Nidra – 15 mins**

Touch and smell – close your eyes, tracing round your hand as if you are drawing round them, add oil and breathe in the smell of the oil

Pay attention to how your hands feel, pay attention to the different fragrances – 3 mins

Listening - Affirmations Just for today – 2 mins





# Crosswords

# Crosswords

## Wind and Winter

### ACROSS

- 1 Soaked with water
- 3 Brief fall of rain
- 4 Cool, refreshing
- 6 Characterized by or having rain
- 9 Marked by bursts of wind or rain
- 11 Comes "In like a lion and goes out like a lamb"
- 13 Arc in the sky containing the colours of the visible spectrum
- 15 Covered with ice
- 16 Overcast
- 17 Freezing rain

### DOWN

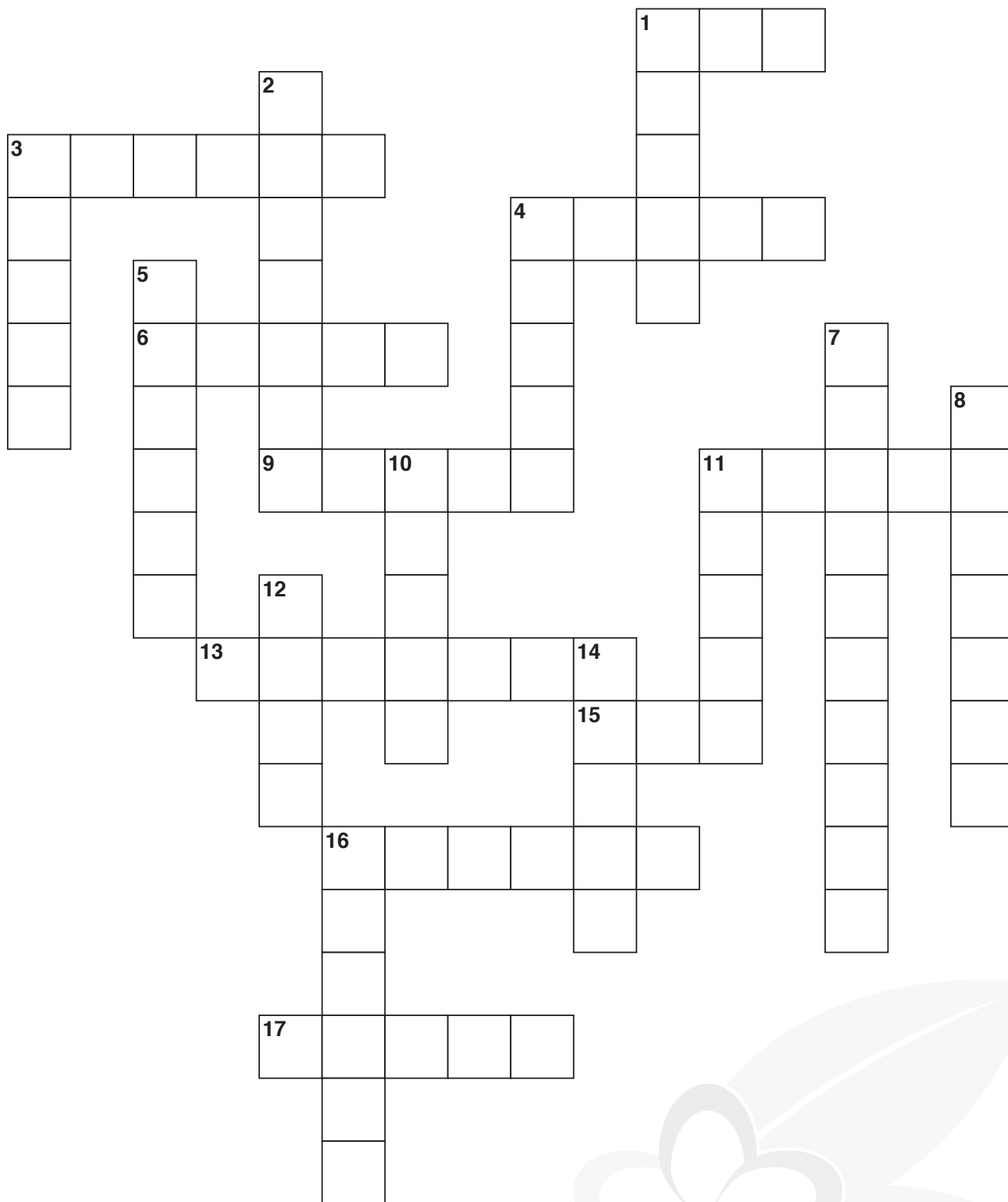
- 1 Transparent, tasteless, odourless liquid
- 2 Change from a solid to a liquid state
- 3 Having snowfall
- 4 Full or covered by fog
- 5 Slightly windy
- 7 Season of spring
- 8 Becoming unfrozen
- 10 Having much sunlight
- 11 Covered with mud
- 12 Having or emitting moderate heat
- 14 Having an excessive amount of wind
- 16 Producing an uncomfortably cool sensation





# Crosswords

## Wind and Winter



# Crosswords

## Family and Friends

### ACROSS

- 2 Female sibling
- 3 Living in outdoor tents or shelters
- 5 Father
- 6 Informal outdoor meal
- 10 Group consisting of parents and their children
- 11 People closely attached to each other by affection
- 13 Place where one lives
- 14 Center of population larger than a village but smaller than a city
- 16 Journey, voyage, or excursion
- 18 Open area next to a house

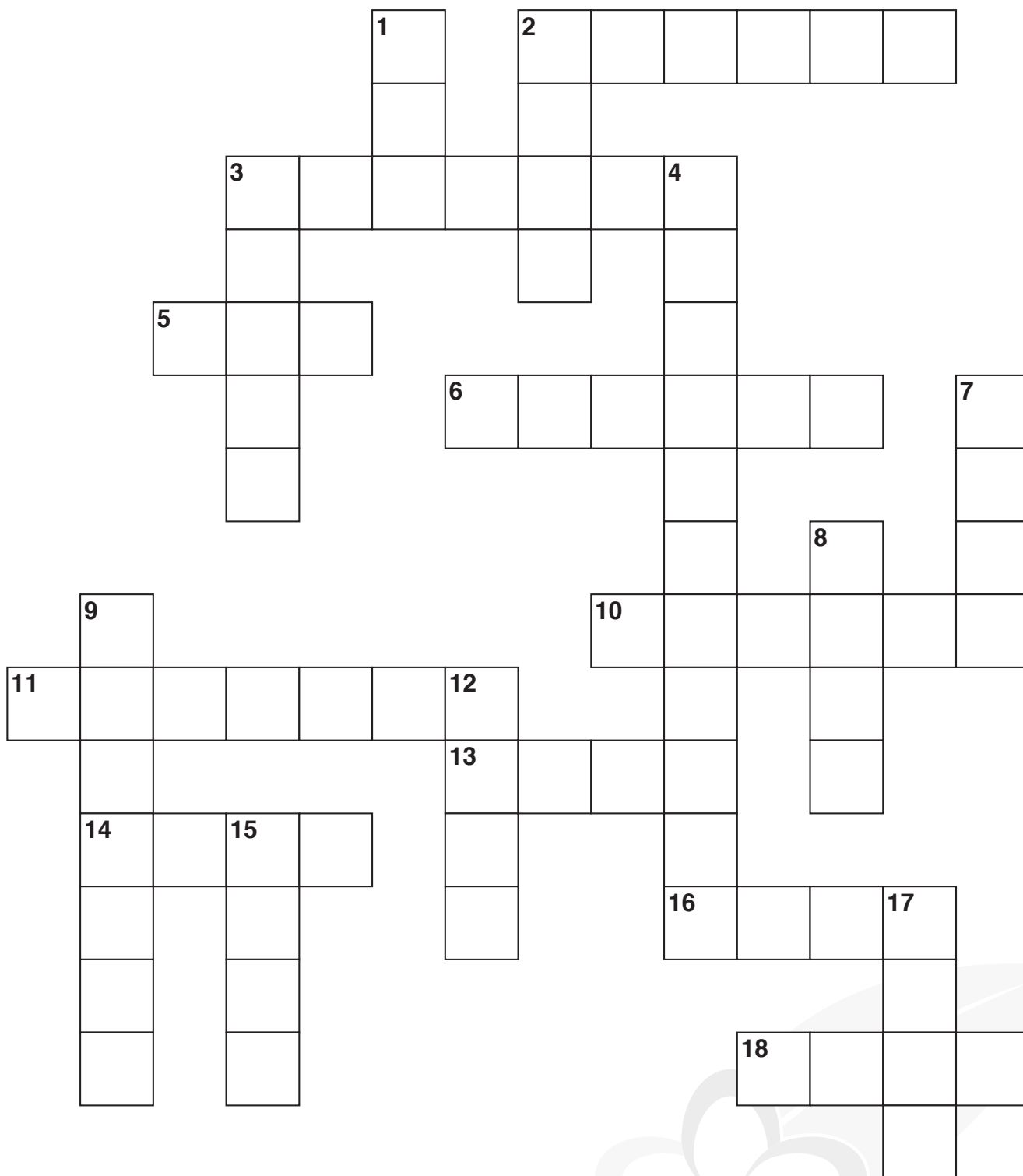
### DOWN

- 1 Mother
- 2 Move through water by means of bodily motions
- 3 Skill in making things by hand
- 4 Father or mother of one's parent
- 7 Recreation
- 8 Bicycle
- 9 Male sibling
- 12 Small retail store
- 15 Stroll
- 17 Area of public land set aside for rest and relaxation



# Crosswords

## Family and Friends



# Crosswords

## Father's Day

### ACROSS

- 3 Helpful
- 6 Person who guards against harm or danger
- 9 A person's male child
- 11 Person that is the source for or supplier of what is needed
- 12 Woman to whom a man is married
- 15 Group made up of parents and their children
- 18 Man who is married
- 19 Instructor
- 20 Having understanding and good judgment about what is true or good
- 21 Willing to give or share

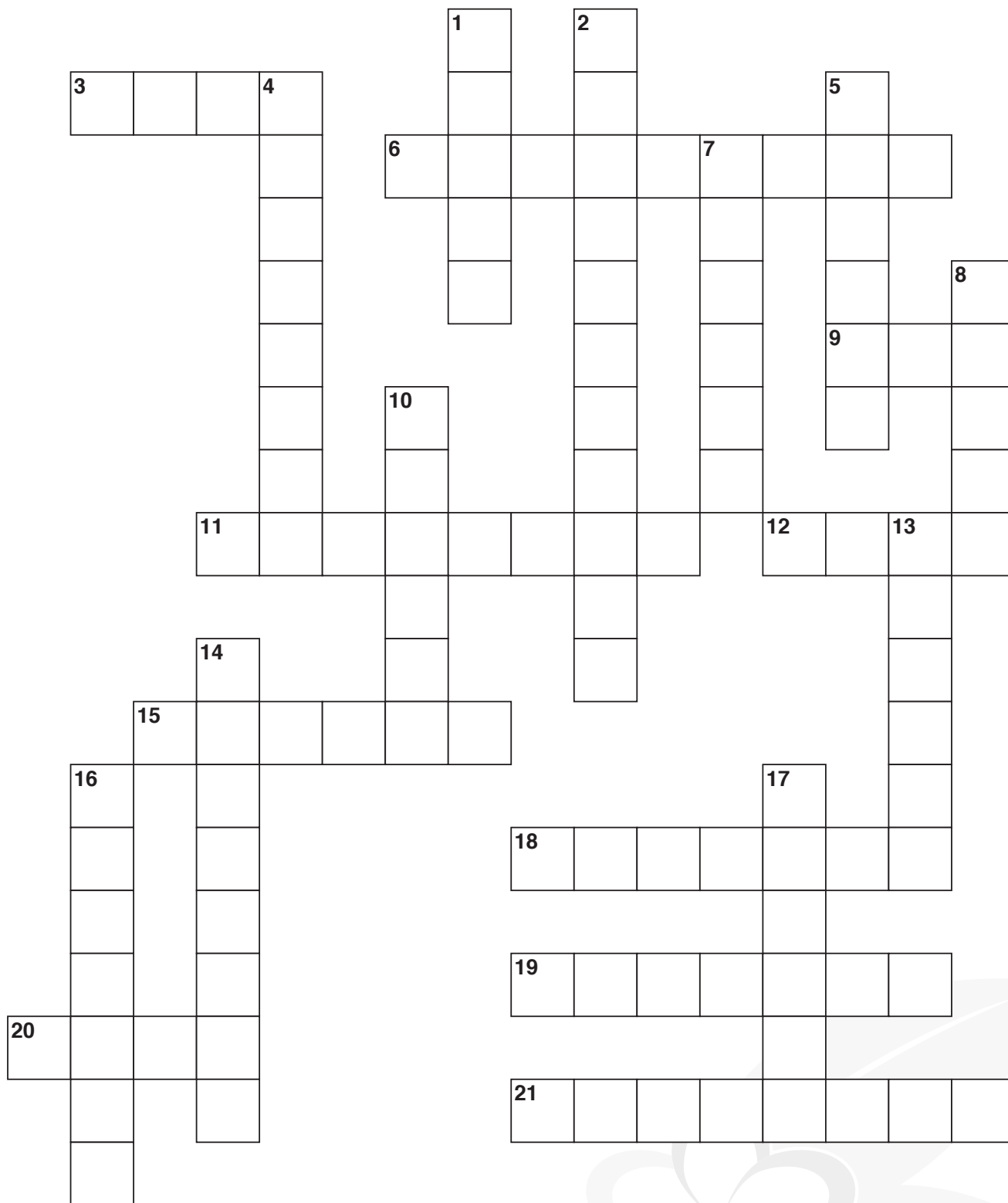
### DOWN

- 1 Gathering of people to celebrate or have fun
- 2 Having a great ability to reason and understand
- 4 A person's female child
- 5 Truthful
- 7 Worry or concern
- 8 Brother of one's father or mother
- 10 Cheerful, friendly, and merry
- 13 Person whom you know well and like and who likes you
- 14 Expression of mirth
- 16 Capacity to do something
- 17 Dad



# Crosswords

## Father's Day





# Crosswords

## Gardening

### ACROSS

- 1 Bright light of the sun
- 4 Decomposed plant matter in soil
- 6 Period between sunset and sunrise
- 10 Any young tree or plant
- 12 To sprout
- 14 Become larger
- 15 Precipitation
- 16 Blossom
- 17 Transparent, tasteless, and odourless liquid
- 18 Period between sunrise and sunset
- 19 Perennial woody plant consisting of roots, trunk, and branches

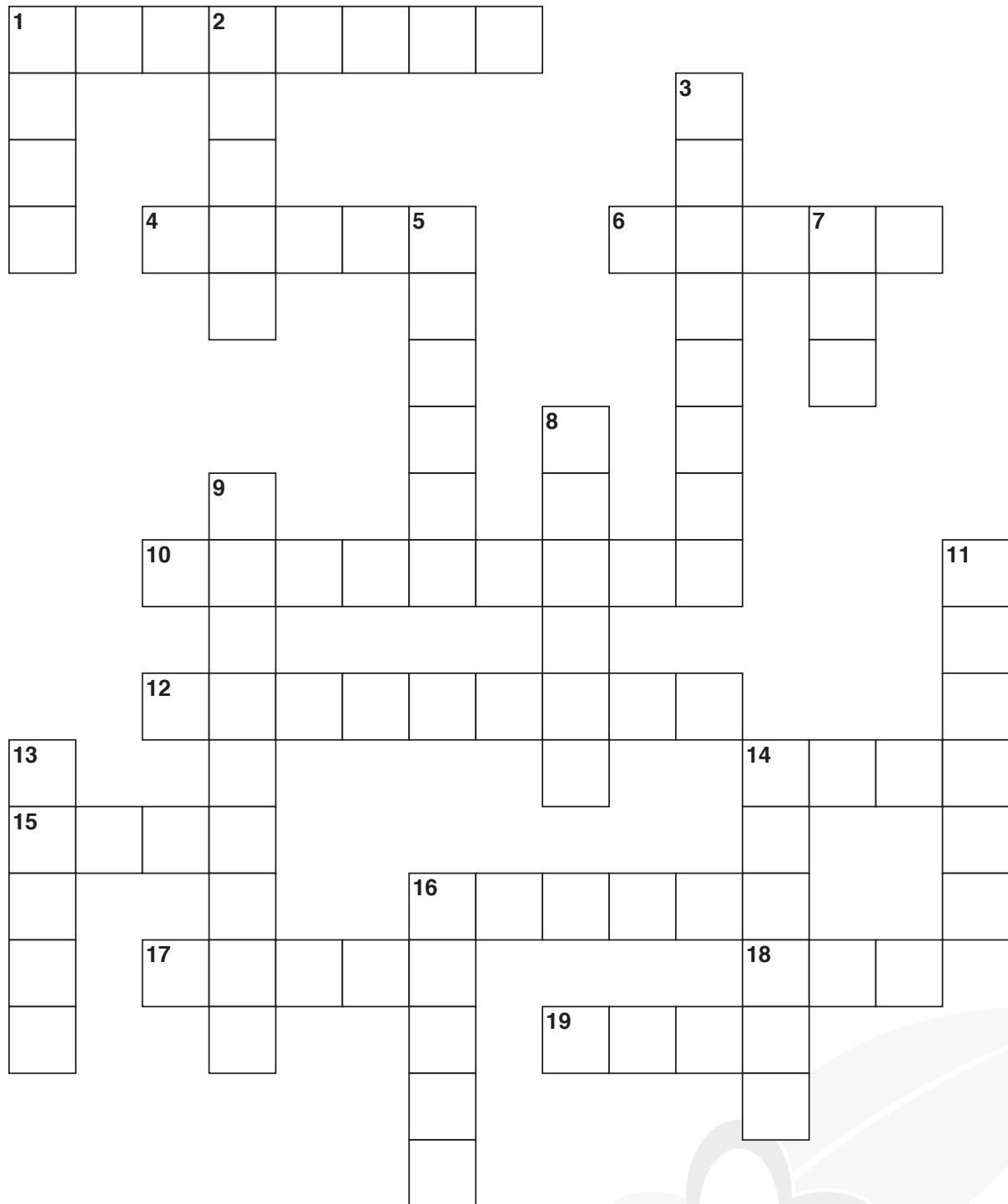
### DOWN

- 1 Earth
- 2 Bush
- 3 Tool used to trim hedges
- 5 Long-handled scoop used for digging
- 7 Garden tool with flat crosswise blade and long handle
- 8 Plant that completes life cycle in one year
- 9 Having a life cycle of more than two years
- 11 Hand tool with broad curved blade used for scooping dirt
- 13 green plant with narrow flat leaves and jointed stems
- 14 Area of land used for cultivating plants and flowers
- 16 Edible plant product



# Crosswords

## Gardening



# Crosswords

## Halloween

### ACROSS

- 4 Night flying mammal
- 5 Spirit of someone who has died
- 6 Something done to deceive, cheat, or outwit someone
- 10 Tenth month of the Gregorian calendar year
- 12 Something children ask for on Halloween
- 13 Hours of darkness between sunset and dawn
- 16 Small carnivorous furry mammal
- 18 Causing fear; frightening
- 20 Covering for all or part of the face
- 21 Eerie and mysterious
- 22 Inner framework of bones in vertebrate animals

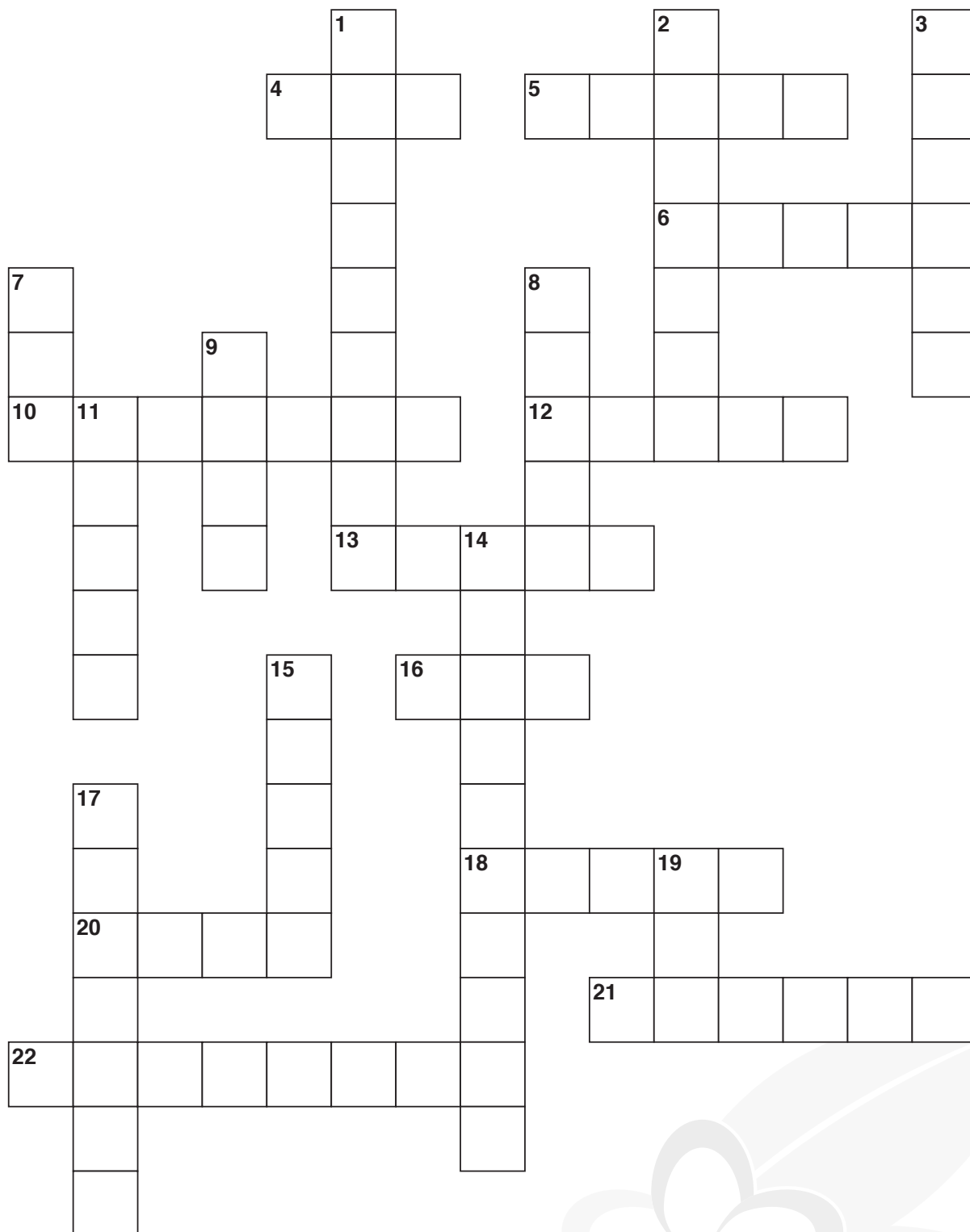
### DOWN

- 1 October 31, the eve of All Saints' Day
- 2 Clothing worn to resemble some other person, animal, or thing
- 3 Make the sharp broken cry of a hen
- 7 Expression used unexpectedly to frighten or startle someone
- 8 Woman who practices occult magic
- 9 Earth's natural satellite
- 11 Confection made with sugar
- 14 Stone placed as a marker at a person's grave
- 15 Darkest color, which absorbs but does not reflect light
- 17 Large, gourdlike orange fruit
- 19 Rest in Peace



# Crosswords

## Halloween



# Crosswords

## Happy Holidays

### ACROSS

- 1 Circular band of flowers or foliage
- 3 Parents and their children
- 6 Birthday of Jesus Christ
- 9 Frozen form of precipitation that falls as ice crystals formed into flakes
- 10 New Year's
- 11 Light horse-drawn cart
- 13 Heavenly body visible from earth as point of light
- 15 Hollow brick structure for passing smoke from a fire into the open air
- 17 African-american festival celebrating family, community, and culture
- 18 Confection made with sugar, flavourings, and fillings
- 19 Metal objects that make pleasant sounds when hit
- 21 Present
- 22 Great love or devotion

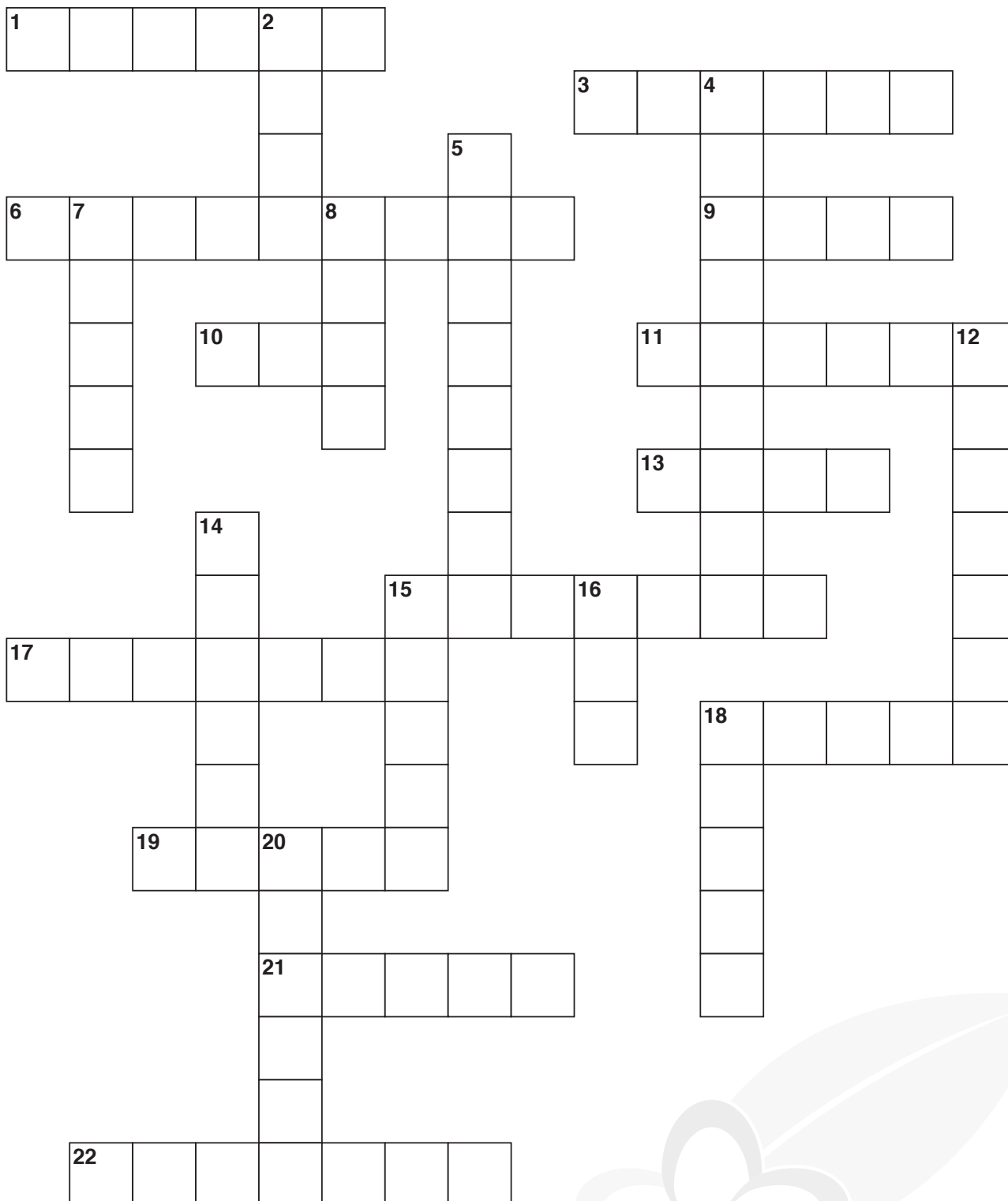
### DOWN

- 2 Used in play by children
- 4 Parasitic plant with green leaves, white berries, and yellow flowers
- 5 Eight-day festival celebrated by lighting the menorah
- 7 Shrub with shiny dark green leaves, and berries
- 8 Pine
- 12 Day on which ordinary business activity is suspended
- 14 Long piece of wax with a wick that is burned for light
- 15 Pieces of stiff paper used to send greetings
- 16 Tall pottery drinking cup with a handle
- 18 Christmas hymn
- 20 Holiday decoration with illuminated bulbs



# Crosswords

## Happy Holidays



# Crosswords

## Happy New Year

### ACROSS

- 2 Twelve o'clock at night
- 6 Group consisting of parents and their children
- 8 Mechanical or electrical device for indicating time
- 9 Public procession of people or things
- 13 First month of the year
- 14 New Year's Day
- 15 Small pieces of colored paper
- 16 White wine with bubbles
- 19 Promise to change something in the future
- 20 Sound that has rhythm, melody, and harmony

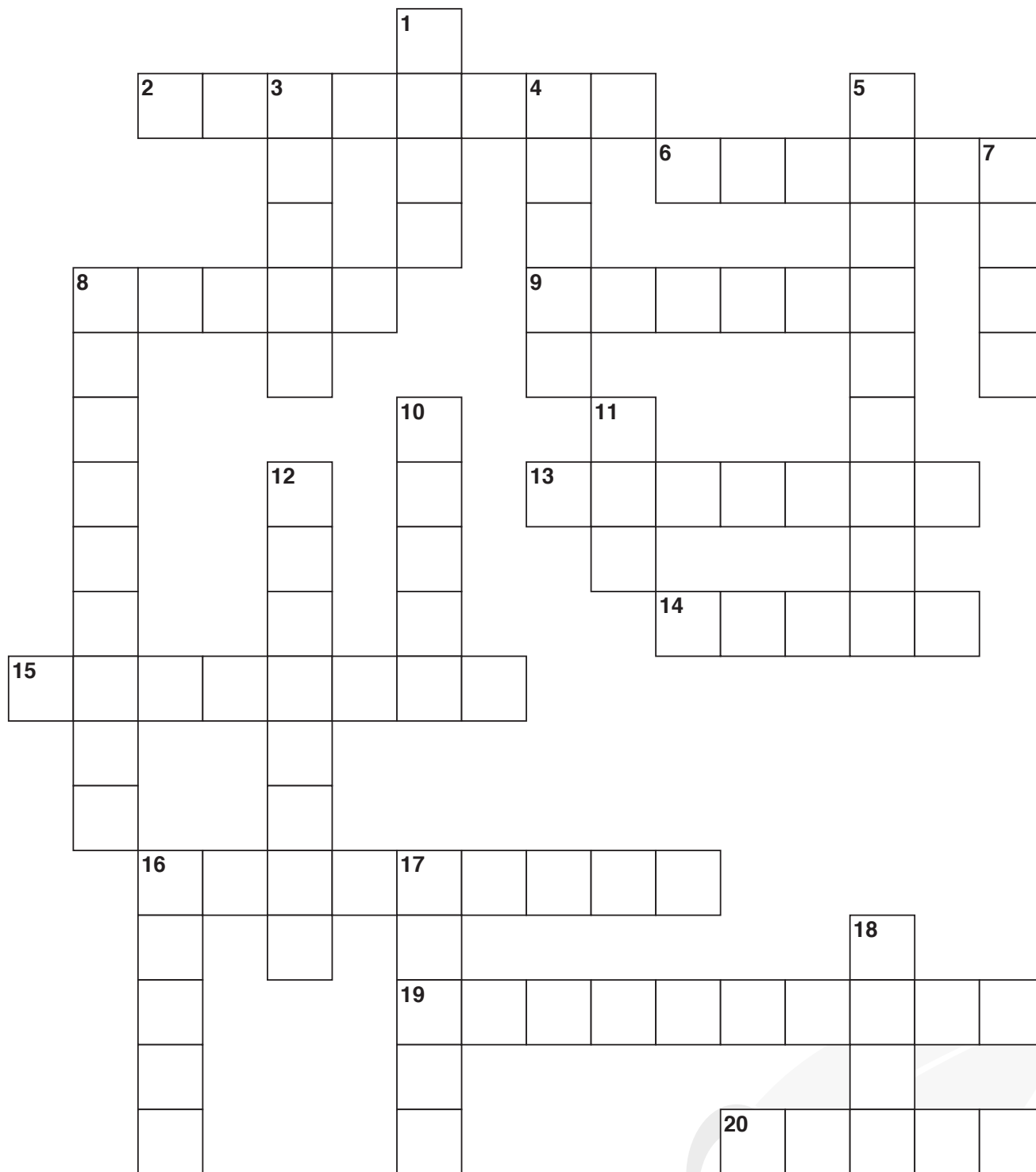
### DOWN

- 1 Father
- 3 Move feet and body to music
- 4 Feeling of joy
- 5 Devices that explode to produce noise or bright light
- 7 Unit of time equal to 365 days
- 8 Act of counting in reverse in preparation for some event
- 10 Call on other people to drink in honor of someone
- 11 Party favor
- 12 Chart of the days, weeks, and months
- 16 Happiness or gaiety
- 17 Social gathering or event
- 18 Press with lips as a sign of love



# Crosswords

Happy New Year



# Crosswords

## Harvest Festival

### ACROSS

- 1 Brilliant in color
- 4 Having a great amount of wind
- 5 Fruit with downy skin and large pit
- 6 First color on the spectrum
- 7 Smooth-skinned juicy fruit that grows in clusters on a vine
- 11 Metallic yellow color
- 12 Preserving food in cans or jars
- 15 Color of soil
- 16 Small, juicy fruits without pits
- 19 Gourdlike fruit
- 20 Green flat parts of a plant that grow from a stem

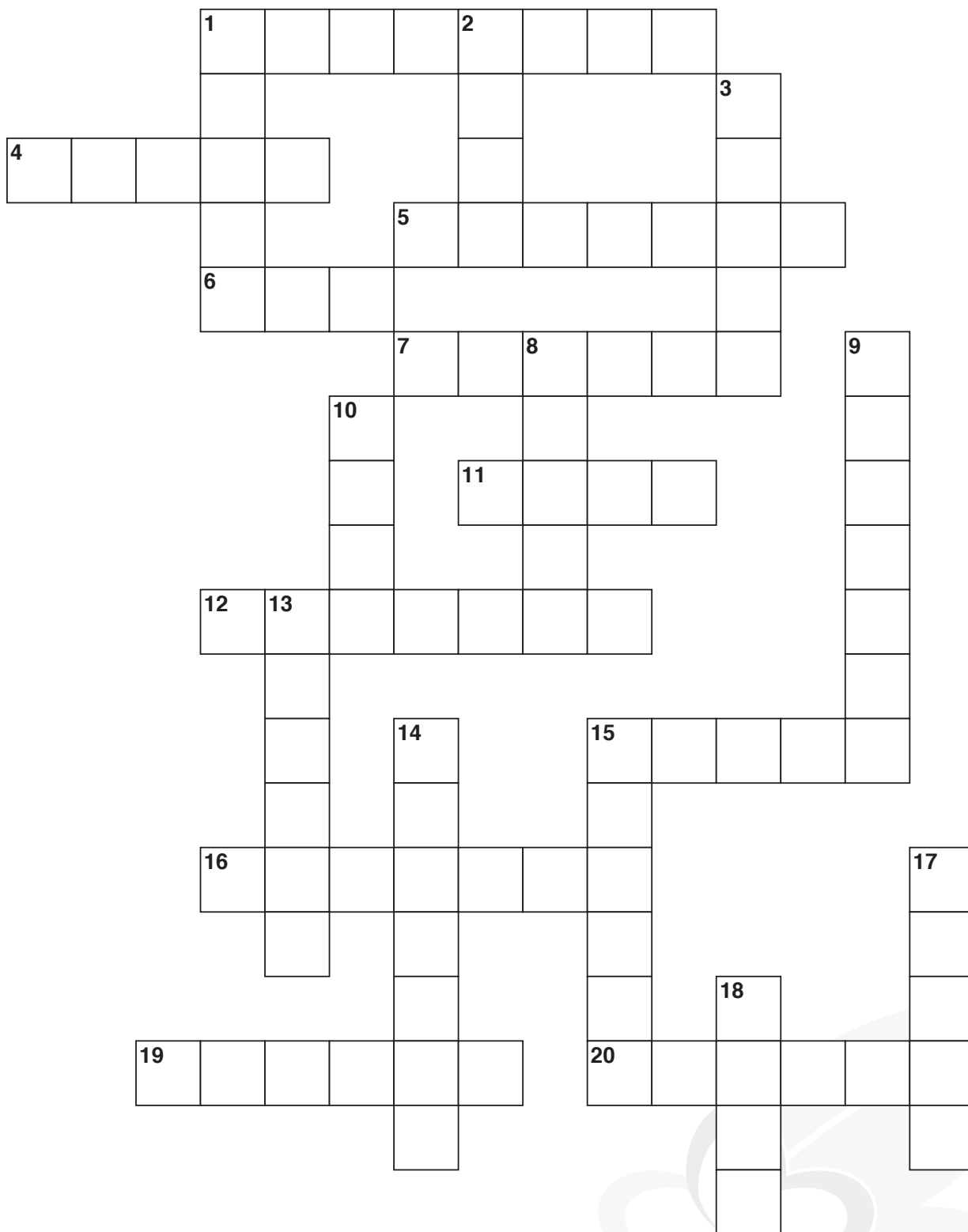
### DOWN

- 1 Juice pressed from apples used for drinking or making vinegar
- 2 Tool consisting of a long handle and a row of tines
- 3 Perennial woody plants consisting of roots, a trunk and branches
- 8 Fruit of the oak tree
- 9 Large gourdlike orange fruit
- 10 Be on fire
- 13 Firm round fruit with succulent white flesh and red, green or yellow skin
- 14 Gathering of ripe crops
- 15 Dry measure equal to four pecks
- 17 White covering of dew frozen into ice crystals
- 18 Autumn



# Crosswords

## Harvest Festival



# General Knowledge Quiz

If someone is descending are they going up or down?

Down

What is the Italian word for pie?

Pizza

By what title is the Bishop of Rome known as?

The Pope

Who wrote the Wind in the Willows?

Kenneth Grahame

What does a Frogman wear on his feet?

Flippers

What is the name of the largest castle in the capital of Scotland?

Edinburgh Castle

What is the name of the sweet liquid collected by Bees?

Nectar

What 3 letter word is the name of a fox's home?

Den

Do Reptiles have cold or warm blood?

Cold

What sea creature has 3 hearts and 8 arms?

An Octopus.

What is the national flower of Wales?

Daffodil

How many teeth does an Armadillo have?

None

Name the largest member of the cat family.

Tiger.

How many humps does a Bactrian Camel have?

2

What part of the body is treated by an Optician?

Eyes.

The star sign of Leo is what animal?

Lion.

Nag is a slang word for what animal?

A Horse.

What are the tall poles carved by Native American Indians called?

Totem Poles.

# General Knowledge Quiz

Which alcoholic drink is also the name given to the left side of a ship?  
Port.

What type of weapon is a Cutlass?  
A short-curved sword.

In the nursery rhyme who lost her sheep?  
Little Bo-Peep.

What type of food is a Cock-a-leekie?  
Soup.

What kind of animal was Disney's Dumbo?  
Elephant.

In the fairytale who climbed the beanstalk and fought with a giant?  
Jack.

In Greek mythology who's face was said to launch a thousand ships?  
Helen of Troy.

In what year did World War 2 start?  
1939.

What were the followers of Oliver Cromwell called?  
Roundheads.

Which British Queen died in 1901?  
Queen Victoria.

What country shares its name with a bird that is traditionally eaten at Christmas and Thanksgiving?  
Turkey.

In sea going terms, what is the opposite of port?  
Starboard.

What is the name given to the tombs of the Pharaohs in Ancient Egypt?  
The Pyramids.

What is the 4 letter word given to a Ballerinas skirt starting with the letter T?  
Tutu.

What is found at the end of Noddys hat?  
A bell.

How many lives is a Cat said to have?  
9

Which famous Detective was known to say, Elementary my dear Watson?  
Sherlock Holmes.



# Childhood Stories Quiz

## Questions

1. Who wrote The Three Musketeers?
2. Which book starts with this opening line: All children, except one, grow up?
3. In which story does a man say:  
Oh, man of the sea!  
Come and listen to me  
For Alice my wife  
The Plague of my life  
Hath sent me to beg a gift of thee!
4. Name the book that features Ebenezer Scrooge
5. What sort of transport was used in Around the World in Eighty Days?
6. The authors of Rapunzel and Hansel and Gretel were two brothers from Germany. What were they known as?
7. Where did Dorothy from The Wonderful Wizard of Oz come from?
8. Who goes down the rabbit hole?
9. In The Lion, the Witch and the Wardrobe who first discovers the magical wardrobe?
10. Who was the fifth member of The Famous Five (hint: it wasn't a person)?
11. Which book begins like this: "Christmas won't be Christmas without any presents" grumbled Jo, lying on the rug.
12. Name the book where you will find Mary Lennox.
13. In the book The Wind and the Willows, what does Toad dress up as to escape prison?
14. In which book does Huckleberry Finn first appear?
15. The author of Black Beauty never published another novel. What was her name?
16. What was the name of the pig in Charlotte's Web?
17. How many Dalmatians were there?
18. Which book begins like this: In an old house in Paris that was covered with vines. Lived twelve little girls in two straight lines.
19. In which book does Willy Wonka feature?
20. Who is the only human in Winnie the Pooh?



# Spring Quiz

# Spring Quiz 2020 (part 1)

Good Luck and we hope you enjoy this quiz. Some questions are very easy whilst others will cause you to scratch your head as you ponder maybe even tear your hair out! Some questions require a little more lateral thinking whilst others are little more tongue in cheek. The main thing is that you enjoy it!

- 1 In Britain we call it Shrove Tuesday (pancake day) what is it called in France?
- 2 Easter Island belongs to which country?
- 3 Which university term begins after Easter?
- 4 Some months have 31 days, others have 30 days. How many have 28 days?
- 5 What is known as Osterhase in Germany?
- 6 In 1873, which company introduced the first chocolate Easter egg in Britain?
- 7 Who was the first person to have seen Jesus alive on the first Easter Sunday?
- 8 Name the wife of Roger Rabbit in the animated film 'Who Framed Roger Rabbit' 1988?
- 9 In which Beatles song will you find the lines "I am the egg man, they are the egg men"?
- 10 Which Australian Supermodel was born on Easter Sunday, 1964?
- 11 Name the novel by Richard Adams that features a group of rabbits, including Fiver, Hazel and Bigwig?
- 12 Which Scottish side plays football at Easter Road?
- 13 What can't be used until it's broken?
- 14 Which British Monarch decreed that hot cross buns could no longer be sold on any day except for Good Friday, Christmas or for burials?
- 15 Name the cartoon character known for this quote?  
"Be ve-wy, ve-wy quiet. I'm hunting wabbits".

|  |
|--|
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |



# Spring Quiz 2020 (part 2)

Good Luck and we hope you enjoy this quiz. Some questions are very easy whilst others will cause you to scratch your head as you ponder maybe even tear your hair out! Some questions require a little more lateral thinking whilst others are little more tongue in cheek. The main thing is that you enjoy it!

- 31 Name the Aesop's fable whose moral is 'slow and steady wins the race'?
- 32 Which British actress (also associated with Harry Potter) provided the voice for the Cadbury's Caramel Bunny?
- 33 Decipher this anagram of an Easter character, Hitter With Babe?
- 34 In what book are the first spoken words "Oh dear! Oh dear! I shall be too late!"?
- 35 Between 1958 -1963, which Berkshire village was the focus of an annual Easter protest march?
- 36 In which of William Shakespeare's plays is the poem known as 'Spring' (entitled 'Ver') sung at the end?
- 37 The WW1 German attacks called Kaiser's Battle were also known as what?
- 38 Which character in The Wind in the Willows said, "Bother? And O' blow! And also 'Hang Spring-cleaning?"
- 39 'Primavera', or 'Spring', is a famous painting by which celebrated artist?
- 40 What is the name of the Roman Goddess of Spring?
- 41 I have cities, but no houses. I have mountains, but no rocks. I have water, but no fish. What am I?
- 42 What is seen in the middle of March and April that can't be seen at the beginning or end of either month?
- 43 Who coined the term "Hope springs eternal..?"
- 44 "June is Busting Out All Over" is a song from which musical comedy?
- 45 Name the six foot rabbit in the film starring James Stewart in 1950

|  |
|--|
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

- 46** How many silver coins did Judas Iscariot received in payment to betray Jesus?
- 47** Name the musical film featuring ( among others ) the songs " Steppin' out with my Baby " & "We're a couple of swells "
- 48** In a game somewhat similar to conkers, egg fighting is an traditional annual event in which country ?
- 49** Originally held on Boxing day, the Super League match between Wigan Warriors and St Helens is now held on what day ?
- 50** Who wrote 4 novels about Harry 'Rabbit' Angstrom ?
- 51** Often found in computer software , a secret message , joke or sceen is known as a what ?
- 52** Start with the number of days in Lent
- 53** A Faberge Imperial egg and a whispered word from Orson Wells , what is it ?
- 54** Scottish comedian and actor , Charles Thomas McKinnon Murray was better known as ?
- 55** Name the Junior Health Minister at the centre of the eggs and salmonella scandal in 1988, who resigned as a result.

|  |
|--|
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |



# FUNNY SHORT STORIES

## The Policeman

Late one night a man is driving down the road, speeding quite a bit. A policeman notices how fast he is going and pulls him over. He says to the man, "Are you aware of how fast you were going?"

The man replies, "Yes I am. I'm trying to escape a robbery."

The policeman gives him a sceptical look and says, "Were you the one being robbed?"

The man casually replies, "No, I committed the robbery."

The policeman looks shocked that the man admitted this. "So you're telling me you were speeding...AND you committed a robbery?"

"Yes," the man calmly says. "I have the loot in the back."

The policeman begins to get angry. "Sir, I'm afraid you have to come with me." He reaches into the window to take the car keys out of the ignition.

"Don't do that!" the man yells fearfully. "I'm scared you will find the gun in my glove compartment!" At this point the policeman decides to call for backup.

Soon policemen, cars, and helicopters are flooding the area. The man is cuffed quickly and taken to a police car. However, before he gets in, another policeman walks up to him and says, while pointing to the policeman that pulled him over, "Sir, this officer informed us that you had committed a robbery, had stolen loot in the trunk of your car, and had a loaded gun in your glove compartment. However, we found none of these things in your car."

The man replies, "Yeah, and I bet that liar said I was speeding too!"

## The Poacher

A Game Warden is walking along a beach one morning when he spots a man with a bucket of lobsters. The Warden walks up to the man, flashes his badge and says, "You're in big trouble, buddy. Poaching lobsters is a serious offence."

The man answers, "You've got it all wrong, these lobsters are my pets! Every morning I take them out for some exercise. I let them swim around in the ocean for a few minutes and then whistle them back in."

The Warden looks at the man sceptically and says, "Okay then, prove it."

The man proceeds to throw the lobsters into the ocean and both he and the Warden stand there waiting. After a couple of minutes the Warden looks at the man and says, "That's long enough, now whistle your lobsters back in."

The man turns to the Warden and says "Lobsters? What lobsters?"



## Senior Special

We went to breakfast at a restaurant where the 'Senior Special' was two eggs, bacon, hash browns and toast for £4.99.

"Sounds good," my wife said, "but I don't want the eggs."

"Then I'll have to charge you £5.49 because you're ordering a la carte," the waitress warned her.

"You mean I'd have to pay more for not taking the eggs?" my wife asked incredulously.

"Yes," said the waitress.

"I'll take the special, then," my wife said.

"How do you want your eggs?" the waitress asked.

"Raw and in the shell," my wife replied.

She took the two eggs home and baked a cake.



## FUNNY SHORT STORIES

Why did the physics teacher break up with the biology teacher? There was no chemistry.

I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.

How many gorillas can fit into a car?

Eight.

How many chickens can fit into the car?

None, the car is already full of gorillas.

She: I have a doctor's appointment today but I really don't want to go...

He: Just call in sick then.

A boy breaks an old vase at a rich uncle's house. The uncle gets extremely angry and yells: "Do you even know how old the vase was? It was from the 17th century!" The boy sagged in relief: "Oh, good that it wasn't new."

Knock, knock!

Who's there?

Tomato.

Tomato who?

Tomatoes don't have last names, silly.

Knock, knock!

Who's there?

Tank.

Tank Who?

You're welcome.

Knock, knock!

Who's there?

Who-Who.

Who-Who Who?

Are you an owl?!

Knock knock.

Who's there?

An extraterrestrial.

Extraterrestrial who?

What – how many extra-terrestrials do you know?

Why did the donut visit the dentist?

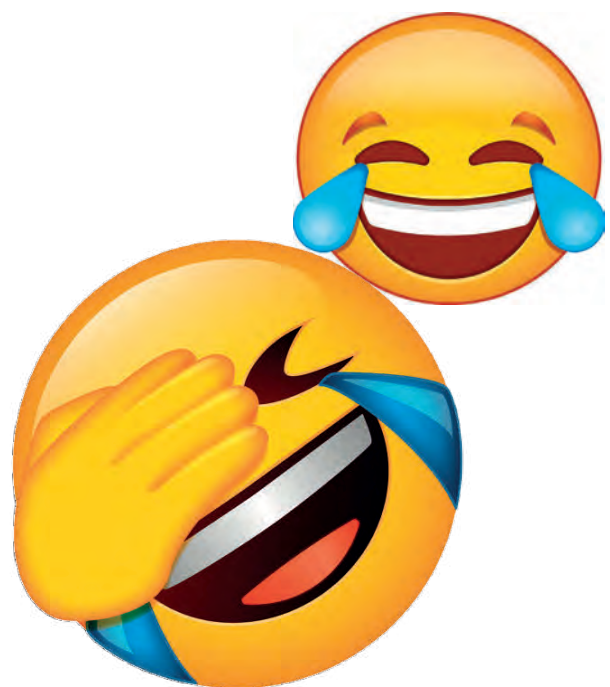
To get a new filling.

What do you call a nut that sneezes?

A cashew.

Why did the bee marry?

He's finally found his honey.





# Word Search

# Word Search

## ST PATRICKS

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line.

Words can go horizontally, vertically and diagonally in all eight directions



Bagpipe  
Blarney  
Cover  
Emerald  
Fairy  
Gold  
Green

Harp  
Irish  
Isle  
Jig  
Leprechaun  
Lucky  
Mischievous

Parade  
Pinch  
Rainbow  
Shamrock  
Shillelagh  
Tricky  
Vanish

# Word Search

## SUMMER HOLIDAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line.

Words can go horizontally, vertically and diagonally in all eight directions



Airplane  
Auto  
Bicycle  
Bus  
Camera  
Cruise  
Itinerary

Map  
Passenger  
Passport  
Port  
Road  
Ship  
Souvenir

Ticket  
Tour  
Trail  
Train  
Travel  
Vacation  
Walking

# Word Search

## HAPPY NEW YEAR

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line.

Words can go horizontally, vertically and diagonally in all eight directions



Baby  
Calendar  
Champagne  
Cheer  
Clock  
Confetti  
Dance

Family  
Fireworks  
First  
Football  
Happy  
Hat  
January

Kiss  
Midnight  
Music  
Parade  
Party  
Resolution  
Year

# Word Search

## HARVEST FESTIVAL

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line.

Words can go horizontally, vertically and diagonally in all eight directions



Acorn  
Apples  
Berries  
Brown  
Burn  
Canning  
Cider

Colorful  
Fall  
Frost  
Gold  
Grapes  
Harvest  
Leaves

Peaches  
Pumpkin  
Rake  
Red  
Squash  
Trees  
Windy



# Word Search

## MERRY CHRISTMAS

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line.

Words can go horizontally, vertically and diagonally in all eight directions



Angel  
Candle  
Candy  
Cards  
Eggnog  
Family  
Gifts

Holly  
Ivy  
Joy  
Laughter  
Lights  
Mistletoe  
Music

Peace  
Reindeer  
Santa  
Sleigh  
Star  
Toys  
Tree

# Word Search

## MOTHER'S DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line.

Words can go horizontally, vertically and diagonally in all eight directions



Bouquet  
Card  
Care  
Children  
Daughter  
Dinner  
Family

Friends  
Gift  
Home  
Husband  
Love  
May  
Memories

Mother  
Pride  
Sister  
Telephone  
Travel  
Wife  
Wisdom

# Word Search

## NEW YEARS EVE

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line.

Words can go horizontally, vertically and diagonally in all eight directions



Baby  
Balloons  
Calendar  
Celebration  
Champagne  
Cheers  
Clock

Confetti  
Countdown  
Dancing  
Holiday  
Hourglass  
Kiss  
Memories

Music  
New  
Old  
Streamers  
Time  
Toast  
Tradition

# Word Search

## SCHOOL DAYS

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line.

Words can go horizontally, vertically and diagonally in all eight directions



Art  
Calculator  
Calendar  
Classroom  
Computer  
Desk  
History  
Homework

Library  
Lunch  
Math  
Music  
Pen  
Pencil  
Quiz  
Read

Recess  
School  
Science  
Sports  
Student  
Teacher  
Textbook  
Write

# Word Search

## SPRING

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line.

Words can go horizontally, vertically and diagonally in all eight directions



Birds  
Birth  
Blossom  
Breeze  
Buds  
Butterfly  
Clouds

Daylight  
Eggs  
Flowers  
Grass  
Grow  
Hatch  
Nest

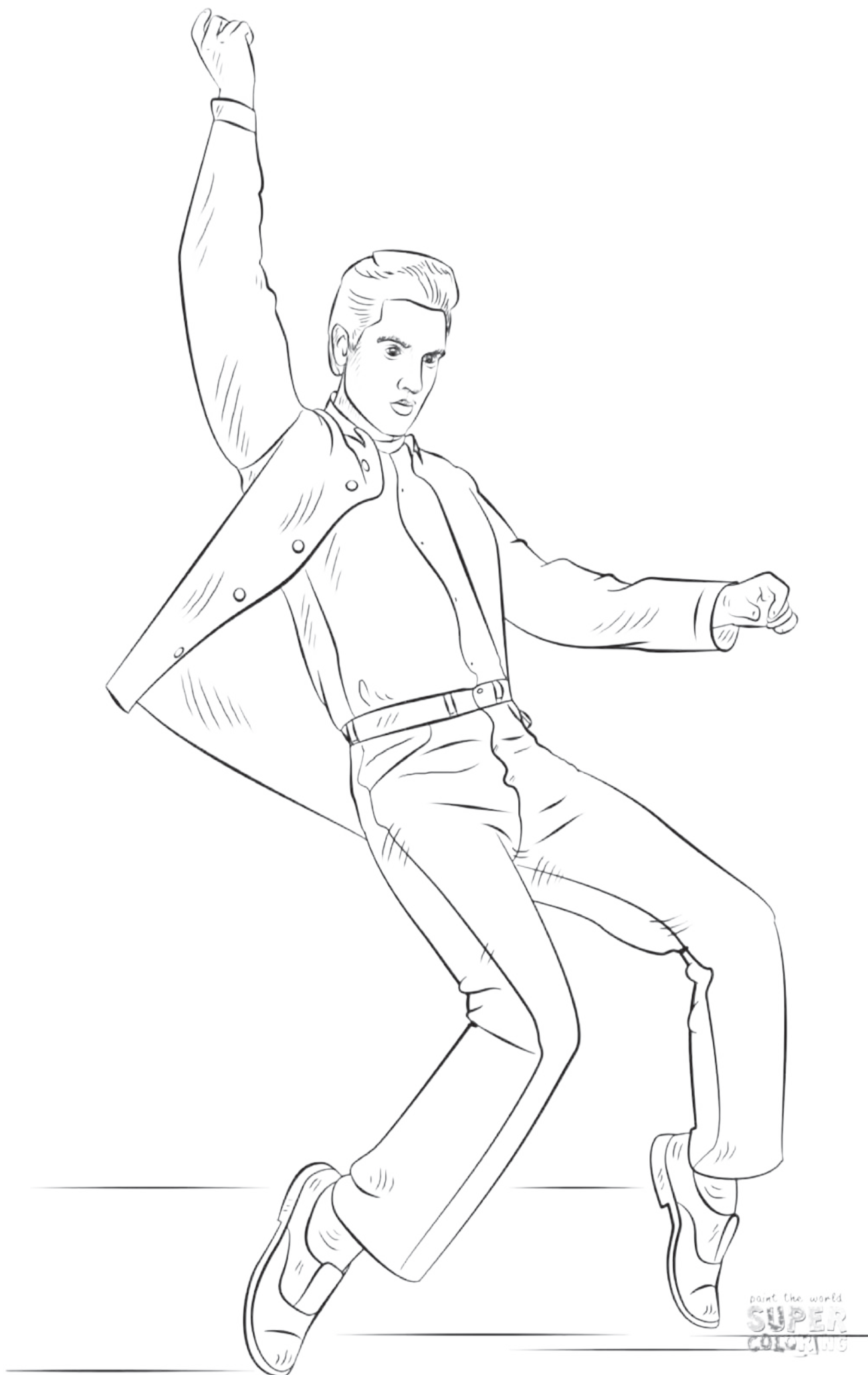
Rain  
Rainbow  
Spring  
Sprout  
Sunshine  
Thaw  
Wind

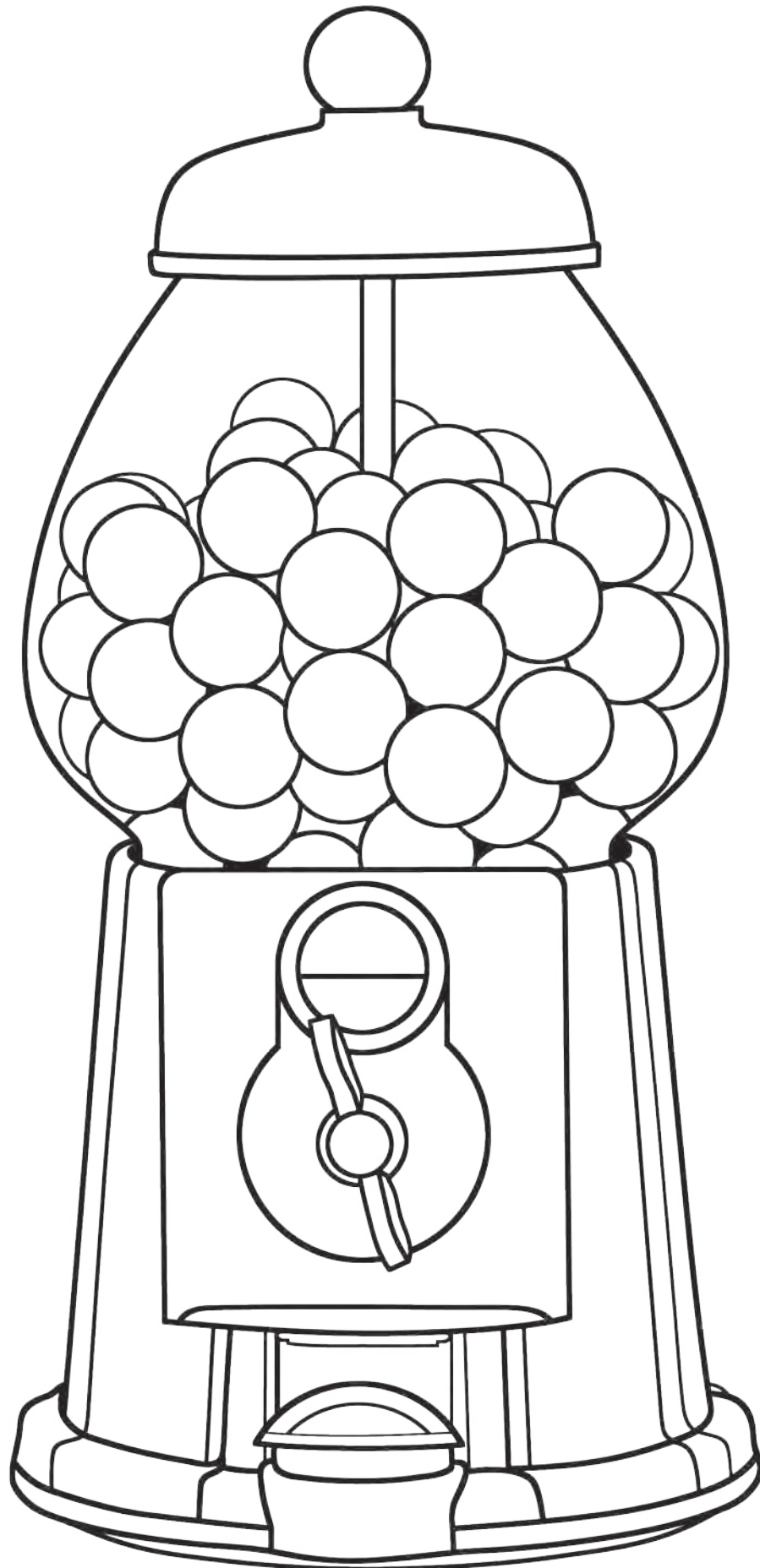


# Colouring Drawings





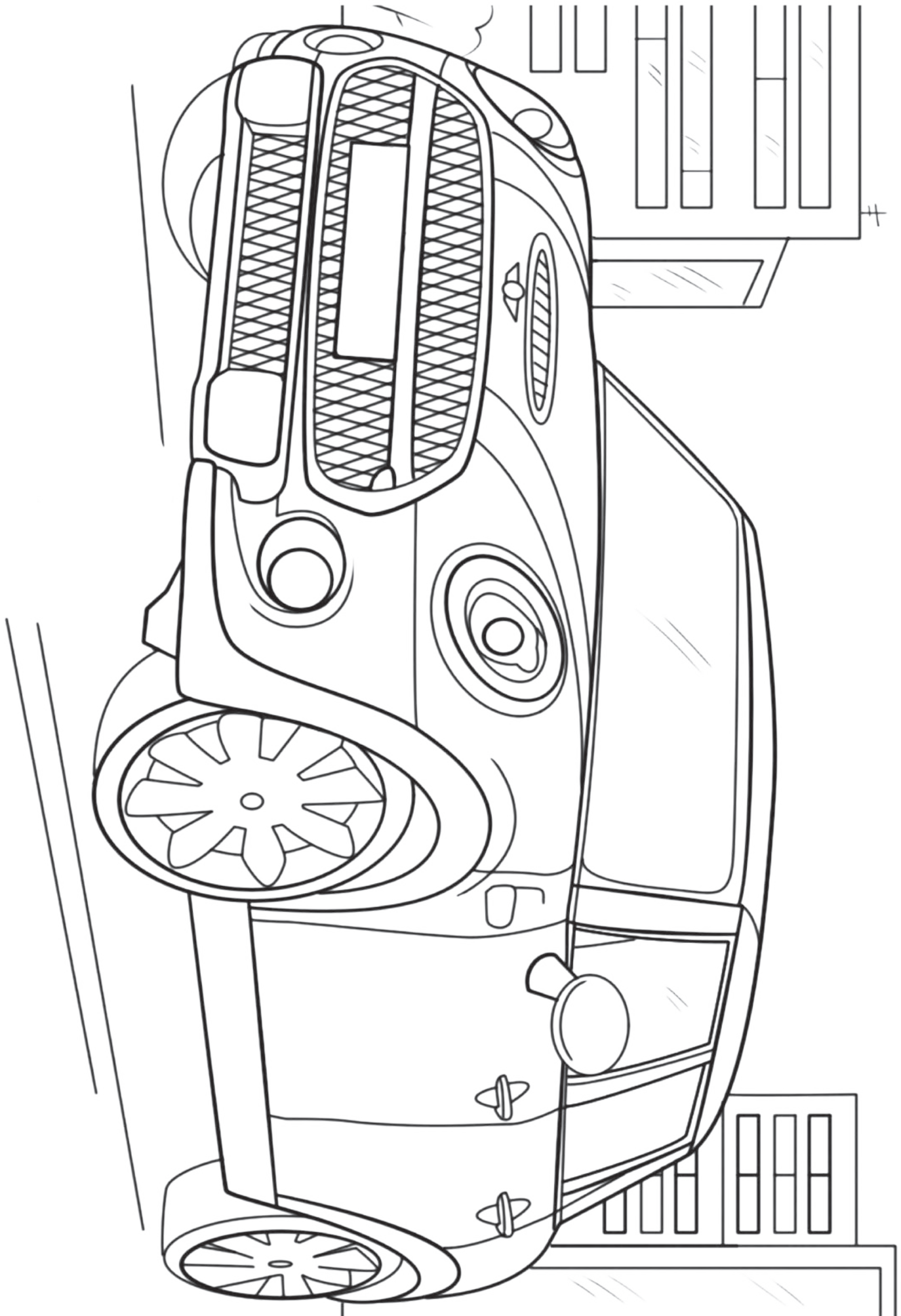




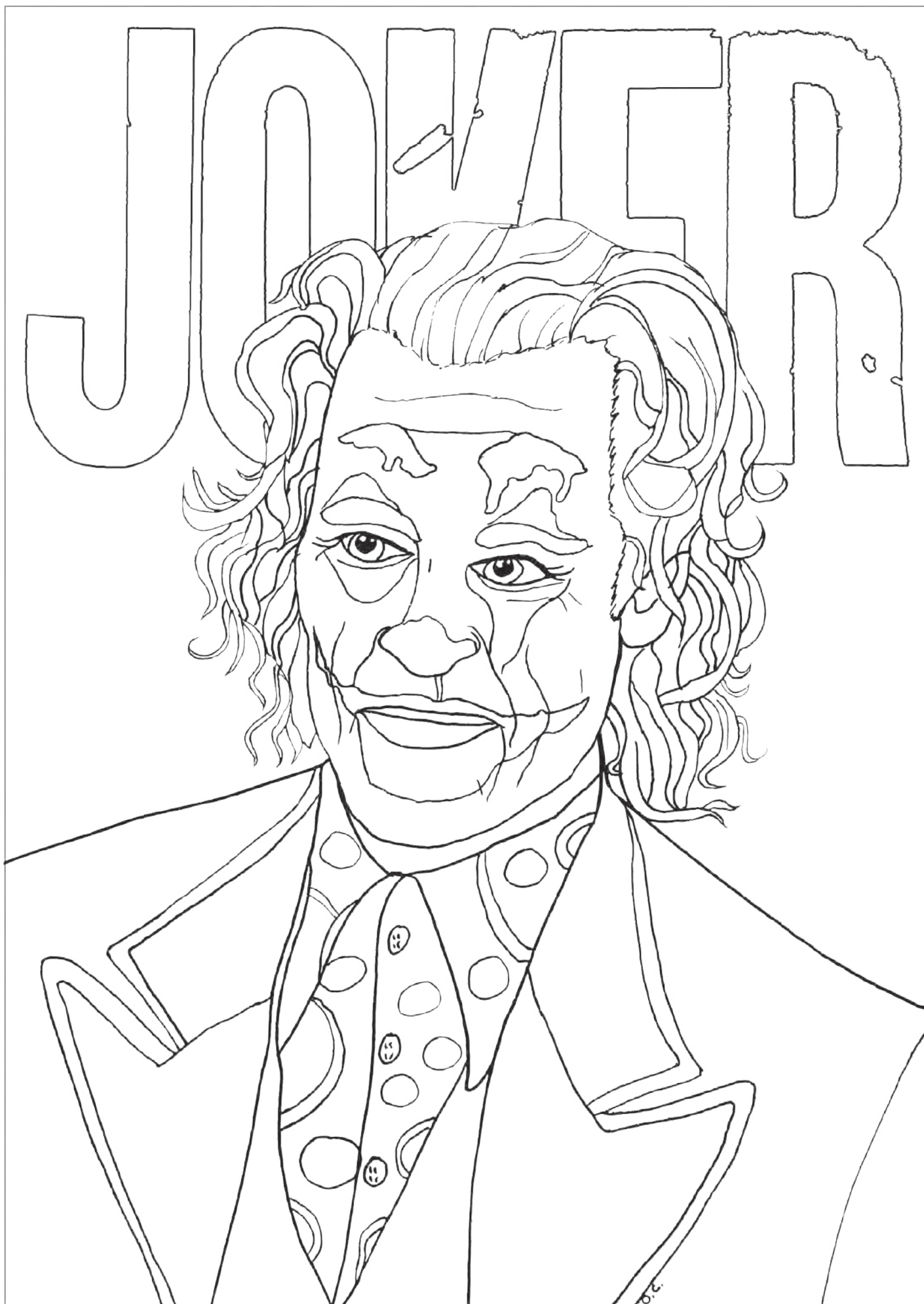


paint the world  
**SUPER**  
COLORING









# Tongue Twisters for Fun

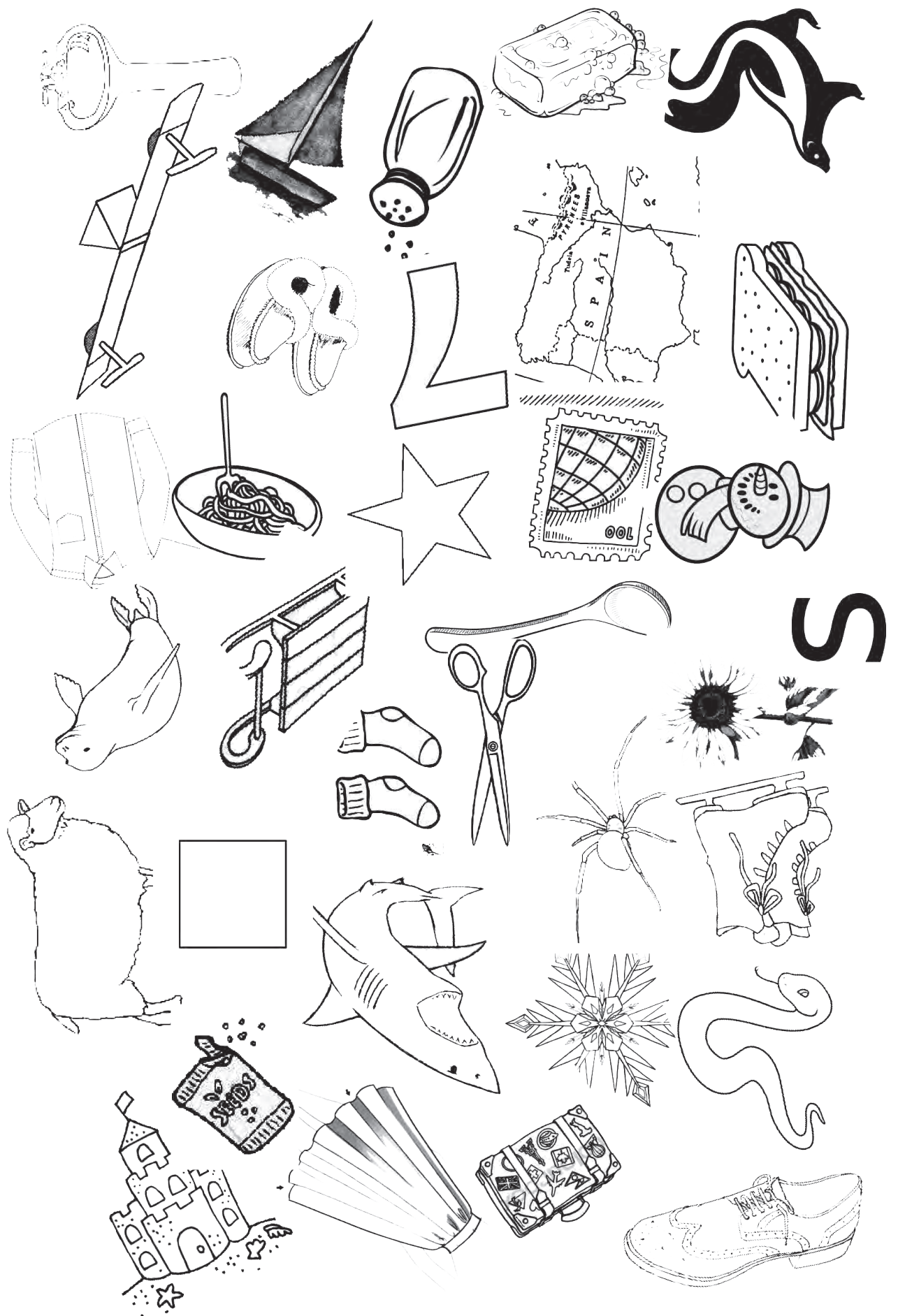
Make several copies and highlight two or three sentences for each participant.

If possible use a microphone so everybody can be amused when participants get tangled up in the words.

1. How can a clam cram in a clean cream can?
2. I saw Susie sitting in a shoeshine shop.
3. I saw a kitten eating chicken in the kitchen!
4. Tom threw Tim three thumbtacks.
5. Nine nice night nurses nursing nicely.
6. How many yaks could a yak pack if a yak could pack yaks?
7. We surely shall see the sun shine soon.
8. Fred fed Ted bread, and Ted fed Fred bread.
9. I slit the sheet, the sheet I slit, upon a slitted sheet I sit.
10. Lesser leather never weathered wetter weather better.
11. He thrusts his fists against the posts and still insists he sees the ghosts.
12. I wish I were what I was when I wished I were what I am.
13. Six silly sisters sitting sadly sawing six silk sacks.
14. The bleak breeze blights the bright blue blossoms.
15. A purely rural duel plural is better than a purely plural duel rural.
16. Five fine Florida florists fried fresh flat flounder fish fillet.
17. Sam's shop stocks short spotted socks.
18. A tutor who tooted the flute tried to tutor two tooters to toot.
19. Leaping lizards like to lick lovely lemon lollipops for lunch.
20. I'm not a fig plucker, nor the fig plucker's son, but I'll pluck figs till the fig plucker comes.

## ITEMS TO FIND

Say an item and see how quickly your opponent can find it



# NAME THE DOG

How many dogs can you name?



1



2



3



4





5



6



7



8

# MULTIPLE CHOICE

Place where people live that is smaller than a city

☐

hamlet

☐

town

☐

village

A person, place or thing in a sentence

☐

noun

☐

subject

☐

verb

The colour of mud

☐

black

☐

brown

☐

red

Opposite of open

☐

close

☐

shut

☐

slam

Something you use to water the garden

☐

bucket

☐

can

☐

hose

A flower usually given on Valentine's Day

☐

daisy

☐

lily

☐

rose

An opening for something

☐

exit

☐

gap

☐

hole

A point scored in soccer

☐

advantage

☐

goal

☐

shot

A small, furry animal that tunnels underground

☐

gopher

☐

mole

☐

rabbit

**Three strikes in baseball**

☐ foul      ☐ out      ☐ walk

**Something you do when you do not get your way**

☐ frown      ☐ pout      ☐ sulk

**A plant that starts to grow from a seed**

☐ alfalfa      ☐ shoot      ☐ sprout

**A drink made from milk and ice cream**

☐ float      ☐ malt      ☐ shake

**An earth tremble**

☐ quake      ☐ tsunami      ☐ volcano

**To disturb someone's sleep**

☐ rouse      ☐ stir      ☐ wake

**Yellowstone and Yosemite**

☐ bears      ☐ minerals      ☐ parks

**A dog does this to get attention**

☐ barks      ☐ paws      ☐ whines

**Flashes of light caused by static electricity**

☐ flares      ☐ sparks      ☐ twinkles



# I Love You in different languages

|                            |                           |
|----------------------------|---------------------------|
| German .....               | Ich liebe dich            |
| French.....                | Je t'aime                 |
| Brazilian Portuguese ..... | Te amo                    |
| Italian.....               | Ti Voglio bene            |
| Spanish.....               | Te quiero                 |
| Croatian.....              | Volim te                  |
| Dutch .....                | Ik hou van jou            |
| Greek.....                 | S'agapo                   |
| Japanese.....              | Aishiteru                 |
| Polish .....               | Kocham cie                |
| Turkish .....              | Seni seviyorum            |
| Yiddish .....              | Ikh hob dikh              |
| Russian .....              | Ya tebya liubliu          |
| Mandarin.....              | Wo ai ni                  |
| Creole .....               | Mi aime jou               |
| Farsi .....                | Tora dost daram           |
| Danish .....               | Jeg elsker dig            |
| English .....              | I love you                |
| Esperanto .....            | Mi amas vin               |
| Fijian .....               | Au lomani iko             |
| Maori .....                | E aroha ana ahau ki a koe |



# Song list

## Pretty Woman

Roy Orbison

Pretty woman, walking down the street  
Pretty woman, the kind I like to meet  
Pretty woman  
I don't believe you, you're not the truth  
No one could look as good as you

Mercy

Pretty woman, won't you pardon me?  
Pretty woman, I couldn't help but see  
Pretty woman  
That you look lovely as can be  
Are you lonely just like me?

Wow

Pretty woman, stop a while  
Pretty woman, talk a while  
Pretty woman, give your smile to me  
Pretty woman, yeah, yeah, yeah  
Pretty woman, look my way  
Pretty woman, say you'll stay with me  
'Cause I need you, I'll treat you right  
Come with me baby, be mine tonight

Pretty woman, don't walk on by  
Pretty woman, don't make me cry  
Pretty woman, don't walk away, hey...  
OK

If that's the way it must be, OK  
I guess I'll go on home, it's late  
There'll be tomorrow night, but wait  
What do I see?

Is she walking back to me?  
Yeah, she's walking back to me  
Oh, oh, pretty woman

## Summer Nights

Olivia Newton - John, John Travolta

Summer lovin', had me a blast  
(Summer lovin', happened so fast)  
Met a girl crazy for me  
(Met a boy cute as can be)  
Summer days drifting away  
To, uh oh, those summer nights  
Well-a, well-a, well-a, uh!  
Tell me more, tell me more  
Did you get very far?  
(Tell me more, tell me more)  
(Like does he have a car?)  
She swam by me, she got a cramp  
He ran by me, got my suit damp  
Saved her life, she nearly drowned  
He showed off splashing around  
Summer sun, something's begun  
But, uh oh, those summer nights  
Well-a, well-a, well-a, uh!  
(Tell me more, tell me more)  
(Was it love at first sight?)  
(Tell me more, tell me more)  
(Did she put up a fight?)  
Took her bowling in the arcade  
We went strolling, drank lemonade  
We made out under the dock  
We stayed out till ten o'clock  
Summer fling don't mean a thing  
But, uh oh, those summer nights  
(Tell me more, tell me more)  
(But you don't gotta brag)  
(Tell me more, tell me more)  
( 'Cause he sounds like a drag)  
He got friendly holding my hand  
Well, she got friendly down in the sand  
He was sweet, just turned eighteen  
Well, she was good, you know what I mean  
Summer heat, boy and girl meet  
But, uh oh, those summer nights  
(Tell me more, tell me more)  
(How much dough did he spend?)  
(Tell me more, tell me more)  
(Could she get me a friend?)  
It turned colder; that's where it ends  
So I told her we'd still be friends  
Then we made our true love vow  
Wonder what she's doin' now  
Summer dreams ripped at the seams  
But, oh, those summer nights  
(Tell me more, tell me more)  
More, More

## If I only had a brain

From Wizard of Oz

[SCARECROW]

I could while away the hours  
Conferrin' with the flowers  
Consultin' with the rain  
And my head, I'd be scratchin'  
While my thoughts were busy hatchin'  
If I only had a brain

I'd unravel every riddle  
For any individ'le  
In trouble or in pain

[DOROTHY]

With the thoughts you'd be thinkin'  
You could be another Lincoln  
If you only had a brain

[SCARECROW]

Oh, I would tell you why  
The ocean's near the shore  
I could think of things I never thunk before  
And then I'd sit and think some more

I would not be just a nuffin'  
My head all full of stuffin'  
My heart all full of pain  
I would dance and be merry  
Life would be a ding-a-derry  
If I only had a brain

INSTRUMENTAL

Gosh, it would be awful pleasin'  
To reason out the reason  
For things I can't explain

Then perhaps I'll deserve ya  
And be even worthy of ya  
If I only had a brain

## We're off to see the Wizard

We're off to see the Wizard  
The wonderful Wizard of Oz  
We hear he is a whiz of a wiz  
If ever a wiz there was  
If ever, oh ever a wiz there was  
The Wizard of Oz is one because  
Because, because, because, because, be-  
cause  
Because of the wonderful things he does  
We're off to see the Wizard  
The wonderful Wizard of Oz

## Singing in the Rain

Gene Kelly

I'm singin' in the rain, just singin' in the rain  
What a glorious feeling I'm happy again  
I'm laughing at clouds so dark above  
The sun's in my heart and I'm ready for love  
Let the stormy clouds chase everyone from the  
place  
Come on with the rain, I've a smile on my face  
I'll walk down the lane with a happy refrain  
And singin' just singin' in the rain

I'm dancing in the rain,

I'm happy again

I'm singing and dancing in the rain

INSTRUMENTAL

Dancing and Singing in the rain

## Swing on a Star

Bing Crosby

Would you like to swing on a star  
Carry moonbeams home in a jar  
And be better off than you are  
Or would you rather be a mule?

A mule is an animal with long funny ears  
Kicks up at anything he hears  
His back is brawny but his brain is weak  
He's just plain stupid with a stubborn streak  
And by the way, if you hate to go to school  
You may grow up to be a mule

Or would you like to swing on a star  
Carry moonbeams home in a jar  
And be better off than you are  
Or would you rather be a pig?

A pig is an animal with dirt on his face  
His shoes are a terrible disgrace  
He has no manners when he eats his food  
He's fat 'n lazy and extremely rude  
But if you don't care a feather or a fig  
You may grow up to be a pig

Or would you like to swing on a star  
Carry moonbeams home in a jar  
And be better off than you are  
Or would you rather be a fish?

A fish won't do anything, but swim in a brook  
He can't write his name or read a book  
To fool the people is his only thought  
And though he's slippery, he still gets caught  
But then if that sort of life is what you wish  
You may grow up to be a fish  
A new kind of jumped-up slippery fish

And all the monkeys aren't in the zoo  
Everyday you'll meet quite a few  
So you see it's all up to you  
You can be better than you are  
You could be swingin' on a star

## Love me Tender

Elvis

Love me tender  
Love me sweet  
Never let me go  
You have made my life complete  
And I love you so  
Love me tender  
Love me true  
All my dreams fulfilled  
For my darlin' I love you  
And I always will

Love me tender  
Love me long  
Take me to your heart  
For it's there that I belong  
And we'll never part  
Love me tender  
Love me true  
All my dreams fulfilled  
For my darlin' I love you  
And I always will

Love me tender  
Love me dear  
Tell me you are mine  
I'll be yours through all the years  
Till the end of time  
Love me tender  
Love me true  
All my dreams fulfilled  
For my darlin' I love you  
And I always will



# Raindrops Keep Fallin on my Head

B.J. Thomas

Raindrops keep fallin' on my head,  
An' just like the guy who's feet are too big for his bed,  
Nothin' seems to fit,  
Those raindrops are fallin' on my head,  
They keep fallin'...

So i just did me some talkin' to the sun,  
And i said i didn't like the way he got things done,  
Sleepin' on the job,  
Those raindrops are fallin' on my head,  
They keep fallin', but there's one thing, i know,  
The blues they send to meet me,  
Won't defeat me,  
It won't be long 'till happiness  
Steps up to greet me...

Raindrops keep fallin' on my head,  
But that doesn't mean my eyes will soon be turnin' red,  
Cryin's not for me,  
'cause, i'm never gonna stop the rain by complainin'  
Because I'm free, Nothin's worryin' me  
Nothin's worryin' me...  
It won't be long till happiness steps up to greet me .

Raindrops keep fallin' on my head,  
But that doesn't mean my eyes will soon be turnin' red,  
Cryin's not for me,  
'cause, i'm never gonna stop the rain by complainin'  
Because i'm free  
Nothin's worryin' me

## I'm forever blowing bubbles

I'm forever blowing bubbles  
Pretty bubbles in the air  
They fly so high, nearly reach the sky  
Then like my dreams they fade and die  
Fortune's always hiding  
I've looked everywhere  
I'm forever blowing bubbles  
Pretty bubbles in the air  
I'm f-f-forever b-b-blowing bubbles  
Pretty bubbles in the air  
They f-f-fly so high, nearly reach the sky  
Then in my d-d-dreams they fade and d-d-die  
Fortune's always hiding  
I've looked everywhere  
I'm f-f-forever b-b-blowing bubbles  
Pretty bubbles in the air

## Living Doll - Cliff Richard

Got myself a cryin' talkin' sleepin' walkin' livin' doll  
Got to do the best to please her just 'cause she's a living doll  
Got a rovin' eye and that is why she satisfies my soul  
Got the one and only walkin' talkin' livin' doll

Take a look at her hair it's real if you don't believe what I say just feel  
Gonna' lock her up in a trunk so no big hunk can steal her away from me

Got myself a cryin' talkin' sleepin' walkin' livin' doll  
Got to do the best to please her just 'cause she's a living doll  
Got a rovin' eye and that is why she satisfies my soul  
Got the one and only walkin' talkin' livin' doll

Take a look at her hair it's real if you don't believe what I say just feel  
Gonna' lock her up in a trunk so no big hunk can steal her away from me

Got myself a cryin' talkin' sleepin' walkin' livin' doll  
Got to do the best to please her just 'cause she's a living doll  
Got a rovin' eye and that is why she satisfies my soul  
Got the one and only walkin' talkin' livin' doll

## Mamma Mia

I've been cheated by you, since I don't know when  
So I made up my mind, it must come to an end  
Look at me now, will I ever learn?  
I don't know how but I suddenly lose control  
There's a fire within my soul  
Just one look and I can hear a bell ring  
One more look and I forget everything, oh oh  
Mamma mia, here I go again  
My my, how can I resist you?  
Mamma mia, does it show again?  
My my, just how much I've missed you  
Yes, I've been broken hearted  
Blue since the day we parted  
Why, why did I ever let you go?  
Mamma mia, now I really know  
My my, I could never let you go

I been angry inside by things that you do  
I can't count all the times that I told you were through  
And when you go, when you slam the door  
I think you know. That you won't be away too long,  
You know that I'm not that strong  
Just one look and I can hear a bell ring  
One more look and I forget everything, oh oh  
Mamma mia, here I go again  
My my, how can I resist you?  
Mamma mia, does it show again?  
My my, just how much I've missed you  
Yes, I've been broken hearted  
Blue since the day we parted  
Why, why did I ever let you go

Mamma mia even if I say  
My my, leave me now or never  
Mamma mia, it's a game we play  
My, my doesn't mean forever  
Mamma mia here I go again  
My my, how can I resist you?  
Mamma mia, does it show again?  
my, my just how much I missed ya!  
Yes, I've been broken hearted  
Blue since the day we parted  
Why, why did I ever let you go  
Mamma mia, now I really know  
My my, I could've never let you go

## ANAGRAM QUIZ

Rearrange the letters of each word to form another word using the clues:

| WORD       | CLUE                               | ANSWER |
|------------|------------------------------------|--------|
| Brush      | A woody plant smaller than a tree  |        |
| Thicken    | A room where food is prepared      |        |
| Wand       | A part of the day                  |        |
| Supersonic | Part of an orchestra               |        |
| Rock       | Bottle seal made of bark           |        |
| Leg        | Used to stiffen hair               |        |
| Mad        | Water reservoir                    |        |
| Baker      | Part of a car                      |        |
| Sear       | Part of your face                  |        |
| Bury       | A precious stone                   |        |
| Sore       | A flower                           |        |
| Soil       | A tower to store grain in farms    |        |
| Late       | A story                            |        |
| Save       | A container for flowers            |        |
| Ocean      | A narrow boat propelled by paddles |        |
| Coral      | Christmas song                     |        |
| Dairy      | A journal                          |        |
| Flier      | A gun                              |        |
| Satin      | A virtuous person, holy            |        |
| Rinse      | Warning sound from an ambulance    |        |



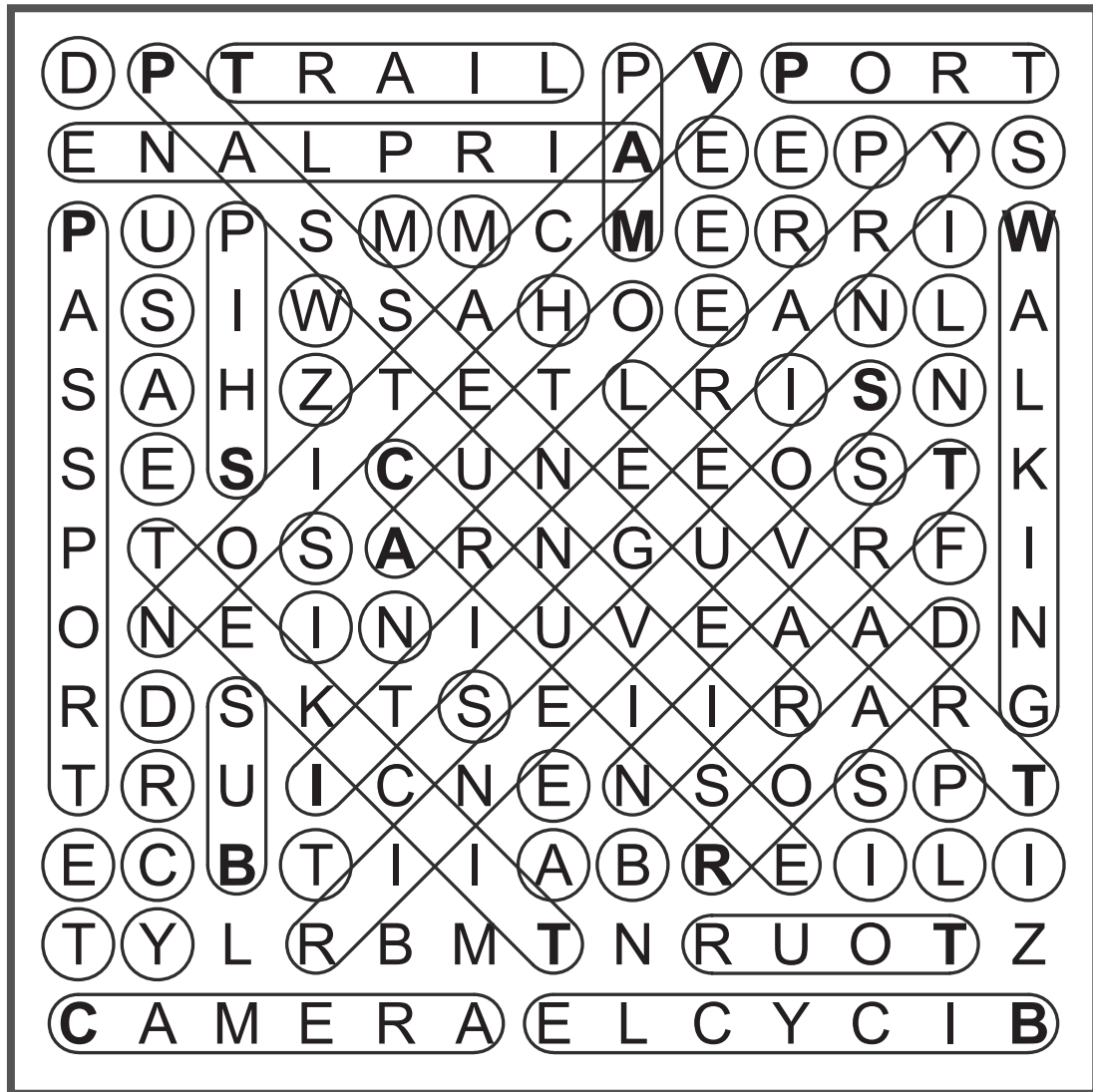
# Solutions

## ST. PATRICK'S DAY



# Word Search

## SUMMER VACATION



# Word Search

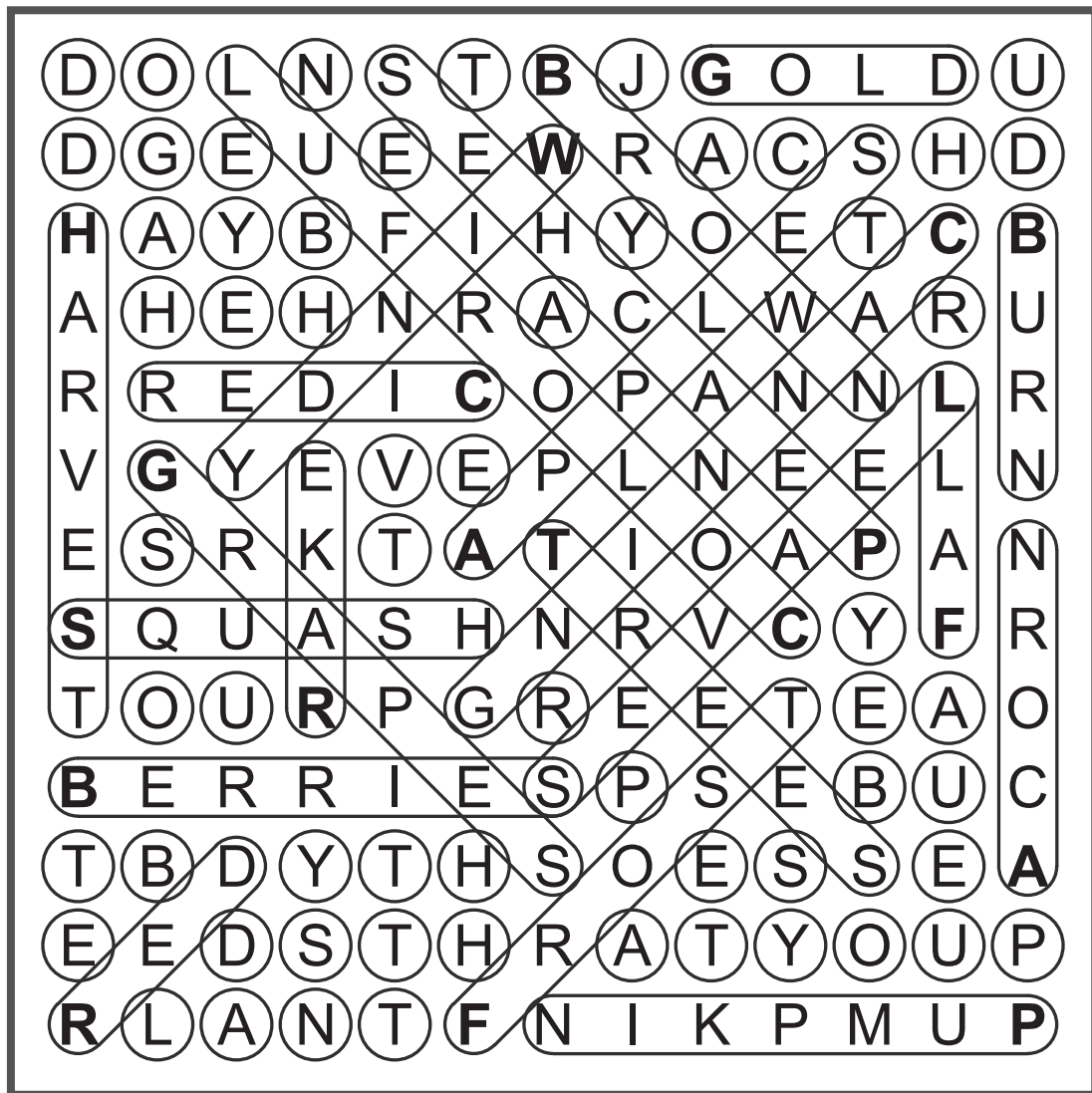
HAPPY NEW YEAR





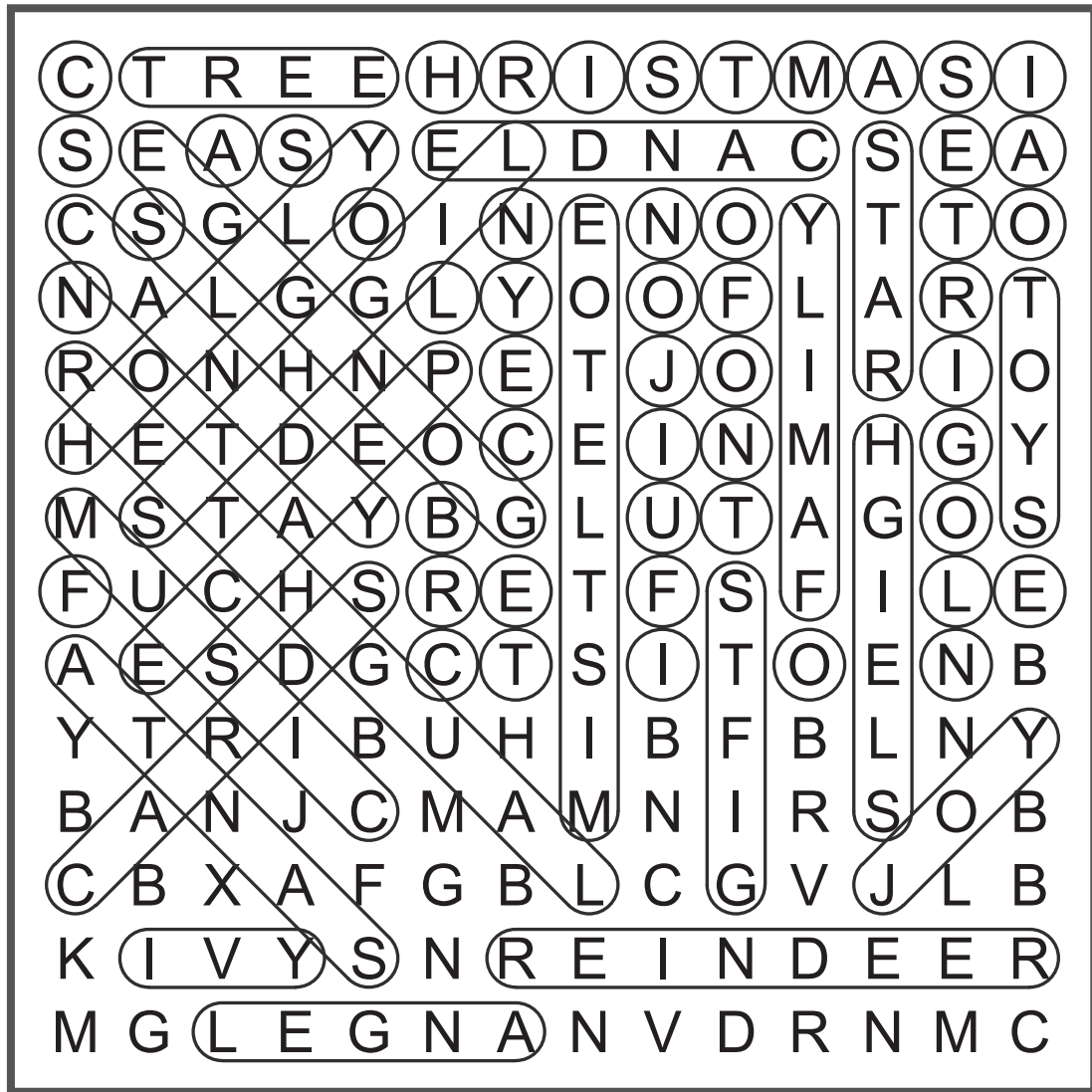
# Word Search

## HARVEST FESTIVAL



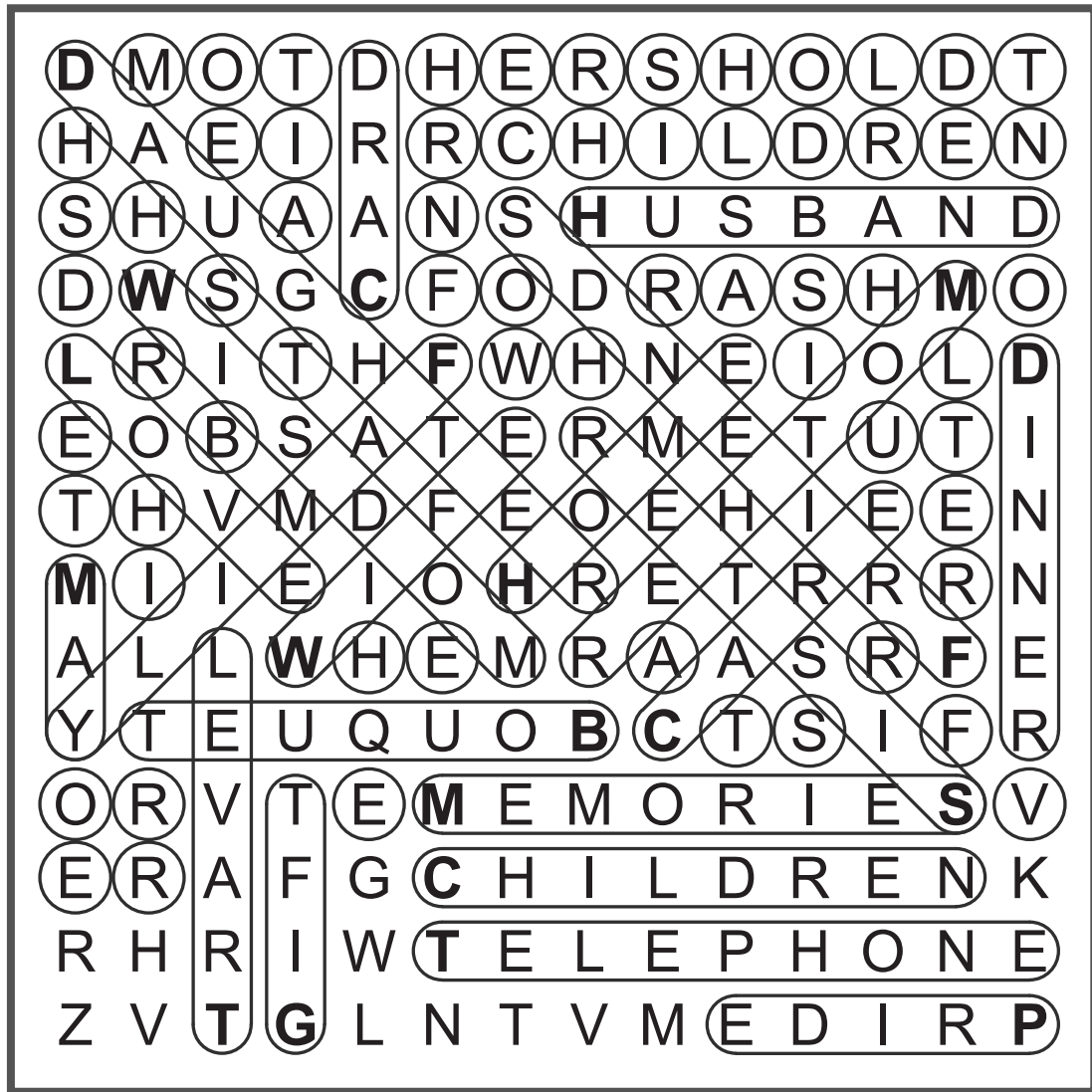
# Word Search

MERRY CHRISTMAS



# Word Search

## MOTHER'S DAY



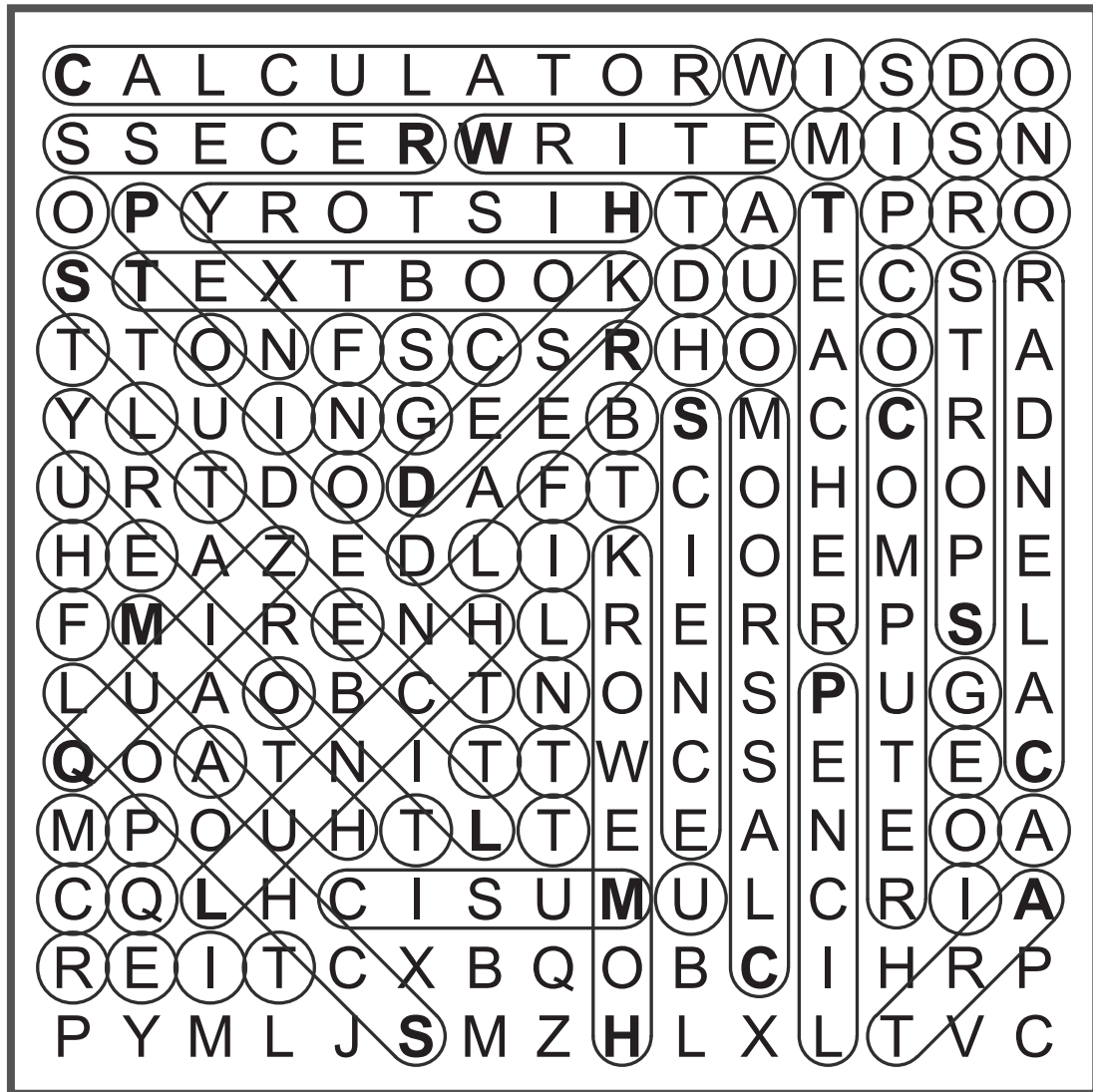
# Word Search

NEW YEAR'S EVE



# Word Search

## SCHOOL DAYS



# Word Search

SPRING



### Answers:

1. Alexandre Dumas
2. Peter Pan
3. The Fisherman and His Wife
4. A Christmas Carol
5. A balloon
6. Brothers Grimm
7. Kansas
8. Alice
9. Lucy, the youngest sibling
10. Timmy, the dog
11. Little Women
12. The Secret Garden
13. A washer woman
14. The Adventures of Tom Sawyer
15. Anna Sewell
16. Wilbur
17. 101
18. Madeline
19. Charlie and the Chocolate Factory
20. Christopher Robin

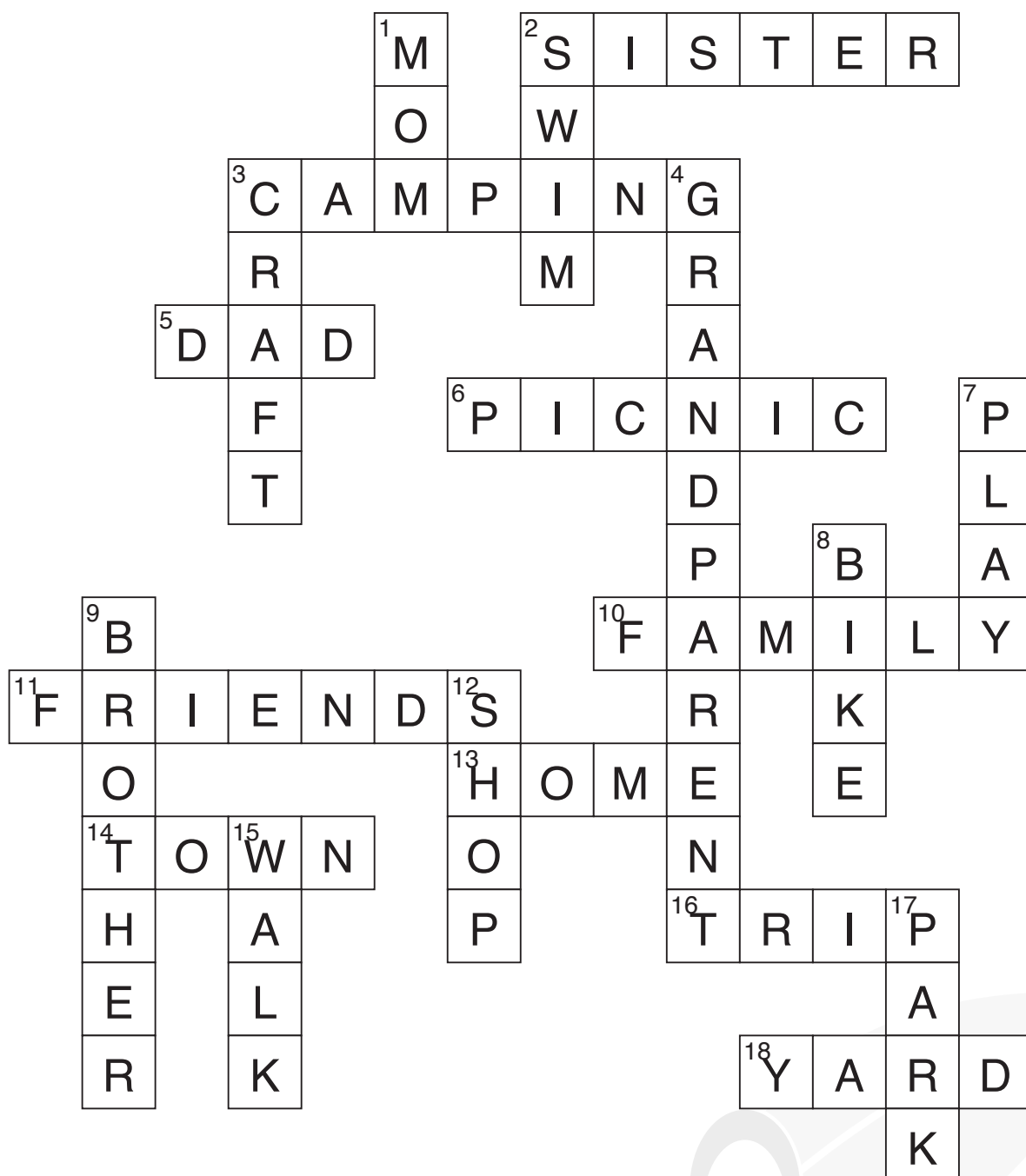


## Wind and Winter

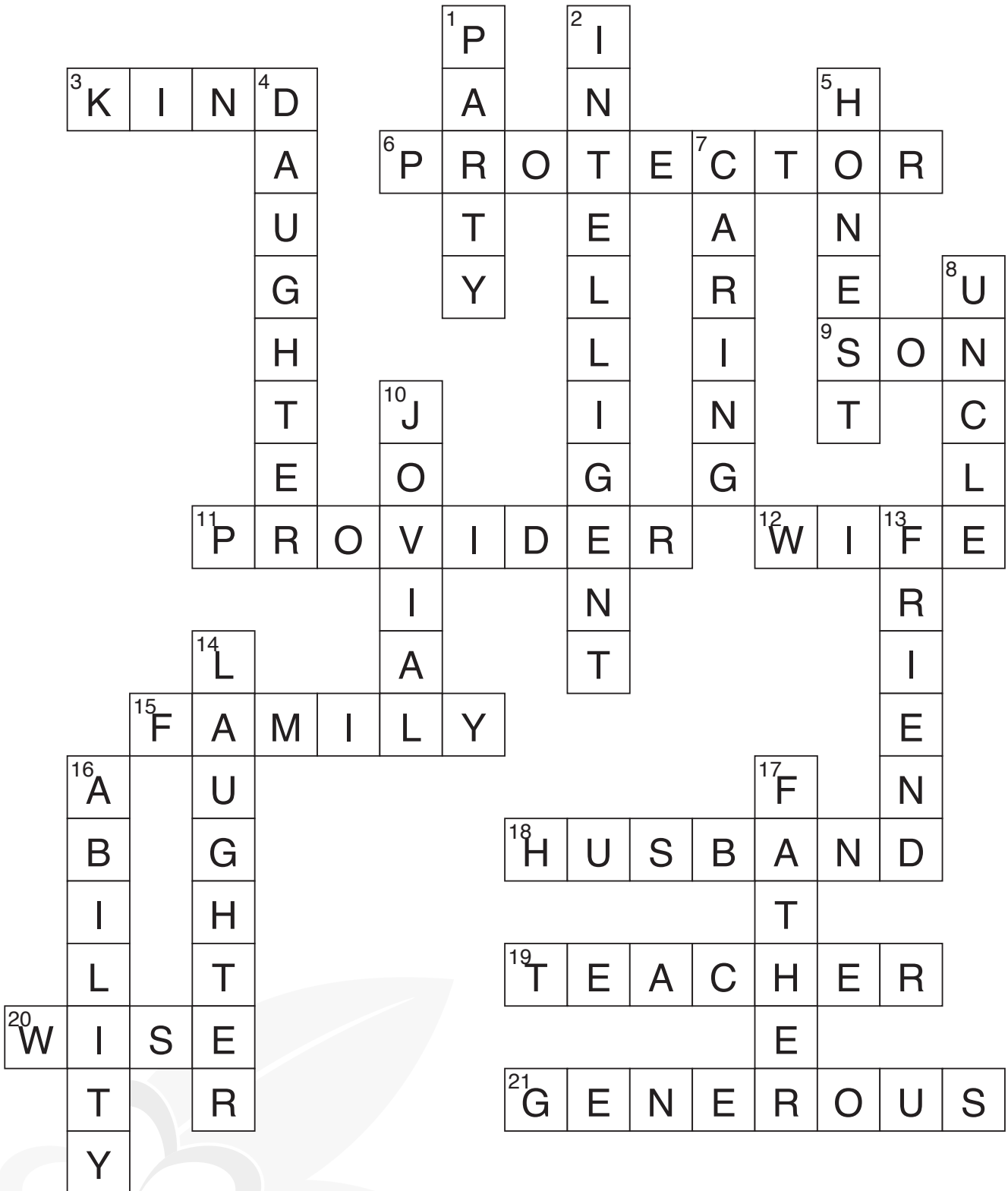




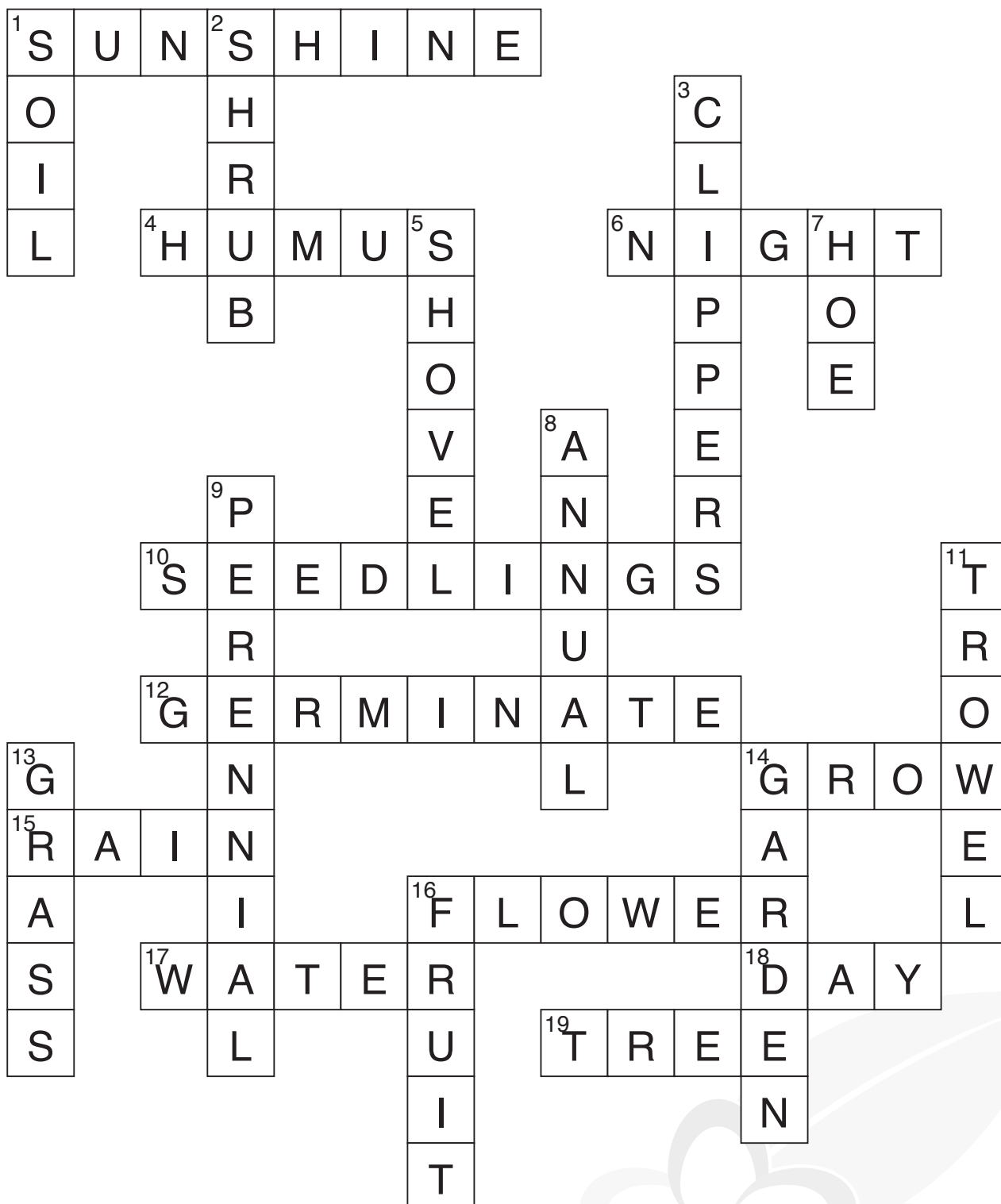
## Family and Friends



## Father's Day



## Gardening



## Halloween



## Happy Hollidays



## Happy New Year



## Harvest Festival



# Spring Quiz 2020 (part 1)

Good Luck and we hope you enjoy this quiz. Some questions are very easy whilst others will cause you to scratch your head as you ponder maybe even tear your hair out! Some questions require a little more lateral thinking whilst others are little more tongue in cheek. The main thing is that you enjoy it!

|    |                                                                                                                                        |                                                                  |
|----|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| 1  | In Britain we call it Shrove Tuesday (pancake day) what is it called in France?                                                        | Mardi Gras                                                       |
| 2  | Easter Island belongs to which country?                                                                                                | Chile                                                            |
| 3  | Which university term begins after Easter?                                                                                             | Trinity                                                          |
| 4  | Some months have 31 days, others have 30 days. How many have 28 days?                                                                  | All months have 28 days.                                         |
| 5  | What is known as Osterhase in Germany?                                                                                                 | The Easter hare                                                  |
| 6  | In 1873, which company introduced the first chocolate Easter egg in Britain?                                                           | J.S Fry of Bristol, Cadbury launched its version two years later |
| 7  | Who was the first person to have seen Jesus alive on the first Easter Sunday?                                                          | Mary Magdalene                                                   |
| 8  | Name the wife of Roger Rabbit in the animated film 'Who Framed Roger Rabbit' 1988?                                                     | Jessica, voice of Kathleen Turner                                |
| 9  | In which Beatles song will you find the lines "I am the egg man, they are the egg men"?                                                | I am the Walrus                                                  |
| 10 | Which Australian Supermodel was born on Easter Sunday, 1964?                                                                           | Elle Macpherson                                                  |
| 11 | Name the novel by Richard Adams that features a group of rabbits, including Fiver, Hazel and Bigwig?                                   | Watership Down                                                   |
| 12 | Which Scottish side plays football at Easter Road?                                                                                     | Hibernian FC                                                     |
| 13 | What can't be used until it's broken?                                                                                                  | An Egg                                                           |
| 14 | Which British Monarch decreed that hot cross buns could no longer be sold on any day except for Good Friday, Christmas or for burials? | In 1592, Queen Elizabeth                                         |
| 15 | Name the cartoon character known for this quote? "Be ve-wy, ve-wy quiet. I'm hunting wabbits".                                         | Elmer Fudd                                                       |



|           |                                                                                                                                 |                                                                     |
|-----------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| <b>16</b> | What decides the date of Easter Sunday?                                                                                         | The Sunday after the first full moon on or after the spring equinox |
| <b>17</b> | The Good Friday agreement, signed on Good Friday 1998, is also known as what?                                                   | The Belfast Agreement, it was reached on 10th April 1998            |
| <b>18</b> | Nick Easter is a former professional in which sport?                                                                            | Rugby Union                                                         |
| <b>19</b> | What is the name of the fruitcake traditionally eaten at Easter?                                                                | Simnel Cake                                                         |
| <b>20</b> | Decipher this anagram of an Easter character, Heath Charmer?                                                                    | The March hare.                                                     |
| <b>21</b> | In 2004 who directed the controversial biblical film, 'The Passion of the Christ'?                                              | Mel Gibson                                                          |
| <b>22</b> | Often used to decorate Church altars and a religious symbol of Easter, also commonly gifted on Easter Sunday, name the flower . | Easter Lily                                                         |
| <b>23</b> | Released in 2000, who sang "Sweet like Chocolate"                                                                               | Shanks & Bigfoot                                                    |
| <b>24</b> | Who is known as the artist of the painting 'The Last Supper'?                                                                   | Leonardo Da Vinci, 1495                                             |
| <b>25</b> | How was Jesus described on the plaque that was placed above his head on the cross?                                              | Jesus the Nazarine, King of the Jews.                               |
| <b>26</b> | Complete the name of the English post-punk band, Echo and the ... ?                                                             | Bunny Men                                                           |
| <b>27</b> | At Easter time Pysanka is the art of what?                                                                                      | Easter egg painting.                                                |
| <b>28</b> | What colour eggs does "Sam I am " not like in the Dr Seuss book?                                                                | Green                                                               |
| <b>29</b> | What was the name of the prisoner released instead of Jesus by Pontius Pilot?                                                   | Barabbas                                                            |
| <b>30</b> | Name the song "'No, you won't stop talkin, why don't you give it a rest?"                                                       | Rabbit (Chas & Dave)                                                |

# Spring Quiz 2020 (part 2)

Good Luck and we hope you enjoy this quiz. Some questions are very easy whilst others will cause you to scratch your head as you ponder maybe even tear your hair out! Some questions require a little more lateral thinking whilst others are little more tongue in cheek. The main thing is that you enjoy it!

|    |                                                                                                               |                                                                  |
|----|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| 31 | Name the Aesop's fable whose moral is 'slow and steady wins the race'?                                        | The Tortoise and the Hare.                                       |
| 32 | Which British actress (also associated with Harry Potter) provided the voice for the Cadbury's Caramel Bunny? | Miriam Margolyes                                                 |
| 33 | Decipher this anagram of an Easter character, Hitter With Babe?                                               | The White Rabbit                                                 |
| 34 | In what book are the first spoken words "Oh dear! Oh dear! I shall be too late!"?                             | The White Rabbit says that in Alices' Adventures in Wonderland . |
| 35 | Between 1958 -1963, which Berkshire village was the focus of an annual Easter protest march?                  | Aldermaston                                                      |
| 36 | In which of William Shakespeare's plays is the poem known as 'Spring' (entitled 'Ver') sung at the end?       | Love Labours Lost                                                |
| 37 | The WW1 German attacks called Kaiser's Battle were also known as what?                                        | The 1918 Spring Offensive, or Kaiserschlacht                     |
| 38 | Which character in The Wind in the Willows said, "Bother? And O' blow! And also 'Hang Spring-cleaning?"       | Mole                                                             |
| 39 | 'Primavera', or 'Spring', is a famous painting by which celebrated artist?                                    | Sandro Botticelli, 15th Century                                  |
| 40 | What is the name of the Roman Goddess of Spring?                                                              | Flora                                                            |
| 41 | I have cities, but no houses. I have mountains, but no rocks. I have water, but no fish. What am I?           | A Map                                                            |
| 42 | What is seen in the middle of March and April that can't be seen at the beginning or end of either month?     | The Letter R                                                     |
| 43 | Who coined the term "Hope springs eternal..?"                                                                 | This expression was coined by Alexander Pope                     |
| 44 | "June is Busting Out All Over" is a song from which musical comedy?                                           | Carousel Roger's and Hammerstein 1945                            |
| 45 | Name the six foot rabbit in the film starring James Stewart in 1950                                           | Harvey                                                           |

- 46** How many silver coins did Judas Iscariot received in payment to betray Jesus?
- 47** Name the musical film featuring ( among others ) the songs " Steppin' out with my Baby " & "We're a couple of swells "
- 48** In a game somewhat similar to conkers, egg fighting is an traditional annual event in which country ?
- 49** Originally held on Boxing day, the Super League match between Wigan Warriors and St Helens is now held on what day ?
- 50** Who wrote 4 novels about Harry 'Rabbit' Angstrom ?
- 51** Often found in computer software , a secret message , joke or sceen is known as a what ?
- 52** Start with the number of days in Lent
- 53** A Faberge Imperial egg and a whispered word from Orson Wells , what is it ?
- 54** Scottish comedian and actor , Charles Thomas McKinnon Murray was better known as ?
- 55** Name the Junior Health Minister at the centre of the eggs and salmonella scandal in 1988, who resigned as a result.

|                                                                                                  |
|--------------------------------------------------------------------------------------------------|
| <b>30</b>                                                                                        |
| <b>Easter Parade : Fred Astaire &amp; Judy Garland</b>                                           |
| <b>Bulgaria</b>                                                                                  |
| <b>Good Friday , moved in 1996 when the Rugby League</b>                                         |
| <b>John Updyke</b>                                                                               |
| <b>An Easter Egg</b>                                                                             |
| <b>40</b><br><b>14 = 54</b><br><b>13 = 41</b><br><br><b>92 = 133 ( 1 )</b><br><b>7 = 126 (2)</b> |
| <b>Rosebud ( 3 )</b>                                                                             |
| <b>Chic Murray</b>                                                                               |
| <b>Edwina Curry</b>                                                                              |



## **NAME THE DOG**

How many dogs can you name?

# **ANSWERS**

- 1. Chow Chow**
- 2. Dalmatian**
- 3. German Shephard**
- 4. Greyhound**
- 5. Saint Bernard**
- 6. Great Dane**
- 7. Jack Russel**
- 8. Yorkshire Terrier**



## ANAGRAM QUIZ

Rearrange the letters of each word to form another word using the clues:

| WORD       | CLUE                               | ANSWER     |
|------------|------------------------------------|------------|
| Brush      | A woody plant smaller than a tree  | Shrub      |
| Thicken    | A room where food is prepared      | Kitchen    |
| Wand       | A part of the day                  | Dawn       |
| Supersonic | Part of an orchestra               | Percussion |
| Rock       | Bottle seal made of bark           | Cork       |
| Leg        | Used to stiffen hair               | Gel        |
| Mad        | Water reservoir                    | Dam        |
| Baker      | Part of a car                      | Brake      |
| Sear       | Part of your face                  | Ears       |
| Bury       | A precious stone                   | Ruby       |
| Sore       | A flower                           | Rose       |
| Soil       | A tower to store grain in farms    | Silo       |
| Late       | A story                            | Tale       |
| Save       | A container for flowers            | Vase       |
| Ocean      | A narrow boat propelled by paddles | Canoe      |
| Coral      | Christmas song                     | Carol      |
| Dairy      | A journal                          | Diary      |
| Flier      | A gun                              | Rifle      |
| Satin      | A virtuous person, holy            | Saint      |
| Rinse      | Warning sound from an ambulance    | Siren      |







# Dementia SUPPORT

For general enquires and stock replenishment  
please contact [info@dementia-support.org.uk](mailto:info@dementia-support.org.uk)

**We would also appreciate any suggestions  
or thoughts for our next edition**