

Webinar: Meaningful activities 'Leading the way'

Skills for Care webinar, in partnership with NAPA
Wednesday 3 February 2021



The pre-recorded webinar can be seen [here](#) and all our COVID-19 webinars on a variety of different topics can be found on the [website](#).

During the webinar, several questions were asked which are answered below. We have also listed many of the fantastic ideas that were shared with us that we didn't get a chance to talk about during the webinar.

FAQs

- **Could you give us the NAPA helpline number again?**
 - The NAPA Helpline is a free, confidential service for anyone with a question or concern relating to activity and engagement.
 - The helpline number is **0800 158 5503**
- **Is the helpline for members and non-members too?**
 - Yes, NAPA supports all activity providers.
- **Is membership for companies or individual people?**
 - NAPA membership is open to both individuals and care settings.
- **Do you support day service providers or is it mainly just care homes?**
 - Both! NAPA supports all activity providers and care homes. We also support home care providers and supported living services. Any service in adult social care.
- **What is the discount code for NAPA?**
 - **To join NAPA and receive your annual membership £65 instead of £90 email: membership@napa-activities.co.uk**
Quote new member discount code: S4C2021 to redeem this offer.
- **What was the Facebook group called with the virtual entertainment content?**
 - Search on Facebook for 'Virtual Entertainment Group for Care Homes'
- **I support a young man with ADHD who has around a 1-minute attention span give or take. What activities can you recommend to keep him engaged for longer lengths of time?**
 - Start with his interests, if he is engaged for 1 minute then be appreciative and thank him for his time and offer another opportunity to engage for another minute. Music is often the most accessible of activities and absorbing but try different types of music and sit alongside him, enjoy it together.

- For regular activity ideas sign up to NAPA News for FREE downloads and become a NAPA Member to provide specialist resources contact communications@napa-activities.co.uk

▪ **In retirement living schemes where are communal areas closed, how can we encourage social activities? (we have limited technology)**

- Consider hall and doorway activities. Many of our members have shared the following ideas:
 - Any type of exercise - yoga, tai chi, noodles, scarf, stretchy band exercise
 - Joke Hour - everyone takes turns telling prepared and printed jokes
 - Remote control cars or devices in and out of the rooms
 - Alexa/Dot - use for music, trivia, quiz
 - Singing between staff and residents
 - Worship via TV, radio, livestream or recorded, Prayer CDs
 - Bread machine for aroma and then snacking
 - Hallway choir
 - Doorway bingo
 - Doorway football
- Liaise with family members and/or purchase necessary supplies for each person's flat to promote one-to-one engagement and activity. Ideas include:
 - a mobile phone or tablet
 - decks of cards
 - large print books
 - spiral notebooks / colouring pencils / watercolours paints
 - notice board for signs to connect with loved ones
 - adult appropriate colouring
 - craft supplies and kits
 - word search and crosswords
 - wool
 - trivia books
 - hand-held video games
 - magazines / newspapers
 - stationary / pens for pen pals
 - small pots of flowers
 - life like dolls
 - robotic pets
 - aroma therapy / essential oils and diffusers
 - music tech / headphones

For FREE resources visit: <http://napa-activities.co.uk/members>

▪ **Other than Skype calls, how can we involve the relatives / friends with our daily activities?**

- Use technological platforms to support residents to connect with loved ones
- Ask relatives to send in photos of family and friends - from days gone by or recent snaps
- Read letters from family and friends
- Keep a diary to share with loved ones on Skype, Zoom and so on
- Share recorded greetings from family and friends
- Help with writing or typing letters and cards
- Find a pen pal and help with keeping in touch

- Make art and send it to each other by post
- **Is there a link to the Next-door site?**
 - <https://nextdoor.co.uk/>
- **How can I motivate other team members to do activities with the residents?**
 - Be enthusiastic, motivate your colleagues by role modelling inclusive practice. Appreciate all their contributions and thank them for their interest. Encourage colleagues to share their talents and interests with the team! As a manager it is important that you get involved too - this is the best possible way of showing the team that activity is a part of everyone's job.
- **Is there training you recommend for an activities co-ordinator specific to their role, looking at goals / outcomes and reviewing what works and what doesn't?**
 - NAPA provides a range of training courses and qualifications in activity provision.
 - Contact Sue Trischitta, Professional Development Manager at info@napa-activities.co.uk for more information.
- **How do we get involved in the penpals?**
 - Contact Alison Teader; Arts in Care Homes Programme Director - alison@artsincarehomes.co.uk
- **The problem I'm finding is that since the pandemic we had to stop outdoor activities e.g. bus trips, we can't have external activities (singers, entertainers, panto's etc) and so the choice of activities is limited. We had some people offer 'zoom' sessions but this just doesn't suit our service or engage our residents. Any suggestions?**
 - Keep trying with online events and providers, there is a range of providers offering diverse activities.
 - Visit the NAPA Recognised supplier directory to find out more www.napa-activities.co.uk/directory
- **Will there be funding for the materials for any of the creative workshops do you know?**
 - NAPA is working with a range of project partners to make activity resources free to download.
 - Sign up to NAPA News to find out more and keep in touch communications@napa-activities.co.uk
- **I have signed up to the Only Connect Penpals service but sadly we have not had any communication from the penpal - how can we look to get this off the ground?**
 - Please contact Arts in Care Homes Programme directly.
 - Alison Teader will be able to help you Alison@artsincarehomes.co.uk
- **Do you have a list which would be available in advance for national theme days or weeks?**

- We are currently working on an activities calendar which will be FREE for all NAPA members to download from 1 April 2021. Contact Membership@napa-activities.co.uk to find out more.

Ideas shared by the participants during the webinar

Craft	Exercise
Creating Christmas wreathes	Cricket in the garden
Creating group art and displays e.g. for Remembrance Day or Christmas celebrations which involve the local community	Seated chair exercises including chair yoga.
Assisting a resident to create 12 different artworks to form a 2021 calendar for themselves	Inside golf – putting or crazy golf
Organising art competitions.	Exercise with balloon batting
Making cushions out of loved one's clothes	Dancing sessions / Music with fitness / Dancing with pom poms
Crocheting and knitting	Zoom yoga sessions
Soap making	Parkside Olympics
Making scrapbooks	Running
Mandalas	Movement Mondays via Zoom
	Interactive boxing
	Ping pong
Indoor activities	Party
Choir / Sing and Sign sessions for Makaton signing	A staff member visiting the gardens on her wedding day in her wedding dress.
Printing out old maps and taking a walk-through history with residents	100th birthday celebration
Ascot day	Streaming a wedding of a resident's Grandson as she couldn't be there. We had a wedding party.
Local history documentaries	PJ Disco
Themed Quiz Bingo / Picture Bingo	Attend a virtual wedding in America
Sorting wardrobes / Fashion Show with life story	Digital
Create a pub, a social distance café, shop	Message boards and videos to send to family
Going into the garden, gardening club, and enjoying the outside.	Flight simulator
Chutney making / Bake Off competition	Teaching Makaton online
Subscribed to a Snack Box company who provide treats from different places of the world	Creating a VR Sensory Experience to visit places like the beach a woodland, holidays or transport them to a bucket-list destination!
The life history work	Music on You Tube
Reading, discussing and playing music using The Weekly Sparkle	Geocaching

Relaxation sessions	Other ideas
Zoom Live Concerts having singers singing Dame Vera Lynn, songs, Frank Sinatra, Elvis	"We have chosen a day of celebration each month to celebrate. Last week was Australia day with lamb skewers, Australian film, learning about Australian animals, history and musicians, colouring sheets..."
Scarecrow competition	Chinese New Year: leaning to paint their names in Chinese, colouring dragons and making Chinese food
Treasure Hunt	Each month we choose a different celebrated holiday and explore all we can from that holiday / celebration
Research family tree	National hug day - making various cards, writing messages, sending messages
Poetry	A resource library - we loan activities out to clients to do in their own homes
Household karaoke	Pen pal with YMCA
Magic Zoom	Obtaining an 8-seater golf buggy
Hatching duck eggs, growing ducklings, and incorporating animal care into our day to day life	
Starting a butterfly house	
Anonymous compliment envelopes	
Looking outwards	
"Chester zoo has an open day starting at 10am on Friday - whole Facebook day!"	
London Museums and Galleries are hosting virtual tours and workshops	
Look up your local YMCA lots of free fitness sessions on FB and Zoom	
Poetry to share, and the National Art Exhibition for those with Learning Disabilities	
Working with Imperial War Museum on a bespoke virtual project with residents	
Our service users made 60+ Christmas wreaths for the community	
Joining in with the local nursery singing	
Life stories of individual residents filmed and acted out by local school to then be given to individual and their family	
We produced our own Nativity film on You Tube!	
Blackpool beach day in the service	
Receiving and writing letters	
Virtual Faith Services	
Ice cream trolley/van	
Weekly live interactive pub quiz with residents and relatives	
Setting up a veg garden in a town area	
Community fiddle blankets project for sensory needs	