Creativity . Art . Reminiscence . Wellbeing

Activity Spark

Issue 3

ARTS IN CARE ACTIVITIES

WINTER WALKS AND COSY FIRES



WINTER 2020/21

How to Use

This resource is at its most beneficial if you are able to access its online content during your activity session.

All the activities in this pack are the same types of activities that we have delivered to residents in care homes over the past seven years, there is something in this pack for everybody. You are the expert on what your individual residents enjoy, so give the pack a good read through to identify which activities will benefit which residents. This is a creative inspiration pack, please adapt the activities to suit your residents and environment. There is no right or wrong way to enjoy and participate in creative activities and discussion. Please use the risk assessments to deliver the activity safely.

At the back of the back there are activity recording documents, these will help you to record the benefits of your activities and will provide you with valid evidence for your records and the Care Quality Commission. There is also a poster for your planning and notice boards to build interest and anticipation for the activities in your care home.

This is a interactive electronic PDF document, links can be accessed on your phone, tablet or computer. If you are viewing this as a printed version all the links are at the back of the document.



Your feedback is important to us so please let us have your positive and constructive feedback, if you have any photos to share for our membership pages and Facebook please send to info@creativepaths.org.uk

FREE to our Subscribers!

Book your Activity Spark



- **P** Activity that benefits the individual physically
- **I** Activity that has a cognitive or intellectual benefit
- **E** Activity that benefits the individual emotionally
- **S** Activity that benefits the individual socially

Our creative activities have some PIES outcomes added already, to help you think about what it is about the activity that is providing a positive change for your participant.

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Welcome!

Winter walks and cosy fires

For this season's resource pack we have been inspired by the outdoor landscapes and the indoor comforts of Winter!

This pack will take you through the dark Winter months of December, January and February, and will provide creativity and reminiscence for your care settings.

Creative PATHS

We Spark Wellbeing!

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A WALK IN THE WOODS

FOLKSY TREES!



These trees are a simplified version of a Nordic pin tree, and can be used to embellish cards, gifts or framed and displayed.

Materials:

- Decorative Nordic papers
- Red, green and blue paper. (painted paper if no coloured in your supplies)
- Ribbons and embellishments,
- Card or card blanks if making greeting cards.
- Stick Glue

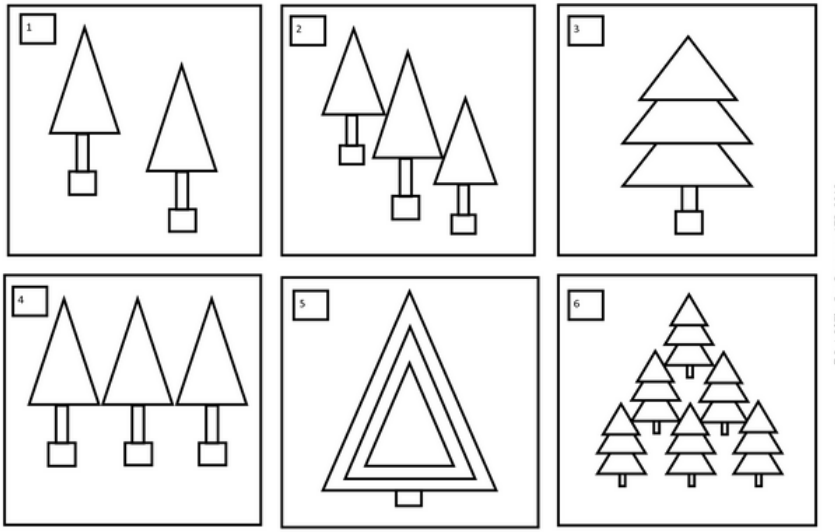


Beautiful Norway



Nordic Inspiration

Discuss individuals preferences for composition and whether they have other ideas for tree designs using the triangle shapes



Benefits of the 'FOLKSY TREE' Activity

P This activity has physical benefits as encourages increased coordination and control of movement in the hands.

I This activity provides cognitive benefits as it encourages creative design choices.

S This activity has provides opportunity for connecting with others, making something as a team or working towards a shared goal.

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Keep this as a master copy as they can be photocopied and printed for future use in your care home.

TEMPLATES







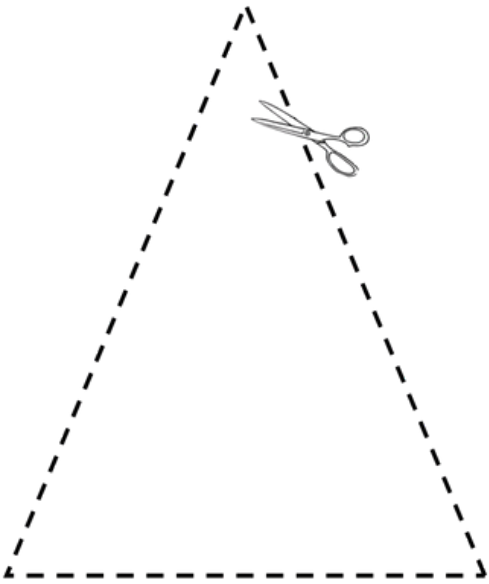


HINT

These Equilateral triangles can also be made by cutting square paper in half across the diagonal, and then cutting in half again until the right size is











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A WALK IN THE WOODS

SIMPLE 'SCANDI' TREES



This is a simple design activity using bold lines to create Scandinavian inspired tree designs, these look great as a collage or as standalone pictures.

Materials:

- Felt tips
- Plain Paper
- Glue Sticks
- Scissors



Use the designs above to copy, or have a go at creating new line designs.

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A WALK IN THE WOODS

DISCUSSIONS AND ACTIVITIES

Starter activity

Using the question prompts provided start the session by asking about your residents' experiences of enjoying nature and woodlands. Ask each resident to pick a tree question until all have been answered.

Materials:

Tree Silouette
Watercolours or poster paints
Felt Tips
Glue Stick
A4 White card



Snowy Tree

- Cut out the tree silhouette provided, make sure you leave 5mm white edges when you cut.
- On the white card, start painting loose blue lines at the top of the page, then crimson then yellow this will give you a sunset effect.
- Add grassland in green and purple at the bottom of the page.
- Glue the tree onto your page.
- Blend the colours into the tree's edges,
- Spot with thick white paint to create the snow.


Wind in the trees


A Babbling Brook


A Dog Barking


Children Playing


A Blackbird Singing


A Cracking Twig

Sensory Sound Lotto

Listen to the sounds with your residents and see whether you can match the sounds to the pictures on the next page.


Spotify Playlist

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Wind in the trees



A Babbling Brook



A Dog Barking



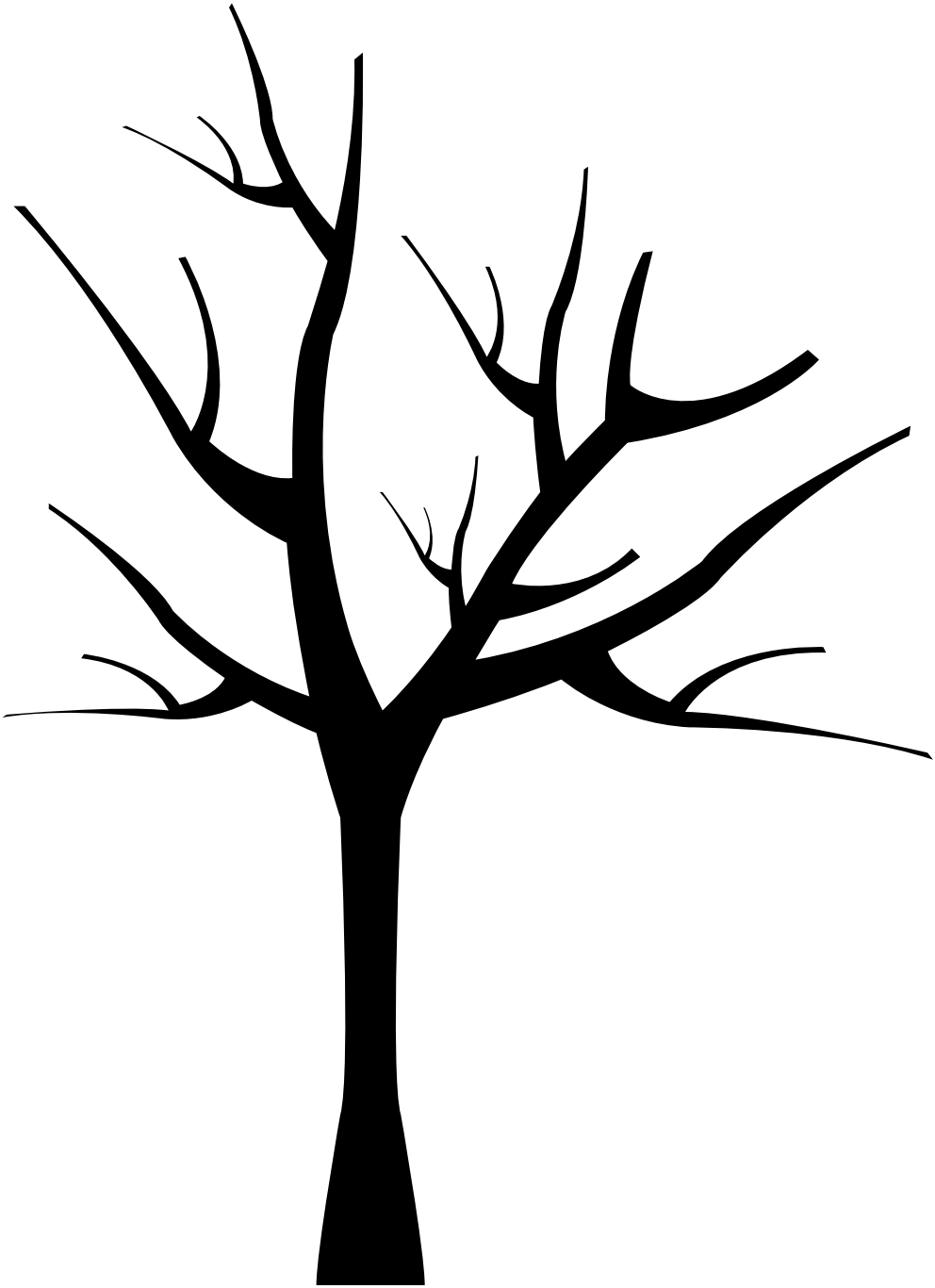
Children Playing



A Blackbird Singing



A Cracking Twig



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Question Prompts

Print these questions onto card/thick paper and cut out.













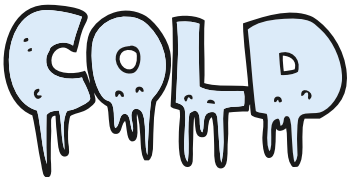
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NOW AND THEN



NOW AND THEN

IT'S A BIT PARKY! KEEPING WARM



THEN

Feeling the cold indoors and out and was a fact of everyday life for rich and poor before modern heating and garments.

Most people's only source of heating in the early to mid part of the century was an open fire. The heart of the homes before central heating was the kitchen and this is where most homes had their fire boiler. This used either wood or coal to heat there water. Coal was rationed in the 1940's and 50's so householders would of been very frugal with its use.

Many mid century households did not have indoor bathrooms. People would keep chamber pots by their beds so they didn't have to go outside and face the cold and spiders! Outside toilets would also freeze over in winter time.



Outside Toilet

In 1963 it was the coldest year on record, in Aberdeenshire temperatures dropped to - 22 C, It was called the year of the great freeze. The cold weather lasted for 3 months and at one point the sea in Kent froze!

Questions for Discussion

- Did your water pipes and or toilet ever freeze over?
- Did you have an outdoor toilet?
- Can you remember the name of the shiny hard toilet paper brand? (answer IZAL)
- Do you remember the great freeze of 1963?
- What's a 'pea-souper'?
- When you were a youngster do you remember suffering the cold?

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NOW



Although duvets were used in parts of Europe for centuries, it wasn't until the 1960's that they were brought to Britain by Habitat founder and designer Terence Conran.

There ease of use and lightness made them a popular choice for households and with their different tog ratings you could buy the right duvet to keep you warm.

What do you prefer blankets or a duvet?

Although cast iron radiators were used from the 1930's, central heating was not common place and considered a luxury, even into the 1980's for some households. The ability to heat a whole house from a centralised boiler was a game changer for many households in keeping warm, in particular the use of gas



"What central Heating has done for us"

How did you and your family keep warm when you were a child, did you have central heating?



Double glazing and insulation were other modern home improvement that improved householders ability to keep warm in winter and retain heat.



Recently some households have returned to the old log burners, as they have become fashionable now we have smokeless fuels.

The climate crisis means that we are now trying to reduce and eliminate the use of fossil fuels for heating our homes as they are harmful to the planet, it is expected that coal and natural gas will only last until 2060.

How do you think we will be heating our homes over the next 100 years?

Although we have the means and technological advances for all of us to stay warm, even in 2020 some people are still are not able to keep their house heated in winter because of fuel poverty. They are worried about or unable to pay their energy bills, have poor or old heating appliances, poor insulation or are living in a house that is too big for their needs.

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BACK IN TIME 100 Years!

This month we are going back in time to explore events and celebrations that happened 100 years to the Winter of 1920/21.

The Kid

Charlie Chaplin is still regarded one of the greatest comic actors. He wrote, directed and starred in the silent classic The Kid which was released in 1921.

The film tells the story of Chaplin and his relationship with a foundling and has a number of memorable scenes such as the brilliant Pancake Scene



The Kid - Documentary





Amelia's first flying lesson!

Amelia Earhart was an aviation pioneer and the first woman to fly solo across the Atlantic ocean. She famously disappeared while attempting to circumnavigate the globe in 1937. Her passion for planes and aviation was sparked as a young woman when she went on her first plane ride with her father. She was so enthralled by the experience that she said "By the time I had got two or three hundred feet off the ground," she said, "I knew I had to fly." She worked a number of jobs to save the $1000 required for lessons taking her first lesson in January 1921.



Hollywood scream queen Lana Turner!

Hollywood icon Lana Turner was born in February 1921. In the 1940's at one point she was one of the highest paid Hollywood actors. She was often described as a Scream Queen and Femme Fatale due to her appearances in the films such as Dr. Jekyll and Mr. Hyde 1941 with Spencer Tracey and The Postman Always Rings Twice 1946.

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'PIES' KEY

P Activity that benefits the individual physically

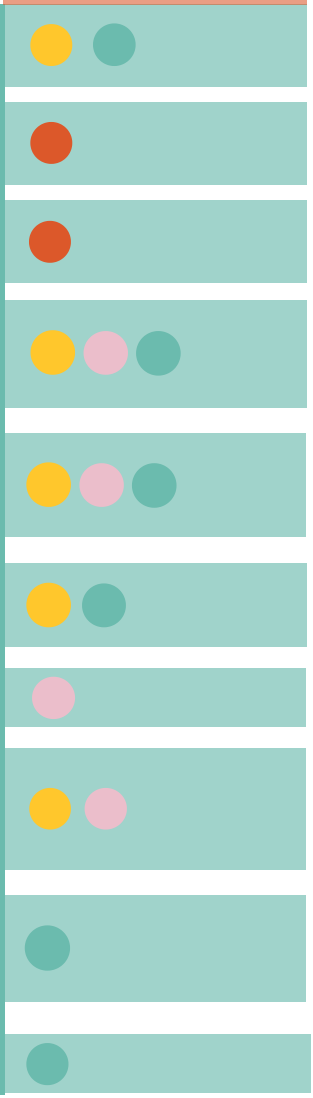
I Activity that has a cognitive or intellectual benefit

E Activity that benefits the individual emotionally

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Using the PIES key to plan activities ensures that you have a holistic approach to your activity planning. It also helps you to think about better ways to deliver your activities to make sure that all of your participants are able to benefit from at least one of the outcomes

1. To feel at home (integrate in a new setting)
2. Increase in the use of hands (increased dexterity)
3. Increase in movement (increased mobility)
4. Talking in a group (communication, confidence and connectivity)
5. Talking one to one (communication, confidence and connectivity)
6. Writing about the past (sharing and valuing experience)
7. Focusing on a task (increased concentration)
8. Remaining in a group (settling in a group, not pacing or wandering)
9. Feeling relaxed and calmer (not worrying or feeling anxious)
10. Being listened to (feeling heard)



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Subscribe NOW!

Our Activity Spark subscription service provides you with the tools, resources and inspiration to embed high quality artistic and creative activities into your care home's activity programme that will meet your resident's creative needs. Our resource packs are designed for ease of use with older residents living in care with ill health and disability associated with aging such as Dementia, Stroke and Parkinson's disease and they contain accessible activities that are engaging, stimulating and fun.

Each month you will gain access to:

- Monthly Activity Spark Resource Download
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