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NAPA Activities Calendar *for every day of the year*

June 2021



The month of
Pride!



Sponsored by



June 2021

This is a digital calendar; it has been created for you to use online. Many of the features have links that will direct you to a web page where you find further relevant information.

We hope the calendar will support you in providing activities and inspire you to create person centred opportunities for activity, arts, and engagement. Please note that sometimes calendar dates change e.g., National day dates might be different each year.

How to use your NAPA Digital Calendar:

- + Find a date
- + Click the resource link
- + For more information relating to the activity click the web page link
- + Note the additional dates listed for your consideration, as well to those on the calendar
- + Each page can be printed and shared
- + Customise your calendar – Add your own dates e.g., birthdays, local events etc
- + We would love to hear your feedback and ideas – **Email here**
- + Send us photos and news – for a chance to WIN NAPA Membership, Resources, or Equipment – winners are selected at random and announced monthly in NAPA News!
- + To find out about NAPA and the benefit of NAPA Membership – **Click here**

Additional June dates:



The month of **Pride!**

Sunday 6th June

- + 77th Anniversary of D-Day

Tuesday 8th June

- + Carers Week (unpaid carers) – **Click Here**

Monday 14th June

- + Diabetes week
- + Nutrition and Hydration Week – **Click Here**
- + Men's Health Week

Monday 21st June

- + National Insect Week

Saturday 26th June

- + Tour de France



Helpline

If you would like to discuss your ideas or how to introduce any of the resources included in this calendar, please contact our free helpline service.

Abilities coding – This **colour code** to the featured activities will help you to try to match them to people's cognitive abilities, interest and level of participation.



Blue: High cognitive skills – able to plan how to carry out an activity and to complete the activity unaided, perhaps with support if problems arise

Red: Moderate cognitive skills – able to engage in the 'doing' rather than working towards an end result. Can follow simple guidance.

Orange: Low cognitive skills – able to respond to one-to-one support using a sensory approach to complete short activities that are broken down into single steps.

Green: Highly dependent on others – able to engage with objects and people through direct stimulation of a single sense.

*Our colour coding is supported by QCS Ltd and the QCS PAL Instrument Levels (Pool J (2012) The Pool Activity Level (PAL) Instrument 4th ed. Jessica Kingsley publishers, London pp 54-55)



Hilary & Erika



Hilary

Hilary Woodhead
NAPA's Executive Director

We are delighted with the resources and activity ideas included in this month's calendar. June is Pride month and we are excited to include a number of activities to inspire you in acknowledging LGBT+ Inclusion. I would like to thank Mike Phillips NAPA's Adviser on LGBT+ Inclusion for supporting us to develop these resources. I encourage you to follow the links to Mike's blogs which offer tips for planning inclusive activity and engagement. We are also launching the NAPA Member Activity Awards, nominations are now open. I would like to thank Unilever for sponsoring the June issue of The NAPA Activity Calendar and the Award launch, we are most grateful for their continued support.

Click Here to find out more about the NAPA Member Activity Awards.



Erika

Erika Burany
Customer Marketing Manager,
Unilever Away From Home Team

At Unilever Away From Home we believe that prioritising wellbeing is essential. Our partnership with NAPA supports us to develop creative resources that enable meaningful engagement. It is our pleasure to work with NAPA and sponsor this month's NAPA calendar and the launch of the NAPA Member Activity Awards 2021. We hope you enjoy these activities and nominate your colleagues for an award!

To find out more about Unilever **click Here**



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://www.instagram.com/napaactivitiescalendar)



Top Tips for PRIDE

Pride Month is a great opportunity to celebrate diversity, promote inclusivity and have fun!

You may not think you have LGBT+ residents in your care home (evidence shows that many 'go back into the closet'). However, the Pride activities in this month's NAPA Activity Planner are suitable for all residents. Indeed, running just one of the activities may encourage a resident to disclose their sexuality.

As in last month's edition, Eid activities promote inclusivity and raise awareness even if you have no Muslim residents. Similarly, organising Pride activities can be fun and show that you are LGBT+ inclusive (something CQC look for).

LGBT+ Inclusivity is a big topic and is covered in greater detail in earlier NAPA blog posts:

1. LGBT+ Inclusion – Let's Start at the Very Beginning: Why? [Click here](#)
2. LGBT+ Inclusion – Who? [Click here](#)
3. LGBT+ Inclusion – When and Where? [Click here](#)
4. LGBT+ Inclusion – What? [Click here](#)
5. LGBT+ Inclusion – How? [Click here](#)

Each blog includes some questions for you to discuss as a staff team. Then, you're ready to get planning for PRIDE.

P – Planning and Preparation

- + Activities in this calendar can be used one-to-one, in small or large groups – think ahead about how you can use them.
- + Remember, a person who is LGBT+ may not be comfortable about being open about their sexuality in a group – a one-to-one activity may be more appropriate.



- + Solo activities (e.g., giving an individual the LGBT+ Icons photo quiz) is just as useful as a group activity.
- + Be prepared for some residents sharing opinions about LGBT+ issues that may appear outdated or inappropriate. Consider how you will deal with this.
- + Use each activity as an opportunity to open-up conversations about LGBT+ inclusivity.

R – Running

- + Setting some "ground-rules" (such as being respectful or confidentiality) can help towards ensuring any activity goes smoothly and avoid potential conflict.
- + Allow individuals to take 'time-out' or to not participate, if needed
- + Allow people to participate in a way that is appropriate for them.

I – Including

- + Some residents or staff may be uncomfortable on religious grounds. Try to be respectful, whilst reminding them that the NAPA activities are about religious-inclusion, and that LGBT+ inclusion is just as valid and important

- + If someone is homophobic or says something inappropriate it is important to challenge them in a respectful way and (if possible) in private.
- + Encourage care staff and relatives to join in (especially if they are LGBT+)

D – Do's and Don'ts

- + Do remember that residents will have lived through times that were much less tolerant towards LGBT+ than now.
- + Do try at least one activity in this calendar. That's a small step towards being LGBT+ inclusive and good evidence for CQC.
- + Don't give up too soon – just one activity is a step towards being more LGBT+ inclusive.
- + Do have fun, take photos, and send them to NAPA – [Click Here](#).


E- Enlisting Support and Evaluation

- + Ask your local LGBT+ organisations for advice and support. They may be prepared to give a talk at your care home, which is another potential Pride Activity!
- + Contact the NAPA helpline for guidance, further activity ideas.
- + Evaluate each activity to see what worked well and what you could do differently in the future (be sure to speak to colleagues and residents about their ideas too).

I hope these tips are useful. You can contact me at Mike Phillips Training at mike@mikephillipstraining.co.uk for further advice and information about training and consultancy support available.

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://twitter.com/NAPAActivitiesCalendar)

The NAPA Activities Calendar – June 2021

<p>Tue 1 June</p> <ul style="list-style-type: none"> i Volunteers' Week R Virtual Volunteers Week <p>Tea Tuesday</p>	<p>Wed 2 June</p> <ul style="list-style-type: none"> i Italian National Day R Creative Pasta Printing 	<p>Thurs 3 June</p> <ul style="list-style-type: none"> i National Egg Day R Eggshell Mosaic 	<p>Fri 4 June</p> <ul style="list-style-type: none"> i Butterfly Education and Awareness Day R DIY Butterfly Tree 	<p>Sat 5 June</p> <ul style="list-style-type: none"> i World Environment Day R Wind Decorations from Empty Lemonade Bottles 	<p>Sun 6 June</p> <ul style="list-style-type: none"> i The End of Garden Wildlife Week R Bird Cake 	<p>Mon 7 June</p> <ul style="list-style-type: none"> i Aromatherapy Awareness Week R Aromatherapy Awareness Week 	
<p>Tue 8 June</p> <ul style="list-style-type: none"> i World Oceans Day R Ocean in a Bottle <p>Relationship-Centred Practice – The Diamond Model</p>	<p>Wed 9 June</p> <ul style="list-style-type: none"> i Pride Resource R LGBT+ Icons Quiz 	<p>Thurs 10 June</p> <ul style="list-style-type: none"> i National Herbs and Spices Day R Herbal Baths 	<p>Fri 11 June</p> <ul style="list-style-type: none"> i Football – Euro 2021 R DIY Stress Balls 	<p>Sat 12 June</p> <ul style="list-style-type: none"> i Queens Birthday + Trooping the Colour R Royal Wordsearch 	<p>Sun 13 June</p> <ul style="list-style-type: none"> i National Sewing Machine Day R Stitching a Story 	<p>Mon 14 June</p> <ul style="list-style-type: none"> i Dragon Boat Festival R Roll a Dice Dragon Boat Race 	
<p>Tue 15 June</p> <ul style="list-style-type: none"> i Nature Photography Day R Photo Captioning 	<p>Wed 16 June</p> <ul style="list-style-type: none"> i National Fudge day R No Cook Fudge <p>NAPA Annual Conference – Moving and Grooving!</p>	<p>Thurs 17 June</p> <ul style="list-style-type: none"> i National Eat Your Vegetables Day R Polenta Mini Pizzas 	<p>Fri 18 June</p> <ul style="list-style-type: none"> i International Sushi Day R Easy As Su-sh-I 	<p>Sat 19 June</p> <ul style="list-style-type: none"> i World Picnic Week R Giant Outdoor Scrabble 	<p>Sun 20 June</p> <ul style="list-style-type: none"> i Father's Day R Activities to Engage Men 	<p>Mon 21 June</p> <ul style="list-style-type: none"> i Midsummer Day National R A Midsummer Night's Dream 	
<p>Tue 22 June</p> <ul style="list-style-type: none"> i Windrush Day R Art Exhibition on Windrush 	<p>Wed 23 June</p> <ul style="list-style-type: none"> i National Typewriter Day R A Typewriter Story Comp 	<p>Thurs 24 June</p> <ul style="list-style-type: none"> i Pride Resource R My Flag, My Pride 	<p>Fri 25 June</p> <ul style="list-style-type: none"> i Global Beatles Day R Paint, Paint Me Do 	<p>Sat 26 June</p> <ul style="list-style-type: none"> i Armed Forces Day R Big British BBQ 	<p>Sun 27 June</p> <ul style="list-style-type: none"> i National Bingo Day R Musical Bingo 	<p>Mon 28 June</p> <ul style="list-style-type: none"> i Wimbledon R Easy Healthy Raspberry Lemonade 	
<p>Tue 29 June</p> <ul style="list-style-type: none"> i National Camera Day R Pinhole Photography 	<p>Wed 30 June</p> <ul style="list-style-type: none"> i Pride Resource R Over The Rainbow Cupcakes 	 <p>The month of Pride!</p>					



June 1st – Volunteers Week

Virtual Volunteers Week

Is that a bird? Is that a plane? No, it's our amazing Volunteers. Not all superheroes wear spandex and capes, however, our volunteers are the unsung heroes.



This past year has seen many volunteers face new challenges when trying to do what they love the most. We have seen how they had to become creative in supporting the care sector. They have written letters, hosted zoom sessions, and made calls to those who have been isolated or lonely.

National Volunteers week is an opportunity to show our appreciation for their continued dedication before, during, and after the pandemic.

Here are some creative ideas to help celebrate this inspirational and vital part of our workforce!

Celebration

Design a volunteer certificate awarding them for their continued support to your care setting. Create a Volunteer wall of fame! Showing images, stories and acknowledging the impact, time and effort. Create daily social media posts (with consent) to spotlight their achievements, invite them to provide a quote describing why they enjoy volunteering.

Host a zoom party!

Why not use technology and create a zoom party!

Make an invitation for your Volunteers to join you for some games and music. Create a simple theme of drinks and snacks so you can all get involved.

Plan a fancy-dress theme, using objects from around the house and end with a singalong.

Say Thank you

Create a montage of messages on a video from all the staff and residents to your volunteers. Express thanks by sending handwritten letters or cards. Send an official letter from your home manager or head office detailing the importance they have displayed in supporting your care setting.

Appreciating your volunteers helps to ensure your care setting remains an essential part of the community, these simple and meaningful gestures will show how much we value the contributions of our volunteers.

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://www.facebook.com/NAPAActivitiesCalendar)



June 2nd – Italian National Day (Festa della Repubblica)

Creative Pasta Printing



You will need:

- + Airdrying clay
- + Selection of dry pasta including spaghetti
- + Paint
- + Paint brush
- + Damp sponge
- + Transparent glaze

What you do:

- + Roll out your clay to the desired shape, making sure it is at least 1cm thick.
- + Use the different types of pasta to make your design, use the pictures above for inspiration.
- + Residents may want to sign their tile before they dry.
- + Put a small hole in the top if you wish to hang your tile once it is dry.
- + Leave to dry for the required time.
- + Once dry, paint a layer of black over the entire surface and then remove it with a damp sponge so that the black outline remains inside the engraved marks.
- + Paint the designs onto the clay and leave to dry again.
- + Once dry, paint a layer of glaze onto the tile.

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June 3rd – National Egg Day

Eggshell Mosaic

A smashing way to turn eggshells into mosaics!



You will need:

- + Eggs
- + Pencil
- + Card
- + PVA glue
- + Paintbrush
- + Coloured food dye

What you do:

- + Broken eggshells are perfect for mosaics. The first thing to do is wash them out then soak them in beakers of coloured food dye.
- + Each of these beakers has two capfuls of food dye with water.



- + When they've been soaking for a while, take them out and leave them to dry on some kitchen towel! They'll look like pieces of cracked tiles!
- + To make a mosaic, design the outline of whatever you fancy on a piece of card.

- + Paste some PVA glue on a small section, keeping to the lines.
- + Begin to lay on pieces of the eggshells.
- + It can be quite fiddly, so only work on small sections at one time, so that you don't get the rest of the picture messy.
- + The pieces don't need to fit together perfectly. As long as you stay within the outlines, you'll get a fantastic mosaic effect.
- + The idea is to fill in each section with different coloured pieces of shell.
- + Gradually, the picture will start to take shape.

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June 4th – Butterfly Education and Awareness Day

DIY Butterfly Tree

You will need:

- + Small branches or a twig tree
- + Vase
- + Sand, pebbles, rocks, vase filler or whatever you would like to fill the vase and hold the branches
- + Butterflies, butterflies, and more butterflies
- + Bees (optional)

What you do:

- + Go on a nature walk to collect some branches.
- + Leave the branches natural or paint them white.
- + Place branches in a vase.
- + Add sand, pebbles or vase filler to fill in spaces around the branches.
- + Glue pom poms on to the branches.
- + Enjoy decorating your tree with butterflies, bees, dragonflies and even birds, if you like.

Think:

A person with later stage dementia will benefit from having the finished tree next to them, the bright colours will catch their eye. Someone that may not necessarily be able to help make the tree may like to help sort the butterflies into colours.



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June 5th – World Environment Day

Wind Spinner

These could make a really colourful addition to an outside space. Small bottles could be used to hang outside residents' windows.



You will need:

- + An empty 2L pop bottle
- + Coloured electrical tape
- + Scissors
- + Pen or pencil
- + Stanley knife
- + Paper clip
- + Ball bearing swivel (used for fishing, can be found with the fishing accessories in a fishing shop, or ask a fishing friend)
- + String for hanging

What you do:

- + Rinse out the bottle and remove the label.



- + Run lengths of electrical tape around the middle of the bottle, as shown. This will also help to cover any of the label residue.

- + Measure along the top tape strip with a flexible measuring tape, use a pen to measure 3mm sections.
- + Using a Stanley knife, cut a vertical strip down the length of the bottle and each 3mm mark. Start at the top of the tape strip and not from the bottle neck.
- + Extend the cut all the way to about 2 inches from the bottom, do this slowly to keep the lines straight.



- + Squash the bottle from the top, this will make the strips flare out. When they do, pinch each strip in the middle to create a fold.

- + Next, you need to angle the strips by making folds at the top and bottom, so the wind can catch them.
- + At the bottom of each strip, make a 45-degree fold to the left.
- + Feel free to personalise your wind spinner by adding other decoration.
- + Time to make the top for your bottle wind spinner. Make a hole in the top of the bottle cap. The easiest way to do this, is to heat the end of a paperclip and poking a hole in the top (do this in a well ventilated space.) Or use a hammer and nail to make the hole.



- + Unfold a paper clip and thread through the end of the ball bearing swivel.

- + Then twist the wire together once or twice to form a loop.
- + Push the wire ends of the paper clip through the top hole of the bottle cap. Fan out the wire ends inside to hold in place.
- + Screw on the bottle cap, and string to hang.
- + Sit back and watch it spin!

Think:

Adapt the activity to ensure all involved can contribute to some or all of the process.

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June 6th – The End of Garden Wildlife Week

Bird Cake

Let's look after our feathered friends.



You will need:

Equal quantities of:

- + Shredded suet
- + Shelled (NOT salted) peanuts – chopped
- + Bird seed, rabbit oats, etc
- + Breadcrumbs
- + Melted fat – preferably dripping but solid vegetable fat will do

THIS DOES GET MESSY!! Some people don't mind, others do, so be careful.

It is a nice social event that promotes conversation about birds, bird watching, seasons, what they fed birds as children- in the war did they feed them at all? Have some bird books around so any that can be seen may be able to be named.

What you do:

- + Mix all the dry ingredients together in a large bowl then pour the melted fat in slowly so that the mixture is soft, but all the liquid is absorbed: if necessary, add more bread to soak up excess fat.
- + Fill empty yoghurt pots, halved coconut shells or any other suitable container and place in the refrigerator to set.

- + Use the "bird cake" produced on bird tables, in bird feeders, or hang up the coconut shells and yoghurt pots where they can be seen.

Some residents might like a plastic window feeder- cost about £3.00.

Think:

This is a lovely activity for everyone to enjoy, some may like to help make the cakes, others may enjoy watching the birds enjoy them.



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June 7th – Aromatherapy and Dementia Aromatherapy Awareness Week

Aromatherapy Awareness Week



The best way to use oils:

Chamomile and lavender provide relief from joints swollen by rheumatism and arthritis. Aromatic massages and rubs containing black pepper, cypress or juniper can promote circulation and re-duce the risk of varicose veins and oedema. Beauty care should not be neglected either; rose and geranium promote skin growth, giving skin a more vital appearance. An aromatherapy mas-sage can give much needed contact, especially if given by a close relative.



Suitable essential oils:

Rosemary

Invigorating and analgesic, you can use rosemary oil in a vaporiser to improve concentration and memory.

Cypress

This essential oil helps to boost circulation, providing welcome relief for varicose veins as well as haemorrhoids, also swollen feet and ankles.

Eucalyptus

Eucalyptus essential oil's renowned antiseptic properties are most helpful for fighting colds and flu.

Geranium

Geranium oil is gently uplifting for low times.

Rose

Promoting skin cell regeneration, rose is an excellent beauty oil that improves the complexion and helps to soften lines on facial skin.

Chamomile

As well as anti-inflammatory relief from rheumatic aches and pains, chamomile oil provides help when treating insomnia or restlessness.

Juniper

This essential oil is detoxifying and can be used for arthritic and rheumatic conditions.

Safety:

Always check with the doctor before starting any aromatherapy with older people as it may interact with a medication or illness.

More information and guidance can be found at www.therapy-directory.org.uk

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June 8th – World Oceans Day

Ocean in a Bottle



You will need:

- + 2 litre plastic bottle with lid
- + Clear vegetable oil or mineral oil
- + Water
- + Funnel
- + Blue food colouring
- + Small star fish, shells and other sea creatures
- + One tsp glitter
- + White PVA glue
- + Hot glue (glue gun) or PTE tape

What you do:

- + Wash and dry bottle and remove all labels.
- + Fill bottle halfway with tap water.
- + Add a few drops of blue food colouring and swirl around to mix.
- + Add glitter and sea creatures.
- + Using a funnel, fill the rest of the bottle with vegetable oil.
- + Be sure that rim and cap are dry, then apply white PVA glue around the rim.
- + Seal cap.
- + Use a layer of hot glue around the outer edge of the cap for added protection from leakage or seal with PTE tape.
- + Turn bottle on its side and gently rock the bottle to create a “wave” inside your ocean habitat.

Tips:

- + Use lightweight starfish, shells and other sea creature toys that can float. Try the fish, shells in a bowl or glass of water first to make sure they float. Find these at your local craft supply store or discount department store.
- + Make the ocean any colour you choose! Blue is standard of course, but there's no rule that says your ocean must be blue.

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June 9th – Pride Resource

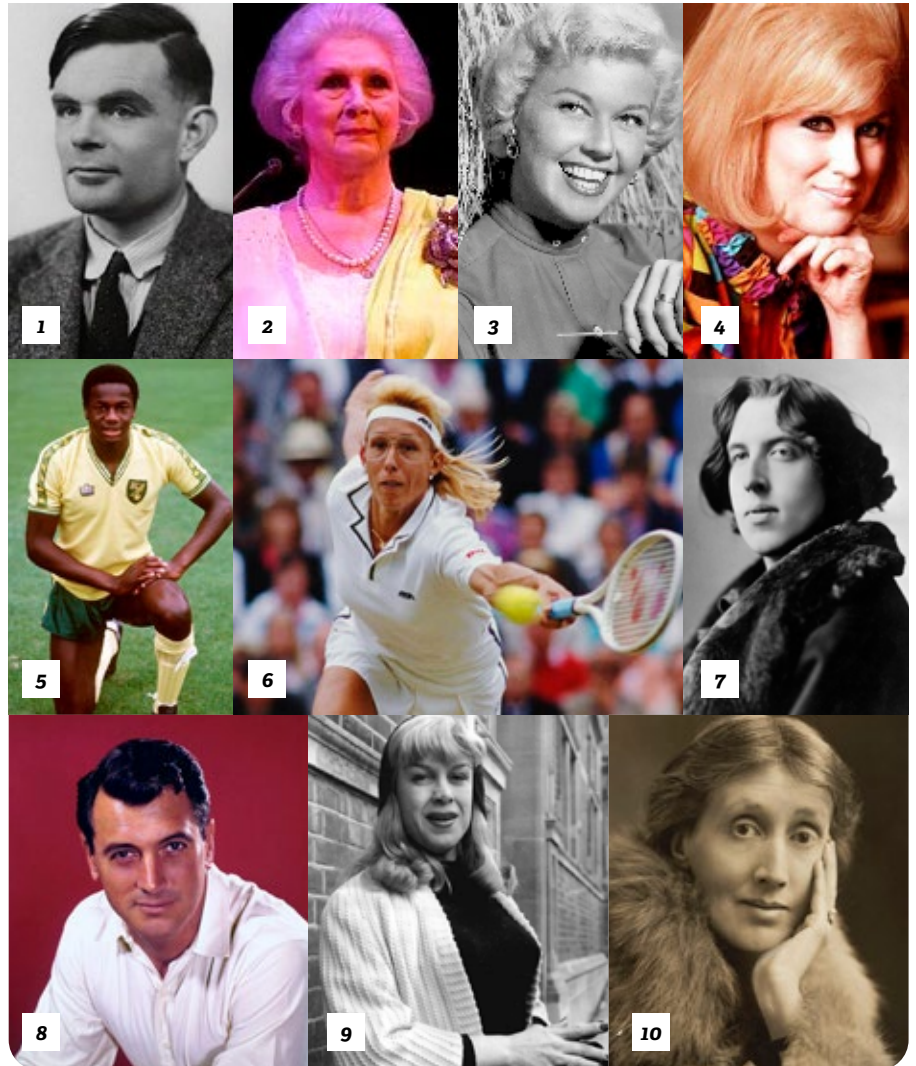
LGBT+ Icons Quiz

An LGBT+ icon (alive or from the past) who is someone that is highly regarded within the LGBT+ community.

Many of the people below were also lesbian, gay, bisexual or transgender themselves.

From the photos, how many can you name? It is important to remember them.

1. British mathematician and computer scientist who cracked the Enigma Code.
2. British model and restaurateur who was outed as a transgender woman by the press in 1961
3. American Singer and actress
4. British singer
5. First and only (to date) high profile football-player in the UK who was out about his sexuality
6. Woman Tennis Player
7. Irish playwright
8. American film actor
9. First known British transwoman to undergo gender-reassignment surgery
10. British Author



If you wish to go for some more faces:

- + Kenneth Williams
- + Danny La Rue
- + Shirley Bassey
- + Andy Warhol
- + Gilbert and George

Answers:

- | | | | |
|-----------------|----------------------|------------------------|----------------------------|
| 1. Alan Turing | 3. Doris Day | 6. Martina Navratilova | 9. Roberta Marshall Cowell |
| 2. April Ashley | 4. Dusty Springfield | 7. Oscar Wilde | 10. Virginia Woolf |
| | 5. Justin Fashanu | 8. Rock Hudson | |

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June 10th – National Herbs and Spices Day

Herbal Baths

Did you know that herbs can also be used in a nice soothing bath and some can be used to make a relaxing cuppa?



Here are a few suggestions.

- + **Lavender bath:**
Add 40g of dried lavender flowers to a bath, either on their own or mixed with some Epsom Salts.
- + **Lavender tea:**
Place 1 tbsp of fresh or dried buds into a cup or tea ball. Pour boiling water into the cup, allow to steep for 10 minutes, strain and then enjoy!
- + **Basil bath:**
Put 2 tbsp of fresh basil into a warm bath for a soothing escape.
- + **Basil tea:**
Put 2 tbsp of fresh basil into a cup of boiling water, allow to steep for 7-10 minutes, then strain and enjoy.

- + **Rosemary bath:**
Add rosemary to your bath to ease muscle pain. Lie back and enjoy,
 - + **Rosemary tea:**
Put 1 tsp of leaves into a cup of boiling water and let them steep for at least 5 minutes. The rosemary in this tea would also be nice if paired with lavender and thyme.
- Holistic Massage Practitioner and Trainer in 'How to Massage People Who Have Dementia'

Think:

If a person is unable to have a bath, then you could use these ideas to bathe someone by using a bowl rather than the bath. The aroma will still be relaxing and soothing.



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June 11th – Football – Euro 2021

DIY Stress Balls



You will need:

- + Balloons – coloured or patterned ones would work better
- + ½ cup Flour (per balloon, approx.) you could use water beads instead of flour.
- + Empty Water Bottle, dry
- + Funnel

What you do:

- + Put funnel into the water bottle and pour flour through it.
- + Stretch the balloon around the opening of the water bottle.
- + Turn water bottle upside down and gently squeeze the flour into the balloon. Make sure to use some pressure because the air helps the balloon open up so the flour can all go in.



- + After the flour is all in, pinch the balloon and release it from the bottle.
- + The balloon should have a snug fit to the flour inside it. Just make sure there isn't any extra air the balloon.
- + Tie the balloon and wipe away any excess flour from the outside.

- + All ready to squeeze away stress and have fun!

Think:

What a great way to de stress, everyone can use these.

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June 12th – Queens Birthday + Trooping the Colour

Royal Wordsearch



- + BRITISH
- + ROYALTY
- + MONARCHY
- + QUEEN
- + KING
- + PRINCE
- + PRINCESS
- + DUKE
- + DUCHESS
- + CORGI
- + ROYAL
- + CROWN
- + THRONE
- + BUCKINGHAM PALACE
- + NATIONAL ANTHEM
- + DIAMOND JUBILEE
- + CORONATION
- + CELEBRATION

N	B	A	T	J	U	V	R	M	V	B	M	U	T	E	A
A	R	G	N	Z	Y	R	O	Y	A	L	L	N	T	Q	E
T	I	P	W	C	E	N	O	R	H	T	Q	D	G	U	W
I	T	W	O	P	A	L	A	C	E	N	O	J	E	E	R
O	I	Z	R	R	N	D	Q	C	A	S	D	U	K	E	B
N	S	C	C	I	A	U	B	T	T	N	I	B	R	N	J
A	H	H	T	N	P	C	U	B	N	M	A	I	O	N	L
L	Y	R	B	C	A	H	R	N	Y	A	M	L	B	O	M'
A	A	C	T	E	T	E	W	U	T	H	O	E	O	I	B
N	E	U	R	S	C	S	B	K	I	G	N	E	T	T	D
T	N	N	V	S	B	S	J	M	L	N	D	E	R	A	E
H	N	Q	U	I	N	F	S	A	A	I	Q	V	D	N	C
E	H	J	G	R	O	Y	E	C	Y	K	U	Y	V	O	N
M	W	N	T	Y	U	I	G	R	O	C	O	J	J	R	I
O	I	J	U	B	E	X	A	W	R	U	N	I	Z	O	R
K	U	B	S	N	O	I	T	A	E	B	E	L	E	C	P



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June 13th – National Sewing Machine Day

Stitching a Story

The familiar sound of chuka, chuka, chuka filling the space around the house. At first you think it could be a train in the distance but then, it gets faster and louder. You smile and remember that mum has the sewing machine out and must be mending and make doing!



The world's first sewing machine was patented in 1790 by Thomas Saint. However, hand sewing is believed to stem from the stone age as people used bone to stitch animal hides together.

The long-standing tradition of the sewing machine being a strong staple to any family home, bringing back many memories for generations of people all around the world.

Why not hold a discussion using the image below and see what memories return to your residents?

- + Did you have a sewing machine at home?
- + Did you learn to use one at school or at home?
- + Have you made a garment from using a sewing machine?
- + Can you name a famous manufacturer of a sewing machine?
- + What other memories do you have of sewing machines?

Top tip:

This resource can be used in a group setting or as a one-to-one activity. Try using objects like a cotton reel or a sewing machine to engage more.



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June 14th – Dragon Boat Festival / Duanwujie / Tuan Yang Chieh

Roll a Dice Dragon Boat Race

Dragon boat racing has a rich history of traditions. The story linked to the origins starts with Qu Yuan who was a minister in warring state governments. He was banished by the king and drowned himself in the Miluo River. People rushed to the water and tried to recover his body but failed. On the day of his passing they hold a dragon boat race and throw rice into the water to stop the fish eating his body according to the legend.



Why not make these fun Dragon Boats and hold a race by using dice to move the boats along.

You will need:

- + Card
- + Staples
- + Tissue paper
- + Scissors
- + Glue
- + Colour pens
- + Ruler
- + Photocopy of a Chinese dragon face
- + Dice
- + Marking tape

What you do:

- + Take the card and draw 2 equal size banana shapes, then cut out.
- + Place them together and staple them at each end and along the bottom. Then from the top widen the shape into a boat-like shape.
- + Decorate the boat with colour and streams of tissue paper.
- + Using the printed dragon face colour and staple to the front of the boat shape.
- + On a tabletop mark out a grid with the marking tape. We would say 5 lengthways and 10 across. This should give you a grid effect.
- + Once all your Dragons are ready you can then start the game.

- + Each player rolls the dice and moves the dragon boat the amount of space the player has rolled. First to the end is the winner!

Top Tip:

You could use some old material and mark out a much larger grid that you can fold up and put away.



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June 15th – Nature Photography Day

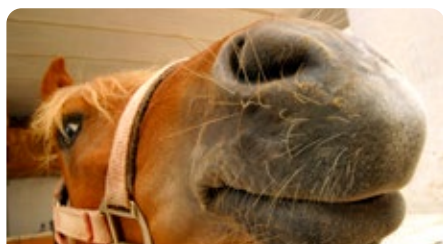
Photo Captioning

How about getting everyone involved, the gardener, the chef, or laundry assistants. You could ask residents or staff to go around the home and take photos for you to use.



You will need:

- + Photos and/or magazine cut-outs
- + Pen or pencil
- + Paper to write the caption on



What you do:

- + Gather a group in a circle. Ask each participant to choose a photo. Explain to the group that they must each come up with a humorous caption for their photo. Show examples if necessary.
- + When everyone has worked out with their caption, invite each participant to share their photo and caption.

Think:

- + You could make a display using the photos and captions.



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June 16th – National Fudge day

No-Cook Fudge

You will need:

- + 75g unsalted butter, at room temperature
- + 4 tbsp. condensed milk
- + ½ tsp. vanilla extract
- + 400g Icing Sugar, sifted, plus extra
- + 25g cocoa powder
- + Bowl
- + Wooden spoon



What you do:

- + Put the butter, condensed milk and vanilla extract into a bowl and beat together until smooth. Sift the Icing Sugar and cocoa together, and then gradually mix into the butter mixture. Eventually, you will have to use your hands and work the mixture well until it comes together into a firm ball.
- + Lightly dust the work surface with a little Icing Sugar, place the fudge ball onto the surface and roll evenly about 1Cm (½”) thick.

- + Use novelty cutters and cut out shapes, transfer to a flat tray lined with parchment paper. Alternatively, roll into a square and cut into small squares. Gather up the trimmings and continue to cut out shapes.
- + Leave to dry overnight before serving, or pack into pretty boxes, if you want to give them as a gift.

Top Tip:

- + When kneading the mixture, stir in 75g seedless raisins or dried fruit.
- + For cherry fudge leave out the cocoa and knead in 50g of finely chopped glacé cherries.

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June 17th – National Eat Your Vegetables Day

Polenta Mini Pizzas

You will need:

- + 750ml hot vegetable stock
- + 190g instant polenta
- + 60g freshly grated parmesan
- + Salt and pepper to season

What you do:

- + Bring the stock to the boil in a large pan and pour in the polenta whisking constantly. Cook, stirring until the polenta is thick. Remove from the heat and stir in the parmesan and salt and pepper.
- + Spread the polenta out on a lightly oiled baking sheet to around 5mm thickness. Leave to cool then chill to set – around 1hr.
- + Using different cutters; cut out the pizza bases into mini/bite size portions. Add any toppings you like and bake on a lightly oiled baking sheet, until the cheese is bubbling.
- + Pizza is one of those foods that bring out our personalities. Even if you prepare the pizza bases residents will love to select their own toppings and send off to the chef for cooking. Encourage residents to taste the fresh produce and share memories whilst they wait for their pizzas to be cooked.

Topping:

Tomato sauce and grated mozzarella and whatever else you fancy, ham, pepper, caramelised red onions with balsamic vinegar and thyme.



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June 18th – International Sushi Day

Easy as Su-Sh-I

Have your residents ever tried Sushi? Do they know what Sushi is? Why not try this fun conversational activity!



Your residents will probably think of raw fish when you hear the word sushi, however, Sushi has many forms that do not contain raw fish. In Japanese, the word Sushi means 'it's sour' and refers to the traditional practice of fermenting rice.

Here are some fun Sushi recipes you could try with your residents. You can pick up a Sushi rolling mat and rice from online and or local supermarket.



You will need:

- + Bamboo Sushi rolling mat
- + Sushi Rice
- + Selection of chopped veg (Peppers, cucumber, carrot)
- + Nori Sheet (sold next to the bamboo mats, thin edible sheets of seaweed)
- + Prawns, tuna, salmon
- + Soy sauce or sesame seed oil for dipping (optional)
- + Bowl of water to keep washing hands as the rice will stick to you
- + Knife to cut the rolls

Remember:

To check for allergies before eating.

What you do:

- + Cook the rice as per instruction on the packet and let it go cold before use.
- + Place your bamboo mat on a table.
- + Place your Nori sheet on top (the packet will have instructions on what side to use).
- + Take the cold rice and spread a thin layer across the sheet but leave a small gap around the edge.
- + Take the filling of your choice and put it down the middle of the sheet (only use one ingredient).
- + Now roll from one long edge to the other.
- + You now should have a sushi roll and take your knife and cut into mouth bite-size pieces around 1cm thick.
- + You can now dip the Sushi into your dipping sauces and enjoy!

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June 19th – World Picnic Week

Giant Outdoor Scrabble

You will need:

- + Large flat area on the lawn – the lounge would be good if it is raining
- + Wooden pegs × 2 per stand (I would suggest 4 stands so lots of people can get involved)
- + Rope
- + Large box to store the letters
- + 10 cm × 10 cm wooden cards (you may need to ask the handyman to give you a hand, or some timber yards may cut them to size for you),
- + Black paint with which to paint on the letters
- + You could use laminated card if you are unable to get wooden cards, then you can print the letters on to them

What you do:

- + Drill a hole into the wooden pegs and thread the rope through to create the stand. You will see from the photograph, the stands are there so that you can prop up the letters so they can be seen by everyone.
- + Arrange benches so people can sit and watch the game unfold.
- + Once this game has been made you will be able to have hours of fun! Let the games begin!

Think:

This is a great activity to get everyone involved with. Some may want to help make it and others will love to play. Some may enjoy sitting on the sidelines and watching the game unfold.



You will need a lot of letters, here is the breakdown of how many tiles you will need for each letter

2 × J, K, Q, X, Z	8 × N
3 × B, C, F, H, M, P, V, W, Y	9 × T, R
4 × G	11 × O
5 × L	12 × I
6 × D, S, U	13 × A
	18 × E

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June 20th – Father's Day

Activities to Engage Men

Gathering information about life experiences and interests can help when planning activities to engage and connect with men.

Here are a few ideas:

- + Fishing
- + Gardening- digging and pruning plants
- + You could start a men's club and hold themed sessions
- + Casino night
- + Comedy nights
- + Watch Sports games on TV – or go to a match Football or Rugby.
- + Go horse racing or make a horse racing game
- + Happy hour– see what their favourite tippie is and invite them along

How about some woodwork?

- + You could get some small bits of wood and make a bird house, bird feeder or just do some sanding
- + Nails
- + Hammers
- + Speak to your handyman he may be able to offer some help to this activity

Photography club

- + Wouldn't it be interesting to see the world through your resident's eyes? You could learn a lot about what they are interested in
- + Digital cameras can be fairly cheap now so you might be able to get a few and use them for lots of activities

How about having an area you could set up as a Barber shop

- + (Maybe you could use the Hairdressers first things after breakfast)
- + Have some music playing in the back ground, a bit of jazz maybe?
- + Place some chairs around the room
- + Put some car, farming, hunting or sports magazines around on tables
- + Provide some morning shaving for them, you might need a carer to assist you
- + Clean and cut nails
- + Have some discussions

Find out:

- + Were they 'breadwinners'?
- + Did they work with their hands?
- + Do they were a shirt and tie?
- + Do they like sports, politics, fishing, golf, social clubs, pubs?
- + Don't make assumptions! Not all men like football or drink pints!

Think

Safety – making sure they can firstly drink alcohol and that it won't affect any medication they might be on.



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June 21st – Midsummer Day National

A Midsummer Night's Dream

Shakespeare's most popular and widely performed play is A Midsummer Night's Dream. The comedy was written by William Shakespeare around 1595 or 1596. The play which is set in Athens revolves around the marriage of Theseus and Hippolyta.



- + Why not hold an evening of readings or themed performances in your garden
- + Hold craft sessions building up to the event making flower crowns, fairy wings, lanterns
- + Create photos and information that people can read or view while in the garden
- + **Click here** to read some short scenes from the play
- + Create an enchanting evening meal of finger sandwiches and butterfly cakes
- + Decorate the garden and create an ambiance with fairy lights and blankets with cushions
- + Time the event to include dusk

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June 22nd – Windrush Day

Art Exhibition on Windrush

On 22 June 1948, Afro-Caribbean people arrived at Tilbury Docks, Essex, in the UK, on the Empire Windrush ship. Windrush Day encourages communities across the country to celebrate the contribution of the Windrush Generation and recognise the diversity of Britain's history.

- + What does the arrival of the Windrush Empire mean to you?
- + Do they remember the story?
- + Were you part of the Windrush generation?
- + Do you have friends, colleagues or family members who are descendants?



Why not answer questions creatively? Share work by holding an exhibition, print information relating to the history of the Windrush Generation.

Using art can help people to Aprocess their experience and share their memories and express their emotions. Emotions expressed may be unexpected, take time and listen to what people have to say.

Consider different art forms:

- + Create a piece of art by drawing, painting, or looking at a photograph together
- + Write a poem, short story, or song
- + Stitch a work of art using sewing/ needlework
- + Create a dance

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June 23rd – National Typewriter Day

A Typewriter Story Comp

On 23rd June 1868, a journalist and printer named Christopher Latham Sholes of Wisconsin patented a machine called a typewriter. A machinist Samuel W. Soulé and fellow inventor Carlos Glidden helped in the development of his machine.

Christopher was unsuccessful in the marketing of his invention and it was not until 1932 that William Dealey and August Dvorak introduced the Dvorak keyboard, which was designed to make typing faster and less fatiguing.

Do your residents have memories of a typewriter?

We would like to hear your residents' stories for the NAPA competition.

The NAPA Type A Story

Win a typewriter for your care home

To enter the competition.

- + Discuss a story with the residents that can tell you about a Typewriter
- + Write a short story of no more than 300 words
- + The story can be funny, meaningful, or provide advice
- + Send the short story via email to **communication@napa-activities.co.uk**
- + Name of resident
- + Name of the staff member who supported
- + Care home name
- + Contact details
- + Title of story
- + Closing date 1st July 2021
- + Winner announced 6th July



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June 24th – Pride Resource

My Flag, My Pride

When we think of Pride Month we think of the iconic image of the rainbow Pride flag, the beautiful array of vibrant but meaningful colours fluttering in the breeze.

Each colour is important and signifies hope, diversity, and vibrancy.

Why not create your own Pride flags, what colour best reflects your personality or represents your feelings or attitudes?

You will need:

- + Card
- + Scissors
- + Pencil
- + Ruler
- + Mix of coloured paint/ coloured pencils/ felt tips
- + Craft bits for decoration
- + Lolly sticks or stiff straw for the flagpole (optional)

What you do:

- + Using the link, provide some examples of images of Pride flags.
- + Discuss in the group.
- + Do they recognise the flag?
- + How do they feel?
- + What understanding do they have of the flag's origins and significance?
- + Look at using the craft materials in front of you and the colours your own pride flag could represent. Maybe they enjoy strawberry trifle – Red might represent this. Perhaps they enjoyed hiking a lot and it was muddy – Brown might represent this. Maybe they are just a happy person and always smile – Yellow might represent this.
- + Take your card and cut out a flag the size of a post card.
- + Draw 5 equal horizontal lines from one side of the flag to the other. You should have 6 columns.



- + Colour each column in the chosen colours.
- + Once dry you can write one word that represents the meaning of that colour e.g. Red – Trifle, Brown – Hiking or Yellow – positivity.
- + You could use extra decoration like glitter or stickers.
- + Use a lolly stick or stiff straw as a flagpole. Glue or staple the paper around the flagpole.
- + Give the flag a wave with Pride!

History of the Pride flag

The rainbow Pride flag was designed in 1978 by artist and gay rights activist Gilbert Baker. Originally eight colours, it measured 30 by 60 feet and Gilbert had incredibly sewn it all by hand. The Flag made its debut in the San Francisco's United Nations Plaza for Gay Pride Day, on June 25, 1978. Gilbert said of the flag "We needed something to express our joy, our beauty, our power. And the rainbow did that,"



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June 25th – Global Beatles Day

Paint, Paint Me Do

Why not create your own 'pop art' Beatles picture from the famous artist Andy Warhol, have some fun using different materials and textures.



Play some classic Beatle music and reminisce about the famous four!

Look at examples of pop art using images from books or the internet. Discuss what makes art, pop art. Can you find some other famous pop art artists?

You will need:

- + Plain paper
- + Printer
- + Watercolours
- + Paintbrushes
- + Water
- + Scissors
- + Glue



What you do:

- + Type in google – Black and white images of the Beatles pop art.
- + Print off the pictures of your choice.
- + Cut the head out and stick it onto plain paper.
- + When dry use the watercolours to create the pop art of choice using Andy Warhol work as a guide.

Top Tip

If you have some budding artist in your home, why not let them freehand the faces of the famous four!

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June 26th – Armed Forces Day

Big British BBQ

Why not enjoy a British Style BBQ celebrating Armed Forces Day. Enjoy music and food with decorations provided by the Armed Forces Day campaign – [Click Here](#)

Below are some simple BBQ recipes.



ARMED FORCES DAY
SHOW YOUR SUPPORT

Think

When planning your menu for the BBQ, make sure you take everyone's dietary requirements into account, so you cater for everyone. Complete all necessary risk assessments as stated in your company policies.



Simple Grilled Chicken Recipe

You will need:

- + 4 chicken breasts
- + 2 lemons juiced (about 1/4 cup)
- + ¼ cup extra virgin olive oil
- + 1 teaspoon dried basil
- + 1 teaspoon dried oregano
- + ½ teaspoon salt
- + ½ teaspoon black pepper
- + 3-4 garlic cloves crushed
- + 4 boneless skinless chicken breasts

What you do:

- + In a small bowl, whisk together lemon juice, olive oil, basil, oregano, salt, pepper, and garlic.
- + Place chicken breasts into a large resealable plastic bag or shallow dish. Pour marinade over chicken.
- + Marinate in the refrigerator for a minimum of 30 minutes, or up to 8 hours.
- + Heat an outdoor grill over medium-high heat.
- + Grill chicken for 5 to 7 minutes per side, until cooked through.
- + Remove from grill and let rest 5 minutes before serving.



Grilled Vegetable Skewers with a Balsamic Vinaigrette

You will need:

- + 1 red pepper
- + 1 green pepper
- + 1 yellow pepper
- + 2 medium red onions
- + 15-18 large mushrooms
- + 1/4 cup olive oil
- + 1/4 cup balsamic vinegar
- + 1 tbsp Dijon mustard
- + 1 tbsp honey
- + 1/2 tsp salt

- + 1/2 tsp ground black pepper
- + 2 cloves garlic, crushed
- + 1 tsp dried oregano
- + wooden skewers

What you do:

- + Soak the wooden skewers in water for 15 minutes.
- + Whisk together the oil, vinegar, mustard, honey, salt, pepper, garlic, and oregano. Set aside until needed.
- + Wash and cut the vegetables (except the mushrooms) into large, evenly sized, chunks.
- + Stick the vegetables on the wooden skewers, in any order you wish.

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June 27th – National Bingo Day

Musical Bingo

You will need:

- + Access to a computer, printer and laminator (or use plastic wallets)
- + Bingo markers- wipeable markers are better then you can reuse the cards
- + Token prizes for the winners
- + Bingo cards with song titles on – laminate them if possible so they can be reused
- + Calling cards with song titles printed on-laminate them if possible so they last longer
- + CD with chosen songs on
- + A tin/ box with a lid

What you do:

- + Give each resident a Bingo card and a marker.
- + Put the calling cards in a tin with a lid.
- + Either call out a song title or play the song.
- + Keep going until someone has called BINGO! Give the winner a token prize.



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June 28th – Wimbledon

Easy Healthy Raspberry Lemonade

This Easy Healthy Raspberry Lemonade is the perfect summer refreshment without all those empty calories. Made with fresh fruit and NO refined sugar!



Prep Time 15 minutes / Total Time 15 minutes / Check dietary requirements

You will need:

- + 5 lemons, juiced
- + 1 tablespoon honey
- + 1 punnet fresh raspberries
- + 1 litre of water
- + lemon slices, fresh raspberries, ice and mint leaves for garnish

What you do:

- + Add the juice of 5 lemons, honey and raspberries, along with 250ml of the water to a blender and blend on high speed until smooth.
- + Strain the mixture into a pitcher to remove the foam and raspberry seeds and add the remaining 750ml of water (to taste) to the raspberry mixture.

- + Add ice, fresh raspberries, lemon slices and mint leaves (if desired) for garnish.
- + Serve in mason jars or tall glasses with paper straws and a slice of lemon.

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June 29th – National Camera Day

Pinhole Photography



You will need:

- + A Pringles tube
- + Translucent paper
- + Something to put a small hole in the base
- + Something to cut the tube

What you do:

- + Cut the tube off about 2 inches or so from the base, you don't have to measure it.
- + Dust it out, to make sure there are no bits of card or Pringles left.
- + Cut a piece of the cereal box inside packet or tracing paper to just a bit larger than the Pringle lid.
- + Make a small hole in the centre of the base of the tube.
- + Put the tracing paper or cereal packet over the open end of the smaller part of the tube and put the transparent Pringle lid over it to hold it in place.

- + Use the remaining part of the Pringle tube to form a viewing shield.
- + Tape it together if you want or just hold it.
- + Stand in the middle of a room and look through it at a window, with your other eye closed, the tube being large makes a good light seal around your eye even if you are wearing glasses.
- + Stay with it a minute or so for your eye to become accustomed to the light level.
- + Ignoring the bright light from the pinhole and looking at the image on the tracing paper, move the tube about and you will find the pinpoint can be made to vanish and the image moves about.
- + Notice that the image is upside down and back to front.



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June 30th – Pride Resource

Over the Rainbow Cupcakes

These brightly coloured cupcakes will make you smile. The brightly layered colours will spark a conversation and maybe even a song!



Makes 10

You will need:

- + Cupcake cases
- + Cupcake tray
- + Mixing bowl
- + Electric whisk
- + Piping bag
- + 5 small bowls
- + Cooling rack
- + 110g unsalted butter
- + ½ tsp vanilla extract
- + 110g caster sugar
- + 2 large eggs
- + 110g self-raising flour
- + Red, blue, and yellow gel food colouring

- + Sprinkles or decorations (optional)
- + 150g butter, softened
- + 300g icing sugar
- + 3 tbsp milk

What you do:

- + Pre heat the oven to 180C/160C fan/gas 4.
- + Fill the cupcake tray with 10 cases.
- + Beat the butter, vanilla, and caster sugar together with an electric whisk until pale and fluffy. Gradually whisk in the eggs.
- + Mix in the flour and a pinch of salt until just combined.
- + Divide into five bowls and colour each a different shade with a drop of food colouring.

- + Starting with the end of the rainbow (purple), evenly spread 1 tsp of the mixture into each cupcake case using a piping bag or the back of a teaspoon.
- + Top with 1 tsp of the next colour and spread – be careful not to mix the colours together.
- + Bake for 15 mins, until a skewer inserted into the middle of each cake comes out clean. Leave to cool completely on a wire rack.
- + To make the buttercream, beat the butter until very soft. Add the icing sugar, vanilla extract and a pinch of salt and whisk together until smooth.
- + Pipe the buttercream on top of the cupcakes using a circular nozzle.
- + Decorate how you like with sprinkles or bright sweets.

Enjoy!

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://twitter.com/NAPAActivitiesCalendar)



NAPA Member Awards Nomination Recognising Excellence

Don't wait – nominate Now
for the 8th NAPA Member Activity Awards 2021

Nominating someone for an Award is the best possible way to publicly say how much you appreciate what they do.

Activity providers have many and varied titles, so all are eligible for these awards. We want to hear about individuals who are innovative and creative in the way they meet the needs of the people they support. All nominees must show exceptional commitment and a skilled approach to prioritising wellbeing.

There is no limit to the number of nominations you can make. Anyone can make a nomination – managers, staff, residents, relatives or visitors.

Below are the Category Award Criteria for the NAPA Members Activity Awards 2021. Please supply additional evidence where necessary to support your nominations. You can apply for as many categories as you wish, but please use a separate nomination form for each category.

Remember the judges will base their decisions on your completed form and any photographs you provide.

These should be sent by email to communications@napa-activities.co.uk clearly stating which nomination they are supporting.

The Awards are open to all our members across the health, housing and social care sector.

Nominations are welcome from Residential Older People Care Homes, Nursing Homes, Learning Disability Services, Domiciliary Care Agencies, Day Community Centres, Extra Care Sheltered Housing Schemes, Hospices and Hospitals.

We are delighted to have a number of award sponsors



Grow Old Disgracefully





NAPA Activity Provider of the Year Award

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This category is open to all providers to nominate an individual who consistently provides good quality activity provision, demonstrates compassion, creativity, dedication and has a willingness to learn new skills and go the extra mile.

NAPA Unsung Hero Award

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This category is open to all members who would like to nominate their unsung hero, the person “behind the scenes” who demonstrates great dedication to activity provision. This could be domestic staff, kitchen assistants, chefs, maintenance, administration or office staff, volunteers, families or individuals you support.

NAPA Activity Team of the Year Award

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This category is open to all members who would like to nominate a team of people for their commitment to activity provision. A team who have demonstrated excellent teamwork to deliver the best outcomes for the people they support. They are open and innovative in their approach.

NAPA Arts in Care Homes Award

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This category recognises a setting that has shown a commitment and passion for embedding arts-based activities and has demonstrated the difference they can make to people's lives.



NAPA Year of Moving and Grooving Award

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This category celebrates an individual or team that have embraced The NAPA Year of Moving and Grooving and enhanced the lives of the people they support through the promotion of physical activity.



NAPA Grow Old Disgracefully Award

.....

We are looking to celebrate a person who is living life to the full and fulfils the description of 'growing old disgracefully'.

Do you know an older person who:

- + inspires you with their zest for life?
- + is living life with an outrageous or fabulous twist?
- + has always wanted to do something that defies expectations, but hadn't had the chance to make it happen, until you came along?

Have YOU helped someone achieve their wish to grow old disgracefully?

Do you think they should win this award?

We want to hear from you!

Nominations close 5pm on Friday 16th July 2021. Good Luck!

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Nominate here