

The Making Drinking Fun

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Activities & Engagement Toolkit

Part 1 of DrinkKit

(<https://www.uea.ac.uk/groups-and-centres/uea-hydrate-group>)

Making Drinking Fun

Activities & Engagement Toolkit

An activity-based toolkit for use in care homes, to support residents to drink and socialise well.

Using the DrinkIt

The '**DrinkIt**' is a four-part guide developed collaboratively with care home staff from eleven care homes in Norfolk and Suffolk, UK.

Part 1 - (this document) is **The Making Drinking Fun Activities & Engagement Toolkit**. It is an activity-based toolkit for use in care homes, to support residents to drink well and it was developed as part of the Making Drinking Fun study.

Part 2 - The Drinks Diary. The Drinks Diary is a tool to enable residents to record their own drinks intake.

Part 3 - The 1-Hour Hydration Training for all care home staff. The 1-hour training provides a format for a training session designed to enable all care staff to be involved in supporting residents to drink well.

Part 4 - The Hydration Champions Team Training Manual. The training manual is a training kit to use over several months and with several care homes. It works to develop teams of hydration champions in each of the care homes. Teams can adapt and develop this training to improve and enhance staff knowledge about hydration care in their own working environments.

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Activities & Engagement Toolkit

An Activity-Based Toolkit for use in Care Homes

The Making Drinking Fun Activities & Engagement Toolkit aims to help care homes make drinking (even more) fun and make drinking a central part of day-to-day events, activities and friendly moments.

It is a toolkit of information and activities to help care home residents understand the importance of drinking, help them drink more during activities, and associate drinking with pleasure and social contact. It can also help staff consider how to help residents to drink better every day at every occasion and includes great ideas to make the activities in care homes more interesting and engaging. Your activity has succeeded if a resident has a moment of real human social contact with another resident, a visitor, carer or activities coordinator.

The Activities & Engagement Toolkit can be downloaded as a complete booklet, or you can 'dip into it' online: <https://www.uea.ac.uk/groups-and-centres/uea-hydrate-group> by going to the contents page and selecting the section or activity you are interested in, as each section and activity has been designed to be used individually. To print a single activity or section check which page numbers it falls on. For example, the activity 3.1 "Time for a drink and a chat" is described on pages 45-46. So when you print you just need to print pages 45 and 46.

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1. Introduction

1.1 The Importance of Drinking

Why is it important to drink well?

- Water is vital for our health and wellbeing,
- It makes up more than half our body weight,
- Water helps to maintain body temperature and remove waste,
- It lubricates the joints and eyes,
- Water flushes out the urinary tract and other organs,
- Water is the main component of blood and essential for circulation and blood pressure,
- Drinking replaces the water we lose when we breathe, sweat and get rid of waste products (urine and faeces).



200ml of tea

Health effects of dehydration

Not drinking enough has serious consequences for older people. Older people who are not drinking enough are:

- More likely to be admitted to hospital,
- More likely to be confused,
- More likely to become constipated,
- Going to take longer to recover from infections,
- More likely to fall, and
- More likely to develop urinary tract infections (UTI's).

When we drink enough, all of us are brighter, have more energy, are more focused and more alert. Make sure your residents (and your staff) know about these health effects.

We ALL need to drink enough, every day!

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How can I help older people prevent constipation?

Constipation is often a sign that someone (of any age) is:

- Not drinking enough fluid,
- Not being active enough, and
- Not eating enough fruit and vegetables.

Constipation is unpleasant, so if a resident has constipation, or is prone to constipation, take time to explain that there are things that they can do to help prevent constipation:

- They need to drink more,
- Eat plenty of fruit and vegetables, and
- Get up and move about as often as possible.

For more information, see <https://www.nhs.uk/conditions/constipation/>. The Bristol Stool Chart is a useful guide to help you and your residents recognise if they are constipated (https://www.bladderandbowel.org/wp-content/uploads/2017/05/BBC002_Bristol-Stool-Chart-Jan-2016.pdf).

Why do older people become dehydrated easily?

- The sense of thirst is reduced in older adults; older people do not feel thirsty even when they need to drink.
- As we get older our kidneys become less efficient in saving water.
- Muscle, which stores water in the body, is reduced in older people.
- Dementia may mean people forget to drink or think they have had a drink when they haven't.
- Many older adults intentionally drink less to avoid visiting the toilet so often or to reduce the burden on their carers.

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How many older people are dehydrated?

One in every five older adults living in care homes are dehydrated.



What counts as water?

- Most of the water we need comes from drinks like coffee, tea, squash, water, milk, fizzy drinks, soup, gravy, custard, jelly, beer etc..
- We don't need to just drink plain water to stay hydrated. If we are drinking plenty of other drinks (tea, coffee, fruit juice, milk, lager etc.) that is enough.
- Only a little of our water comes from food (a fifth) and different foods have different amounts of water.
- Foods that are almost as good as drinks include jelly, custard, soup, gravy, yogurts, iced lollies, ice cream and milk added to cereals.
- Fruits and vegetables provide some water too.
- See [Section 1.6: Foods rich in water](#) for more information.
- Beer can be hydrating but check whether there are medical reasons not to offer alcohol.

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1.2 How Much Fluid is Needed Every Day?

To stay well hydrated:

- Men need to drink at least 2 litres (3½ pints) of fluid every day.
- Women need to drink at least 1.6 litres (almost 3 pints) of fluid every day.



140ml glass of water

This is in addition to the fluid we get in foods.

We can have this fluid as tea, coffee, milk and milky drinks, soup, fruit juice, water, squash, soup, Bovril, fizzy drinks, beer, lager etc..

These amounts are recommended by the European Safety Authority for *all* adult men and women¹. Some older adults may be given specific individual recommendations for fluid intakes from their medical doctors and these supersede the general recommendations. There are a number of ways that individual fluid requirements can be calculated but, as yet there is no evidence to support them, so the European guidance (2L of drinks for men, 1.6L of drinks for women every day) is the gold standard for all other older people in the absence of other medical advice.

¹ EFSA Panel on Dietetic Products, 2010. Scientific Opinion on dietary reference values for water. EFSA J. 8:1459.

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1.3 How Much Fluid is in a Drink?

How much do you think? Look at the drinks below and estimate the number of millilitres (mls) of fluid in each:



____ml ____ml ____ml ____ml ____ml ____ml



____ml ____ml ____ml ____ml ____ml ____ml

Obviously, the amount of fluid in each depends on how high you fill the cup or glass but notice how full your residents cups are filled – there is usually a good space to prevent spills. The pictures above reflect this. Look over page to see how well you did.

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These are the actual volumes of fluid in these cups:



100ml

150ml

250ml

250ml

250ml

400ml



100ml

200ml

150ml

150ml

500ml

500ml

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So if that is the amount in a cup, how many cups do your residents need each day?

	Fluid volume of this vessel:	Women need 1.6L or 1600ml or almost 3 pints or:	Men need 2L or 2000ml or 3 ½ pints or:
	100 ml	16 drinks of this size every day	20 drinks of this size every day
	150ml	11 drinks of this size every day	14 drinks of this size every day
	200ml	8 drinks of this size every day	10 drinks of this size every day
	250ml	7 drinks of this size every day	8 drinks of this size every day
	400ml	4 drinks of this size every day	5 drinks of this size every day

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Why don't you use the table above to find out volumes of the glasses, cups and mugs used in your care home?

- Download a blank copy of the table (see [Section 9.4: Table of how much fluid is in a Drink](#) in Useful Resources for a blank copy of the table.
- Replace our pictures with pictures of your own cups, mugs and glasses.
- Measure how much fluid each cup, mug and glass contains when you fill it for a resident. Fill the cup, mug or glass with water and then tip the water into a kitchen-measuring jug. Read off the volume in ml – this is the volume of the cup or glass.
- Enter this volume in the first column and calculate how many cups, mugs and glasses will need to be drunk to allow the resident to drink at least 1.6L (women) and 2.0L (men) each day.

1.4 How Many Drinks Should Residents be Offered Each Day in my Care Home?

If the cups you use most for tea and coffee contain 100ml when filled for a resident, then you will need to offer **every male resident at least 20 drinks of tea or coffee** each day **and 16 drinks for women**. If the cups you use most for tea and coffee contain 200ml when filled for a resident, then you will need to offer **every male resident at least 10 drinks of tea or coffee** each day **and 8 drinks for women**. This is the minimum, more is better!

Bear in mind that some drinks won't be finished and some residents will turn down drinks served during the evening (so they don't need to get up for the toilet in the night). So if your male residents need 20 drinks using standard cups of 100ml, then **aim to offer 22 each day**. This is quite hard work. An example of how to do this is to make sure that each resident is offered:

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	When the usual drink is 100ml offer at least 22 each day for men
1 & 2	A cup of tea or coffee on waking, before personal care (which can make personal care faster and more cheerful!), then a drink during personal care
3	A glass of orange juice at breakfast
4, 5, 6 & 7	Provide a teapot or cafetière then ensure residents have 4 of these small cups of tea or coffee with and/or following breakfast
8 & 9	Two drinks from the drinks trolley (offering tea and coffee as well as herbal teas and cold drinks) at 10.00am
10 & 11	Two drinks from the drinks trolley (offering tea and coffee as well as herbal teas and cold drinks) at 11.30am
12 & 13	Two glasses of water or squash during lunch
14 & 15	Two cups of tea or coffee following their meal
16, 17 & 18	Three drinks from the drinks trolley (offering tea and coffee as well as herbal teas and fizzy drinks) during the afternoon
19	A glass of water or squash during tea
20 & 21	Two cups of tea or coffee following their meal
22	A milky drink before bed time

You need to **directly offer** at least 2L of drinks each day to every male resident and at least 1.6L each day to every female resident. You also need to ensure that fresh water and squash are available for residents to help themselves to, and to encourage residents to help themselves (although some residents will not, or are not able to, help themselves).

Remember though, if a resident doesn't finish their drink they won't have drunk the full amount – so make sure they are offered another drink within the next 30 minutes.

You might consider making your standard cups a bit larger, to make this job easier, although some residents may find these heavier to hold. Finding out which cups, mugs and glasses your residents prefer is important in helping them to drink well. See [Section 1.7: Choosing the right cup, mug and glass](#) and the related activity in [Section 3.2: Choosing the right cup, mug and glass](#).

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If your residents need 10 drinks using standard cups of 200 ml, then aim to offer 12 each day. An example of how to do this to make sure each resident is offered 12 drinks each day is:

	When the usual drink is 200ml offer at least 12 each day
1	A drink on waking, before personal care (which can make personal care faster and more cheerful!)
2	A glass of orange juice at breakfast
3 & 4	Two cups of tea or coffee with and/or following breakfast
5 & 6	A drink from the drinks trolley (offering tea and coffee as well as herbal teas and cold drinks) twice during the morning (at 10am and again at 11:30am)
7	A glass of water or squash during lunch
8	A cup of tea or coffee following their meal
9	A drink from the drinks trolley (offering tea and coffee as well as herbal teas and cold drinks) once during the afternoon
10	A glass of water or squash during tea
11	A cup of tea or coffee following their meal
12	A milky drink before bed time

If you are ever concerned that a resident is not drinking enough and so is at risk of becoming dehydrated, let your care home manager know as soon as possible, as older people can become dehydrated very quickly, within hours.

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1.5 How to Support Drinking Well in Care Homes

The activities in this toolkit may help older people living in care homes to enjoy drinking more, and so drink well. But, this will only be effective if care homes have really good support for drinking in place.

In care homes, drinking is **EVERYONE'S** responsibility!

Ideas to support your residents to drink well:

- **Every day**, men should be offered at least 2L (3½ pints) of hot drinks (tea, coffee, milky drinks) or a preferred cold drink, and for women, at least 1.6L (almost 3 pints) of hot drinks or a preferred cold drink.
- In addition to drinks which are offered directly to residents, access to a **water-cooler and/or jugs of water or squash** (as preferred by each resident), should be available in day rooms and bedrooms during the day and during the night, and residents encouraged to help themselves. However, many residents will not drink these drinks for a variety of reasons.
- Every member of staff (including care, domestic and kitchen staff) needs to be aware about how much residents need to drink, and **staff should be enabled and encouraged to offer drinks** to replace those that have not been finished or have gone cold (for hot drinks).
- Residents should be encouraged to drink **at least 150ml with each round of medication** (although some medications have to be taken without food or drink, so check instructions). **Drinking well with medications** helps residents to swallow their medication, ensuring that pills are washed down well and don't get stuck in the food-pipe. Drinks offered with medication are usually cold and include **water, fruit juice and milk**, depending on what the resident prefers and what is recommended by the pharmacist (check instructions).
- Residents who are **confined to bed** should be offered drinks, and helped to drink where appropriate, regularly during the day – at least at every drinks round, every meal and every time they are turned, (a log to record this is ideal).



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- Many residents particularly enjoy drinks when they wake, so **offering drinks on waking** is a good way to encourage fluid intake and may make personal care more efficient and relaxed.
- After a meal, it can be relaxing and friendly to sit and chat with a cup of tea or coffee – so consider offering **cold drinks with each meal**, and **tea or coffee immediately following each meal**.
- Many older people worry about drinking in the evening (as they prefer not to wake up for the toilet in the night) – so **consider two morning drinks rounds and two afternoon drinks rounds** to help boost fluid intake earlier in the day.
- In addition to providing a cup of tea or coffee consider providing a small teapot, cafetière or jug to **allow residents to have seconds**.
- We all drink more when we are **socialising**, so make the most of social situations, such as when friends and family visit. Make every visitor feel welcome by **offering them tea or coffee** to share with their loved one. Also, **ensure visitors and able residents can make their own hot drinks** – it can help them to feel part of the home and enable them to provide drinks to their own relatives/friends as well as other residents.
- During drinks rounds **offer drinks to visitors** as well as residents – residents and visitors will feel more comfortable and your residents are likely to drink more.
- For every resident **discuss and document their preferred drinks** (and how they like those drinks) **and which cups, mugs or glasses** they prefer – to help ensure that residents receive drinks they really enjoy. How can you ensure that those making drinks can access this information when needed (at meals and on drinks rounds)?
- Make drinks time a social time by **encouraging staff to sit and share a drink and a chat** with one or two residents. This encourages real friendship and helps both residents and staff to drink well.
- **Routines are important** – residents and staff expect drinks rounds to happen and residents often won't ask for a drink if the drinks round is expected. So if a drinks round is omitted (perhaps due to low staffing or an unexpected event), then the opportunity to drink is missed. Drinks routines are very important and should NOT be compromised.
- Why not **have a poster** with times or a picture of a clock showing the time of drinks rounds to help residents and their visitors understand the routine?

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- **Talk to your residents about what helps them to drink well.**
Sometimes changing the brand of tea or using thin china tea cups instead of thick heavy ones can make all the difference! Do you have a favourite cup, mug or glass? Your residents may too. Listen to your residents and plan in their suggestions. See [Section 3.4: Discussion with residents about drinking](#).
- **Don't assume that because a resident appears independent, they are drinking sufficiently.** Check!
- **Alcohol** (except spirits and strong liqueurs) **is hydrating in moderation**, so it's ok if your resident wants to enjoy a glass (so long as there are no medical contraindications) but check with your care home manager first.
- Improving **continence support** and ease of access to the toilet will help to improve drinking.
- **Lack of thirst** does not mean that older adults are hydrated, because the sense of thirst is weaker in older people. Thirst is not a good sign that older people need to drink more.
- All older adults living in care homes are at risk of dehydration, especially those with dementia and diabetes.
- All **staff working in care homes need to drink well too**. When making a drink for yourself, a resident or a visitor, ask your colleagues as well!

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Some ideas of drinks to offer (also see [Section 4: Drinking Activities](#)):

- Fruit juices, e.g.:
 - Apple juice
 - Pineapple juice
 - Orange juice
 - Cranberry drinks
- Squashes and cordials, e.g.:
 - Barley water
 - Blackcurrant squash
 - Elderflower cordial made up with tap water or fizzy water
 - Home-made lemonade (See activity, [Section 4.1: Really Easy Home-made Lemonade](#))
- Fizzy drinks, e.g.:
 - Pop – fizzy lemonade, orange, cola, fizzy grapefruit, ginger beer
 - Fruit cocktail (try real orange or pineapple juice with fizzy lemonade in a wine glass with a parasol)
 - “Lucozade” and energy drinks
 - Dandelion and burdock
- Mocktails (find some good recipes and make them look glamorous!)
 - Iced tea
- Ice creams and lollies (especially on hot days!)
 - Iced lollies
 - Frozen fruit pops (frozen squash)
- Drinks made with milk, e.g.:
 - Iced coffee
 - Fruit smoothie (try making them together, see [Section 4.10: Smoothie making.](#))
 - Milk shake made with real fruit
 - Hot chocolate (choose a special cup and add cream and marshmallows for a special treat)
 - “Complan”
- Hot drinks, e.g.:
 - Fruit tea, chamomile tea (try a teapot and cup and saucer, rather than a mug - see activity [Section 4.4: Making Tea Using Loose Tea](#))
 - Coffee (try a cafetière or a latte for a special occasion)
 - “Horlicks” or “Ovaltine”
 - “Bovril” (or marmite with hot water)
 - “Camp” coffee (see activity [Section 4.2: Reminiscence Drinking](#))



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- Soups, e.g.:
 - Lentil, tomato or chicken soup
- Alcoholic drinks, e.g.:
 - Lager or beer (with or without alcohol) – offer in a traditional pint or half-pint mug
 - Cider (with or without alcohol)
 - Wine – normal or alcohol-free – in a wine glass
 - Sherry (before a meal) or port (after a meal)

When thinking about which drinks to offer, some things to think about are:

- For a few older people changing from caffeinated to de-caffeinated tea or coffee may help continence, but only use decaffeinated products if the older person enjoys the decaffeinated version.
- Some older people become lactose intolerant so may be more comfortable with lactose-free milk substitutes (such as lactose-free cow's milk, soya milk or oat milk).
- Some residents may need to restrict their alcohol intake because of health conditions, medications or alcoholism, so make sure you know about any relevant restrictions for your residents. Including some alcohol is treating older people as adults and can turn celebrations and special days into occasions. Alcohol-free wines and beers may be used so that if alcohol is served, residents who are not able to take alcohol are not left out.
- Many preferred drinks can be quite sugary, and older people may be able to enjoy sweetness even when other flavours are lost. For older people who are not seriously overweight or diabetic the additional sugar in drinks will be fine (and may be useful energy). For those who need to restrict sugars try substituting sweeteners and 'diet' or 'low-calorie' drinks, to see what is enjoyed most. Remember mouth care – when residents are drinking sugary drinks extra care should be taken with brushing teeth to help prevent dental problems.

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1.6 Foods Rich in Water

Foods that are almost as good as drinks include jelly, custard, soup, gravy, yogurts, iced lollies, ice cream and milk added to cereals. Fruits and vegetables provide some water too.

For older adults who are struggling to drink, provide and encourage wetter foods including thick soups, dahl, stews, bolognaise, broccoli in cheese sauce etc. Wetter foods include:

- Breakfast: Choose porridge or cereal for breakfast rather than toast,
- Lunch: stew or bolognaise, hotpot, Hungarian goulash, mince, lasagne, curry, macaroni cheese, chilli or dahl rather than meat-and-potatoes or a roast dinner (or if the meal is dry add plenty of gravy and bread sauce),
- Tea: thick soup rather than a sandwich
- Puddings or snacks: stewed fruit and custard, tinned fruit and cream or fresh fruit salad (rather than cake), fruit or ice cream (rather than biscuits), iced lollies on a hot day.

If you do give a dry food think of ways to add fluid (for example, add plenty of gravy or bread sauce to a roast dinner, add cream or ice cream to cake, add cheese sauce to vegetables).

It is almost impossible to eat enough of these wetter foods to have enough fluid (1.6L/d in women, 2L/d in men) without drinking too, but they will help. It is still important to encourage drinking, ideally by sitting down together for a chat and a drink – drinking together is more fun than drinking alone.

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The following table shows how much fluid is in a serving of some of these wetter foods:

Food type	Food	Serving size	Quantity of water (fluid)
Fruit	Apple	1 whole apple, 80g	60ml
	Apple juice	Small glass, 150ml	130ml
	Pineapple chunks	6 chunks, 80g	70ml
	Pear	1 whole pear, 80g	60ml
	Banana	1 whole banana, small, 100g	50ml
	Grapes	10-12 grapes, 80g	50ml
	Orange or grapefruit	1 small orange or ½ grapefruit, 80g	60ml
	Other fresh fruit and berries	80g	60ml
Puddings (to be eaten at any time of the day)	Stewed fruit	Small bowl, 80g	60ml
	Jelly made with water or milk	Small bowl, 100g	80ml
	Blancmange	Small bowl, 100g	80ml
	Ice-cream or sorbet	1 scoop, 70g	50ml
	Custard	Small bowl (with fruit etc), 100g	80ml
	Yogurt or fromage frais	1 pot of flavoured, 120g	90ml
	Tinned fruit (fruit cocktail, pineapple chunks etc.)	80g	70ml
	Rice or tapioca pudding	Small portion, 100g	70ml
Vegetables	Beansprouts including alfalfa sprouts	Small portion, 10g	10ml
	Asparagus	6 spears, 80g	70ml
	Avocado	½ avocado, 80g	40ml
	Baked beans and other cooked beans including dahl	Small portion, 100g	70ml
	Beetroot boiled or pickled, pickled gherkins	1 medium beetroot or 2 small gherkins	70ml
	Green vegetables such as broccoli, brussels sprouts, peas, cabbage etc.	80g	70ml
	Other vegetables including carrots, sweetcorn etc.	80g	70ml
Condiments (to add to foods to add fluid)	Gravy	¼ of a cup, 50g	30ml
	Custard	Small bowl, 100g	80ml
	Cream, single	Added to cake, 20ml	20ml
	Cream, double	Added to cake or tinned fruit, 20ml	10ml
	Fromage frais	1 pot of flavoured or several tablespoons of plain, 50g	40ml
Breakfast foods (to eat any time of day)	Porridge, including instant & flavoured porridge made with milk or water	Small bowl (3 tablespoons)	90ml
	Cereal with milk	Small bowl (3 tablespoons) with 100ml milk added	90ml
	Boiled egg	1 medium egg	20ml

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1.7 Choosing Drinking Cup, Mug or Glass

Finding out about the type of cup, mug and glass that your residents like to drink from will support their enjoyment of drinks as well as supporting independence.

Many of us have a favourite cup, mug or glass, which we prefer to drink from, your residents probably will too! There are many different types of drinking cups, mugs and glasses available - see activity in [Section 3.2: Choosing the right cup, mug or glass](#).

Some residents may have difficulty with handling and using some cups, mugs and glasses. This may be due to impaired vision, reduced sensation, grip or tremor. Pain or stiffness in the hands, arms, shoulders or neck may also make drinking difficult. There are many different types of drinking vessels available, which may support residents with particular difficulties to drink, but care needs to be taken to ensure that residents have the right drinking vessel, which will support their drinking, rather than creating additional difficulties. It is also important that residents are offered drinks in the type of cup, mug or glass that they like, so that they are able to enjoy drinking. Always seek advice from your local Speech and Language Therapist (SLT) and Occupational Therapist if you think that your resident would benefit from a specialist drinking aid.

We have provided some descriptions about commonly-available cups, mugs and glasses below.

Cups and mugs with large handles or two handles

Cups or mugs with large handles can enable the resident to use either the whole hand to hold the handle or put the whole hand through the handle to hold the cup or mug. This is useful for those with reduced grip or loss of sensation in the hands. If the cup has two handles, the resident can hold the cup with both hands, allowing the weight of the cup to be distributed between both hands so that the resident can lift the cup much more easily.

Insulated cups

These cups have a double wall for insulation, which helps to keep the contents warm for longer, while the outside surface remains cool. This may be suitable for those who have lost sensation in the hands, or drink at a slower pace.

Weighted cups

Weighted cups have weights added internally to the base of the cup to increase its weight. This may be useful for some people who have hand shaking or a tremor.

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Cups with lids

Cups with lids may keep a hot drink hotter for longer, and also help a resident to drink without spilling its contents. There are many attractive drinks bottles available for cold drinks, and younger adults regularly use cups with spouts for take-away coffee and tea. Residents who have a tremor or a lack of muscle control in their hands and arms may find these useful.

However, **for residents with dysphagia (difficulty swallowing) or at risk of dysphagia, cups or beakers with spouts should only be used if the SLT team has recommended them.** This is because beakers with spouts can **increase** a person's risk of aspirating fluids for three reasons:

- Beakers with spouts increase the volume of fluid being taken in, so the person has less control.
- The person has less time before they have to swallow, because the fluid is delivered nearer to the back of the mouth (compared to when a person drinks from a standard cup).
- Beakers with spouts encourage a person to tip their head back, which also speeds up the swallowing process, so for people with a delayed or weakened swallow function this can increase their risk of coughing and aspiration.

People who have, or are at risk of dysphagia, are generally safer with an open/non-spouted cup with hand-over-hand assistance if necessary.

Straws and straw holders

Straws can also increase the risk of aspiration for some residents, for similar reasons to those for beakers with spouts. However, some people do better with straws. For people who have trouble sucking fluid via straw, there are valve straws (for example, one-way drinking straws) which stop the liquid from flowing back down the straw and reduce the amount of sucking required.

Hands free drinking equipment

These are bottles, which can be positioned onto a table or mounted on a wheelchair or bed frame to allow the user to drink without using their hands. It is usually fitted with a system comprising a straw with a one-way valve, which prevents liquid flowing backwards and reduces the amount of suction required. See above regarding advice about using straws.

Angled or cut-out cups

These allow drinking from the cup without the need to tilt the head back or raise arms high as when using a regular cup. The edge of the cup is usually angled or cut-out, so that it is lower at the back. It may be useful for residents with pain or stiffness in the arms, shoulders or neck.

See [Section 9: Useful Resources and Further Reading](#) for further information.

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1.8 Planning to Support Drinking in Your Care Home

You, the staff at your home, your residents and their friends and relatives know best how to help your residents to drink well. Develop a plan and make sure it happens.

One care home did this and found that they had five key points to share about keeping their residents hydrated:

- Improving hydration in residents reduced anxiety and improved quality of life for both residents and staff
- Residents were encouraged to drink a litre of fluid between waking and the end of breakfast
- Drinking was seen as a social activity
- All staff were involved in ensuring residents were hydrated
- Residents were asked every day what they wanted to drink and were given plenty of choices

To read more about how this care home supported their residents to drink well in a specialist home for people living with dementia, see the article by Hooper, Whitelock and Bunn (the details can be found in [Section 9.3: Further Reading](#)).

For lots more detail about what changes you could make in your care home and how to make these changes to help your residents to drink, see Sections 3-8 in this Making Drinking Fun Activities & Engagement Toolkit and also parts three and four of The DrinKit: **1-Hour Hydration Training for All Care Home Staff** and **The Hydration Champion Team Training Manual** (<https://www.uea.ac.uk/groups-and-centres/uea-hydrate-group>).

To get started:

- Run the **DrinKit 1-Hour Hydration Training for All Care Home Staff**. Run it several times so you can include all your staff – care staff on different shifts (including the night shift), catering staff, domestic staff, nursing staff, volunteers, activities coordinators and managerial staff.
- Get all your staff to discuss what works in helping your own residents to drink well – share this good practice.
- Choose four of your staff (one member of care staff, one activities coordinator, one caterer and one manager) to be **Hydration Champions** for your home. These four people will need to be great communicators, great at encouraging others, and will work together to oversee and drive great hydration and super drinking in your care home. Who is up to this? Join with four or five other homes to run the **Hydration Champions Team Training** over four months to support your new Hydration Champions.

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- During the **1-Hour Training for All Care Home Staff**, and the **Hydration Champions Team Training**, your staff will have great ideas about how to help your residents to drink really well.

Note these ideas here:

- 1.
- 2.
- 3.
- 4.
- 5.

Some of your ideas may be general – good ways to encourage drinking that all your staff can take part in. Some of your ideas may be specific to a particular profession or a specific resident – noting a drink that a particular resident enjoys for example, so that you can plan to offer that drink more often and support her hydration.

Map out how you will carry out your plan. You can use the example below:

What we need to do?	Who will do it?	How to do it?
Encourage residents to drink more	<ul style="list-style-type: none">• Care staff• Activities coordinators• Chef/kitchen staff• Domestic staff• Managers• Friends & relatives?• Residents?	<ul style="list-style-type: none">• Make 10 minutes to share a cup of tea with one resident each day• Extra drinks provided at every activity (as well as usual drinks round)• Fluid rich foods e.g. soup before main meals• Introduce extra morning drinks round
Once you have a plan, it needs to be monitored to ensure that all its parts happen and happen consistently.		

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1.9 Care Quality Commission, CQC

In England and Wales, Health and Social Care is regulated by the CQC, an independent regulator. Nutritional and hydration needs are regulated by regulation 14, which states:

"The intention of this regulation is to make sure that people who use services have adequate nutrition and hydration to sustain life and good health and reduce the risks of malnutrition and dehydration while they receive care and treatment.

To meet this regulation, where it is part of their role, providers must make sure that people have enough to eat and drink to meet their nutrition and hydration needs and receive the support they need to do so.

People must have their nutritional needs assessed and food must be provided to meet those needs. This includes where people are prescribed nutritional supplements and/or parenteral nutrition. People's preferences, religious and cultural backgrounds must be taken into account when providing food and drink."

<http://www.cqc.org.uk/content/regulation-14-meeting-nutritional-and-hydration-needs>. [Click on this link](#) for more details of Regulation 14.

To meet this regulation care homes must make sure that people have enough to eat and drink to meet their nutrition and hydration needs and receive the support they need to do so. People's preferences, religious and cultural backgrounds must be taken into account when providing food and drink. CQC must refuse registration if providers cannot satisfy them that they can and will continue to comply with this regulation.

By taking the steps described in the Making Drinking Fun Activities & Engagement Toolkit, and documenting them, this will help you to show the CQC that you are fulfilling the requirements for Regulation 14: Meeting nutritional and hydration needs.

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2. Activities to Support Drinking in Care Homes

Activities are great ways to promote health and wellbeing, especially if they are tailored to residents' needs and preferences. Activities can be structured or spontaneous, happen with individuals or groups and may involve family, friends, staff or the wider community. Activities in care homes are known to support engagement, physical activity and can protect against social isolation. Where activities are structured, they give residents something to look forward to and help support people to socialise and be engaged, which in turn supports well-being and reduces feelings of loneliness and isolation.

The Making Drinking Fun Activities & Engagement Toolkit aims to support social engagement and enjoyable activities while providing additional drinks and a pleasant social environment in which to share drinks.



Some activities also help you to support residents' drinking at other times, for example by:

- Supporting continence. Residents who don't drink because of worries around incontinence may feel less anxious about incontinence and decide to drink more if there is additional support and help.
- Finding new drinks that residents enjoy. Share this information – it may be that the resident will drink more if their favourite chamomile tea, pineapple juice or ginger beer are available on drinks rounds.
- Ensuring residents know the importance of drinking. Your residents need to be informed too, so they can make their own informed choices around drinking.

For more information and ideas see [Section 3: Core Activities](#).

There are some great resources available to help you think about activities and how they help you to help your residents. See [Section 9.2: Useful Resources](#) for information about some of the resources available.

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2.1 Tips for Running Great Activities

There are many things to think about when planning activities; here are some top tips from the Activities Coordinators who have been involved with the Making Drinking Fun Activities & Engagement Toolkit.

The right activities for your residents:

- Get to know your residents, their interests, enthusiasms, skills and abilities even better. Then use this information to plan activities.
- Most activities work in mixed groups of men and women, but also consider some activities that work particularly well for men, and some for women.
- “Men’s Sheds” is an idea that supports older men who want to get together, share and learn new skills. Some of our activities may be particularly helpful for groups of men who would like to get together over a drink (e.g. [Section 7.1: Making Bird Feeders](#)). But women may want to get involved here too!
- Activities aren’t just for groups – they work for individuals too. Do you have residents who would like or need individual time (one-to-one)? Chatting or reading a local newspaper together while drinking a cup of tea (both of you need a cup of tea!) with a bed-bound resident can be a lifeline. See [activity 3.1: Time for a Drink and a Chat](#).
- Many activities can include people with dementia, but they may need additional support to take part, and you may want to plan specific activities for those with moderate to severe dementia.
- Plan activities that can work on different levels. For example if the activity is making posters about drinking to display around your home, one resident may design and paint their own poster starting with a blank piece of paper, another may colour in an outline poster, and a third may colour the poster and make up their own slogan for it.
- It is great to have activities that are impromptu and happen on the “spur of the moment”, especially if you need a “Plan B” (such as a rainy day for the planned outdoor picnic!) but it is also important to have planned activities that residents can look forward to and rely on.
- Talk to your residents and ask for their ideas – what activities would they enjoy?
- When you finish an activity ask your participants, and helpers too, how it could have been even better, they may well have some great ideas for new variations that you can all enjoy.
- Plan activities around the support you will have from other staff and volunteers.
- Involve residents in preparing for activities - if they want to. This can be an activity in its own right!

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Spreading the word

Make sure that your planned activities are well advertised. How can you help residents know about them?

- How about prompting care staff to mention today's activities when providing personal care or while taking around the drinks trolley?
- Could you laminate cards with this week's activities and put them out on the breakfast and lunch tables?
- Would one or two residents help to spread the word?
- Would posters help?
- Announcements at meal times?
- How about a display in the dining room showing what activities are coming up?
- Invite other staff as guests and/or helpers to your activities.
- Have a poster-making or flyer-colouring activity a few days before the event itself (see [Section 9.6: Hydration Posters](#) for examples of invitations and posters, some of these were designed by residents taking part in this study).
- Personally inviting residents along is always good – everyone likes the personal touch.
- Invite friends and relatives along too, send them a personal invitation. Many friends and relatives value the opportunity to get more involved. They may enjoy being included and may help to encourage resident participation. Friends and relatives often do not know that they are welcome unless you tell them!

Involving people with dementia

People with dementia need support to get involved and to socialise. Getting them involved in activities is important, but for group activities, you may need to ensure they are supported by a friend, relative, staff member or other residents. One-to-one support can help people with dementia to stay involved and engaged, and also mean that the Activities Coordinator does not need to neglect the rest of the group to keep the person with dementia involved. Plan this in.

Instructions need to be clear and simple, repeated regularly and may be aided with pictures.

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Support for you and your residents

Organising and running activities is teamwork! Make sure you have backup during activities. You need others on your team to take on the following roles while you run an activity:

- Supporting residents. A resident may need to visit the toilet or need support if they are upset for some reason during an activity.
- Encourage participation. You need someone else to encourage residents to join your activity, so that when residents arrive you are there to engage them immediately.
- Drinking! Someone needs to make the extra tea and coffee for everyone, so that the activity and conversation don't stop and people drift away.
- Support for those with greater needs. Residents with dementia or sensory needs may need additional support to participate – plan this in.

Plan in members of staff and volunteers to help with the activity. They will enjoy it too!

Taking activities to your residents

Some residents will be reluctant to come to your activity, so think about taking activities to them. What are their interests? Could you have half an hour as a one-to-one in their room having a drink and a chat? You could read the newspaper or a book together, clean out a drawer, make a photo album or plan an outing.

People can be nervous about activities they have not tried before. If you have a dayroom then think about setting up an activity in a day room, allowing everyone to watch and encouraging them to join in when and if they feel more confident that they know what is expected. Having an activity (maybe a game of bowls or Boccia, see [Section 6.8: Boccia with Visitors](#)) in a common area can get staff involved as well as residents and visitors – build your support and encourage their involvement!

Some residents find groups difficult or specific group activities difficult. This can be because of hearing problems, visual or cognitive limitations, and shyness. They may find it difficult to hear the caller in bingo, to enjoy being with others if they have continence worries, or to chat to a neighbour if they cannot see who it is. Think about what activities might work for people with these sorts of problems, then try these activities out. Individual activities, or different group activities, may be the answer.

Activities – keeping to the old favourites or trying out new ones?

Have a schedule of activities that happen regularly – so that residents know these will happen and can rely on them. This helps people structure their weeks and look forward to favourite events. But also keep some time periods free for new and different activities, perhaps around a theme – you will find new favourites, and many residents will enjoy the variety.

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Timing

No time of day is perfect for everyone. Many older people like to sleep after lunch so late morning, when most residents are up and dressed can be a good time for activities. Others will enjoy something more stimulating to keep them awake in the afternoon. For some, evenings can be a good time for a film show and weekends a great time to read the papers together and chat about the news. Different times will suit different people – so don't stick to a single time slot.

Music

Music is very individual – for some it gets in the way of communication, for others it is key to setting the atmosphere. Some need it loud to hear it, others find loud music very intrusive. One person may enjoy jazz, someone else a sing-along, a third person may prefer songs from popular shows. A cup of tea alongside classical music is perfect for one person, and a neighbour drinking tea in the middle of classical music will drive another person to distraction. Background music can be particularly distracting for people with dementia.

How can you deal with all of that? For any activity think about the music – is it needed? Would it help the atmosphere at the start (but be turned off after a few minutes)? Could it be a discreet part of the activity (so you might have two songs that everyone sings along with, then turn it off)? Talk to your participants about what sort of music they enjoy, and how loud, and when to turn it off. Perhaps hold some musical activities (a Bach afternoon, or a Beatles jive) for those who are keen – where those who find music difficult can keep away? If you have a musical activity, residents might take turns to suggest music for the next week. See [Section 6.4: A Musical Trip Down Memory Lane](#). Perhaps label some activities as music-free?

Themes

There are many national and international events, both secular and religious which many residents may like to participate in or celebrate. Families, friends, staff and volunteers may also love to be involved. Knowing about events provides great ideas for themed activities. Do you have a resident who has lived abroad? How about having a themed week for the national day of this country, with flags, special foods and drinks, costumes, dances, their national anthem? Themes, such as Christmas for example, may underpin activities for several weeks. Other themes may only be relevant for a day or two. See [Section 8: Themes](#) for more ideas of some themes and in [Section 9.1: Calendar of Annual Events](#) we have included a calendar of some annual events that could form the basis of a theme.

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2.2 Tips on Keeping Your Residents Safe and Comfortable when Doing Activities Around Food and Drink Preparation

Making and sharing drinks and food are activities often deeply enjoyed by residents. Residents can experience the textures, flavours and smells of food preparation, as well as exercising skills developed and practiced during their lives. It can be very rewarding to produce food or drinks that others enjoy and praise. Sharing drinks and food can be sociable and fun, and lead to closer friendships.



However, there are some important issues you need to consider before you undertake these sorts of activities:

- Food and drink hygiene,
- Swallowing difficulties (dysphagia),
- Food and drink allergies or contraindications,
- Fluid restrictions,
- Comfort,
- Toilet and continence care, and
- Safety of residents.

Before you plan activities with drink or food make sure you know about your care home's hygiene guidelines, to keep your residents safe from infection. Also consider whether any of your residents have health issues that you need to think about - how can you adapt the activity so that they can take part? Would a different activity be better?

We have provided some top tips below, but it is also a good idea to talk about any concerns with your care home manager.

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Food and Drink Hygiene

Good food and drink hygiene is about controlling harmful bacteria. Remember the four C's:

1. Cross-contamination,
2. Cleaning,
3. Chilling, and
4. Cooking.

The four C's will help you prevent the most common food and drink hygiene problems. Find out more at the Food Standards Agency website:

<https://www.food.gov.uk/business-industry/food-hygiene>.

Basics are to make sure surfaces are clean and that everyone (staff, volunteers and participants) washes their hands:

- Before the activity starts and again at the end,
- After touching raw food, food waste, cleaning or emptying bin, and
- After blowing their nose.

Some care homes prefer everyone to wear disposable gloves, and if used, these should be latex-free.

If any participant, helper or staff member has had diarrhoea or vomiting in the previous 48 hours then they should avoid taking part in the activity. For any other infections, see the UK government information pages (<https://www.food.gov.uk/business-industry/food-hygiene>) or seek medical advice.

Swallowing Difficulties (dysphagia)

If you have any worries about swallowing ensure your resident is referred to your local Speech and Language Therapist.

For residents who have swallowing difficulties, make sure you know what textures they need to help them swallow safely. The International Dysphagia Diet Standardisation Initiative (IDDSI, <https://iddsi.org/>) has some useful resources and information about textures of foods and drinks, and how to support people with swallowing difficulties.

Common signs of swallowing problems (dysphagia) are:

- Coughing when eating and drinking,
- Inability to clear food or drink from the mouth,
- Wet, gurgly voice,
- Loss of drinks from the mouth/drooling,
- Choking, or
- Pain or discomfort when swallowing.

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Top tips for helping someone to eat and drink safely:

Position

- Always support the resident to sit fully upright, as close as possible to a 90-degree angle.
- Preferably get the resident to sit at a table or with drink placed in front of them, within their line of vision.
- Try to avoid resident tipping their head backwards when eating and drinking, so make sure any cup or glass is always at least half-full.

Atmosphere

- Encourage resident to concentrate, avoiding talking when eating and drinking, and minimise other distractions.
- Adopt a slow pace (both as resident and carer) – allow plenty of time per mouthful.
- Encourage the resident to avoid large mouthfuls, small mouthfuls are easier to manage safely.

Drinking vessels

- Drinks should be offered in an ordinary cup or glass unless advised otherwise.
- Spouts or straws should usually be avoided as they make fluids more difficult to control.

Support and care

- Always sit when providing help and sit on resident's dominant side.
- Provide lots of verbal, and visual cues that you are going to help the resident to have a drink
- Encourage resident to drink themselves by using hand over hand assistance if possible.
- Make sure the resident's mouth is clean. Unclean mouths reduce people's appetite and enjoyment of food and drink and increases their risk of developing chest infections (due to bacteria from the mouth going down the wrong way and entering the lungs).
- Make a note of, and avoid, any particularly problematic foods. Common offenders might include anything dry, crunchy, crumbly, chewy, stringy or fibrous (e.g. fruit and vegetables with skins, such as peas).

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Food and Drink Allergies or Health and Medicine Contra-indications

Some residents may need to avoid specific foods or drinks due to allergies or other medical conditions like diabetes (where sugar and sugary foods may need to be minimised or avoided) or coeliac disease (where gluten in wheat products and grains has to be avoided).

Some residents need to avoid certain foods and drinks because of their medications. For example, residents taking statins need to avoid grapefruit and grapefruit juices.

Plan in alternatives for residents with these conditions, so they don't miss out on the social parts of your activities. For example you can make lemonade using sweetener rather than sugar for diabetic or very overweight residents.

Fluid Restrictions

Although we often struggle to help many older people to drink enough, some may be restricted in how much they drink due to a medical condition. While it is important to include these residents in activities, you may need to modify the activities so as not to cause problems. For example, by ensuring that they get very small portions of drinks at tasting sessions, or that drinks during activities replace other drinks in their day (rather than adding to them as you would aim to for other residents).

Comfort

Residents who are comfortable will drink more. So check that your residents are comfortable – remembering such things as:

- Do they need regular pain relief?
- Is their mouth clean, and do their dentures fit?
- Is their chair comfortable?
- Is the resident sitting with the person they like to be with?
- Do they need the toilet?
- Is the background sound level appropriate?

Toilet and Continence Care

When you succeed in getting your participants to drink a bit more you may find that they need to nip to the toilet a bit more too. That's great – you are succeeding! To manage this it is vital to have good backup to help those who need to get to the toilet quickly – if residents have to sit and wait with their legs crossed, or even worse, have an accident in public, they are not likely to come to your activities again.

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Continence support and ensuring that residents can get to the toilet whenever (and as often) as they need to, is very important. It helps support both continence and dignity. We suggest that continence training for staff is essential to enable residents to feel able to drink well, and it is equally important that residents are able to talk about continence with specialists from the Bladder and Bowel Continence Service. Have a look at the activity we have included for residents about continence in [Section 3.5: Discussions with residents about continence](#). Work with your local Bladder and Bowel Continence Service to help your residents remain continent.

What is Incontinence?

Incontinence is the involuntary loss of urine and/or faeces, and it affects many people, especially older people.

Are There Different Types of Incontinence?

Yes there are three different types, there is urinary incontinence, faecal incontinence, and incontinence of both urine and faeces ('double incontinence').

There are also different types of urinary incontinence. The main ones are:

- **Functional**
This is when someone can't get to the toilet in time, because of a physical impairment, or help not arriving quickly enough.
- **Stress incontinence**
This is when the sphincter which closes the bladder is weaker, resulting in involuntary leakage of urine in some situations, such as when laughing or coughing or sneezing, for example.
- **Urgency urinary incontinence**
A sudden involuntary contraction of the bladder's muscular occurs which can give rise to urinary urgency – an urge to urinate which cannot be suppressed, and there is an involuntary loss of urine for no apparent reason.
- **Overflow urinary incontinence**
Often caused by a blockage or obstruction to the bladder outlet, such as an enlarged prostate gland (common in men), bladder stones or constipation, making it impossible to empty the bladder properly.

However, it is also common for any one person to have a mixture of types. As there are different types and causes of incontinence, it is important that residents meet with the Bladder and Bowel Continence team, so that their advisors can assess the resident to find out what type it is, and suggest what help is needed.

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Frequently Asked Questions About Continence and Incontinence:

Did you know...?

- It is normal for your residents to go to the toilet about 5-8 times per day and up to two more times overnight.
- Residents will most likely need the toilet on waking and usually after main meals and drinks rounds.
- Support residents to take their time when emptying their bladder so that it empties completely. Being in a rush may lead to incomplete emptying and predispose residents to urinary tract infections.
- The bladder should be able to hold up to 350-500mls of urine, so expect that residents will pass this amount each time they go to the toilet.
- It is often (but not always) the case that when we drink more it helps to improve our bladder control. Talk to residents about this as many residents will respond to continence worries by cutting down on drinks, but this can make matters worse.
- Some medications can disrupt the normal process of storing and passing urine or increase the amount of urine produced.

Why is Urinary Incontinence a Problem?

For most people, it's embarrassing. It is also a major reason why residents may choose not to drink enough - thinking that by not drinking, they won't need the toilet, so the problem is sorted. Many older people don't know that by not drinking enough, they may become unwell (dehydrated), so helping residents to understand the consequences of not drinking enough so that they are able to make informed decisions about their fluid intake is an important role for their carers. There is also additional help available for residents from the Bladder and Bowel Continence team. See related activity in [Section 3.5: Discussions with residents about continence](#), where 'the activity' describes how care homes can facilitate members of the Bladder and Bowel Continence team to meet directly with residents and provide residents with an opportunity to discuss their particular issues with this specialist service.

How Can I Help a Resident who is Incontinent or Worried About Being Incontinent?

- Make sure all care staff respond to requests for help getting to the toilet as quickly as possible.
- Think ahead. Is there a pattern for this resident – times they usually need to get to the toilet? Can you plan ahead so that they are offered a trip to the toilet 15 minutes before they notice the need? This can help with work flow (as need for support is less urgent and sudden), and increase confidence and comfort for your resident.

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- Make sure residents who are anxious about continence or becoming slightly incontinent are seen by the Bladder and Bowel Continence Team, so that they can have a professional assessment of possible causes and treatments (see activity in [Section 3.5: Discussions with residents about continence](#)).
- Ensure residents drink well to help prevent urinary tract infections (UTIs) and constipation (both of which will increase incontinence).
- If a resident needs incontinence pads, make sure they are the correct weight for their level of incontinence, and that they are changed when wet or soiled.
- For many residents who use incontinence pads, assistance with going to the toilet is still important to maintain dignity, residents' comfort and minimise reliance on incontinence pads.
- Talk to the resident to find out if equipment or adjustments may help (such as clear signage, appropriate clothing, raised toilet seat, toilet frame etc.).
- Include a section on continence in the resident's 'About Me' or 'Life Story' to understand what is usual for your resident and what is achievable.

Safety of Residents

Many residents like their 'hot' drinks to be hot! 'Hot' drinks are often served at temperatures which could cause burns if the resident spills their drink, which can be a worry. However, if drinks are served in a way that the resident dislikes, such as lukewarm milky tea, then they may not drink it at all!

So knowing your resident, what drinks they like and how they like them served is very important. Use this information in a discussion about safety with the care home manager – how can we make sure residents' preferences are met safely?

Some activities may involve residents using equipment which may pose a risk to themselves or others. In some group activities, such as lemonade making (see activity in [Section 4.1: Really Easy Home-made Lemonade](#)) or making fruit kebabs (see activity in [Section 5.4: Fruity Kebabs](#)) where there are a number of different stages, residents may be able to work together, with some residents cutting up the fruits and other, less able residents, taking on different jobs and roles. It is important to know your residents and each activity should be assessed to identify whether there are likely to be any risks and for which residents.

Each care home will have its own policy and procedure for how this should be done. We have provided an example for two activities in the table on the next page.

Example of a Risk Assessment for Activities

Activity	Benefit	Hazard	Level of risk	Action	Number of residents expected	Number of helpers needed
Making homemade lemonade (see Section 4.1) using sharp knife	<ul style="list-style-type: none"> Enhances general wellbeing Use of well-developed skills Social interaction Provides extra drinks Chance to make something for others 	1. Hygiene 2. Cuts 3. Contains sugar (not appropriate for diabetic residents)	1. Low 2. High 3. Medium	1. Wash hands & clean tables Wear aprons 2. Adequate supervision 3. Replace sugar with sweetener appropriate for diabetics		
Crafts, using scissors	<ul style="list-style-type: none"> Enhances general wellbeing Social interaction 	Cuts	Medium	1. Adequate supervision 2. Consider one-to-one session 3. Store sharp objects immediately after use		

Level of risk - Low: proceed

Medium: consult senior staff before carrying out activity, additional support may be required.

High: review activity and discuss with manager

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List of Activities to Support Drinking

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3. Core Activities

Socialising, chatting and sharing a drink with a resident are core elements of the person-centred approach. They help develop real understanding and friendships between residents and staff, encourage residents to drink well, and help staff to drink enough too - win, win, win!

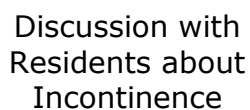
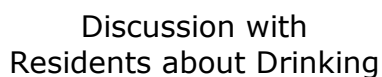
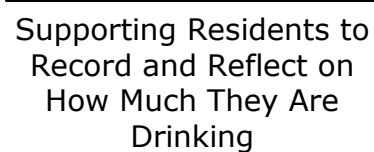
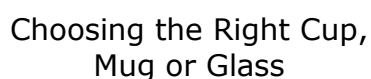
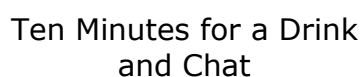
Finding the right cup, mug or glass to help an older person stay independent with drinking can help preserve their dignity and enjoyment of drinking – to support their drinking well. It is fundamental.

Drinking aids (such as straws or beakers with spouts) should only be used if recommended by the Speech and Language Therapist, because they make fluids more difficult to control, which can make drinks more difficult to swallow.

Information and knowledge. Older people tell us that they want to know about drinking, and its importance. “Why is it important?” “How much should I drink?” An information activity, making posters or having a chat about hydration, can help start this conversation.

Getting to the toilet and continence. Many older adults choose to drink less as they are worried about getting to the toilet in time, having to get up at night, or inconveniencing staff. Without excellent support helping older adults to get the toilet quickly and when they need to older adults often decide not to drink well. Talking about continence can help staff and older adults to get this right, plan in appropriate continence care and enable residents to drink more.

Activities Included in this Section...



Making Drinking Fun

Activities & Engagement Toolkit

3.1 Time for a Drink and a Chat



Brief description	Time to sit down, make a drink for both of you, and have a chat with a resident.	
Focus on drinks	Sharing time and a drink together during the activity.	
Who is this activity for?		
Group size	Individuals	✓
	Small (2-5)	X
	Large (6+)	X
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan, adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	None.	
Planning time	Less than ½ hour	
Time needed for activity	10-60 minutes (per resident, depending on activity)	
Type of room	Any, but quieter atmosphere.	
Costs	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks (& snacks) for both the Activities Co-ordinator (AC) and resident.• Artefacts and materials to promote discussions, such as books, cigarette cards, photographs, newspapers.	

Making Drinking Fun

Activities & Engagement Toolkit

Description of activity

Prior planning:

- This could be an 'on the spur of the moment' activity.

The activity itself:

- Involve a resident who is available and would like a chat.
- AC asks the resident what sort of drink they would like, then makes two drinks (± snacks) and sits down with resident to have a chat about anything that will be of interest to the resident.

Possible variations

Find out what kinds of things each resident enjoys talking about, such as:

- Cigarette card collections,
- Photographs of family,
- Recipes,
- Work-life,
- Hobbies,
- Christmas,
- Topical news stories, and
- Travel.

Perhaps involve the resident in a housekeeping activity, such as:

- Sorting out their belongings, making sure the right clothes are in the right drawers.
- Sorting through clothes, what do they like or no longer like? Does anything need mending?
- Writing personal letters, birthday and Christmas cards.
- Involving the resident in Care Home activities, such as table-setting, gardening, preparations for activities.

Making Drinking Fun

Activities & Engagement Toolkit

3.2 Choosing the Right Cup, Mug and Glass



Brief description	Finding out about the type of cup, mug and glass that your residents like to drink from.	
Focus on drinks	By finding out residents’ preferred cup, mug and glass, this will support enjoyment of drinks as well as supporting independence	
Who is this activity for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan, adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents require.	
Planning time	1 hour	
Time needed for activity	1 hour	
Type of room	Room with tables and chairs.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Range of different cups, mugs and glasses• Drinks	

Making Drinking Fun

Activities & Engagement Toolkit

Description of activity

The week before:

- Ensure you collect a range of different cups, mugs and glasses of different shapes, sizes, colours, materials (e.g. china, plastic, pottery) and handle sizes. Use all the ones in the care home, and perhaps go to a charity shop to buy different ones or ask staff, family and friends to supply others.
- If new, ensure the cups, mugs and glasses are washed before use.
- Include the activity on the weekly planner.
- Discuss the activity with your manager, as they may need to help with addressing any issues raised.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the cups, mugs and glasses that you need, as well as different drinks.
- Make sure you have arranged for any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out cups, mugs and glasses and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Have a range of drinks ready for the residents to try out in the different cups, mugs and glasses.
- Support each resident to try out the different cups, mugs and glasses.
- Chat about which cups, mugs and glasses they like, and why (is it the colour, the pattern, ease of holding etc.) and which ones they dislike (and why).
- Include resident's choices in their care plan, 'About Me' or 'Life Story' books.

Following on from the activity:

If you think that any of your residents may need a specialist drinking aid, either to aid holding or swallowing, see [Section 1.7: Choosing Drinking Cup, Mug or Glass](#) then discuss with your manager about referral to the Speech and Language Therapy service.

Making Drinking Fun

Activities & Engagement Toolkit

3.3 Supporting Residents to Record and Reflect on How Much They Are Drinking

Brief description	To involve residents in thinking about how much they are drinking, if this is enough, and how this can be improved or maintained.	
Focus on drinks	How recording our drinks can help us maintain or improve our drinking.	
Who is this activity for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	X
	Severe dementia	X
Physical ability	Range of abilities	✓
Residents where care may be needed	Residents can take part in this activity independently if they are able to read, write, and remember what they have been drinking recently. Other residents may need support to complete this activity. Not all residents will wish to share how much they are drinking, and some may prefer to do this activity anonymously.	
Number of helpers needed	Depends on number of residents participating and level of assistance, which individual residents may require.	
Planning time	½ - 1 hour	
Time needed for activity	This activity takes place over 24 hours. Two group meetings need to be arranged in the mornings on two consecutive days. Allow 1 hour for each. Some residents may need additional support during the intervening 24-hour period.	
Type of room	Room with dining tables and chairs.	
Cost	(i) Running activity for the first time: LOW-MEDIUM (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Copies of the Drinks Diary and instructions from (https://www.uea.ac.uk/groups-and-centres/uea-hydrate-group).• Pens or pencils, clip boards.• Hydration-based posters for display• Photographs of cups, mugs and glasses and how much each holds, see Section 9.4: Table of how much fluid is in a drink	

Making Drinking Fun

Activities & Engagement Toolkit

Description of activity

The week before:

- Arrange this activity for two consecutive mornings and include on the weekly planner.
- Discuss the activity with your manager, as they may need to help with addressing any issues raised.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
 - Print out copies of the Drinks Diary and instructions (see: <https://www.uea.ac.uk/groups-and-centres/uea-hydrate-group>).
- Make sure that you have arranged any help you need, and that your helpers know what they need to do.

The activity itself, 1st morning:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, using tables and chairs, in a way that everyone can chat to each other easily.
- Display posters about hydration around the room (see [Section 3.6: Hydration Poster Activity](#)).
- Personally invite residents to the activity.
- Offer drinks at the start and during the activity, start discussions about what each person likes to drink, when they like to drink, why they like to drink and how much they think they are drinking now.
- Give out copies of the Drinks Diary, pens, clip boards and pictures of drinks to each resident and talk about how much they drank over the previous 24 hours, to show residents how to complete the diary. Use an anonymous resident, or yourself, as an example of how to complete the Drinks Diary if residents prefer not to do it for themselves.
- For those who would like to, ask residents to complete a new Diary over the next 24 hours using the copies of teacups, mugs and glasses to work out drinks intake.
- Provide help and support over the next 24 hours for residents to complete their Drinks Diaries.

Making Drinking Fun

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The activity itself, 2nd morning:

- Work out drinks intakes for each resident (if they are happy for you to do this).
- Check if drinks intake meets recommended amounts (see [Section 1.2 How Much Fluid is Needed Every day](#)):
 - Men should be drink at least 2L (3 ½ pints) per day.
 - Women should drink 1.6L (almost 3 pints) of drinks per day.
- Discuss why residents cannot depend on thirst to help them drink well.
- Discuss effects of dehydration especially on older adults.
- Talk about the kinds of things that make drinking well difficult and what could make it better.

Following on from the activity:

- Discuss any issues with your manager and any other key staff to identify how it may be possible to address any issues raised.
- Feedback any decisions to the residents.

Making Drinking Fun

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3.4 Discussion with Residents About Drinking



Brief description	To involve residents in discussions about why drinking is important and for residents to talk with staff about how they can help make drinking more enjoyable.	
Focus on drinks	How drinks provision can be adapted to support residents to drink well.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance which individual residents may require.	
Planning time	1 hour	
Time needed for activity	1 hour.	
Type of room	Any, but quieter atmosphere.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	Refreshments Range of drinks and cups or glasses	

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Description of activity

The week before:

- Include the activity on the weekly planner.
- Discuss the activity with your manager and catering staff, as they may need to help with addressing any issues raised
- Perhaps include a range of cups, mugs, glasses and beakers of different shapes, sizes, colours, materials (e.g. porcelain, china, plastic, pottery) and handle sizes (See activity [Section 3.2: Choosing the Right Cup, Mug and Glass](#))

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise the activity by word-of-mouth (use picture of activity to help explain what the activity is about).
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Personally invite residents to the activity.
- Prepare room so everyone is able to see and talk to each other.
- Offer residents drinks at the start and during the activity, so that drinks served during the activity are 'extras'.
- Use the crockery available to find out what kinds of cups etc. residents like to drink from, and what kinds of drinks they like.
- Engage residents in discussions during the activity about what they like about drinking and what they don't like.
- Talk with residents, other staff and your manager about whether it is possible to change and accommodate resident's likes and dislikes and how that could be done.

Following on from the activity:

- Discuss any issues with your manager and any other key staff to identify how it may be possible to address any issues raised.
- Feedback any decisions to the residents.

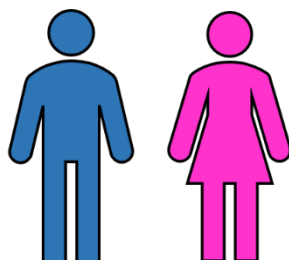
Comments made by residents:

"I love being in a group."

Making Drinking Fun

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3.5 Discussions with Residents About Continence



Brief description	To involve residents in discussions about any concerns they may have about going to the toilet.	
Focus on drinks	To discuss concerns about one of the barriers to drinking well – anxiousness about continence.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	x
Which residents	Men (M)	✓
	Ladies (L)	✓
	May work better if ladies and gentlemen are in separate groups.	
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	X
Physical ability	Range of abilities	✓
Residents where care may be needed	This may be a sensitive subject for all residents, so respectful care will ensure that residents’ dignity is maintained.	
Number of helpers needed	Depends on size of group and level of assistance required.	
Specialist	Adviser from the local Bladder and Bowel Continence Service.	
Planning time	1½ - 2 hours	
Time needed for activity	1 hour	
Type of room	Any, as long as it is private	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	Drinks & snacks for staff and residents.	

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Description of activity

This could be arranged as an annual event in conjunction with continence training for staff – with workshop for residents in the morning followed by staff training in the afternoon.

Three to four weeks before:

- Discuss the activity with your manager, as he/she may need to help with addressing any issues raised.
- Contact your local Adviser or Nurse from the Bladder and Bowel Continence Service.
- Book a date for them to come in and meet with residents and provide training for staff (see DrinkIt, part 4, Hydration Champion Team Training: <https://www.uea.ac.uk/groups-and-centres/uea-hydrate-group>).

The week before:

- Include the activity on the weekly planner.
- Meet on one-to-one basis with residents to introduce the activity and explain that the Continence Adviser/Nurse is visiting the home.
- Let residents know they can attend the workshop or see the nurse on one-to-one basis.

1-2 days before:

- Make poster(s) and display where everyone can see. (This could be another day's activity).
- Advertise the activity by word-of-mouth (use picture of activity to help explain what the activity is about).

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Prepare the room so that everyone is able to see and talk to each other.
- Personally invite residents, stressing that the activity will be about maintaining continence as well as dealing with incontinence.
- Offer drinks at the start and during the activity.

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- Introduce the Bladder and Bowel Continence Adviser or Nurse to residents and begin session with a general introduction to help residents feel at ease (perhaps asking about their favourite drinks and explaining the role of the Adviser and how they may be able to help).
- The Bladder and Bowel Continence Adviser could be asked to provide some general information about incontinence, talk about different types, and different types of pads, importance of drinks and common concerns about incontinence.
- General Questions/comments are taken from residents.
- If there is an opportunity, residents may have a one-to-one appointment in a private area with the Adviser to discuss personal questions.

Following on from the activity:

- Discuss any issues with your manager and any other key staff to identify how it may be possible to address any issues raised.
- Arrange future or follow-up appointments with The Bladder and Bowel Continence Adviser for residents, as needed.
- Feedback any decisions to the residents.

Making Drinking Fun

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3.6 Hydration Poster Activity



Brief description	To create posters for residents about importance of drinking.	
Focus on drinks	Drinks served during the activity are additional to the usual drinks.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance which individual residents may require	
Planning time	Less than ½ hour	
Time needed for activity	1 hour	
Type of room	Room with tables and chairs.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Poster templates and/or teacup templates.• Pencils, colouring felt-tip pens, paints and paint-brushes, collage materials.	

See [Section 9.6: Hydration Posters](#) for examples of posters designed by residents.

Making Drinking Fun

Activities & Engagement Toolkit

Description of activity

Prior planning:

- This could be an 'on the spur of the moment' activity

The week before:

- Include the activity on the weekly planner.

1 - 2 days before:

- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need.
- Set up templates for posters by printing/ copying/ tracing appropriate designs.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity, so that drinks served during the activity are 'extras'.
- Depending on abilities, residents can colour in the templates and/or design their own poster using collage materials as well as pens and paint.
- Residents could come up with slogans to encourage drinking (e.g. 'Tea time is glee time').
- Engage with residents and helpers in conversations about drinking and why it is important during the activity.

Variations and suggestions made following the activity:

- Residents could make and colour teacup models from a paper template, available at: <http://www.redtedart.com/paper-teacup-printable-tea-party-games/> (for this site, it is free to sign up, and the link to download the teacup will be emailed subsequently).
- For a bit of fun, residents could work together to come up with the name of a drink beginning with the first letter of their names.
- Posters made could be displayed in the dining room for a while to keep the focus on hydration ongoing.

Making Drinking Fun

Activities & Engagement Toolkit

4. Drinking Activities

In this section, we have developed some activities, which focus specifically on drinking, where drinking itself is the central part of the activity, whether that's lemonade making, tea-tasting or having a go at making smoothies. These are our suggestions, but be creative, chat to residents, friends and colleagues and come up with some ideas of your own!

These activities aim to make drinking more enjoyable, interesting and fun! Ideally every resident finds one or two drinks that they really like outside the normal offers of tea, coffee and squash. Make sure these drinks are recorded on residents care plans, and ensure every resident gets offered one of their "special" drinks every week at a meal or drinks round.

Activities Included in this Section...



Really Easy Home-Made Lemonade



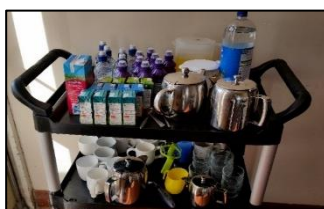
Reminiscence Drinking



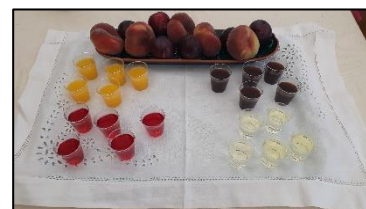
Tea Tasting



Making Tea using Loose Tea (tea leaves)



Trying New Drinks



Guess the Ingredient or Drink



Drinks Tasting using Care Home Vending Machines



Festive Trolley



Extra Drinks Trolley



Smoothie Making

Making Drinking Fun

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4.1 Really Easy Home-Made Lemonade



Brief description	To involve residents in making homemade lemonade.	
Focus on drinks	Making drinks to taste, socialising and reminiscing.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents require. Two helpers as a minimum.	
Planning time	½ - 1 hour	
Time needed for activity	1 hour	
Type of room	Room with 'dining' tables and chairs. Access to drinking water.	
Cost	(i) Running activity for the first time: MEDIUM (if buying equipment for first time) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Recipe• Lemons• Sugar / sweetener• Ice• Water• Bowl• Spoons• Weighing scales• Measuring jug	<ul style="list-style-type: none">• Chopping boards• Sharp knives• Blender• Sieve• Jug and glasses• Cakes and biscuits• Aprons and gloves (if using)• Cloths (to wipe up spillages)• CD player and CDs (optional)

Making Drinking Fun

Activities & Engagement Toolkit

Description of activity

The week before:

- Include the activity on the weekly planner.

1-2 days before:

- Complete and print off poster(s) (see [Section 9.5: Invitations for Activities](#)) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need:
 - Buy lemons, sugar and sweetener (if needed),
 - Prepare or buy ice, and
 - Buy or make cakes or biscuits to have with the lemonade (this could be the previous day's activity).
 - Make sure equipment is clean and ready.
 - Choose background music (if using, but note that it may make communication more difficult for some residents)
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they need to do.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity and put out equipment and make an attractive display of the planned activity. Ensure music is playing as residents arrive but turn it off so residents can hear instructions clearly.
- Personally invite residents to the activity.
- Involve residents in the activity as able, such as:
 - Reading out recipe,
 - Washing lemons,
 - Chopping fruit,
 - Weighing and measuring ingredients,
 - Sieving, and
 - Stirring.
- Before using the food processor, warn everyone about the noise.
- Encourage and support residents to help serve each other drinks, so that everyone plays host and everyone has a taste.
- Serve with cakes or biscuits.
- Engage residents and helpers in conversation during the activity, perhaps about lemons, or drinking lemonade as a child, or the memories that lemonade inspires, or favourite drinks as children.

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Variations and suggestions made following the activity:

- Use different citrus fruits, either separately or combined, such as oranges and limes (remember that residents taking statins shouldn't eat or drink anything made from grapefruit).
- Make the different drinks on the same day to compare and talk about the different flavours.
- Make larger quantities, so that the drinks could be offered to people who did not attend the activity, perhaps serving the drinks at the next meal.

Comments made by residents:

'Lemonade tastes very nice!'

'Easy to do.'

'Can we try other flavours?'



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Recipe for Really Easy Lemonade



Ingredients:

3 Unwaxed lemons, washed

140g (5 oz) caster sugar -

(For diabetics, this should be replaced with sweeteners suitable for diabetics such as 'Stevia', 'Canderel' or 'Truvia'. In each case, follow the manufacturer's instructions on how much to use.)

1litre (1¾ pints) water

Ice

Method:

- Chop lemons roughly (no need to remove peel or pith)
- Tip lemons, sugar and half the water into the blender
- Blend until lemon is finely chopped
- Pour mixture into a sieve over a bowl and press through. Do this twice
- Pour into jug and top up with remaining water and ice

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4.2 Reminiscence Drinking



Brief description	Using taste to reminisce and learn about the types of drinks that residents may have enjoyed in the past.	
Focus on drinks	Tasting drinks, increasing drinks choices, increasing fluid intake, socialising.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed.	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance individual residents may require.	
Planning time	1 - 1½ hours	
Time needed for activity	1 hour	
Type of room	Room with tables and chairs.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks that were popular in yesteryear such as hot beef extract ('Bovril'), Cream Soda, ginger beer, chicory essence ('Camp Coffee'), dandelion & burdock etc.• Cups/glasses• Snacks (biscuits, fruit)• Optional: paper & pens or pencils to note memories.	

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Description of activity

The week before:

- Include the activity on the weekly planner.
- Hold a planning meeting with residents to find out about the types of drinks they know, remember, and would like to include in the tasting.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need:
 - Purchase drinks as suggested by residents e.g. 'Bovril', 'Camp Coffee', Cream Sodas, 'Tizer', dandelion & burdock etc.
 - Make sure glasses are clean and ready, you will need several small glasses for each participant.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Serve small quantities of several drinks during the tasting session and ensure drinks are available throughout the activity
- Engage residents and helpers in conversation during the activity, such as associations with drinks and anything which may have changed, such as changes in the bottles and type of drinks drunk then and now.

Variations and suggestions made following the activity:

- A lot of residents enjoyed this activity; good for chats and conversations.
- The activity can be extended by taking drinks to those who were not able to attend (lounge and bedroom).
- It presents an opportunity to find out what residents like or do not like (make sure this is recorded for care plans).
- Try tasting foods that may be reminiscent also.

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- Use books with pictures of drinks from previous decades like 'Camp Coffee' and tea made with loose tea (tea leaves) and compare this with a trolley filled with modern day drinks (The book: '1950s Scrap Book' by Robert Opie has some examples). Some other examples can be found on the links to film clips we have found on the East Anglian Film Archive (see [Section 6.2: East Anglian Archive Film Clips for Activities](#)).
- This activity could be used for one-to-one time with residents.



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4.3 Tea Tasting



Brief description	To taste different teas.	
Focus on drinks	Tasting drinks, increasing drinks choices, increasing fluid intake, socialising.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require.	
Planning time	Less than ½ hour (for basic preparation, or if repeating the activity). 1½ - 2 hours (to allow for extras details, such as menus, pretty table-setting, etc.).	
Length of activity	1½ - 2 hours	
Type of room	Room with 'dining' tables and chairs	
Cost	(i) Running activity for the first time: LOW-MEDIUM (if purchasing teacups and teapots) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment - basic	Posters, 5 different teas, milk, hot water, sugar/honey/sweeteners, mugs or cups and saucers, teaspoons, cakes and biscuits/other snacks, menus of the different teas.	
Equipment - extras	<ul style="list-style-type: none">• China cups and teapots• CD player and CD (to play a tea-related song at the start – perhaps "Tea for two"?)• 'Name the tea' quiz, paper and pens• 'Let's talk about tea!' discussion topics• Table decorations	

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Description of activity

The week before:

- Include the activity on the weekly planner.

1-2 days before:

- Complete and print off poster(s) and display where everyone can see (see [Section 9.5: Invitations for Activities](#)).
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need
 - Purchase 4 or 5 teas, choosing a variety including traditional teas (such as green tea, china tea, lapsang souchong, Earl Grey) and herbal teas such as chamomile, peppermint and lemon & ginger)
 - Make a menu with the list of the different teas to display (see [Section 9.5: Invitations for Activities](#)).
 - Buy or make cakes and biscuits (this could be yesterday's activity).
 - If you use music choose background music, soothing, rather than anything distracting, to keep the focus on the tea-tasting.
 - Make sure crockery and table decorations are clean and ready.
 - Prepare copies of the "Let's Talk About Tea" discussion sheets and "Name the Tea Quiz", if using (see following pages).
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home so everyone knows what is going to happen that day. Use different tea types, teapots, cups and saucers etc.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity, including the menus.
- Personally invite residents to the activity.
- Prepare and serve teas to residents, staff and relatives using lovely china tea cups which make the drinks look more attractive.
- See if residents can guess which tea they are drinking, using the quiz sheets.
- Engage with residents and helpers in conversations about the teas and tea-drinking, using the suggestions for discussions on the following page: "Let's Talk about Tea".

Variations and suggestions made following the activity:

- Beer tasting event – liaise with local brewery or local pub (ensure you are aware of residents unable to have alcohol for medical reasons).
- Try this activity using non-alcoholic cocktails (mocktails) or cider, or types of non-alcoholic apple drinks.

Comments made by residents:

'Very enjoyable!'

'I enjoyed the drink I made'

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Tea Tasting

Can you name the different teas that you taste?

You will be sampling five different flavour teas, which have been brewed in five numbered teapots. The name of the tea is listed below in a random way.

From the taste and smell, can you work out which teapot contains which tea and join it to the correct number?

- | | |
|-----------|----------------------------|
| 1. | Peppermint |
| 2. | Nettle |
| 3. | Ginger |
| 4. | Blueberry and apple |
| 5. | Lemon |

Which one was your favourite? (Please circle the number)

1 2 3 4 5

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Let's Talk About Tea!

Some suggestions for discussions about tea:

- How do you like your tea?
- When is your favourite time of day to have a cup of tea?
- What don't you like about tea?
- If you have ever had 'Afternoon Tea', what did you like about it?
- The UK is world-famous for being a nation of tea drinkers – do you think we still drink as much tea as we used to?
- Have you ever tried different sorts of teas?
- Do you know any famous sayings about tea, such as:
 - "Make tea, not war."
 - "There is nothing quite like a nice cup of tea."
 - "What better way to suggest friendliness – and to create it – than with a cup of tea?" (*J. Grayson Luttrell*)
 - "A nice cup of tea in the morning!" (*Binnie Hale*)

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4.4 Making Tea Using Loose Tea (tea leaves)



Brief description	To brew tea from loose tea leaves.	
Focus on drinks	Tasting drinks, increasing drinks choices, increasing drinks intake, socialising.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require.	
Planning time	30 minutes (for basic preparation, or if repeating the activity). 1½ - 2 hours (to allow for extras details, such as menus, pretty table-setting, etc.).	
Length of activity	1½ -2 hours	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment - basic	<ul style="list-style-type: none">• Tea pots, loose-leaf teas• Tea strainer, hot water• Sugar/honey/sweeteners• Teaspoons, china mugs or cups and saucers• Cakes and biscuits• Cake display/stand	
Equipment - extras	None	

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Description of activity

The week before:

- Include the activity on the weekly planner.

1-2 days before:

- Make poster(s) and display where everyone can see. (This could be another day's activity.)
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need
 - Purchase range of loose-leaf teas.
 - Make a menu with the list of the different teas and drinks to display on the tables.
 - Take menus round to residents who are unable to attend to find out what they would like to try (if you have enough help available, see [Section 9.5: Invitations for Activities](#)).
 - Buy or make cakes and biscuits (this could be the previous day's activity).
 - Ensure crockery and table decorations are clean and ready.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Prepare tea with residents who are able to help with preparation –
 - Warm the teapot
 - Place one teaspoon of tea leaves per person plus "one for the pot" in the tea pot and pour in boiling water.
 - Allow it to brew for about five minutes or until residents feel it has brewed. Do you need a tea cosy?
 - Pour tea into lovely china tea cups or mugs using a tea strainer.
 - Serve tea to residents, staff and relatives.
 - Let residents help themselves to milk (from a small milk jug) and sugar (in a pretty sugar bowl).
- Engage with residents and helpers in conversation about tea and tea drinking in their earlier years – opportunity for reminiscence. Perhaps compare loose-leaf teas with teas made with teabags or talk about how serving tea may have changed.

Residents' comments: *"I enjoyed it!"*

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4.5 Trying New Drinks



Brief description	A variety of drinks offered to residents from the trolley.	
Focus on drinks	Tasting drinks, increasing drinks choices, increasing fluid intake, socialising.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require, but two helpers as a minimum.	
Planning time	1 hour	
Time needed for activity	1½ - 2 hours (depending on the number of residents).	
Type of room	Staff visit every resident in the home – own rooms, lounge etc.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Trolley• Hot drinks – provide more variety such as cafetière coffee or flavoured coffees and teas.• Cold drinks – provide more variety and include some unusual drinks e.g. fizzy drinks, pressed apple juice• Snacks	

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Description of activity

The week before:

- Include the activity on the weekly planner.
- Find out from residents about their favourite drinks and drinks they may have missed, drinks they would like to see on the tea trolley (see activity [Section 4.2: Reminiscence Drinking](#)).

1-2 days before:

- Make poster(s) and display where everyone can see. (This could be another day's activity.)
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need
 - Purchase drinks and snacks, and
 - Make sure cups, mugs and glasses are clean and ready.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Arrange drinks and snacks on the tea trolley.
- Visit all rooms with the trolley as usual.
- Let the residents know which drinks are available, ideally showing them a picture menu, and ask them to choose which one they would like.
- Discuss whether the teas need milk and/or sugar.
- Engage residents and helpers in conversation during the activity.

Variations and suggestions made following the activity:

- Change the selection of drinks on the tea trolley weekly (or as particular teas run out).

Residents' comments:

'Thank you darling, God bless.'

'It's nice.'

'How much do I have to pay?'

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4.6 Guess the Ingredient or Drink



Brief description	To taste different drinks and guess the main ingredient.	
Focus on drinks	Tasting drinks, increasing drinks choices, increasing fluid intake, socialising.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum.	
Planning time	½ - 1 hour	
Length of activity	1 hour	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment - basic	Posters Some unusual flavoured drinks, such as: <ul style="list-style-type: none">• 'Lemon and Lime' flavoured water• Prune juice• Cranberry juice• Orange juice Use smaller cups and glasses for tasting 'Guess the Ingredient' quiz sheets and pens	
Equipment - extras	Find some interesting facts about the drinks to talk about.	

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Description of activity

The week before:

- Include the activity on the weekly planner.

1-2 days before:

- Advertise the activity with posters (this could be another day's activity).
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need
 - Purchase different drinks, choosing a variety.
 - Make a menu with the list of the different teas and drinks to display on the tables and take round to residents who are unable to come to the dining area to find out what residents would like to try (see [Section 9.5: Invitations for Activities](#)).
 - Buy or make cakes and biscuits (this could be the previous day's activity).
 - Make sure crockery and table decorations are clean and ready.
 - Prepare and print "Guess the Ingredient" sheets (see next page).
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display of teas and drinks in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Prepare and serve drinks to residents, staff and relatives.
- Ask residents to guess what drink it is.
- Engage with residents and helpers in conversations about the teas and drinks during the activity.

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Guess the Ingredient or Drink

Can you name the different drinks that you are tasting?

You will be sampling four different flavoured drinks. The name of the drink is listed below in a random way. From the taste and smell can you work out which drink is which?

- 1. Cranberry juice**
- 2. Orange juice**
- 3. Lemon & Lime water**
- 4. Prune Juice**

Which one was your favourite? (Please circle the number)

1 2 3 4

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4.7 Drinks Tasting Using Care Home Vending Machines



Brief description	A variety of drinks offered to residents from a vending machine, if this is available in the care home.	
Focus on drinks	Tasting drinks, increasing drinks choices, increasing drinks intake, socialising.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum.	
Planning time	½ - 1 hour	
Time needed for activity	1 - 1½ hours (depending on the number of residents in the home).	
Type of room	Room where the vending machine is located but drinks could also be taken to where residents are sitting (such as their own room, lounge, dining area etc.)	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Vending machine with choice of drinks,• Choice of mugs and tea-cups• Snacks (if using)	

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Description of activity

This could be an 'on the spur of the moment' activity

The week before:

- Include the activity on the weekly planner.
- Liaise with the kitchen staff or personnel in charge of the vending machine to ensure it is available for use on the day, and it is stocked up.

1-2 days before:

- Make posters and display where everyone can see (this could be another day's activity).
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need
 - Purchase supplies including snacks if needed,
 - Obtain a range of cups and mugs ready for use, and
 - Confirm with kitchen staff or personnel in charge of the vending machine, that a range of drinks are available and that it can easily be topped up on the day.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Arrange a range of cups and mugs on the table/trolley.
- Invite residents to the lounge to taste the different drinks and have a chat or visit residents in their room to ask for their choice of drink and how they would like it served.
- Engage residents and helpers in conversation during the activity.

Variations and suggestions made following the activity:

- This activity could also happen spontaneously depending on the number of residents involved.
- This activity is a good opportunity for staff to spend time with residents as the drinks are quick and easy to make.

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4.8 Festive Trolley



Brief description	Assorted drinks, including themed drinks, are offered to residents from a trolley decorated for a festivity.	
Focus on drinks	Tasting drinks, increasing drinks choices, increasing drinks intake, socialising.	
Who is this activity suitable for?		
Group size	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum.	
Planning time	1½ - 2 hours	
Time needed for activity	1½ - 2 hours (depending on the number of residents in the home).	
Type of room	Anywhere in the home, as staff visit every resident (own room, lounge etc.)	
Cost	(i) Running activity for the first time: MEDIUM (if buying equipment and decorations for first time) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Trolley• Hot drinks – provide more variety such as cafetière coffee or flavoured coffees and teas• Cold drinks – provide more variety and include some unusual drinks e.g. Dandelion & Burdock• Snacks• Decorations – appropriate to the festivity	

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Description of activity

The week before:

- Include the activity on the weekly planner.
- Find out from residents about their favourite drinks and the drinks they would like to see on the tea trolley.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity.
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need.
 - Purchase supplies e.g. snacks and a variety of drinks, and
 - Make sure equipment is clean and ready.
- Make a pictorial menu (1 picture of each drink).
- Decorate the tea trolley with festive themed items (such as Christmas, Olympic Games etc.).
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display using the decorated tea trolley in the dining room or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Arrange drinks and snacks on the tea trolley.
- Visit all rooms with the trolley as usual.
- Tell residents the drinks available and show them a picture menu if possible. Ask them for their choice and serve it.
- Engage residents and helpers in conversation during the activity.

This activity is recommended twice a day (morning around 10.30am and afternoon around 3pm).

Suggestions made following the event

- Do themed trolleys more often.
- Themes such as spring, summer, Easter etc. can be explored.
- Could have bunting for decoration in summer or flowers to cheer the trolley up.

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4.9 Extra Drinks Trolley



Brief description	Assorted drinks offered to residents from the trolley after the usual tea trolley time.	
Focus on drinks	Tasting drinks, increasing drinks choices, increasing drinks intake, socialising.	
Who is this activity suitable for?		
Group size	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum.	
Planning time	1 hour	
Time needed for activity	1½ - 2 hours (depending on the number of residents in the home).	
Type of room	Anywhere in the home, as staff visit every resident (own room, lounge etc.)	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Trolley• Hot drinks – provide more variety such as cafetière coffee or flavoured coffees and teas• Cold drinks – provide more variety and include some unusual drinks e.g. fizzy apple drink or ginger beer• Snacks	

Making Drinking Fun

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Description of activity

The week before:

- Find out from residents about their favourite drinks and drinks they have missed, or additional hot or cold drinks they would like to see on the tea trolley.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity.
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need
 - Purchase supplies e.g. snacks and a variety of drinks,
 - Buy biscuits, and
 - Make sure equipment is clean and ready.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display, using the drinks trolley, in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Arrange drinks and snacks on the tea trolley.
- Visit all rooms with the trolley as usual.
- Tell residents the choice of drinks available, ask them for their choice and serve it.

Suggestions made following the event:

- Have different drinks on the tea trolley from time to time.

N.B: this activity is recommended as an addition to the usual tea trolley and not as a replacement.

Making Drinking Fun

Activities & Engagement Toolkit

4.10 Smoothie Making



Brief description	To involve residents in making smoothies.	
Focus on drinks	Making and tasting drinks, increasing fluid intake, socialising.	
Who is this activity suitable for?		
Group size	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum.	
Planning time	1 hour	
Time needed for activity	1 hour	
Type of room	Room with 'dining' tables and chairs	
Cost	(i) Running activity for the first time: MEDIUM (if buying blender for first time) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Fresh blackberries, raspberries and blueberries, banana, natural plain yogurt, milk/ soymilk (for vegans), icing sugar (optional), biscuits• Blender, sieve, spoons, sharp knives, chopping board, bowls• Apron and gloves (if using)• Cloths (to wipe up spillages)• Glasses and decorations (optional)	

Making Drinking Fun

Activities & Engagement Toolkit

Description of activity

The week before:

- Include the activity on the weekly planner.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity.
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need
 - Buy ingredients for smoothie, store fruits in the fridge and other ingredients safely,
 - Buy biscuits, and
 - Make sure equipment is clean and ready.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity. Clean all surfaces.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity.
- Help residents with hand hygiene and wearing of aprons.
- When residents are seated, describe the activity and ask residents to help prepare fruit.
- Involve residents in the activity, as able, such as:
 - Reading out recipe,
 - Preparing fruit,
 - Preparing decorations (if using),
 - Sieving, and
 - Serving.
- Place fruits in food processor and warn everyone about the noise!
- Pour smoothie into glasses (may need straining if using lots of fruit with seeds).
- Serve residents the smoothie with snacks.
- Engage residents and helpers in conversation during the activity, about fruits and how choice, availability and preparation may have changed compared to previous decades.

Variations and suggestions made following the activity:

- This activity can be varied from time to time by changing the fruits.
- Using fruits in season will reduce costs.
- Ask residents to suggest fruits for the next event.
- Smoothies could be shared with other residents who did not attend.
- Frozen fruits work well too and can be cheaper.

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Recipe for summer fruit smoothie

Serves 4-5 people

Ingredients:

200g fresh blackberries

200g fresh raspberries

200g blueberries

1 ripe medium banana

120ml natural plain yogurt

120ml milk

1 tbsp. icing sugar (optional)



Method:

- Peel banana and cut into smaller bits.
- Measure all other ingredients and tip into the food processor
- Alternatively use a hand-held blender
- Blend until it is smooth.
- Sieve if needed.

Serve immediately by pouring out into a tall glass. Enjoy now or keep in the refrigerator until ready for drinking later in the day.

N.B: Smoothies need to be consumed the same day they are made.

Making Drinking Fun

Activities & Engagement Toolkit

5. Cooking Activities

Many residents will enjoy the chance to be involved in cooking – they are likely to have cooked for most of their lives and may be very skilled. They may be able to teach you a thing or two!

It is very easy to link cooking activities with drinking, as the two often go 'hand-in-hand', such as 'tea and cake', 'coffee and biscuits', 'milk and cookies', 'cheese and wine' or 'beer and pasty'!

Remember to make sure your residents drink well during these activities, as well as socialising and enjoying contact with food.

Activities included in this section...



Sausage Rolls



Really Easy Fruity Ice Cream



Fruity Cake



Fruity Kebabs

Making Drinking Fun

Activities & Engagement Toolkit

5.1 Sausage Rolls



Brief description	Making sausage rolls.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity and having a drink whilst tasting.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	Maybe
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum.	
Planning time	½ - 1 hour	
Length of activity	1½ - 2 hours	
Type of room	Room with 'dining' tables, chairs, and access to oven.	
Cost	(i) Running activity for the first time: MEDIUM (if buying equipment for first time) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment - basic	<ul style="list-style-type: none">• Drinks• Recipe• Ready-made puff pastry, sausage meat /vegetarian sausages, flour (for dusting), egg, milk• Rolling pins, knives, small bowl, fork, pastry brush, greased baking trays, cooling tray, oven, oven gloves, timer or watch• Apron, gloves (if using)• Cloths (to wipe up spillages)	

Making Drinking Fun

Activities & Engagement Toolkit

Description of activity

The week before:

- Include the activity on the weekly planner.
- Liaise with kitchen staff regarding use of ovens and equipment.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity.
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need
 - Purchase ingredients and store safely, and
 - Make sure equipment is clean and ready.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up a room for the activity, put out equipment and make an attractive display of the planned activity. Make sure all surfaces are clean.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity.
- Describe the activity.
- Help residents with hand hygiene and wearing of aprons.
- Involve residents in preparing the sausage rolls, as able, e.g.:
 - Reading out recipe,
 - Make egg wash,
 - Unwrapping, cutting and distributing pastry blocks,
 - Unwrapping, distributing sausage meat /vegetarian sausages,
 - Rolling out pastry, and
 - Making sausage rolls.
- Engage residents and helpers in conversation during the activity, perhaps chatting about what cooking they used to do and kinds of things they liked to make and the cooking facilities available. Did they make or buy sausage rolls as children? What were butcher shops like then?
- Serve cooked sausage rolls with drinks.

Making Drinking Fun

Activities & Engagement Toolkit

Recipe for Really Easy Sausage Rolls



Ingredients*:

375g pack ready-rolled puff pastry sheet

400g sausage meat or vegetarian sausages (if needed)

Egg wash (egg and a little milk mixed together)

Flour for dusting

**these quantities would enable two residents to make approximately 10 small sausage rolls each (2.5cms/1-inch-long) or five standard-sized sausage rolls (5cms/ 2 inches long).*

Method:

- Preheat the oven to Gas Mark 6, 200°C.
- Make egg-wash (egg and a little milk mixed together).
- Unroll pastry and cut it down the middle lengthways.
- Divide sausage meat into two and shape each half into sausage shapes and place them centrally down the length of each pastry piece.
- Use the egg wash as a glue on the edge of the long sides of the pastry piece, then fold over the pastry to wrap the sausage meat.
- Press the edges gently together.
- Cut the long roll into shorter rolls with sharp knife and place on greased baking tray.
- Brush the tops with the rest of the egg wash.
- Bake for 25-30mins (depending on size) or until golden.
- Cool on cooling tray before eating.

Making Drinking Fun

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5.2 Really Easy Fruity Ice Cream



Brief description	To involve residents in making fruity ice cream.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity, making, and tasting fruity ice cream, which contains 'hidden fluids'.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum.	
Planning time	½ - 1 hour	
Time needed for activity	1 hour	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: MEDIUM (if buying equipment for first time) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks• Recipe• Frozen fruits, yoghurt, runny honey, Pimm's (optional) Blender/food processor• Sundae dishes and/or cornets• Meringues & shortbread biscuits (optional)• Apron, gloves (if using)• Cloths (for mopping up spillages)	

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Description of activity

The week before:

- Include the activity on the weekly planner.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity.
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need
 - Buy ingredients, store frozen fruits in the freezer and other ingredients safely, and
 - Make sure equipment is clean and ready.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity. Ensure surfaces are clean.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity.
- Help residents with hand hygiene and wearing of aprons.
- Involve residents to prepare and help with making the ice-cream, as able.
- Warn residents about any possible noise when using the food processor.
- Engage residents and helpers in conversation during the activity.
- Offer residents some of the ice cream, in cornets or sundae dishes, serve with meringues or shortbread (optional).

Variations and suggestions made following the activity:

- Try using different fruits (alone or combined with others).
- Make large quantities, so that some can be tasted, some can be stored away to serve as dessert at the next meal time.
- Be aware of people with fruit allergy. A batch excluding the fruit-causing allergy can be made.
- Make the ice-cream and store in a freezer to enjoy during the interval of a film matinee (See [Section: 6.1: Film Matinee](#)).
- Why not take residents to the sea side for ice cream?
- Serve ice-cream in addition to usual drinks on a warm/hot day.

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Activities & Engagement Toolkit

Recipe for Really Easy Fruity Ice Cream



Ingredients:

500g frozen strawberries/frozen berries

250ml natural fat-free yoghurt

1 tablespoon runny honey

A splash of Pimms (optional)

Method:

- Add frozen fruits, yoghurt, honey and 'Pimms' (optional) to food processor.
- Whiz for a few seconds, or until smooth, then scoop immediately into sundae dishes, serving bowls or cornets.
- Optional: Serve with shortbread biscuits or sandwich ice cream between meringues.

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5.3 Fruity Cake



Brief description	To involve residents in making a fruity cake	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum.	
Planning time	½ - 1 hour (Depending on whether you are making the cakes or buying ready-made cakes to decorate).	
Time needed for activity	1 hour to make cake. If making, do this in the morning. 1 hour to decorate, perhaps in the afternoon.	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: MEDIUM (if buying equipment for first time) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks• Recipe & ingredients for sponge cake: butter, flour, sugar, eggs• Equipment: Mixing bowls, weighing scales, spoons, sieve, electric mixer, two 7" round baking tins, baking parchment, oven gloves, oven, timer, cooling tray, plate.• Ingredients for decorating the cake: two ready-made sponge cakes, fruit, double cream• Equipment: electric whisk, bowl, chopping board, sharp knife, palette knife• Aprons, gloves (if using)• Cloths (for cleaning)	

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Description of activity

The week before:

- Include the activity on the weekly planner.
- Liaise with kitchen staff re use of ovens and equipment.

1-2 days before:

- If making the sponge cakes, this activity may need to be done over two sessions:
 - Session 1 in the morning, to make the cake, and
 - Session 2 in the afternoon to decorate the cake when it is cooled.
- If just decorating the cake, then one session will be sufficient.
- Make poster(s) and display where everyone can see. This could be another day's activity.
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Buy ingredients, store fruits in the fridge and other ingredients safely, and
- Make sure equipment is clean and ready.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity.
- Ensure surfaces are clean.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity.
- Help residents with hand hygiene and wearing of aprons.
- Describe the activity.
- Involve residents in all aspects of the cake making, as able.
- Engage residents and helpers in conversation during the activity.
- When cooked and cooled, decorate cake and serve with a cup of tea, and with meals or drinks during the day.

Variations and suggestions made following the activity:

- The ingredients could be pre-weighed to make it easier for residents to use them.
- Residents could be supported to help one another.
- Cakes could be baked for special occasions in the home.

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Recipe for Fruity Cake



Ingredients for sponge cake (if making):

125g/4oz butter or margarine, softened

125g/4oz caster sugar

2 medium free-range eggs

125g/4oz self-raising flour

Method:

- Heat the oven to 180C/350F/Gas 4.
- Line two 18cm/7in cake tins with baking parchment.
- Cream the butter and the sugar together until pale, by hand or using an electric hand mixer if you have one.
- Beat in the eggs.
- Sift over the flour and fold in using a large metal spoon.
- The mixture should be of a dropping consistency; if it is not, add a little milk.
- Divide the mixture between the cake tins and gently spread out with a spatula. Bake for 20-25 minutes until an inserted skewer comes out clean.
- Allow to stand for 5 minutes before turning on to a wire rack to cool.

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To decorate Fruity cake

Ingredients for decorations:

1-pint double cream or whipping cream

Seasonal fruit such as strawberries, raspberries, kiwi fruit - whatever you like!

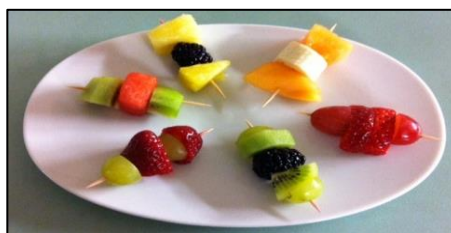
Method:

- Pour cream into bowl and whisk until thickened (be careful not to over whisk!).
- Spread the whipped cream on top of both cakes, then sandwich together and coat outside of cake with cream.
- Slice fruit and have fun placing fruit however you like to create a beautiful pattern.
- Serve with drinks

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5.4 Fruity Kebabs



Brief description	To involve residents in making fruit kebabs.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity and eating fruits, which contain 'hidden fluids'.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns, such as diabetes	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum.	
Planning time	½ - 1 hour	
Time needed for activity	1 - 1½ hours	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: LOW-MEDIUM (costs can be reduced by using seasonal fruits) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks• Different fruits, lemon juice (to prevent 'browning') if using apples or bananas• Bowls, chopping boards, knives, wooden sticks or skewers• Ice-cream, yogurt & sauces (optional)• Aprons, gloves (if using)• Cloths (to wipe up spillages)	

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Description of activity

The week before:

- Include the activity on the weekly planner, and
- Liaise with kitchen staff re use of equipment.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity.
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need
 - Purchase fruit. Choose a variety of fruits for colour and texture store fruit in fridge until ready.
 - Make sure equipment is clean and ready.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity. Ensure all surfaces are clean.
- Personally invite residents to the activity.
- Describe the activity.
- Offer residents drinks at the start and during the activity.
- Help residents with hand hygiene and wearing of aprons.
- Involve residents in the activity according to their ability. Some residents may be able to help others (and may enjoy it).
- Prepare fruit as required:
 - remove skin from fruits such as apples, pears, bananas,
 - put apples and bananas in lemon juice to prevent browning, and
 - chop fruit to a consistent size for the kebabs.
- Make kebabs by pushing the fruit onto the skewers.
- Serve fruit kebabs at the end of the activity or with the next meal so that all residents can enjoy them.
- To accompany the fruit kebabs, serve with:
 - yogurt dips, ice cream or cream,
 - chocolate sauce, honey or maple syrup,

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- Engage residents and helpers in conversation during the activity.

Comments made by residents:

"Can we do this more often?!"

'I thought it was very tasty'

'I liked the different fruits'



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6. Social Events

All activities are social events, and their value is more in the social interaction that occurs than the quality of the cake or the picture that results. Social contact supports well-being and feelings of inclusion, helping to overcome loneliness.

As we tend to drink more when we are socialising (given the opportunity) activities support hydration as well as social contact and well-being.

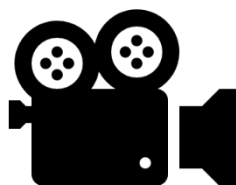
In this group of activities, the focus is on the social event, creating times for residents might enjoy a drink or two with others.

There are many different ways of socialising, and the activities we have included here are just a few examples.

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Included in this section...



Film Matinee



East Anglian Film
Archive Clips for
Activities



Winter Wildlife Show



A Musical Trip Down
Memory Lane



Live Musical
Entertainment



Music Morning



Sports Day



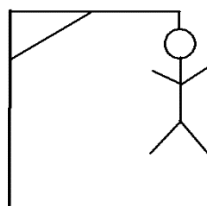
Boccia with Visitors



Board Games



Spoken Crossword



Hangman



Poetry



Tea Party with
Hydration Bingo



Mad Hatter's Tea Party



Picnic in the Garden

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Staff Leaving Events



Halloween Themed Tea
Party with a Quiz and
Raffle



Seeing in the New Year



Reminiscence
Discussion Group

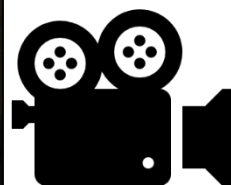


Social Outings

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Activities & Engagement Toolkit

6.1 Film Matinee



Brief description	To involve residents in watching films (movies).	
Focus on drinks	Enjoying extra drinks before the picture, ice-cream, ice-lollies, soft drinks during interval and drinks at the end of the film.	
Who is this activity suitable for?		
Group size	Individual	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require.	
Planning time	½ - 1 hour	
Time needed for activity	1½ - 2 hours	
Type of room	Lounge with seats or a large room for projector, screen and audience.	
Cost	(i) Running activity for the first time: LOW-MEDIUM (depending on whether Goody Bags are included) (ii) Repeating the activity: LOW-MEDIUM (depending on whether Goody Bags are included)	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks, ice-lollies and ice-creams, popcorn, 'Goody Bags' and 'Goodies'• TV, DVD player, projector & projector-screen• Usherette tray (made from paper and ribbon)• Bags for goody bags	

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Description of activity

Few weeks before:

- If using a projector, arrange for a projectionist and appropriate film reels (check any permissions needed).
- If using DVD, check machine is working and linked into projector or TV screen.

The week before:

- Discuss with residents what films they may want to watch, from the selection available. Are you able to order in popular requests? If so, involve the residents in thinking of films they would like to see again.
- Include the activity on the weekly planner.
- If using an usherette tray, buy a deep serving tray with handles and decorate, including attaching ribbon to the handles.

1-2 days before:

- Advertise the film matinee by word-of-mouth.
- Talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Buy ice-lollies, ice cream and store in the freezer, or use the ice-cream which residents' made in a previous activity (see [Section 5.2: Really Easy Fruity Ice-cream](#)).
- Fill small Goody Bags with sweets/goodies or popcorn (optional).

The activity itself:

- Set room up for the film – make sure you can get the room dark enough to see the film easily and re-arrange seats to make it feel like a cinema.
- Set up equipment (DVD player or projector and film) and check to see that it is working.
- Personally invite residents to the activity.
- Consider asking friends and relatives of the residents too.
- When residents are seated, make sure everyone has a drink (tea, coffee or cold drinks).
- Pull the blinds or curtains to make the room dark (explain beforehand what you will do and why).
- Show first half of the film.
- Put lights back on during the interval, serve ice-lollies, ice-cream, popcorn or 'Goody Bags' using the usherette tray and engage residents and helpers in conversations about the film.

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- Provide help for any residents needing the toilet.
- Show second half of the movie.
- At the end of the film, serve drinks (tea/coffee, juice etc.) and discuss the film.

Variations and suggestions made following the activity:

- Staff could take ice creams, ice-lollies, drinks, popcorn or 'Goody Bags' to residents who did not attend the event.
- For some residents, shorter films may be more enjoyable than longer films.
- The East Anglian Film Archive has a wide range of historical film relating to East Anglian Life, which is accessible for those with internet access. We have selected some clips we think may be interesting (and relate to drinking) and list them in the next section ([Section 6.2: East Anglian Film Archive](#)).

Residents' comments:

'I enjoyed that.'

'I haven't seen it before.'

One resident demonstrated the dance steps to the other residents after the movie.

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6.2 East Anglian Film Archive Clips for Activities



These are clips that relate to drinks and drinking over the past 100 years in East Anglia (UK). If you come from elsewhere you may have a local film archive which you could use.

We suggest you show these film clips as part of a cinema experience, with plenty of cups of tea, and ice-cream in the interval. Leave lots of time for discussion and reminiscence between the clips and remember to discuss drinking too!

To play these clips you need an internet connection.

- Go to <http://www.eafa.org.uk/>,
- Click on "search",
- Write the number of the clip you want (e.g. '329' for the clip about milk - see below) into the search box and click "search", and
- Your clip should come up ready to play!

If you don't have an internet connection we have a DVD version – email l.hooper@uea.ac.uk to request a free DVD (for as long as stocks last).

A quiz question to begin:

- Who knows the famous personality who came to Norwich in 1971 to promote Ovaltine?

For the answer see clip number 207266:

[Ovaltine Autumn Tour: Norwich Welcomes](#)

🕒20:47 🎥1971 Norwich, Norfolk Cat no. 207266

xxx visits Norwich on his UK promotional tour for Ovaltine.

During the film clips you can play "spot the drink" if you want! A bit like bingo, residents shout out the first time in a clip when drinks are shown or referred to.

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Clips relating to babies and baby animals

A Day in the Life of the Young Martins Cat no. 3004

17:27 1935

A day in the life of Mr and Mrs Martin and their two young children.

Milk Cat no. 329

11:20 1949 Ipswich, Suffolk



The production and use of milk.

About Anglia: Cley Farm Cat no. 216911

13:59 1961 Cley-next-the-Sea, Norfolk

A day in the life of a farmer, Ray Allen, at his farm in Cley.

The Dairy Farmer Cat no. 256

10:53 1949 Holbrook, Suffolk

Dairy farming at Wall Farm, Holbrook, farmed by George Gall.

Clips of children and young people drinking

Milton Road Infant School Cat no. 531

16:33 c.1935 Cambridge, Cambridgeshire

A typical school day at Milton Road Infant School.

School has its Lighter Moments Cat no. 243

16:04 c.1955 Gorleston, Norfolk

A homemade film that offers a record of life at The East Anglian School for Deaf and Blind Children.

My School Cat no. 965

24:49 1949 Walton-on-the-Naze, Essex

In this typical school day at the end of the 1940s, the documentary follows the activities of the pupils at Walton County Secondary School.

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Village Hall Film Show

Cat no. 1337

🕒4:13 🎬🔊c.1980 Sea Palling, Norfolk

A film show at Sea Palling's Village Hall.

Greene King's Brewery

Cat no. 719

🕒5:09 🎬🔊1929 Bury St Edmunds, Suffolk

A promotional film for Greene King & Sons Limited, Bury St. Edmunds, Suffolk.

Just the Job

Cat no. 489

🕒10:00 🎬🔊c.1962 Peterborough, Cambridgeshire

A recruitment film made by Baker Perkins urging school leavers to take a job in industry as machine tool operators.

Coffee Bar

Cat no. 1258

🕒8:41 🎬🔊1961 Newmarket, Suffolk

A dramatised amateur film about the apparent anti-social behaviour of young people and the failings of the educational system.

A Day in The Life Of The Young Martins

Cat no. 3004

🕒17:27 🎬🔊1935

A day in the life of Mr and Mrs Martin and their two young children

Clips on meals with drinks

About Anglia: Cley Farm

Cat no. 216911

🕒13:59 🎬🔊1961 Cley-next-the-Sea, Norfolk

A day in the life of a farmer, Ray Allen, at his farm in Cley.

Alone

Cat no. 216973

🕒17:44 🎬🔊1941 Crayford, Greater London

One woman experiences the loneliness of war.

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Happy Day



Cat no. 3397

16:11 1934

A day in the life of the film-maker's young son including going to the beach.

Haverhill

Cat no. 1185

39:04 1969 Haverhill, Suffolk

Residents' views of the overspill town of Haverhill.

Holiday Camp for the Physically Disabled

Cat no. 779

16:56 1956 Gorleston, Norfolk

A record of a week-long holiday for disabled people and their carers organised by the Norfolk Voluntary Association for the Physically Disabled.

My School

Cat no. 965

24:49 1949 Walton-on-the-Naze, Essex

In this typical school day at the end of the 1940s, the documentary follows the activities of the pupils at Walton County Secondary School.

Clips about drinks on outings, holidays, trips & treats

Bostock Gazette: Poor Children's Outing

Cat no. 72

3:17 1929 Ipswich, Suffolk

An outing for the poor children of Ipswich to Glenham Hall in 1929.

Happy Day

Cat no. 3397

16:11 1934

A day in the life of the film-maker's young son including going to the beach.

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Found on a Farm

Cat no. 576

 09:26  1958 Hadleigh, Suffolk

Educational film for primary age schoolchildren about a day spent on a farm.

Holiday Camp for the Physically Disabled



Cat no. 779

 16:56  1956 Gorleston, Norfolk

A record of a week-long holiday for disabled people and their carers organised by the Norfolk Voluntary Association for the Physically Disabled.

Manningtree Station

Cat no. 613

 23:58  1979 Manningtree, Essex

Feature on Manningtree Railway Station

Greene King's Brewery

Cat no. 719

 05:09  1929 Bury St Edmunds, Suffolk

A promotional film for Greene King & Sons Limited, Bury St. Edmunds, Suffolk.

Scenes around Clacton

Cat no. 368

 18:05  1957 Clacton-on-Sea, Essex

A compilation film showing scenes of Clacton-on-Sea.

Jubilee Celebrations at Elstree

Cat no. 2442

 04:11  1935 Elstree, Hertfordshire

Dufaycolor film of celebrations for the Silver Jubilee of King George V.

The Men of the Land Celebrate the Coronation Cat no. 1439

 09:32  1937 Wymondham, Norfolk

How the men of Wymondham celebrated coronation day 1937.

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Clips on pubs and clubs

Greene King's Brewery

Cat no. 719

🕒5:09 🎬🔊1929 Bury St Edmunds, Suffolk

A promotional film for Greene King & Sons Limited, Bury St. Edmunds, Suffolk.

Coffee Bar

Cat no. 1258

🕒8:41 🎬🔊1961 Newmarket, Suffolk

A dramatised amateur film about the apparent anti-social behaviour of young people and the failings of the educational system.

A Busman's Day

Cat no. 633

🕒16:43 🎬🔊1947 Norwich, Norfolk

A tour of the Norwich Busmen's social club.

Roger Wonders Why

Cat no. 364

🕒17:38 🎬🔊1965 Chelmsford, Essex

The work of St. Andrews Young Communicants Fellowship, Chelmsford

St Raphael Club

Cat no. 634

🕒10:53 🎬🔊1950 Norwich, Norfolk

The activities of the St Raphael Club, Norwich run by handicapped people.

Roger Wonders Why

Cat no. 364

🕒17:38 🎬🔊1965 Chelmsford, Essex

The work of St. Andrews Young Communicants Fellowship, Chelmsford

Village in the Wheatfields

Cat no. 494

🕒18:25 🎬🔊1949 Rickinghall, Suffolk

A drama-documentary illustrating the farming year in Rickinghall Superior and Rickinghall Inferior.

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Clips on work and drinks

Greene King's Brewery



Cat no. 719

 5:09  1929 Bury St Edmunds, Suffolk

A promotional film for Greene King & Sons Limited, Bury St. Edmunds, Suffolk.

The Dairy Farmer

Cat no. 256



 10:53  1949 Holbrook, Suffolk

Dairy farming at Wall Farm, Holbrook, farmed by George Gall.

Clips on work breaks

The Dairy Farmer

Cat no. 256

 10:53  1949 Holbrook, Suffolk

Dairy farming at Wall Farm, Holbrook, farmed by George Gall.

Manningtree Station

Cat no. 613

 23:58  1979 Manningtree, Essex

Feature on Manningtree Railway Station

Village in the Wheatfields

Cat no. 494

 18:25  1949 Rickingham, Suffolk

A drama-documentary illustrating the farming year in Rickingham Superior and Rickingham Inferior.

I Want to Be an Engineer

Cat no. 1294

 23:13  1956 Norwich, Norfolk

Youth training and apprenticeships at Laurence, Scott & Electromotors, Norwich

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Chair Bodging and Chair Making in the Chiltern Hills Cat no. 4454

🕒11:23 🎬🔊1934-1935 Chiltern Hills, Buckinghamshire

The production of wooden components for chairs and chair-making in the Chiltern Hills in the 1930s.

Building a Sewer

Cat no. 475

🕒53:27 🎬🔊c.1956 Norwich, Norfolk

This film is several films joined and shows many of the stages in building a sewer.

About Anglia: Cley Farm

Cat no. 216911

🕒13:59 🎬🔊1961 Cley-next-the-Sea, Norfolk

A day in the life of a farmer, Ray Allen, at his farm in Cley.

Bygones Special: Time Was - Gone To Burton Cat no. 379

🕒39:51 1975 Burton-on-Trent, Staffordshire

Two men remember their youth in Burton, part of Anglia Television Bygones series.

Clips on alcohol – pros and cons!

The Pear Tree

Cat no. 1398

🕒9:58 🎬🔊c.1954 West Row, Suffolk

00:12 to 0:55 adults drinking in the Pear Tree

Mirage

Cat no. 213617

🕒7:08 🎬🔊1950s

A man's attempt to quench his thirst is thwarted by a string of surreal occurrences.

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Nemesis

Cat no. 3652

14:46 1949 Abergavenny, Monmouthshire

A young man knocks down his fiancée whilst drunk. He takes another car to seek help but the driver reveals himself as Death.

Alcohol

Cat no. 1182

16:48 1979 Hadleigh, Suffolk

The effects of alcohol on the body and on society.

Clips of birthday parties, a date and a wedding

The Pear Tree

Cat no. 1398

9:58 c.1954 West Row, Suffolk

School has its Lighter Moments

Cat no. 243

16:04 c.1955 Gorleston, Norfolk

A homemade film that offers a record of life at The East Anglian School for Deaf and Blind Children.

I'd Be Delighted To!

Cat no. 3436

13:58 1934

Amateur fiction short showing a man and a woman preparing for and enjoying a romantic dinner.

Our Wedding Day

Cat no. 6203

12:30 1949 Norwich, Norfolk

A professionally produced record of the wedding of Mr Henry Woods and Miss Remina Valori.

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Clips of advertisements and promotions for drinks

Anglia News: Morgans of Norwich Commemorative Pale Ale

Cat no. 116663

🕒 2:35 🎥 1977 Norwich, Norfolk

Anglia Television news report from a King Street brewery about the production of a Queen's Silver Jubilee commemorative beer.

Ovaltine Autumn Tour: Norwich Welcomes Cat no. 207266

🕒 20:47 🎥 1971 Norwich, Norfolk

Muhammad Ali visits Norwich on his UK promotional tour for Ovaltine.

Robinson's Lemon Barley Water: Old Hethers Cat no. 218340

🕒 0:13 🎥 1950s

Cinema advertisement for Robinson's Lemon Barley Water.

Robinson's Apple Squash

Cat no. 218342

🕒 0:13 🎥 1950s

Cinema advertisement for Robinson's Apple Squash.

Robinson's Fruitade: Lemonade Powder

Cat no. 218352

🕒 0:13 🎥 1950s

Cinema advertisement for Robinson's Fruitade.

Robinson's Lemonade Powder

Cat no. 218469

🕒 0:14 🎥 1950s

Cinema advertisement for Robinson's Lemonade Powder.

Robinson's Lemon Barley Water: Dancers

Cat no. 225323

🕒 0:25 🎥 1950s

Cinema advertisement for Robinson's Lemon Barley Water.

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Robinson's Robinade: Only a Shilling

Cat no. 225463

🕒0:41 🎧1950s

Animated cinema advertisement for Robinson's Robinade shilling tins.

Robinson's Lemon Barley Water: Winter

Cat no. 225466

🕒0:36 🎧1950s

Cinema advertisement for Robinson's Lemon Barley Water.

Robinson's Lemon Barley Water: Tennis

Cat no. 225467

🕒0:26 🎧1950s

Cinema advertisement for Robinson's Lemon Barley Water.

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6.3 Winter Wildlife Slideshow



Brief description	Sharing a drink while watching a winter wildlife show.	
Focus on drinks	Drinks before slideshow and at intervals.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum.	
Planning time	(i) Running activity for the first time: 1½ - 2 hours (ii) Repeating the activity: less than ½ hour	
Time needed for activity	1½ - 2 hours	
Type of room	Lounge or a large room with seats for projector, screen and audience.	
Cost	(i) Running activity for the first time: LOW (or HIGH if invited speaker requests payment and/or travel costs) (ii) Repeating the activity: LOW (or HIGH if invited speaker requests payment and/or travel costs)	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks, snacks• Ice-creams/lollies, 'Goody Bags (optional)• Projector, projector screen, slides	

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Description of activity

Few weeks before:

- Arrange for a speaker who knows about winter wildlife to give a talk or slide show. Discuss what equipment they need, and whether they will be bringing it, or whether you need to provide it (such as projector, screen and slides).

The week before:

- Include the activity on the weekly planner.
- Check equipment works, if you are providing it.
- Confirm with outside speaker that they are still able to attend.
- Consider inviting friends and relatives to attend the talk with the residents.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity.
- Advertise the activity by word-of-mouth (use picture of activity to help explain what the activity is about).
- Buy ice-lollies, ice cream and store in the freezer, or involve residents in making ice-cream (see [Section 5.2: Really Easy Fruity Ice-Cream](#)).
- Pack small 'Goody Bags' with sweets/goodies (optional)
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set room up for the slide show: set up equipment and check to see that it is working or help speaker to set the equipment up.
- Personally invite residents to the activity.
- When residents are seated, serve a choice of drinks to everyone.
- Speaker presents their talk.
- Half way through, stop to serve drinks, ice-creams and ice-lollies.
- Provide help for any residents needing the toilet.
- At the end of the slide show, serve another round of drinks.
- Engage with residents & helpers in conversations about slide show.
- This is a good activity in winter time when it gets dark early.

Variations and suggestions made following the activity:

- Friends or family may be able to provide a slide show at no charge.

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6.4 A Musical Trip Down Memory Lane



Brief description	Social gathering for residents to look through and listen to music on LPs (long-playing records).	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other contraindications	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum.	
Planning time	½ - 1 hour	
Time needed for activity	1½ - 2 hours	
Type of room	Lounge with seats and tables.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks and snacks• LP player• LP Records	

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Description of activity

Few weeks before:

- Find a record (LP) player (make sure it is working!) and records to play (check any permissions). Choose several records from a specific decade or musical genre.

The week before:

- Include the activity on the weekly planner.
- Arrange the equipment, records to be played etc.

1-2 days before:

- Make poster(s) and display where everyone can see, advertising the event and also the specific type of music or decade to be focused on. Making the posters could be another day's activity!
- Talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Purchase drinks and snacks for the occasion.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set room up for music – arrange seats such that residents can easily interact with each other
- Check that the equipment is working.
- Personally invite residents to the activity.
- When residents are seated, ask what drinks they would like. You might offer some drinks that seem suitable to the type of music – what drinks might go with 60s music? Jazz? Beethoven?
- Residents choose which LP records they would like to play and perhaps discuss the artist, the music, etc.
- Half way through, offer another round of drinks and provide help for any residents needing the toilet.

Variations and suggestions made following the activity

- Residents and staff could dance to their favourite songs if they wish.

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6.5 Live Musical Entertainment



Brief description	Social gathering for residents to listen to live music.	
Focus on drinks	Enjoying extra drinks served whilst listening to, or participating in, a musical event.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt where necessary
	Restricted fluids	Provide small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum	
Planning time	½ - 1 hour	
Time needed for activity	1½ - 2 hours	
Type of room	Room with chairs and space for the musicians	
Cost	(i) Running activity for the first time: LOW – HIGH (if invited musician requests payment and/or travel costs). (ii) Repeating the activity: LOW – HIGH (if invited musician requests payment and/or travel costs).	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks and snacks• Instruments (optional)	

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Description of activity

Few weeks before:

- Contact local musicians or singers and arrange for them to play or sing. Local groups and schools are often keen to do this.

The week before:

- Include the activity on the weekly planner.
- Arrange for instruments to be available for residents to join in (if using).
- Invite family and friends.

One-two days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have any equipment and instruments you need.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.
- Buy or make drinks and snacks for the occasion.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set the room up for music – arrange seats such that residents can easily interact and see the musicians and singers
- Personally invite residents to the activity.
- Check to see that any equipment they will be using is working.
- Offer residents drinks at the start and during the activity.
- If musicians and singers are able, they may be able to play or sing residents' requests.
- Residents may wish to sing along and perhaps dance to their favourite songs.

Suggestions made following the event

Residents may wish to participate in some of the musical items by singing or playing instruments, such as drums and maracas, if available.

Variation to the activity

The music for this activity could be themed, such as a 'Jazz Morning' or a 'Classics Afternoon', Music from Around the World, the Eurovision Song Contest or music from films, such as 'The Sound of Music. Alternatively, the musical activity could fit into a themed week, such as Irish songs on St Patrick's Day or 'Carols at Christmas'. See [Section 8.1: Musical Week](#).

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6.6 'In House' Music Morning



Brief description	To involve residents, families, friends and/or staff who are able to play musical instruments in playing while others listen or sing along.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity, listening to or playing a musical instrument, such as the piano, for example.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum.	
Planning time	Less than ½ hour	
Time needed for activity	1½ - 2 hours	
Type of room	Room with seats and space for the musicians.	
Cost	(i) Running activity for the first time: LOW (if there are staff, residents, family members or volunteers that can play a musical instrument). (ii) Repeating the activity: LOW (as above).	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks and snacks• Musical instrument (e.g. piano)	

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Description of activity

Prior planning

This activity is most suitable if there is a piano in the home or other instrument available which can be played. Many residents, staff, families and volunteers may have musical backgrounds which they would be happy to share.

The week before:

- Find out which resident(s), or volunteer(s), can play the piano or other instrument, what type of music they can play and whether they are happy to play for others. Arrange for instruments to be available, if you are using them.
- Ask residents whether this is the type of music that they would like to listen to.
- Confirm time and arrangements with residents or other volunteers. Decide on format for the morning.
- Include the activity on the weekly planner.
- If the musician agrees, invite family and friends along for support.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the instruments and equipment you need and that they are in working order.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Ensure the piano, or any other instruments being used are in the room that will be used for the activity.
- Arrange seats for residents.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity.
- Chosen music is played.
- Engage with residents and helpers in conversations between and after musical pieces, as appropriate. Topics to chat about may include their experience of music, musical instruments, musicians and possibly musical shows that they have attended or taken part in.

Variations and suggestions made following the activity:

- This could be a regular event (e.g. monthly), if it is popular with residents.
- Opportunity for sing along times.
- The activity is suitable for a range of musical instruments such as guitar, ukulele, violin, flute etc.

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6.7 Sports Day



Brief description	To involve residents in a variety of indoor sports.	
Focus on drinks	Enjoying extra drinks whilst involved in a social activity and playing games.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt where necessary
	Restricted fluids	Provide small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum	
Planning time	½ - 1 hour	
Time needed for activity	1 - 1½ hours	
Type of room	Large open spacious room with seats.	
Cost	(i) Running activity for the first time: LOW (if able to borrow sports equipment) - HIGH (If needing to purchase equipment for first time) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks and snacks• Games equipment, such as: balloons; small bean bags & hoops; hockey set (hockey sticks, ball, cones); skittle set• Scoring equipment including flipchart and pens• Prizes (optional, maybe special drinks?)	

Making Drinking Fun

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Description of activity

Games:

Some ideas for possible games are:

- Hoops and bean bag game – several hoops set up at varying distances from residents. The closest hoop scores the lowest point and the hoop furthest away scores the highest points. Residents throw bean bags into the hoops.
- Indoor hockey – hockey played sitting down. A goal post for scoring points.
- Balloon tennis – balloon blown up and tossed around for fun.
- Skittles - set up the skittles and see how many can be knocked over each time.

See the Active Norfolk website for more ideas:

<https://www.activenorfolk.org/active-ageing>

The week before:

- Include the activity on the weekly planner,
- Source the equipment, and
- Invite family and friends.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment and materials that you need and they are ready to use.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

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The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up the room with a lot of space and seats to one side, or around the room (depending on the games being played).
- Put out the equipment and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity. Playing sports is thirsty work!
- Ensure residents and any helpers are in teams and decide on team names.
- Members of each team take turns to play.
- Points awarded as appropriate (depends on the game).
- Organiser keeps score (recorded on the flipchart), points are counted at the end.
- This game can become quite competitive as teams support and encourage their players!
- For the final score, count up the points and award prizes to everyone, more for the winning team.
- Don't forget to serve drinks while the activity is on.

Residents' comments:

'I enjoyed trying something different.'

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6.8 Boccia with Visitors



Brief description	To involve residents in an indoor sport with visitors to the home	
Focus on drinks	Enjoying extra drinks whilst involved in a social activity and playing games	
Who is this activity suitable for?		
Group size	Individuals	
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt where necessary
	Fluid restrictions	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require. Two helpers as a minimum	
Planning time	½ - 1 hour	
Time needed for activity	1 - 1½ hours	
Type of room	Large open spacious room with seats.	
Cost	(i) Running activity for the first time: LOW (if able to borrow Boccia set) - VERY HIGH If needing to purchase Boccia for first time) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks & snacks• Boccia set, Boccia bowl ramps (optional)• Flipchart and pens• Prizes (optional)	

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Description of activity

Boccia is an indoor ball game, similar to bowls, which can be played by individuals or teams. The aim of the game is to see who can get their ball closest to the target ball (or 'jack'). Further details can be obtained from the Active Norfolk Website: <https://www.activenorfolk.org/active-ageing> or the Boccia website: www.bocciaengland.org.uk.

The week before:

- Include the activity on the weekly planner,
- Source the equipment, and
- Invite family and friends.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity.
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up the room with a lot of space and seats to one side, or around the room. put out equipment and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity. Playing Boccia is thirsty work!
- Form two teams and decide by coin toss who will be the Red Team (using red balls) and who will be the Blue Team (using blue balls).
- The Red Team starts.
- Someone from the Red Team propels the Jack onto the court and another Red Team member propels their ball towards it, followed by someone from the blue team. The aim is to get a coloured ball as close to the Jack as possible. Alternate between the teams until all 12 balls have been used.
- Organiser keeps score (recorded on the flipchart), points are counted at the end.

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- This game can become quite competitive as teams support and encourage their players!
- End the session with another drinks round.

Variations and suggestions made following the activity::

- Game could be set up between residents only, their family and friends, staff and any other visitors to the home.
- Local school children in the community could be invited to the home for a game.
- For players that are unable to throw or kick the ball, a ramp (assistive device) maybe required.
- Other similar games are curling, bowling, skittles, and sticky darts. See the Active Norfolk Website for more ideas
<https://www.activenorfolk.org/active-ageing>

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6.9 Board Games



Brief description	To involve residents in playing indoor board games.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity.	
Who is this activity suitable for?		
Group size	Individuals (one-to-one)	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt where necessary
	Fluid restrictions	Provide taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require.	
Planning time	½ - 1 hour	
Time needed for activity	1 - 1½ hours (depending on game)	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks and snacks• Board game	

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Description of activity

Prior planning:

- This could be an 'on the spur of the moment' activity.

The week before:

- Include the activity on the weekly planner.
- Find out from individual residents the kinds of games they like to play.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the games and equipment you need.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.
- Ask residents which games they enjoy, and who they might like to be with to play them.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out games and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Ensure residents are able to take part in the games they enjoy and with people they would like to be with.
- Offer drinks during the activity.
- Engage residents and helpers in conversation during the activity and support residents to participate during the activity as needed.

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Variations and suggestions made following the activity:

- **Some examples of games:** Tri-ominoes, dominoes, Ludo, chess, draughts, card games, scrabble, etc.
- This activity is easily adapted to residents' individual preferences.
- This activity is suitable for both larger and smaller groups, and for one-to-one.
- This activity may be an opportunity for a 'men's time' and/or a 'ladies' time.
- It could be spontaneous.
- Games could take place in a social space, side room or in a resident's room.
- It may also be an opportunity to serve special snacks.

Comment made by resident who played scrabble with the Activities Coordinator as a one-to-one activity:

"I enjoyed it, as I only usually play this at Christmas."



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6.10 Spoken Crossword



Brief description	To involve residents in spoken cross word.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity.	
Who is this activity suitable for?		
Group size	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt where necessary
	Restricted fluid	Provide small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents may require.	
Planning time	Less than ½ hour	
Time needed for activity	1 hour	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: LOW (if using existing care home resources) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks & snacks• Flipboard or adhesive tac• Markers /pens• Crosswords – from a crossword book, downloaded from the internet (check any permissions), in a newspaper (many newspapers print a 'Bumper' crossword on Saturdays)	

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Description of activity

Prior planning:

- This could be an 'on the spur of the moment' activity.

The week before:

- Include the activity on the weekly planner.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.
- If using on-line crosswords, check permissions and print out crossword with the answers.
- Enlarge the crossword to at least A3 size (if facilities available).

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity.
- If using a crossword enlarged to A3 size or more, attach to flipchart or stick to wall.
- Personally invite residents to the activity. Offer residents drinks at the start and during the activity.
- Engage residents and helpers in conversation during the activity.
- Give clues for the word and provide the number of letters in each word until you have got the right answer. If you have the answers and residents need more help, perhaps provide additional clues.
- Use this as an opportunity to chat about things related to the words in the crossword.

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Variations and suggestions made following the activity:

- Suitable for one-to-one, pairs or groups
- Could be spontaneous

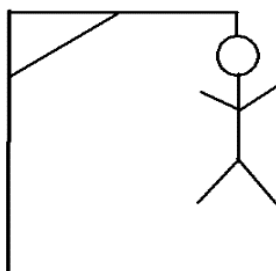
If you want to make your own crosswords, perhaps to fit in with a themed week (see [Section 8.4: Games Week](#)), there are websites that enable you to do this, such as:

- <http://www.puzzle-maker.com/CW/>
- http://www.printablecrosswordmaker.com/crossword_maker/crossword_maker.jsp
- <http://tools.atozteacherstuff.com/free-printable-crossword-puzzle-maker/> [all accessed 18/06/2019].

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6.11 Hangman



Brief description	Sharing a drink while playing a word guessing game	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity.	
Who is this activity suitable for?		
	Individuals	✓
Group size	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	
Physical ability	Range of abilities	✓
Residents where care may be needed:	swallowing difficulties	Follow guidance in care plan
	food allergies or other health concerns	Follow guidance in care plan and adapt where necessary
	fluid restrictions	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance that individual residents require.	
Planning time	Less than ½ hour or it could be spontaneous	
Time needed for activity	½ - 1 hour	
Type of room	Any, but quieter atmosphere.	
Cost	(i) Running activity for the first time: LOW (if using existing care home resources) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks & snacks• Flipchart board, Pens• 'Goody Bags' (optional)	

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Description of activity

Prior planning:

- This could be an 'on the spur of the moment' activity

The week before:

- Include the activity on the weekly planner.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about). Ensure there is a flipchart board available and board markers to write.
- Pack small 'Goody Bags' filled with sweets/goodies (optional).

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put up the flip chart board and arrange pens, make an attractive display of the planned activity.
- Personally invite residents to the activity.
- When residents are seated, ask what drinks they would like to be served.
- One person is the 'executioner' and everyone else guesses the letters that make up the words.
- Half way through, serve drinks again.
- At the end of the game, engage with residents and helpers in conversations about the activity.

Variations and suggestions made following the activity:

- This offers a lot of social support/good interaction.
- It can be spontaneous.
- Good as a 'Plan B' if another planned activity cannot run.
- Could be played in teams for those who are more competitive!

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6.12 Poetry



Brief description	To involve residents in reading and listening to poetry	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity. Extra drinks served whilst participating in poetry readings.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt where necessary
	Restricted fluid	Provide small taster portions
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require.	
Planning time	Less than ½ hour	
Time needed for activity	1 hour	
Type of room	Any, but quieter atmosphere.	
Cost	(i) Running activity for the first time: LOW (if using existing care home resources) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Drinks and snacks• Range of poetry books• Pens and paper• Audio CDs of poetry and CD player (optional – discuss with your residents)	

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Description of activity

The week before:

- Include the activity on the weekly planner.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.
- Discuss with residents what poems they may want to read or listen to.
- Borrow poetry books and or poetry CDs from the local library (check any permissions).
- Check CD player works (if using).

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the poetry books/CDs.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity
- Go through the range of books/CDs available.
- Residents choose to read or listen.
- Engage with residents and helpers in conversations about the poems, as part of the activity.

Variations and suggestions made following the activity:

- Suitable for one-to-one chats.
- Could include a discussion of the song lyrics.
- Suitable for residents with interest in literature or poetry.
- Opportunity for residents who have been poets to share their writings.
- Opportunity to compose poems as part of the activity.

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6.13 Tea party with Hydration Bingo



Brief description	Tea party for family and friends with Hydration-based Bingo. This could also run as two separate activities – Hydration Bingo or Tea Party.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity. Providing drinks as bingo prizes.	
Who is this activity suitable for?		
Group size	Individuals	X
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt where necessary
	Restricted fluid	Provide small taster portions
Number of helpers needed	Depends on size of group and level of assistance individual residents may require. Two helpers as a minimum.	
Planning time	1 hour	
Time needed for activity	1.5 - 2 hours	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: LOW (if Bingo prizes donated) - MEDIUM (if needing to purchase Bingo prizes) (ii) Repeating the activity: LOW (if Bingo prizes donated) - MEDIUM (if needing to purchase Bingo prizes)	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Hot and cold drinks• Cake, sandwiches, other snacks• Bingo Drinks Cards,• Pens, pencils or counters• Bingo prizes (extra drinks such as soft drinks, juice, beer, packets of tea bags etc.)	

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Description of activity

The week before:

- Include the activity on the weekly planner,
- Send invitation to residents, family and friends, and
- Ask for donations of drinks for prizes.

1-2 days before:

- Advertise the event using a poster (see [Section 9.5: Invitations to Activities](#)), displayed in several areas of the home.
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Buy drinks for Bingo prizes and gather any donated drinks.
 - Make sure Hydration Bingo cards are sorted and ready (see following pages, or for Picture Hydration Bingo, see our website: <https://www.uea.ac.uk/groups-and-centres/uea-hydrate-group>).
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out Bingo cards and make an attractive display of the Bingo prizes.
- Personally invite residents to the activity.
- Serve sandwiches, snacks and biscuits with a cup of tea on arrival
- Engage residents and helpers in conversation during the activity, and when everyone has eaten, start the Bingo session involving residents, families and friends.
- Players choose prizes from the variety of drinks prizes provided.
- Stop Bingo mid-way and offer another cup of tea/drinks and provide help for any residents who may need to visit the toilet.

Variations and suggestions made following the activity:

- Bingo can involve family and friends.
- Have a tea party and Hydration Bingo as two separate events.
- If the home has Number Bingo with a Bingo machine, Bingo cards and flashboard, then use this instead of the picture Bingo.
- Animal Bingo Game designed for people with dementia (available at: <http://www.dementiasigns.co.uk/animal-bingo-game-set/>)

Resident's comment: *"What a lovely afternoon."*

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6.14 Hydration Bingo

Kit includes:

- Instructions.
- Drinks Cards. There are 20 different Drinks Cards in the downloadable version, but the version in the toolkit includes only 6 different cards.
- Callers card.

Instructions

- Cut out the Callers cards and put them in an envelope or bag.
- Each player needs a Drinks Card and a pen or pencil or counters
- The Caller is in charge, and draws out a Callers card without looking, calling it out to the players. They call it 3 times to make sure everyone has heard.
- When a player hears a call that matches a phrase or picture on their card they cross it out on their card (or cover it with a counter).
- The Caller draws the next card and calls it out etc.
- The first player to mark a row or column of 5 (horizontally, vertically or crosswise) calls out "Hydrated!" to win.
- Winner wins a bottle of a special drink or a packet of special tea.
- Everyone has a drink before the next round.

Versions

- The version with 6 cards and written words is available on the following pages.
- The version with 20 different cards, and pictures as well as words, is available to download from our website:
<https://www.uea.ac.uk/groups-and-centres/uea-hydrate-group>.

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Drinks Card 1

Bovril	Blackcurrent squash	Camp coffee	Port	Lentil soup
Elderflower cordial	Lager	Latte	Chocolate milk shake	Ovaltine
Mocktails	Orange juice	Cocktail	Strawberry milk shake	Cola
Ginger beer	Iced coffee	Tomato soup	Lucozade	Cider
Red wine	Apple juice	Builder's tea	Chamomile tea	Horlicks

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Drinks Card 2

Dandelion & burdock	Port	Red wine	Blackcurrant squash	Ovaltine
Bovril	Lemonade	Latte	Barley water	Cider
Sherry	Ginger beer	Cocktail	Chicken soup	Orange juice
Pineapple juice	Iced coffee	Builder's tea	Chocolate milk shake	Hot chocolate
Fruit smoothie	Cola	Tomato soup	Chamomile tea	Lucozade

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Drinks Card 3

Mocktails	Apple juice	Port	Complan	Horlicks
Strawberry milk shake	Latte	Barley water	Iced coffee	Ovaltine
Sherry	Orange juice	Cocktail	Lentil soup	Cranberry drink
Dandelion & burdock	Chocolate milk shake	Elderflower cordial	Red wine	Hot chocolate
Lager	Blackcurrant squash	Chamomile tea	Cola	Lucozade

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Drinks Card 4

Chicken soup	Port	Tomato soup	Blackcurrant squash	Ovaltine
Fruit smoothie	Bovril	Cranberry drink	Iced coffee	Iced lollies
Barley water	Horlicks	Cocktail	Latte	Orange juice
Sherry	Elderflower cordial	Lemonade	Strawberry milk shake	Cider
Red wine	Complan	Chamomile tea	Cola	Ginger beer

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Drinks Card 5

Lentil soup	Blackcurrent squash	Builder's tea	Pineapple juice	Hot chocolate
Fruit smoothie	Lucozade	Latte	Iced coffee	Lager
Bovril	Orange juice	Cocktail	Lemonade	Dandelion & burdock
Sherry	Barley water	Horlicks	Chocolate milk shake	Cranberry drink
Mocktails	Cola	Chamomile tea	Complan	Apple juice

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Drinks Card 6

Elderflower cordial	Chicken soup	Builder's tea	Port	Ginger beer
Dandelion & burdock	Lemonade	Latte	Iced coffee	Cider
Sherry	Orange juice	Cocktail	Hot chocolate	Blackcurrant squash
Red wine	Chocolate milk shake	Tomato soup	Lucozade	Horlicks
Fruit smoothie	Strawberry milk shake	Cola	Chamomile tea	Iced lollies

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Callers Cards

Barley water	Lentil soup	Hot chocolate	Strawberry milk shake	Ginger beer
Tomato soup	Bovril	Dandelion & burdock	Red wine	Chicken soup
Iced lollies	Horlicks	Mocktails	Elderflower cordial	Ovaltine
Camp coffee	Fruit smoothie	Iced coffee	Apple juice	Lucozade
Lager	Sherry	Pineapple juice	Chocolate milk shake	Chamomile tea
Cider	Home-made lemonade	Orange juice	Builder's tea	Complan
Blackcurrant squash	Port	Cranberry drink	Latte	Cola
Earl grey tea				

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6.15 Mad Hatters' Tea Party



Brief description	Themed tea party for residents, family and friends with raffle.	
Focus on drinks	Extra cups of tea with family and friends whilst taking part in a social activity. Using drinks as raffle prizes.	
Who is this activity suitable for?		
Group size	Individuals	X
	Small (2-5)	X
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require. Two helpers as a minimum.	
Planning time	1 hour	
Time needed for activity	1½ - 2 hours	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: LOW (if raffle prizes donated) - MEDIUM (if needing to purchase raffle prizes) (ii) Repeating the activity: LOW (if raffle prizes donated) - MEDIUM (if needing to purchase raffle prizes)	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Selection of hot & cold drinks• China cups & teapots, tea cosy, teaspoons, serviettes• Cake stands, table decorations• Drinks Quiz sheets, pens• Cake & other snacks• CD player and CD (optional)• Hats and/or coloured wigs – different types• Costumes –(optional)	

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Description of activity

Few weeks before:

- Discuss the activity with your manager and catering staff, as you may need their help with catering.
- Ask for support from other staff for help on the day, dressing up etc.
- Ask for donations of drinks for raffle prizes.
- Buy a few hats or ask staff for possible loans.
- Think of how you can add 'colour' to the occasion – e.g. costumes.

The week before:

- Include the activity on the weekly planner,
- Send invitation to residents, relatives and friends,
- Make sure you have all the equipment you need and have planned what refreshments are needed, and
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

One-two days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Buy or make cakes or biscuits and any other snacks to go with the drinks. Perhaps use the Fruity Cake made in a previous activity (see [Section 5.3: Fruity Cake](#)).
- Choose background music – this will depend on what your residents like (and whether music works for them, some residents find it easier to communicate and be sociable without a distracting musical background).
- Make sure pots, cups, tea cosy are all clean and ready.
- Ensure your quiz is ready (see [Section 6.15](#)), you have printed enough copies and there are enough pens.
- Assemble raffle prizes.

Making Drinking Fun

Activities & Engagement Toolkit

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out raffle prizes and make an attractive display of the tea pots, tea cosy, tea cups, hats.
- Arrange the tables and chairs in 'café style', so that everyone can talk to each other easily.
- For those who would like to (including residents, staff, friends and family), put on hats or wigs and dress up in something fanciful.
- Personally invite residents to the activity.
- Set up the tea trolley with cakes, biscuits and sandwiches before residents' arrive.
- Serve drinks on arrival and throughout the afternoon.
- Sell or give away raffle tickets.
- Engage residents and helpers in conversation during the activity.
- Quiz is coordinated by staff or delegated person, for residents, family and friends take part.
- Stop quiz mid-way and offer another cup of tea/drinks and help for residents if they need the toilet.
- Complete the second half of quiz and draw the raffle.

Variations and suggestions made following the activity:

- Tea party without the costumes or hats, or
- Other parties - birthday parties for residents, Christmas party.

Residents' comments:

'I'll come again.'

'Lovely evening.'

'I enjoyed it.'

'Good start to the hydration study, and I had two extra cups of tea!'

Making Drinking Fun

Activities & Engagement Toolkit

Drinks Quiz



Can you fill in the blanks for these drinks adverts?

1. Things go better with _ _ _ _
2. _ _ _ _ _ _ _ _ is good for you
3. _ _ _ _ stays sharp to the bottom of the glass
4. A packet for every pocket _ _ _ _ _ _ _ _
5. Very cheering _ _ _ _ _ _ _ _ _ _
6. _ _ _ _ _ _ _ _ _ _ works wonders
7. Don't be vague, ask for _ _ _ _
8. It's got to be _ _ _ _ _ _ _ _
9. Good to the last drop _ _ _ _ _ _ _ _ _ _ _ _
10. The world's best nightcap _ _ _ _ _ _ _ _

Making Drinking Fun

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Answers to quiz

1. Things go better with **coke**
2. **Guinness** is good for you
3. **Harp** stays sharp to the bottom of the glass
4. A packet for every pocket Lion's **Tea**
5. Very cheering **cherry heering**
6. **Double diamond** works wonders
7. Don't be vague, ask for **Haig**
8. It's got to be **Gordons**
9. Good to the last drop **Maxwell House Coffee**
10. The world's best nightcap **Ovaltine**

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6.16 Picnic in the Garden



Brief description	Outdoor picnic in the garden.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt where necessary
	Restricted fluid	Provide small taster portions
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require. Two helpers as a minimum.	
Planning time	½ - 1 hour	
Length of activity	1 hour 1½ - 2 hours	
Type of room	Garden or large space around the home.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment - basic	<ul style="list-style-type: none">• A variety of drinks and food• Cups and glasses, plates, cutlery, napkins• Picnic rug, chairs, tables• CD player, batteries and CDs• Games equipment (if using)	

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Description of activity

The week before:

- Discuss the activity with your manager and catering staff (as they may need to help with providing food) and also the gardener, as he/she will be able to advise on the best location.
- Include the activity on the weekly planner.
- Send invitation to residents, family and friends.
- Find out from residents what sort of games they would like to play at the picnic and whether they would like music, and if so, the type of music they would like.

1-2 days before:

- Make poster(s) and display where everyone can see This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Buy snacks, variety of drinks and any other items required. Store safely.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.
- Check the weather forecast!

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Ensure that the picnic area is clean and safe.
- Set up equipment (music, table, chair, games etc.) as required.
- Have music playing in the background (if using).
- Arrange seats and tables such that residents can interact in small groups and still feel part of the bigger group.
- Personally invite residents to the activity.
- Offer and serve preferred drinks to residents – hot or cold.
- Ensure you have enough drinks to top up as the event progresses.
- Play games (if using).
- Engage residents and helpers in conversation during the activity about picnics they have been to, and the kinds of foods eaten.

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Variations and suggestions made following the activity:

Outdoor picnics are a great opportunity to include family and friends too and take part in games. Examples include:

- Using some of the indoor games outside (see [Section 6.8 Boccia with Visitors](#)).
- If there is enough space, residents could play bowling.
- Board games specially created for outdoor use could be included.
- Perhaps include a BBQ.
- If your care home does not have a garden, or the weather is not good enough, are not suitable, this can become an indoor picnic with slight modifications.

Making Drinking Fun

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6.17 Staff Leaving Event



Brief description	Staff leaving event, involving residents in saying 'Good-bye'.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity with staff, family and friends.	
Who is this activity suitable for?		
Group size	Individuals	X
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt where necessary
	Fluid restrictions	Provide smaller portions
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require.	
Planning time	1 hour	
Time needed for activity	1.5 – 2 hours	
Type of room	Room with space, tables and chairs.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Hot and cold drinks• Cake, other snacks (e.g. sandwiches)• Leaving card/present• Decorations (optional)	

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Description of activity

The week before:

- Include the activity on the weekly planner,
- Discuss the activity with your manager and catering staff, as they may need to help with catering and staff rotas, and
- Send invitation to all residents, families and volunteers.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity!
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Arrange a card (perhaps make one as a separate activity), which residents and volunteers can sign.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.
- Ensure drinks and snacks are sorted out for the occasion.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day (unless it's a surprise party!).
- Set up the tea trolley, biscuits and sandwiches.
- Arrange the tables and chairs in café style. This will encourage residents, staff and friends to socialise together.
- Personally invite residents to the activity.
- Serve cake, biscuits, snacks etc. with drinks, offering refills frequently.
- Support residents, staff, family and friends to mingle and chat together.

Variations and suggestions made following the activity:

- There are many personal events that can be celebrated with tea parties, such as residents' birthdays and anniversaries, or those of their families.
- Perhaps hold a fund-raising event to support charities, such as 'MacMillan Coffee Morning' (<https://coffee.macmillan.org.uk/>), or 'Afternoon Tea for Breast Cancer Care' (<https://www.breastcancercare.org.uk/get-involved/do-your-own-fundraising/afternoon-tea>).
- With charity events, perhaps consider including fund-raising activities such as:
 - A raffle or tombola – ask friends, families and local businesses to donate the prizes.
 - 'Bring and buy'.
 - 'Guess the weight of the cake' or 'number of sweets in a jar'.

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6.18 Halloween Themed Tea Party with Quiz and Raffle



Brief description	Halloween party for family and friends with quiz and raffle.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity.	
Who is this activity suitable for?		
Group size	Individuals	x
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt where necessary
	Restricted fluid	Provide small taster portions
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require. Two helpers as a minimum.	
Planning time	1 hour	
Time needed for activity	1½ - 2 hours	
Type of room	Room with tables and chairs.	
Cost	(i) Running activity for the first time: MEDIUM (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Hot and cold drinks• Cakes, other snacks• Halloween decorations and costumes	

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Description of activity

Few weeks before:

- Discuss the activity with your manager and catering staff (as they may need to help with catering).

The week before:

- Include the activity on the weekly planner,
- Send invitations to residents, family and friends, and
- Involve residents in preparing the decorations and other materials that could be used for the event and discuss with residents whether they will want to wear Halloween costumes. (This could be another day's or several days' activity)

1-2 days before:

- Make poster(s) and display where everyone can see,
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about),
- Make sure you have all the equipment and decorations you need and planned which refreshments you would like to provide, and
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out decorations and make an attractive display of the planned activity.
- Set up the tea trolley, biscuits and sandwiches.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity, and serve with cake, biscuits, sandwiches and other snacks.
- Engage residents and helpers in conversation during the activity.

Variations and suggestions made following the activity:

- The theme for the party could be changed to coincide with other events, such as Christmas, for example.
- See [Section 2.1: Tips for Running Great Activities](#) and [Section 9.1: Calendar of Annual Events](#) for ideas for events to celebrate.

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6.19 Seeing in the New Year



Brief description	Celebration party for the New Year.	
Focus on drinks	Have assorted drinks available while watching TV shows, to celebrate and toast the New Year.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed:	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt where necessary
	Restricted fluid	Provide small taster portions
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require. Two helpers as a minimum.	
Planning time	½ - 1 hour	
Time needed for activity	2– 2.5 hours	
Type of room	Room with seats and big TV screen.	
Cost	(i) Running activity for the first time: MEDIUM - HIGH (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Hot and cold drinks, including alcoholic and low-alcohol drinks• Snacks, such as sandwiches, decorations• TV with big screen	

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Description of activity

The week before:

- Include the activity on the weekly planner.
- Discuss the activity with your manager and catering staff, as they may need to help with catering and staff rotas.
- Invite family and friends who would like to see the New Year in with residents.

1-2 days before:

- Make poster(s) and display where everyone can see. This could be another day's activity.
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the refreshments you need, as well as any extra decorations.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- Decorate the room to reflect the festive season.
- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity and arrange seats such that all residents can see the big screen.
- Ensure drinks and snacks are available in the room and arrange for hot drinks to be served during the evening, as well as the cold alcoholic and non-alcoholic drinks.
- Personally invite residents to the activity. Offer residents drinks and snacks at the start and during the evening to see in the New Year.
- Residents choose programme to watch on TV.
- Engage with residents and helpers in conversations during the evening, perhaps talking about memorable New Year's events.
- Don't forget to supply drinks to toast in the New Year!

Variations and suggestions made following the activity:

- Bar can be open for the night (if this is available in the home).
- Family members and friends have an opportunity to spend time with relatives and friends in the home.
- Staff can join in for the New Year toast.
- Perhaps arrange some games and quizzes to enjoy during the evening as well.

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6.20 Reminiscence Discussion Group



Brief description	A trip down memory lane.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require.	
Planning time	Less than ½ hour	
Time needed for activity	1 hour	
Type of room	Any with seating and tables (for drinks), but quieter atmosphere	
Cost	(i) Running activity for the first time: MEDIUM (if buying reminiscence balls) (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">Hot and cold drinks, snacksArtefacts to promote reminiscence, such as books, cigarette cards photographs, newspapers, vintage clothing, hand tools, or kitchen equipment, reminiscence balls.	

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Description of activity

Prior planning:

- This could be an 'on the spur of the moment' activity.

The week before:

- Include the activity on the weekly planner.

1-2 days before:

- Make poster(s) and display where everyone can see. (This could be another day's activity).
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the materials you need (see equipment list).
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out materials which may be used in the discussion and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Encourage discussions between residents based on materials provided, or if using a reminiscence ball, toss the ball between residents and use the topics to begin a conversation between everyone.
- Ensure drinks are available throughout the activity and serve drinks while activity is on.
- Ask residents what they would like to discuss the next time.

Variations and suggestions made following the activity:

- A lot of residents enjoy this activity, good for chats and conversation, especially if a group of residents have similar interests.
- Why not use some of the clips from the East Anglian Film Archive to start a discussion (see [Section 6.2: East Anglian Film Archive Clips](#))
- Good for one-to-one, 'Ladies club', or 'Men's shed'.

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6.21 Social Outings



Brief description	Going out for a meal or coffee with family, care staff and friends.	
Focus on drinks	A chance to try new and different drinks whilst taking part in a social activity.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require.	
Planning time	½ - 1 hour (to make any arrangements needed)	
Time needed for activity	2 hours	
Type of room	Ensure venues are accessible for residents.	
Cost	(i) Running activity for the first time: Low - MEDIUM (ii) Repeating the activity: LOW - MEDIUM	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	Transport	

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Description of activity

The week before:

- Discuss the activity with your manager, as they may need to help with planning.
- Have a chat with a resident to find out if they would like to go out for lunch/coffee, where they might like to go, and what clothes they might like to wear.
- Check accessibility of the restaurant or café.

The activity itself:

- On the morning of the activity, help resident with choosing clothes and dressing, as needed.

Variations and suggestions made following the activity:

- Although many residents enjoy going out on visits, this isn't for everyone
- Friends and family may also enjoy taking their relative out for a meal.

Residents' comments:

"It couldn't be better, I loved it!"

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7. Crafts

Involving residents in crafts is not only a social occasion but also an opportunity for residents to develop and tap into their creative skills. Craft activities may help those residents who are more comfortable in social situations if they are doing something.

In this group of activities, the focus is on the craft activity, which may be social as well as a time to enjoy an extra drink or two!

We have provided just a few examples of activities that were enjoyed by residents taking part in the Making Drinking Fun study, but there are many more and many websites, which specialise in providing ideas. We have listed some of these in our resources section, [Section 9.2: useful Resources and Further Reading](#).

In this Section...



Making Birdfeeders



Flower Arranging



Painting



Gift Wrapping Event

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7.1 Making bird feeders



Brief description	To involve residents in making bird feeders for the garden.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity to make bird feeders.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	X
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies (particularly allergies to nuts) or other health concerns	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require. Two helpers as a minimum.	
Planning time	1 hour	
Time needed for activity	1 – 1½ hours	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Hot and cold drinks, snacks.• Bird feeder, bird seeds, tray, scissors, string.• Either purchase a ready-made feeder, or make one using empty plastic drinks bottles, wooden spoons (x2), eye screw, funnel	

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Description of activity

The week before:

- Include the activity on the weekly planner.
- Collect plastic bottles ready for recycling.

1-2 days before:

- Make poster(s) and display where everyone can see. (This could be another day's activity).
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure all equipment and materials are ready.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity.
- If using a ready-made bird feeder, place on tray and fill with bird seed. Use string to attach to a suitable tree or bird table in view of residents' windows.
- If making a bird feeder, support residents to be involved, depending on ability.
- Use eye screw to make holes in plastic bottles for wooden spoons, insert wooden spoons, make more holes just above, where birds can access the seeds. Fill bottle with seeds and tie string around neck of bottle to hang it up on a suitable tree or bird table in view of residents' windows.
- Engage residents and helpers in conversation during the activity.

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Variations and suggestions made following the activity:

- Making or buying bird boxes and setting up in a visible place from the care home.
- Provides opportunities for residents who enjoy bird-watching.
- If the home has any books on bird-watching, perhaps make these available in the areas where residents are able to watch the birds feed and nest, together with a tray of drinks.
- RSPB (Royal Society for the Protection of Birds) is a good resource for information (<https://www.rspb.org.uk/>).
- This could be a 'men's shed' activity.
- Some plastic drinks bottles are more fragile, so care needed.

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7.2 Flower Arranging



Brief description	To involve residents in arranging fresh flowers to decorate the home.	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity.	
Who is this activity suitable for?		
Group size	Individual	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt as necessary
	Swallowing difficulties	Follow guidance in care plan
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require. Two helpers as a minimum.	
Planning time	1 hour	
Time needed for activity	1½ - 2 hours	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: LOW (if flowers are available from care home garden or donated by local businesses, friends, staff or family) (ii) Repeating the activity: LOW (if flowers donated)	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Hot and cold drinks, snacks.• Fresh flowers and foliage, flower preservative (optional),• Wet floral foam bricks, knife, pruning scissors, flower pots and vases, mats, flower stand (optional),• Newspaper (to cover tables)• Cloths, aprons and gloves.	

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Description of activity

The week before:

- Include the activity on the weekly planner,
- Collect flower vases and other equipment available in the home ready for the activity (see Equipment List), and
- Contact people who may be able to donate flowers and foliage.

1-2 days before:

- Complete and print off poster(s) and display where everyone can see (see [Section 9.5: Invitations for Activities](#)).
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure equipment and materials are ready.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, cover tables with newspaper and put out equipment to make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity.
- As residents are able, include in flower arranging activities.
- Cut foam bricks to size (if using) and place in bottom of vase or pot.
- Separate flowers into piles of the same type.
- Cut the ends of stalks at an angle.
- Chop off leaves that will be below the waterline.
- Use flowers in different stages of development, from fully opened to flowers in bud form.
- Add the flower food (often included with bouquets of flowers) to the water in the vases and mix.
- Arrange flowers in the vases the way you want them to look.
- Engage residents and helpers in conversation during the activity.

Variations and suggestions made following the activity:

- Could be spontaneous depending on when flowers are delivered.
- Some retailers may be happy to donate 'out of date' flowers.

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7.3 Painting



Brief description	To involve residents in painting	
Focus on drinks	Enjoying extra drinks whilst taking part in a social activity.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require. Two helpers as a minimum.	
Planning time	½ hour	
Time needed for activity	1 – 1½ hours	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: MEDIUM (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Hot and cold drinks, snacks• Paint (various colours), paint brushes, template pictures to paint, water to clean brushes• Plain or textured paper• Pencils and pencil sharpeners• Aprons	

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Description of activity

The week before:

- Include the activity on the weekly planner.
- Buy materials for the activity (see Equipment).

1-2 days before:

- Make poster(s) and display where everyone can see. (This could be another day's activity).
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity.
- Residents may wish to wear aprons to protect their clothing.
- Depending on ability and interest, support residents to paint pictures or other items.
- Engage residents and helpers in conversation during the activity.

Variations and suggestions made following the activity

- Buy some tea-pots from charity shops for painting and then paint tea pots for 'tea-pot planters'. When paint is dry, fill with soil and plant seeds or seedlings.
- Sponge painting – sponges cut up into different shapes, dipped into paint to create different patterns.

Suggested places for buying materials:

- www.bakerross.co.uk
- www.theworks.co.uk

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7.4 Gift Wrapping Event



Brief description	To involve residents in wrapping gifts and opportunity for reminiscence of events with the occasions, such as Christmas, Diwali, Chinese New Year etc.	
Focus on drinks	Enjoying extra drinks whilst wrapping gifts. Select drinks to match the occasion.	
Who is this activity suitable for?		
Group size	Individuals	✓
	Small (2-5)	✓
	Large (6+)	✓
Which residents	Men (M)	✓
	Ladies (L)	✓
Cognitive ability	No dementia	✓
	Mild dementia	✓
	Moderate dementia	✓
	Severe dementia	✓
Physical ability	Range of abilities	✓
Residents where care may be needed	Swallowing difficulties	Follow guidance in care plan
	Food allergies or other health concerns	Follow guidance in care plan and adapt as necessary
	Restricted fluids	Use small taster portions
Number of helpers needed	Depends on size of group and level of assistance, which individual residents may require. Two helpers as a minimum.	
Planning time	1½ - 2 hours	
Time needed for activity	1½ - 2 hours	
Type of room	Room with 'dining' tables and chairs.	
Cost	(i) Running activity for the first time: LOW (ii) Repeating the activity: LOW	
Legend - Low: <£10; Medium: £10-£25; High: £25-£50; Very high: >£50		
Equipment	<ul style="list-style-type: none">• Hot and cold drinks, snacks• Gift items, sticky tape, wrapping paper, scissors• Decorations e.g. bows and ribbons, etc.	

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Description of activity

The week before:

- Include the activity on the weekly planner, and
- Buy materials for the activity (see Equipment).

1-2 days before:

- Make poster(s) and display where everyone can see. (This could be another day's activity).
- Advertise and talk about the activity with residents (use picture of activity to help explain what the activity is about).
- Make sure you have all the equipment you need.
- Decide on which drinks to serve, especially if matching drinks to the occasion.
- Make sure that you have arranged any help you need, and that your helpers know the time of the activity and what they will be doing.

The activity itself:

- On the morning of the activity, set up a visual display in the dining room and/or other well-visited area in the care home, so everyone knows what is going to happen that day.
- Set up room for the activity, put out equipment and make an attractive display of the planned activity.
- Personally invite residents to the activity.
- Offer residents drinks at the start and during the activity.
- Wrap up gifts, selecting wrapping paper and decorations and support residents as needed.
- Engage residents and helpers in conversation during the activity, perhaps about gifts they have received, gifts they look forward to or gifts they enjoy buying.

Variations and suggestions made following the activity:

- This could be a "men's shed" activity.

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8. Themes

In this section, we have provided some ideas for themed weeks, where you may want to arrange a number of activities around a single theme. Themes could be countries, food and drinks, historical eras, music, to name but a few. You may want to combine some of the activities in the toolkit into a theme, so we have a list of suggestions you may want to consider.

In the next section is an annual calendar with some key dates, which may help you to plan a themed series of activities ([Section 9.1: Calendar of Annual Events](#)).

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8.1 Theme 1: Musical Week

Day	Suggested activity	Description
Monday	A Musical Trip Down Memory Lane	<p>Activity: Trip down memory lane.</p> <p>Other suggestions: Quiz for residents to name the tune or group sing along, LPs etc.</p>
Tuesday	Music Morning	<p>Activity: Musical morning. Residents who can play musical instruments are supported to play for others.</p> <p>Other suggestions: Musical scrap book making. Opportunity for reminiscence and discussion.</p>
Wednesday	Live Musical Entertainment	<p>Activity: Live music entertainment.</p> <p>Other suggestions: Invite a musician to sing some favourite tunes.</p>
Thursday	Film Matinee	<p>Activity: Film matinee using a Musical film e.g., 'Sound of music'.</p> <p>Other suggestions: Musical film 'sing-along'.</p>
Friday	Mad Hatter's Tea Party	<p>Activity: Mad Hatter's Tea Party.</p> <p>Other suggestions: 'Afternoon Tea Dance' providing an opportunity for guests to 'dress up' for the occasion and perhaps dance, if feasible and safe.</p>

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8.2 Theme 2: Hydration Information Week for Residents

Day	Suggested activity	Description
Monday	Choosing the Right Cup, Mug and Glass	Activity: Talking to residents and finding out about the kinds of cups, glasses and mugs and drinks that they like or dislike.
Tuesday	Discussion with residents about drinking	Activity: Providing an opportunity for residents to talk about drinking and finding out about their preferences.
Wednesday	Drinks Diary, session 1	Activity: Involving residents in thinking about how much they are drinking, and whether it is enough. Discussions of reasons about why they may not be drinking enough.
Thursday	Drinks Diary, session 2	
Friday	Discussion with residents about continence issues	Activity: Providing an opportunity for residents to talk about continence issues with a specialist Continence Adviser.

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8.3 Theme 3: Enjoying Drinking!

Day	Suggested activity	Description
Monday	Lemonade making	<p>Activity: Lemonade making.</p> <p>Other suggestions: Try different fruits, on their own and in combinations.</p>
Tuesday	Hydration poster	<p>Activity: Hydration poster.</p> <p>Other suggestions: Discussing with residents about drinking and why it is important. Discuss residents' favourite drinks and why. Discuss what could help residents drink more.</p>
Wednesday	Tea tasting	<p>Activity: Tea tasting.</p> <p>Other suggestions: Residents' favourite tea could be recorded in their care-plan or 'Life-Story', if resident agrees.</p>
Thursday	Coffee morning	<p>Activity: Coffee morning.</p> <p>Other suggestions: Opportunity to raise fund for the home or residents' favourite charity through raffle tickets and cake sale. Opportunity for family and friends to join in.</p>
Friday	Reminiscence drinking	<p>Activity: Reminders of drinks enjoyed in the past, such as home-made ginger beer.</p> <p>Other suggestions: If residents remember a drink and a recipe from the past, this could be recorded and then made during another activity time.</p>

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8.4 Theme 4: Games Week

Day	Suggested activity	Description
Monday	Spoken cross word	<p>Activity: Spoken crossword.</p> <p>Other suggestions: Crossword or puzzle printed out for some more able residents to work through or for those who like to work on their own.</p>
Tuesday	Hydration Bingo	<p>Activity: Hydration Bingo.</p> <p>Other suggestions: Prizes to be won could include new drinks that residents can try out. Opportunity to involve family and friends. Opportunity for raffle to raise money for activities in the home.</p>
Wednesday	Games Afternoon	<p>Activity: Board games. A range of board games such as scrabble, Ludo, chess etc.</p> <p>Other suggestions: Residents can choose games depending on whether they prefer to be part of a larger or smaller group.</p>
Thursday	Sports day	<p>Activity: Sports day.</p> <p>Other suggestions: Invite family and friends. Opportunity for community engagement – perhaps invite some students from a local school to join in. It is possible to adapt games for inside or outside, depending on the weather.</p>
Friday	Hangman	<p>Activity: Hangman.</p> <p>Other suggestions: Opportunity for one-to-one time with residents: reading the newspaper or other interesting magazines with information about sport. Quiz about sports/games e.g. Wimbledon, world cups, championships etc. Reminiscent about favourite sports, games etc</p>

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8.5 Theme 5: Dipping into the Eras

Some residents may enjoy a themed week of activities which remind them of earlier times in their lives. Why not talk to your residents about this and ask about the era they may enjoy reminiscing about.

Day	Suggested activity	Description
Monday	Reminiscence Discussion Group drinking	<p>Activity: Use the “Toss n Talk Conversation Ball” to generate discussions.</p> <p>Other suggestions: If residents have chosen a decade, find out about key national or international events that happened during that time.</p>
Tuesday	A Musical Trip Down Memory Lane	<p>Activity: Listening to music from the chosen era.</p> <p>Other suggestions: If residents, staff, friends or relatives play an instrument, see if they wish to play for other residents.</p>
Wednesday	Sausage Rolls	<p>Activity: Making sausage rolls.</p> <p>Other suggestions: There are many foods associated with different eras, find out what residents may like to try or make.</p>
Thursday	Film Matinee	<p>Activity: Watching a film or using clips from the East Anglian Film Archive from the era you are dipping into.</p> <p>Other suggestions: Create the atmosphere of the era by watching the films with foods and drinks from that time.</p>
Friday	Poetry	<p>Activity: Reading poetry.</p> <p>Other suggestions: Obtain the words for popular songs from the era and see if residents can guess the song!</p>

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9. Useful Resources & Further Reading

In this section we have provided a number of useful resources which we think will help you plan activities. There is a calendar of annual events which may help provide ideas for activities, some invitations and posters which you can adapt for your events, (some of which were created by the residents who worked with us to develop these activities) and the section ends with a list of resources we have found useful, and many have been recommended by the Activities Coordinators who have co-authored this toolkit.

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9.1: Calendar of Annual Events

January	Date	Event	Information
	1	New Year's Day	
	5	Twelfth night	Christian observance of the close of Christmastide. Christmas decorations are taken down on 5th January
	6	Epiphany	The Epiphany honours the arrival of the Magi (three wise men) and the first public presentation of the Baby Jesus.
	7	Orthodox Christmas Day	
	14	Orthodox New Year	
	25	Burns Night	The birthday of Scotland's most famous poet, Robert Burns (1759-1796), celebrated with great festivity by the Scots. Burns Suppers are traditional celebrations on this day.
	25	St. Dwynwen's Day	Welsh patron saint of friendship and lovers
	25	Tu B'Shevat (Arbor Day)	Jewish holiday
	26	Australia Day	 <u>Australia Day</u> , date of the founding of <u>Sydney</u> , the first European settlement in Australia, 1788
	Varies	Chinese New Year	This is the first day in the Chinese New Year, Kung Hei Fat Choy means Happy New Year in Chinese language. Chinese New Year is popularly called the Spring Festival , and the festivities last for 15 days. It is also referred to as the lunar new year because it starts with the new moon on the first day of the new year and ends with the full moon 15 days later.
February	2	Candlemas Day	Candlemas Day (Christian festival)
	4	World Cancer Day	
	6	New Zealand, Waitangi Day	 signing of the <u>Treaty of Waitangi</u> in 1840
	7	Grenada Independence Day	 Independence from United Kingdom in 1974
	11	International Day of Women & Girls in Science	
	13	World Radio Day	
	14	St Valentine's Day	A time to tell someone that you love him/her. Both men and women can send cards. Traditionally names are not written on the cards.

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	Varies (Tues)	Shrove Tuesday or Carnival	Pancake Day, Christian carnival day on the eve of Ash Wednesday, which begins Lent, a time of fasting and devotions. Pancakes are often served. The day concludes the season of Epiphany.
	22	St Lucia Independence Day	 independence from the United Kingdom in 1979
	Varies (day after Shrove Tuesday)	Ash Wednesday	The beginning of the 40-day period known as Lent (the 40 days before Easter Sunday). In Christian churches there are services in which ashes are used to mark a cross on people's foreheads. Some Christians stop eating particular foods during Lent and use the period for religious thought.
March	1	St David's Day	Celebrated in Wales in honour of Dewi Sant or St David, the patron saint of Wales. Many Welsh people wear a daffodil which is a national emblem of Wales.
	3	World Wildlife Day	
	5	St Piran's Day	All over Cornwall celebrations are staged for St Piran's Day
	8	International Women's Day	
	11	Commonwealth Day	Promotes understanding about global issues, international co-operation and the work of the modern Commonwealth. Each year there is a different theme. The Queen will attend a special service in Westminster Abbey.
	Various (2 nd or 3 rd week in March)	Join in to promote super eating and drinking in your care home!	https://nutritionandhydrationweek.co.uk/
	17	St Patrick's Day	Patron Saint of Ireland. The festival of St. Patrick is regarded as national day in Northern Ireland.
	Various (Sunday)	Mother's Day or Mothering Sunday	A time for people to think about their mothers. May give flowers or chocolates or organise a special day out for their mothers at this time and send a special "Mother's Day" card.
	Varies (Sunday)	Palm Sunday	
	20	International Day of Happiness	
	Various (mid-March)	Nutrition & Hydration week	Celebrate great nutrition and hydration for older adults, see https://nutritionandhydrationweek.co.uk/
	21	Spring Equinox, Spring begins	'Vernal (or spring) equinox'. Around March 20 or 21, the sun shines directly on the equator and the length of day and night are nearly equal in all parts of the world.
	21	World Poetry Day, also International Day of Forests	




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	22	World Water Day	
	Various (Sunday morning)		British Summer Time Begins (daylight savings = clocks go forward 1 hour)
	Various	Budget day, a Wednesday in March	The day that the Chancellor of the Exchequer delivers the Budget, first privately to the Cabinet and then publicly in a speech to the House of Commons.
	Various	The Boat Race	Set of annual rowing races between the Oxford University Boat Club and the Cambridge University Boat Club, rowed between eights on the River Thames in London, England.
	24	Purim	Jewish Holiday
	26	Bangladesh Independence Day	 <u>Independence Day</u> , declaration of independence from <u>Pakistan</u> in 1971
	Varies (Thurs before Easter)	Maundy Thursday	Christians remember the Last Supper, when Jesus met with his followers before he was betrayed by Judas and was captured by the Romans.
	Varies (Friday before Easter)	Good Friday	Christians remember the death of Jesus Christ, who was crucified (killed on a cross) by the Romans. Christian churches hold special services and are often decorated with flowers.
	Varies (Sat before Easter)	Holy Saturday	
	Varies (Sunday)	Easter Sunday	The most holy of Christian sacred days, commemorating the resurrection of Jesus Christ from his death by crucifixion. Observances include worship services beginning at sunrise, special music, feasting, & parades.
	Varies (Monday after Easter)	Easter Monday	
April	1	April Fool's Day	A day of jokes and tricks. You have to play the joke before 12 o'clock midday, otherwise the joke is on you.
	Various (Monday)	Hop Monday	Hops were introduced into England in the first quarter of the 16th century by Flemish immigrants. The first English book written about hop growing by Reynolds Scot, was published in 1574. It recommends that poles be erected in the spring as soon as the hops are above the ground.
	7	World Health Day	
	Various	Grand National	A National Hunt horse race held annually at Aintree Racecourse in Liverpool. First run in 1839, it is a handicap steeplechase over 4 miles 514 yards (6.907 km) with horses jumping 30 fences over two laps.




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	12	International Day of Human Space Flight	
	18	Zimbabwe Independence Day	 Declaration of independence from the United Kingdom 1980; it had previously declared independence as <u>Rhodesia</u> in 1965
	21	Queen's birthday	Actual date and a private celebration. It is traditional for soldiers to fire cannons to celebrate royal birthdays or other national events. The Queen has an "official" birthday in June which is marked by the Trooping the Colour ceremony.
	23	First day of Passover	Jewish Holiday
	23	St. George's Day	Patron saint of England. It is the church festival of St. George, regarded as England's national day (although not an official bank holiday). On this day some patriotic English people wear a rose pinned to their jackets.
	23	Shakespeare day, World Book and Copyright Day	
	23	National day of Aragon in Spain	 <u>St George's Day, patron saint</u> of Aragon
	25	World Malaria Day	
	27	Freedom Day, South Africa	 First democratic <u>general election</u> in 1994
	30	International Jazz Day	
	30	Last day of Passover	Jewish Holiday
May	1	May day	Traditional English May Day celebrations include Morris dancing, crowning a May Queen and dancing around a Maypole.
	5	Yom HaShoah	Jewish holiday
	5	Isra and Mi'raj	Muslim Holiday
	8	VE Day	Victory in Europe Day, VE Day , was celebrated on 8 May 1945 to mark the formal acceptance by the Allies of World War II of Nazi Germany's unconditional surrender, the end of World War II in Europe.
	9	Liberation day	Celebrated in Guernsey & Jersey
	12	Yom HaAtzmaut	Jewish Holiday
	15	International Day of Families	

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	Various	Race for Life events through May, June and July	Get active and raise money for Cancer Research UK, see http://raceforlife.cancerresearchuk.org/index.html
	17	Norway, Constitution Day	 Signing of the first <u>Norwegian Constitution</u> in <u>Eidsvoll</u> 1814
	24	Empire Day	Established after the South African War, and held on Queen Victoria's birthday, 24 May, it was replaced by Commonwealth Day in 1958.
	24	Bermuda Day	 Originally <u>Queen Victoria's</u> birthday; now "Bermuda Day" to celebrate the islands' heritage and culture
	Various	French Open	A major tennis tournament held over two weeks between late May and early June at the Stade Roland Garros in Paris, France.
	Various (Sunday)	FA Cup Final (pen-ultimate week in May)	Football Association cup final
	26	Corpus Christi	Christian day
	26	Lag B'Omer	Jewish Holiday
	29	Oak Apple Day or Royal Oak Day	Oak Apple Day (Pinch-Bum Day), or Royal Oak Day, the birthday of Charles II (said to have hidden in an oak tree after his defeat at Worcester) and the day he entered London at the 1660 Restoration of the monarchy
	31	World No Tobacco Day	
June	1	Global Day of Parents	
	2	Coronation Day	Gun salute to mark the anniversary of the day when the Queen was crowned (in 1953). A 41-gun salute at 12 noon fired by the King's Troop Royal Horse Artillery in Hyde Park, London
	2	Italy National Day	 <u>Festa della Repubblica</u> , Italy is made a republic in 1946; death of <u>Giuseppe Garibaldi</u> in 1882
	5	World Environment Day	
	6	Sweden National Day	 Election of <u>Gustav Vasa</u> as King of <u>Sweden</u> in 1523; adoption of the constitutions of 1809 and 1974
	6	D-day	The Normandy landings (codenamed Operation Neptune) were the landing operations on Tuesday, 6 June 1944 (termed D-Day) of the Allied invasion of Normandy in Operation Overlord during World War II. The largest seaborne invasion in history, the operation began the liberation of German-occupied north western






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			Europe from Nazi control, and contributed to the Allied victory on the Western Front.
	12	Shavuot	Jewish Holiday
	14	Falklands Islands Liberation Day	Liberation Day, the end of the <u>Falklands War</u> in 1982
	Various	World Cup/ European Championship football competitions	Different competitions in different years
	Various	National Care Home Open Day	UK are encouraging their local communities to join them for a day of celebration, see http://www.carehomeopenday.org.uk/
	15	World Elder Abuse Awareness Day	
	19	Father's Day	
	20	World Refugee Day	
	21	Summer solstice	Longest day of the year (Northern Hemisphere), when the Sun is at its most northern point in the sky. Due to Britain's northern location, the sun rises around 4:30 a.m. and doesn't set until 9:30 p.m.
	25	Day of the Seafarer	
	Various	Royal Ascot	Britain's most valuable race meeting, attracting many of the world's finest racehorses to compete for more than £6.58million in prize money. Our eighteen Group races, eight of them in Group One, have made legends of the finest thoroughbreds.
	Various	Wimbledon tennis championships	2 weeks of tennis in Wimbledon
	Various	Henley Royal Regatta	The River Thames & Henley-on-Thames become a sporting/ social arena where the world's best rowers compete.
July	1	Canada Day	 <u>Canada Day</u> , creation of a federal Canada from three British Dominions in 1867
	1	Hong Kong Day	 <u>Transfer of sovereignty to the PRC</u> in 1997
	1	Madeira Day	 <u>Madeira Day</u> , day of autonomy from <u>Portugal</u>
	2	Laylat al-Qadr (Night of Destiny)	Muslim Holiday
	4	US Independence Day	Declaration of independence from the Kingdom of Great Britain in 1776
	5	Tynwald Day	The national holiday of the Isle of Man (One of the British Isles in the Irish Sea).






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	6	Eid-al-Fitr	Muslim Holiday
	7	Solomon Islands Independence Day	 Independence from the United Kingdom in 1978
	10	Bahamas Independence Day	 Independence from the United Kingdom in 1973
	12	Battle of the Boyne or Orange Day or the Glorious 12th	Celebrated in Northern Ireland. Protestant Irish march with drums and pipes to commemorate the Battle of Boyne, which occurred on Ireland's east coast in 1690 (William III of England defeated the exiled Catholic king James II at the Battle of the Boyne. James, who had been in France, had invaded Ireland with French troops.) Men wear orange sashes and black suits and bowler hats.
	Various	Swan Upping	The census of swans takes place annually during July on the River Thames. Swans are counted and marked on a 70-mile, five day journey up the River Thames. The Swan Upping event commences on the third Monday at Sunbury and ending at Abingdon on the Friday.
	Various	The British Open	The Open (or the British Open), is the oldest of the four major championships in professional golf. Held in the United Kingdom, it is the only major outside the United States. It is played in mid-July.
	14	France, Bastille Day	 <u>Bastille Day</u> , 14 July 1789
	15	St Swithin's Day	Saint Swithin was England's Bishop of Winchester. 40 days of bad weather follow if it rains on this day
	18	Nelson Mandela International Day	
	21	Belgium's Independence Day	 <u>Leopold of Saxe-Coburg-Saalfeld</u> takes the oath as the first <u>King of the Belgians</u> in 1831
	Various	County and agricultural shows	Find the show near you, see http://www.ukcountyshows.co.uk/
	30	International Day of Friendship	
August	1	Lammas Day	Traditional harvest festival when the first bread was made from the new corn.
	1	Yorkshire Day	Celebrates Yorkshire, the largest region in England. Anniversary of the Battle of Minden in 1759.
	Various	Jamaica Independence Day, 1st Monday in August	 Independence from the United Kingdom in 1962

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	9	International Day of the World's Indigenous Peoples	
	14	Tisha B'Av	Jewish holiday
	15	India Independence Day	 <u>Independence</u> from the <u>British Empire</u> in 1947
	15	VJ Day	While the war in Europe ended in early May 1945 it continued in the Far East. The Japanese finally surrendered on 14 August 1945 following the dropping of the atomic bombs on Hiroshima and Nagasaki. The next day, Wednesday 15 August 1945 was celebrated as VJ (Victory over Japan) Day.
	Various	Start of the Premier League	Football competition
	23	International Day for the Remembrance of the Slave Trade and Its Abolition	
	Various	Edinburgh Festival, Reading Festival, Glenn Miller Festival	The Glenn Miller Festival is the largest swing, jazz and Jive music festival in the UK, held at RAF Twinwood Airfield where Glenn Miller (the WWII American band-leader) took his last flight.
	Various	Notting Hill Carnival	Around a million people take to the streets of Notting Hill in West London for Europe's biggest carnival. Fabulous floats make a colourful circuit and sound systems blast out music all day.
	31	Trinidad and Tobago Independence Day	 Independence from the United Kingdom in 1962
September	1	Slovakia Constitution Day	 adoption of the <u>Constitution</u> in 1992
	Various	Party conference season (Green, Labour, UKIP, Conservatives, Liberal Democrats)	The period of three weeks in September and October of each year, whilst the House of Commons is in recess, in which the annual political party conferences are held, usually in seaside resorts.
	10	Gibraltar National Day	 <u>Gibraltar National Day</u> , people of Gibraltar vote to reject Spanish sovereignty or association in 1967
	13	Eid-al-Adha	Muslim holiday
	15	International Day of Democracy	
	16	Malaysia Day	 the formation of Malaysia in 1963

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	Various	Last Night of the Proms	Famous classical music concert at the Royal Albert Hall, London.
	21	Autumn equinox, Michaelmas	Seasonal, traditional quarter day. On 22 or 23 September, the sun shines directly on the equator and the length of day and night are nearly equal in all parts of the world.
	21	International Day of Peace	
	21	Malta Independence Day	 independence from the United Kingdom in 1964
	30	McMillan World's Biggest Coffee Morning	Take part, enjoy a coffee and raise money for McMillan, see http://coffee.macmillan.org.uk/
October	1	International Day of Older Persons	
	1	Cyprus Independence Day	 Independence from the United Kingdom in 1960
	1	Nigeria Independence Day	 Independence from the United Kingdom in 1960; formation of the Republic in 1963
	3	Rosh Hashana	Jewish holiday
	3	German Unity Day	 <u>German Unity Day</u> , unification of <u>West Germany</u> and <u>East Germany</u> in 1990
	3	Muharram/Islamic New Year	Muslim holiday
	4	Feast of St Francis of Assisi	Christian holiday
	Various	Pearly Kings and Queens Harvest Festival	At St Martin-in-the-Fields on Trafalgar Square, the 'Pearlies' were costermonger's (street seller of fruit (apples, etc.) and their distinctive costumes are said to have sprung from the arrival of a big cargo of pearl-buttons from Japan in the 1860's.
	9	World Post Day	
	10	World Mental Health Day	
	12	Yom Kippur	Jewish Holiday
	16	World Food day	
	17	First day of Sukkot	
	17	International Day for the Eradication of Poverty	
	21	Trafalgar Day	The Battle of Trafalgar was fought on the 21 October 1805 , off Cape Trafalgar on the Spanish coasts.

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	23	Last day of Sukkot	
	24	Shmini Atzeret	Jewish Holiday
	24	Zambia Independence Day	 Declaration of independence from the United Kingdom in 1964
	25	Simchat Torah	Jewish Holiday
	25	Slovenia Sovereignty Day	 Withdrawal of the last soldier of the <u>Yugoslav Peoples' Army</u> from the Slovenian territory in 1991
	Various (early Sunday morning)	Daylight savings time ends	(daylight savings = clocks go back 1 hour) Greewich Mean Time Begins
	30	Diwali/Deepavali	
	31	Halloween, All Hallows Eve (last day of the medieval year)	
November	1	All Saints' Day	Christian day for honouring saints, known and unknown.
	1	Independence Day, <u>Antigua and Barbuda</u>	 Independence from the United Kingdom in 1981
	2	All Souls' Day	Christian day of prayers of intercession for the dead.
	4	Mischief Night	known as Mischief Night in some parts of the country, the night when all sorts of naughty things were done - the main idea being to put things in the wrong place.
	4	Tonga National Day	 <i>National Day [formerly Constitution Day]</i> 1875
	5	Guy Fawkes day (Bonfire Night)	400th anniversary of the Gun Powder Plot was in 2005
	5	Tar Barrels	Custom in Ottery St Mary (Devon) said to have originated in the 17th century. The annual event involves people racing through the streets of the town, carrying flaming wooden barrels of burning tar on their backs.
	Various (Sunday nearest 11 th)	Remembrance Sunday	The Queen, the Prime Minister and other dignitaries lay wreaths and observe a minute's silence (at 11am) at the Cenotaph to commemorate those who gave their lives for their country in both world wars. Afterwards, the Bishop of London takes a short service of remembrance.
	11	Poland Swieto Niepodleglosci (Independence Day)	 restoration of independence from <u>Austria-Hungary</u> , <u>Germany</u> , and <u>Russia</u> in 1918
	11	Armistice Day	2 minutes silence at 11 a.m.

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	14	Prince of Wales's birthday	
	14	World Diabetes Day	
	Various	State Opening of Parliament	The first day of the new parliamentary session, the Queen's Speech is delivered from the Throne in the House of Lords.
	Various (3 rd Thursday in Nov)	World Philosophy Day	
	Various (Sunday)	Stir-up Sunday	The last Sunday of the Christian Church Year. A traditional day to make the Christmas pudding
	19	World Toilet Day	
	20	Universal Children's Day	
	25	International Day for the Elimination of Violence against Women	
	30	Barbados Independence Day	 Independence Day, from the United Kingdom in 1966
	30	St Andrew's Day	Patron Saint of Scotland. The church festival of St. Andrew, and Scotland's national Day (although not an official bank holiday).
December	Various (Sunday)	Advent Sunday	Start of Advent, Christian time of preparation for observing the birth of Jesus Christ
	3	International Day of Persons with Disabilities	
	5	Thailand National Day	 Birthday of King <u>Bhumibol Adulyadej</u>
	6	Finland Independence Day	 <u>Independence Day</u> , declaration of independence from Russia in 1917
	8	Feast of the Immaculate Conception	Christian
	9	Tanzania Independence Day	 Independence from the <u>United Kingdom</u> in 1961
	11	International Mountain Day	
	12	Prophet's Birthday	Muslim Holiday

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	12	Kenya, Jamhuri Day	 Independence from the United Kingdom in 1963; made a republic in 1964
	15	Netherlands, Kingdom Day	 signing of the <u>Charter for the Kingdom of the Netherlands</u> 1954
	21	Midwinter solstice	Shortest Day of the year, when the Sun is at its most southern point
	24	Christmas Eve	At 3pm at King's College Chapel in Cambridge is a traditional carol service called "A Festival of Nine Lessons and Carols"
	25	Christmas Day	Christian celebration of the birth of Jesus Christ. Observed by prayers, exchanging of gifts, and family parties.
	25	First Day of Hanukkah	
	26	Boxing Day	
	31	Hogmanay, New Year's Eve	At midnight everybody joins hands and sings Auld Lang Syne.

Other useful calendars of events to provide ideas for possible themes for activities can be found at:

- British events and celebrations: <http://projectbritain.com/holidays.html>
- International days: <http://www.un.org/en/sections/observances/international-days/>
- Nutrition and hydration week: <https://nutritionandhydrationweek.co.uk/>
- National days: https://en.wikipedia.org/wiki/National_Day

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9.2: Useful resources

This is a list of resources we think may be useful. Some are free to access, but some sites may charge. (All websites were checked August 2019.)

Whilst some resources aimed at children can be adapted for older people, it is very important that older people and the activities in which they take part are not infantilized. Treating older people as children is inappropriate.

- 1. The College of Occupational Therapists "Living well through activity in care homes: the toolkit"**, is freely available from <https://www.cot.co.uk/living-well-care-homes>. This toolkit is a good in-depth guide to activity in care homes. There is a great deal to read, but it includes useful thoughts and ideas about activities in care homes, with sections aimed at residents (plus their relatives and friends), care staff, managers, owners, inspectors and Occupational Therapists.
- 2. The National Activity Providers Association (NAPA)** provides a range of purchasable resources to support care home providers in providing activities for residents, including:
 - Activity Ideas
 - No Bake Cooking
 - Activity Planner
 - Quizzes and puzzlesThey also facilitate an Activity Coordinators Forum. See their website for further information: <http://napa-activities.co.uk>
- 3. Some useful resources for helping older adults living in care homes to drink well are:**
 - "The Eating and Drinking Well with Dementia Toolkit", developed by Bournemouth University and available at:
 - <https://www.bournemouth.ac.uk/research/projects/optimising-food-nutritional-care-people-dementia>
 - Hydration in Care Homes, developed by the I-Hydrate Team at the University of West London and available at:
<https://www.uwl.ac.uk/academic-schools/nursing-midwifery/research/richard-wells-research-centre/research-projects/i-hydrate/resources>

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4. **Caroline Walker Trust** (<https://www.cwt.org.uk/>) aims to improve public health through good food, and has a number of freely-available resources. In particular, their publication: “**Eating well: supporting older people and older people with dementia**” by Crawley H, Hocking E. has lots of advice on helping older people to eat and drink well. This document can be downloaded from: <http://www.cwt.org.uk/wp-content/uploads/2014/07/EW-Old-Dementia-Practical-Resource.pdf>.
5. **Many organisations** host web-pages with relevant links and information, we have included a few here:
 - Norfolk and Suffolk Care Support: <http://norfolkandsuffolkaresupport.co.uk/>
 - Malnutrition Task Force: <https://www.malnutritiontaskforce.org.uk/>
 - South Norfolk Clinical Commissioning Group: <https://www.knowledgeanglia.nhs.uk/KMS/SouthNorfolk/Home/ProvidersServices/CareProviders.aspx>
6. **Active Norfolk.** Active Norfolk has been working in Care Homes across Norfolk, UK promoting physical activity to support health and well-being in older residents. More details can be found on their website: <https://www.activenorfolk.org/active-ageing>
7. **Disabled Living Foundation** DLF is a national charity providing impartial advice, information and training on independent living. The website has a range of information, which is free to download: <https://www.dlf.org.uk>.
8. **Information on continence care.** For the most up-to-date advice, contact your local Bladder and Bowel Continence Team. An overview of continence care in care homes has been provided by the NHS East Lancashire Hospitals NHS Trust: https://www.healthierlsc.co.uk/application/files/3215/2639/1466/Section_1_-_Continence_Matters.pdf.
9. **“LiveBetterWith” (formally “Unforgettable”)** is a website, which aims to improve the lives of those living with memory loss and dementia. It brings together products, advice and a supportive online community. “Toss n Talk Conversation Balls” may be purchased from this site. See website for further information: <https://dementia.livebetterwith.com/>.

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- 10. Local Library.** Some libraries provide resources to borrow, such as “**Reminiscence Packs**” which may include DVDs, books and other resources.
- 11. “YouTube”** is a useful resource to find ideas for activities. See website for further information: <https://www.youtube.com/>.
- 12. Charity shops** can be a great place to find objects for activities, especially activities involving reminiscence: lovely tea cups, saucers and teapots, as well as “period” table settings and books.
- 13. The Daily Sparkle** is a subscription service providing reminiscence newspapers to use with people living with dementia. Articles may trigger memories and past-times. See website for further information: <https://www.dailysparkle.co.uk/>.
- 14. Poster my wall.** This website has freely available resources to help you produce great posters to tell others about planned activities: <https://www.postermywall.com/>.
- 15. Golden Carers,** <https://www.goldencarers.com/>. This website provides lots of ideas for Activities Coordinators working with older adults. Some activities are free but full membership and access to all activities costs £39.95 per annum (information correct at time of going to press).
- 16. “Twinkl”** is another website providing materials to support activities primarily for children and schools, but which has a good set of downloadable activities and ideas, which may be suitable for older adults. Some resources are free, and further resources are available to purchase. See website for further information: <http://www.twinkl.co.uk/resources/adult-education/adult-education-care-home-for-the-elderly>.
- 17. Activities to Share** is a website aimed at children and adults of all ages and abilities. It has lots of ideas for dementia-friendly activities and has free printable downloads, as well as a range of resources and products to purchase (including “Toss n Talk Conversation Ball”. For more information: <http://www.activitiestoshare.co.uk/>.

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18. "Red Ted Art" is a website aimed at children. It has lots of ideas for crafts and has free printable downloads, some of which may be adapted for use by older adults. See website for further information <http://www.redtedart.com/>.

19. Range of drinking cups for older adults to support drinking.

These can be viewed and purchased on a variety of websites, but also see [Section 1.7: Choosing Drinking Cup, Glass or Mug](#) for guidance and safety information regarding these.

- Parkinson's UK: <https://www.parkinsons.org.uk/information-and-support/eating-and-drinking-equipment>
- NRS Healthcare: <https://www.nrshealthcare.co.uk/eating-drinking-aids>
- Complete Care Shop: <https://www.completecareshop.co.uk/drinking-aids/>.

20. UEA authors, Lee Hooper, Diane Bunn and Oluseyi Jimoh.

These authors have people pages on the UEA website where you will also find current information about their research:

- Lee Hooper: https://people.uea.ac.uk/l_hooper
- Diane Bunn: https://people.uea.ac.uk/d_bunn
- Florence Oluseyi Jimoh: https://people.uea.ac.uk/o_jimoh

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9.3: Further reading

If you would like to read more about our research, these papers may be of interest:

1. Bunn D, Jimoh FO, Karrouze I, Wyatt K, Hooper L. Effective Hydration care for older people living in care homes. *Nursing Times*. 2019; 115: 54-8.
2. Bunn D, Hooper L, Welch A. Dehydration and Malnutrition in Residential Care: Recommendations for Strategies for Improving Practice Derived from a Scoping Review of Existing Policies and Guidelines. *Geriatrics* 2018, 3(4), 77; <https://doi.org/10.3390/geriatrics3040077><https://www.mdpi.com/2308-3417/3/4/77>.
3. Hooper L, Bunn D, Jimoh FO, Fairweather-Tait SJ. Water-loss dehydration and aging. *Mechanisms of Ageing and Development*. 2014;136-137:50-58. Available from: <http://dx.doi.org/10.1016/j.mad.2013.11.009>.
4. Hooper L & Bunn DK. Detecting dehydration in older people: useful tests. *Nursing Times*. 2015. 111(32/33): 12-16. (see <https://www.nursingtimes.net/roles/older-people-nurses-roles/detecting-dehydration-in-older-people-useful-tests-03-08-2015/>)
5. Hooper L, Whitelock S, Bunn DK. Hydration 2: Reducing dehydration in residents of care homes. *Nurse Times* 2015; 111:16-9 (see <https://www.nursingtimes.net/roles/older-people-nurses/reducing-dehydration-in-residents-of-care-homes/5089669.article>).
6. Hooper L, Bunn DK, Downing A, Jimoh FO, Groves J, Free C, Cowap V, Potter JF, Hunter PR, Shepstone L. Which frail older people are dehydrated? The UK DRIE study. *J Gerontol a Biol Sci Med Sci* 2015; published online 9Nov2015.doi: 10.1093/gerona/glv205.
7. Jimoh F, Bunn D, Hooper L. Assessment of a self-reported Drinks Diary for the estimation of drinks intake by care home residents: Fluid Intake Study in the Elderly (FISE). *The Journal of Nutrition, Health and Aging*. 2015. 19(5):491-6. Available from: <http://dx.doi.org/10.1007/s12603-015-0458-3>.
8. Jimoh O, Brown T, Bunn D, Hooper L. Beverage intake and drinking patterns—clues to support older people living in long-term care to drink well: DRIE and FISE studies. *Nutrients*. 2019. Vol 11(2), 447. <https://doi.org/10.3390/nu11020447>.

If you have difficulty finding these papers, please contact Florence, Diane or Lee (contact details on previous page).

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9.4: Table of How Much Fluid is in a Drink

	Fluid volume of this vessel:	Women need 1.6L or 1600ml or almost 3 pints or:	Men need 2L or 2000ml or 3 ½ pints or:
			
			
			
			
			

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Use this table to find out and record the volumes of the glasses, cups and mugs used in your care home.

- Replace our pictures with pictures of your own cups, mugs and glasses.
- Measure how much fluid each cup, mug and glass contains when you fill it for a resident. Fill the cup, mug or glass with water and then tip the water into a kitchen measuring jug. Read off the volume in ml (millilitres) – this is the volume of the cup or glass.
- Enter this volume in the first column next to the appropriate vessel.
- Calculate how many cups, mugs and glasses will need to be drunk to allow the resident to drink at least 1.6L (women) and 2.0L (men) each day.

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9.5: Invitations for Activities

These can be found on the following pages, and include:

- **Generic invitation**, useful for any activity. Adapt it to match your activity. We have included a **poster about drinking** – this can be used as the reverse of your invitation or print it at A3 to use around your home as a reminder.
- **Invitation for lemonade making activity**, see [Section: 4.1: Really Easy Home-Made lemonade](#).
- **Invitations and tea menu for tea-tasting activity**, see [Section 4.3: Tea Tasting](#).
- **Invitation for flower arranging activity**, see Section [7.2: Flower Arranging](#).



You are invited to:

[name the event]

.....

Date: _____

Time: _____

Venue: _____



You are invited to join us to make

*Homemade lemonade
and enjoy some 'tea time' favourites
just like the "good old days"!*

Everyone is welcome

We'll be meeting in [name of room]

at [time] ----- on [date]

Hope you can come!

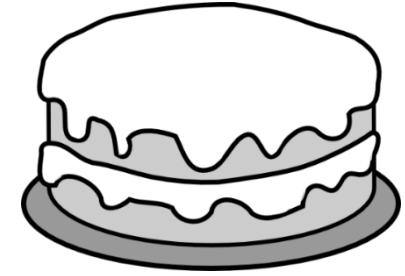


You are invited to join us to make

*Homemade lemonade
and enjoy some 'tea time' favourites
just like the "good old days"!*

Everyone is welcome

*We'll be meeting in [name of room]
at [time] ----- on [date]*



Tea Tasting

You and your families and friends are
invited to a 'tea tasting'

We'll be meeting in _____

at _____ on _____



Tea Tasting

You and your families and friends are
invited to a 'tea tasting'

We'll be meeting in _____

at _____ on _____

Tea Tasting Session

Menu

[Insert date, time and venue here], e.g.: 8th June 2016,
2pm in the dining room

If you like your cups of tea why not join us for a session
of fruit tea tasting.

The selections of tea we have are:

Vibrant Blackcurrant
Invigorating Peppermint
Tropical Green Tea
Pure Green Tea
Cranberry & Raspberry
Camomile
Camomile and Honey

You will have the chance to try a cup of each flavour tea
and have a conversation about your thoughts about the
teas



*You are invited to a flower arranging morning/afternoon
Come & unleash your creativity!*

Date and time: _____

Venue: _____

9.6: Hydration Posters

Drink – drink well, drink often!



Mug of Bovril
mid-morning



Glass of water
with lunch, a
mug of tea to
follow



Pot of tea for
two in the
afternoon



Pot of coffee
and orange
juice with
breakfast



Cup of tea on
waking



Lemonade with
evening meal

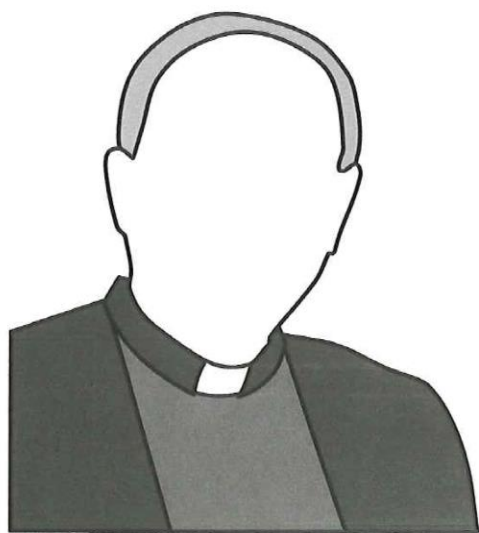


Cocoa or
Horlicks
before bed



A glass of water to drink
during the night

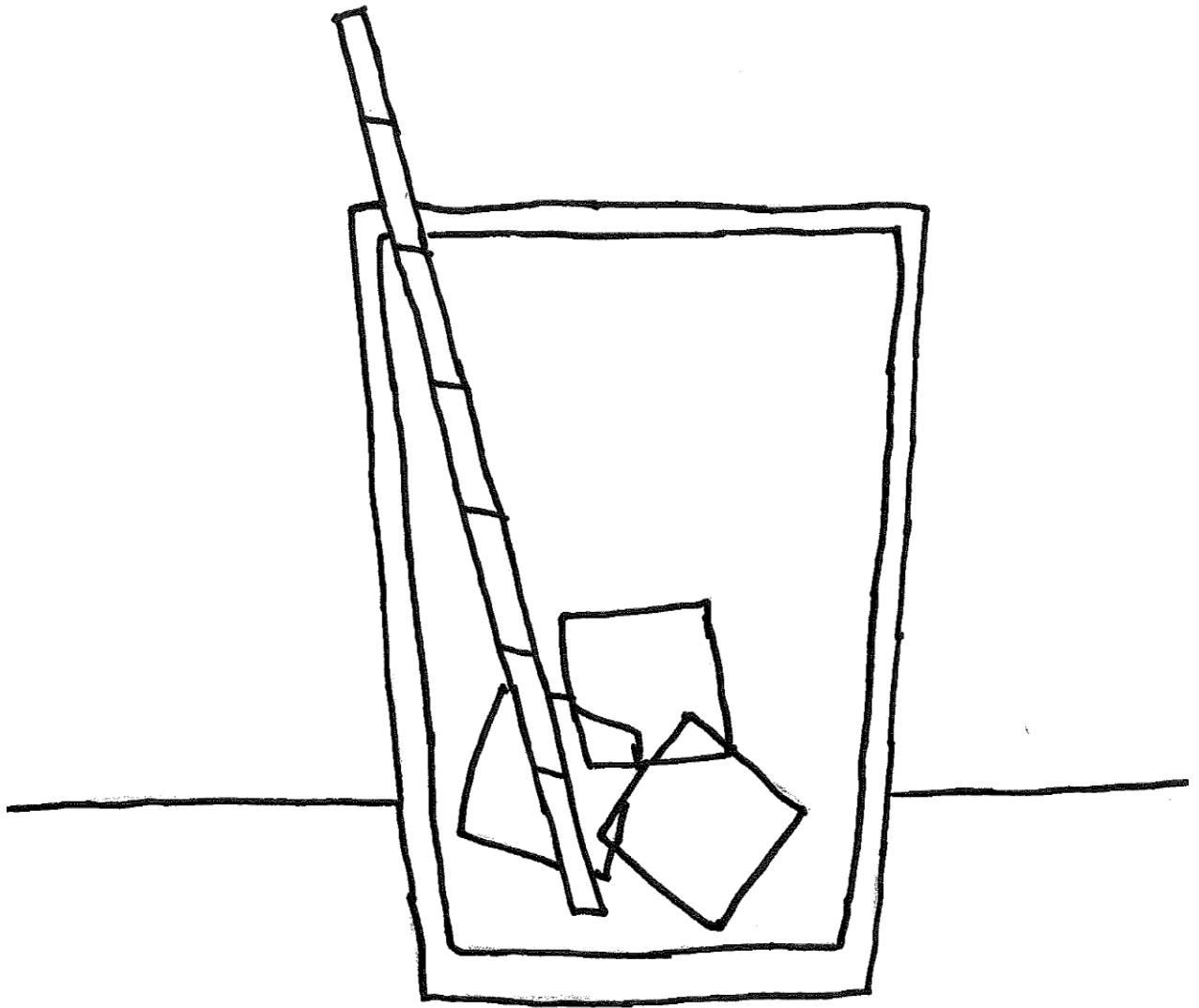
More Tea Vicar!



WATER



Just
Drink It!



DRINK
More WATER

Making Drinking Fun

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10. Development of the Toolkit

The Making Drinking Fun Activities & Engagement Toolkit aims to help care homes to make drinking (even more) fun, and make drinking a central part of day-to-day events, activities and friendly moments. This is important because many older people do not drink enough fluid (tea, coffee, water, squash, fruit juice, milk, “Bovril”, soup etc.) to keep them as healthy as possible. We would like to help you to support drinking being even more enjoyable in care homes.

Development: we worked with three residential care homes for older people and their three Activities Co-ordinators to develop a varied, enjoyable and generally low-cost set of activities focussed on drinking well (‘draft activities toolkit’) to support “pro-drinking” environments in residential homes.

Testing: during the testing phase we used the ‘draft toolkit’ and worked with eight Activities Co-ordinators in three more care homes to test out how well the toolkit worked in the three new homes, assessing the effect of the toolkit’s use on resident engagement, drinking and hydration. We also improved and refined the toolkit by adding more activities which were suggested by residents, relatives and tried by Activities Co-ordinators during this phase. This is the final version of the Making Drinking Fun Activities & Engagement Toolkit.

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Authors' Descriptions

Lee Ainley has worked in her current care home for the last 10 years as an Activities Coordinator. In her role, good hydration has been paramount. She encourages residents to drink a variety of drinks by offering them choices and assists carers to complete fluid charts when needed. She enjoys gardening, reading, the theatre, walking and attending courses in subjects she enjoys.

Viv Barlow is an Activities Coordinator who has been involved in her current care home for 14 years, initially as a relative, then a volunteer and then as an employee. She encourages residents to drink daily, offers and prepares drinks of choice throughout the day and routinely as part of activities.

Diane Bunn is a Lecturer in Health Sciences at the University of East Anglia, Norwich, UK. Her background is in nursing, and so supporting patients to eat and drink has been a core part of her role, skills she needed when a close relative, who found eating and drinking difficult, moved into a care home, and she was able to help the care staff in supporting her. She has been working as a researcher in care home settings for a number of years, carrying out research around eating and drinking. Diane has always loved cooking with, and for, her family, and now enjoys cooking with her grandchildren as well, including making 'special' drinks to go with the cakes!

Irene Dunger is an Activities Coordinator who worked with us during the testing phase of the toolkit trying out some of the activities with residents in her care home. In that role, she worked with other Activities Coordinators to test, refine and write out activities.

Adam Faherty worked as an Activities Coordinator for two years and was a part of the Making Drinking Fun project. In his role, he helped to serve drinks to all residents in the care home using the trolley, as well as making and serving drinks during activities. Knowing the importance of drinking for older adults, he encouraged residents to drink by ensuring that a variety of drinks was always available. Adam worked with other Activities Co-ordinators on the Making Drinking Fun project to develop, test, refine and write up activities to encourage drinking. He was a mentor for Activities Co-ordinators who joined the project after him. When he is not working, he enjoys playing badminton and cricket.

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Claire Hannent is a Wellbeing Assistant with 26 years of care home experience, four of those as an Activities Co-ordinator. She worked as an Activities Co-ordinator during the testing phase of the Making Drinking Fun Activities toolkit, trying out activities with residents in her home. In that role, she worked with other Activities Coordinators to test, refine and write up the activities.

Lee Hooper is the Principal Investigator on the Making Drinking Fun Study. She is a Reader in Research Synthesis, Nutrition & Hydration at the Norwich Medical School, University of East Anglia, UK. She volunteered in care homes in the US and worked as a care assistant in care homes in Norwich as a teenager and young adult. Sharing drinks and meals with older adults, what she encountered there helped her formulate her life plans and career. She has been carrying out research around eating and drinking in care homes for over a decade. She is a researcher and dietitian, mother, grandmother and carer, and a member of the World Health Organization NUGAG subgroup on diet and health.

Florence Jimoh is a Senior Research Associate in the Faculty of Health Sciences, University of East Anglia, UK. Earlier on, she worked as a domiciliary carer of older adults, a role she thoroughly enjoyed. She has been carrying out research around eating and drinking in care homes for some years now. She is a researcher and mother who loves to cook, enjoys connecting with people and providing support when needed.

Mandy Lord is an Activities Coordinator who worked with us during the testing phase of the toolkit trying out some of the activities with residents in her care home. In that role, she worked with other Activities Coordinators to test, refine and write out activities.

Catherine Ringwood worked for nearly 6 years as a Carer and then Activities Coordinator when she took part in the Making Drinking Fun project. In her work, she helps to serve drinks to residents ensuring that residents are well hydrated. Catherine likes to offer a variety of drinks as she finds that residents get bored of one type, and wants to keep residents interested in drinking. She worked with Activities Co-ordinators from other care homes to try out hydration related activities, refine them and write them up for the toolkit. In her spare time she enjoys sewing, reading, cycling and hanging out with friends.

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Elaine Southern, a Senior Carer and Activities Coordinator, has worked in her current care home for the past 20 years. She is passionate about her work and in her role supports residents to eat and drink during activities and at other times. She believes that it is important to provide residents with drinks over the day and has become even more aware of this while supporting the hydration study. She served as a mentor to other activities coordinators at the testing phase of the project. Elaine is bubbly, fun loving with a good sense of humour. She loves to cook and her family and cats are everything to her.

Julie White is an Activities Coordinator who worked with us during the testing phase of the toolkit trying out some of the activities that has already been developed, with residents in her home. In that role, she worked with other Activities Coordinators to test, refine and write out activities.

Making Drinking Fun Advisory Group:

Residents from Halsey House, Cromer, Norfolk

Making Drinking Fun Toolkit Funders:

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For further information: www.dunhillmedical.org.uk. E-mail: admin@dunhillmedical.org.uk. Tel: 020 7403 3299.

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Making Drinking Fun Steering Group:

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- Diane Bunn, Lecturer in Health Sciences, School of Health Sciences, UEA: https://people.uea.ac.uk/d_bunn.
- Francine Cheater, Emeritus Professor, School of Health Sciences, UEA: https://people.uea.ac.uk/f_cheater.
- Vicky Cowap, NorseCare, Norwich, Norfolk.
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- Kate Rudkin, AGE UK Norfolk, Norwich, Norfolk.
- Lee Shepstone, Professor of Medical Statistics, Norwich Medical School, UEA: https://people.uea.ac.uk/l_shepstone.
- Sue Steel, Business Manager, Biorepository, Norfolk and Norwich University Hospital.
- David Turner, Senior Research Fellow, Norwich Medical School, UEA: https://people.uea.ac.uk/david_a_turner.

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Making Drinking Fun

Activities & Engagement Toolkit



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