

Every
Moment
Matters



Seeds of Joy:

Gardening and Creative
Activities for All

Activities Pack



Prioritising Wellbeing



Quality
Compliance
Systems

an  RLDatix company

Welcome

Celebrating **Every Moment Matters** Campaign

QCS is delighted to collaborate with NAPA (National Activity Providers Association) on a new series of activity packs celebrating the '**Every Moment Matters**' campaign. This initiative highlights the importance of making every moment meaningful for individuals in care settings. By offering engaging and enjoyable activities, we can enrich the lives of those we support, bringing a sense of joy and purpose to their daily routines.

The 'Every Moment Matters' campaign aligns perfectly with NAPA's mission to enhance the quality of life for individuals in care. Through our partnership with NAPA, we have created a range of resources designed to inspire and support activity providers in delivering high-quality, meaningful activities.



About NAPA:

NAPA (National Activity Providers Association) is a UK-based charity dedicated to promoting wellbeing through activity and engagement for individuals in care settings. We provide support, training, and resources to activity providers, ensuring they have the tools needed to create vibrant and stimulating environments.

By working together, we aim to ensure that every moment truly does matter for those in care. We look forward to seeing the positive outcomes of this campaign and the joy it will bring to many lives.

If you want more resources like this, become a member of NAPA for just £170, get £25 off with this code **QCS25**.

This offer closes on 30 September 2024.

Find out more HERE:
<https://digital.napa-activities.co.uk/view/903439453/>



“ We are thrilled to be part of the ‘Every Moment Matters’ campaign. At NAPA, we believe that every interaction, every activity, and every moment can significantly impact the wellbeing of individuals in care. Our collaboration with QCS on these activity packs is a testament to our shared commitment to making a positive difference. ”

Hilary Woodhead
CEO National Activity Providers Association

Introduction

Welcome to 'Seeds of Joy: Gardening and Creative Activities for All.' This booklet is packed with fantastic activities that bring the joy of gardening and creativity right to your care home.

Easy-to-Follow Instructions

Each activity includes clear instructions and tips to ensure everyone can participate and enjoy the process, whether it's starting a garden club, planting herbs, or making miniature indoor gardens.

Adaptable Activities

Feel free to modify the activities to suit any individual needs and abilities. It's all about having fun, building connections, and experiencing the many benefits of gardening and creativity!

Happy gardening!

Start a Garden Club

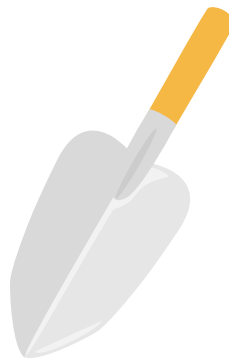
The benefits of garden related activities cannot be overstated. Many care settings now provide specially designed 'memory gardens' and 'wander gardens' for residents living with dementia. Staff can provide outdoor or indoor garden activities in a supporting and caring atmosphere via an engaging Garden Club.

Benefits of Gardening Activities

- Positive social entertainment reminiscing opportunities
- Enhanced wellbeing
- Improved dexterity
- Reduced symptoms of depression
- Educational opportunities
- Relaxation and satisfaction

YOU WILL NEED:

- An outdoor area (cemented or tiled for easy cleaning), free of sound distractions such as noisy TVs and people talking
- A few large tables covered with plastic or old newspapers
- Some tools, seedlings, plant cuttings, potting mixture, plastic pots, a bag of sand, and a water hose close by
- A group of enthusiastic residents and staff members who have an interest in gardening



How to start a Garden Club

What you do:

Enlist a volunteer or two to assist you. Plan at least three sessions in advance. Be aware that your plan is dependent on the weather. Prepare to change activities if the session is to be conducted indoors.

Buy gardening tools suitable for your residents such as long handled hand-rakes, lightweight shovels, safety secateurs (pruners), garden gloves, and trowels.

Invite residents to join the club, making you sure keep them informed of what is planned for that session. People may come every time, but some may want to dip in and out. Keep the group small. You could hold a few sessions each week so more people can get involved.

Raised garden beds are highly recommended, if possible; if not, then you could use pots.

In the absence of a horticultural therapist, seek advice from your local community garden club, relative or member of staff.

Use an outdoor area to enjoy fresh air and the sights and sounds of nature.



THINGS TO DO IN THE CLUB:

- Plant seedlings of cherry tomatoes in pots
- Plant herbs in raised beds or in pots
- Plant flowers, whatever is in season
- Re-pot plants
- Plant vegetables that are in-season
- Tidy up pot plants



Making a Miniature Indoor Garden

Making a miniature indoor garden offers great scope for creativity and can be done at any time of year. It is particularly good to do during winter when there are less other gardening activities to do. This example uses air plants, supplemented with dried flowers or grasses and some artificial items. Air plants don't need compost and are easy to maintain indoors. They can go for a couple of weeks without watering and are difficult to over-water. To water the plants, either remove them and submerge them in water for an hour or two every week or spray them frequently with water using a fine mister.

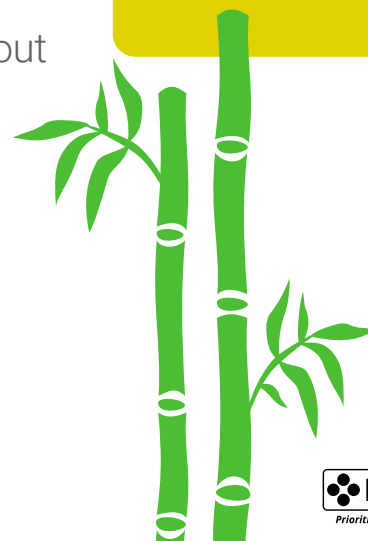
What you do:

Help the person making the arrangement to plan their garden. You will need to think about which things need to be glued down and which will stay put under their own weight

Glue down the dried flowers and other decorative items and arrange the stones

YOU WILL NEED:

- An old plastic lid, small tray or bowl for the base
- Several species of air plants (available from garden centres and florists)
- Gravel, small stones and pebbles
- Small pieces of driftwood, shells, animal ornaments and artificial flowers to use as decoration
- Glue or wire (and pliers to cut it) to fix decorative items in place
- Gloves, if plants or other items are spiky
- Fine water spray canister (available from garden centres)



and pebbles so that they cover any gaps. Firmly lodge the air plants in suitable holes, perhaps in nooks or crannies between rocks or branches

Discuss the final effect with the person or people who made the garden. Are they happy with it? What would they change? Make sure that the garden is put somewhere highly visible and encourage people to talk about it and spray it with water when necessary

- Using compost in your miniature garden will give a wider range of plants to choose from than just air plants. However, the dry, centrally heated indoor environment in homes and day centres can be detrimental to some plants, so choose them carefully
- If the environment is hot and dry from central heating, and other house plants don't survive well, consider using a terrarium, plant case, clear Perspex fish tank, sweet jars on their side, or large bottles

- Choose slow growing plants. Don't use succulents as the atmosphere will be too moist and they will rot, and don't use flowering plants unless you can snip off the dead flower heads
- Before you begin, wash the container in warm water and washing up liquid. Put charcoal pieces in the bottom and add potting compost mixed with coarse sand. Use a dryish mixture so it doesn't stick to the sides of the container. These jobs may be fiddly and people with poor eyesight or coordination may struggle, so please support when necessary
- Place the terrarium in a bright position but out of direct sunlight. For the first week, watch for misting and if it occurs, remove the seal or lid until it has cleared and seal it up again



Makaton Picnic

Makaton International Awareness Day
28 August 2024

This year, to celebrate Makaton International Awareness Day, why not invite your friends and families, colleagues, and visitors to join in with a Makaton picnic in your local park, grounds, or garden. Invite local schools or nurseries along to join in the fun. You could hold a special Makaton themed sports day or picnic.

Get in touch with your local Makaton charity or Makaton service who may be able to help you with your plans.

Research local disability services that may have registered Makaton tutors who would be happy to assist on the day.

Check out this link for the Makaton charity website that is packed with loads of fun ideas, facts, and information on Makaton. Sign up for free to get access to all their helpful resources.

https://makaton.org/TMC/Member_Home.aspx?WebsiteKey=2d2ed83b-15c1-4b7f-b237-8ca41598fd50

YOU WILL NEED:

- To research Makaton before your activity
- Create your poster to stand out, so that it attracts people and inspires them to attend
- Identify your target group of guests and invite them to the picnic
- Decide on whether you want people to bring their own picnic or if you are going to provide it
- To agree how long your picnic will last
- To agree on a theme or gimmick so your picnic stands out from others



What you do:

- Once you have decided on your guests, make your invites and posters to match your theme and distribute to your local community
- Invite members of different Makaton charities, families who attend Makaton workshops or support groups for families of children or older adults with additional needs to come along to your picnic
- Find a speaker or someone to attend your picnic to demonstrate Makaton
- Advertise your event on your social media platforms and in your community. Think about contacting your local schools and ask if they have any families that may wish to come along
- If you're inviting young children, why not find a song online that they could watch and sign along to.
 - » Take a look at this link for inspiration from 'Singing Hands' [Makaton - I AM THE MUSIC MAN - Singing Hands - Bing video.](#)



TOP TIPS:

- Plan ahead and create your very own Makaton singing choir within your care service to perform at your picnic
- Visit Makaton websites and print leaflets or make QR codes of relevant websites to hand out at your picnic
- Hold your own Makaton workshops by having stations set up with different themes such as colours, food, clothing or communication



- » For older children that may be attending you could use this song [Makaton CarPark Karaoke - SHOTGUN - Singing Hands - YouTube](#)
- » or even this one [Makaton - GREATEST DAY - Singing Hands - Bing video](#)
- For the older generation joining your picnic you could also share songs like this [Makaton - CAN'T HELP FALLING IN LOVE - Singing Hands - Bing video](#) or even [Makaton CarPark Karaoke - What a Wonderful World - Singing Hands - Bing video](#)
- Have fun and celebrate all things Makaton



A BEE Garden, Bee-Cause They're Worth It!

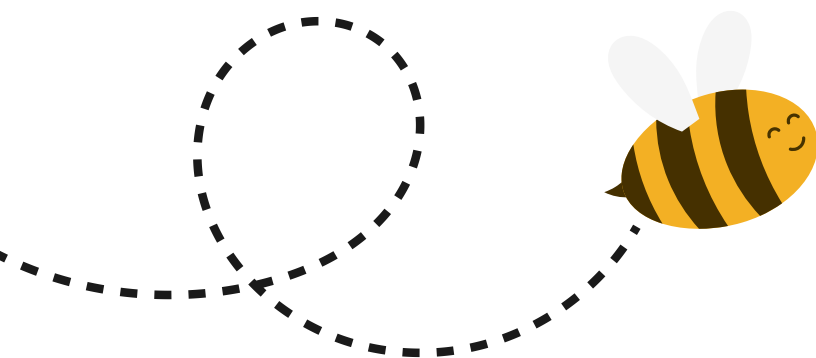
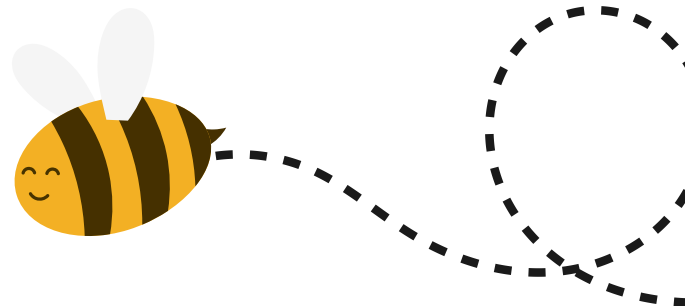
We all know the importance of Bees. Don't Step on A Bee Day in July reminds us of just how important they really are. This year, to mark the day, we wanted to inspire your bee-related activity programme planning.

Create your very own space to allow bees to thrive and carry out their tasks without disturbance from us humans, allowing them to produce their honey by collecting pollen from the wonderful array of plants, flowers and herbs.

For more information on how you can help protect our bees, head over to The Wildlife Trusts website using this link. <https://www.wildlifetrusts.org/savingbees>

YOU WILL NEED:

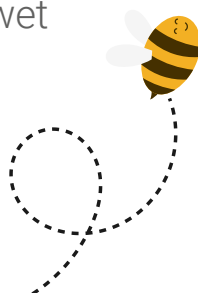
- An assortment of old logs
- Compost
- Packet of wildflower seeds
- A selection of plants such as flowering herbs, lavender and larkspur
- A trowel
- Shallow bird bath or shallow plastic flowerpot saucers
- Small pebbles
- Water



What to do:

- Find an agreed space in the garden or grounds to use as your new bee garden
- Arrange the logs randomly in the space provided ensuring that you leave two flat surfaces for later. The bigger the space, the more logs you will need
- Fill the gaps between the logs with compost, leaving space to add your plants
- Sprinkle the wildflower seeds over the top of half of the compost and then, using the trowel, arrange your selection of plants randomly in the spaces left over. This will allow bees to feed on the flowers and plants for longer once the wildflowers have grown
- Place your shallow bird bath or plastic flowerpot saucers onto the flat surfaces you left earlier and put in the pebbles
- Fill the bird bath or plant pot saucer with enough water to leave the tops of the pebbles showing. This is your bee bath, which will allow the bees to sit on top of the pebbles and drink without getting their bodies or wings wet

There you have it!
Your very own bee garden!



TOP TIPS:

- This activity can be adapted for smaller spaces, window boxes and planters
- Plan your activity in advance, allowing you and the individuals in your care service time to gather your materials
- You could collect logs from your local woodlands or forest whilst out on outings. You could collect pebbles from the gardens or grounds, days in advance. You could take a trip to your local garden centre to buy the remaining items
- Many garden centres have reduced and clearance sections in their stores and may even reduce prices further if informed of your mission to save the bees
- You could also embrace your local community or schools and invite them to lend a hand!



Giant Outdoor Scrabble

Why not get outside in the fresh air and enjoy playing a game of Scrabble?

Some people may enjoy this activity with just one other person, while others may prefer a competitive tournament. There will also be some who simply enjoy watching, so be creative!

What you do:

- Drill a hole into the wooden pegs and thread the rope through to create the stand
- Arrange benches so people can sit and watch the game unfold
- Let the games begin!
- Lots of letters!
- Here is the breakdown of how many tiles you will need:

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

YOU WILL NEED:

- Large flat area on the lawn - (or in the lounge if the weather disappoints)
- Wooden pegs X 2 per stand (I would suggest keeping it to 4 stands, to include more people)
- Rope
- Large box to store the letters
- 10cm X 10cm wooden cards (you may need to ask a handyperson for help with this, or the local timber yard may cut them to size for you) with the letters painted on with black paint
- Laminated cards, with the letters printed onto them, if you are unable to get wooden cards

Herb Garden Jars

Many of us may not have the room to plant a full allotment, we may only have a small patch of soil that we can allocate for growing.

Did you know?

Small planters, window boxes and grow bags may be all you need to grow your own fruit and vegetables.

Tomatoes grow well in grow bags and don't need much room to grow.

Herbs are also easy to grow in pots and planters and some even thrive in window boxes.

What you do:

- Soak the jam jars in warm water to remove the labels
- Once labels are removed, rinse the jars in warm water to remove any soap suds
- Dry the jars

YOU WILL NEED:

- 6 x assorted clear glass jars
- Decorative stones or marbles
- Seed growing soil
- Variety of herb seeds
- White sticky labels
- Selection of marker pens



TOP TIPS:

If you have never grown your own herbs, fruit or vegetables before, start by planting radishes, chives, strawberries and rosemary as these are the easiest things to grow and spur you on to plant more adventurous things.

- Place about an inch or two of decorative stones or marbles into the bottom of each jar
- Fill the jam jars with seed soil
- Plant a different variety of seed into each jar and water and write your labels to identify each herb or seed
- Place each jar on a windowsill and ensure it gets enough light

For an instant herb garden, you could use potted herbs from your local supermarket. These will continue to grow once you have cut them to use.

Helpful hints:

- Since the jars do not have holes in the bottoms and it can be difficult to cut one through the glass, there is no allowance for draining any excess water
- Be sure to provide just enough water, ensuring that you do not excessively soak the soil - the stones or marbles in the bottom of the jar will improve drainage and aeration

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