

MOVING and GROOVING

Resource



THE YEaR
of MOVING
and GROOVING



Sponsored by

MOTITECH



www.napa-activities.co.uk





Many age-related disorders are created by inactivity more than age itself. Motiview brings the outdoors inside to enable older people in care facilities - many of whom are 75+ with mild to severe Dementia - to take indoor cycling journeys through familiar surroundings or to travel the world. It allies the innovative use of technology to foster intrinsic motivation by evoking memories and self-efficacy with high-quality bespoke adapted videos to provide an immersive experience. This has contributed significantly to the enjoyment and social aspects as Motiview becomes the community hub - creating a sustainable behavioural change for incorporating physical activity into their everyday lives.

By increasing

physical activity
reminiscence
social connectedness

we enrich the lives of
older people and people
with dementia.

We focus on abilities
instead of disabilities.

The NAPA Year of Moving and Grooving

Taking part in a range of physical activity provides essential benefits for physical and mental health, Improving balance, strength, agility and emotional wellbeing. We hope you enjoy this resource and are inspired to **Move and Groove!**

Hilary Woodhead, NAPA's Executive Director February 2021.



The NAPA Year of Moving and Grooving 2021 is a campaign to support the care sector to prioritise physical activity, with the aim of improving physical, psychological and social well-being. Physical activities are defined as those activities that increase your heart rate and cause you to breathe more deeply and can include walking, cycling, gardening, music or dancing, as well as other sport and exercise-based activities. We are excited to launch the campaign by making this resource available for FREE download. Many thanks to our main sponsor Motitech for making this possible and all the activity professionals who submitted examples of physical activities from their own practice. We appreciate this collaborative and creative approach.

This resource has been developed to support you to prioritise the wellbeing of the people you support and to promote physical activities. The ideas and activities shared are intended to inspire you, all activities can be adapted for individuals living in care homes, at home, in extra care sheltered housing, attending day and community centres or spending time in hospital. If you are planning to provide exercise as part of your physical activity programme we suggest seeking medical advice and ensuring the person leading the exercise is appropriately trained to do so, this can be a Physiotherapist, registered exercise professional or fitness instructor, Activity Professional or other health and social care staff who have the qualifications, skills and experience to deliver exercise programmes. There are a range of providers who can offer these activities and training programmes – visit The NAPA Recognised Supplier Directory for more information. ***Click here.***

Person centred strategies to stimulate moving and grooving:

- + At NAPA we believe that the starting point for all activity and engagement must be the interests and preferences and needs of the people we support.
- + Know the people you support
- + Respect individual interests and preferences in terms of what is considered fun and enjoyable
- + Review current opportunities for physical activity
- + Assess the person's level of engagement in physical activity
- + Set realistic, achievable aims
- + Be creative
- + Select a theme
- + Plan ahead
- + Prepare well
- + Offer physical activities that are motivating
- + Break up the pattern of sitting for long periods
- + Create a positive atmosphere
- + Make the most of the environment and equipment available
- + Engage the person in the amount and type of physical activity that is right for them
- + Start slowly based on the persons abilities and fitness level
- + Start with short sessions to gauge interest
- + Accommodate a slower pace or seated position
- + Increase the intensity of physical activity gradually
- + Offer some sort of physical activity every day
- + Have a back up plan
- + Reflect
- + Persevere

Risks:

It is important to consider:

- + The long term medical conditions that may impact on the ability to be more active
- + The physical risks to wellbeing associated with physical activity, such as falling
- + The psychosocial aspects of the activity e.g. creative, social and spiritual connections

The most important thing to remember is that the benefits of physical activity generally outweigh the risks.

Always seek advice from a physiotherapist, registered exercise instructor if the physical activity constitutes 'exercise'.

We suggest creating a **risk assessment/enablement plan** for each person involved in the physical activity, include:

- + Risks
- + Benefits
- + Likelihood
- + Severity
- + Actions to take to minimise the risk
- + Actions required should the risk occur

Recording physical activity:

- + Is a statutory requirement
- + Provides information about a person's interests, abilities, needs
- + Identifies a baseline and helps to monitor changes
- + Informs the care/support planning process

What to record?

- + Type of physical activity
- + Date and time
- + Purpose
- + Response/level of engagement
- + Support required
- + New information/knowledge gained

Join NAPA in Moving and Grooving in 2021:

Dancing – Dance can provide people with the opportunity to engage with music and express themselves physically.

This can be particularly positive for those who find it difficult to communicate verbally. Why not join us and take part in our National Tea Dance in celebration of NAPA's National Day of Conversation and Connection: Tea Tuesday 3rd August 2021.

Walking – Walking is free and can be done almost anywhere.

Encourage walking every day. People with limited mobility can still benefit from walking short distances around the house or garden watering the plants, refilling the bird feeder, collecting the post, or going out in their wheelchair. Spending time in the garden or attending to window boxes can have physical benefits, digging,

sweeping, mowing the lawn, watering plants, weeding and pruning can boost oxygen levels and help a person maintain coordination, balance and stamina. The sponsored walks can take place anywhere at all, including the garden.

Why not join us and take part in the NAPA Wellbeing Walk on 15th May?

Raising money for NAPA enables us to develop free activity resources and training days for family carers on issues relating to activity and engagement it will also help us to provide our FREE Helpline service for care and activity professionals. If you are not able to fundraise – just join in and have fun! To find out more contact: fundraising@napa-activities.co.uk or download 'Get Involved' – The NAPA guide to fundraising. Sign up to the NAPA News to receive the new guide – [Click here](#)

"Motitech is grateful for the opportunity to sponsor this valuable Free resource to aid and share knowledge in the use of technology to battle inactivity and enhance quality of life."

MOTITECH

The initiatives, resources and services by NAPA goes a long way in enriching the lives of older people across the UK. Their values and purpose align with our own of focusing on abilities instead of disabilities, so we are delighted to work together on this noble mission.

Solfrid Sagstad, Executive Market Manager, Motitech



Music and Grooving

Music can be a vital tool in working with people with reduced verbal communication. Musical memories can be well stored for many people with dementia and memories may be triggered on hearing a favourite song or seeing a favourite dance.

For those who are social distancing, a good investment is an Amazon Echo/Alexa and a playlist of music which relates to their background and interests.

If the person you support cannot share their interests and preferences talk to relatives or friends to find out whether the person loves Mozart, Elvis Presley, Scottish ballads, rock music or Bollywood music. A key person might know the preferred time of day for responding to music.

Music for Dementia have produced some great guidelines – [Click here](#)



Activity:

Abilities coding
(detail on page 2)



Armchair Moving and Grooving

What you need:

- + An Amazon Echo "Alexa" for Music! YouTube is a good place to look, you may find a video giving you some tips!
- + You could do many different types of dancing, Scottish, Irish or ballroom



What you do:

- + Make sure you have enough space in the person's room
- + Ask your resident which music they like, it might encourage more participation. Music is such a great way to get people moving, even if it is just a foot!
- + Remember it is fine if the person doesn't want to move, they may just enjoy the music and watching you





Scores on the doors!

Great for your own Olympic competition!

How to make it:

- + Using your favourite font for numbers, print out the numbers 0 through 9 so they are large enough to see from a distance
- + Cut the numbers out, leaving a small border of white paper around each one
- + Glue the construction paper sheets to the thin cardboard and trim the edges neatly
- + Glue the numbers to the black construction paper; you should have one for each number
- + Pipe silver glitter glue around the edge of each black paper
- + Use a sponge applicator to flatten and spread out the glitter
- + Let dry completely

What you'll need:

- + Glue stick
- + Scissors
- + Silver glitter glue
- + Sponge applicator
- + Number outlines



Tips:

- + Glitter glue takes several hours to dry, but by spreading it flat with the sponge applicator it speeds up drying time
- + Save the cardboard from the inside of packing boxes, the backs of note pads or anything else you think you could recycle for this project!



Moving and Grooving wordsearch



- +dancing
- +grooving
- +activity
- +wellbeing
- +running
- +cycling
- +moving
- +physical
- +walking
- +exercise
- +swimming
- +games

W	F	C	Y	K	O	U	F	Z	N	X
E	S	W	I	M	M	I	N	G	P	C
L	X	V	Y	J	N	F	S	J	H	N
L	D	Q	P	U	N	D	X	F	Y	U
B	A	G	T	U	G	A	M	E	S	T
E	N	A	F	H	X	U	M	E	I	F
I	C	E	A	J	G	R	V	T	C	Y
N	I	X	R	E	N	E	R	C	A	Y
G	N	E	E	O	I	C	U	R	L	T
A	G	R	O	O	V	I	N	G	X	I
G	Y	C	D	W	O	A	N	J	L	V
R	B	I	V	X	M	X	I	N	O	I
S	H	S	J	T	L	R	N	D	Y	T
C	N	E	M	J	G	C	G	R	I	C
C	Y	C	L	I	N	G	S	S	D	A
F	T	G	N	I	K	L	A	W	A	B



Moving, Grooving and 'Boomps – a – Daisy'

What to do:

- + START with the arm relaxed by the side of the body
- + On the word 'hands' move the scarf forwards
- + On the word 'knees' move the scarf backwards
- + On the word 'boomps' throw the scarf to your partner
- + Swing the arms forward and back to the music

In various situations, the person leading the activity can exchange a scarf, not necessarily throwing, but just giving. This is an inclusive physical activity for all.

You will need:

- + Scarves – An assortment of colours is visually stimulating
- + Music/Lyrics or YouTube clip

This activity can be done standing or sitting, in pairs or one to one. Participants can throw the scarf to their own opposite hand.

An assortment of colours is visually stimulating.



Lyrics:

*Hands, knees and Boomps-a-Daisy,
I like a bustle that bends:*

*Hands, knees and Boomps-a-Daisy
What is a Boomp between friends.*

*Hands, knees, oh don't be lazy
Let's make the party a wow,
now then -*

*Hands, knees and Boomps-a-Daisy
Turn to your partner and bow, Bow – Wow!*



Here is Vera Lynn on YouTube: [Click here](#)
(Sing along or print out the lyrics).





I'm Moving and Grooving!



I'm Moving and Grooving song suggestions!

- + I'm sitting on Top of the World
- + I'm a Yankee Doodle Dandy
- + I'm getting married in the Morning
- + I'm gonna knock on your Door
- + I'm Forever Blowing Bubbles
- + I'm gonna sit right down and write myself a Letter
- + I'm Dreaming of a White Christmas
- + I'm in the Mood for Love
- + I'm Always Chasing Rainbows
- + I'm a Believer (The Monkeys)
- + I'm looking over a Four Leaf Clover
- + I'm leaving on a Jet Plane (John Denver)

What to do:

- + Choose some suitable songs or start with the ones below or choose some favourites
- + Find and print all lyrics in large font
- + A pianist, or a guitar player or Spotify, Alexa or CDs
- + A balloon or a beach ball not fully inflated



What you do:

- + Explain to participants the purpose of the sing-along: to recall songs that have "I'm" in the title
- + Participants may come up with songs that are not on the list; in that case add the songs to your list
- + Give lyrics to participants when they come up with a song from your list
- + Switch on the CD or have a musician to accompany the sing-along
- + Usually anything ball-shaped will result in a throwing and catching action



- + Use a clear beach ball that is not fully blown up
- + Focus was on the lightness of the ball, the transparency of it and how it can be pressed and rolled on different parts of the body
- + Take your time – subtle and slow, give time for a participant to respond... or accept or push away, either are fine





Seated Physical Activities = SPA

2021 SPA Gaming – Join in the excitement of the 2021 Summer Olympic Games with these fun and easy ways to get moving and grooving.



Wii SPA Olympic

Olympic gaming is all about setting up a console such as Nintendo Switch, Wii or Wii fit games machine, and encouraging the people you support to become more active.

There are many games available including:

- + Fitness boxing
- + Just Dance 2020
- + Wii Sports
- + Big Beach Sports
- + Championship Darts
- + Family Ski
- + Winter Sports
- + Water Sports and International athletics



You will need to:

Test drive the games to ensure their suitability and that you understand how to use the equipment and operate the game

- + Make up some teams – maybe by country, like in the real Olympics, or choose colours for the teams – Red, Yellow, Green, Blue, Orange, etc
- + Buy some very reasonably priced medals or create certificates for the winners and runner ups
- + Select a suitable location for your Olympic gaming to take place

- + Select a date for the big event or probably a number of dates for different events
- + Create posters to advertise your gaming Olympics
- + Identify a designated photographer
- + Create props such as bunting, flags from around the world, signs, music, and anything to help create the right atmosphere
- + Prepare an activity session plan for each of the events, detailing what you are intending to do, who with, where it will take place, and how long it will last. This will help you and the team ensure each event is planned and you can all stay focused before and during each games event

Have fun!



The 2021 SPA Games

Here are **four easy to play** Olympic themed games, suitable for playing from a seated position

one: 100 mtr DUSTER sprint



- + You will need a short tube (cardboard or similar lightweight material) about 12 inches long, a 10ft length of wool and a duster
- + Tie one end of the wool to the centre of the tube and the other end to the duster
- + Place the duster on the floor as far away as possible from the person holding the tube

- + Wind in the duster as fast as possible- using the wrists to twist the tube, wrapping the wool around the tube – A bit like winding in a kite!

It's a race, and a good workout for the arms and hands. The brighter the colour of the duster the better!

two: Stress ball shot-putt

- + Stress balls are light and safe, so make great items to throw
- + You will need stress balls, and a waste paper bin or laundry basket.

- + See how many shots (stress balls) you can 'putt' into the basket!

The trick is to encourage those involved to hold the ball near their shoulder like a proper shot putt; it's not as easy as it sounds.

three: Balloon Volleyball

- + Make a barrier between chairs using a couple of dining room chairs or similar, to resemble volleyball net
- + If people don't like balloons, try some balloon balls – these are

soft fabric covers that you insert a balloon inside and then inflate it. It saves the balloon popping easily, makes it more controllable and feels nicer for anyone who doesn't like to touch them

Have fun getting the ball as high as possible and over the net

four: Bean Bag High Jump



- + Make a simple high jump bar using some garden canes and string
- + The upright canes will need to be supported by an old book or two. Then adjust the cross bar, using the string

- + Once one bag is thrown over the bar, raise its height. Then try again, continue till all bags have been thrown. Then the tricky bit – try again but using the other hand

Simple but fun and good for coordination skills.



Move away that stress!

Stress balls can be a simple way of encouraging physical activity, particularly for those with reduced mobility.

Balls can provide the opportunity for different activities that will:

- + Improve hand-eye coordination and dexterity
- + Promote circulation and control
- + Provide physical challenges
- + Improve manipulative skills

And of course, at the same time, will provide opportunities for relaxation and fun!

These activities can be enjoyed by small groups as well as individuals and some can be used to make straightforward and interactive games.

Start with tasks which permit early success, boost confidence and enhance motivation and interest.

Here are some ideas to get you started.



Rolling:

- + Rolling the ball up the opposite arm as far as the shoulder
- + Roll the ball up and down the thighs
- + Pass the ball behind your neck/head
- + Place ball between the palms of hands and rotate and roll

Variations – two balls at once

Table top:

- + Using the ball under a flat hand, roll the ball around a table top, clockwise and anti-clock wise.
- + Roll back across table top to partner, who sends it back.
- + For coordination: Catching and juggling
- + Throw in the air and two handed catch
- + Throw in the air and one handed catch
- + Throw in the air to catch with the other hand

Match of the day:

- + Keeping the ball under one foot, roll the ball forwards and backwards. Using a ball under each foot, alternately roll the ball backwards and forwards
- + For relaxation, circulation and manipulative skills squeeze the ball for a few seconds only and repeat, then change hands
- + Squeeze ball between the palms of the hands
- + Place on the thigh and press down and release



Some ball activities:

Follow my leader:

- + Together, mirror, match or Follow my Leader with each other's movements with the stress ball in the hand

Simon Says:

- + Do this, group copies leader with ball movement
- + Do that, no action required

Target game:

- + From a circle, participants throw under arm into basket or towards floor target

Pass the parcel:

- + Pass the ball in a chain movement around a circle and back again

Parachute games:

- + Stress balls can be used in parachute games

Variations:

- + For people who experience visual impairment some of these activities could be supported by using a larger sized ball. For those with limited manipulative skills, other easy grip balls with uneven surfaces may support participation. This activity can be adapted to meet the needs of everyone.





Come Groove with me!

Dancing can be a simple fun activity and enjoyed anytime and anywhere!

Why dance?

Moving to music can raise our energy levels and our spirits!

- + Dancing can be a way of expressing ourselves without words
- + It can improve balance and circulation and help improve body strength
- + Dancing is good for the brain as it combines memories with physical co-ordination
- + When we dance we make connections with other people



A dance a day keeps the doctor away!

Always use your own energy and enthusiasm. You start to dance, it inspires others to follow!

Put on a Strauss waltz, link arms and dance to the dining room together

- + Make tea time a special event by organising a tea dance on a Sunday afternoon
- + Give everyone a paper plate (or two) and do a 'plate dance' inviting people to use the plate to move to the music – above the head, under the legs etc!
- + Invite a local dance group to a zoom afternoon and do a display. Ask them if they are able to encourage some participation!
- + If you are feeling brave and cheeky, get out your feather boas and dance to 'the Stripper' music!
- + Play music which encourages movements, for example the Hokey Cokey



Come Groove with me! (continued).

Variety is the spice of life!

Check your music collection and ensure that you have a good range. Whether it's Ballroom, Big Band or Bhangra, it is likely to get people remembering and moving!

Choose a theme

- + Show time
- + Shall We Dance – The King and I
- + I Could Have Danced All Night – My Fair Lady
- + Summer Time – Porgy and Bess (Gershwin)
- + Tonight – West Side Story (Bernstein and Sondheim)
- + Music of the Night – The Phantom of the Opera – (Andrew Lloyd Webber)
- + Choose a style
- + Big Band Swing – In the Mood, Glen Miller, Let's face the Music – Frank Sinatra Ballroom- Quickstep and Viennese Waltz
- + Latin American – Tango – Jealousy, and Cha Cha Cha – Tea for Two American Smooth – Slow Waltz and Fox-trot
- + Jazz Dance – Take Five – Dave Brubeck The Girl From Ipanema – Getz/Gilberto
- + Step back in time
- + 30's – Flappers, Charleston, Jitterbug and Blackbottom
- + 40's swing – In the Mood – Glenn Miller, I'll be seeing you – Vera Lyn
- + 50's – Rock Around the Clock – Bill Haley, Jail House Rock – Elvis Presley
- + 60's – Dancing in the Street – Martha Reeves, the Locomotion – Little Eva 70's disco – Night Fever – the Bee Gees, Dancing Queen – Abba
- + Go round the world
- + Ceilidh – the reel and pipes from Scotland, the jig from Ireland
- + Hawaiian – Hula – beach side sway and haloa
- + Bollywood – Bhangra and Kathak



- + Caribbean – Lambada, Mambo and Salsa
- + Country – Line dance and Square dance
- + Special memories and magic moments
- + Over the Rainbow – Judy Garland
- + Theme from a Summer Place – Percy Faith
- + Yesterday – The Beatles
- + Bridge Over Troubled Water – Simon and Garfunkle
- + Candle in the Wind – Elton John

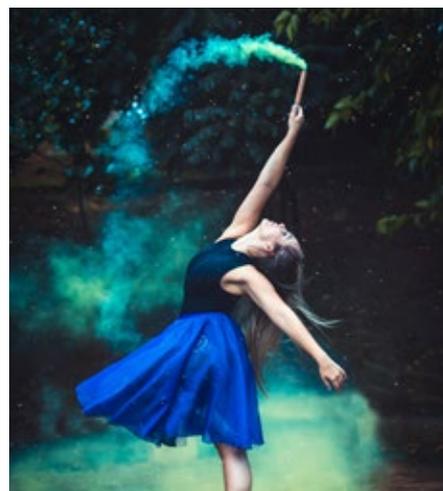
- + If someone uses a wheelchair, footrests will need to be pushed back so that the person can move their feet
- + Ensure that the person is comfortably supported in the wheelchair so that they can move more easily

Encouraging beginners

- + Some people will require one to one assistance. Ensure that there is sufficient space for them to feel secure and confident to join in
- + Those using wheelchairs or wanting to remain seated can still be involved, clap their hands, stomp their feet and waive their arms to move with the music

"I cant dance!"

- + Some of us may feel embarrassed about dancing in front of others
- + Some may feel they can't dance because they use a wheelchair or are less mobile
- + Holding someone's hands or linking arms offers security
- + A circle or a square dance can provide an additional sense of being supported – It also offers visual cues for people with dementia to follow you
- + Use props – carnival sticks, scarves or percussion instruments can be used to dance with your arms. A large elastic can be held for a group to move together.





2021 Quiz

Kindly supplied by **The Daily Sparkle**

1. **The woman is playing a v.....** Another word for this musical instrument is in the saying, 'As fit as a f.....' Keeping as fit as possible is important at any age. Another version of the saying, relating to a very small insect, is 'As fit as a f.....' Yet another version of the saying goes, 'As fit as a butcher's

2. **Sometimes, though, we need a helping hand.** The chap in the picture is using a walking aid. How many wheels has it? Is a vehicle with three wheels called a bike or a trike?

3. **With our weather, you may need to wrap up warm at any time of the year.** Is the chap in the picture wearing a pullover or a cardigan? Is it made from cotton or wool? Nowadays, temperature is measured in degrees C. What does the C stand for? How many degrees C is the freezing point of water? And how many degrees C is the boiling point? In the past, temperature was measured in degrees F. What did F stand for? In degrees F, what is the freezing point of water? And what is the boiling point?

4. **Exercising, even a little, is important to keep as fit as possible.** We can't all exercise like this chap! What sport is he taking part in? He is competing at the Olympic Games. How often do the Olympic Games occur?

5. **After exercise, it as well to put our feet up.** Are chairs that let us do that called recliners or carvers? Are the legs of the chap in the picture vertical or horizontal?

6. **Some people and animals find relaxing easier than others!** What word, beginning with N is used for cats taking a short sleep? If cats are felines, what are dogs? Which breed of cat is famous for no tail?

7. **Keeping a healthy weight is important.** Is the dial on this classic weighing machine an oval or a circle? What do you have to put into the machine to make it work? How many pounds are there in a stone? A lady weighs ten and a half stone: how many pounds is this?

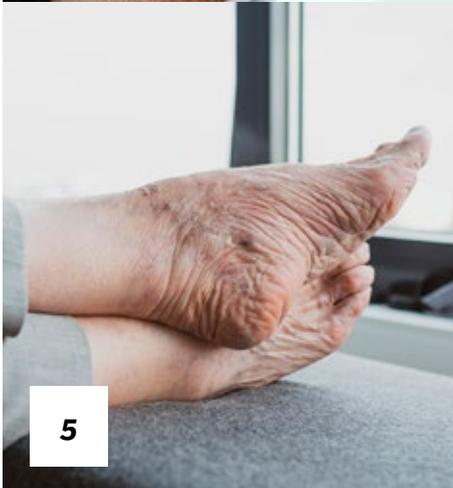
8. **It is important to have enough to drink each day.** Which brand of tea is being advertised in the picture? Which firm beginning B..... B..... sells PG Tips? Does Assam tea come from India or China? Earl Grey is a type of tea. In which century was Earl Grey Prime Minister?

9. **Nearly all of us find problems with hearing and eyesight as we get older.** As well as glasses, what else is this lady using? She gets her eyesight tested regularly. Does she get it tested by a podiatrist or an optician?

10. **To keep fit and healthy, we all need a good night's sleep.** Which animation company made a film in 1959 of the fairy tale Sleeping Beauty? In 1890, Sleeping Beauty was turned into a ballet. It was first performed in St Petersburg. In which country is St Petersburg? Who composed the music for the ballet The Sleeping Beauty?

How do people help you to live your life? What is your daily routine? What for you is the best part of the day?

How many words can you make from the letters in: **FIT AS A FIDDLE**





'Fit and Fun' (15 Mins Fit)

Outline By **Kieun Kwon**, Associate Director of Dementia Services, Runwood Homes

Greeting – “Good morning / Good afternoon Ladies and Gentlemen! Welcome to Fit and Fun. We are going to do some exercise and have some fun”.

Welcome Songs

- + You are my sunshine.
- + Show Me The Way To Go Home.

Exercises

1. Deep Breath in and out.
2. Shrug your shoulders (x 2 times). Shrug your left shoulder and right shoulder and then both together gently.
3. Gently reach down to the right & then to the left (Repeat).
4. Arms – stretch arms to the front & wiggle your fingers as if you're playing the piano or typing a letter. Put them down on your lap. With your right hand gently rub your left forearm and circular movement up to your shoulder. And repeat on other side.
5. Shoulders – Roll your shoulders forwards (x 2 times) then backwards (x 2 times) and repeat again.
6. Legs & Feet – Tap your feet and pretend you're marching. Clap to the sound of your feet.
 - > Heels up & Heels down (x 3 times).
 - > Let's wiggle our toes. Roll your left ankle round in a circle. Roll your right ankle in a circle.
7. Facial – Lift your eyebrows. Frown. Big smile! (2 x times)
8. Deep Breath in and out.
9. Wave to me and wave to everyone.



Closing songs

- + Hokey Cokey
- + Wish me Luck as you wave me Goodbye.

“Thank you for joining us this morning / this afternoon!”

(Please ensure to offer a drink to residents after exercise session)

Few Examples Of physical Activities Within Runwood Homes below.





Keep that Rolling Pin Moving!

Activity provision is about developing and sharing basic ideas on how to keep the mind and body active and physical activity plays an important role in the six Activities of Daily Living (ADLs) that reflect capacity for self-care.

Physical functions should be continually practiced, or they deteriorate. It is important that we try small ways to help bring physical activities into people's daily lives. We can do this by using everyday household objects which are easily accessible, recognizable. We can encourage people to participate – without expensive equipment.

These activities can be enjoyed by all, consider how to adapt them to ensure they are inclusive.

Before attempting these activities, it is important to encourage better posture (where possible). You may need to provide cushions behind backs etc but if people can keep both feet flat on the floor whilst remaining seated, that will help. Good posture is not comfortable to maintain, especially when you've been inactive for a long time, but it IS worth practising as the spine gets a gentle stretch and internal organs get a chance to settle into their correct places which has the added bonus of helping bodily functions.



Rock & Roll:

Sit upright at a steady table or lean on a solid surface whilst keeping good posture.

- + Grip the ends of the rolling pin, not too firmly
- + Start position is with elbows pulled back and pin against edge of surface
- + gently roll it across the surface away from you
- + use a smooth 'rock & roll' action
- + stop when arms/elbows are fully extended without bending the body
- + bring it back to the body, using the same action
- + Relax and repeat

Row the boat:

Sit upright at a solid surface keeping good posture with feet flat on the floor.

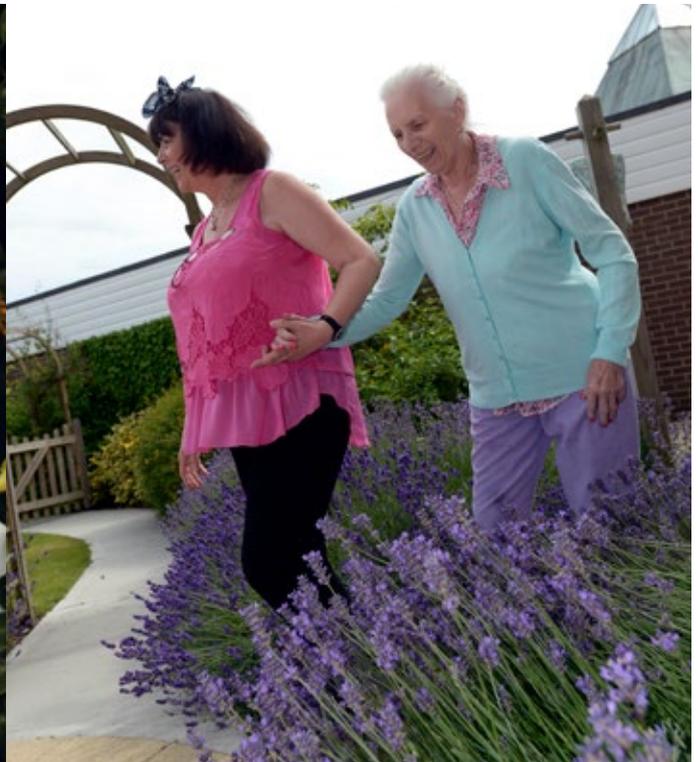
- + grip each end of the rolling pin firmly
- + lift the pin until hands are at chest height with elbows bent
- + keeping arms at chest height push pin away from you
- + pull arms back towards chest rolling the wrists to simulate rowing a boat
- + lower arms and take a breath
- + repeat this action so you are replicating a rowing action





Grooving in the Garden

There are many benefits of garden-related activities. Many care settings now provide specially designed gardens for people living with dementia, those with sensory impairments and mobility issues – making the experience far more inclusive. We can plan outdoor or indoor garden activities that enable garden grooving!



The benefits of gardening activities include:

- + Positive social entertainment and reminiscing opportunities
- + Enhanced well-being
- + Improved dexterity and mobility
- + Reduced symptoms of depression
- + Educational opportunities
- + Relaxation and satisfaction

What you 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 person or two that like gardening and/ or being outside
- + Radio or Alexa

Things to do when grooving in the Garden:

- + Plant seedlings of cherry tomatoes in pots
- + Plant herbs in raised beds or in pots
- + Plant flowers, whatever is in season
- + Re-pot plants
- + Planting vegetables that are in season
- + Tidy up pot plants
- + Walk and chat
- + Dance and sing



Cup Stacking

Cup stacking is a great physical activity – it can support dexterity and hand eye coordination. Ambidexterity is encouraged and the movement can help reduce stiffness and pain. Coordination and concentration is also challenged due to the repeated patterns of the stacking sequences.



This physical activity consists of making pyramids out of cups as quickly and neatly as you can whilst being timed. But is funny if they are not stacked in pyramids or neatly! This is not a competition so just have fun! Some world champion cup stackers have managed to stack some sequences in less than 7 seconds so you never know you might have a record breaker in your midst!

You will need

- + Flat surface
- + 9 paper/plastic cups in 3 piles of 3
- + Stopwatch

The 3-3-3- Stack

- + Ask your participant to place their hands face down on the table in front of their 3 piles
- + When the clock starts they have to stack up each pile into a pyramid using both hands
- + Once they have stacked all 3 pyramids, they must go back to the beginning and down stack the cups into 3 piles of 3 using both hands
- + When finished they must place their hands back on the table in front of their cups and stop the clock

You do it too!

- + Who managed to up stack and down stack their cups the quickest?
- + Whose stacks were the neatest?
- + Who lost all their cups?

Handy Tip:

Pierce the bottom of the cups to stop them getting stuck on top of each other

Obviously, you don't have to time the activity and make it a competition, nor do you have to try 3 piles to start with. It can be done individually just for fun. The best way to learn is to practice with 1 stack and increase it to 2 once you feel more confident and so on.



Quiz answers

Moving and Grooving Wordsearch:

(Page 7)

W	F	C	Y	K	O	U	F	Z	N	X
E	S	W	I	M	M	I	N	G	P	C
L	X	V	Y	J	N	F	S	J	H	N
L	D	Q	P	U	N	D	X	F	Y	U
B	A	G	T	U	G	A	M	E	S	T
E	N	A	F	H	X	U	M	E	I	F
I	C	E	A	J	G	R	V	T	C	Y
N	I	X	R	E	N	E	R	C	A	Y
G	N	E	E	O	I	C	U	R	L	T
A	G	R	O	O	V	I	N	G	X	I
G	Y	C	D	W	O	A	N	J	L	V
R	B	I	V	X	M	X	I	N	O	I
S	H	S	J	T	L	R	N	D	Y	T
C	N	E	M	J	G	C	G	R	I	C
C	Y	C	L	I	N	G	S	S	D	A
F	T	G	N	I	K	L	A	W	A	B

2021 Quiz answers :

(Pages 16-17)

1. Violin. Fiddle. Flea. Dog
2. Four. Trike
3. Cardigan. Wool. Centigrade. 0C. 100C. Fahrenheit. 32F. 212F
4. Weightlifting. Every four years
5. Recliners. Horizontal
6. Nap. Canines. Manx
7. Circle. Coins (money). 14. 147
8. Lyons'. Brooke Bond. India. 19th century (1830 – 1834)
9. Magnifying glass. Optician
10. Walt Disney. Russia. Tchaikovsky



The NAPA Wellbeing Walk 2021

The NAPA Year of Moving and Grooving 2021 is a campaign to support the care sector to prioritise physical activity, with the aim of improving physical, psychological and social well-being.



Physical activities are defined as those activities that increase your heart rate and cause you to breathe more deeply and can include walking, cycling, gardening or dancing, as well as other sport and exercise-based activities.

The NAPA Wellbeing Walk is a sponsored walk with a difference! And the difference is you! There are lots of ways you can make the walk fun and personal to you! You can.... walk round

the garden, along the promenade, up a hill, down a valley, dress up, take the dog, dance and skip, hula hoop..... whatever you fancy! We hope the walk will encourage our members and supporters to bring people together, keep fit and raise funds to support NAPA's work. Walking is good for you, it's fun, free, boosts mood, exercises the heart, and provides the benefit of fresh air.

Save the date

On the **15th May** we invite you to take part in The NAPA Wellbeing Walk 2021. If this date doesn't suit you then choose another!

The NAPA National Tea Dance

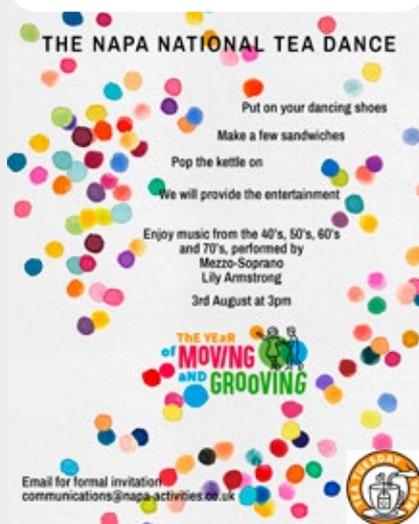
In celebration of Tea Tuesday: NAPA's National Day of Conversation and Connection – We invite you to join hundreds of care settings as we come together to enjoy afternoon tea at the NAPA National tea Dance.

Put on your dancing shoes, make a few sandwiches, pop the kettle on and we will provide the entertainment.

Enjoy music from the 40's, 50's, 60's and 70's, performed by Mezzo-Soprano Lily Armstrong.

Save the date

3pm **Tuesday 3rd August.**



To be kept up to date with the latest information, please sign up to get the NAPA News – [here](#)



This is a **FREE** event in aid of the NAPA Helpline.



GivingLottery

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NAPA

National Activity Providers Association



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- Support good causes and win prizes of up to £25,000!
- 40% of all tickets sold from our page go to us!
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- Tickets only cost £1 per week!
- Support us and win prizes - WIN WIN!



NAPA
National Activity Providers Association

Text to Donate

Text / SMS donations

To donate £1, text NAPA to 70201

To donate £3, text NAPA to 70331

To donate £5, text NAPA to 70970

To donate £10, text NAPA to 70191

DONATE

** Fundraising, expenses and donations will be processed and administered by the National Fundraising Scheme (Charity No: 1148805) operating as DONATE. Fees will be charged at your standard network rate. For Terms & Conditions, see www.napamoving.org

Click here to
SUPPORT NOW!

Supporters must be 16 years of age or older

Why might you want to use the helpline?

There are many reasons why you may want to call the helpline, not least when you just want someone to listen to your concerns.

One of our callers was feeling very nervous about running an activity because they were short staffed and she was concerned about how she would manage on her own. Here's what she said at the end of the call:

"I was really nervous about running the activity, but now that I have called the helpline and spoken to you, I feel inspired and excited about running the activity".

And from another caller, who is not a member, but had heard of us, concerned about a tenant:

"Thank you for your help and support, this helpline has provided me not only with a wealth of activity ideas but an empathetic ear and support that was so much appreciated at a very difficult time."

So, whatever you want to talk about, whether you:

- + are struggling, for any reason
- + have run out of activity Ideas
- + need advice
- + are new to the activity role and don't know where to start or
- + just need a chat

The helpline is here for you!



Moving and Grooving!

All NAPA members and supporters are invited to the NAPA Conference. A one day online event focussing on this years theme: Moving and Grooving.

The day will include:

- + presentations exploring the importance of physical activity in the lives of those we support
- + interactive workshops providing inspiration for providing physical activities
- + Q&A Panel of experts

Save the date

NAPA Conference –
Wednesday 16th June 2021.

To find out when bookings open, please follow our Eventbrite page **here**. NAPA (National Activity Providers Association) Events | Eventbrite

