



Flower Arranging

How many times have you walked into a room, and it is filled with the beautiful sent of flowers? Or noticed a vibrant display sitting in a vase?

Most individuals enjoy receiving or giving flowers, and some will have purchased a bunch with their weekly shopping to arrange and display in their home. You may support individuals who had a career as a florist or volunteered as flower arranger in their place of worship.

Whatever the reason it's a simple and creative activity which will, provided the individuals you support with cognitive and sensory stimulation, help preserve motor skills, and instils a sense of ownership, independence, and accomplishment.

You will need:

- Flowers
- Scissors
- Vase or bowl
- Water
- Bowl for waste
- Florist foam (optional)
- Pinny
- Gardening gloves
- Images of arrangement for inspiration
- Ribbon

What you do:

- Set up the area and lay out the flowers into colour, place the vase and bowls and other equipment around the table.
- Ask the individuals to pop the pinny on and if preferred the gardening gloves.
- Encourage the individuals to look at the images provided for inspiration and ideas of arrangements they could make. You can also encourage them to be spontaneous and creative with their own imagination!
- Start with choosing the vase or bowl to hold the display.
- Do they wish to use the floristry foam which can hold the flowers in a better position or just place the flowers in the holder?
- Once you have the base, think about the flowers you would like to use, are they making it for themself? if so, then maybe they would like to pick their favourite colours? or are they gifting it to someone or displaying the arrangement for a festival/event?
- Start with the largest flowers first and trim to the highest height.
- Work down or around your arrangement cutting the flowers down to the correct size till it looks even.
- Once everyone is happy with the finished arrangement, why not tie a nice bow or ribbon around the vase or bowl?
- You can display in the individual's room, communal areas, or gift to someone.

Top tip – Reach out to your local supermarkets or florists and ask for donations of blooms that are just turning past their best. Many will donate them for free rather than throwing them away.