

# ACTIVITY PACK

## Dementia Friendly

August 2025

### Number Puzzles

The total of each row and column add up to 18, can you fill in the missing gaps?

6		8	18
3	8		18
	6		18
18	18	18	

3	6		18
5		8	18
	7	1	18
18	18	18	

4		10	18
	8		18
7		5	18
18	18	18	

# Landmarks

Name the UK landmarks below:

1.



2.



3.



4.



# Opposites

Give the opposite of the words written below.

1. Inside \_\_\_\_\_

2. Good \_\_\_\_\_

3. Happy \_\_\_\_\_

4. Front \_\_\_\_\_

5. Always \_\_\_\_\_

6. Up \_\_\_\_\_

7. North \_\_\_\_\_

8. In \_\_\_\_\_

9. Loud \_\_\_\_\_

10. Dry \_\_\_\_\_

## Finish the Song

Fill in the missing word in the song lyrics below.

1. You are the Dancing \_\_\_\_\_, young and sweet, only seventeen.
2. Hit the road \_\_\_\_\_, and don't you come back.
3. Oh yes, I'm the great \_\_\_\_\_, pretending that I'm doing well.
4. You make me feel like a \_\_\_\_\_ woman.
5. It's a-one for the money, two for the \_\_\_\_\_.
6. California \_\_\_\_\_, on such a winter's day.
7. I will always \_\_\_\_\_ you.
8. If I were a \_\_\_\_\_ man.

# Sudoku

Fill in each 3 x 3 square, horizontal line and vertical line with the numbers 1 through to 9. There should be no repeated numbers in any lines or 3 x 3 square.

	2				1		8	
	8							4
1		4	8	6	5	9	2	7
6	9		1	2				3
4			9			7	1	2
	1				4		9	
8	7					3	6	5
3		5	7					
2			6	5	3			9

# Odd Word Out

In each row, three of the words are linked, and one is the odd word out, circle the odd word out.

1. Chicken Tree Cow Sheep

2. Seventeen Five Oval Twelve

3. Salmon Tuna Goal Bream

4. Patch Banana Pineapple Blackberry

5. Glass Paper Wood Tennis

6. Peony Hat Sunflower Pansy

7. Sausage Chair Table Stool

8. Scared Happy Sad Biscuit

9. Euro Pound Dollar Cake

10. Swimming Teddy Football Rugby

# The letter 'S'

Give at least one answer beginning with the letter 'S' to the categories below:

1. Sea Animal

---

2. Fruit

---

3. Food

---

4. County

---

5. Name

---

6. Clothing

---

7. Shape

---

8. Stationery item

---

9. Sport

---

10. Tool

---

# Wordsearch

It is world photography day on the 19<sup>th</sup> August, can you find ten photography related words in the grid below?

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

**Camera**

**Develop**

**Flash**

**Lens**

**Lighting**

**Paper**

**Photograph**

**Polaroid**

**Portrait**

**Print**



# Matching Pairs

Match the descriptions below with the image of the animal being described.

1.

This animal is often associated with Wintertime, but you will see them all year round.

a.



2.

This animal lives in a flock. It is a distinctive colour which comes from the food they eat.

b.



3.

This animal is known for its distinctive striped coat, and live in herds.

c.



# Answers

## Page 1. Number Puzzles

6	4	8	18
3	8	7	18
9	6	3	18
18	18	18	

3	6	9	18
5	5	8	18
10	7	1	18
18	18	18	

4	4	10	18
7	8	3	18
7	6	5	18
18	18	18	

## Page 2. Landmarks

1. Edinburgh Castle
2. Angel of the North
3. Blackpool Tower
4. London Eye

## Page 3. Opposites

1. Inside + Outside
2. Good + Bad
3. Happy + Sad
4. Front + Back
5. Always + Never
6. Up + Down
7. North + South
8. In + Out
9. Loud + Quiet
10. Dry + Wet

## Page 4. Finish the song

1. Queen
2. Jack
3. Pretender
4. Natural
5. Show
6. Dreamin'
7. Love
8. Rich

# Answers

## Page 5. Sudoku

9	2	7	3	4	1	5	8	6
5	8	6	2	7	9	1	3	4
1	3	4	8	6	5	9	2	7
6	9	8	1	2	7	4	5	3
4	5	3	9	8	6	7	1	2
7	1	2	5	3	4	6	9	8
8	7	9	4	1	2	3	6	5
3	6	5	7	9	8	2	4	1
2	4	1	6	5	3	8	7	9

## Page 6. Odd Word Out

1. Tree
2. Oval
3. Goal
4. Patch
5. Tennis
6. Hat
7. Sausage
8. Biscuit
9. Cake
10. Teddy

## Page 7. The letter 'S' (There are many other answers)

1. Shrimp, Shark, Seahorse
2. Satsuma, strawberry
3. Sausage, salami, sandwich
4. Shropshire, Somerset, Suffolk
5. Susan, Shakira, Simon
6. Shirt, skirt, suit
7. Square, semicircle, star
8. Stapler, scissors, sharpener
9. Squash, swimming, skiing
10. Spanner, screwdriver, spirit level

## Page 8. Wordsearch

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

## Page 9. Matching Pairs

1. C
2. A
3. B

# Help and Support

Royal Voluntary Service runs groups for people living with dementia and their carers, family and friends, in the following areas, to find out more please get in touch with the team in your area:

<b>Scottish Borders:</b>	<a href="mailto:scottishbordershub@royalvoluntaryservice.org.uk">scottishbordershub@royalvoluntaryservice.org.uk</a>
<b>Northumberland:</b>	<a href="mailto:northumberlandhub@royalvoluntaryservice.org.uk">northumberlandhub@royalvoluntaryservice.org.uk</a>
<b>Kirklees:</b>	<a href="mailto:kirkleesdementiasupport@royalvoluntaryseaddrvice.org.uk">kirkleesdementiasupport@royalvoluntaryseaddrvice.org.uk</a>
<b>Doncaster:</b>	<a href="mailto:doncasterdementiasupport@royalvoluntaryservice.org.uk">doncasterdementiasupport@royalvoluntaryservice.org.uk</a>
<b>Staffordshire:</b>	<a href="mailto:stdementiasupport@royalvoluntaryservice.org.uk">stdementiasupport@royalvoluntaryservice.org.uk</a>
<b>Leicestershire:</b>	<a href="mailto:leicestershiredementiasupport@royalvoluntaryservice.org.uk">leicestershiredementiasupport@royalvoluntaryservice.org.uk</a>
<b>Birmingham:</b>	<a href="mailto:birminghamdementiasupport@royalvoluntaryservice.org.uk">birminghamdementiasupport@royalvoluntaryservice.org.uk</a>
<b>South Wales:</b>	<a href="mailto:dementiaclubwales@royalvoluntaryservice.org.uk">dementiaclubwales@royalvoluntaryservice.org.uk</a>
<b>Dundee:</b>	<a href="mailto:dundeedementiasupport@royalvoluntaryservice.org.uk">dundeedementiasupport@royalvoluntaryservice.org.uk</a>
<b>Sussex:</b>	<a href="mailto:lancingdementiasupport@royalvoluntaryservice.org.uk">lancingdementiasupport@royalvoluntaryservice.org.uk</a>
<b>Leeds:</b>	<a href="mailto:leedsdementiasupport@royalvoluntaryservice.org.uk">leedsdementiasupport@royalvoluntaryservice.org.uk</a>

**If you need urgent support, the following organisations have support lines:**

## **Dementia UK** - A free dementia helpline

Telephone: **0800 888 6678**  
Email: **[helpline@dementiauk.org](mailto:helpline@dementiauk.org)**

Monday – Friday: 9:00am-9:00pm  
Saturday – Sunday: 9:00am-5:00pm

## **Alzheimer's Society**

England: **0333 150 3456**  
Welsh speaking: **0330 0947 400**  
Scotland (24hours): **0808 808 3000**

Monday – Wednesday: 9:00am – 8:00pm  
Thursday – Friday: 9:00am – 5:00pm  
Saturday – Sunday: 10:00am – 4:00pm

Royal Voluntary Service is a company limited by guarantee registered in England and Wales with company number 2520413. Registered office: Hanley Centre, 29 Charles Street, Stoke-on-Trent, Staffordshire ST1 3JP.  
Registered charity 1015988 (England and Wales) & SC038924 (Scotland). All statistics and data correct at time of publication.

Royal Voluntary Service  
PO Box 565  
Unit B, RD Park  
Hoddesdon,  
EN11 0RF  
[royalvoluntaryservice.org.uk](http://royalvoluntaryservice.org.uk)

**ROYAL  
VOLUNTARY  
SERVICE**