

# ACTIVITY PACK

Dementia Friendly

ROYAL  
VOLUNTARY  
SERVICE

June 2024



## Letter game

How many words can you make using the letters in the grid below:

N	B	I
L	A	T
S	O	F

Answers:

# Flags

Name the country of each flag below.

1.



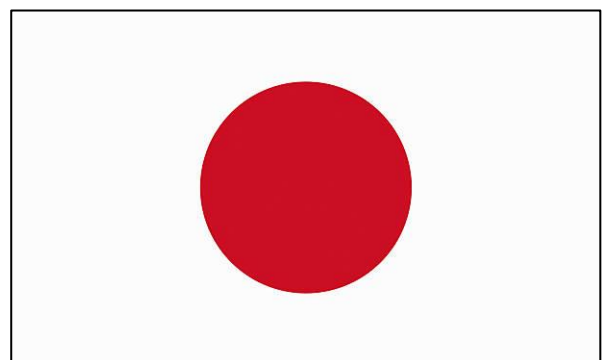
2.



3.



4.



# Sudoku

Fill in each 3 by 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 by 3 square.

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

# Codebreaker

World Ocean Day is held on the 8<sup>th</sup> June, so use the key below to spell out things you might find in the Ocean. To do this match up the numbers with the right letters.

1 = A	2 = B	3 = C	4 = D	5 = E	6 = F	7 = G
8 = H	9 = I	10 = J	11 = K	12 = L	13 = M	14 = N
15 = O	16 = P	17 = Q	18 = R	19 = S	20 = T	21 = U
22 = V	23 = W	24 = X	25 = Y	26 = Z		

1.

23	1	20	5	18

2.

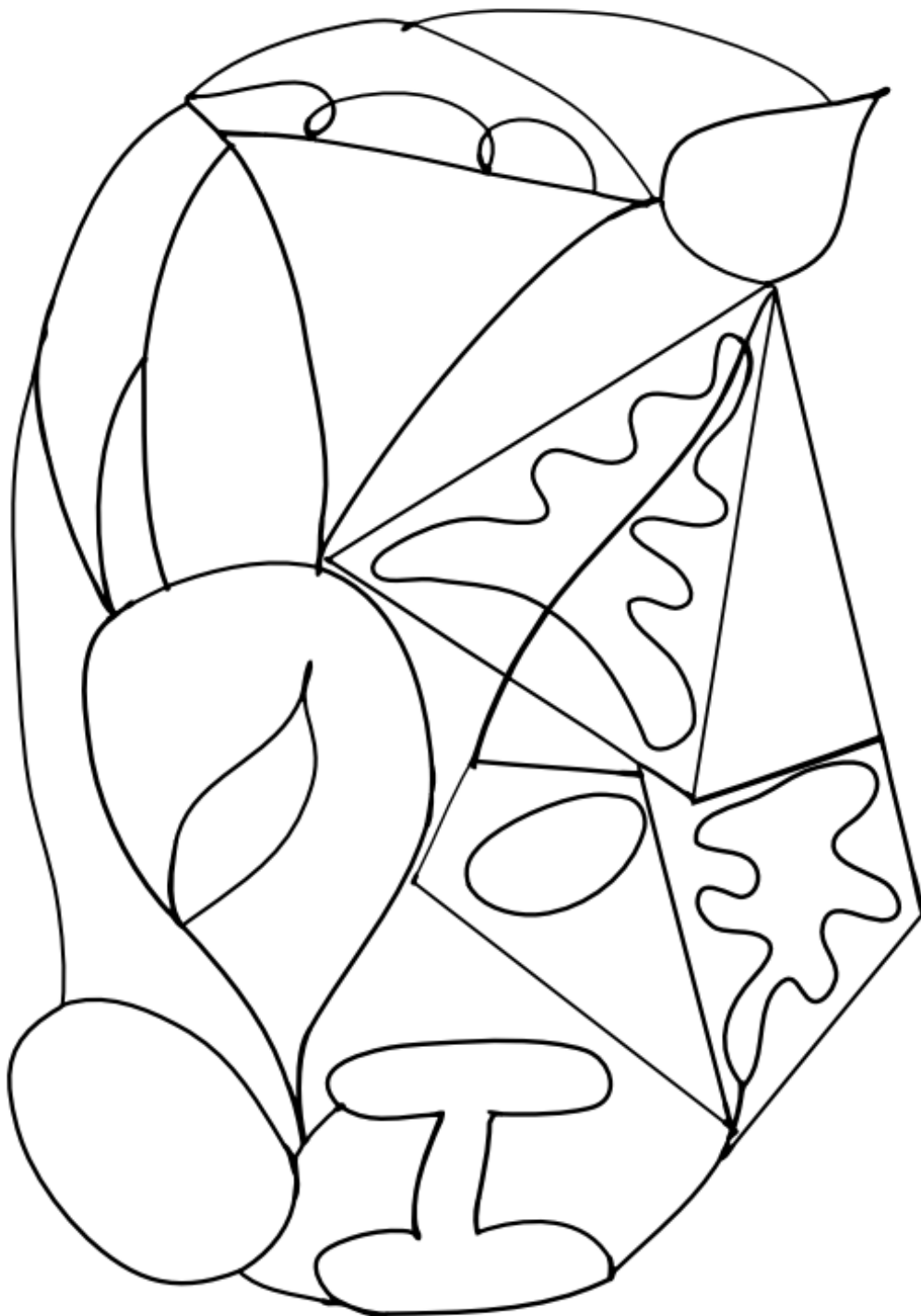
19	5	1	23	5	5	4

3.

15	3	20	15	16	21	19

# Colouring

Colour in the abstract art below in anyway you like.



# Match the Vegetable

Match the descriptions below with the image of the correct vegetable.

1.

This vegetable can be in a jacket, mashed or chipped?

a)



2.

A firm favourite of Bugs Bunny, orange in colour

b)



3.

Vegetable that makes you cry when you cut it

c)



4.

A green leafy vegetable often found in salads and sandwiches

d)



# Finish the Movie Title

Fill in the missing word to complete the title of the movie.

1. South \_\_\_\_\_
2. Back to the \_\_\_\_\_
3. Snow White and the \_\_\_\_\_ \_\_\_\_\_
4. Breakfast at \_\_\_\_\_
5. My Fair \_\_\_\_\_
6. West Side \_\_\_\_\_
7. Annie get your \_\_\_\_\_
8. Smokey and the \_\_\_\_\_
9. The phantom of the \_\_\_\_\_
10. Singin' in the \_\_\_\_\_

# True or False

Are the following questions, true or false?

1. The Taj Mahal is located in India? \_\_\_\_\_
2. The Capital City of Spain is Paris? \_\_\_\_\_
3. Butterflies are types of birds? \_\_\_\_\_
4. A group of monkeys is called a heard? \_\_\_\_\_
5. Oxygen is required to breathe? \_\_\_\_\_
6. World War II started in 1939? \_\_\_\_\_
7. The Olympics are held every 2 years? \_\_\_\_\_
8. There are seven days in a week? \_\_\_\_\_
9. A square has 4 sides? \_\_\_\_\_
10. Spiders have 5 legs? \_\_\_\_\_



# The letter 'D'

Name something that fits in the categories below, all of your answers should start with the letter D.

1. Actor/Actress

\_\_\_\_\_

2. Occupation / Job

\_\_\_\_\_

3. Food

\_\_\_\_\_

4. Sport

\_\_\_\_\_

5. Clothing

\_\_\_\_\_

6. Tool

\_\_\_\_\_

7. Flower

\_\_\_\_\_

8. Instrument

\_\_\_\_\_

9. Country

\_\_\_\_\_

10. Animal

\_\_\_\_\_

# Answers

Page 1. Letter game – here are a few answers there are many more:

Tail, Nail, Bail, Loaf, Sail, Sit, Foal

Page 2. Flags

1. Canada
2. Sweden
3. Scotland
4. Japan

Page 3. Sudoku

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

Page 4. Codebreaker

1. Water
2. Seaweed
3. Octopus

Page 6. Match the vegetable

1. B
2. C
3. D
4. A

# Answers

## Page 7. Finish the Movie Title

1. South Pacific
2. Back to the future
3. Snow White and the Seven Dwarves
4. Breakfast at Tiffany's
5. My Fair Lady
6. West Side Story
7. Annie Get Your Gun
8. Smokey and the Bandit
9. The Phantom of the Opera
10. Singin' in the rain

## Page 8. True or False Quiz

1. True
2. False
3. False
4. False
5. True
6. True
7. False
8. True
9. True
10. False

## Page 9 . The letter 'D'

1. Doris Day, Daniel Craig
2. Doctor, Dentist, Dressmaker
3. Dates, Doughnuts
4. Darts, Diving
5. Dress, Dungarees
6. Drill
7. Daffodil, Daisy
8. Drum
9. Denmark, Dominican Republic
10. Duck, Dog, Deer

# 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@royalvoluntaryservice.org.uk">kirkleesdementiasupport@royalvoluntaryservice.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>Oxfordshire:</b>	<a href="mailto:oxdementiasupport@royalvoluntaryservice.org.uk">oxdementiasupport@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>

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

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

Telephone:	<b>0800 888 6678</b>
Email:	<b><a href="mailto:helpline@dementiauk.org">helpline@dementiauk.org</a></b>
Monday – Friday:	9:00am-9:00pm
Saturday – Sunday:	9:00am-5:00pm

## **Alzheimer's Society**

England:	<b>0333 150 3456</b>
Welsh speaking:	<b>0330 0947 400</b>
Scotland (24hours):	<b>0808 808 3000</b>
Monday – Wednesday:	9:00am – 8:00pm
Thursday – Friday:	9:00am – 5:00pm
Saturday – Sunday:	10:00am – 4:00pm

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Registered charity 1015988 (England and Wales) & SC038924 (Scotland). All statistics and data correct at time of publication.

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