

Activity Pack

**ROYAL
VOLUNTARY
SERVICE**

Dementia Friendly

July 2026

Riddle

Follow the instructions below, cross out the words to reveal one word, which is the answer to this riddle.

“What has a face and hands, but no arms or legs?”

Cross out:

- 5 green vegetables
- 5 shapes
- 7 types of furniture
- 6 types of nuts

Leek	Table	Almond	Walnut	Oval	Bed
Pentagon	Clock	Peas	Triangle	Chair	Circle
Wardrobe	Peanut	Spinach	Cabinet	Broccoli	Cashew
Asparagus	Chestnut	Desk	Square	Hazelnut	Dresser

Name 5

For each topic, give 5 answers, or more if you wish.

1. Fruits

2. Countries

3. Sports

4. Colours

Word Scramble

All of the words below are jumbled up. Can you work out what flowers the letters below make?

1. ILLY

2. GLODRAIM

3. YOPPP

4. ANSPY

5. ULITP

6. FFODILDA

7. DASIY

8. VOILA

9. SORE

10. FLWOREUSN

Codebreaker

Use the key below to match up the numbers with the letter to spell out Musical Instruments.

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.

6	12	21	20	5

2.

7	21	9	20	1	18

3.

16	9	1	14	15

4.

20	18	21	13	16	5	20

Wordsearch

Can you find the ten animal words in the wordsearch?

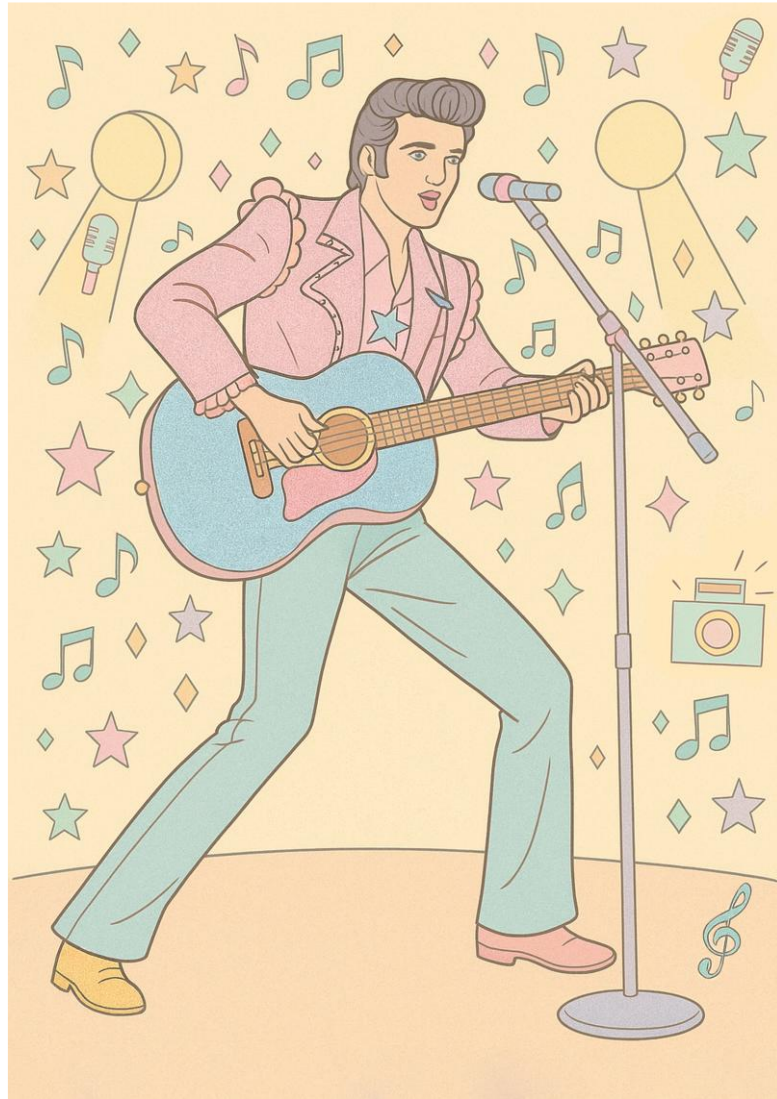
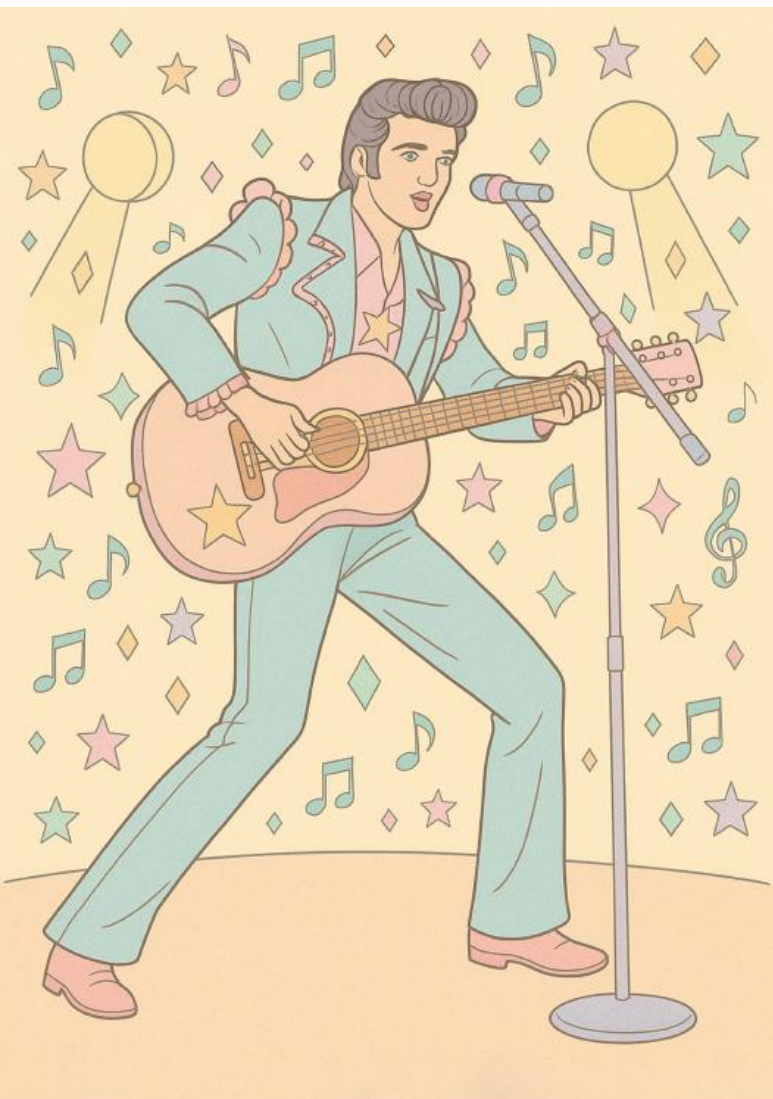
P	A	D	F	T	Y	N	J	I	K	C	L
E	S	D	T	Z	E	B	R	A	H	A	N
N	X	C	F	E	Q	G	B	X	U	T	J
G	R	F	C	A	H	L	P	W	Q	B	E
U	G	I	R	A	F	F	E	N	A	S	L
I	Y	J	D	F	K	E	O	C	X	M	E
N	F	T	E	T	N	A	D	O	G	S	P
M	S	F	I	E	A	N	B	D	S	I	H
X	O	H	Q	G	V	Y	T	O	P	R	A
H	R	N	A	F	E	H	H	L	S	A	N
N	S	T	K	N	M	R	A	B	B	I	T
A	I	G	C	E	B	A	J	N	M	U	U
L	E	H	J	K	Y	I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

CAT
DOG
ELEPHANT
GIRAFFE
LION

MONKEY
PENGUIN
RABBIT
TIGER
ZEBRA

Spot the Difference

There are 10 differences between the two Elvis images, can you find them all?



Name the Landmark

Name the famous landmarks in the images below.
You could also add the Country they are found in.

1.



2.



3.



4.



Finish the saying

Can you finish these popular sayings?

1. A problem shared is a problem _____

2. A watched pot never _____

3. Another day, another _____

4. Be careful what you wish _____

5. Better late than _____

6. Cold hands, warm _____

7. Don't throw good money after _____

8. Each to their _____

9. First things _____

10. Great minds think _____

Famous people

Complete the well-known singer's name.

1. Frank _____
2. Nat _____ Cole
3. _____ Presley
4. Diana _____
5. David _____
6. Stevie _____
7. _____ John
8. Marvin _____
9. _____ Mercury
10. Aretha _____

Answers

Page 1. Riddle

Clock

Page 3. Word Scramble

1. Lily
2. Marigold
3. Poppy
4. Pansy
5. Tulip
6. Daffodil
7. Daisy
8. Viola
9. Rose
10. Sunflower

Page 4. Codebreaker

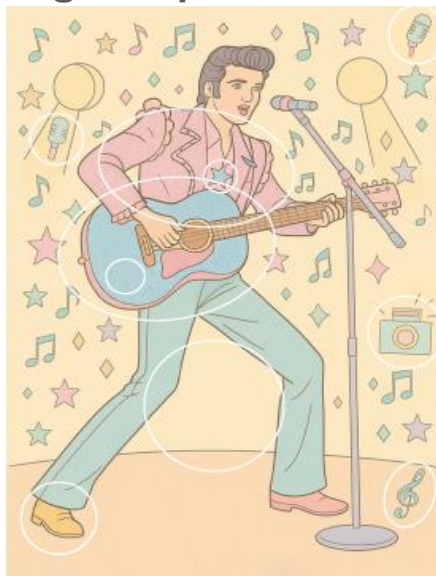
1. Flute
2. Guitar
3. Piano
4. Trumpet

Page 5. Wordsearch

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

Answers

Page 6. Spot the Difference



Page 7. Name the Landmark

1. Statue of Liberty, USA
2. Big Ben, UK
3. Sydney Opera House, Australia
4. Stonehenge, UK

Page 8. Finish the saying

- | | |
|-----------|-----------|
| 1. Halved | 6. Heart |
| 2. Boils | 7. Bad |
| 3. Dollar | 8. Own |
| 4. For | 9. First |
| 5. Never | 10. Alike |

Page 9. Famous people

- | | |
|------------|--------------|
| 1. Sinatra | 6. Wonder |
| 2. King | 7. Elton |
| 3. Elvis | 8. Gaye |
| 4. Ross | 9. Freddie |
| 5. Bowie | 10. Franklin |

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:

Scottish Borders:	scottishbordershub@royalvoluntaryservice.org.uk
Northumberland:	northumberlandhub@royalvoluntaryservice.org.uk
Kirklees:	kirkleesdementiasupport@royalvoluntaryseaddrvice.org.uk
Doncaster:	doncasterdementiasupport@royalvoluntaryservice.org.uk
Staffordshire:	stdementiasupport@royalvolutaryservice.org.uk
Leicestershire:	leicestershiredementiasupport@royalvoluntaryservice.org.uk
Birmingham:	birminghamdementiasupport@royalvoluntaryservice.org.uk
South Wales:	dementiaclubwales@royalvoluntaryservice.org.uk
Dundee:	dundeedementiasupport@royalvoluntaryservice.org.uk
Sussex:	lancingdementiasupport@royalvoluntaryservice.org.uk
Leeds:	leedsdementiasupport@royalvoluntaryservice.org.uk

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
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.

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