

ACTIVITY PACK

Dementia Friendly

May 2025

Number Puzzles

The total of each row and column add up to 21,
can you fill in the missing gaps?

| | | | |
|----|----|----|----|
| 9 | | 5 | 21 |
| 8 | 10 | | 21 |
| | 4 | | 21 |
| 21 | 21 | 21 | |

| | | | |
|----|----|----|----|
| 2 | 9 | | 21 |
| 11 | | 6 | 21 |
| | 8 | | 21 |
| 21 | 21 | 21 | |

| | | | |
|----|----|----|----|
| 6 | | 8 | 21 |
| | 3 | | 21 |
| 9 | | 1 | 21 |
| 21 | 21 | 21 | |

Famous Pairs

Match the words on the left to their duo on the right. The first one has been done for you.

1. Tom

Louise

2. Fred

Juliet

3. Ant

Wise

4. Romeo

Jerry

5. Laurel

Cher

6. Batman

Minnie

7. Thelma

Dec

8. Morecambe

Ginger

9. Sonny

Hardy

10. Mickey

Robin

Wordsearch

It is National Biscuit Day on 29th May, in the wordsearch below there are ten types of biscuits to find.

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

Bourbon

Cookie

Custard Cream

Digestive

Hobnob

Jammie Dodger

Party Rings

Rich Tea

Shortbread

Wafers

Spot the Difference

Can you find 10 differences between the two images below?



Finish the Song

Finish the song lyrics below.

1. Gimme that night _____
2. Summer days drifting _____
3. Ooh my little pretty one _____
4. Cause this is thriller, _____
5. Ground Control to _____
6. And I think it's gonna be a _____
7. Heathcliff, it's me, _____
8. Strumming my pain with _____
9. Thank you for the music _____
10. Don't stop me now, _____

Name the headwear

Name the type of headwear shown in the pictures below.

1.



2.



3.

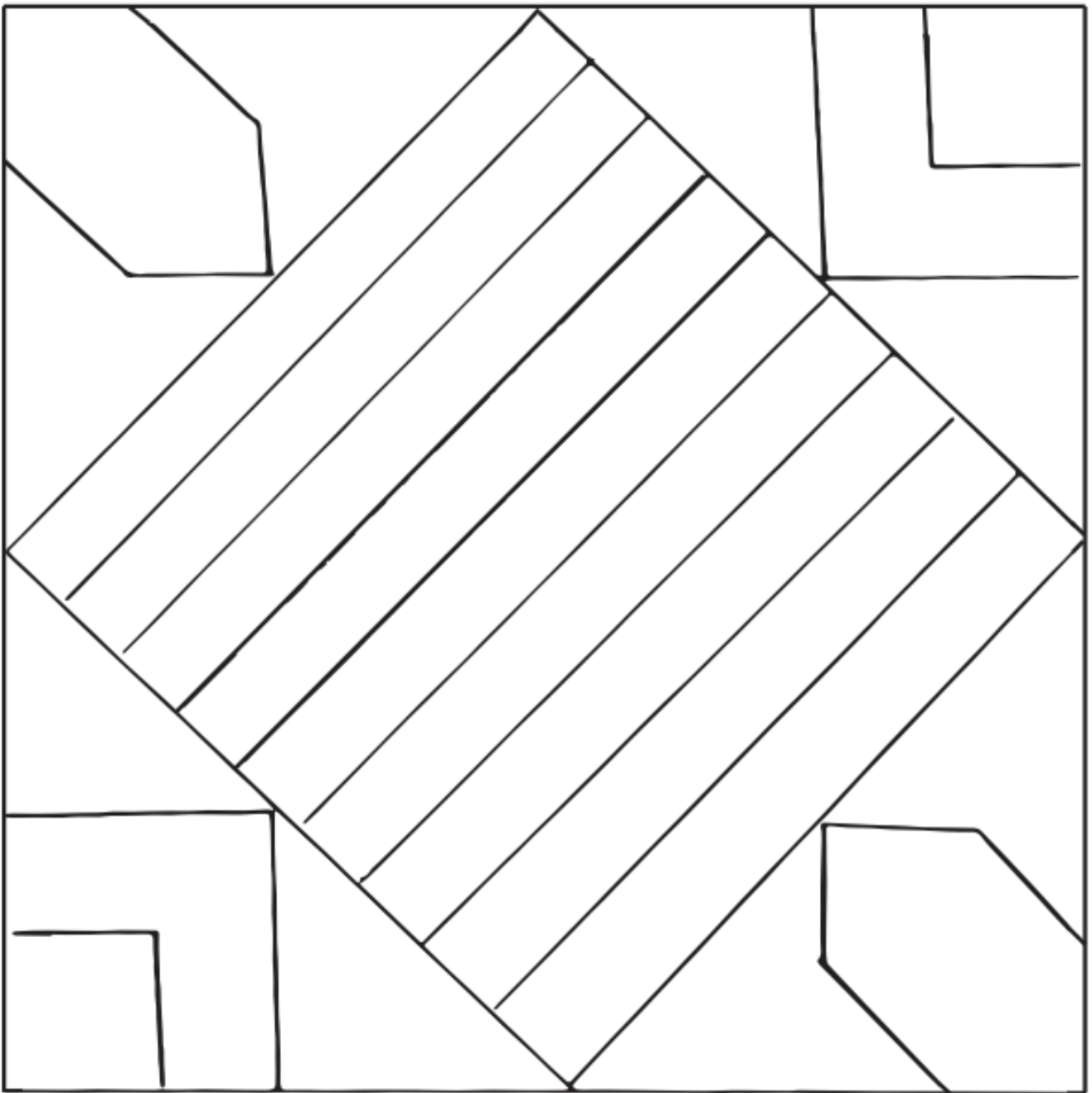


4.



Colouring

Colour in the image below in anyway you like



Opposites

Give the opposite of the words written below.

1. Up _____

2. Light _____

3. Front _____

4. Fast _____

5. In _____

6. Empty _____

7. Sweet _____

8. Open _____

9. Short _____

10. North _____

Pictures and numbers

Each picture has a number attached to it, to help you work out the puzzles below.



1.  +  +  =

2.  +    +  =

3.    +    +    =

4.  +  +    =

Answers

Page 1. Number Game

| | | | |
|----|----|----|----|
| 9 | 7 | 5 | 21 |
| 8 | 10 | 3 | 21 |
| 4 | 4 | 13 | 21 |
| 21 | 21 | 21 | |

| | | | |
|----|----|----|----|
| 2 | 9 | 10 | 21 |
| 11 | 4 | 6 | 21 |
| 8 | 8 | 5 | 21 |
| 21 | 21 | 21 | |

| | | | |
|----|----|----|----|
| 6 | 7 | 8 | 21 |
| 6 | 3 | 12 | 21 |
| 9 | 11 | 1 | 21 |
| 21 | 21 | 21 | |

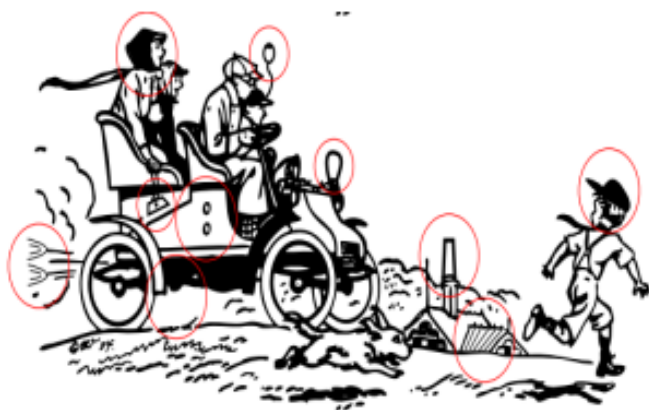
Page 2. Famous Pairs

1. Tom and Jerry
2. Fred and Ginger
3. Ant and Dec
4. Romeo and Juliet
5. Laurel and Hardy
6. Batman and Robin
7. Thelma and Louise
8. Morecambe and Wise
9. Sonny and Cher
10. Mickey and Minnie

Page 3. Wordsearch

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

Page 4. Spot the Difference



Answers

Page 5. Finish the song

1. Fever, night fever. We know how to do it.
2. Away, to-ah. Oh the summer nights. Well-a, well-a, well-a, huh.
3. Pretty one, when you gonna give me some time Sharona?
4. Thriller night.
5. Major Tom.
6. long long time, till touch down brings me round again to find.
7. I'm Cathy, I've come home.
8. His fingers, singing my life with his words, Killing me softly with his song.
9. The songs I'm singing
10. I'm having such a good time, I havin' a ball.

Page 6. Name the headwear

1. Top hat
2. Beret
3. Flat cap
4. Cowboy hat

Page 8. Opposites

1. Up / Down
2. Light / Dark
3. Front / Back
4. Fast / Slow
5. In / Out
6. Empty / Full
7. Sweet / Sour
8. Open / Close
9. Short / Tall
10. North / South

Page 9. Pictures and numbers

1. 11
2. 16
3. 18
4. 14

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: | dementioclubwales@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

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