

ACTIVITY PACK

Dementia Friendly

July 2024



Number Puzzles

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

5		8	21
	4		21
6			21
21	21	21	

	3	6	21
4		10	21
	11		21
21	21	21	

2		10	21
	3		21
11		1	21
21	21	21	

Riddles

The clues below will leave one word in the word grid to answer this riddle:

What goes up and down but never moves?

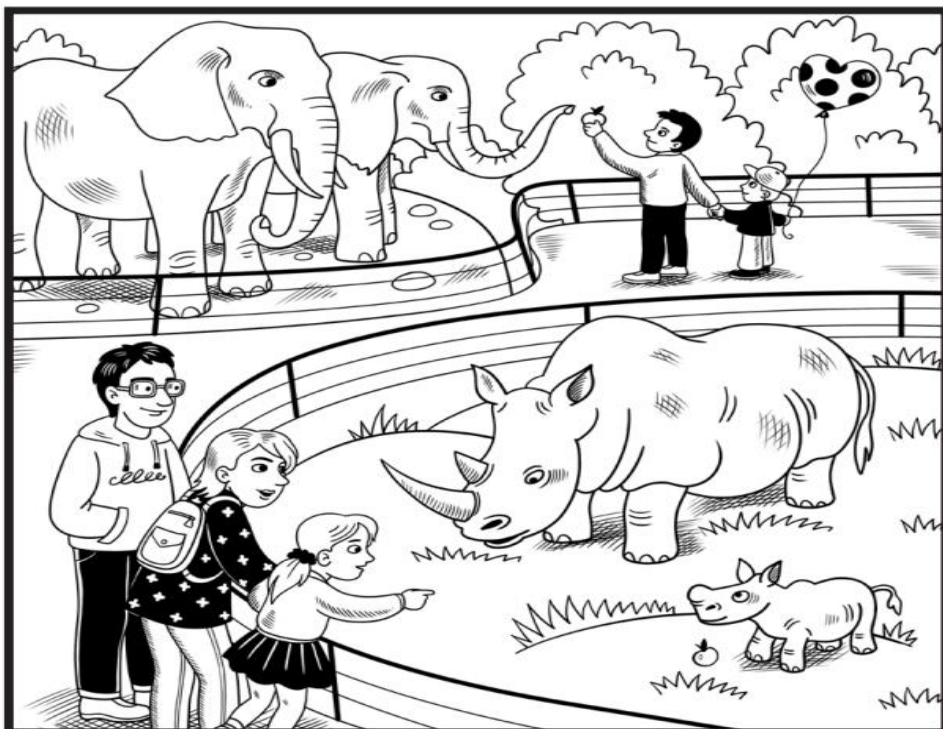
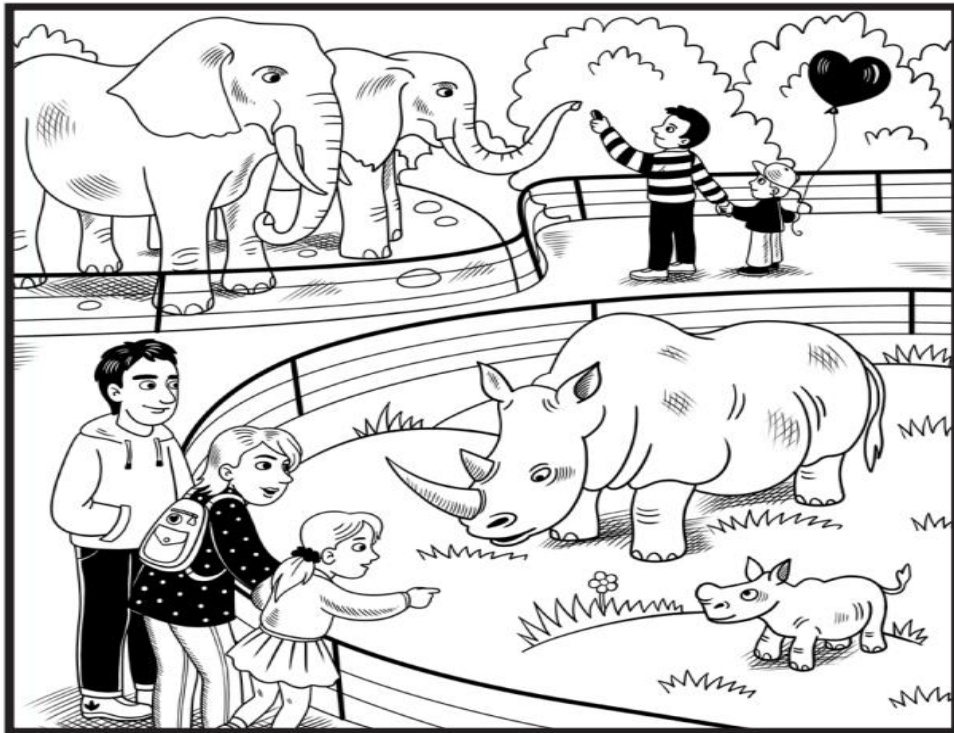
Cross out:

- 5 types of trees
- 6 musical instruments
- 4 vegetables
- 5 things that are green
- 4 sports

Guitar	Rugby	Carrot	Frog	Birch
Grass	Maple	Emerald	Cricket	Basil
Turnip	Crocodile	Oak	Trumpet	Football
Violin	Harp	Staircase	Flute	Willow
Pine	Piano	Broccoli	Tennis	Parsnip

Spot the difference

Can you find all ten differences between the two images below?



Olympic Games Quiz

The Olympic Games open on the 26th July 2024, here are some questions about the Olympics over the years.

1. In which country were the very first summer Olympic Games held?

2. How often are the Olympic Games held?

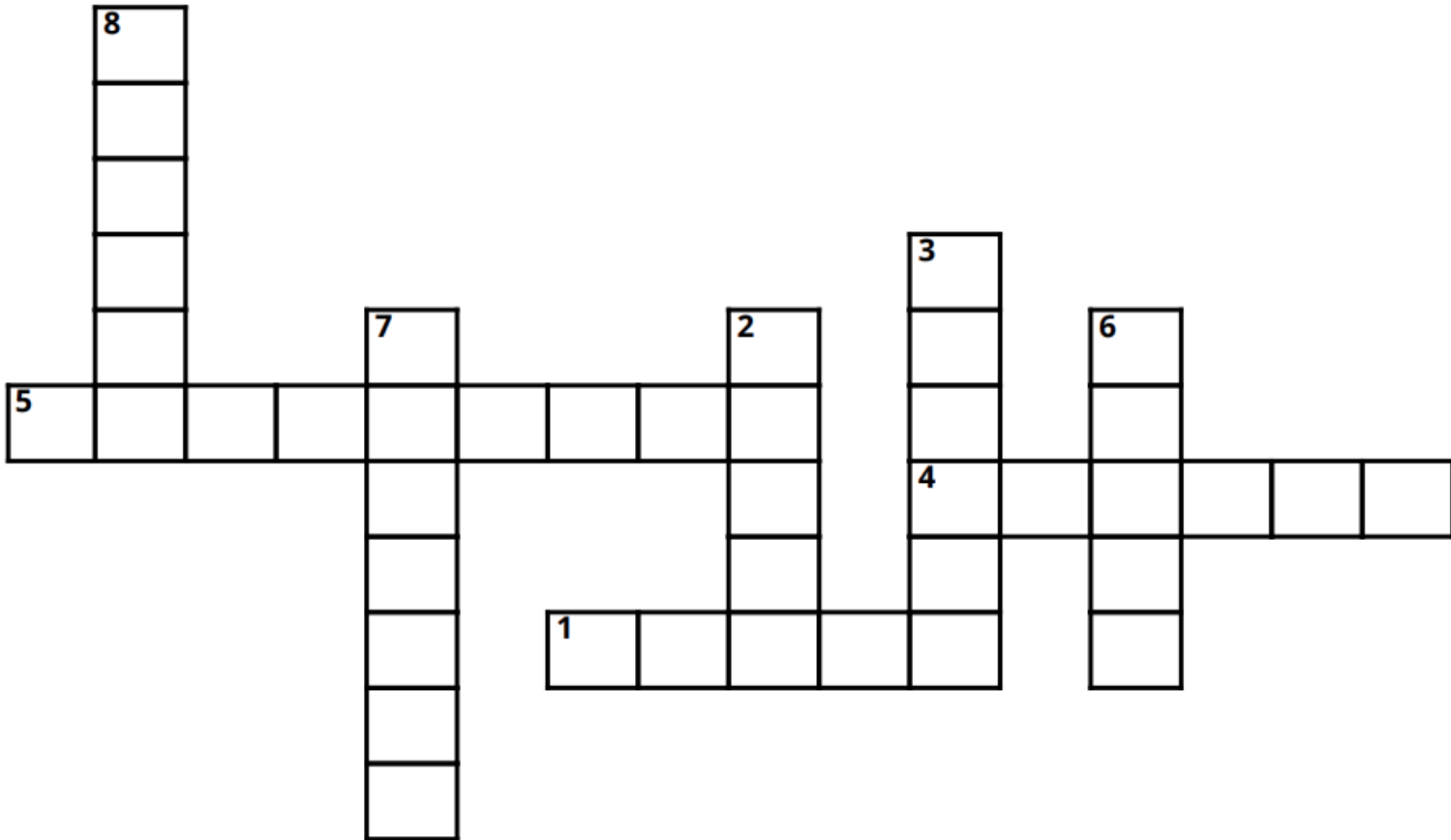
3. How many rings does the Olympic flag have?

4. What colours are the Olympic rings?

5. What three movements is the triple jump made up of?

6. Which country is hosting the Olympic Games this year?

Crossword



Across

- 1. Someone who flies planes - 5
- 4. Animal that swings in trees - 6
- 5. Someone who lives next door - 9

Down

- 2. Babies do this before they walk - 5
- 3. A hat worn by cyclists - 6
- 6. Move in time to music - 5
- 7. Soap for washing hair - 7
- 8. A shape with 4 sides - 6

Opposites

For each word below, give the word with the opposite meaning.

1. True

2. Hot

3. Strong

4. Winner

5. Agree

6. Hard

7. Clean

8. Expensive

9. Full

10. Danger

Name the Instrument

Name the instrument in each photo. Put your answer in the box below each image.

1.



2.



3.



4.



Wordsearch

World Ice Cream day will be held on the 21st July, can you find all the ice cream related words in the grid below?

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

Chocolate
Cone
Flake
Frozen
Ice Cream

Marshmallow
Sprinkles
Strawberry
Sundae
Vanilla

Name 5

For each topic, give 5 answers, or more if you can!

1. Sports

2. Tools

3. Countries

4. Flowers

Answers

Page 1. Number Puzzles

5	8	8	21
10	4	7	21
6	9	6	21
21	21	21	

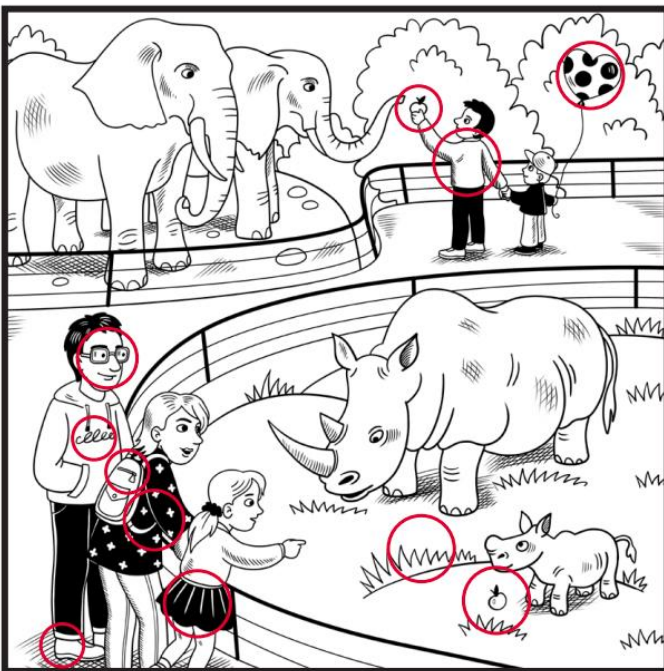
12	3	6	21
4	7	10	21
5	11	5	21
21	21	21	

2	9	10	21
8	3	10	21
11	9	1	21
21	21	21	

Page 2. Riddles

Answer: Staircase

Page 3. Spot the Difference

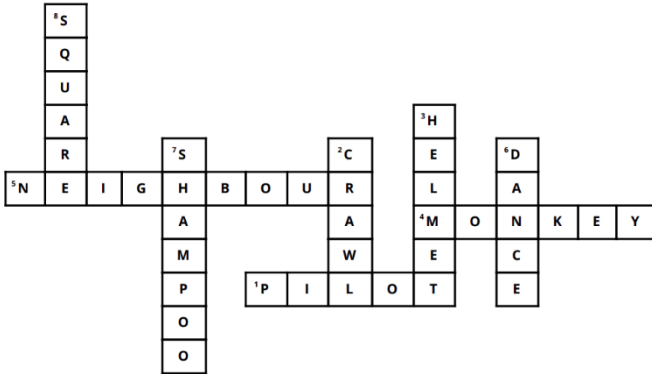


Page 4. Olympic Games Quiz

1. Greece
2. Every 4 years
3. Five
4. Blue, Yellow, Black, Green and Red.
5. Hop, Step/Skip and Jump
6. France (Paris for an extra point)

Answers

Page 5. Crossword



Page 6. Opposites

1. False
2. Cold
3. Weak
4. Loser
5. Disagree
6. Soft
7. Dirty
8. Cheap
9. Empty
10. Safe/Safety

Page 7. Name the Instrument

1. Saxophone
2. Harp
3. Trumpet
4. Clarinet

Page 8. Wordsearch

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

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@royalvoluntaryservice.org.uk
Doncaster:	doncasterdementiasupport@royalvoluntaryservice.org.uk
Staffordshire:	stdementiasupport@royalvoluntaryservice.org.uk
Leicestershire:	leicestershiredementiasupport@royalvoluntaryservice.org.uk
Birmingham:	birminghamdementiasupport@royalvoluntaryservice.org.uk
South Wales:	dementiaclubwales@royalvoluntaryservice.org.uk
Oxfordshire:	oxdementiasupport@royalvoluntaryservice.org.uk
Dundee:	dundeedementiasupport@royalvoluntaryservice.org.uk
Sussex:	lancingdementiasupport@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.
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SERVICE**