

# ACTIVITY PACK

Dementia Friendly

ROYAL  
VOLUNTARY  
SERVICE

September 2024



## Letter game

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

E	M	S
B	O	L
T	H	D

Answers:

# Complete the saying

Fill in the missing word from the sayings below.

1. The apple of my \_\_\_\_\_.
2. \_\_\_\_\_ the record.
3. A \_\_\_\_\_ for sore eyes.
4. \_\_\_\_\_ make the heart grow fonder.
5. Bee in your \_\_\_\_\_.
6. \_\_\_\_\_ peas in a pod.
7. There's no place like \_\_\_\_\_.
8. A problem \_\_\_\_\_, is a problem halved.
9. \_\_\_\_\_ time lucky.
10. Time \_\_\_\_\_, when you're having fun.

# The letter 'B'

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

1. Fruit

\_\_\_\_\_

2. Job / Occupation

\_\_\_\_\_

3. Animal

\_\_\_\_\_

4. Colour

\_\_\_\_\_

5. Food Item

\_\_\_\_\_

6. Country

\_\_\_\_\_

7. Sport

\_\_\_\_\_

8. Tree

\_\_\_\_\_

9. Breed of dog

\_\_\_\_\_

10. Instrument

\_\_\_\_\_

# Spot the Difference

Can you find the 10 differences between the two images below?



# True or False Quiz

Are the following questions true or false?

1. An Octopus has 5 legs \_\_\_\_\_

2. There are seven days in a week \_\_\_\_\_

3. The Capital of Spain is Madrid \_\_\_\_\_

4. Ears help you smell \_\_\_\_\_

5. French is the official language of France  
\_\_\_\_\_.

6. World War II started in 1956 \_\_\_\_\_

7. Chameleons can change the colour of their  
body  
\_\_\_\_\_.

8. A triangle has three sides \_\_\_\_\_.

9. The offspring of frogs are Tadpoles  
\_\_\_\_\_.

# 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.

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

# Name the Animal

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

1.



2.



3.



4.



# Codebreaker

Use the key below to spell out things you might like to eat. 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.

3	1	11	5

2.

13	9	14	3	5	16	9	5

3.

19	1	14	4	23	9	3	8



# Three Things

What do the groups of three words have in common?

1. Chair, Bed, Wardrobe \_\_\_\_\_

2. Wednesday, Monday, Tuesday \_\_\_\_\_

3. Pen, Pencil, Paper \_\_\_\_\_

4. Tulip, Sunflower, Daffodil \_\_\_\_\_

5. Camembert, Cheddar, Brie \_\_\_\_\_

6. Tea, Coffee, Lemonade \_\_\_\_\_

7. One, Five, Ten \_\_\_\_\_

8. Ford, Skoda, Vauxhall \_\_\_\_\_

9. Dress, Shirt, Jumper \_\_\_\_\_

10. Apple, Blueberry, Orange \_\_\_\_\_

# Answers

## Page 2. Complete the saying

1. Eye
2. Off
3. Sight
4. Absence
5. Bonnett
6. Two
7. Home
8. Shared
9. Third
10. Flies

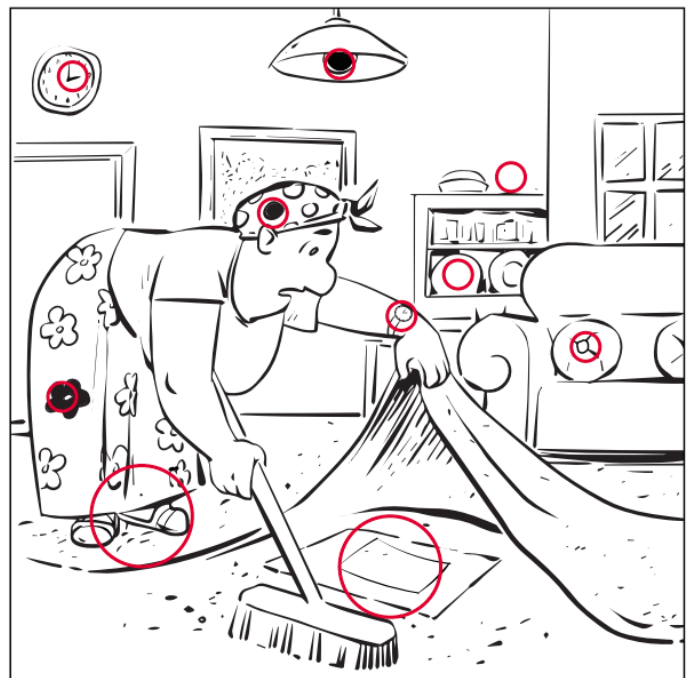
## Page 3. The letter 'B' (There are many more)

1. Banana, Blueberry
2. Barber, Barrister
3. Bear, Badger
4. Brown, Beige
5. Biscuit, Beansprouts
6. Barbados, Bulgaria
7. Boxing, Badminton
8. Beech, Birch
9. Beagle, Bulldog
10. Bagpipes, Banjo

## Page 5. True or False Quiz

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

## Page 4. Spot the Difference



# Answers

## Page 6. Sudoku

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

## Page 7. Name the animal

1. Zebra
2. Elephant
3. Rhinoceros
4. Giraffe

## Page 8. Codebreaker

1. Cake
2. Mince Pie
3. Sandwich

## Page 9. Three things

1. Items of furniture
2. Days of the week
3. Stationery items
4. Flowers
5. Types of cheese
6. Drinks
7. Numbers
8. Car brands
9. Items of clothing
10. Fruits

# 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>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>
<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

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