

ACTIVITY PACK

Dementia Friendly



July 2025

Letter Game

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

A	S	T
E	M	G
N	H	R

Answers:

World Flags

Name the country of each flag below:

1.



2.



3.



4.



5.



6.



Three Things

What do each set of three words have in common?

1. Digestive, Bourbon, Custard Cream

2. September, June, May

3. Brie, Cheddar, Mozzarella

4. Marigold, Tulip, Pansy

5. Tie, Trousers, Jumper

6. Orange, Plum, Banana

7. Car, Train, Bus

8. India, Finland, Australia

9. One, Seven, Ten

10. Arm, Leg Shoulder

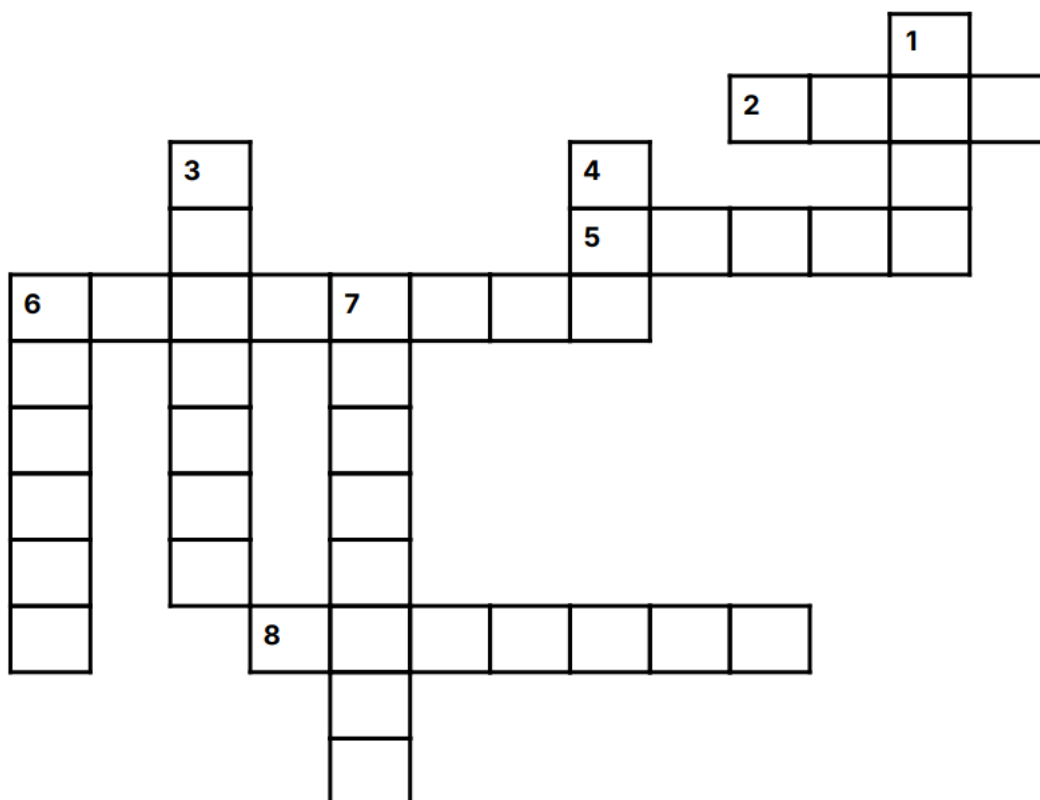
Colouring

Colour in the picture below in anyway you like.



Crossword

Complete the crossword below, all the answers are linked to the weather.



Across

- 2. Water falling from the sky (4)
- 5. Grey or white mass in the sky (5)
- 6. Direct light from the sun (8)
- 8. Colourful arc in the sky after rain (7)

Down

- 1. Gust of air moving at speed (4)
- 3. The start of the day when light first appears (7)
- 4. Solid form of water (3)
- 6. The end of the day when the sun fades (6)
- 7. Extended period of hot weather (8)

Alphabets

As Wimbledon Tennis Championship is held in July, can you put all the Tennis related words into alphabetical order?

Ball	Net	Rally	Serve
Volley	Court	Advantage	Deuce
Set	Racket	Fault	Game

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

Matching Pairs

Match the word in the first column to its matching pair in the second column, the first one has been done for you.

Salt

Pans

Bed

Breakfast

Bow

Eggs

Rock

Butter

Peace

Pepper

Toss

Quiet

Bread

Roll

Pots

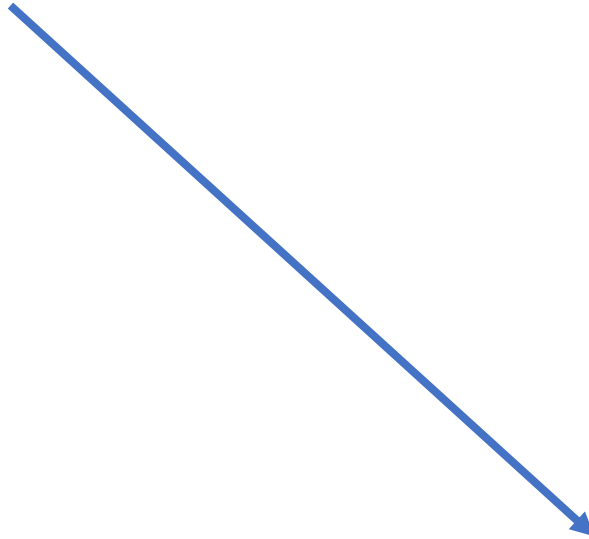
Turn

Ham

Sour

Sweet

Arrow



Animal Quiz

All the questions below are about animals, the first letter of the answer has been given as a clue.

1. A group of lions is called a P_____?
2. A caterpillar develops into a B_____?
3. A baby cow is called a C_____?
4. Food that Panda's eat? B_____
5. What marine animal are Pearls found in?
O_____
6. A baby swan is called a C_____?
7. A female deer is called a D_____?

Finish the Movie Title

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

1. Calamity _____
2. _____ and the Tramp
3. Peter _____
4. Crocodile _____
5. The Karate _____
6. _____ in the rain
7. _____ Pacific
8. Mamma _____
9. Back to the _____
10. Jurassic _____

Answers

Page 1. Letter Game. Here are a few answers, there are many more:

Game, Mate, Shame, Get, Hare, Team, Same, Tram, Great, Stream.

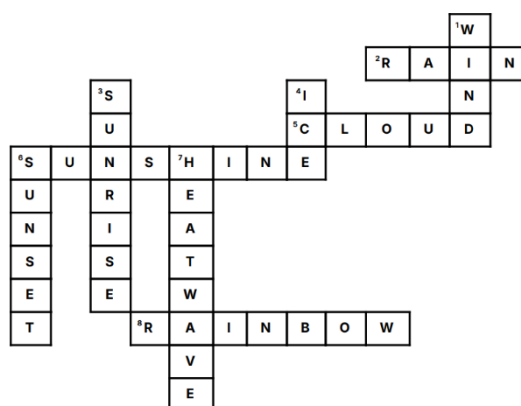
Page 2. World Flags

1. Ukraine
2. Spain
3. England
4. Turkey
5. Portugal
6. Germany

Page 3. Three Things

1. Biscuits
2. Months of the year
3. Types of Cheeses
4. Flowers / Plants
5. Clothing Items
6. Fruits
7. Modes of Transport
8. Countries
9. Numbers
10. Body parts

Page 5. Crossword



Page 6. Alphabets

- | | |
|--------------|------------|
| 1. Advantage | 8. Racket |
| 2. Ball | 9. Rally |
| 3. Court | 10. Serve |
| 4. Deuce | 11. Set |
| 5. Fault | 12. Volley |
| 6. Game | |
| 7. Net | |

Answers

Page 7. Matching Pairs

1. Salt and Pepper
2. Bed and Breakfast
3. Bow and Arrow
4. Rock and Roll
5. Peace and Quiet
6. Toss and Turn
7. Bread and Butter
8. Pots and Pans
9. Ham and Eggs
10. Sweet and Sour

Page 8. Animal Quiz

1. Pride
2. Butterfly
3. Calf
4. Bamboo
5. Oysters
6. Cygnet
7. Doe

Page 9. Finish the Movie Title

1. Calamity Jane
2. Lady and the Tramp
3. Peter Pan
4. Crocodile Dundee
5. The Karate Kid
6. Singin' in the rain
7. South Pacific
8. Mamma Mia
9. Back to the future
10. Jurassic Park

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

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