

# ACTIVITY PACK



**Dementia Friendly**

**June 2025**

## Riddles

1. What gets wetter as it dries you?

\_\_\_\_\_

2. What can you catch and pass onto others, but not throw?

\_\_\_\_\_

3. What has to be broken before you can eat it?

\_\_\_\_\_

4. You go on green and stop on red, what am I?

\_\_\_\_\_

# The letter 'H'

Name something that fits into the categories below, starting with the letter H.

1. Animal

\_\_\_\_\_

2. Name

\_\_\_\_\_

3. Job/Occupation

\_\_\_\_\_

4. Country

\_\_\_\_\_

5. Mode of Transport

\_\_\_\_\_

6. Hobby

\_\_\_\_\_

7. Fish

\_\_\_\_\_

8. Drink

\_\_\_\_\_

9. Clothing

\_\_\_\_\_

10. Sport

\_\_\_\_\_

# Word Scramble

It is Healthy Eating Week in June. Unscramble the letters below spell out types of fruit and vegetables.

1. RROCAT

\_\_\_\_\_

2. BNANAA

\_\_\_\_\_

3. PPLEA

\_\_\_\_\_

4. REPPEP

\_\_\_\_\_

5. MROOMUSH

\_\_\_\_\_

6. KEEL

\_\_\_\_\_

7. RGANEO

\_\_\_\_\_

8. RAPGE

\_\_\_\_\_

9. NIONO

\_\_\_\_\_

10. LUMP

\_\_\_\_\_

# Finish the Saying

Fill in the blanks in the sayings below.

1. The ball is in your \_\_\_\_\_.
2. Hit the nail on the \_\_\_\_\_.
3. Better \_\_\_\_\_ than never.
4. Costs an arm and a \_\_\_\_\_.
5. Never in a \_\_\_\_\_ years.
6. A \_\_\_\_\_ for your thoughts.
7. That's the \_\_\_\_\_ straw.
8. What goes around, comes \_\_\_\_\_
9. Keep your chin \_\_\_\_\_.
10. Easier \_\_\_\_\_ than done.

# Sudoku

Fill in each 3 x 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 x 3 square.

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

# True or False

Are the following questions, true or false?

1. Spiders have four legs. \_\_\_\_\_
2. The Capital city of France is Paris. \_\_\_\_\_
3. There are 365 days in a non-leap year.  
\_\_\_\_\_
4. The Eiffel Tower is located in England.  
\_\_\_\_\_
5. The Great Fire of London happened in 1666.  
\_\_\_\_\_
6. The River Thames is in Scotland. \_\_\_\_\_
7. The national flower of Wales is the Daffodil.  
\_\_\_\_\_

# Wordsearch

In the wordsearch below there are ten countries to find.

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

**Brazil**

**China**

**Denmark**

**Egypt**

**Finland**

**Greece**

**Iceland**

**Italy**

**Jamaica**

**Portugal**

# Matching game

All the words below have the word 'Bee' in them.  
Match them to their right description.

**Beehive**

a) A short high-pitched noise, usually from a horn.

**Frisbee**

b) A structure where honeybee live and build their nests

**Beetle**

c) A gliding toy, that skims through the air.

**Beep**

d) A type of insect.



# Codebreaker

Use the key below to spell out things you find in the Sea/Ocean. 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.

|    |   |   |    |    |
|----|---|---|----|----|
| 19 | 8 | 1 | 18 | 11 |
|    |   |   |    |    |

2.

|    |   |   |    |   |   |   |
|----|---|---|----|---|---|---|
| 19 | 5 | 1 | 23 | 5 | 5 | 4 |
|    |   |   |    |   |   |   |

3.

|   |    |    |   |    |
|---|----|----|---|----|
| 3 | 15 | 18 | 1 | 12 |
|   |    |    |   |    |

# Answers

## Page 1. Riddles

1. A towel
2. A cold
3. An egg
4. Traffic light

## Page 2. The letter 'H' – there are many more answers, but here are a few.

1. Horse, Hippo
2. Helen, Horrace, Harriet
3. Hairdresser, Historian, Housekeeper
4. Hungary, Haiti, Honduras
5. Helicopter, Horse
6. Hiking, Horticulture, Horseback riding
7. Haddock, Herring, Hake
8. Horlicks, Hot chocolate
9. Hat, Hoodie
10. Handball, Horse riding, Hammer throw

## Page 3. Word Scramble

1. Carrot
2. Banana
3. Apple
4. Pepper
5. Mushroom
6. Leek
7. Orange
8. Grape
9. Onion
10. Plum

# Answers

## Page 4. Finish the saying

1. Court
2. Head
3. Late
4. Leg
5. Million
6. Penny
7. Last/final
8. Around
9. Up
10. Said

## Page 5. Sudoku

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

## Page 6. True or False

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

## Page 7. Wordsearch

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

## Page 8. Matching game

1. Beehive – b
2. Frisbee – c
3. Beetle – d
4. Beep – a

## Page 9. Codebreaker

1. Shark
2. Seaweed
3. Coral

# 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@royalvolutaryservice.org.uk">stdementiasupport@royalvolutaryservice.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:dementioclubwales@royalvoluntaryservice.org.uk">dementioclubwales@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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Registered charity 1015988 (England and Wales) & SC038924 (Scotland). All statistics and data correct at time of publication.

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