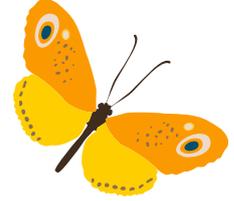




# Summer *activity* book

A collection of fun activities to help keep you  
and your family busy this summer





# The Home Instead *Activity* Book

Your home is where you feel the most comfortable and the happiest. It's the place you know the best. Why would you move away from the place you love if you are faced with needing some extra care and support as you age? If you want to stay living comfortably at home, we can help you make that choice an informed one.

Let's face it, nobody wants to talk about age. But we believe it should be celebrated, not feared. Ageing doesn't have to be challenging. Not for older people and not for their families. We can offer you a choice of living a happy and fulfilled life in your own home. We do this with tailored, personal and adaptable home support based on what you and your loved ones need.

Care at home is all about helping older people to stay connected to their community in a cost-effective way that is practical for all involved, including families. Helping you and those closest to you make a considered choice means we can help to make sure family time is quality time.

We are Home Instead. We are changing the UK's attitude to care and to ageing with our distinctive approach to supporting people at home.

To contact your local office call us on **020 8746 1213**  
or visit **[www.homeinstead.co.uk/hammersmith-chiswick](http://www.homeinstead.co.uk/hammersmith-chiswick)**



# Our Services

## Tailor Made Care at Home

From a few hours a day, up to 24 hours 7 days a week we provide a full care service to match the needs of the individual, which includes the following:

### Companionship Services

- Offer companionship and conversation
- Arrange appointments
- Monitor diets and eating
- Stimulate mental awareness
- Escort to appointments
- Escort to entertaining events
- Participate in hobbies and crafts
- Assist with clothing selection
- Accompany to neighbours and friends
- Plan visits, outings and trips
- Help with reading
- Reminisce about the past

### Personal Care Services

- Help with bathing and grooming
- Assist with dressing
- Hair Washing and styling
- Oral Hygiene
- Monitor and organise foot care
- Skin and Pressure area Care
- Assist with morning/wake up
- Assist with evening/tuck in
- Help with incontinence care

### Medical Care

- Administering medication and collecting prescriptions
- Preparing data for specialist nurses
- Monitoring blood Pressure
- Technology assisted care
- Peg Feeding
- Catheter Care

### Home Help Services

- Provide light housekeeping
- Organise wardrobes and cupboards
- Supervise home maintenance
- Oversee home deliveries
- Help with general shopping
- Meal preparation and tidy away
- Check food expiry dates
- Care for pets and houseplants
- Drop off and collect dry cleaning

### Dementia Care

- Managing challenging behaviour
- Reminiscence and mental stimulating activities
- Assessment and ongoing support by a specialist Nurse
- Liaising with memory team
- Implementing Interventions and monitoring outcome
- Administering treatment and monitoring side effects

### Live In Care

- Around the clock care in your own place and alternative to nursing home

### Palliative and End of life Care

- Our Palliative care is delivered by specially trained Care Givers planned and monitored by qualified nurses

\*Care is provided by specially trained Care Givers.



# My *acrostic* summer poem

Write one sentence about summer starting with the letters in the word. Can you make it rhyme?

S \_\_\_\_\_

U \_\_\_\_\_

M \_\_\_\_\_

M \_\_\_\_\_

E \_\_\_\_\_

R \_\_\_\_\_

## *Positive* thinking

The power of positive thinking can greatly benefit our mood...spring and summer traditionally bring hope to people in northern climes. The days are getting longer and it's warm enough to be outside, even in the evenings, without being wrapped up in heavy coats and boots. On the lines below, write 3 positive things about summer. Try to carry this positive outlook throughout these seasons, even if the weather is sometimes disappointing. Cut out this page and pin it to your fridge to remind you.

My *favourite* ever summer was...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



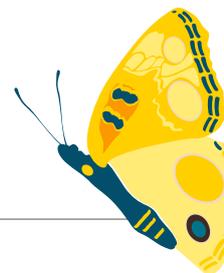
I *love* summer because...

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What I like doing *best* in summer is...



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# Here are some simple ways to bring a little joy to your *summer*

1. Learn a summer poem or write one yourself! Use our acrostic poem guide to help you (turn to page 4)
2. Pick some flowers and put them in a vase!
3. Write your favourite things about summer. (turn to page 5)
4. Make some cool fruity smoothie lollies!
5. Colour in a flowery scene. (turn to page 6)
6. Try some of our recipes perfect for summer! (turn to page 7)
7. Complete a summer crossword. (turn to page 8)
8. Do our summer word search. (turn to page 10)
9. Try our quizzes and summer-themed anagrams. (turn to pages 11 & 13)
10. Do our seaside spot the differences. (turn to page 12)
11. Plan something nice to do with a friend or family member during summer.
12. Think of a summer song (Summertime, Oh I do like to be Beside the Seaside, Under the Boardwalk), learn the words and sing them in the shower!
13. Make a daisy chain necklace and bracelet.
14. Wrap a birthday present in pretty paper for a loved one.
15. Watch a summer themed movie.
16. Design a summer t-shirt for a child in your family.
17. Think of a happy holiday memory you have. Smile about it or call a friend to share it with.
18. Complete our summer themed word search.
19. Do a garden birdwatch: sit in your garden or look out of your window for an hour and list the birds you see.
20. Do a garden butterfly watch: sit in your garden or look out of your window for an hour and count the number of butterflies you see.
21. Find a flowery bush where the bees are busy and watch their antics.
22. Plant up a window box or a garden trough with spring bedding then replace this later with summer bedding.
23. Make a birthday card for a neighbour or someone you love.
24. Sit in the dark in the evening with a light on in your garden or on your windowsill and watch the moths gather!
25. Stand in your garden or sit by your window at night in the dark and listen for the sounds of insects and small mammals.



# Delicious *summer* recipes



Nice and easy recipes that everyone will enjoy on a beautiful Summer's day.

## Chicken and fruit pasta salad

### *Ingredients*

- 60g pasta shapes per person
- 2 tbs olive oil
- 300g cooked chicken or chopped hard boiled eggs
- Juice of a lemon
- 1 banana, sliced
- 1 apple, peeled, cored and chopped into small pieces
- ½ cucumber, peeled and cut into cubes
- ½ red pepper cut into cubes
- 60g peanuts
- 250ml mayonnaise
- Black pepper

### *Method*

1. Rinse the pasta. Bring a pan of water to the boil, add salt and cook the pasta. Drain and toss in oil. Leave the pasta to cool.
2. Meanwhile, chop the cucumber, banana, apple and pepper. Mix together in a big bowl.
3. Squeeze the lemon juice on top.
4. Cut the chicken or the egg into cubes and stir into the fruit and vegetable mix.
5. Stir in the pasta.
6. Add mayonnaise and seasoning.
7. Sprinkle nuts on top

## Frozen yoghurt berry lollies

### *Ingredients*

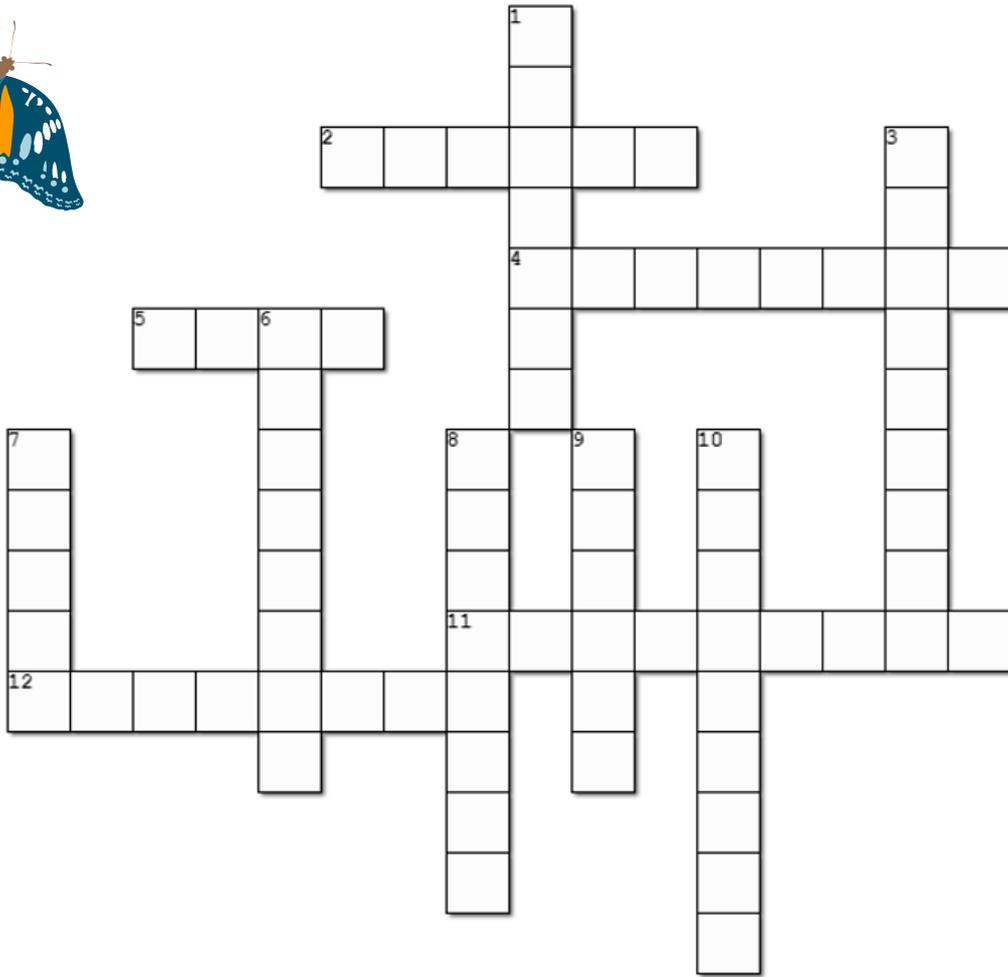
- 150g frozen mixed summer fruits/berries
- 250g thick plain yoghurt
- 3 tbs maple syrup

### *Method*

1. Put all the ingredients together in a blender
2. Blend until well-mixed
3. Pour the mixture into 6 lolly moulds
4. Insert lolly sticks
5. Put in the freezer until firm.



# Summer crossword



## Across

- 2. What would your star sign be if you were born on the first of June?
- 4. Camping with style
- 5. To throw a fishing line out over the water
- 11. Protection from the sun
- 12. Beach attire

## Down

- 1. A pebbly beach
- 3. A less pleasurable side effect from the sun
- 6. Sea creature where the male carries the baby
- 7. A summer drink typically filled with fruit slices
- 8. Summer...the longest day of the year
- 9. Alfresco meal
- 10. British summer holiday destination



# Create *your* own bird feeder

This is a great activity to do on your own or with the grandchildren, the birds will be flocking to it from miles around.



## *Ingredients & Equipment*

- Bird seed
- Nuts
- Raisins
- Grated cheese
- Suet or lard
- Yoghurt pots
- String
- Mixing bowl
- Scissors

## *Method*

1. Take a yoghurt pot and pierce a hole in the bottom. Thread your string through the hole, tying a double knot at one end so the yogurt pot can be hung from the string. Make sure the string is long enough to be tied to a tree or a gate.
2. Warm up your lard to warm temperature. Cut it into cubes and put it in your mixing bowl.
3. Add the seeds, nuts, raisins and cheese, and mix together using your fingers.
4. Put the mixture into the yoghurt pot and into the fridge to set for an hour or so.
5. Hang your bird feeder near a window so you can watch the birds from the comfort of your arm chair!



# Summer *word search*

Can you find all of the summer words hidden within the word search?

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

- |           |           |               |            |          |
|-----------|-----------|---------------|------------|----------|
| AUGUST    | FLIPFLOPS | JULY          | SEASIDE    | SUNTAN   |
| BARBECUE  | FLIPPERS  | JUNE          | SEAWEED    | SURFING  |
| BOWLS     | FLOWERS   | LEO           | SHELLS     | SWIMMING |
| BUCKET    | FUNFAIR   | PICNIC        | SNORKEL    | SWIMSUIT |
| CAMPERVAN | GEMINI    | ROLLERCOASTER | SPADE      | TENNIS   |
| CAMPING   | GOLF      | ROUNDERS      | SUNBATHING | VACATION |
| CROQUET   | HIKING    | SAILING       | SUNFLOWER  |          |
| FESTIVALS | HOLIDAYS  | SANDALS       | SUNGLASSES |          |
| FISHING   | ICECREAM  | SANDCASTLE    | SUNSHINE   |          |





## Seaside *towns* anagrams

1. UOUSRBARCGO
2. TDIBRLGNINO
3. EHWSTLBAI
4. KOBLLAPC
5. SMLEYRIGE
6. SOTKEFOELN
7. MHNBRTOUOEU
8. HCIRITCEC
9. MEOSRNURPSEATEW
10. CNOYWALBY



# Spot the *difference*

Can you find the 8 differences between the two pictures below?



# General knowledge *quiz*

1. Where was Shakespeare born?
2. What river runs through Paris?
3. Which year was the Coronation of Queen Elizabeth II?
4. Who hosted the Olympics in 2008?
5. Which country has the most islands in the world?
6. Who discovered penicillin?
7. In which ocean is the Bermuda Triangle located?
8. Which King of England was crowned on Christmas Day?
9. What is the national dish of Spain?
10. How many stripes are there on the US flag?
11. Does a record turntable revolve clockwise or anti-clockwise?
12. What is the collective name for a group of crows?
13. Vanilla comes from what flowers?
14. Which is the eighth and furthest-known planet from the sun in the solar system?
15. Approximately how much DNA do humans and chimpanzees share? a)21% b)63% c)80% d)98%



# Answers

## Summer crossword

**Across**

- 2. Gemini
- 4. Glamping
- 5. Cast
- 11. Sunscreen
- 12. Swimsuit

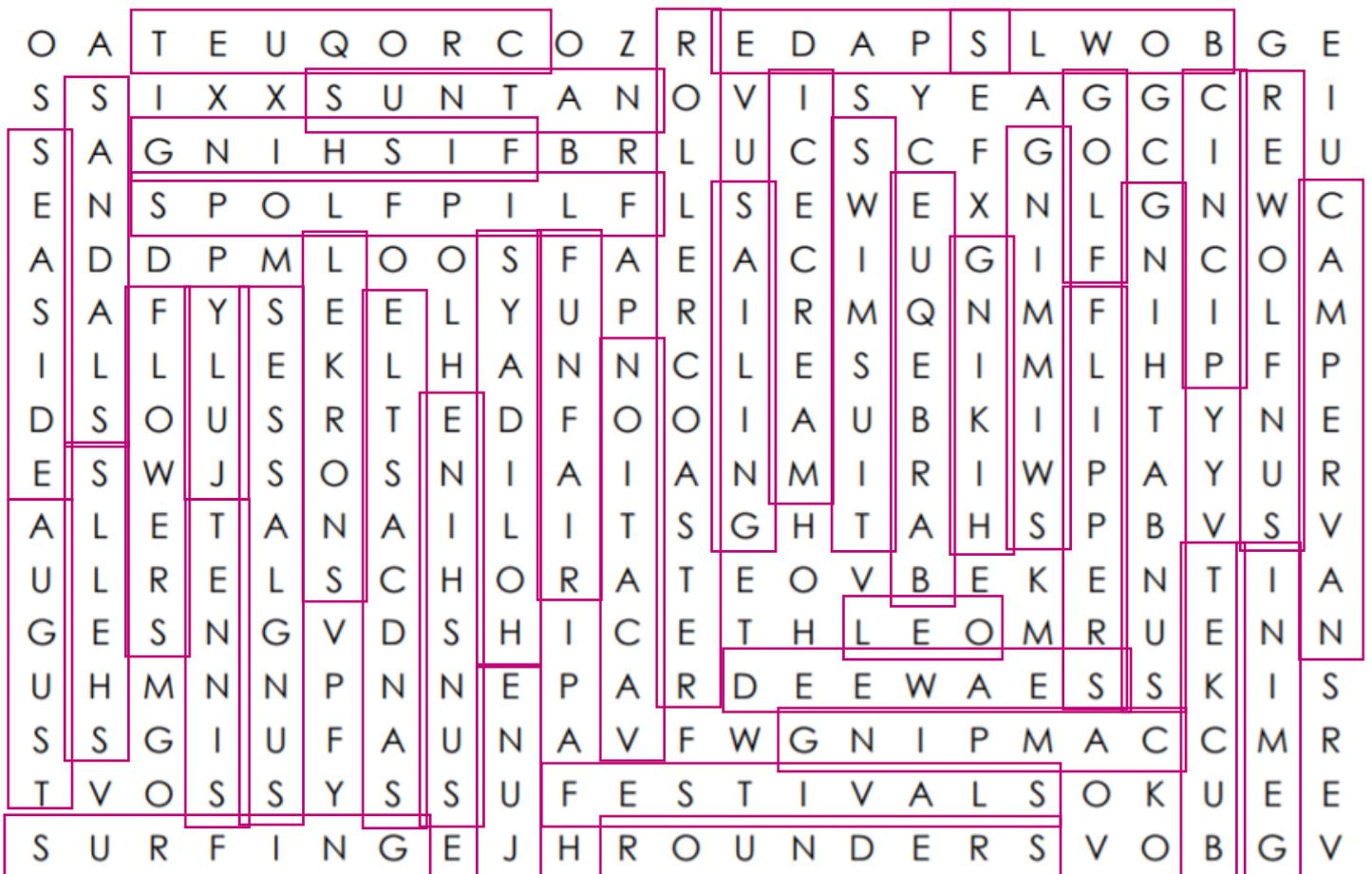
**Down**

- 1. Shingle
- 3. Sunstroke
- 6. Seahorse
- 7. Pimms
- 8. Solstice
- 9. Picnic
- 10. Blackpool

## Seaside towns anagrams

- 1. Scarborough
- 2. Bridlington
- 3. Whitstable
- 4. Blackpool
- 5. Lyme Regis
- 6. Folkestone
- 7. Bournemouth
- 8. Criccieth
- 9. Weston-super-Mare
- 10. Colwyn Bay

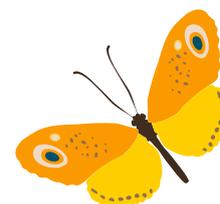
## Summer word search





## General knowledge *quiz*

1. Where was Shakespeare born? **Stratford-upon-Avon**
2. What river runs through Paris? **Seine**
3. Which year was the Coronation of Queen Elizabeth II? **1953**
4. Who hosted the Olympics in 2008? **Beijing**
5. Which country has the most islands in the world? **Sweden**
6. Who discovered penicillin? **Alexander Fleming**
7. In which ocean is the Bermuda Triangle located? **Atlantic Ocean**
8. Which King of England was crowned on Christmas Day? **William I 'The Conqueror'**
9. What is the national dish of Spain? **Paella**
10. How many stripes are there on the US flag? **13**
11. Does a record turntable revolve clockwise or anti-clockwise? **Clockwise**
12. What is the collective name for a group of crows? **A murder**
13. Vanilla comes from what flowers? **Orchid**
14. Which is the eighth and furthest-known planet from the sun in the solar system? **Neptune**
15. Approximately how much DNA do humans and chimpanzees share? **d)98%**





If you know of someone who could benefit from  
our high quality care, please get in touch.

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Donations like these make it possible for us to help charities and community groups enrich the lives of ageing adults.

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