

# ACTIVITY PACK

National Dementia Project

ROYAL  
VOLUNTARY  
SERVICE

November 2023



## Word Scramble

Can you unscramble all the words below, they are all types of food?

1. BRADE \_\_\_\_\_

2. GUSAR \_\_\_\_\_

3. TTUBER \_\_\_\_\_

4. FLURO \_\_\_\_\_

5. RIEC \_\_\_\_\_

6. KCAE \_\_\_\_\_

# 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.

1. Bread

Nail

2. Cup

Coffee

3. Fun

Dry

4. Ham

Games

5. Tea

Butter

6. Hammer

Take

7. High

Out

8. Sooner

Saucer

9. In

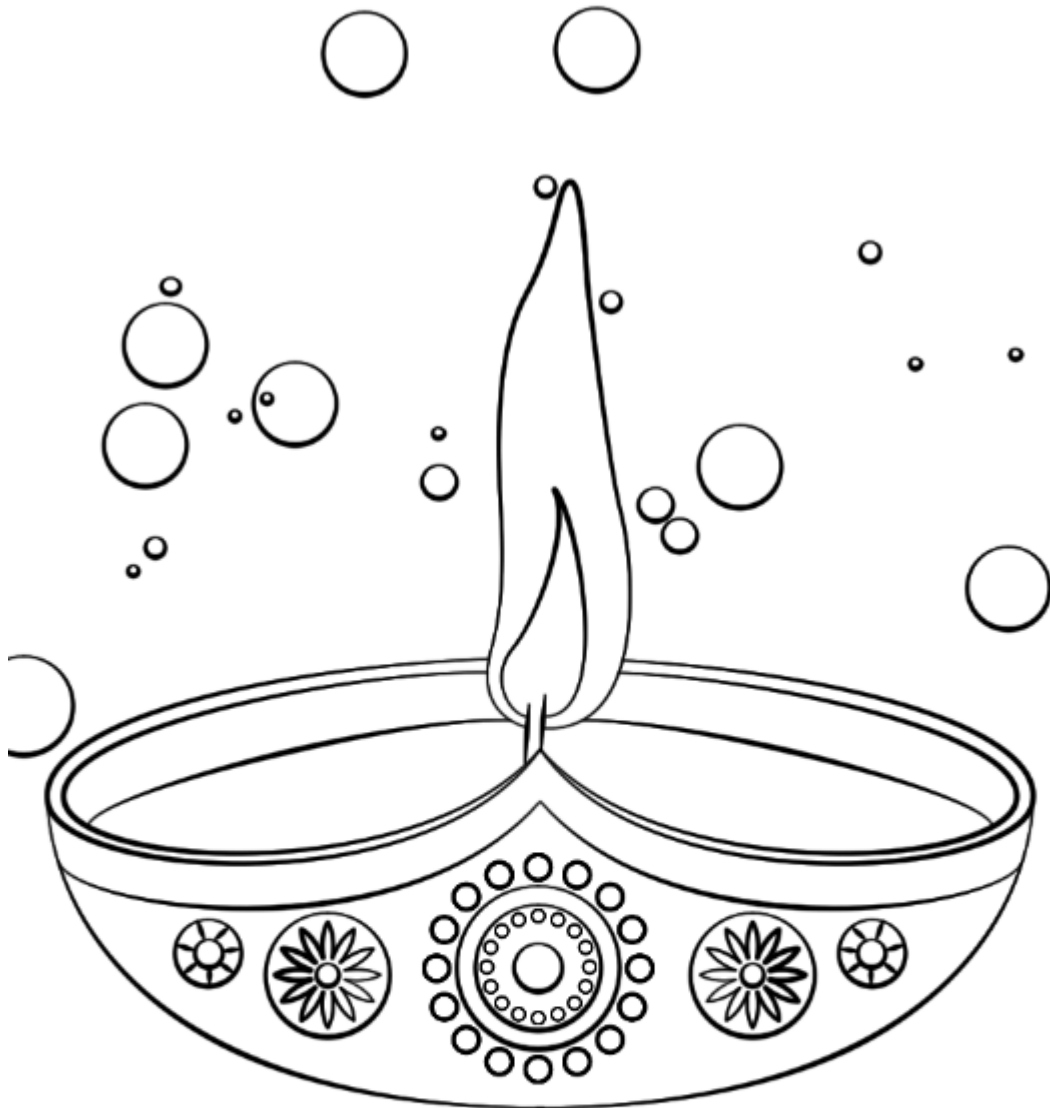
Eggs

10. Give

Later

# Diwali colouring

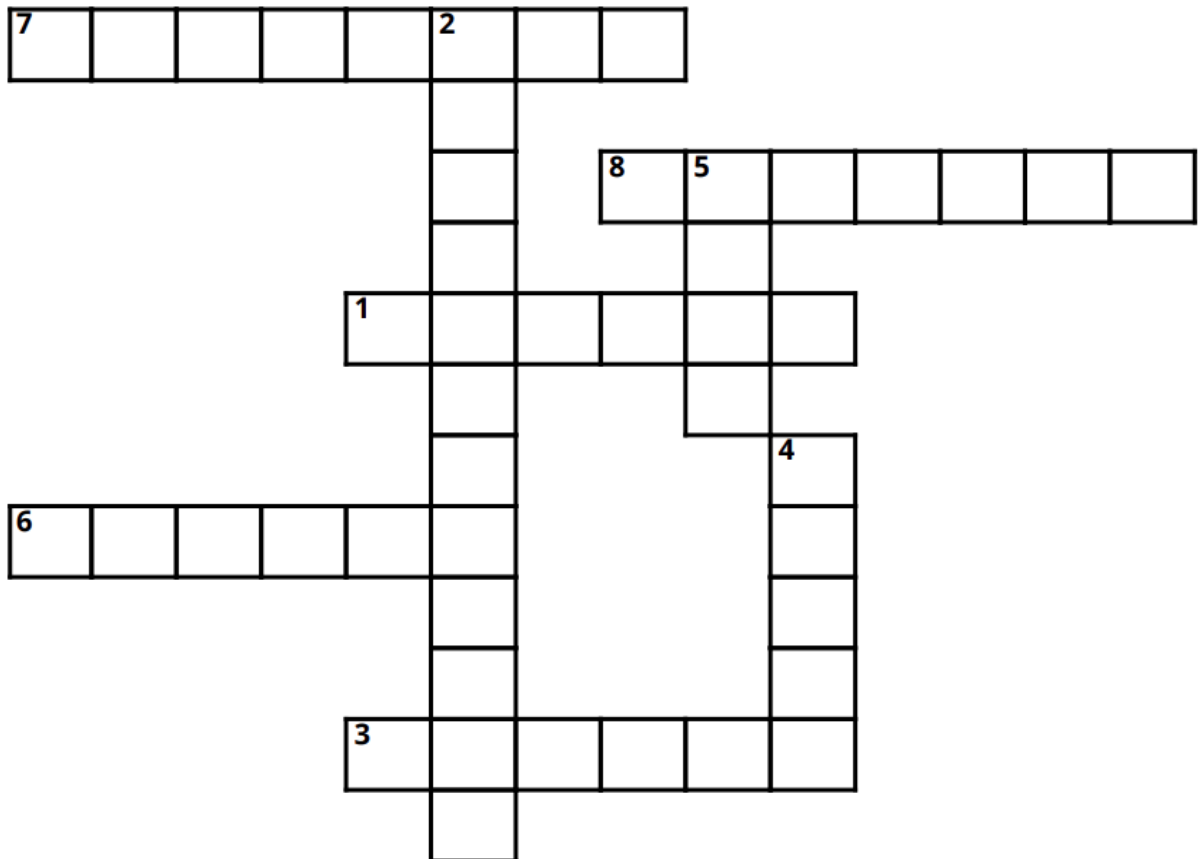
Diwali, the festival of lights is celebrated on the 12<sup>th</sup> November, colour in the picture below in anyway you like!



**HAPPY  
DIWALI**

# Crossword

All the words in the crossword below are linked to the month of November



## Across

1. Festival of light - 6
3. Number of days in November - 6
6. Season - 6
7. Month after November - 8
8. Month before November - 7

## Down

2. 5th November - 12
4. Red flower - 5
5. Weather - 4

# Spot the Difference

Can you find six differences between the two seaside pictures below?



## On this day

- **4<sup>th</sup> November 1922** – The entrance to the tomb of King Tutankhamun was discovered.
- **5<sup>th</sup> November 1605** – Guy Fawkes attempts to blow up King James I and Parliament – the Gunpowder plot.
- **11<sup>th</sup> November 1918** – World War I ends.
- **12<sup>th</sup> November 1933** – The first photo of the suspected Loch Ness monster is taken.
- **17<sup>th</sup> November 1869** – The Suez Canal opens, connecting the Mediterranean Sea and the Red Sea, at 102 miles long.
- **22<sup>nd</sup> November 1963** – John F Kennedy is assassinated.
- **26<sup>th</sup> November 2003** – Concorde (the first supersonic passenger airplane) is retired from service.

# Name the Vegetable

Can you name the vegetables in the pictures below?

1.



2.



3.



4.



# The letter 'F'

Name something to fit the categories below, all your answers should start with the letter 'F'.

1. Sport

\_\_\_\_\_

2. Vegetable

\_\_\_\_\_

3. Name

\_\_\_\_\_

4. Country

\_\_\_\_\_

5. Body part

\_\_\_\_\_

6. Car

\_\_\_\_\_

7. Flower/plant

\_\_\_\_\_

8. Musical Instrument

\_\_\_\_\_

9. Job / Occupation

\_\_\_\_\_

10. Food

\_\_\_\_\_



# Codebreaker

Use the key below to spell out things to do with the Bonfire Night, by matching 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.

6	9	18	5	23	15	18	11	19

2.

2	15	14	6	9	18	5

3.

6	1	23	11	5	19

# Answers

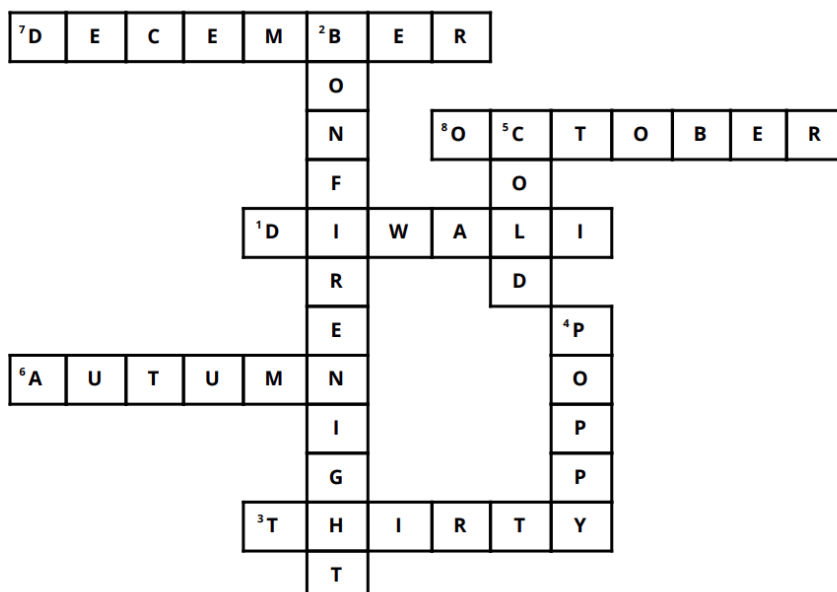
## Page 1. Word Scramble

1. Bread
2. Sugar
3. Butter
4. Flour
5. Rice
6. Cake

## Page 2. Matching pairs

1. Bread and butter
2. Cup and saucer
3. Fun and games
4. Ham and eggs
5. Tea and coffee
6. Hammer and nail
7. High and dry
8. Sooner or later
9. In and out
10. Give and take

## Page 4. Crossword



# Answers

## Page 5. Spot the difference



## Page 7. Name the vegetable.

1. Beetroot
2. Parsnips
3. Sprouts
4. Leeks

## Page 8. The letter F – (there are any more answers)

1. Fencing, fishing
2. Fennel, french beans
3. Fatima, Felix
4. France, Fiji
5. Face, femur
6. Ford, Fiesta
7. Foxglove, forget me not
8. Flute, fiddle
9. Fire fighter, flight attendant
10. Fish, figs

## Page 9. Codebreaker

1. Fireworks
2. Bonfire
3. Fawkes

# 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@royalvoluntaryservice.org.uk">kirkleesdementiasupport@royalvoluntaryservice.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>

If you need urgent support, the following organisations have support lines:

## **Dementia UK** - A free dementia helpline

Telephone:	<b>0800 888 6678</b>
Email:	<a href="mailto:helpline@dementiauk.org">helpline@dementiauk.org</a>
Monday – Friday:	9:00am-9:00pm
Saturday – Sunday:	9:00am-5:00pm

## **Alzheimer's Society**

England:	<b>0333 150 3456</b>
Welsh speaking:	<b>0330 0947 400</b>
Scotland (24hours):	<b>0808 808 3000</b>
Monday – Wednesday:	9:00am – 8:00pm
Thursday – Friday:	9:00am – 5:00pm
Saturday – Sunday:	10:00am – 4:00pm

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