

# ACTIVITY PACK

ROYAL  
VOLUNTARY  
SERVICE

Dementia Friendly

March 2025

## What am I?

1. I have 4 legs, and a tail. I have whiskers, some people like to keep me as a pet \_\_\_\_\_
2. I am hot and bright. I disappear at night \_\_\_\_\_
3. I have many pieces and come in a box. You put me together to make a picture \_\_\_\_\_

# 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.

Peace

Dry

Tooth

Sweet

Short

Thin

Touch

Quiet

High

Thread

Give

Chips

Thick

Go

Needle

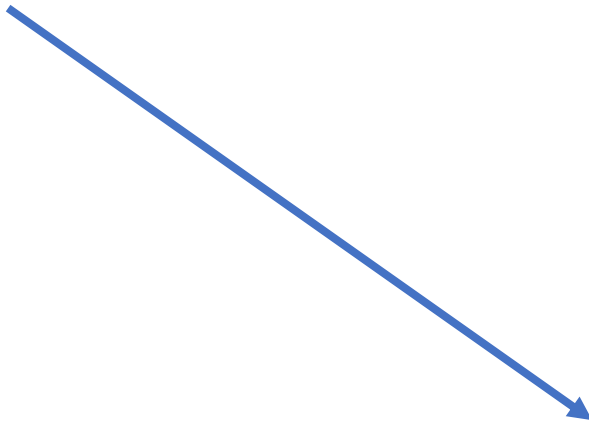
Nail

Cup

Saucer

Fish

Take



# Code Breaker

Use the key below to match up the numbers with the letter to spell out 'Sport' words.

A=1	B=2	C=3	D=4	E=5	F=6	G=7
H=8	I=9	J=10	K=11	L=12	M=13	N=14
O=15	P=16	Q=17	R=18	S=19	T=20	U=21
V=22	W=23	X=24	Y=25	Z=26		

1.

7	15	12	6

2.

20	5	14	14	9	19

3.

18	21	7	2	25

4.

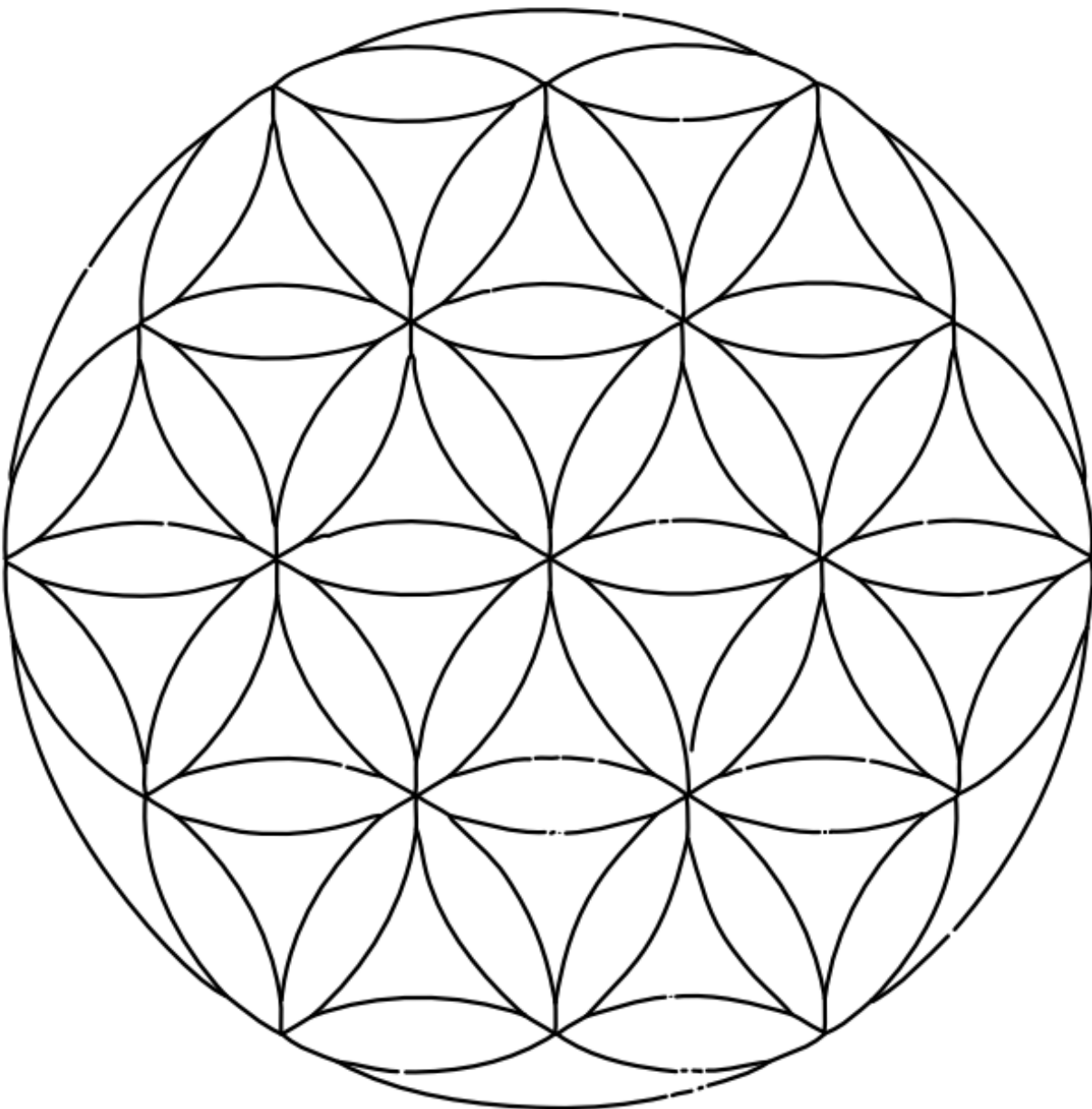
3	18	9	3	11	5	20

5.

8	15	3	11	5	25

# Colouring

Colour in the Mandala below, in any way you like



# It's all about Wales!

All of the answers to the questions below have a link to Wales.

1. What colour is the dragon on the Welsh flag?

\_\_\_\_\_

2. Which Welsh children's author wrote James and Giant Peach?

\_\_\_\_\_

3. How many sheep are there for each person living in Wales?

a) 200

b) 3

c) 90

4. Which yellow flower is the symbol of Wales?

\_\_\_\_\_

5. Which famous Welsh singer sings 'What's new Pussy Cat'?

\_\_\_\_\_

6. How many Castles are there in Wales?

a) 7

b) 600

c) 81

# The letter 'C'

Can you give an answer to the categories below starting with the letter 'C'.

1. Animal

\_\_\_\_\_

2. Mode of Transport

\_\_\_\_\_

3. Food

\_\_\_\_\_

4. Country

\_\_\_\_\_

5. Flower

\_\_\_\_\_

6. School Subject

\_\_\_\_\_

7. Name

\_\_\_\_\_

8. Tree

\_\_\_\_\_

9. Drink

\_\_\_\_\_

10. Biscuit

\_\_\_\_\_

# Guess the Silhouette

From the images below name the animal.

1.



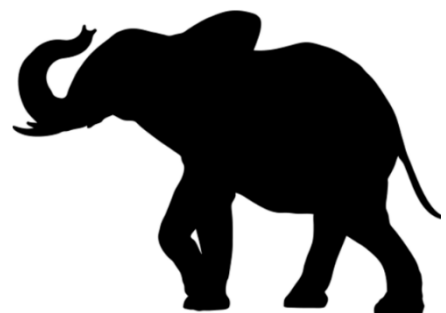
2.



3.



4.



# Name the Biscuit

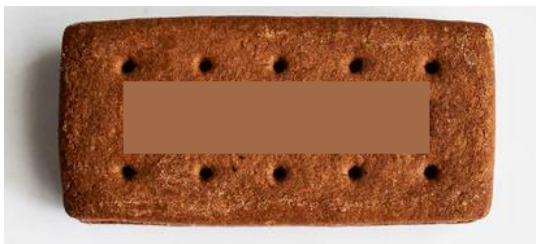
From the images below name the type of biscuit.

1.



J \_\_\_\_\_ D \_\_\_\_\_

2.



B \_\_\_\_\_

3.



J \_\_\_\_\_ C \_\_\_\_\_

4.



C \_\_\_\_\_ C \_\_\_\_\_



# Odd Word Out

In each row, three of the words are linked, and one is the odd word out, circle the odd word out.

1. Spain India Pen France

2. Snake Chameleon Frog Train

3. September Cup March November

4. Purple Blue Green Wool

5. Water Sun Snow Rain

6. Broccoli Carrots Leg Cabbage

7. Hammer Chisel Screwdriver Happy

8. Perfume Harry Susan Fatima

9. Football Nose Cricket Darts

10. Butterfly Ant Bee House

# Answers

## Page 1. What am I?

1. Cat/Dog
2. Sun
3. Jigsaw

## Page 2. Matching Pairs

1. Peace and Quiet
2. Tooth and Nail
3. Short and Sweet
4. Touch and Go
5. High and Dry
6. Give and Take
7. Thick and Thin
8. Needle and Thread
9. Cup and Saucer
10. Fish and Chips

## Page 3. Codebreaker

1. Golf
2. Tennis
3. Rugby
4. Cricket
5. Hockey

## Page 5. It's all about Wales

1. Red
2. Roald Dahl
3. 3
4. Daffodil
5. Tom Jones
6. 600

# Answers

## Page 6. The letter 'C' – there are many more answers

1. Cat, Cheetah
2. Car
3. Curry, Cake, Carrot
4. Canada, Cayman Islands, Cameroon
5. Clematis, Carnation
6. Chemistry, Cookery
7. Cynthia, Claire, Christina
8. Cedar, Chestnut
9. Cranberry, Coco-Cola
10. Custard Cream, Cookies

## Page 7. Guess the Silhouette

1. Rabbit
2. Fish
3. Lion
4. Elephant

## Page 8. Name the Biscuit

1. Jammie Dodger
2. Bourbon
3. Jaffa Cake
4. Custard Cream

## Page 9. Odd Word Out

1. Pen
2. Train
3. Cup
4. Wool
5. Water
6. Leg
7. Happy
8. Perfume
9. Nose
10. House

# 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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