

ACTIVITY PACK

ROYAL
VOLUNTARY
SERVICE

Dementia Friendly

January 2025



Letter game

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

S	I	N
E	T	H
G	A	R

Answers:

Finish the movie title

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

1. Breakfast at _____
2. Mary _____
3. Fiddler on the _____
4. Saturday Night _____
5. Moulin _____
6. Around the world in _____ days
7. Lady and the _____
8. The Sound of _____
9. The _____ father
10. Sleeping _____

Opposites

Give the opposite of the words written below.

1. Night _____

2. Big _____

3. Add _____

4. Shout _____

5. Clean _____

6. Start _____

7. Right _____

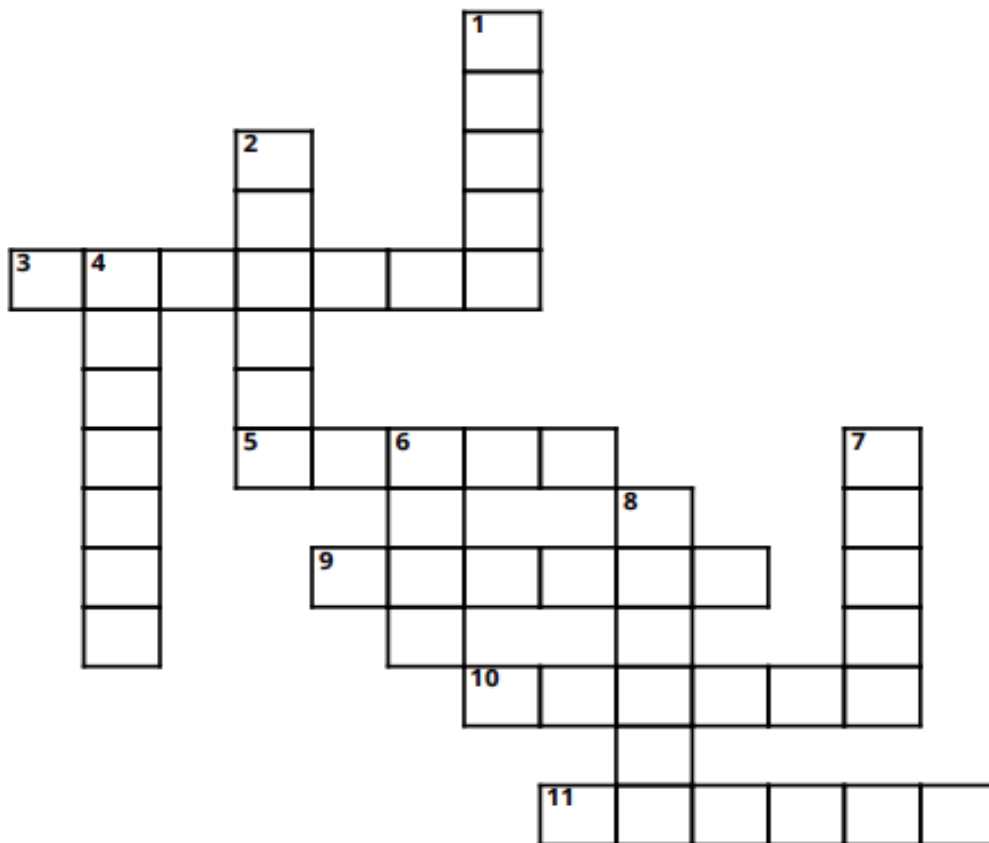
8. Awake _____

9. Arrive _____

10. Hot _____

Crossword

The answers in the crossword below, are all fruit and vegetables.



Across

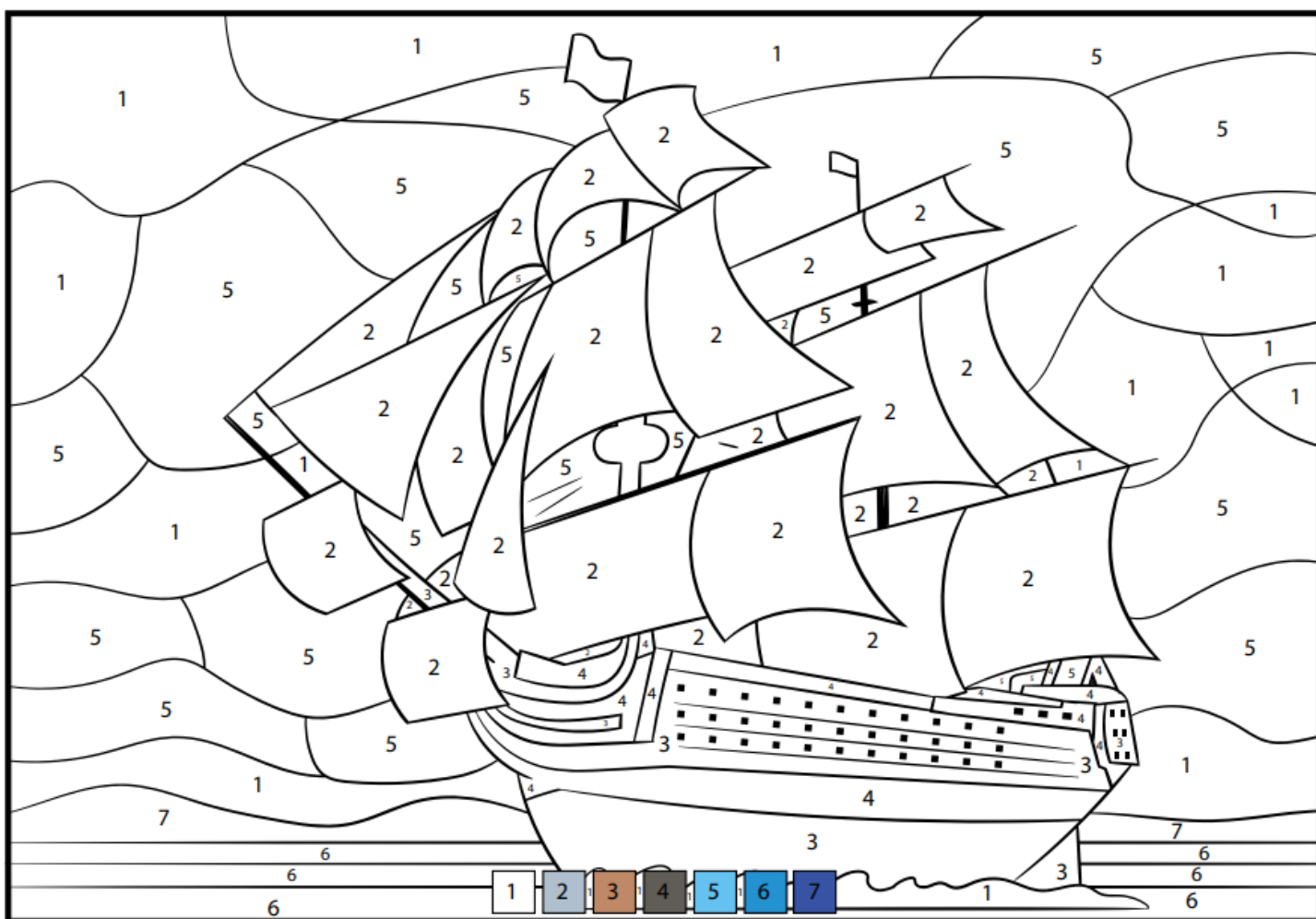
- 3. Popeye enjoyed this (7)
- 5. Eve ate one of these (5)
- 9. Vegetable good for eyesight (6)
- 10. Fruit filled with Vitamin C (6)
- 11. Main ingredient in ketchup (6)

Down

- 1. Fruit that rhymes with beach (5)
- 2. Yellow fruit (6)
- 4. Carved at Halloween (7)
- 6. You might eat these mushy (4)
- 7. Wine is made from this fruit (5)
- 8. Vegetable that can be mashed or roasted (6)

Colour by number

Colour in the picture below using the key or you can colour it in, anyway you like.



Alphabets

It is the Big Garden Birdwatch from the 24th-26th January. Can you spot any birds from your window? Put the following bird species in alphabetical order.

Falcon Blackbird Robin Chicken

Chaffinch Osprey Duck Eagle

Dove Cuckoo Woodpecker Owl

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

Match the Vegetable

Match the descriptions below with the image of the household items.

1.

You use this to tell the time.

a)



2.

You may watch your favourite programmes on this.

b)



3.

Somewhere you store your books.

c)



4.

A place to rest your head at night.

d)



True or False Quiz

Are the following questions, true or false?

1. All birds can fly? _____
2. A mole lives underground? _____
3. Sydney is the Capital of Australia? _____
4. There are 11 months in a year? _____
5. World War I began in 1914? _____
6. Henry VIII had nine wives? _____
7. Humans have four lungs? _____
8. The sun rises in the East? _____
9. Fish live on land? _____
10. Bananas grow on trees? _____

Wordsearch

Global wordsearch day is on the 16th January, so here is one for you to do.

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

January
February
March
April
May
June

July
August
September
October
November
December

Answers

Page 1. Letter game - here are a few answers, there are many more.

Star, sing, tar, hat, night, right, get, set

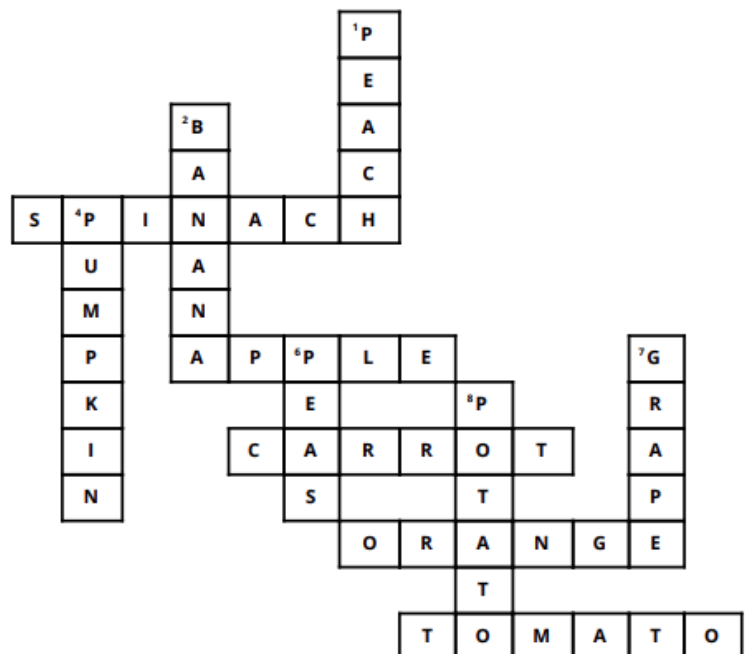
Page 2. Finish the movie title

1. Breakfast at Tiffany's
2. Mary Poppins
3. Fiddler on the Roof
4. Saturday Night Fever
5. Moulin Rouge
6. Around the world in 80 days
7. Lady and the Tramp
8. The Sound of Music
9. The Godfather
10. Sleeping Beauty

Page 3. Opposites

1. Night / Day
2. Big / Small
3. Add / Subtract
4. Shout / Whisper
5. Clean / Dirty
6. Start / Stop of Finish
7. Right / Left of Wrong
8. Awake / Asleep
9. Arrive / Leave
10. Hot / Cold

Page 4. Crossword



Answers

Page 6. Alphabets

1. Blackbird
2. Chaffinch
3. Chicken
4. Cuckoo
5. Dove
6. Duck
7. Eagle
8. Falcon
9. Osprey
10. Owl
11. Robin
12. Woodpecker

Page 7. Alphabets

1. B – clock
2. D – television
3. A – bookshelf
4. C – bed

Page 8. True or False Quiz

1. False
2. True
3. False
4. False
5. True
6. False
7. False
8. True
9. False
10. True

Page 9. Wordsearch

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

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@royalvoluntaryservice.org.uk
Leicestershire:	leicestershiredementiasupport@royalvoluntaryservice.org.uk
Birmingham:	birminghamdementiasupport@royalvoluntaryservice.org.uk
South Wales:	dementiaclubwales@royalvoluntaryservice.org.uk
Oxfordshire:	oxdementiasupport@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

Royal Voluntary Service is a company limited by guarantee registered in England and Wales with company number 2520413. Registered office: Hanley Centre, 29 Charles Street, Stoke-on-Trent, Staffordshire ST1 3JP.
Registered charity 1015988 (England and Wales) & SC038924 (Scotland). All statistics and data correct at time of publication.

Royal Voluntary Service
PO Box 565
Unit B, RD Park
Hoddesdon,
EN11 0RF
royalvoluntaryservice.org.uk

**ROYAL
VOLUNTARY
SERVICE**