

ACTIVITY PACK

ROYAL
VOLUNTARY
SERVICE

Dementia Friendly

December 2024



Riddles

Following the instructions below, cross out the words to reveal one word which is the answer to this riddle:

‘The more you take, the more you leave behind’

Cross out 5 food words beginning with ‘H’

Cross out 3 countries beginning with ‘F’

Cross out 6 words that rhyme with ‘boot’

Cross out 5 ‘colours’

Cross out 4 types of ‘tree’

France	Root	Fruit	Purple	Oak	Hazelnut
Blue	Haggis	Pine	Suit	Fiji	Footsteps
Loot	Green	Hake	Red	Birch	Pink
Hamburger	Finland	Shoot	Cute	Maple	Honey

Answer: _____

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.

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

Spot the Difference

There are 12 differences between the two winter pictures below, can you find them all?



Pantomime Quiz

1. In Jack and Beanstalk, what animal does Jack trade for magic beans?

- a) Sheep b) Cow C) Frog

2. Which of the following are names of dwarves in Snow White and the seven dwarves?

- a) Grumpy b) Sneezzy c) Snoopy

3. What is the name of the fairy in Peter Pan?

- a) Tinkerbell b) Snow White c) Princess

4. Complete the following saying:

“ Mirror, Mirror on the wall, _____ ”

5. In Aladdin, what lives in the Magic Lamp and gives its owner 3 wishes?

- a) Pumpkin b) Genie c) Toad

Wordsearch

Can you find the ten 'Christmas' related words in the grid below?

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

Bauble
Decorations
Lights
Presents
Sledge

Stocking
Tinsel
Turkey
Tree
Wreath

Codebreaker

Use the key below to spell out things to do with Winter. 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.

3	15	12	4

2.

2	15	15	20	19

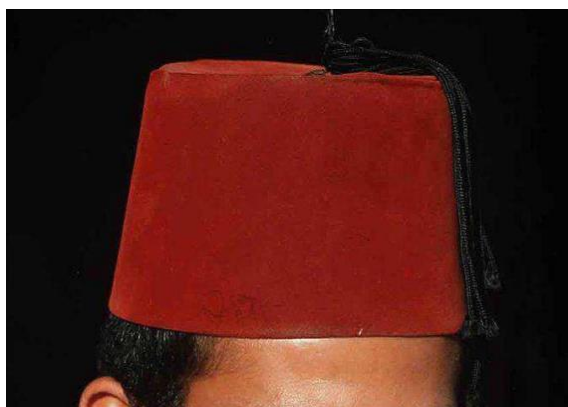
3.

6	9	18	5	16	12	1	3	5

Name the hat/headwear

Name the hat/headwear shown in the pictures below.

1.



2.



3.



4.



The letter T

Name something that fits in to the categories below, starting with the letter T.

1. Fruit

2. Item of clothing

3. Hobby

4. Mode of Transport

5. Name

6. Job

7. Country

8. Song

9. Animal

10. School subject

Complete the saying

Finish the sayings below:

1. Pots and _____
2. Thick and _____
3. Sweet and _____
4. Rain or _____
5. Pros and _____
6. Prim and _____
7. Heart and _____
8. Chalk and _____
9. Birds and _____
10. Wait and _____

Answers

Page 1. Riddle

Answer – Footsteps

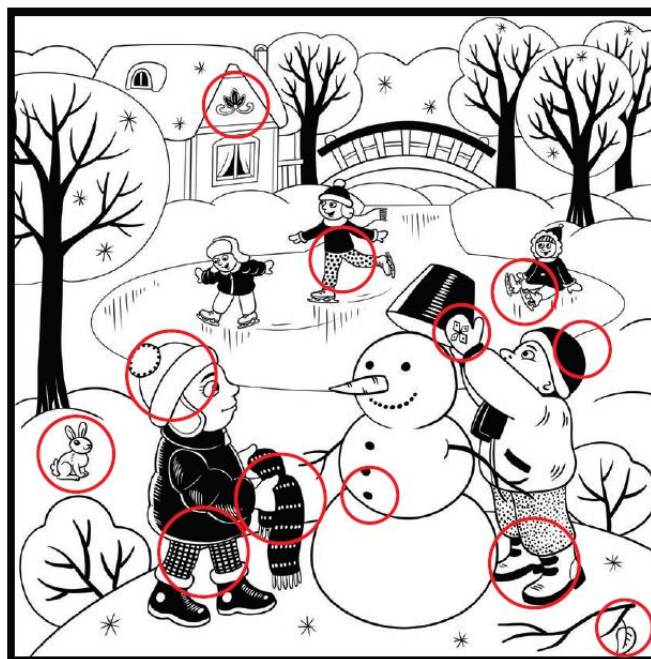
Page 2. Sudoku

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

Page 4. Pantomime Quiz

1. B – Cow
2. A – Grumpy, B – Sneezzy
3. Tinkerbell
4. Who's the fairest of them all?
5. B – Genie

Page 3. Spot the Difference



Page 5. Wordsearch

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

Answers

Page 6. Codebreaker

1. Cold
2. Boots
3. Fireplace

Page 7. Name the hat/headwear

1. Fez
2. Mortar Board
3. Turban
4. Sombrero

Page 8. The letter T (there are many more answers)

1. Tomato, Tangerine
2. Trousers, T Shirt
3. Tennis, Travelling
4. Train, Tractor
5. Thomas, Tina
6. Teacher, Technician
7. Turkey, Thailand
8. Twist and Shout, These Boots are made for walking
9. Tarantula, Tapir
10. Technology, Textiles

Page 9. Finish the saying

1. Pans
2. Thin
3. Sour
4. Shine
5. Cons
6. Proper
7. Soul
8. Cheese
9. Bees
10. See

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

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