

ACTIVITY PACK

ROYAL
VOLUNTARY
SERVICE

National Dementia Project

March 2024



Letter game

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

E	K	T
H	A	S
D	C	G

Answers:

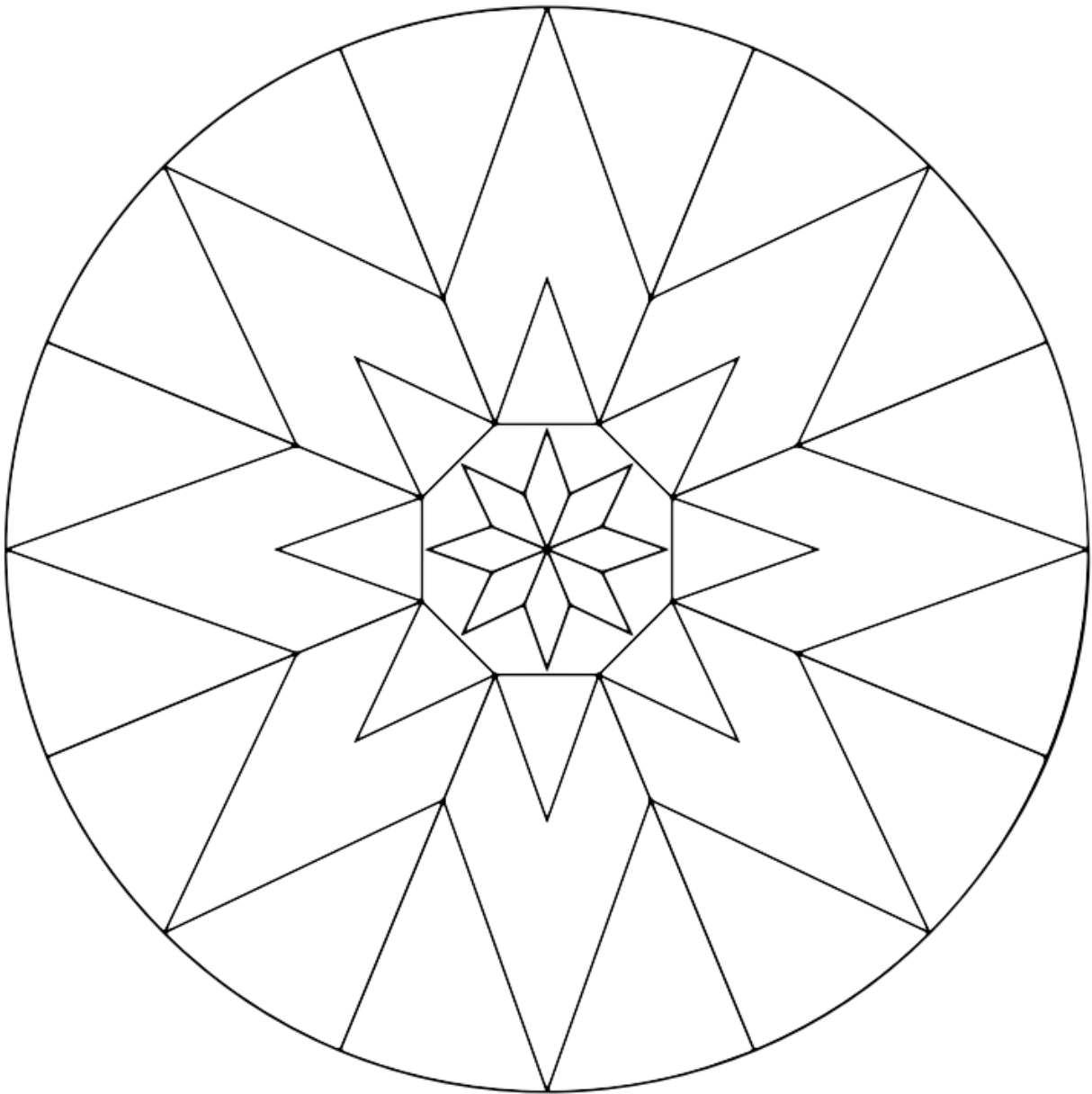
Sudoku

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 by 3 square.

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

Colouring

Colour the Mandala below in any way you like.



Finish the saying

Fill in the missing word from the sayings below.

1. An _____ a day, keeps the Doctor away.
2. _____ makes the heart grow fonder.
3. Turn a _____ eye
4. It's raining cats and _____.
5. Nothing ventured, nothing _____.
6. Fit as a _____.
7. _____ got your tongue.
8. Piece of _____.
9. The _____ in the room.
10. Tomorrow is another _____.

St Patrick's Day Quiz

1. What colour is associated with St Patrick's Day? _____
2. Which month does St Patrick's day fall in?

3. What animal is St Patrick said to have chased out of Ireland? _____
4. Which clover like leaf is linked with this day?

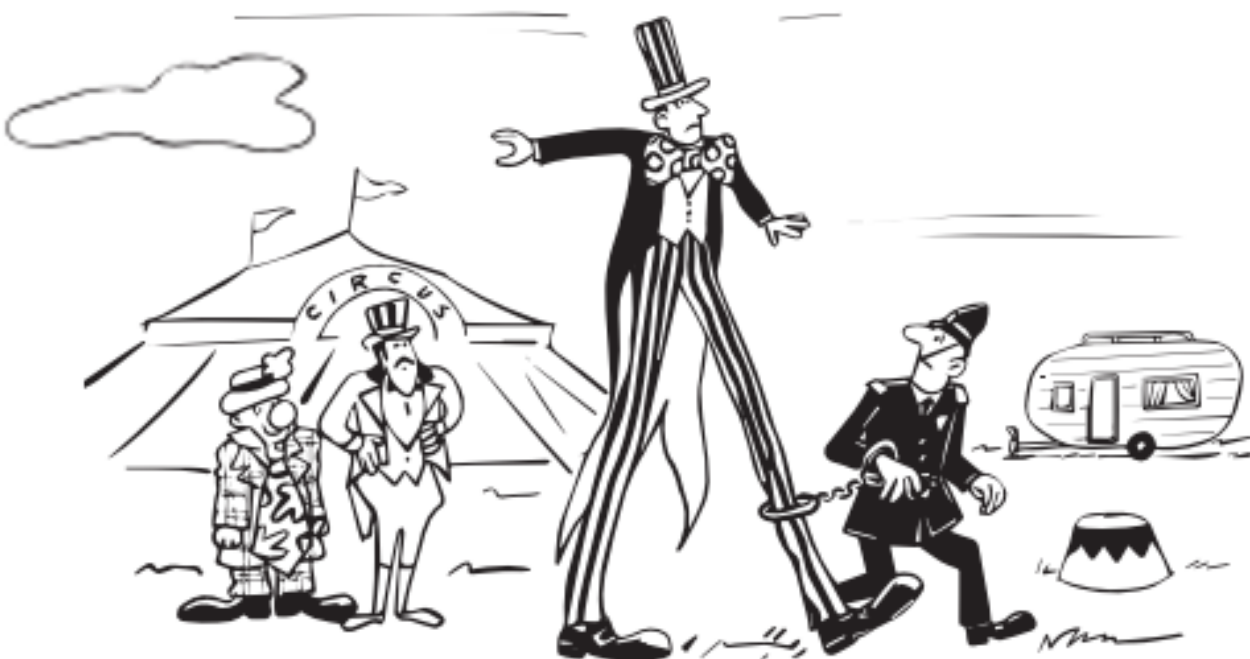
5. What are the three colours of the Irish flag?

6. What is said to be at the end of a rainbow?

7. Which small bearded character is associated with St Patrick's day? _____
8. What is the Capital city of Ireland?

Spot the difference

Can you find ten differences between the two pictures below?



Name the flower

Can you name the flower in each photo? Put your answer in the box below each image.

1.



2.



3.



4.



Codebreaker

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

2	12	15	19	19	15	13

2.

12	1	13	2	19

3.

1	16	18	9	12

Wordsearch

All the words in the wordsearch below are clothing materials, there are 10 to find.

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

Cashmere

Cotton

Chiffon

Fleece

Gingham

Lace

Satin

Silk

Velvet

Wool

Answers

Page 1. Letter game

Here are some ideas, there are many more: Cake, Cat, Date, Gate, Skate, Sat, East

Page 2. Sudoku

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

Page 4. Finish the saying

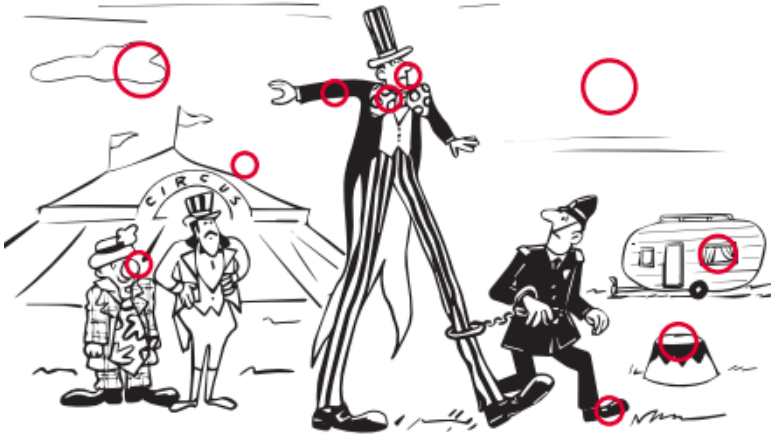
1. Apple
2. Absence
3. Blind
4. Dogs
5. Gained
6. Fiddle
7. Cat's
8. Cake / Mind
9. Elephant
10. Day

Page 5. St Patrick's Day Quiz

1. Green
2. March
3. Snake
4. Shamrock
5. Orange, White, Green
6. Pot of gold
7. Leprechaun
8. Dublin

Answers

Page 6. Spot the Difference



Page 7. Name the flower

1. Bird of Paradise
2. Daffodil
3. Daisy
4. Pansy

Page 8. Codebreaker

1. Blossom
2. Lambs
3. April

Page 9. Wordsearch

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

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@royalvoluntaryservice.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

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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