Pocket ideas

A moment in time

Award-winning project
Pocket ideas – A moment in time

‘Pocket ideas’ won ‘Best Acute Care Initiative’ at the Scottish Dementia Awards in 2014. It is a pocket tool designed with the intention that any member of staff in contact with older people could use the prepared prompts to begin a conversation.

Activities are divided into five sections: communication, games, physical activity, music and culture and wellbeing.

You can choose from pictures, inspirational quotes, simple questions and activities to stimulate discussion. These ideas can be used with an individual or in a group. No preparation is needed, and even five minutes with an older person can enhance their quality of life.

Our Activity Team wanted to develop this tool, not just to begin a conversation, but to think about having a meaningful moment in time. How we approach people matters, and how we help people engage in purposeful activity is important. Every moment we have to offer older people in a meaningful experience is valuable, and essential in our professional practice. It promotes increased self-esteem, reduces risk of low mood, and empowers people to achieve their own person-centred goals.

Andrea Boyd
Occupational Therapist
“The biggest failure you can have in life is making the mistake of never trying at all.”

Unknown
A moment in time

More
Open
Minds
Experience
New
Tasks

Introducing
New
Thoughts
Inspiring
Memorable
Experiences

Jean Knox
“Forget all the reasons why it won’t work and believe the one reason why it will.”

Unknown
Ten top tips for supporting people with communication difficulties to use Pocket ideas

1. Find out from a Speech and Language Therapist what helps. Some people benefit from being given a forced alternative – for example, is it x or y? Other people need a lead-in phrase or sound cue to help. For example, ‘You write with a ... pen’ or ‘It’s a p... (pen)’. Everyone is different so it is important to get advice.

2. Establish whether the person can answer yes or no consistently and appropriately. Recap information and check that you both understand.

3. Don’t pretend that you understand when you don’t. Sometimes you might have to admit that you have not quite got the message. Try paraphrasing the message.

4. Say one thing at a time stressing key points. Use short simple sentences.

5. It may help to write down key words.

6. Use a pen and paper to support the conversation or activity.

7. Draw diagrams or pictures.

8. Relax and be as natural as possible.

9. Don’t rush. Slow down and be patient.

10. Reduce background noise if possible.

Lorna Lowdon
“Don’t wait for extraordinary opportunities. Seize common occasions and make them great.”

Orison Swett Marden
Times past

Remember back when we were young.

To the games we played, and all the fun.

How many now can you name?

Let’s turn this poem into a game.

There’s hopscotch, skipping, ropes, dolls in prams.

Chap door run or kick the can.

Cluedo, ludo and snakes and ladders.

For boy or girl it did not matter.

Brushes for crutches whilst playing hospital tig.

Using the sleeves of your jumper or old wool for a wig.

Ropes for reins, sticks for guns.

Cowboy games were lots of fun.

Too many to remember.

But a few we have named.

All the memories we have.

In our minds neatly framed.

Jean Knox
Childhood memories

What was your favourite book?

Where did you go on holiday?

Do you remember a favourite food as a child or a meal you really disliked?

Did you have a pet?

As a child, what can you remember about Easter, Christmas, Hallowe’en or Guy Fawkes? (Choose according to time of year).

Do you remember crocheted/knitted dolls on toilet rolls?

Do you remember any street games such as ‘peevers’, skipping, hopscotch, marbles or conkers?

Did you have a favourite board game?

What comics did you read?

Who were your favourite film stars?

Who were your favourite pop stars?

How much were a ‘poke’ of sweets and what kind of sweets could you buy?

Did you ever argue with siblings over the radio and TV times at Christmas?
What was the style of clothes you wore as a child?

What were the fashions like at the time?

Did you ever go fruit picking or ‘howking for tatties’?

What was school like?

How did your family travel together? For example, walking, bus, train or car.

How did you spend your school summer holidays?

Did you have a favourite toy?

If you could choose one childhood memory to go back to, what would it be?
Just me

Tell me dear
what do you see?
What are you thinking
when you look at me?

This crabbit auld person
confused or what
by the look on your face
I’ve got the lot.

Well sit down here
and I’ll tell you a story,
my life’s long history
full of sadness and glory.

I was young once,
full of dreams
and ambition.
My life-long journey
not always my vision.

The mountains
I’ve climbed
to be here today,
the people I’ve met
what can I say?

So remember my dear
we all have a past,
a life before now
with memories that last.

So now may I ask
what do you see?
do you think differently
when you look at me?

Jean Knox
Black diamonds

Bowels of the earth forever dark,
no sun shines there as in the park.
A twinkling light a flicker bright,
can only be, artificial light.

They go down deep, each day to seek
the riches set by nature.
While underground these men are bound
to codes, akin to danger.

While working there to nature bare,
come sounds that seldom vary.
With minds alert for sounds that hurt,
these men are ever wary.

To bring for you a future bright,
they toil away into the night.
For riches of the earth they pay, very near, a life each day.

Don’t raise a cheer, or buy a beer, for coal you burn in winter.
Just raise your hat, when you next pass the colours, flying at half-mast.

Sidney Graham
<table>
<thead>
<tr>
<th>Occupational Group</th>
<th>Patron Saint</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artists and creative</td>
<td>St Luke</td>
</tr>
<tr>
<td>Cobblers</td>
<td>St Crispin</td>
</tr>
<tr>
<td>Florists</td>
<td>St Dorothy</td>
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<tr>
<td>Sculptors</td>
<td>St Castorius</td>
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<tr>
<td>Tailors</td>
<td>St Homobonus</td>
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<tr>
<td>Animals</td>
<td>St Francis of Assisi</td>
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<tr>
<td>Soldiers</td>
<td>St Sebastian</td>
</tr>
<tr>
<td>Nurses</td>
<td>St Agatha of Sicily</td>
</tr>
<tr>
<td>Bee keepers</td>
<td>St Ambrose</td>
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<tr>
<td>Farmers</td>
<td>St Isidore</td>
</tr>
<tr>
<td>Travellers</td>
<td>St Christopher</td>
</tr>
<tr>
<td>Domestic servants</td>
<td>St Zita</td>
</tr>
<tr>
<td>Miners</td>
<td>St Barbara</td>
</tr>
<tr>
<td>Broadcasters</td>
<td>St Gabriel</td>
</tr>
<tr>
<td>Hospital workers</td>
<td>St Bridget of Ireland</td>
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<tr>
<td>Dairymaids</td>
<td>St Brigid</td>
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<tr>
<td>Taxi-drivers</td>
<td>St Fiacre</td>
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<tr>
<td>Librarians</td>
<td>St Jerome</td>
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<tr>
<td>Mariners</td>
<td>St Nicholas</td>
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<tr>
<td>Musicians</td>
<td>St Cecilia</td>
</tr>
<tr>
<td>Surgeons</td>
<td>St Luke</td>
</tr>
<tr>
<td>Bricklayers</td>
<td>St Stephen</td>
</tr>
<tr>
<td>Police officers</td>
<td>St Michael</td>
</tr>
</tbody>
</table>

Information may vary
Scottish words and meanings

Auld lang syne – old memories, days gone by
Bairn – child
Balloch – mountain pass
Bawheid – fool
Birl – twirl, spin
Blether – friendly talk
Brae – hill
Brig – bridge
Ceilidh – dance/social gathering
Deif – deaf
Dizzen – dozen
Drouth – thirst
Foo – full and drunk
Fraucht or fricht – fright
Glaikit – stupid, slow on the uptake
Hauf – half
Inklin – inclination
Jeelie – jelly/jam
Merrit – married
Messages – shopping
Newfangelt – innovative
Oxter – armpit
Peely-wally – pale
Ramie – violent disturbance/free-for-all
Scunnered – fed up
Sleekit – sly
Spicket – tap
Toatie – tiny
Wean – child/baby
Weather proverbs

Red sky at night, shepherds’ delight, red sky in the morning, shepherds’ warning.

March winds and April showers bring forth May flowers.

Clear moon, frost soon.

Halo around the sun or moon, rain or snow is coming soon.

One swallow does not a summer make.

Dew on the grass, rain shan’t pass.

Rain before seven, fine by 11.

Evening red and morning grey, two sure signs of a perfect day.

The higher the clouds the better the weather.

Cold is the night when the stars shine bright.

The farther the sight, the nearer the rain.
“Life isn’t about waiting for the storm to pass... it’s about learning to dance in the rain.”

Vivian Greene
Smile

When was the last time you visited the dentist?

Have you brushed your teeth/dentures today?

Did someone help you to brush your teeth/clean dentures?

When/where do you like to brush your teeth/clean dentures?

How do you feel after you have brushed your teeth/cleaned your dentures?
Good, better, pretty/handsome, fresh breath, kissable.

What did you use to clean your teeth/dentures?
Toothbrush, toothpaste, mouthwash, denture cream, soap, water.

What makes you smile?
Family, jokes, TV programmes, films or music.

What other things are good for your teeth?
Healthy foods and drinks, brushing teeth or cleaning dentures, visiting the dentist.

Oral Health Team
Famous inventors and innovators
(Just a selection of some famous Scots, a conversation could start with ‘Did you know?’)

Kirkpatrick MacMillan (1812 - 1878) – Bicycle.
William Murdoch (1754 - 1839) – Gas lighting.
Charles MacIntosh (1766 - 1843) – Raincoat.
James Young (1811 - 1883) – Discovered Paraffin oil.
Sir James Black (1924 - 2010) – Developed Beta-blockers.
John Boyd Dunlop (1840 - 1921) – Modern tyre.
Alexander Graham Bell (1847 - 1922) – Telephone.
James Watt (1736 - 1819) – Steam engine.
Mary Fairfax Somerville (1780 - 1872) – Mathematician and astronomer and awarded the Victoria medal.
Compassionate clown

Let me tell you a story
of the compassionate clown,
who cheered folk up
when they were down.

From just one word
to a great big smile,
made them feel better
every day worthwhile.

For they say laughter is the best medicine
and I’m sure you do agree,
so go on have a laugh
and fill your heart with glee.

It doesn’t take much
to show you care,
a hug, kind word
or just be there.

Now it’s your turn
to be that clown,
to cheer folk up
when they are down.

Put a smile back on their face
make this world
a happier place.

Jean Knox
Funny quotes

“Life is never fair, and perhaps it is a good thing for most of us that it is not.” Oscar Wilde

“It’s kind of fun to do the impossible.” Walt Disney

“Get the facts first. You can distort them later.” Mark Twain

“God writes a lot of comedy... the trouble is, he’s stuck with so many bad actors who don’t know how to play funny.” Garrison Keillor

“A lie gets halfway around the world before the truth has a chance to get its pants on.” Winston Churchill

“A bank is a place that will lend you money if you can prove that you don’t need it.” Bob Hope

“A friend is one who has the same enemies as you have.” Abraham Lincoln

“A rich man is nothing but a poor man with money.” W. C. Fields

“A woman in love can’t be reasonable – or she probably wouldn’t be in love.” Mae West

“A friend is someone who will bail you out of jail. A best friend is the one sitting next to you saying “boy was that fun.” The Maugles
Ideas to stimulate conversation individually or in a group setting

What would you do if you had a million pounds?

If you could travel anywhere in the world, where would you go and who would you go with?

If you could go back in time, what would you do?

What is your favourite film and why?

Do you have a favourite piece of music that is meaningful to you or a friend/relative?

Where did you get married and what year?

What was your favourite holiday and why?

What is your most treasured item at home?

If you could have one moment in your life back again, what would it be?

Have you ever done anything adventurous, dangerous or challenging?

Have you competed in any sport/activity?

What is your proudest moment?

Who or what has inspired you in your life?

Have you ever performed in front of an audience?

Elaine Tizzard
“Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t.”

Rikki Rogers
Give the word most likely to complete the pair. There may be more than one possible answer! Feel free to make your own own!

cup and (saucer)
bacon and (eggs)
knife and (fork)
bread and (butter)
salt and (pepper)
fish and (chips)
toast and (marmalade)
cats and (dogs)
bangers and (mash)
pen and (paper)
table and (chairs)
ball and (chain)
apple pie and (custard)
cheese and (biscuits)
cops and (robbers)
tea and (coffee)
haggis and (neeps)
<table>
<thead>
<tr>
<th>Month</th>
<th>Birthstone</th>
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<tbody>
<tr>
<td>January</td>
<td>Garnet</td>
</tr>
<tr>
<td>February</td>
<td>Amethyst</td>
</tr>
<tr>
<td>March</td>
<td>Aquamarine</td>
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<tr>
<td>April</td>
<td>Diamond</td>
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<tr>
<td>May</td>
<td>Emerald</td>
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<td>June</td>
<td>Pearl</td>
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<td>July</td>
<td>Ruby</td>
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<tr>
<td>August</td>
<td>Peridot</td>
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<tr>
<td>September</td>
<td>Sapphire</td>
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<tr>
<td>October</td>
<td>Opal</td>
</tr>
<tr>
<td>November</td>
<td>Topaz</td>
</tr>
<tr>
<td>December</td>
<td>Turquoise</td>
</tr>
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Information may vary
<table>
<thead>
<tr>
<th>Landmarks quiz</th>
<th>Stonehenge</th>
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<tbody>
<tr>
<td>Taj Mahal</td>
<td>(India)</td>
</tr>
<tr>
<td>Statue of Liberty</td>
<td>Eiffel Tower</td>
</tr>
<tr>
<td>(New York, USA)</td>
<td>(Paris, France)</td>
</tr>
<tr>
<td>Mount Rushmore</td>
<td>Tower of Pisa</td>
</tr>
<tr>
<td>(South Dakota, USA)</td>
<td>(Tuscany, Italy)</td>
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<tr>
<td>Big Ben</td>
<td>Empire State Building</td>
</tr>
<tr>
<td>(London, England)</td>
<td>(New York, USA)</td>
</tr>
<tr>
<td>Arc de Triomphe</td>
<td>Sydney Opera House</td>
</tr>
<tr>
<td>(Paris, France)</td>
<td>(Sydney, Australia)</td>
</tr>
<tr>
<td>Colosseum</td>
<td>Golden Gate Bridge</td>
</tr>
<tr>
<td>(Rome, Italy)</td>
<td>(San Francisco, USA)</td>
</tr>
<tr>
<td>Grand Canyon</td>
<td>Easter Island</td>
</tr>
<tr>
<td>(Arizona, USA)</td>
<td>(South Pacific)</td>
</tr>
</tbody>
</table>
### Double name game

<table>
<thead>
<tr>
<th>Traffic</th>
<th>Light</th>
</tr>
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<tbody>
<tr>
<td>Bow</td>
<td>Tie</td>
</tr>
<tr>
<td>Football</td>
<td>Team</td>
</tr>
<tr>
<td>Shoe</td>
<td>Lace</td>
</tr>
<tr>
<td>Baked</td>
<td>Beans</td>
</tr>
<tr>
<td>Car</td>
<td>Park</td>
</tr>
<tr>
<td>Tooth</td>
<td>Brush</td>
</tr>
<tr>
<td>Face</td>
<td>Cloth</td>
</tr>
<tr>
<td>Book</td>
<td>Case</td>
</tr>
<tr>
<td>Super</td>
<td>Market</td>
</tr>
<tr>
<td>Mince</td>
<td>Pie</td>
</tr>
<tr>
<td>Snow</td>
<td>Ball</td>
</tr>
<tr>
<td>Tennis</td>
<td>Racket</td>
</tr>
<tr>
<td>Dressing</td>
<td>Table</td>
</tr>
<tr>
<td>Hand</td>
<td>Bag</td>
</tr>
<tr>
<td>Plant</td>
<td>Pot</td>
</tr>
<tr>
<td>Arm</td>
<td>Chair</td>
</tr>
<tr>
<td>Bee</td>
<td>Hive</td>
</tr>
<tr>
<td>Dust</td>
<td>Pan</td>
</tr>
<tr>
<td>Coat</td>
<td>Hanger</td>
</tr>
<tr>
<td>Bus</td>
<td>Station</td>
</tr>
</tbody>
</table>
Do you like football (sport)?
Do you have a favourite team?
Do you have a favourite player?
Did you go to support your team?
Did you go with your father to matches?
Did you take your kids/family to games?
Do you recall any memorable games?
What was it like attending games?
What was your favourite ground?
Did you travel by car? Bus? Train?
What were the crowds at football games like?
Did you have a pie and Bovril at the game?
Did you follow Scotland?
Who was your favourite Scotland player?
Did you play football?
Did you play for a team?
What was your position in the team?
Did you win any medals? Trophies?
Where did you play football? At park/in street/in fields?

Lawrence Lindsay
<table>
<thead>
<tr>
<th>Item</th>
<th>Complete Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yorkshire (pudding)</td>
<td>Cooking (apples)</td>
</tr>
<tr>
<td>Lemon (curd)</td>
<td>Fish and (chips)</td>
</tr>
<tr>
<td>Shortcrust (pastry)</td>
<td>Suet (pudding)</td>
</tr>
<tr>
<td>Strawberry (jam)</td>
<td>Belly of (pork)</td>
</tr>
<tr>
<td>Scotch (broth)</td>
<td>Cranberry (sauce)</td>
</tr>
<tr>
<td>Baked (beans)</td>
<td>Shoulder of (lamb)</td>
</tr>
<tr>
<td>Tomato (soup)</td>
<td>Roast (beef)</td>
</tr>
<tr>
<td>Fish (fingers)</td>
<td>Spanish (omelette)</td>
</tr>
<tr>
<td>Cottage (pie)</td>
<td>Toast and (marmalade)</td>
</tr>
<tr>
<td>Victoria (sandwich)</td>
<td>Scones and (jam)</td>
</tr>
<tr>
<td>Rice (pudding)</td>
<td>Porridge (oats)</td>
</tr>
<tr>
<td>Fruit (salad)</td>
<td>Mince and (tatties)</td>
</tr>
<tr>
<td>Ice (cream)</td>
<td>Haggis and (neeps)</td>
</tr>
<tr>
<td>Madeira (cake)</td>
<td>Bangers and (mash)</td>
</tr>
<tr>
<td>Grated (cheese)</td>
<td>Bread and (butter)</td>
</tr>
<tr>
<td>Cod in (batter)</td>
<td>Salt and (pepper)</td>
</tr>
<tr>
<td>Drinking (chocolate)</td>
<td>Oranges and (lemons)</td>
</tr>
</tbody>
</table>
Can you complete the last part of these famous places? Group or individual activity.

Westminster ... (Abbey)
The Taj ... (Mahal)
The Eiffel ... (Tower)
The Wallace ... (Monument)
The Statue of ... (Liberty)
Niagara ... (Falls)
Gretna ... (Green)
Loch ... (Ness)
The Rocky ... (Mountains)
Ben ... (Nevis)
Palm ... (Springs)
Buckingham ... (Palace)
The White Cliffs of ... (Dover)
The Albert ... (Hall)
The Houses of ... (Parliament)
True or false questions

Centipedes always have 100 feet.
False.

111,111,111 x 111,111,111 = 12,345,678,987,654,321
True.

The world record for a human to hold their breath underwater is eight minutes 27 seconds.
False, in May 2012 Stig Severinsen held his breath underwater for 22 minutes.

The world’s oldest known tree is more than 9,000 years old.
True – In 2008 a tree calculated to be 9,550 years old was found in Sweden.

In the television series ‘Mork and Mindy’, Mindy was played by Erin Moran.
False, she was played by Pam Dawber. Erin Moran played Joanie in ‘Happy Days’.

According to Scottish law, it is illegal to be drunk in charge of a cow.
True.
'Fauntleroy’ is the middle name of Donald Duck.  
True.

The ‘black box’ in an aeroplane is black.  
False – it is orange.

Approximately one-quarter of human bones are in the feet.  
True – 52 bones in the feet and 206 in the whole body.

The distance, as the crow flies, from London to Edinburgh, is greater than the distance from London to Glasgow. 

Virtually all Las Vegas gambling casinos ensure that they have no clocks.  
True.

The total surface area of two human lungs have a surface area of approximately 70 square metres.  
True.
The naming game. Used for individuals, teams, or in a group setting. How many can you name?

An American president
A flower
The name of a novel
Something in a sweet shop
Something on a farm
A famous building in Europe
Something you would take to the beach
A British Prime Minister
A language/culture
A means of travelling
Something to drink
A marine animal
A type of fruit
A team sport
A currency
A famous mountain
An electrical appliance
The name of a film
The name of a Shakespeare play
A place to visit in Scotland
An African animal
A famous ship
Physical Activity
“It’s not the years in your life that count. It’s the life in your years.”

Abraham Lincoln
Top tips for physical activity

1. Keeping physically active can add seven years to your life span.
2. Physical activity can help prevent you developing many chronic diseases including heart disease, stroke, depression and some cancers.
3. Remember the tortoise – small amounts of daily activity are more beneficial.
4. No boundaries, no limits – every exercise has benefits so choose an activity or sport that you enjoy.
5. Variety is the spice of life – change your walking route, try a new sport, don’t let yourself get bored.
6. All together now – group activities are a great way to socialise, stay motivated and keep fit.
7. The world is your oyster and it’s also your gym – exercise for free outside anytime, anywhere.
8. Stand up for your life – take regular breaks from sitting.
9. Stretch yourself – a great way to warm up and cool down and improves your flexibility and balance.
10. Take your breath away – activity that increases your breathing rate is great for the heart and lungs.
11. Calculate the risk – walking is free from cost and free from harm, but be warned; it will improve your health.
12. Elevator pitch? Give your health a regular lift by taking the stairs.

Nathan Stephens
Going on a journey
This little warm-up game can be used in conjunction with a ball-throwing exercise.
We are going on a bus journey. You, the leader, start off with where you would like to go – for example, Glasgow, France, New York or anywhere in the world, then throw the ball to someone in the group asking them to say where they would like the imaginary bus to go.
**Actions.** Using mimes or charades. The individual is given a card or verbal instruction to follow. It can be done sitting or standing depending on the ability of the individual.

- Doing up a tie
- Playing the piano
- Typing
- Writing a letter
- Stirring food
- Tying a bow
- Painting a picture
- Cleaning windows
- Driving a car
- Combing/brushing hair
- Hammering in a nail
- Telephoning
- Slicing bread
- Opening a door
- Painting a wall
- Doing a manicure
- Reading a paper
- Playing cards
- Shaving
- Ironing
Gardening

“The garden suggests there might be a place where we can meet nature halfway.”

Michael Pollan

Gardening has many health and therapeutic benefits.

Some medical conditions and physical issues can prevent older people from participating in gardening. However, with planning and a few changes, you can create a safe, accessible and pleasant space. Alternatively, indoor plants, herbs and tropical plants that would require some TLC and maintenance could provide interest for individuals.

Gardening is beneficial for older people because it:
- is an enjoyable form of exercise;
- increases levels of physical activity and helps mobility and flexibility;
- encourages use of motor skills;
- improves endurance and strength;
- reduces stress levels and promotes relaxation;
- provides stimulation and interest in nature and the outdoors;
- improves wellbeing as a result of social interaction; and
- can provide nutritious home-grown produce.

Darrell Line
Guess what game?

This is an idea taken from a Victorian parlour game, where one item at a time is placed in a cloth bag/pillowcase and the person has to try and guess the item by touch alone passing the bag on in a group until someone guesses what the item is. You can also give this a seasonal feel by doing a Christmas, Hallowe’en or Easter theme. This can also be used on a one-to-one basis to aid with memory/reminiscence.

Feely bag

Several objects (six to seven) are put in a pillowcase/bag and each person is asked to feel for a named object. The object may be removed once it has been located.
Music and culture
“Remember that the happiest people are not those getting more, but those giving more.”

H. Jackson Brown, Jr.
Film titles

The leader of the group reads out the beginning of the film title for group to try to guess the end.

1. The Longest Day
2. The Sound Of Music
3. Gone With The Wind
4. One Flew Over The Cuckoo’s Nest
5. The Good, The Bad And The Ugly
6. Fiddler On The Roof
7. Dr Zhivago
8. Mary Poppins
9. Ben-Hur
10. The Magnificent Seven
11. Blazing Saddles
12. The Poseidon Adventure
13. Lord Of The Rings
14. My Fair Lady
15. The Ten Commandments
16. From Russia With Love
17. The Bridge On The River Kwai
18. Diamonds Are Forever
Nursery rhymes

Can you complete the popular children’s nursery rhymes? Individual or group activity.

Mary had a little lamb
Hickory dickory dock
Old MacDonald had
Pat-a-cake, pat-a-cake
Twinkle, twinkle, little star
Three little kittens
Three blind mice
Jack and Jill
Little Jack Horner
Little Miss Muffet
Little Bo Peep
Incy wincy spider
Hey diddle diddle
Simple Simon
Rub-a-dub-dub
Ring-a-ring-a-roses
Scottish songs

Remembering songs can be very emotive, and may even lead to a wee sing song!

Ae Fond Kiss
Ally Bally, Ally Bally Bee
My love is like a red, red, rose
Loch Lomond
Caledonia
500 miles
Charlie is my darlin’
Skye Boat song
I belong to Glasgow
Roamin’ in the Gloamin’
Donald where’s your troosers?
Northern lights of old Aberdeen
Bonnie wee Jeanie McColl
Amazing Grace
Auld Lang Syne
Scots Wha Hae
A Man’s a Man for A’That
<table>
<thead>
<tr>
<th>Traditions</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>A taste of Britain</td>
<td>British clubs, theatres, shops and cinemas around the world</td>
</tr>
<tr>
<td>April fool</td>
<td>Just fooling around</td>
</tr>
<tr>
<td>Bank holidays</td>
<td>What is a bank holiday?</td>
</tr>
<tr>
<td>Bonfire night</td>
<td>A penny for the guy?</td>
</tr>
<tr>
<td>British houses</td>
<td>What is a typical British house like?</td>
</tr>
<tr>
<td>British pop music</td>
<td>How much do you know about British pop music?</td>
</tr>
<tr>
<td>British television</td>
<td>British television is famous around the world</td>
</tr>
<tr>
<td>Burns’ night</td>
<td>Each year on 25 January, Robert Burns’ presumed birthday, Scots everywhere take time out to honour a national icon</td>
</tr>
<tr>
<td>Christmas</td>
<td>Christmas celebrations</td>
</tr>
<tr>
<td>Clothes</td>
<td>Fashion and national costumes in the UK</td>
</tr>
<tr>
<td>Easter</td>
<td>Who is the Easter Bunny?</td>
</tr>
<tr>
<td>Edinburgh festival</td>
<td>One of the largest festivals in the world</td>
</tr>
<tr>
<td>Education</td>
<td>The education system in the UK</td>
</tr>
<tr>
<td>Topic</td>
<td>Description</td>
</tr>
<tr>
<td>----------------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Food</td>
<td>Food in the UK, from the Great British breakfast to bangers and mash</td>
</tr>
<tr>
<td>Hallowe’en or All Hallow’s Eve</td>
<td>Spooky! Trick or treat?</td>
</tr>
<tr>
<td>Health in the UK</td>
<td>The NHS in the UK</td>
</tr>
<tr>
<td>Highland games</td>
<td>Celebrating Scottish and Celtic culture. Caber toss, stone put, weight throw, kilts, music ...</td>
</tr>
<tr>
<td>Marriage and weddings</td>
<td>British wedding and marriage customs and traditions</td>
</tr>
<tr>
<td>Money</td>
<td>The jangly stuff and the folding stuff</td>
</tr>
<tr>
<td>Mother’s Day</td>
<td>Also known as Mothering Sunday</td>
</tr>
<tr>
<td>New Year</td>
<td>First footing, resolutions?</td>
</tr>
<tr>
<td>Remembrance Sunday</td>
<td>A time for peace</td>
</tr>
<tr>
<td>Shopping</td>
<td>The changing face of shopping in the UK</td>
</tr>
<tr>
<td>Shrove Tuesday</td>
<td>Otherwise known as Pancake Day</td>
</tr>
<tr>
<td>Valentine’s Day</td>
<td>A celebration of love</td>
</tr>
<tr>
<td>Work</td>
<td>Working in the UK</td>
</tr>
</tbody>
</table>
Let’s have a ‘Sing-a-long’
Pick a song per day to learn. Does anyone play a musical instrument to accompany the singer(s)?

Oh, what a beautiful morning.
Oh, I do like to be beside the seaside.
Pack up your troubles in your old kitbag.
If you were the only girl in the world.
My old man, said follow the van.
Oh, Dear! What can the matter be?
My bonnie lies over the ocean.
It’s a long way to Tipperary.
You are my sunshine.
Amazing Grace.
We’ll meet again.
Daisy, Daisy.
Danny Boy.
Rock of Ages.
Home on the range.
When the saints go marching in.
Swing low sweet chariot.
Oh my darlin’ Clementine.
Bye-bye blackbird.
Shine on harvest moon.
You made me love you.
For me and my girl.
How great Thou art.
Health and Wellbeing
“Those who bring sunshine to the lives of others cannot keep it from themselves.”

J M Barrie
Feeling stressed or worried, busy mind?

Take a pause ...

Allow your attention to take in what is happening in your mind and body.

Then see if it is possible just to allow your attention to settle in your body, perhaps noticing how you are sitting or standing.

You may then choose to move your attention to lightly focus in on the breath, noticing the sensations of the breath wherever you feel this the most (nostrils/chest/back).

You may find the mind wanders into thinking, as best you can just notice and gently bring the attention back to the breath.

See if it is possible to allow things just to be as they are, even just for this moment.

Gillian Agnew
Tension in the body

Bring attention to how you are sitting or lying and make any necessary adjustments needed to make you comfortable.

You can start off by doing some mindful breathing if you have been practising this.

As you breathe in, imagine the breath travelling to any areas of discomfort or tension. Saying ‘soften’ in your mind and imagining the muscles releasing and relaxing.

When you want to finish, just bring your attention back to how your body is positioned and begin to move gradually, perhaps your fingers and toes, then larger parts of your body.
“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

Anne Frank
Cultivating positive emotions and sense of wellbeing

Bring attention to how you are sitting or lying and make any adjustments needed to make you comfortable.

If you are able, perhaps bring to mind something, could be a special place, person or pet that brings you a sense of happiness.

Notice how this feels inside when you think of them. Is there a warm feeling around your heart? Do you notice a smile at your lips?

Spend some time simply focusing on this feeling, as best you can allow thoughts just to come and go, allowing you just to sit with this feeling.
Mindful breathing to support relaxation

Bring attention to how you are sitting or lying and make any necessary adjustments needed to make you comfortable.

Taking a few deeper breaths in and out and then allow your attention just to remain on the breath as it returns to normal.

Place you hands on your belly and notice if your belly expands on the in breath then settles on the out breath. Spend a few moments here perhaps breathing a little deeper to feel this movement.

Allow your attention now to have more of a focus on the out breath. You may notice how the body relaxes as it lets go of the breath? Spend a little time just simply focusing on the out breath and how this feels in your body. If your mind is busy, don’t worry. Just gently refocus your attention on the out breath.

“Do what you can, with what you have, where you are.”

Theodore Roosevelt
Further information

Pocket ideas – A moment in time was written by the Occupational Therapy team at NHS Ayrshire & Arran.

For further information or how to get copies please contact:

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Irvine KA12 8SS

Please visit the NHS Ayrshire & Arran website for more activity ideas:

www.nhsaaa.net/activelyengaged

Scotland’s Dementia Awards – 2014
Acknowledgements
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Special thanks to the many other people – staff, patients and relatives – who have supported the project throughout this very positive experience.

I’m so proud of what the team have achieved and all their hard work will benefit many older people.

Billy McClean
Associate Director for AHPs
Pocket ideas – A moment in time is a pocket activity tool. It has been specifically designed to encourage the use of meaningful activity in a simple format to promote conversation, reduce boredom, improve social stimulation and support therapeutic relationships for older people. The pocket tool is small enough to fit into the pocket of a uniform. It is quick and easy to use and an intervention can take no more than five minutes. The simplicity of the tool is important to help facilitate meaningful activity when there may be time limitations. The book has a Scottish theme but can be adapted for your area.