

Mental Health Matters Wales

Activity Pack

International **BEER** Day

Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.



MHM Wales



**Better
Together**



**Wellbeing
Hubs**



**Therapeutic
Support**

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Just Giving <https://www.justgiving.com/mentalhealthmatterswales>

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Health Board Voluntary Services

Aim of Pack: International **BEER** Day

International Beer Day is a global celebration of beer, taking place in pubs, breweries, and backyards all over the world. It's a day for beer lovers everywhere to raise a toast to our brewers and bartenders and rejoice in the greatness of beer!

The Benefits of these Activities include but are not limited to

Better Communication

Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.

Improved Coordination

Activities can delay the loss of muscle control.

Relaxation

It is a wonderful distraction from the blues, chronic pain, and other stressful situations.

Pride

There can be immense satisfaction and pleasure taken from drawing projects.



MHM Wales



**Better
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Hubs**



**Therapeutic
Support**

FIVE

Facts about

BEEER



In the first set of laws ever written, The Code of Hammurabi in 1772 BCE, King Hammurabi of decreed that his subjects, the Babylonians would have a daily ration of beer, according to their social status!

The Babylonians took their beer making so seriously that if you made a bad batch your punishment was to be drowned in it!

The Egyptians built the pyramids under the influence. Workers at Giza received about four litres of beer a day but in those days, beer did not have very high alcoholic content, but it was very nutritional, and a most important part of the ancient Egyptian daily diet. Beer was also much safer than drinking water from the Nile !

Before Thermometers, beer fermentation was tested by the brewer placing his thumb in the brewing liquid. If the thumb had to be removed because of heat, the brewer had to wait for it to col further before adding the yeast

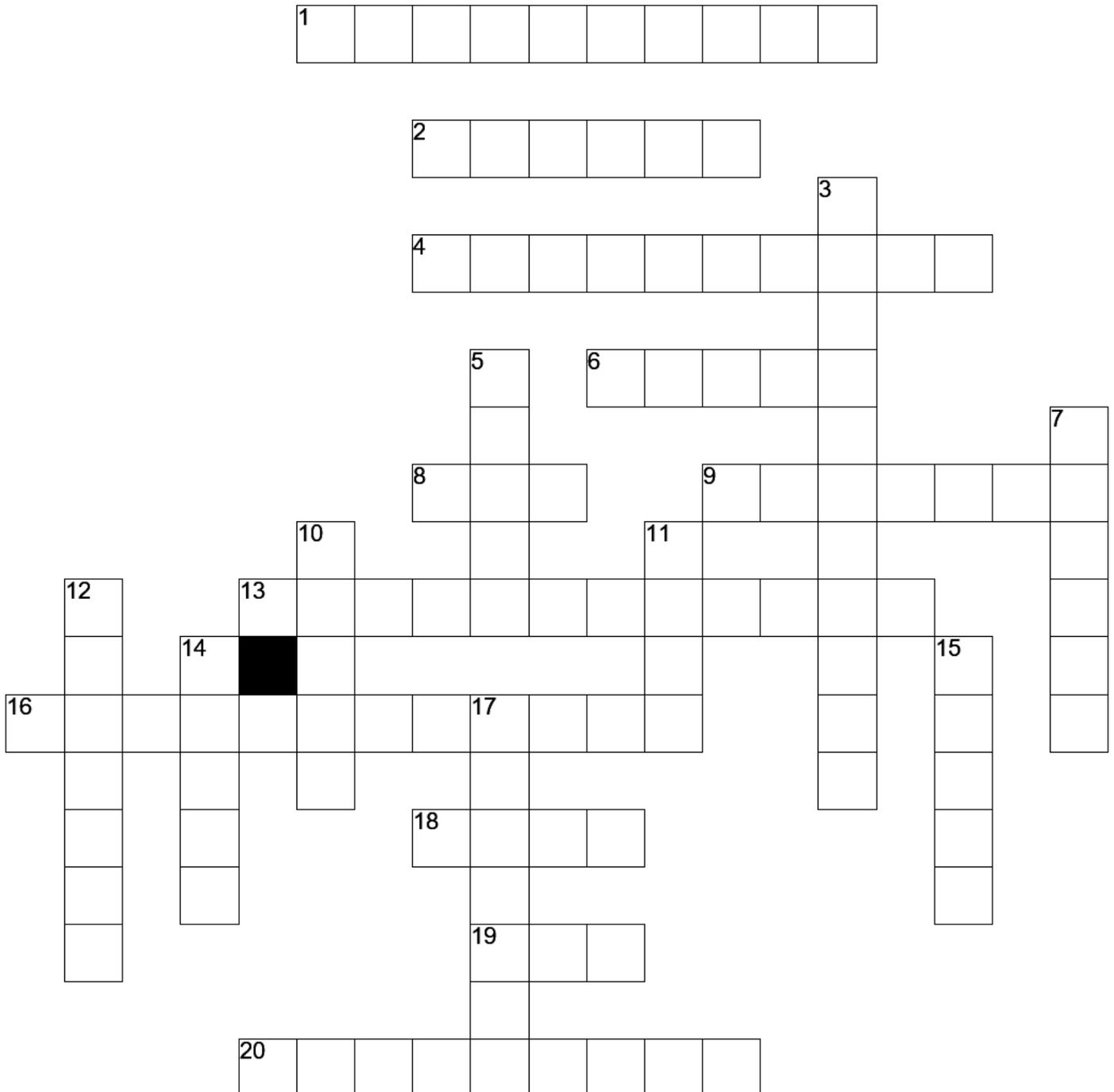
The Oldest continuously operating brewery in the world is Weihen Stephan in Bavaria. It has been operating since 1040!

The UK Consumes approximately 48.56 million hectolitres of beer a year. In 2019, we bought 255 pints of beer every second!



BEER

Crossword



BEER

Crossword Clues

Across

1. The process of ceasing to drink.
2. Strong distilled liquor such as brandy, whiskey, gin, or rum.
4. An addiction to the consumption of alcoholic liquor or the mental illness and compulsive behavior resulting from alcohol dependency.
6. Alcohol, especially hard liquor.
8. An alcoholic liquor distilled from sugar-cane residues or molasses.
9. The intoxicating constituent of wine, beer, spirits, and other drinks, and is also used as an industrial solvent and as fuel.
13. Driving while under the influence of alcohol.
16. The habitual misuse of alcohol.
18. An alcoholic drink made from yeast-fermented malt flavored with hops.
19. A clear alcoholic spirit distilled from grain or malt and flavored with juniper berries.
20. The legal age for someone to drink in the USA.

Down

3. Alcoholism can cause this type of cancer.
5. When someone has had so much to drink that they lose control of themselves.
7. A mutual support organization for the families and friends of alcoholics, especially those of members of Alcoholics Anonymous.
10. A measure of how much alcohol is contained in an alcoholic beverage.
11. An alcoholic drink made from fermented grape juice.
12. A deterioration in someone's state of health after a temporary improvement
14. An alcoholic spirit of Russian origin made by distillation of rye, wheat, or potatoes.
15. A major ingredient of beer.
17. Weight that is gained in the abdominal region from drinking alcohol.

BEER

Word Search



Londonpride **Tooheys** **Victoriabitter** **Imperial** **Kronenberg**
Redstripe **Samadams** **Bigrock** **Bassale** **Bluemoon**
Amstel **Boddingtons** **Steinlager** **Skol** **Newcastle**
Kilkenny **Moosehead** **Stella** **Doublediamond** **Guinness**
Fosters **Shocktop** **Tetleys** **Sapporo** **Pilsner** **Molson**
Heineken **Harp** **Corona** **Miller** **Coorslight** **Budweiser**
Michelob **Labbatts**

EMICODTS

PMRITO

LLHOAOC

FRNEOAIMTTEN

EYSTA

YEWIRRRECMBO

RLGEA

EKG

TALM

YLBARE

OPSH

LEA

BMARE

TTSOU

PBU

When can you tell a man is planning for the future?

When he buys two cases of beer!

What should you never say to a policeman?

"I can't reach my license... here, hold my beer, please!"

The CEOs of Budweiser, Guinness, Fosters and Heineken were attending a conference when a waiter came to see what they wanted to drink.

The CEO of Budweiser asked for a Budweiser, the Heineken CEO asked for a Heineken and the one from Foster's asked for a Fosters.

When the waiter came to the CEO of Guinness he asked for a Coke. The waiter asked him: 'But Sir, don't you want a beer?' 'No' said the CEO, 'My colleagues are not having beers so I won't either!'

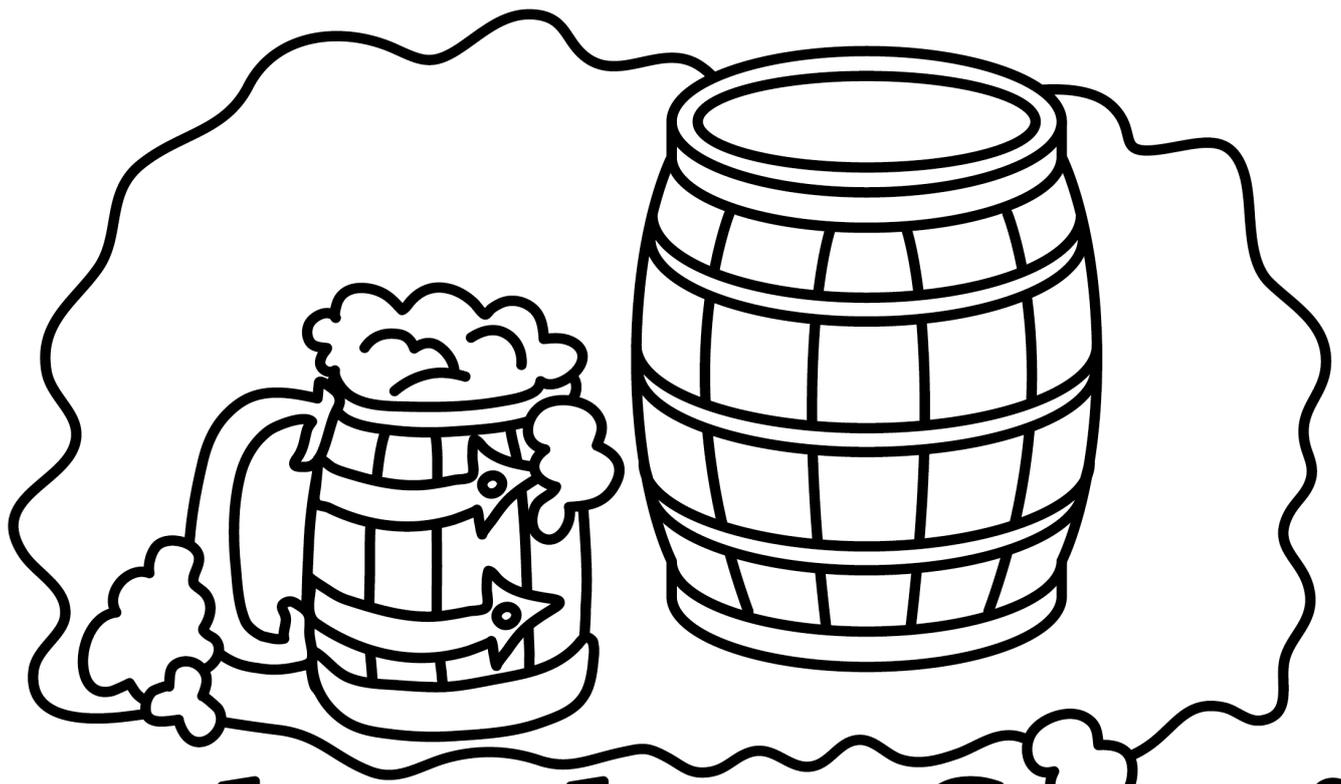
A kangaroo walks into a London bar and orders a beer. The bartender says, "That'll be £10. You know, we don't get many kangaroos coming in here." The kangaroo says, "At £10 a pint, it's not hard to understand why."

A dog with his leg wrapped in bandages hobbles into a saloon. He sidles up to the bar and announces:
"I'm lookin' fer the fell'r that shot my paw."



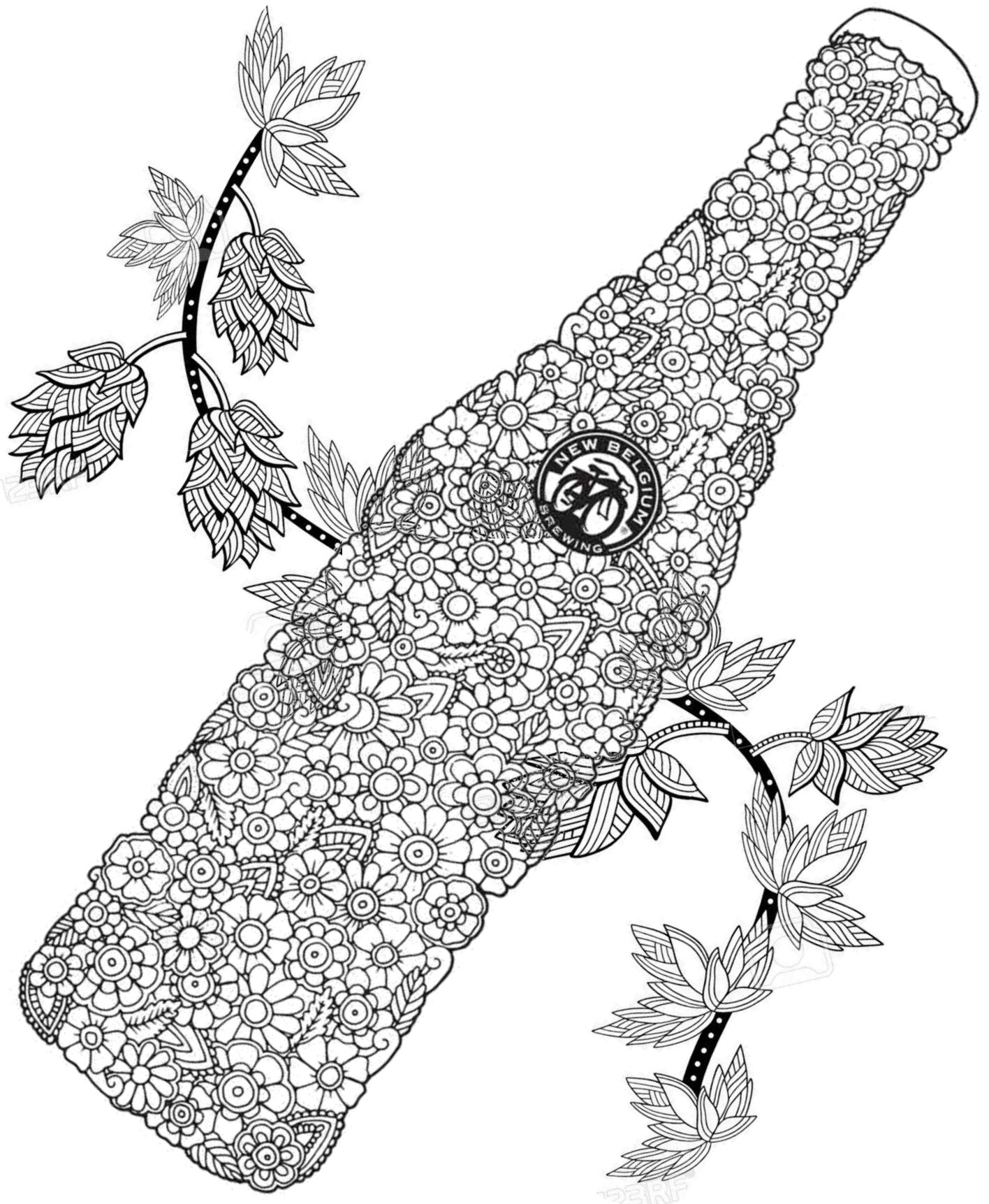


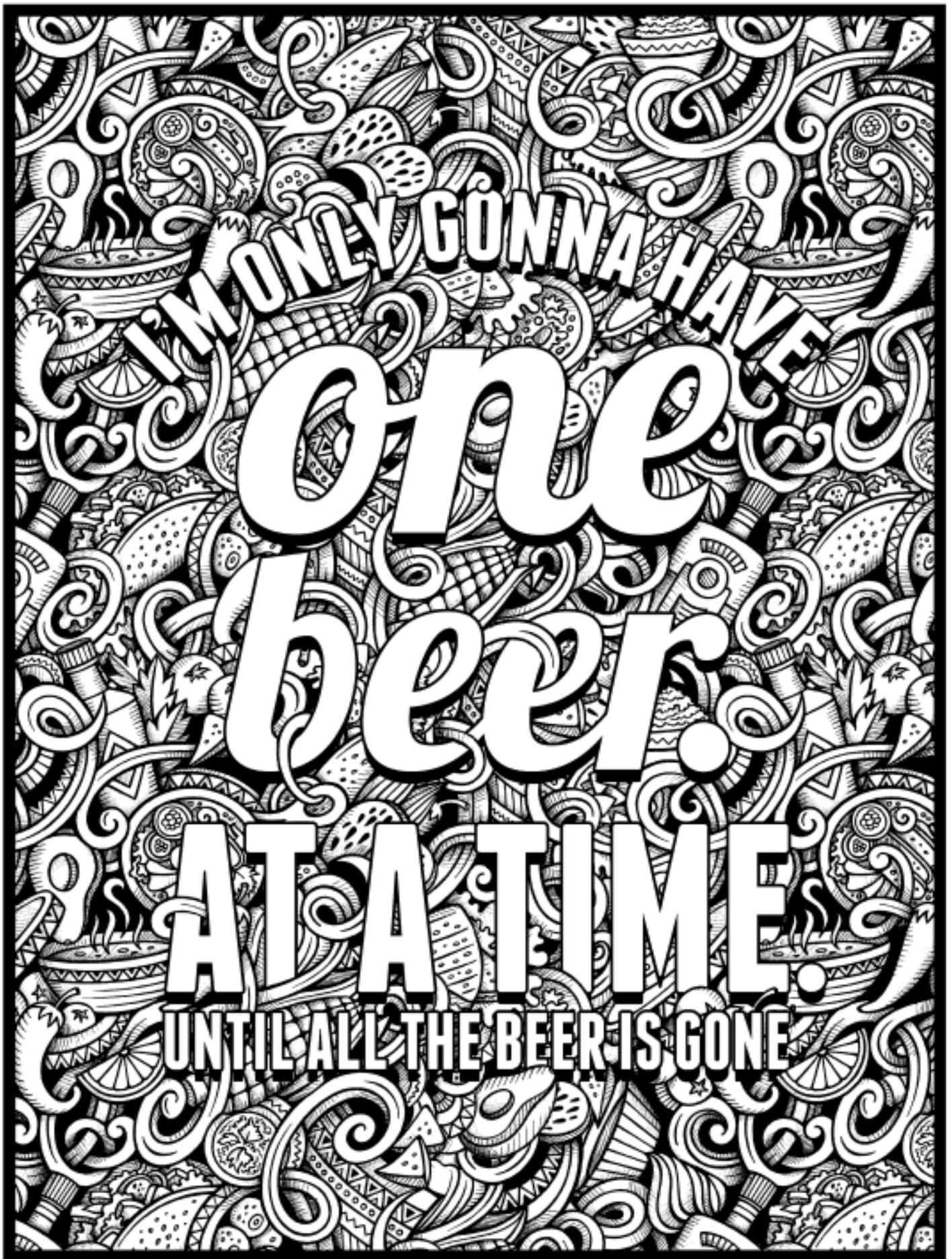
**CHEERS
TO
BEER!**



Oktoberfest







My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

*Ah, beer.
The Cause of and
Solution to all of
life's problems.*

