

Mental Health Matters Wales

Activity Pack

World Friendship 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**

This activity book has
been kindly printed by



Cardiff and Vale University
Health Board Voluntary Services

Aim of Pack:

To create activities that celebrate...
World Friendship Day

World Friendship Day takes place on 30th July.

The original idea for a day of friendship came from Hallmark Cards in the 1930's. Originally celebrated on 2nd August, the day was viewed cynically by the public as a money making exercise. Sales of Friendship Day cards did not take off at all in Europe and by the mid-1940's the day had faded into obscurity in the USA. The idea of a day to honour friendship was, however, adopted by a number of countries in Asia where it remains a popular custom to reserve a day for celebrating friendships and the exchange of gifts between friends.

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.



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Hubs**



**Therapeutic
Support**

FIVE

Facts about

F • R • I • E • N • D • S • H • I • P

Want to live longer? A network of friends is actually even more important than a close family group. Older people live 22% longer if they have an extensive friend network.



Babies understand the concept of friendship at just 9 months old! Research shows that babies can recognise and pay attention to the fact that people with similar likes and dislikes tend to be friends.

Friends or colleagues? If you have a close friend at your job, you're seven times more likely to be productive and enjoy your work. If you don't have any friends at work, there's only a One in Twelve chance that you'll like what you do.

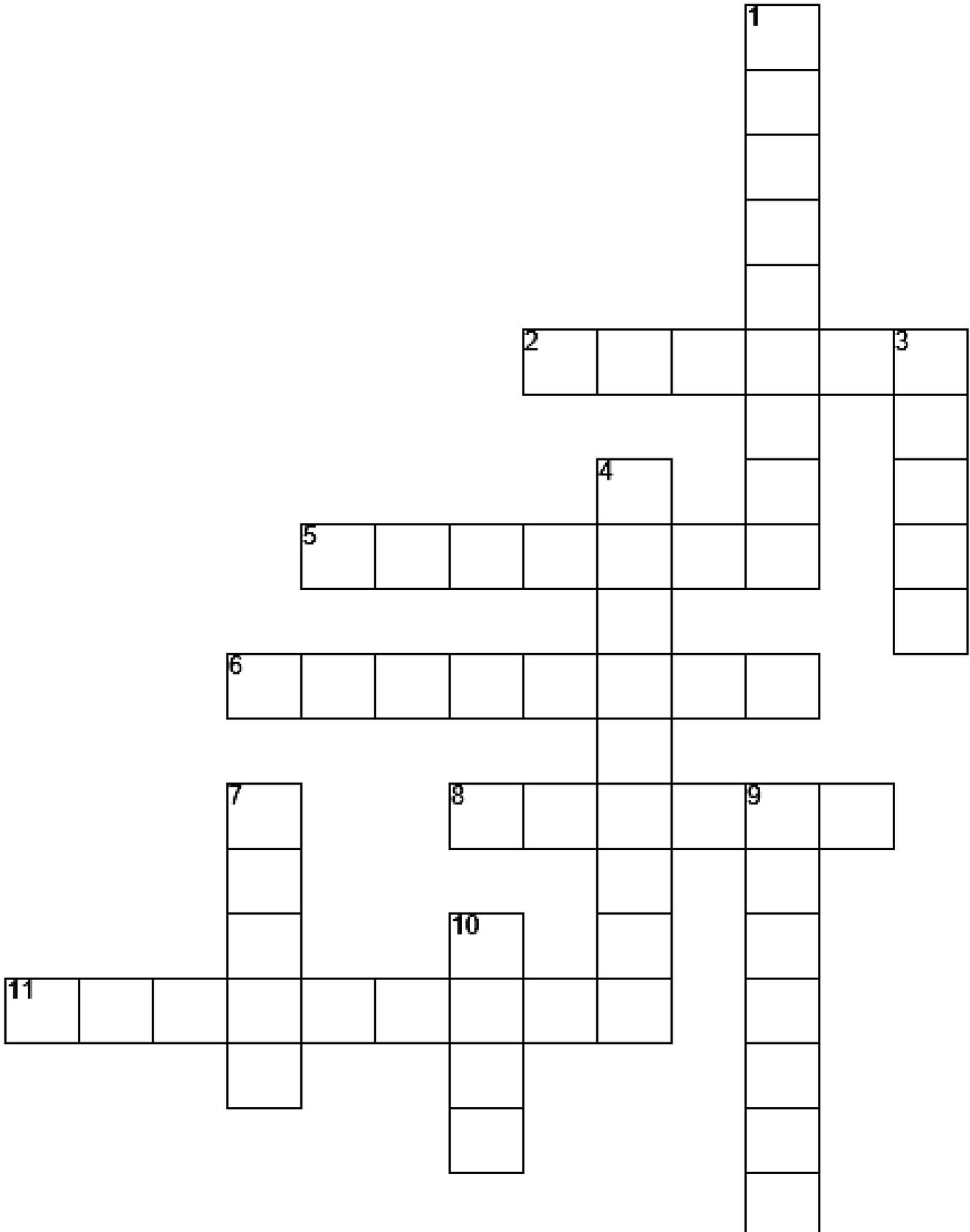


Marriages rooted in friendship last longer than those rooted in other things

Animals have friends, too! Furry creatures can have lifelong friendships with animals outside of their species. Research has demonstrated this is true for Chimpanzees, Baboons, Dogs, Hyenas, Elephants, Dolphins, Horses, and even bats



Friendship Crossword



Friendship Crossword Clues

Across

2. When a person trusts you, you can keep a _____
5. The quality that people have when they tell the truth _____
6. When you don't agree sometimes, you have an _____
8. When you feel good about yourself, you have good self _____
11. If you do harm to someone, you should _____

Down

1. When you do what's right, even when no one is looking, you have _____
3. When someone always is there for you, you have _____
4. When you stand up for yourself, you are _____
7. A person who tries to make people unhappy in many ways _____
9. When you understand someone's feelings, you have _____
10. If you are not mean, you are _____



Friendship Word Search

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

ACQUAINTANCE AFFECTION ALLY BUDDY CLOSENESS
 COMPAION COMRADERY EMPATHY ENJOYABLE
 FAVORS FONDNESS FRIENDLINESS FRIENDSHIP FUN
 GIRLFRIEND GOODTIMES HELPFUL HONESTY
 LAUGHTER LISTENER LOVING LOYALTY MEMORIES
 RELIABLE SECRETS SHARES SHOULDER SUPPORTIVE
 SYMPATHY TRUST

Friendship

Unknown

The best of friends can change a frown,
Into a smile, when you feel down.

The best of friends, will understand,
Your little trials, and lend a hand.

The best of friends, will always share,
Your secret dreams, because they care.

The best of friends, worth more than gold,
Give all the love, a heart can hold.



We share
Unknown

**We share a cute equation,
Where we fight like Tom and Jerry,
But, having you in my life,
Is like icing and the cherry,
Coz our bond is special and true,
Coz our bond will remain new,
Our friendship rocks!**

Friendship Split Words

With a pencil, form words from the syllable fragments in each grid. Cross out each grid as you use it! All words are related to friendship.

memo	ten	for	rous
ether	res	pect	gene
ever	lis	tog	ine
life	cere	faith	last
ful	ing	sin	long
sup	genu	port	ries

Words

Colouring Pages



BEST

FRIENDS





Friends Forever





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

Registered Charity Number: 1123842 Company Number: 6468412

My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

Say to Yourself...

There are friends,
there's family,
and then
there are friends
that become family



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