

Mental Health Matters Wales

Activity Pack

Made in Cardiff

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 celebrates all things...

Made in Cardiff

Cardiff. Caerdydd. Day Fort. The capital city of Wales has been settled since 6000BCE, when the ancient tribe of Britons known as the Silures, a powerful and warlike tribe occupying almost all of what is now south Wales.

Today, Cardiff is the base for the Senedd, most national cultural institutions and Welsh media. Cardiff is also known as the City of Arcades, having the biggest concentration of Victorian, Edwardian and modern-day indoor shopping arcades in Britain. Cardiff was ranked sixth in the world in National Geographic's alternative tourist destinations and attracts up to 20 million tourists every year.

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

Registered Charity Number: 1123842 Company Number: 6468412

FIVE

Facts about

Cardiff



The First £1million Deal
was closed in Cardiff Coal
Exchange in 1907



**Cardiff Has the World's
Oldest Record Store.**
Spiller's dates back to 1894 and
used to sell wax records for the
newly invented phonograph!

Captain Morgan, was born in Llanrumney, Cardiff, in 1635. Captain Henry Morgan was considered a ruthless and brutal pirate - even by other pirates! Other than being used as a logo he has no connection to the rum of his name - which was actually created in 1944!

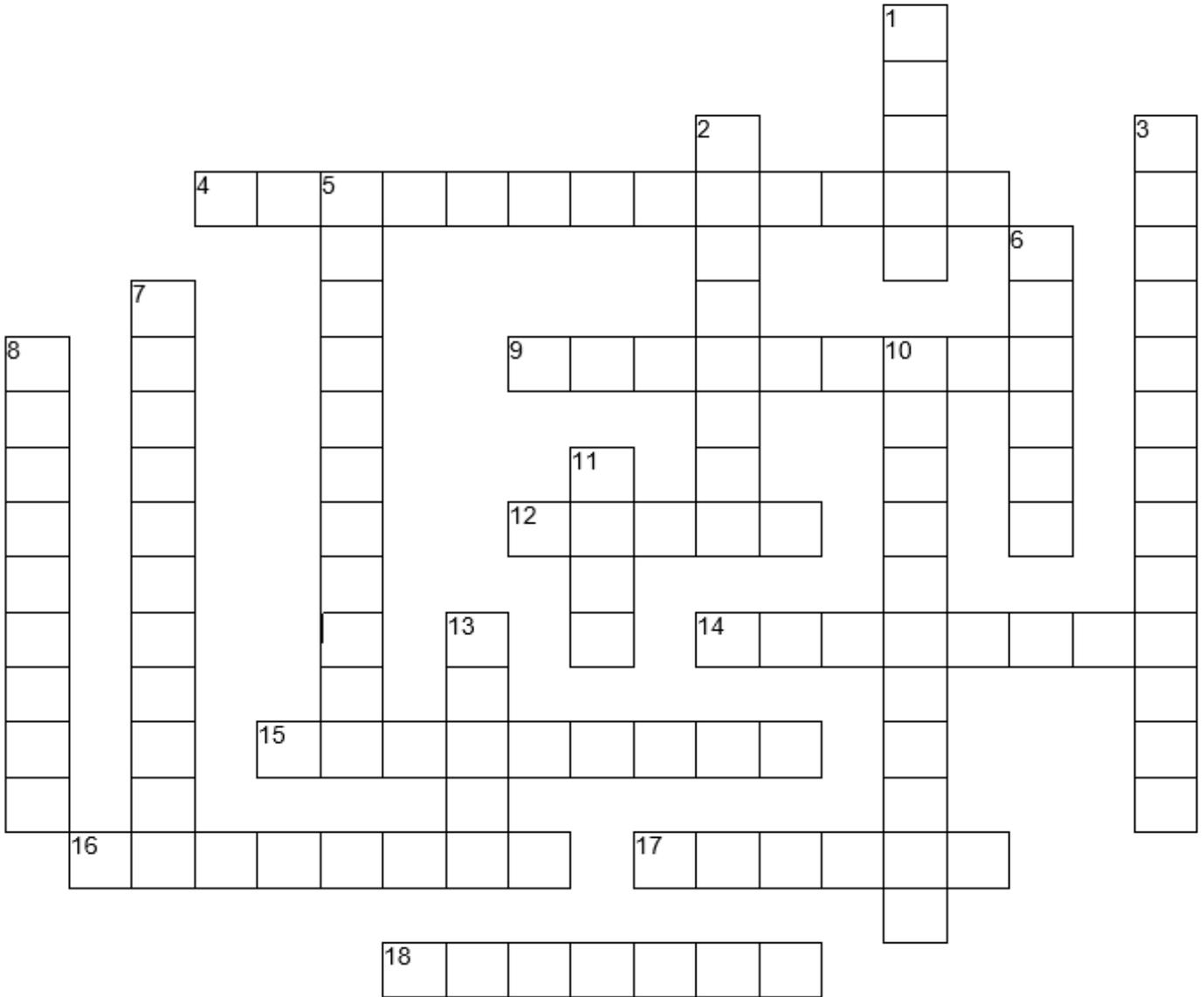


A Tsunami Struck in 1607.

At least 2,000 people are believed to have died when huge swathes of South Wales were flooded. Those who survived called it an act of God, with a seven-metre high wave destroying towns, villages and badly damaging Cardiff, including St Mary's Church.

Westgate Street used to be a river and was used as the town's quay during the 1600s. There was even a ship built and launched there in 1835.

Fun Facts of Cardiff Crossword



Fun Facts of Cardiff Crossword Clues

Across

4. Which royal is the Patron of the Welsh National Opera?
9. Which Welsh Soap Opera is filmed mainly in the BBC Studios in Cardiff?
12. Which famous Dr. Who "alien species" was created by sci-fi writer Terry Nation in Llanrumney?
14. Cardiff has the oldest working record store in the world. What's its name?
15. Which author of "James and the Giant Peach" was born in Cardiff?
16. What is the name of the famous National History Museum in Cardiff where you can explore a genuine heritage village
17. Charlotte, born in Llandaff rose to fame as a child classical singer. What is her surname?
18. Born in Ely in 1967, Michael Barrett was otherwise known as "Shaking" what?

Down

1. How many historical castles are still standing in Wales?
2. Which famous Welsh comedian/ entertainer was often seen singing in Cardiff Arms Park before the rugby
3. Which famous female singer was born in Tiger Bay?
5. Which famous composer and actor was born in Cardiff in 1893 and now has an award named after him in honour of his work?
6. The oldest pub located in Duke Street in Cardiff is called the what Tavern?
7. What is the name of the main shopping street in Cardiff City Centre?
8. Which Welsh born former Cardiff City footballer is currently the manager of the National football team of Wales?
10. Which castle is commonly referred to as "The Fairy Castle" ?
11. Which river runs through Cardiff?
13. Cardiff surprisingly boasts more sunlight hours than this Italian city!

We Love Cardiff Word Search

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

Caerdydd

The Hayes

Castles

Llandaff

Cowbridge

Cathedral Road

Sophia Gardens

Stereophonics

Shirley Bassey

Tom Jones

St Davids Centre

Capital City

Ely

Theatre

Entertainment

Principality Stadium

Culverhouse Cross

Queen Street

Oxford Arcade

National Museum

City Hall

Whitchurch

St Fagans

St Marys Street

Roath Park

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Cardiff Fact or Fiction

- 1. Cardiff was the first Fairtrade Capital in the world**
Fact Fiction
- 2. Milan has fewer sunlight hours than Cardiff**
Fact Fiction
- 3. Cardiff is Europe's second largest capital city**
Fact Fiction
- 4. The first ever million pound deal was struck in Cardiff Coal Exchange**
Fact Fiction
- 5. Captain Morgan, the namesake of the rum, was born in Llanrumney**
Fact Fiction
- 6. The Millennium Stadium is the largest in the world**
Fact Fiction
- 7. Cardiff is also known as the 'City of Arcades'**
Fact Fiction
- 8. Dr. Who's Daleks were created in Cardiff**
Fact Fiction
- 9. Cardiff is the UK's 3rd largest city**
Fact Fiction
- 10. Cardiff City Hall cost £12,000 to build**
Fact Fiction

Answers:

1) Fact 2) Fact 3) Fiction 4) Fact 5) Fact 6) Fiction 7) Fact 8) Fact 9) Fiction 10) Fact

Let's Visit Cardiff Word Jumble

TS DAIVDS HLAL _____

MUESUM _____

GRYBU _____

PGPNSHIO _____

CDFFIRA AYB _____

CPTALAI CYTI _____

RKEATM _____

HATEH ARPK _____

ETHARET _____

IPSHNPOG _____

HORAT KRPA _____

EALTSC _____

SAIOPH RANESGD _____

IELILMNUM TUMISDA _____

Return to Cardiff

Dannie Abse

'Hometown'; well, most admit an affection for a city:
grey, tangled streets I cycled on to school,
my first cigarette in the back lane, and, fool, my first botched love affair.
First everything. Faded torments; self-indulgent pity.

The journey to Cardiff seemed less a return than a raid on mislaid identities.
Of course the whole locus smaller: the mile-wide Taff now a stream,
the castle not as in some black, gothic dream, but a decent sprawl, a joker's toy façade.

Unfocused voices in the wind, associations, clues
odds and ends, fringes caught, as when after the doctor quit,
a door opened and I glimpsed the white, enormous face
Of my grandfather, suddenly aghast with certain news.

Unable to define anything I can hardly speak,
and still I love the place for what I wanted it to be
as much for what it unashamedly is now for me, a city of strangers, alien and bleak.

Unable to communicate I'm easily betrayed,
uneasily diverted by mere sense reflections
like those anchored waterscapes that wander, alter, in the Taff,
hour by hour, as light slants down a different shade.

Illusory, too, that lost dark playground after rain,
the noise of trams, gunshots in what they once called Tiger Bay.
Only real this smell of ripe, damp earth when the sun comes out,
a mixture of pungencies, half exquisite and half plain.

No sooner than I'd arrived the other Cardiff had gone,
smoke in the memory, these but tinned resemblances,
where the boy I was not and the man I am not
met, hesitated, left double footsteps, then walked on.

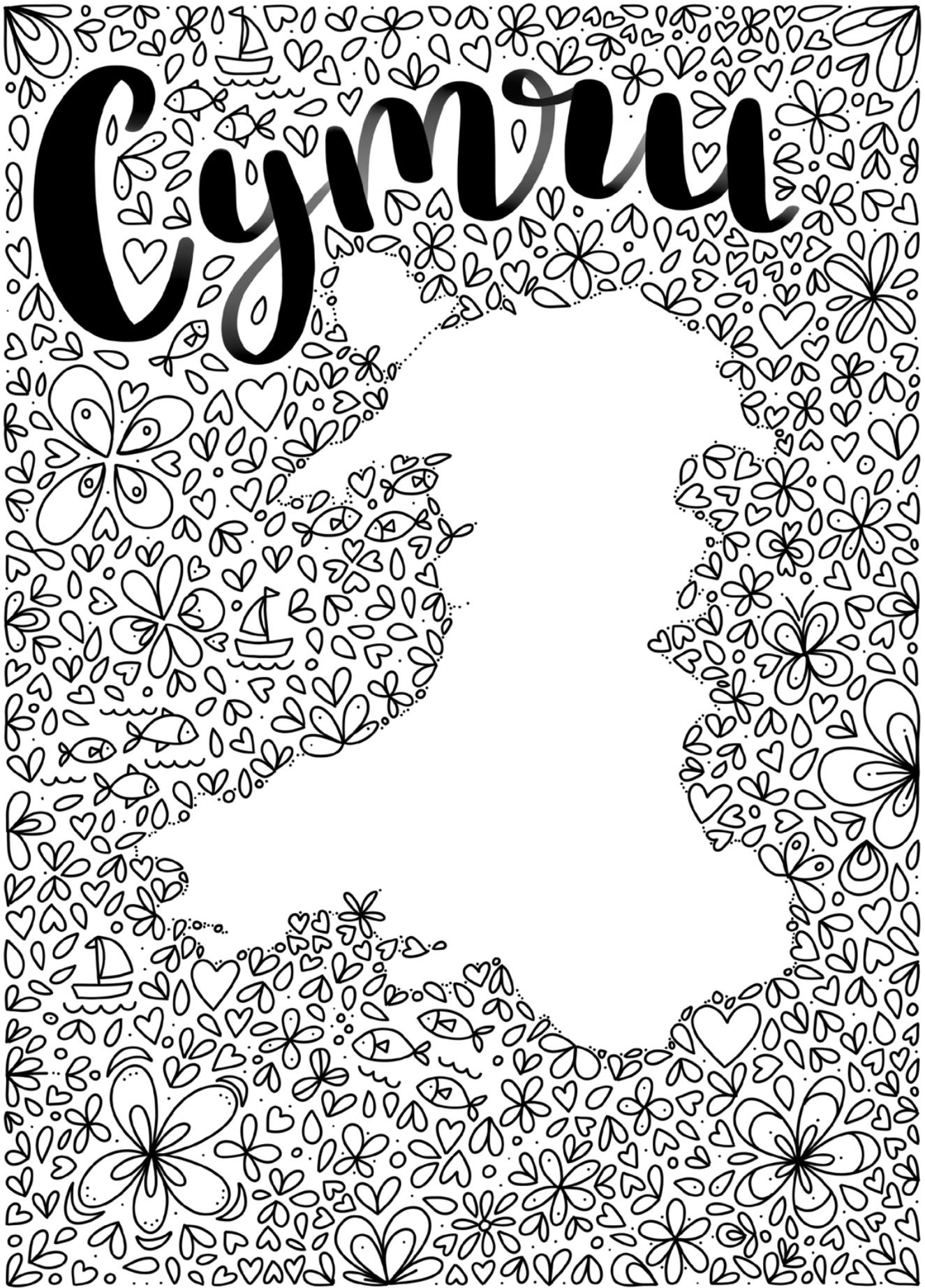
Colouring Pages



RaisingOurKids.com



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My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

Cenedl heb iaith
cenedl heb *galon*



A nation without a language is a
nation without *heart*