

Mental Health Matters Wales

Activity Pack

Summer Days

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...

Summer Days

“Because a little bit of Summer is what
the whole year is all about”

-Brian Wilson

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



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FIVE

Facts about

SUMMER



Thunderstorms

occur more often during the summer than at any other time of the year.

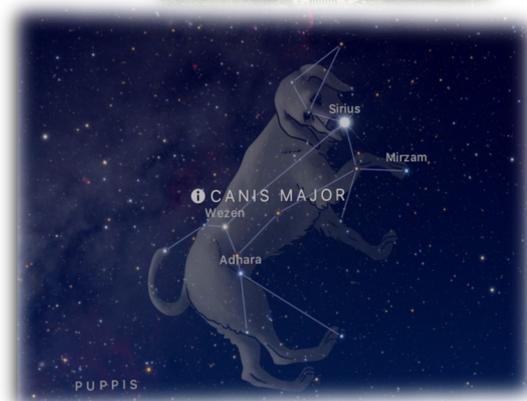
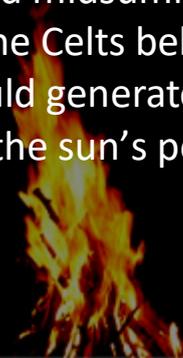


Frisbees were originally invented as pie plates, but in the 1940's, college students began throwing them around. They have since stopped being used for pie plates and are now a summertime staple.

A hot day in Paris makes the Eiffel Tower taller! The tower is constructed from iron and when this is warmed it expands, causing the structure to grow by up to 17 cm



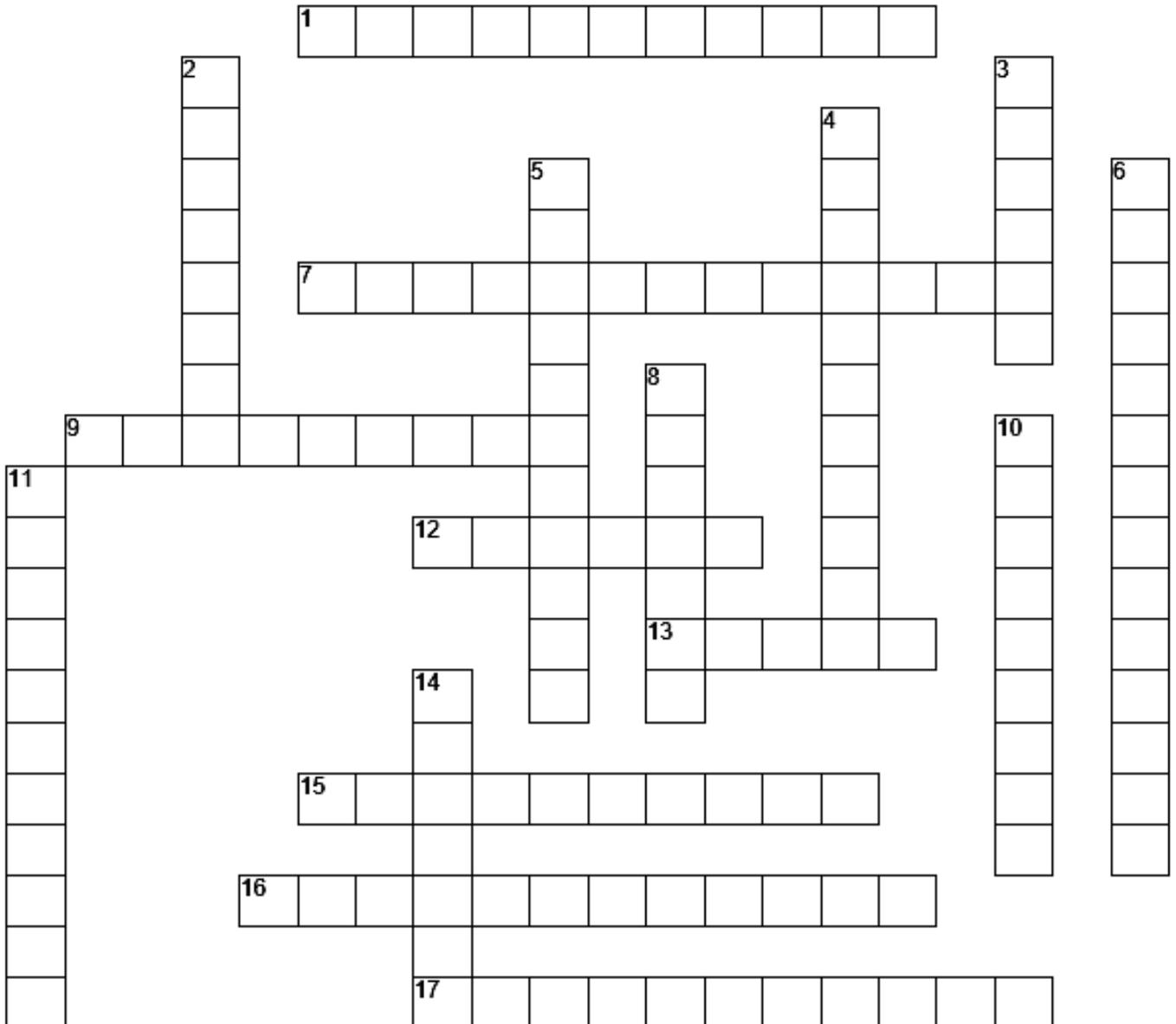
Ancient Britons celebrated midsummer with bonfires. The Celts believed that bonfires would generate magic and boost the sun's powers



The dog days of summer

refer to the dates from July 3rd to August 11th. They are named so after the Sirius the Dog Star. This star is located in the constellation of Canis Major.

Summer Days Crossword



Summer Days Crossword Clues

Across

1. What was the surname of the person who wrote "Shall I compare thee to a Summers Day?"
7. Which iconic actress starred in the film "Roman Holiday"?
9. What popular South Wales seaside resort hosts the Elvis Festival weekend annually attracting Elvis fans and impersonators from all over the world?
12. The song Summer Nights came from which musical film starring John Travolta?
13. Known as the "Queen of the Disco" this singer has the surname Summer but what was her first name?
15. Which Rock bands debut song and huge hit was "In the Summertime"?
16. What term is used to describe a post Summer long hot period occurring in the autumn?
17. What famous seaside confectionery usual has the name of the destination running through its centre and originated in Blackpool?

Down

2. The Summer Solstice oddly occurs in which month in the Southern Hemisphere?
3. What two piece swimwear was first invented in 1946?
4. Where is the longest promenade in the UK?
5. Connecting the Isle of Portland with the mainland, which is the longest Beach in the UK?
6. What famous structure in a Lancashire town was first opened on 14th of May 1894?
8. Complete the lyrics of this sing-along favourite written in 1909 "Oh I do like to be beside the....."?
10. What holiday communication format was first issued on May 1st 1873 and are still sent to share holiday greetings?
11. Which Welsh popular local seaside resort has now been made famous by the filming of "Gavin & Stacey", popular TV Sitcom starring James Corden?
14. What were the two most famous Camp Site Resorts loved by many in the 50's? Butlins and where?

What's in your Picnic Word Search

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

Coleslaw Pickles Bananas Apples Cheese Potato Salad

Cool Bag Biscuits Madeira Cake Chicken Drumsticks

Scotch Eggs Ginger Beer Serviettes Plates Cutlery Flask

Crisps Lemonade Blanket Sandwiches

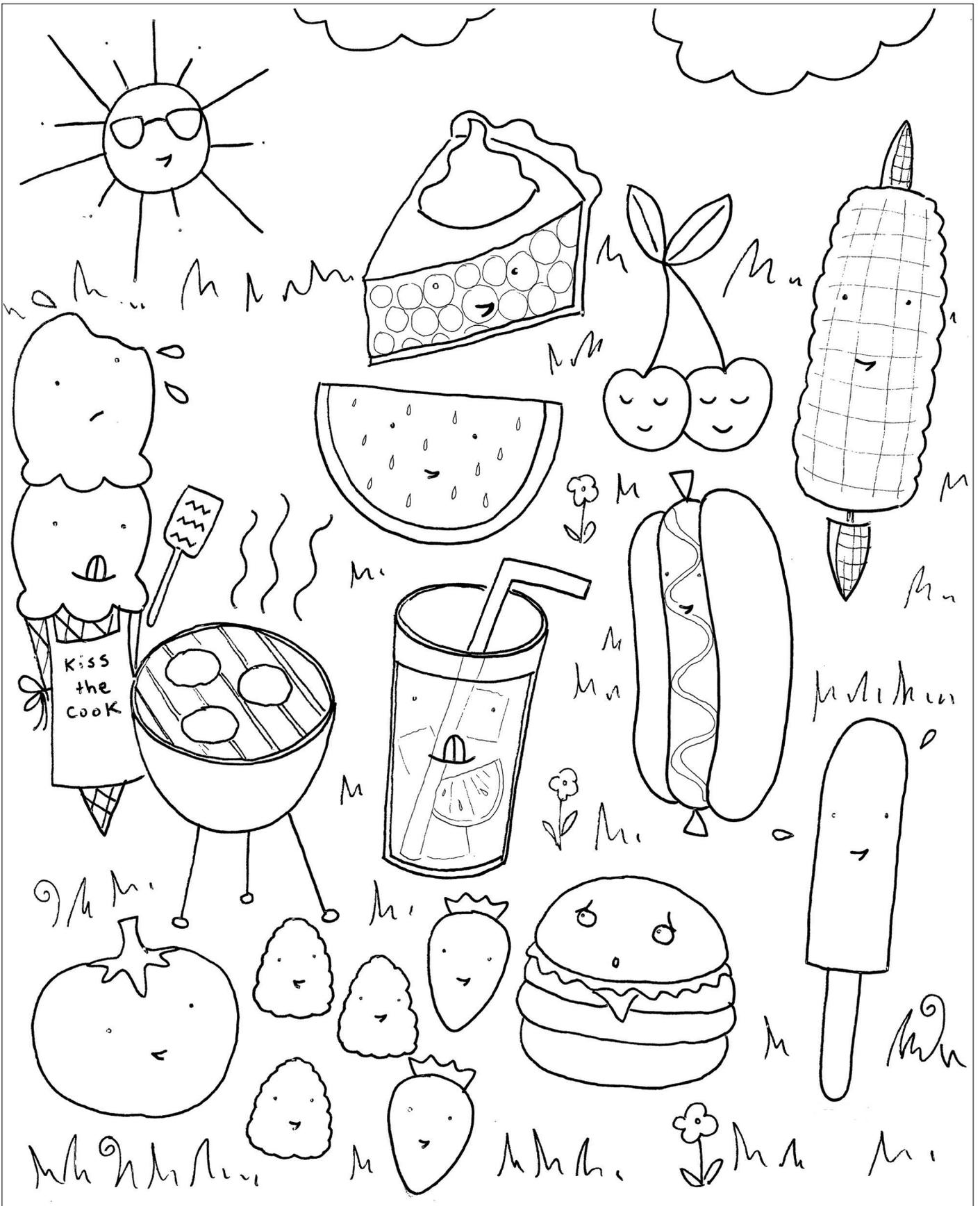
Fairground Fun

1. RMREY OG OUDNR _____
2. PYNNE CARADE _____
3. RRAUGNIDFO _____
4. OCNTUOC HYS _____
5. ISEFRR HLEEW _____
6. UTMNSEASME _____
7. NCDAY LSFOS _____
8. WAERT UECTH _____
9. ZSRPEI _____
10. SOTGH TRNAI _____
11. EMDGDSO _____
12. TSIKC FO ORCK _____
13. TUSUGDHON _____
14. ISFH NAD CPIHS _____
15. EFIRL AENGR _____
16. ITN ANC ELYAL _____
17. RCCAEMEI _____
18. ONE MRA IADNTB _____
19. RASTEWLZ _____
20. RLALBER AGNOR _____

Songs of Summer

1. Under the Boardwalk
 2. Sitting on the Dock of the Bay
 3. Summer Holiday
 4. Wipe Out
 5. Lovely Day
 6. Schools out for Summer
 7. In the Summertime
 8. Good Vibrations
 9. Easy
 10. Here Comes the Sun
 11. Heatwave
 12. Itsy Bitsy Teeny Weeny.....Bikini
 13. Didn't we have a lovely
 14. Scarborough Fair
 15. Those lazy hazy crazy days of
 16. Summertime Blues
 17. Day at the Races
 18. Sunshine of your Love
 19. The Loco-motion
 20. Summer Holiday Song
- A. Otis Redding
 - B. The Trashmen
 - C. Fiddlers Dram
 - D. Queen
 - E. Martha & The Vandellas
 - F. The Beach Boys
 - G. Nat King Cole
 - H. Eddie Cochran
 - I. Cream
 - J. Alice Cooper
 - K. Little Eva
 - L. Cliff Richard
 - M. Simon & Garfunkel
 - N. The Beatles
 - O. Bryan Hyland
 - P. The Commodores
 - Q. Mungo Jerry
 - R. The Surfaris
 - S. The Drifters
 - T. Bill Withers

Colouring Pages

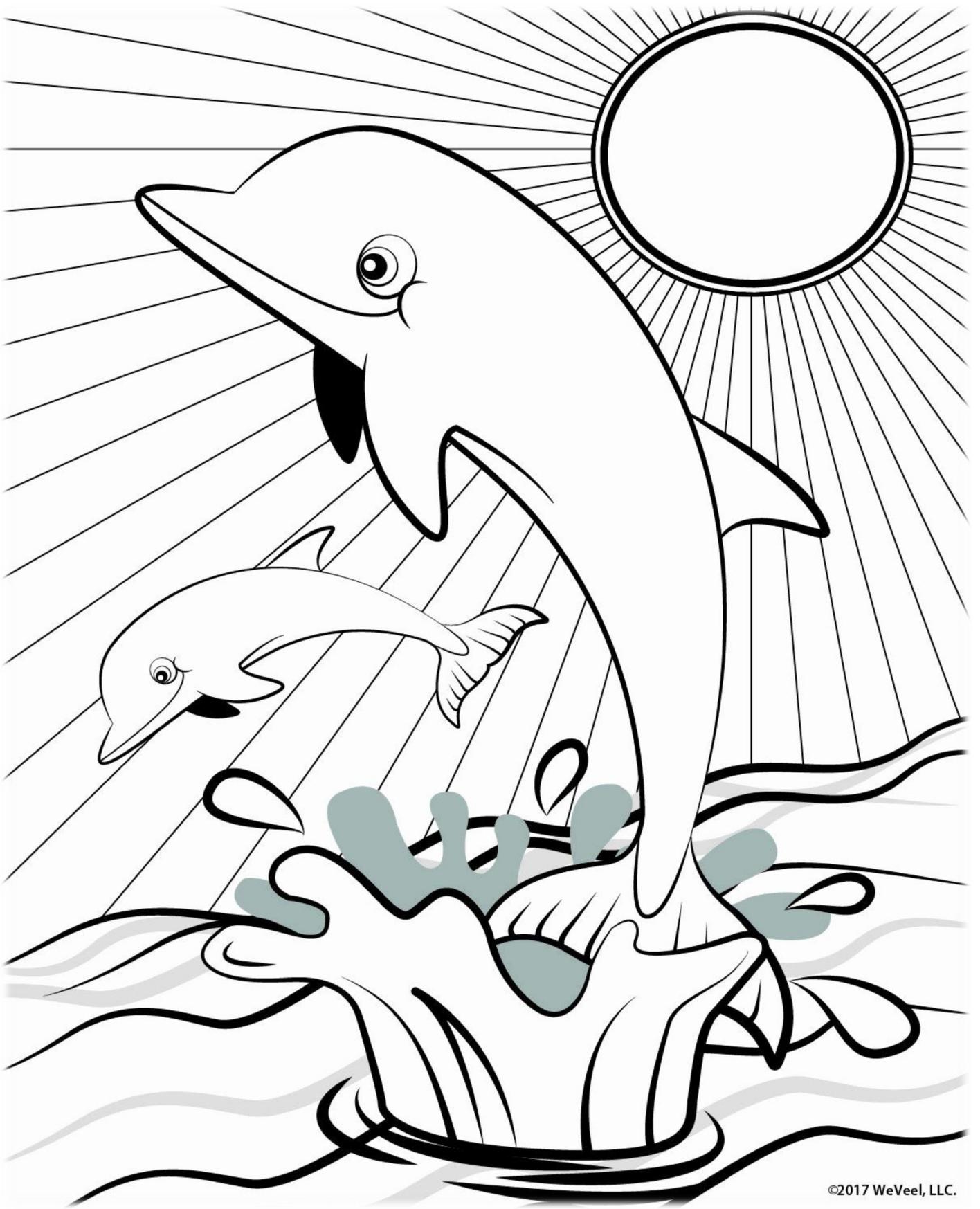


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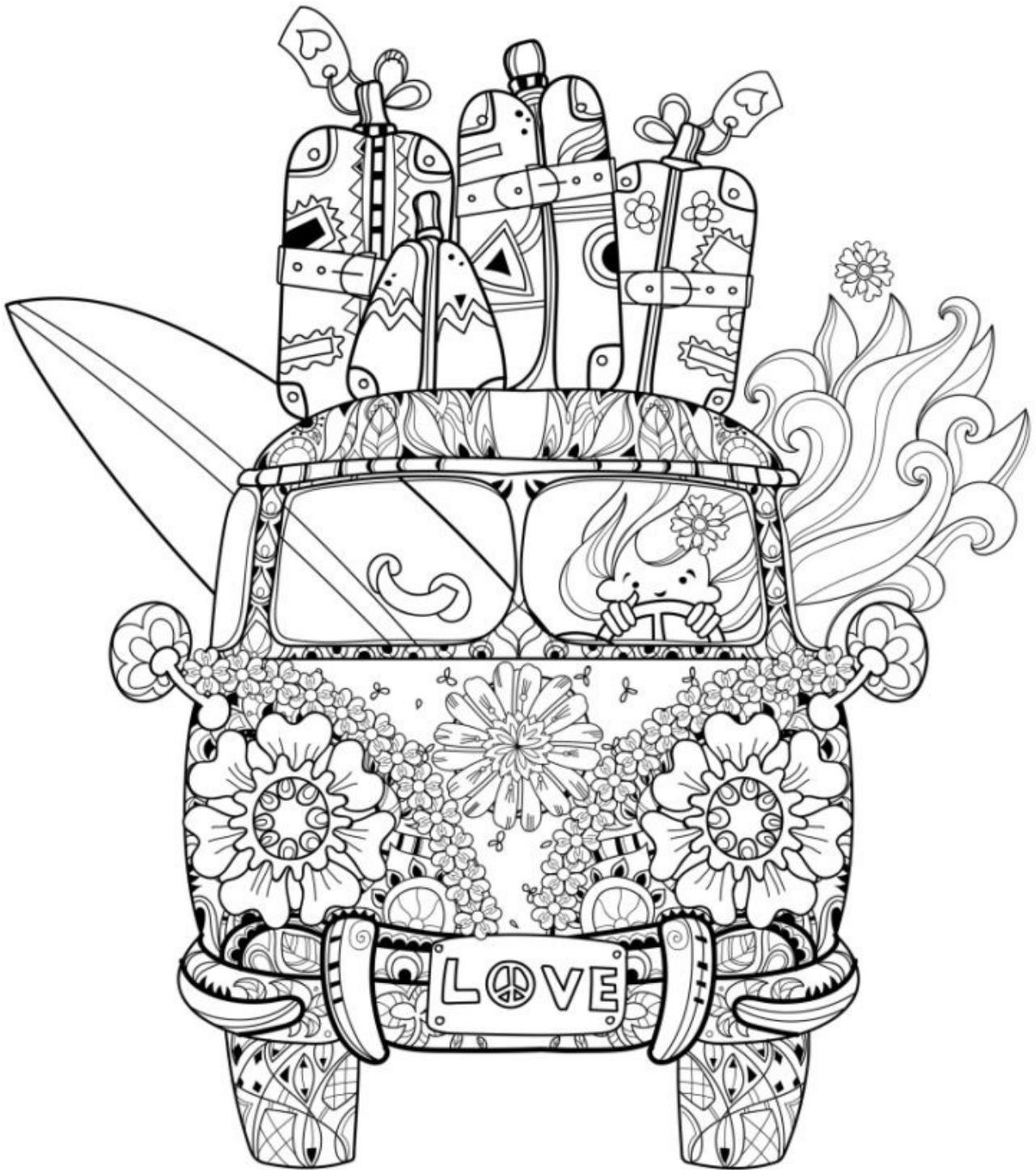
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Summer time.

and the living is

EASY.



My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER



“Smell the
sea, and feel
the sky. Let
your soul and
spirit fly.”

VAN MORRISON

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