

Mental Health Matters Wales

Activity Pack

ALL THINGS SPORTY

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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Cardiff and Vale University
Health Board Voluntary Services

Aim of Pack:

To create activities that celebrate...

ALL THINGS SPORTY

For sports fans, sports are the epitome of hard work and dedication. To get to the pinnacle of their sport, even the most naturally gifted athletes have to give it their all. Yes, we watch sports for the excitement, but even more so for the drama. There's nothing more exciting than seeing a team come back to win that 4th game after being down 0-3, or a fighter getting off the canvas to score a comeback after a knock-out. Sports are about those incredible moments where sheer human will and desire overcomes the odds. These are the moments we remember.

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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FIVE

Facts about

Sport



Wales and England have played 135 Rugby Union matches against each other to date. England have so far won 64 games to Wales' 59. The rivals have drawn 12 times.



The first women to play in the Wimbledon tournament wore full length dresses!



At The First Modern Olympics in 1896, Australian Edwin Flack, who had originally come to spectate the games, ended up deciding to compete in the athletics events. He ended up winning the 800-meter and 1500-meter events.

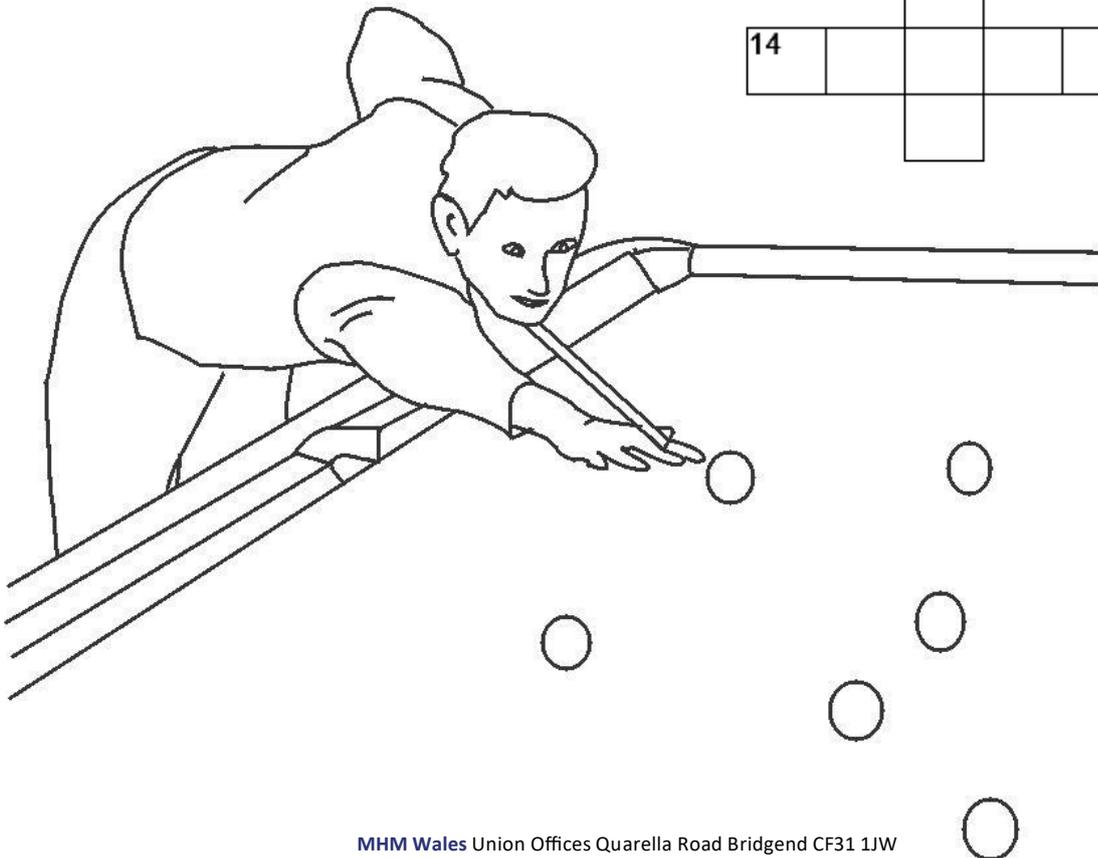
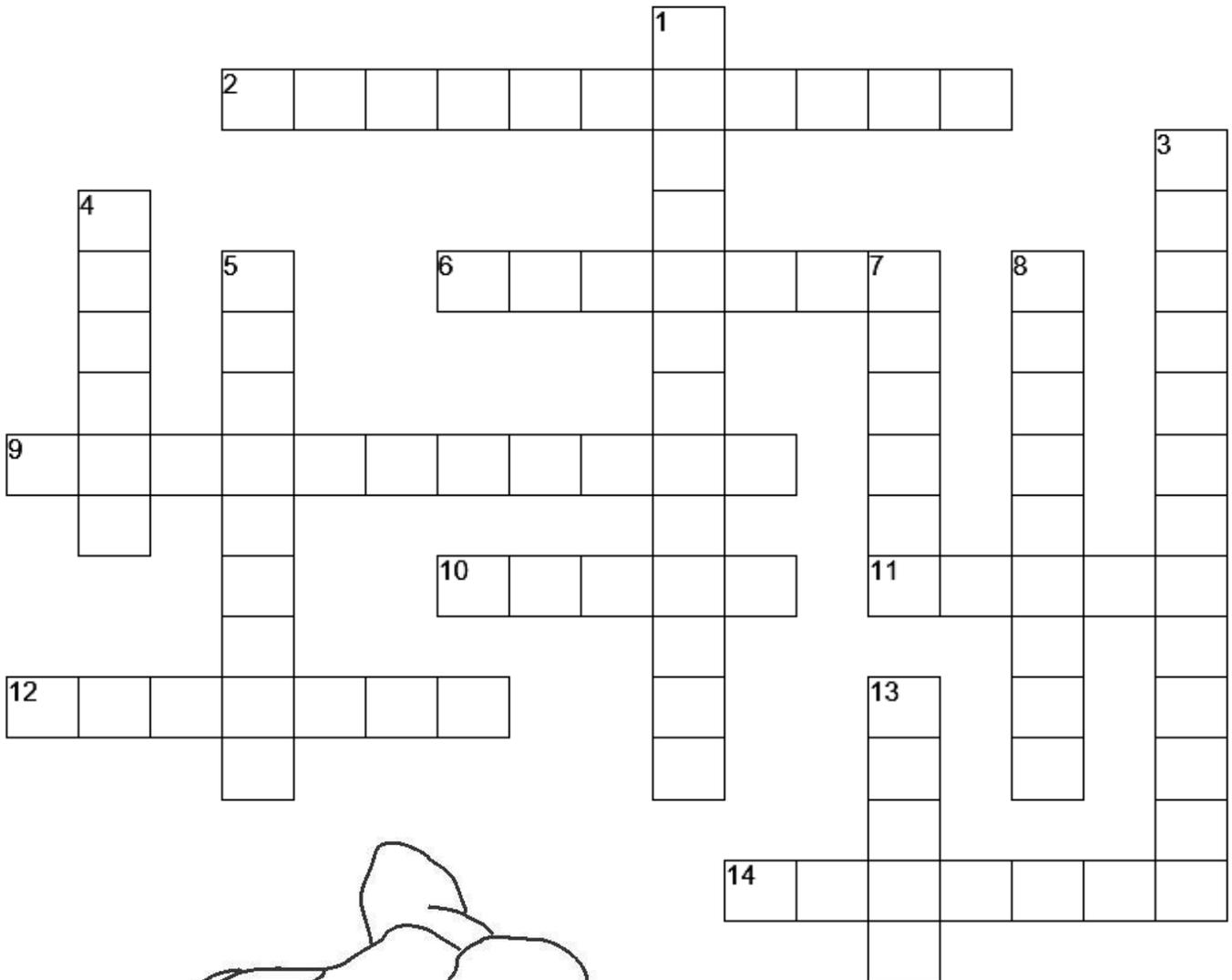


Historians have found paintings depicting this pole vaulting back to around 500 BCE! Those makeshift pole vaults are believed to have been spears that had previously been used for battle.

Football is the most popular sport in the world with over 3.5 billion fans worldwide!



Sporting Life Crossword



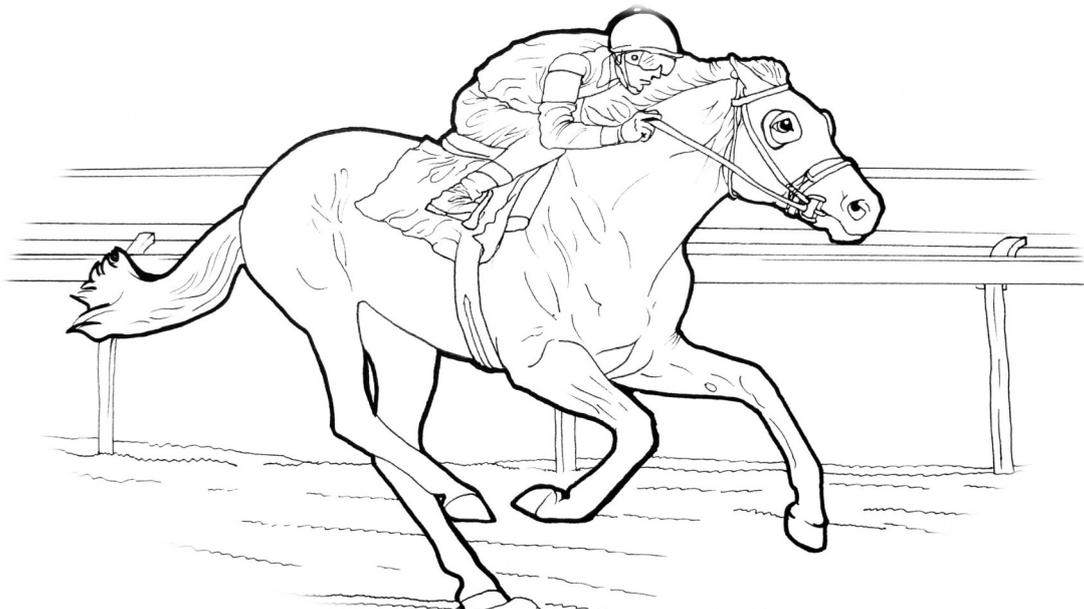
Sporting Life Crossword Clues

Across

2. Which British Equestrian has competed in 7 different Olympic Games?
6. Which Jockey was known as "The housewives choice", Lester who?
9. What style of jumping was Dick Fosbury famous for?
10. Which country won the five Nations rugby tournament in 1975?
11. The name of which bird is the surname of 1950's England Goalkeeper Frank?
12. What are the two main Scottish football clubs, Celtic and who?
14. Which sport is played at The Gabba, an Australian Sporting ground?

Down

1. In 1974 the World Heavyweight Boxing match held in Zaire was fought between Muhammad Ali and who?
3. Which Racing Driver was known as The Flying Scot?
4. In 1952 who was the first professional player to be appointed England Cricket Captain? Len who?
5. Who won the Boat Race in 1950?
7. In which sport do players contend for the Davis Cup?
8. Which Ronnie has won the Snooker World Title 5 times since the year 2000?
13. From which country did the popular sport Snooker originate?



Sports Day Word Search

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

Final Heats Winner Plimsolls Sports Kit Track

False Start Steady Go Get Ready Finish Line

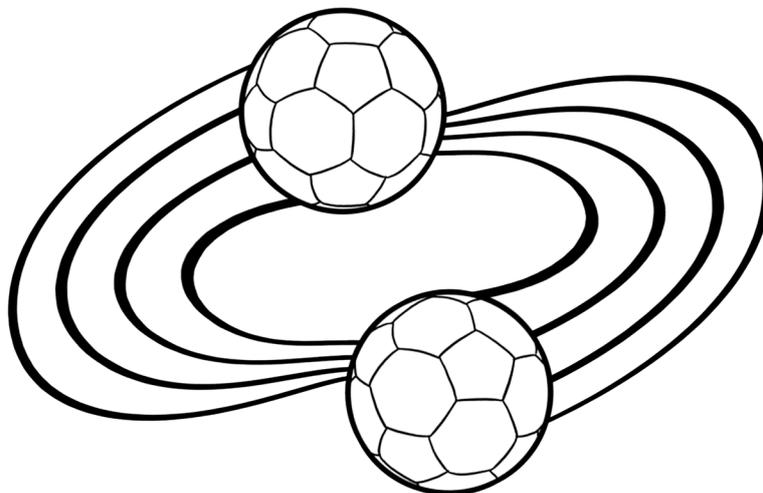
Running Lap Team Colours Medals

Three Legged Race Hurdles Relay Obstacles

Sack Race Egg and Spoon

Mixed Sports

1. MNONDITAB _____
2. NSINET _____
3. ORRUNSDE _____
4. LGNO UJMP _____
5. NTTAROLHI _____
6. VLINAEJ _____
7. EHARRYC _____
8. BNLAETL _____
9. KOCYHE _____
10. ERTKCIC _____
11. HGHI JMPU _____
12. ATAONMHR _____
13. SAGSCITMNY _____
14. RALECSSO _____
15. OLBWS _____
16. SBAAELLB _____
17. LPOO _____
18. ISWMNIGM _____
19. CTEOQUR _____
20. CSSRO YUONCTR NRGNUIN _____



Sports Match

1. Bobby Charlton
2. Ivan Lendl
3. Kris Akabusi
4. Christopher Dean
5. Eric Bristow
6. Olga Korbut
7. Dennis Taylor
8. Henry Cooper
9. Big Daddy
10. Princess Anne
11. Alain Prost
12. Nick Skelton
13. Fred Daly
14. Fred Trueman
15. Geoff Capes
16. Tanni Gray-Thompson
17. Fatima Whitbread
18. Martina Navratilova
19. Paula Radcliffe
20. JPR Williams

- A. Darts
- B. Equestrian
- C. Motor Racing
- D. Track Athletics
- E. Show Jumping
- F. Figure Skating
- G. Tennis
- H. Wrestling
- I. Rugby
- J. Cricket
- K. Golf
- L. Shot-put
- M. Marathon Running
- N. Wheelchair Athletics
- O. Gymnastics
- P. Football
- Q. Tennis
- R. Javelin Throwing
- S. Snooker
- T. Boxing

RUGBY... A Game Played By Men
by Joe Cole

Keep your American football
Your helmets and body armour
Rugby is the game for men

Bang on the head, a bleeding wound
Ten minutes off the pitch
Six stitches and a bandage
And the rugby player resumes

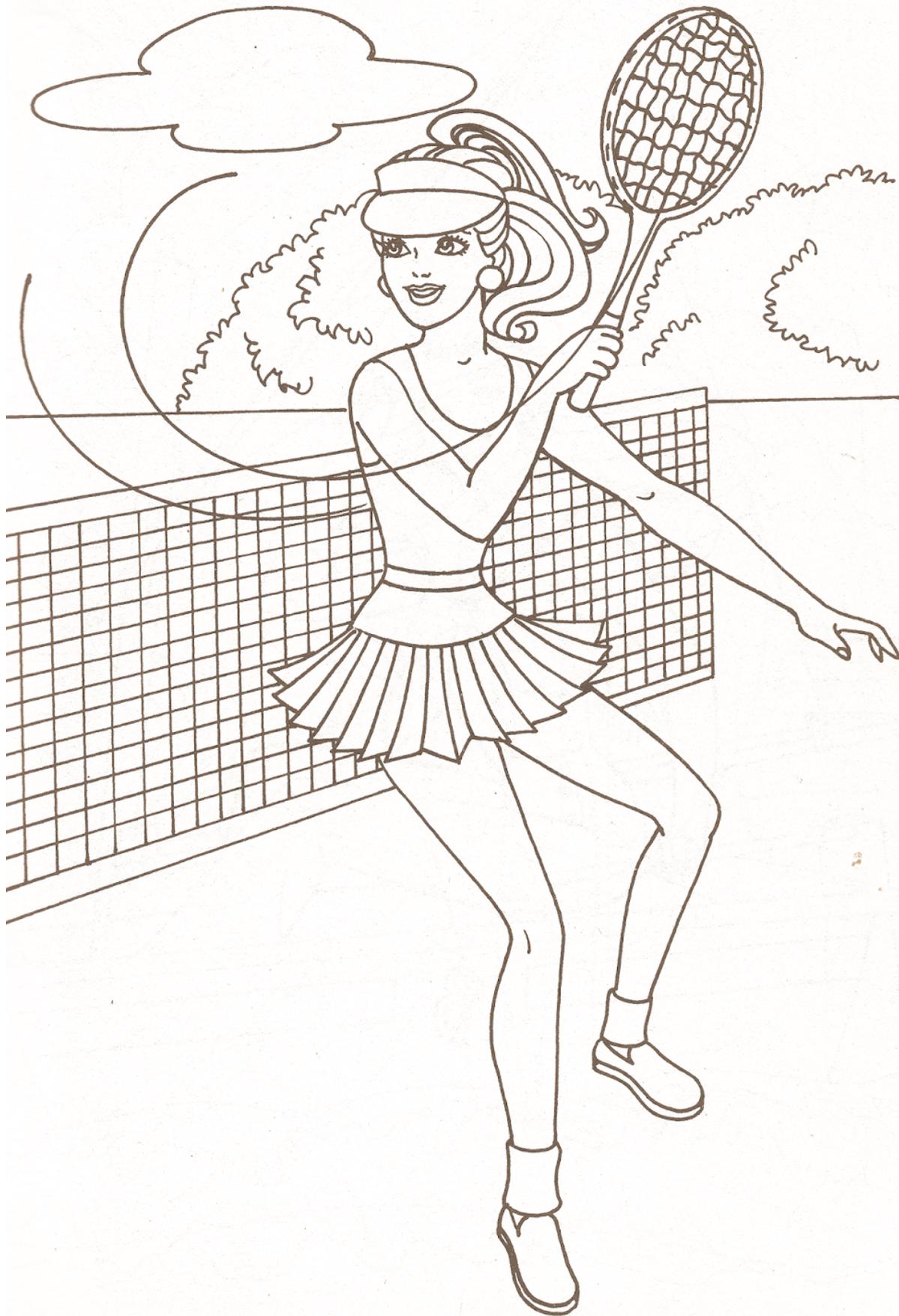
Take the hit, take the pain
The tackle must be made
The shattered bones just part of life

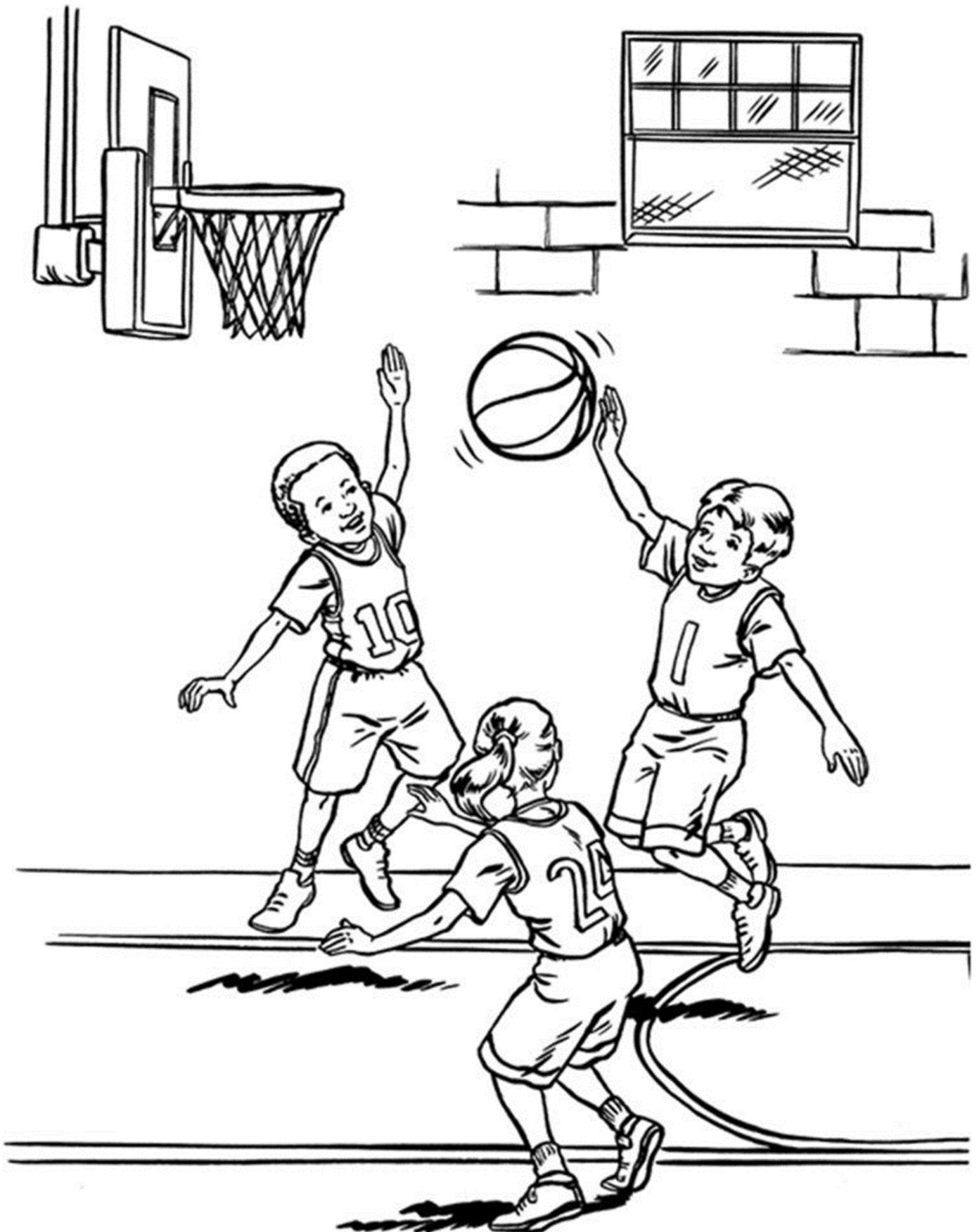
Worth the yardage gained
I've had the broken bones
The stitches in my head
I had the very worst
Because in a tackle I broke my neck

But it never did deter me
From the game that I so loved
I remember all the times
Shaking hands when smeared with blood

Yes rugby is a game for men
A game where pains the norm
A game for modern knights
A game where men are found

Colouring Pages









My Weekly Planner

MORNING

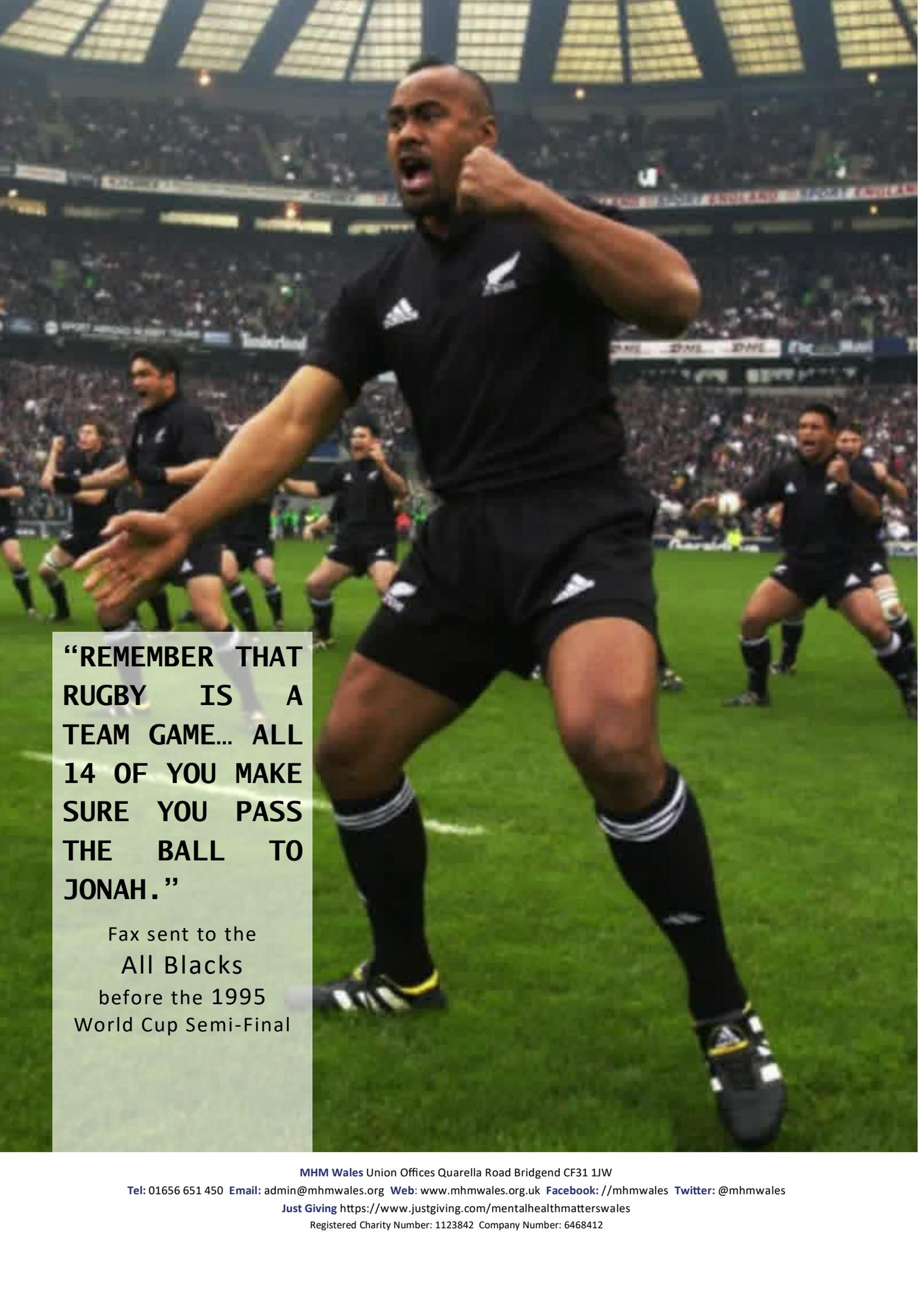
AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER



“REMEMBER THAT RUGBY IS A TEAM GAME... ALL 14 OF YOU MAKE SURE YOU PASS THE BALL TO JONAH.”

Fax sent to the
All Blacks
before the 1995
World Cup Semi-Final

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