



MHM WALES

Mental Health Matters Wales

Activity Packs

Curry

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.

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.

This activity book has
been kindly printed by



Cardiff and Vale University
Health Board Voluntary Services



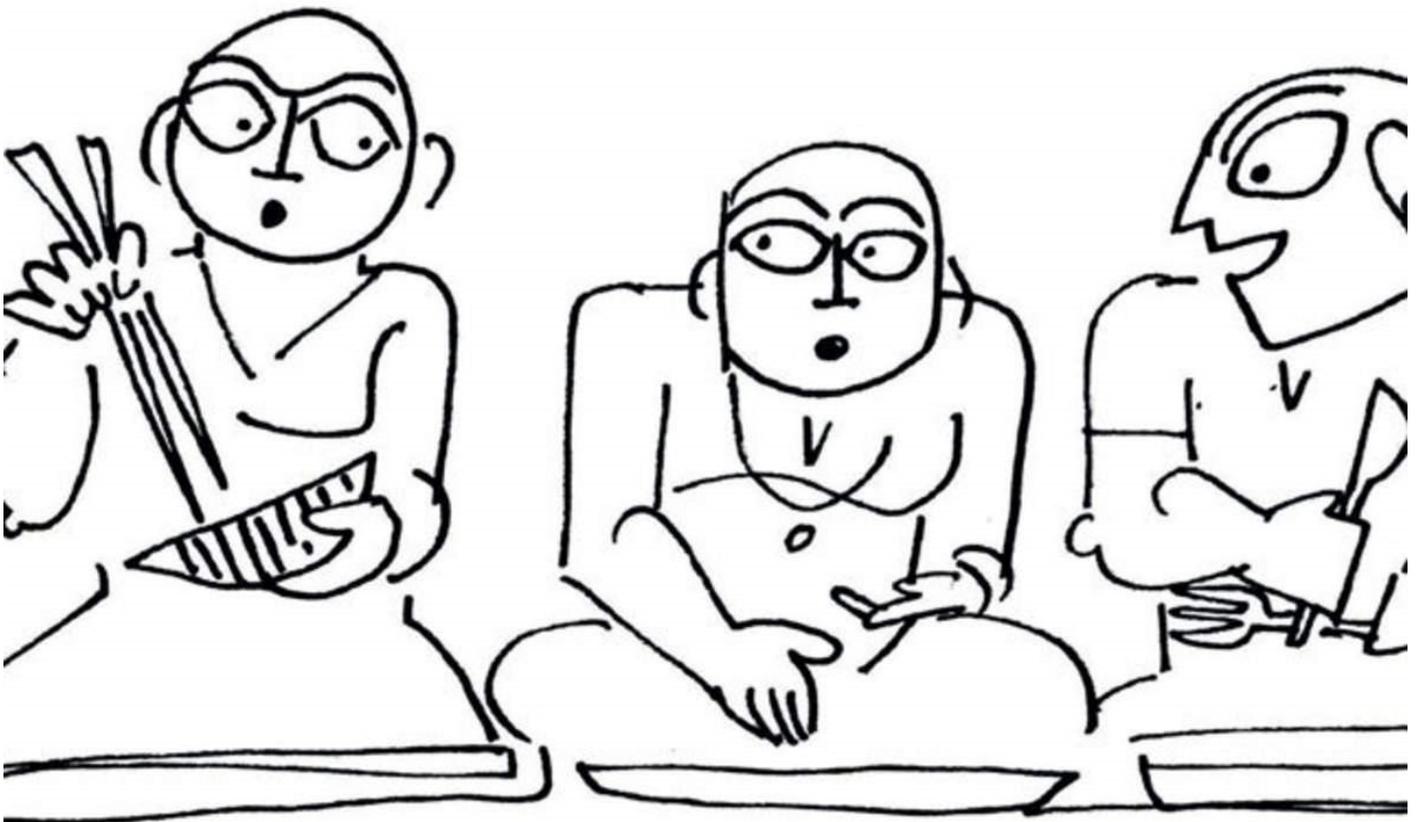
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Curry

National Curry Week is celebrated every October in the UK. Curry was first served in coffee houses in Britain from 1809, and has been increasingly popular in Great Britain, with major jumps in the 1940s and the 1970s. During the 19th century, curry was also carried to the Caribbean by Indian indentured workers in the British sugar industry. So, whether you're heading out to your local curry house or making your own, we want you to be rejoicing in all things curry!



FIVE

Facts about

Curry

The Origin of the Word “curry”, comes from the Tamil name “kari”, which was a soup-like spiced sauce as it was first described in the mid-17th century in a Portuguese cookbook



A Sip Of Cold Milk or a spoon of yogurt will soothe your mouth and take away some of the burning sensation. A protein called casein present in dairy offers some relief to quiet the flames of spicy foods.

The Largest Curry Ever Made weighed 15.34 tonnes and was cooked by the Indian Chefs and Culinary Association, in Singapore on the 1st of August 2015.

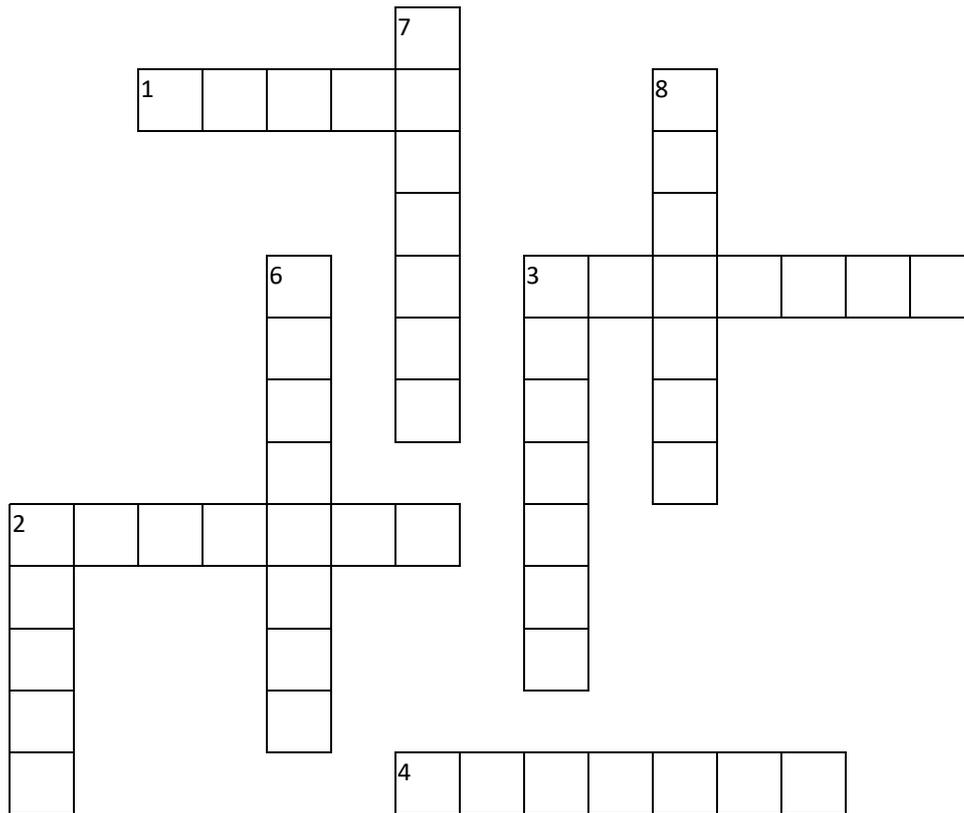


Humans have been cooking up curries for a very long time – as long as 4000 years, in fact!

Britain is the Curry Capital of the World! There are almost 10,000 curry houses across Britain. There are more curry houses in London than in the Indian metropolis of Mumbai. Of all the takeaways in Britain, two-thirds are curry. Each individual in Britain will spend an average £30,000 in a lifetime on curry.



Curry Crossword



ACROSS

- 1 Which curry has coconut as a main ingredient?
- 2 An dish made with rice, highly flavoured, mixed with meat or fish
- 3 What is "murgh" on an Indian menu?
- 4 Which variety of rice is most associated with Indian cookery?

DOWN

- 2 Curry served in the wok-like metal bowl
- 3 Unleavened flatbread also known as roti, safati, shabaati, phulka and roshi
- 6 Indian curry dish based on the Portuguese dish carne de vinha d'alhos
- 7 Vegetable side dish that consists principally of spinach and potato?
- 8 A dish that could be said to be "heavy on the onions"?

Word Bank:

Korma Biryana Chicken Basmati Balti Chapati Vindaloo Sag Aloo Dupiaza

Out for a Curry Word Search

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

Basmati Jasmine Rogan Josh Dopiaza Jalfrezi Dhansak

Bhuna Madras Pilau Chapati Tandoori Vindaloo

Tikka Masala Korma Biryani Balti

A Poem to Curry

William Makepeace Thackeray, 1846

Three pounds of veal my darling girl prepares,
And chops it nicely into little squares;
Five onions next procures the little minx
(The biggest are the best, her Samiwel thinks),
And Epping butter nearly half a pound,
And stews them in a pan until they're brown'd.

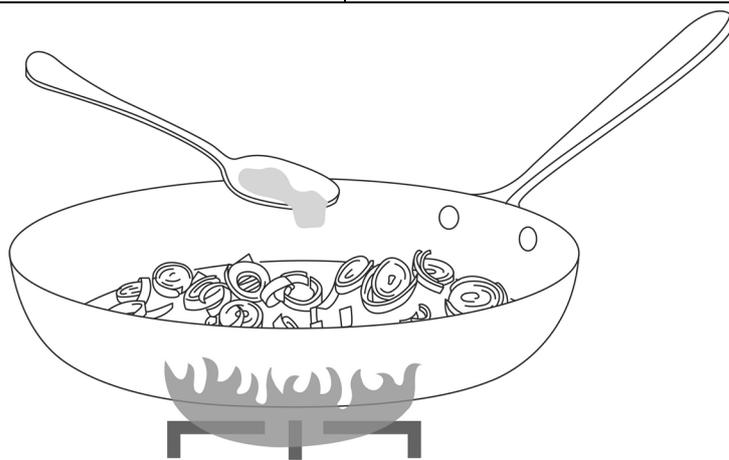
What's next my dexterous little girl will do?
She pops the meat into the savoury stew,
With curry-powder table-spoonfuls three,
And milk a pint (the richest that may be),
And, when the dish has stewed for half an hour,
A lemon's ready juice she'll o'er it pour.

Then, bless her! Then she gives the luscious pot
A very gentle boil – and serves quite hot.
PS – Beef, mutton, rabbit, if you wish,
Lobsters, or prawns, or any kind fish,
Are fit to make a CURRY. 'Tis, when done,
A dish for Emperors to feed upon.



Curry Word Scramble

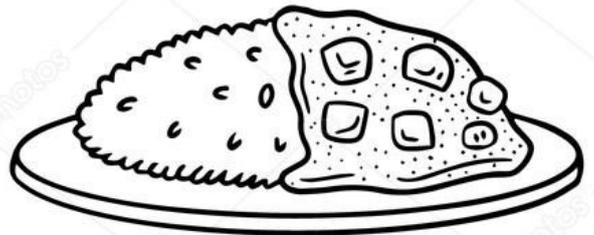
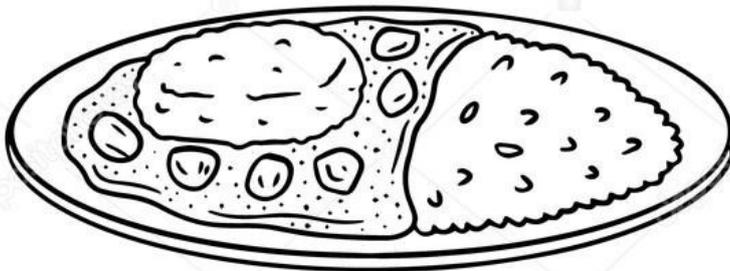
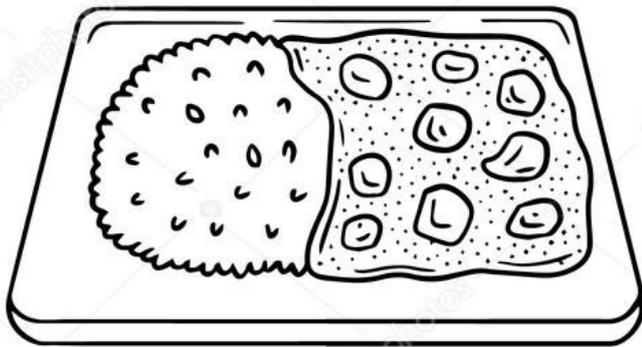
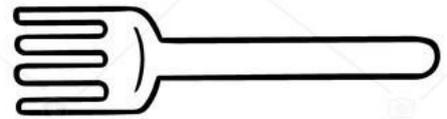
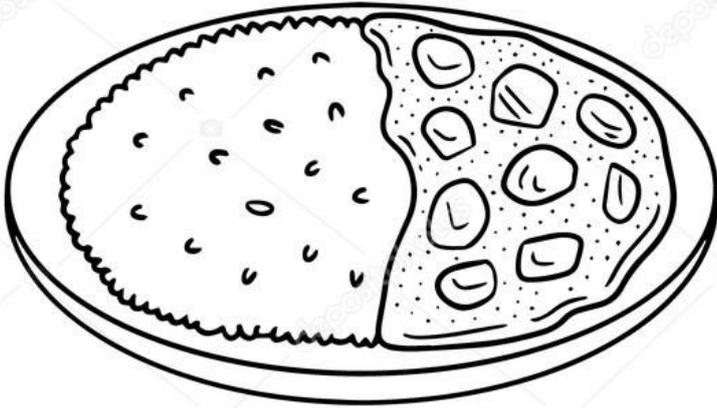
SCYPI	
IHAT	
TILBA	
THO	
CAUSE	
KITKA SALAMA	
RUPAJI	
MARKO	
APANDAS	
CRIE	
MOPAPOP	
KICHCEN	
WOPDER	
GROAN HJOS	
LIONDOVA	

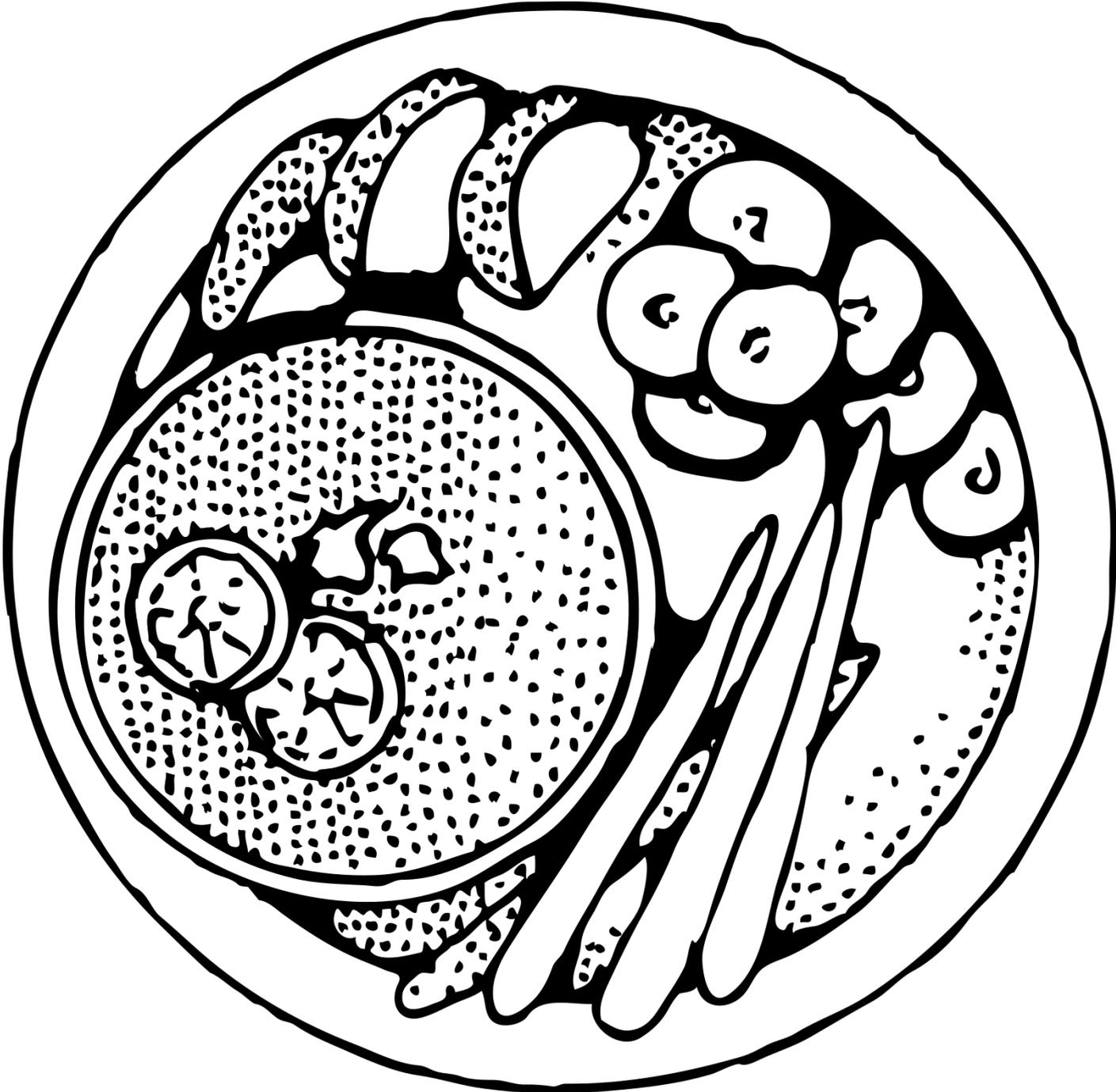


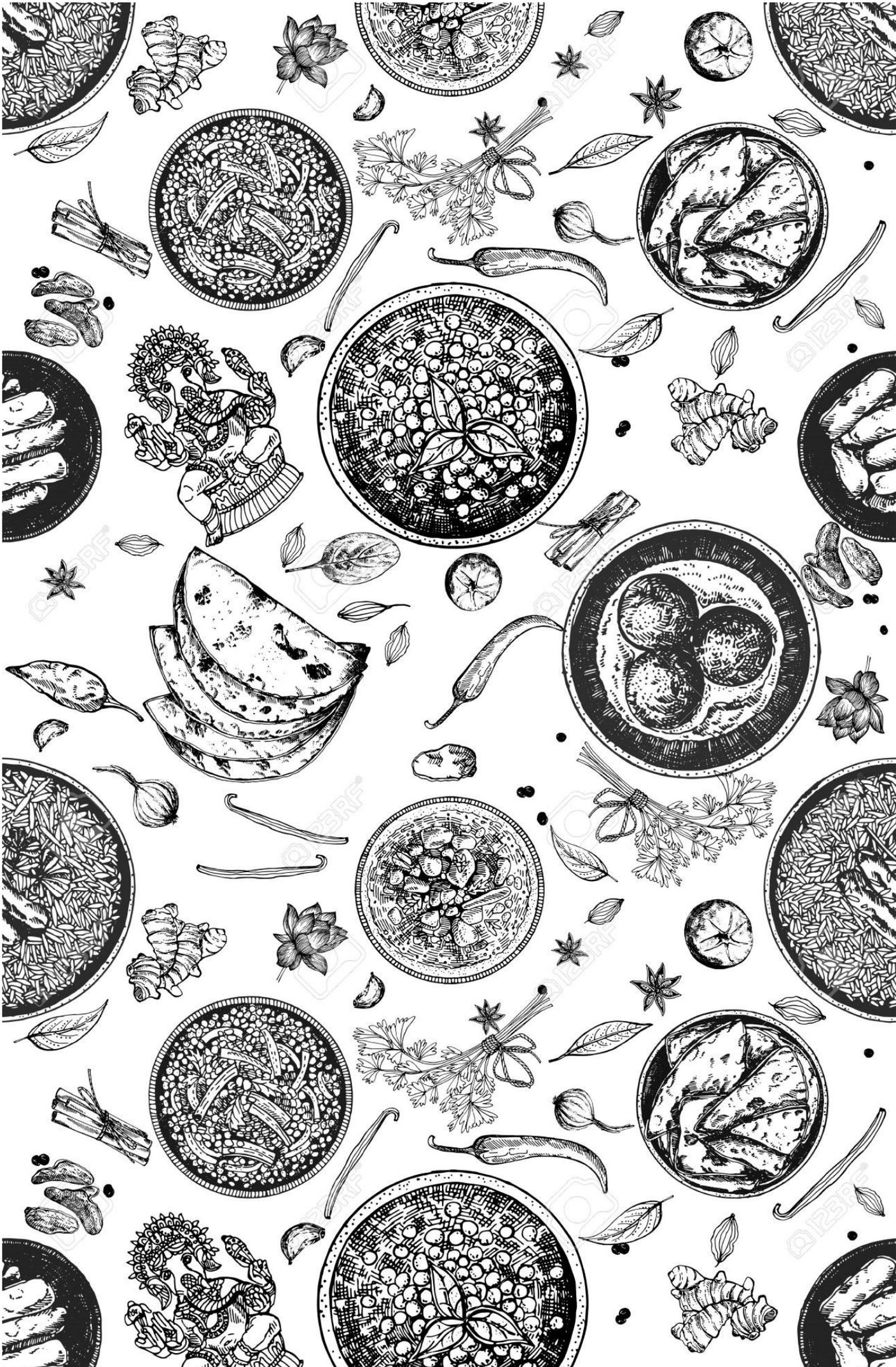
Answers:

Spicy Thai Balti Hot Sauce Tikka Masala Jaipur Korma
Pasanda Rice Poppadom Chicken Powder Rogan Josh Vindaloo

Colouring Pages







My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER



KEEP KORMA AND CURRY ON