

Mental Health Matters Wales

Activity Pack

The Royal Family

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...

The Royal Family

"To be a king and wear a crown is a thing more glorious to them that see it than it is pleasant to them that bear it."

-Queen Elizabeth the First

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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**Therapeutic
Support**

FIVE

Facts about

Royalty

On the 9th September 2015, Queen Elizabeth II overtook Queen Victoria to become **Britain's Longest Reigning Monarch.**

Though life in Britain has changed dramatically over her reign, she has remained a constant presence in her subjects lives for generations.



The House of Windsor came into being in 1917, when the name was adopted as the British Royal Family's official name by proclamation of King George V, replacing the historic name of Saxe-Coburg-Gotha.



Queen Elizabeth II has met with all but one of the eleven US Presidents elected during her reign.

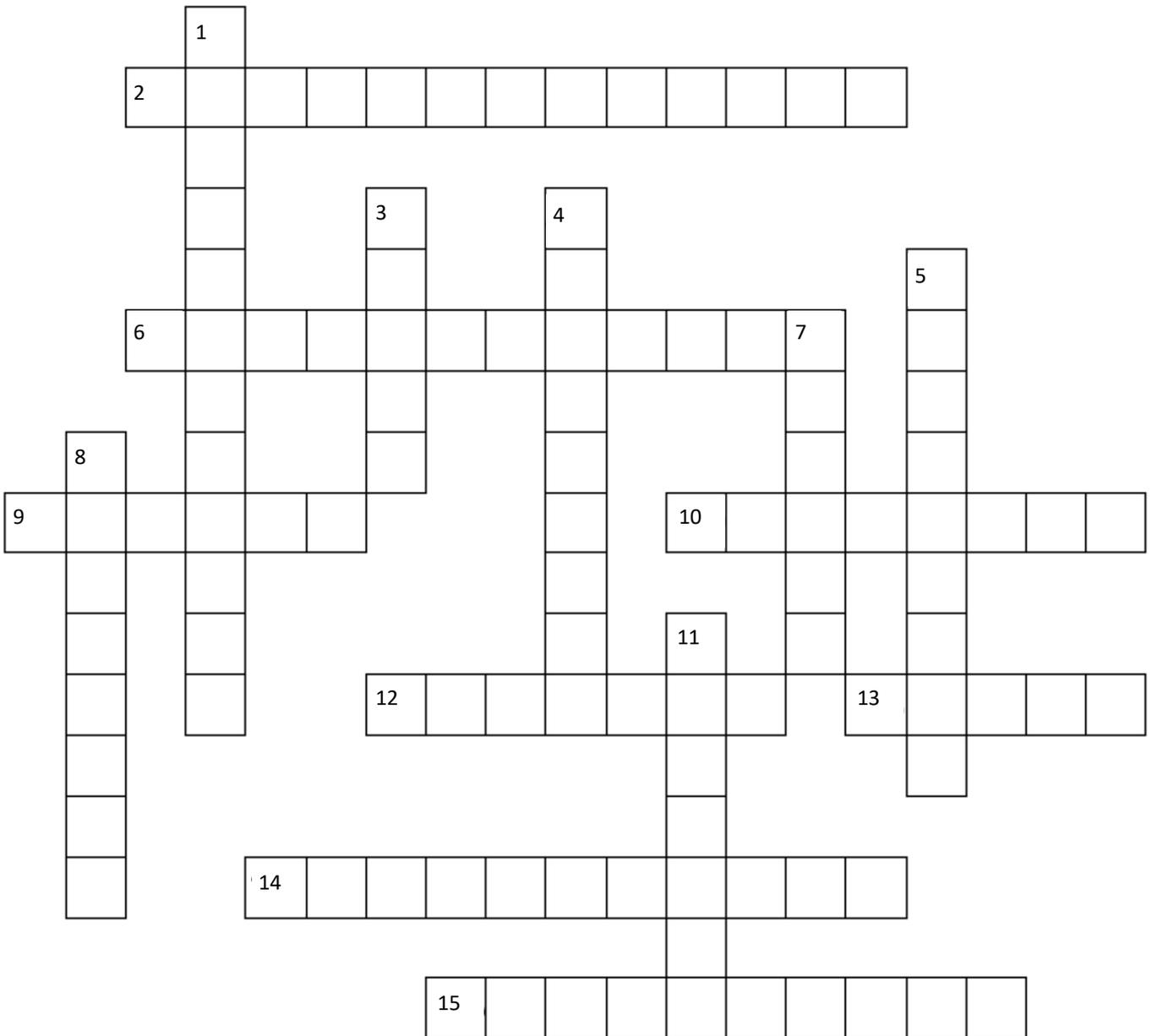


Henry VII's Welshness has often been over-exaggerated, but Henry himself was conscious of the political advantages of creating his image as the descendant of the Britons who will deliver them from the foreign Anglo-Saxon oppressor.



The Royal Family can trace their lineage back 37 generations and 1209 years to the Anglo-Saxon King Alfred the Great.

Fit for a King Crossword



Fit for a King Crossword clues

Across

2. What honorary title did the Queen give Princess Anne in 1987?
6. Prince Harry married which former American Actress?
9. Where was the first official tour of the Duke & Duchess of Cambridge after they married in 2011?
10. What is the name of the Duke of York's oldest daughter?
12. Prince Andrews daughter, 10th in line to the throne?
13. How many Great Grandchildren do the Queen and Duke of Edinburgh have?
14. In what Abbey did the Queen get married, the 10th Royal to be married at this venue?
15. Prince William is a keen football fan but what team does he support?

Down

1. Which member of the Royal Family was British Sports Personality of the year in 1971?
3. What was William and Harry's much loved mother called, Princess who?
4. What is the name of William and Kate's only daughter?
5. In what country was Geelong Grammar School where Prince Charles spent a year of his high school education?
7. Who is the only King to have been both born and die in Buckingham Palace?
King what VII?
8. Which castle does the Queen spend her Summers in?
11. What was the surname of the American divorcee Prince Edward VIII married?

All things Royal! Word Search

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

Harry

William

Aristocracy

Lord Snowdon

Duke of York

Clarence House

Street Party

Jubilee

Queens Speech

Prince Philip

Horses

Sandringham

Prince of Wales

Corgi

Welsh Guards

Crown Jewels

Coronation

Palace

Buckingham

Windsor

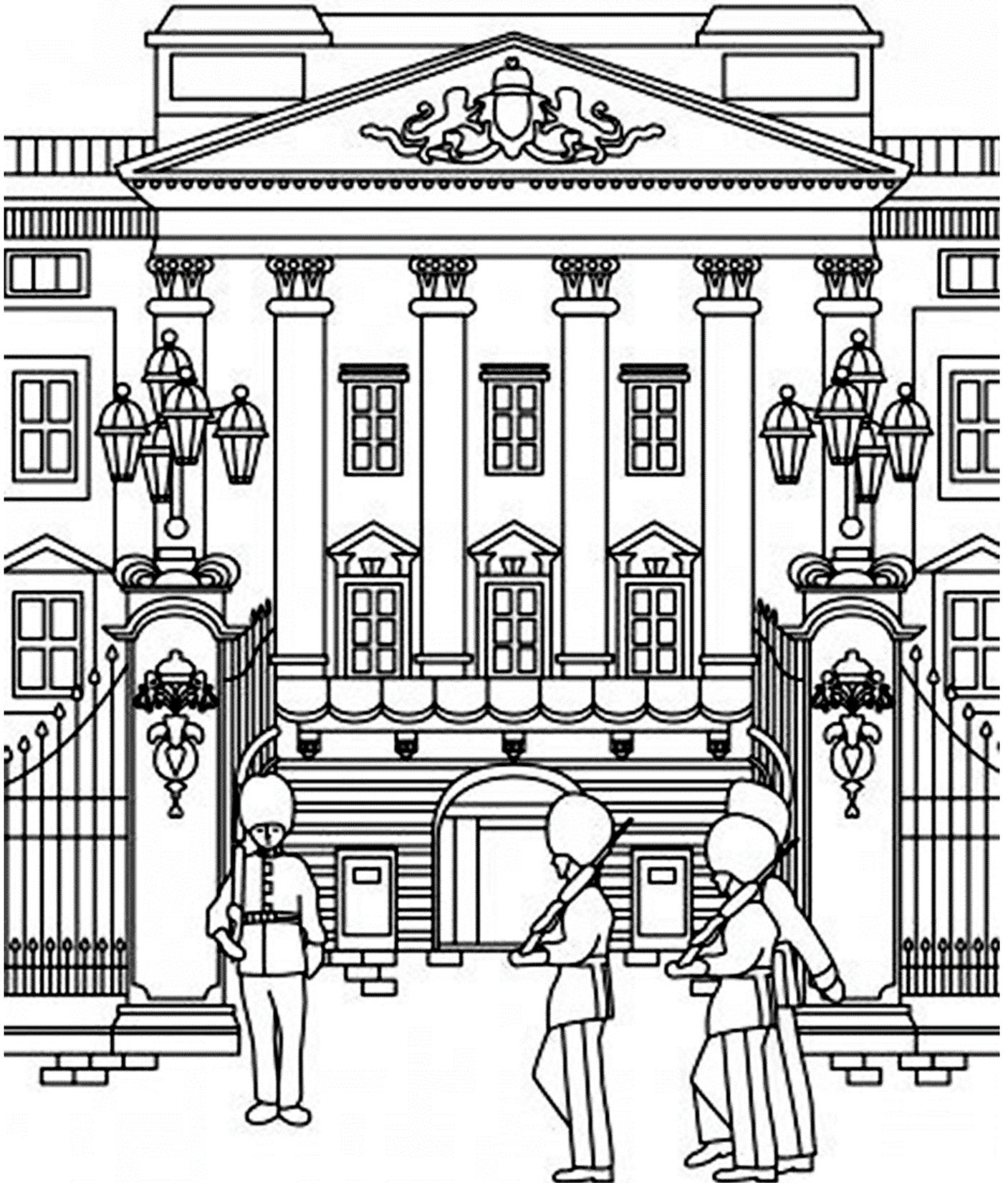
Elizabeth

The Royal Family Then & Now

Word Jumble

1. UNEQE IEBLHTEZA _____
2. IRNSPECS NEAN _____
3. EKUD FO ORKY _____
4. RCPENI OF LSWEA _____
5. DUEK FO XSESSU _____
6. ORCTIIVA _____
7. LTEABR _____
8. ERDAWD _____
9. IKNG EOGGRE _____
10. DROL SDNNOWO _____
11. AMGENH EAKLRM _____
12. AETK EDMTODINL _____
13. NERIPSSC ADINA _____
14. NSPREISC NAIDA _____
15. ICRNEP IWIALML _____
16. INSRPECS RTCEOLHAT _____
17. HSSCDEU OF CLLWNOAR _____
18. ALMLICA KEPRRA BOSEWL _____
19. ERTRAAMG _____
20. WILSAL OMNISSP _____

Colouring Pages



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

Registered Charity Number: 1123842 Company Number: 6468412

Queen Elizabeth II

Longest-serving monarch in Britain's history.

Elizabeth Alexandra Mary.
Born 21 April 1926

She is Head of the Commonwealth and Supreme Governor of the Church of England.

Served for 68 years on the throne.

"I cannot lead you into battle. I do not give you laws or administer justice but I can do something else - I can give my heart and my devotion to these old islands and to all the peoples of our brotherhood of nations."
-Queen Elizabeth II



Dieu et mon droit

The Coronation of Queen Elizabeth

2nd June 1953



My Weekly Planner

MORNING

AFTERNOON

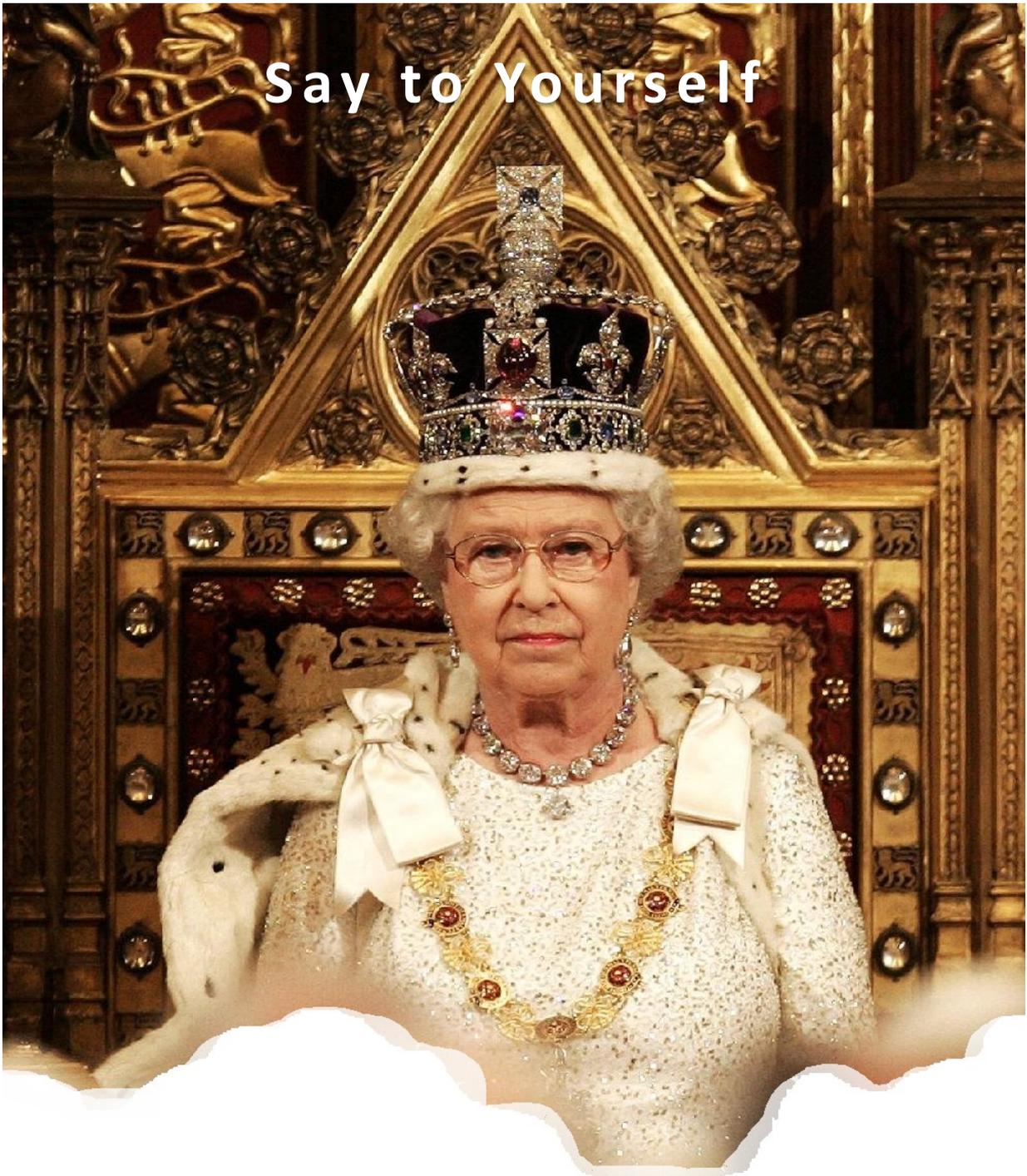
EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

Say to Yourself



“When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future”

- Queen Elizabeth II