



CQM Springtime

A COMPLIMENTARY GUIDE TO FUN,
ACCESSIBLE ACTIVITIES TO CELEBRATE SPRINGTIME

PERFECT PARTNER TO OUR ACTIVITIES PROVISION COURSE:

LEARNER PACK £10pp +VAT
ASSESSOR PACK £5 +VAT

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BY QUOTING OFFER CODE: **CHERRYBLOSSOM**

To order the Activities Provision Course
please call **Claire Eley at CQM on 0114 281 5761**
or email: claire.eley@cqmlearning.co.uk



Activities Provision

Activity supports our mental and physical health and so is important for everyone. Activities can become more difficult as we age, become less able, or are affected by illness or disease. For many, the desire to remain active is still strong, and frustration can occur as participation in activities decreases.

Part of your role is to help those you support take part in activities. In addition, you need to help identify the activity needs of individuals and groups; organise activities of daily living and activity programmes.

We hope you will enjoy trying out some of these ideas with people who use your service.



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New Life

Spring is about new life - so the perfect time to invite a local playgroup, nursery or school to your setting or to arrange to take people who use your service to the children.

Singing, dancing and playing games is fun for all ages. Children may also enjoy reading with people who use your service - it's a rewarding activity for everyone.



Plant a herb garden

Reuse egg boxes or hollowed out citrus halves as biodegradable seed starters.

Seedlings can be planted out as they grow to create a sensory experience and also to provide ingredients for cooking and craft activities later in the year.

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Great Outdoors

Shake off the winter blues and get out to see the spring greens!



Walking

This is the perfect time of year to start a daily walking routine. It can be a lovely social activity for two or more people - a good way to meet new ones too. Make sure your chosen routes can accommodate all abilities including making scooters or wheelchairs available if needed.

Extend this with trips to Farmer's Markets, nurseries or local parks and woodland to see what is growing this season.

Let's go Fly a Kite

You can buy ready made kites, kits to make kites or start completely from scratch depending on the resources you have. Flying kites is a great way to get some fresh air and can also be enjoyed from a chair by those with mobility issues.



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Entertainment

Although the weather is slowly improving, be sure to have plenty of rainy day activities prepared, such as a special movie:

- Singin' in the Rain
- Easter Parade
- Journey into Spring
- The Secret Garden
- Emma
- Bee Movie
- The Lorax



Singing - mimic birdsong by forming a choir or simply have an informal sing along to some topical tunes:

- Here Comes The Sun (The Beatles)
- Good Morning Starshine (Oliver)
- Raindrops Keep Falling On My Head (B. J. Thomas)
- Sunny Afternoon (The Kinks)
- What a Wonderful World (Louis Armstrong)
- I feel The Earth Move (Carole King)
- Beautiful Day (U2)
- Morning Has Broken

You can find lots of films and music available to download or stream online. Look out for classics on sale on DVD or CD, or ask people to look through their collections to share.



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Floral Art

There are so many beautiful craft activities you can organise around the theme of flowers. Here a few suggestions:

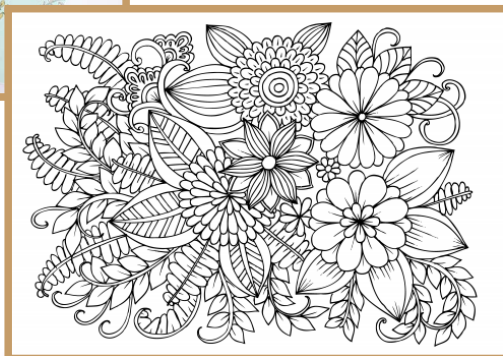
Printing with flowers

You could use large daisies, or any other bloom. Put them head down into small pots of paint and let imaginations run as wild as the flowers...



Pressed flowers cards

Gather wild flowers on an excursion or bring in some lovely blossoms from a florist. You can flatten and dry them in a traditional press or microwave between two sheets of paper for 30 seconds if impatient! The petals can then be stuck in arrangements to make delicate cards.



Colouring Sheets

Many people find colouring sheets to be relaxing, and it's a project that can either be taken outside, or done inside on a rainy day. Favourite themes are anything floral, birds, and anything with animals. Images with an Easter or Passover theme, as well as stained glass designs, are also ideal. You can get a variety of downloadable colouring sheets online or look out for books which can be found in many newsagents, supermarkets and other shops.

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Activities Provision

Our awareness level course is the perfect introduction to this vital strand of person centred care planning.

By completing this course you will understand:

- How to contribute to activity-based care practice
- The components and stages of an activity
- Planning person-centred activities
- The benefits of engaging in activities
- Adapting environments and activities to enable participation
- The importance of risk assessment and record keeping

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Resource booklet
Workbook
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ASSESSOR PACK £5 +VAT
Marking guide for workbook

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Health and Wellbeing

-  Autism Awareness
-  Diabetes Awareness
-  Epilepsy Awareness
-  Huntingdon's Disease ****NEW****
-  Sepsis Awareness ****NEW****
-  Medication Management
-  Pressure Sores Awareness
-  Dignity in Care
-  End of Life Care
-  Activities Provision
-  Stroke Awareness ****COMING SOON****
-  Parkinsons Awareness ****COMING SOON****

Mental Health

-  Dementia Awareness
-  DoLS
-  MCA
-  Mental Health
-  Mental Health Act 2005 ****NEW****
-  Stress ****NEW****

Behaviour

-  Behaviour that Challenges
-  Learning Disability Awareness and Behaviour that Challenges
-  Conflict Management




Health and Safety

-  COSHH
-  Falls Awareness
-  Fire Safety
-  Food Safety
-  HACCP for Catering
-  Health and Safety
-  Infection Control
-  Legionella Awareness

Administration and Inclusion

-  Bullying and Harrassment ****NEW****
-  Data Protection and Record Keeping
-  Equality, Diversity and Inclusion
-  Effective Communication and Record Keeping
-  Person Centred Care Planning
-  Principles of Confidentiality in Care
-  Professional Boundaries

Safeguarding

-  Safeguarding Adults (Residential Homes, Domiciliary Care or Health)
-  Safeguarding Children in an Adult Setting
-  Lone Working

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