



Home Activities Idea's.

Horticulture

- Gardening, now's the time to plant seeds.
- Prepare your planting bed and pots by turning the soil and de weeding and deadheading.
- Create your own bird feed, out of lard, nuts and seeds.

Writing

- Create a poem about your experience
- Start journaling or keeping a diary, you may wish to share this with others someday.
- Record yourself reading or telling a story to share with family members, especially youngsters.
- Free writing. Write as quickly as you can, without pausing to consciously think of what you want to write.
- Create your own children's story.
- Read any books you've not got round to reading.
- Create a family newsletter.
- Amazon have realised some free audio books.
- Read out loud a favourite book / story to your family / children / partner

Craft

- Scrapbooking, now might be the time to arrange family photos and memories.
- Order and update your photo albums.
- Finish off any old crafting projects you've not got around
- Knitting
- Create your own cards
- Create your own jewellery through repurposing broken pieces.
- re decorate an old piece of furniture.
- Repurpose your old candles, melt the wax by placing the candle in simmering water, when it's all melted pour this wax into a smaller candle, tea lights, or get creative and use jars or teacups. You can even add herbs or petals from the garden to decorate them.
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Exercise

- Home yoga and pilates.
- Use bottle of milk/water/tins as weights to help keep muscle mass.

Relaxation

- Progressive muscle relaxation: tense and release each muscle starting from your toes to your face.
- Listen to an guided meditation
- Grounding exercise: what can you see, smell, touch, taste.
- Take a luxury bath, use the smellies, light the candle and listen to relaxing music.
- Practise some self-massage techniques, such as leaning against a wall with a small ball (tennis ball) that you roll up and down your back.

Games

- Remember your favourite card games: gin rummy, solitaire, poker, hearts, blackjack, patience, go fish, crazy 8, trumps.
- Jigsaws
- Dig out your old games. Chess, drafts, dominoes, scrabble

Productive

- Have a spring clear out.
- Clear out and organise your clothes closet/draws.
- Clean your windows and increase the daylight coming into your home.
- Fix that thing that is always breaking.
- Give an old piece of furniture new life, a lick of paint, decoupage, reupholster.
- Create and map out your family tree.

Learning

- Learn a new language (apps like duolingo are available)
- Learn a new craft





Derbyshire Carers Association
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- Practise the instrument that hasn't been played in ages.
- Learn sign language.

Do Good

- Sign up to jog on dementia and walk or jog 26.2 miles in a month. Help raise money for Alzheimer's society who estimate a deficit in the millions.
- Create a care package for a friend.

Connection

- Get to know your neighbours, can you talk over the fence or out the front garden.
- Write a personal letter to friends or family.
- Catch up with old friends you've lost touch with.
- Plan some trips and holidays for the future.
- You can arrange for the Derby telegraph to be delivered to your home by calling 0333 202 8000 or going to newspapersubs.co.uk/DTG. Use the code SPR20 for a 40% discount.
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- You'll then be able to subscribe to your favourite newspaper - and arrange to either have it delivered or pick it up from your local retailer using pre-paid vouchers. Use the code SPR20 to unlock your 40

Baking and cooking

- Attempt to bake your own bread. To substitute baking powder for yeast in recipes, use about 1 to 1-1/4 teaspoons of baking powder for every cup of flour.
- Batch cook and freeze some meals to preserve your ingredients.
- Have an at home afternoon tea or picnic.
- Challenge yourself to make that fancy cake you thought you couldn't do.
- Try a new recipe, or ask that friend for that secret recipe they won't give you yet.
- Get out your cook books and remember your old favourite receipts.



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