

# VINTAGE APPENDIX

## SNAPSHOT HOLIDAY CLUB MATERIAL – HOLIDAY AT HOME



### HOLIDAY SESSIONS FOR OLDER PEOPLE AND THOSE LIVING WITH DEMENTIA



#### Getting Started

There is a great delight in working with, and serving, people in their later life and yet for many churches this is incidental and historical rather than intentional and dynamic. If you are planning to adapt the holiday club material for your older people and those living with dementia you, and they, will be richly blessed.

The needs of your group will shape the adaptations that are required. Being aware of who your participants are likely to be in advance, through pre booking would be a great benefit in ensuring there is something for everyone.

#### Thinking about

##### Helpers

Having specific roles for each volunteer will ensure all roles are covered and understood. Ensure there are listeners/minglers who can draw some into conversations, as well as others leading activities, catering, signing in etc

##### The Building

A full risk assessment for your space will be required with particular attention paid to steps, signage, trip hazards, parking for mobility aids, first aid etc. It is vital that there is a place for signing in and out and to collect information on dietary requirements, next of kin and emergency contacts. There should be secure external doors, possibly staffed by a volunteer functioning as both welcomer and security.

It is worth giving thought to whether activities are brought to tables or whether people are being asked to move around the building. Both have their benefits and challenges and a combination approach may be required. Ensuring this is pre-planned and communicated clearly is essential.

##### Activities

Older people do not require the high volume, energy and quick-pace style event that children do. Be prepared to reduce the number of activities in order to have chatting time and ensure no one feels rushed. Taking time to chat is a delight and much appreciated. No assumptions about abilities and manual dexterity can be made as visual impairments, fine motor skills, understanding and coordination can be affected by age and dementia. Sharing a task sensitively, listening, watching and asking enable an individual approach.

Some participants may wish to take time to finish an activity whilst the group moves on and ensuring this is possible is valuable so that a sense of achievement can be felt. Be conscious of gender stereotypes in your planning to ensure a balance of activities that appeals to all.

##### Worship

Worship is a key part of ensuring participants not only have an enjoyable afternoon together, but also have the invitation to participate in

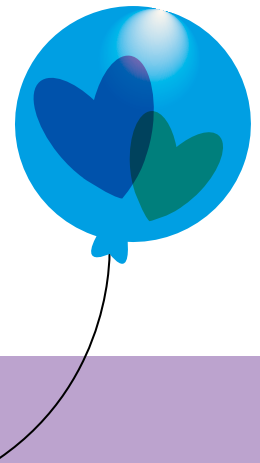


church life in an appropriate way. Consider seating, loop systems and amplifications, words and large print availability. If using a screen, consider how those with sight/hearing loss may be able to appreciate the content equally through subtitles, ipads or audio description by a volunteer. Inviting people to choose hymns and share stories invests participants in worship and values their experiences.



## Catering

Refreshments on arrival, afternoon tea, or a meal is often appreciated, along with the time and conversation given to enjoy them. Many older people may eat alone every day and this is an opportunity to have fellowship and company. Make good time for sharing food together, with volunteers mingling rather than sitting apart. Be aware of dietary requirements and consider treats to take home, something that is often appreciated.



# ADAPTATIONS TO SNAPSHOTS

It will depend on your participants which elements of the Snapshots material will work for you in your setting. Many items will be easily accessible and entirely appropriate, others may require further thought or adaptations. Elements intended for the beginning as gathering activities (eg: the introductory monologue and small group prayer) may be more suited to a “round up” together time as the tables are set for refreshments.

You may want to consider additionally:

- ♥ A sensory table with changing contents for each session relevant to the story eg: Love is brave could include a bowl of water, towel, small boat, windmill, fan etc.
- ♥ A postcard table, or packs on tables, with themed old fashioned postcards relevant to the theme such as: **Vintage Collection Postcard Set: Pack of 30 Retro Style Botanical, Nature and Ephemera Postcards by Wintertime Crafts (Amazon.co.uk, Stationery & Office Supplies)** for creation, or **Vintage Antique Postcards of British Seaside Resorts Seaside (Etsy UK)** for being by the sea.

- ♥ A games table of traditional board games and selection of cross words and word searches linked to the days theme.

## Day 1 – Love is Creative

The bauble provides an ideal craft and take-home reminder of the event. It may be worth pre-printing the disks so that the creation story is already on for colouring or so that the task is simply to stick the story together for some and adding details for others.

Within the fellowship and worship time, songs such as Louis Armstrong’s “What a wonderful world” or the hymn “All things bright and beautiful” may be well received.

## Day 2 – Love is brave

Exploring who participants feel have been brave, could be done through linking pictures of people from the last 100 years with inventions, achievements and triumphs. Provide a stack of pictures of people such as Mother Teresa, Neil Armstrong, Winston Churchill, Rosa Parks, suffragettes etc along with images from their work or achievements. Invite participants to link the images and share their views of the bravery,

achievements etc, and consider what their image would be linked to as their moment of bravery or achievement in life.

Within the fellowship and worship time, songs such as “Oh I do like to be beside the seaside” and “Summer holiday” or the hymn “Do not be afraid” may be well received.

### Day 3 – Love is adventure

A fun activity that recalls yesteryear could be the fishing game where paper fish with paperclips on their noses are fished with magnets on sticks. Flapping fish races across the tables would also recall parties and games of childhood and the past, and pick up on the idea of the disciples leaving their nets to follow Jesus. Examples of this game can be found at **Retro Game Flapping Fishes (eBay)**.

Within the fellowship and worship time, songs such as “Trust and obey” and “Will you come and follow me” may be well received. Billy Graham revival songs such as “Blessed Assurance” and “Just as I am” may also be remembered if participants recall his crusade gatherings.

### Day 4 – Love is belonging

The coffee filter colouring activity may appeal to many who enjoy watching the shapes take place and experimenting with different shapes and patterns. These could be dried if completed earlier in the session, trimmed and laminated and returned as coasters for participants to take home. The addition of a Bible verse such as “You are fearfully and wonderfully made” (Psalm 139:140) could be added.

Be aware of those within the group who may struggle to discuss childlessness or grandchildlessness. Emotions can run deep and often be well hidden.

Within the fellowship and worship time, songs such as “Catch a falling Star” and “Happy days are here again” or the action song “Father Abraham” could be adapted for sitting actions for a bit of light hearted fun.

### Day 5 – Love is Surprising

The session could be themed around Christmas, as well as Mary’s story, to bring a different feel: perhaps a seated DIY nativity, with props and responses being shared out, or mince pies and carol singing.

Stained glass windows that can then be taken home and stuck to windows may be appropriate as a craft. These can be a sticky, tactile craft or a colouring laminate experience with many examples found at **Search results for: ‘stained glass’ (bakerross.co.uk)** to suit your groups needs.

Within the singing and fellowship time, classics such as “White Christmas” and “Mary’s boy child” could be enjoyed, or favourite carols associated with Mary such as “Tell out my soul” or “The Angel Gabriel” could be enjoyed.



### Further Resources

*Dementia inclusive church guide: travelling together* (Livability) [www.livability.co.uk](http://www.livability.co.uk)

*Messy Vintage*, by Katie Norman and Jill Phipps (Bible Reading Fellowship)

**Anna Chaplaincy – The Bible Reading Fellowship (brf.org.uk)**