

#weareNHFT



Northamptonshire Healthcare  
NHS Foundation Trust

# STAYCATION WEEK ACTIVITY PACK



Summer 2020

 Occupational Therapy: 01604 657700

Community Team for People with a Learning Disability (CTPLD)  
Campbell House, Northampton

MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU

**Disclaimer:**

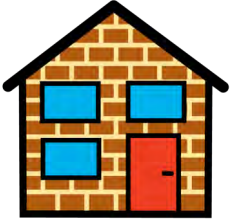
**This Holiday Staycation Pack has been developed by the Occupational Therapist's with CTPLD.**

**It's aim is to offer you fun and meaningful activities to keep you busy and engaged over the summer.**

**Where possible, we have acknowledged where we have obtained the ideas from.**

**We do not endorse any particular website or companies or products and NHFT does not accept any responsibility should injuries or accidents occur whilst doing these activities.**

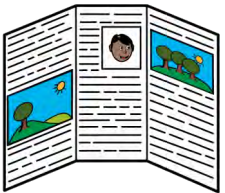
# Introduction



Due to the Coronavirus, many people will spend their summer holiday at home this year.



The aim of this Pack is to provide you with ideas and activities to have your own “Staycation Holiday” at home.



It is filled with easy read instructions on different summer holiday themed activities that can be done at home.



You may want to do an activity each day to prepare for a “Summer Festival” at home at the end of the week.

The activities in this Pack have been separated into the following areas to suit different interests and needs:



## Arts and Crafts



## Cooking



## Movement and Music



## Relaxation



## Days Out

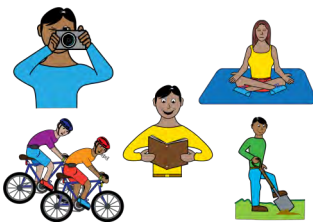
# How to use this Pack:



There are lots of different activity ideas in this Pack.



They are all based on a summer holiday theme to help you to enjoy a holiday at home.



You may want to do all the activities or just one or two.



It is ok to spend just a few minutes taking part in these activities during the day, the important thing is to have fun.



The Weekly Schedule at the back will help you to plan activities into your week.

# Sharing Information:



We would love to see some photos of the different activities that you do.



We are hoping to make a Newsletter with some of your photos in in.



If you would like to share a photo of yourself for our Newsletter, please complete the “Photo Consent Form” at the back of this Pack.



You can send the completed consent form back to the address given on the form or call **01604 657700**.



# Advice and Guidance for Family and Carers:

Activities listed in the Pack can be used at intervals throughout the day.

Use the activity ideas in this pack to provide choice. You can repeat the activity during the day or offer on another day.

The Pack has been designed to offer fun, holiday themed activities and experiences at home, to help encourage a holiday atmosphere.

**REMEMBER:** These activities are general guidelines and suggestions and have not been designed for a specific individual.

**Use with your own knowledge of the individual and your risk assessments. Supervision may be needed.**

**The activities can range from 5-20 minutes, and the same activity can be used several times in the day.**

Don't force an activity on an individual, they may be unsure what the task is or the expectations.

Try modelling the activity you are offering, doing it whilst the person watches and then encouraging participation.

The individual doesn't have to be involved in the whole task as it may be too long, but any involvement can be meaningful, putting the last slice of bread on the sandwich is still activity participation

**Wipe clean and disinfect any items, before and after use .**

**Remember to have fun 😊**



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# Arts & Crafts

# Summer Bunting

Make some summer bunting and hang up indoors or in your garden.

This is really simple to make and can be easily adapted so that anyone can join in with activity.

We used our handprints to make the bunting in the photo, but you could use stamps or stickers or even shake glitter on the bunting flags to decorate.

Use the bunting flag template to make your flags.



# Summer Bunting

**You will need:**



**Scissors**



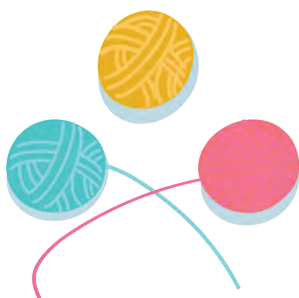
**Art and Craft materials**



**Paper**



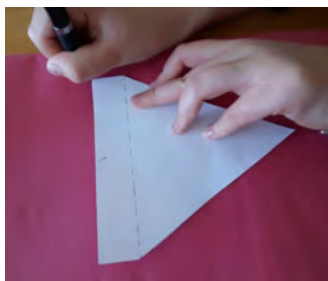
**Glue or a stapler**



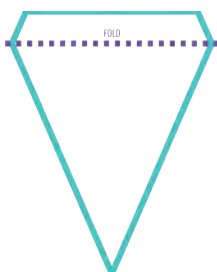
**String**

# Summer Bunting

How to make:

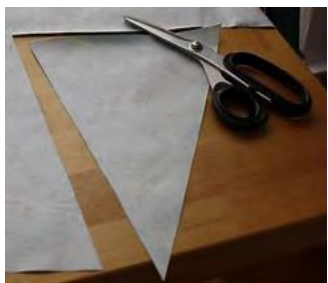


**Trace around the bunting  
flag template**

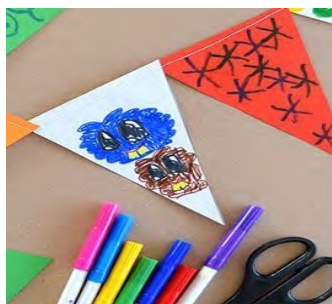


6

**You will need about 6 bunting flags**



**Cut out the bunting flags**



**Colour / decorate the flags**

**You could use your handprints,  
Stickers, crayons or glitter**

# Summer Bunting

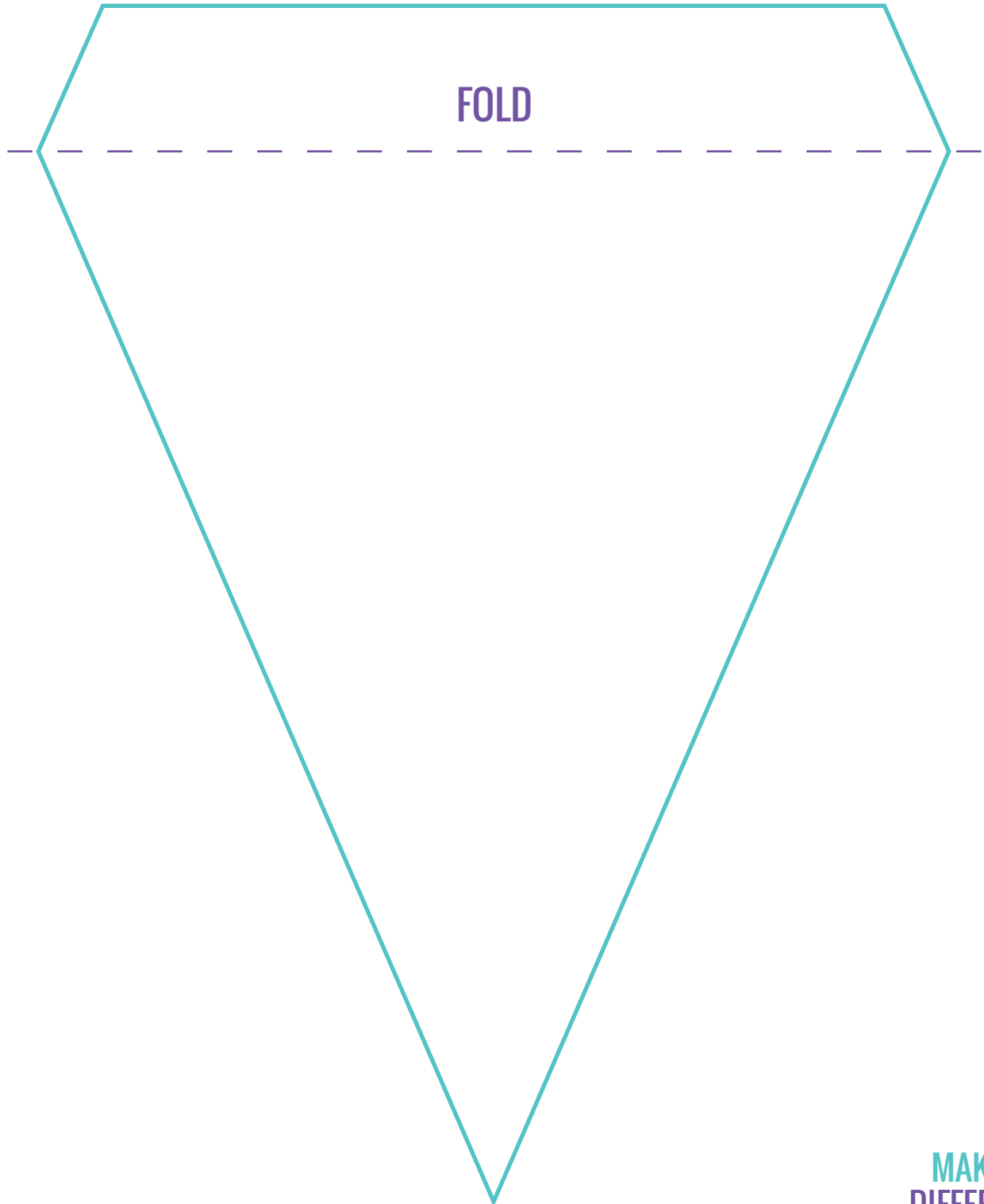


**Place string under the bunting template fold and glue in place**



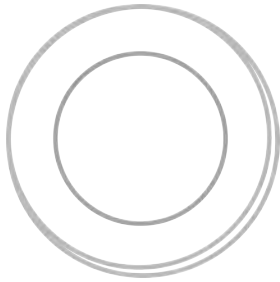
**String up the bunting where you will see it and enjoy!**

MAKE YOUR OWN  
*Bunting*



# Sunshine Photo Holder

## You will need



A Paper Plate



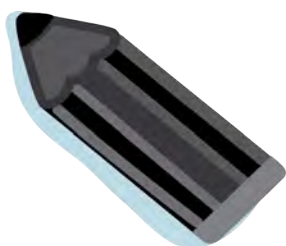
Yellow paint and a paint brush



Some wooden Clothes Pegs



Strong Glue



A black Pen

# Sunshine Photo Holder

**What to do:**



Paint the paper plate yellow



Leave to dry



Glue the pegs around the outside of plate



Leave to dry

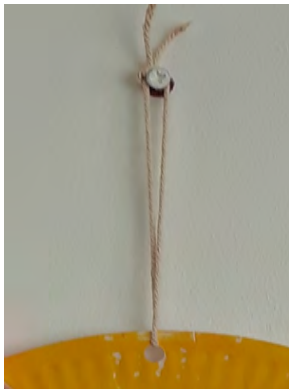


# Sunshine Photo Holder

**What to do:**



Draw on a smiley face



Tie some string to the top of the plate



Hang and use to hold photos and postcards from your summer!

# Seaside Cheerio and Moon Sand

Grab your bucket and spade and have fun in the sand with this home-made recipe.

The results are fantastic!

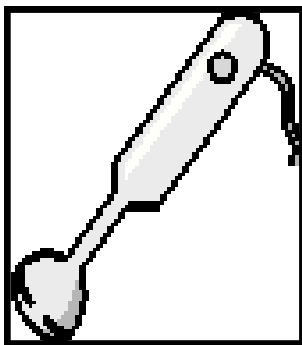


# Homemade Cheerio Sand ( Taste Safe)



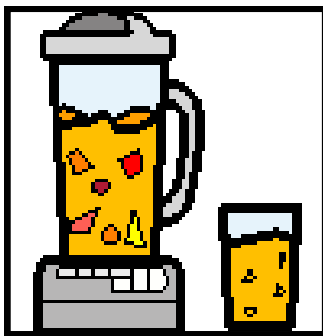
You will need

Cheerio's



Hand held blender

OR



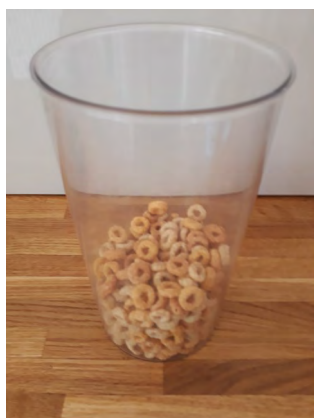
Nutribullet



Bucket and Spade

# Homemade Cheerio Sand

## What to do:



Put Cheerio's in the blender  
OR NUTRIBULLET



Blend to make a fine sand  
**SUPERVISION MAY BE NEEDED**



Have fun playing in the sand,  
just like being at the beach



Or have you got a bucket and spade ?

# Homemade Seaside Moon Sand



**You will need**

2 cups of brown sugar



2 cups of corn flour



10 tablespoons of vegetable oil



Measuring Cup



Measuring Spoons



A bowl

A spoon

## Homemade Moon Sand



### What to do:

Measure 2 cups of corn flour



Measure 2 cups of brown sugar



Mix the brown sugar and corn flour together in a bowl



Add 10 table spoons of oil to the dry mixture



Stir together

## Homemade Seaside Moon Sand



Your seaside moon sand is ready



Have you got some moulds to fill with your seaside moon sand ?



You could use an ice cube tray



Or have you got a bucket and spade in the garden shed or garage ?



Have you got some shells and pebbles at home you could add to your sand

## Summer Lantern Jars

These lantern jars look great in the garden or on a sunny window.

They give a lovely glow at night, using an LED tea light candle. Great for an evening spent outdoors!





# Summer Lantern Jars

## You will need:



A clean glass jar



Tissue Paper



PVA Glue



Paint Brush



LED Tea Light

# Summer Lantern Jars

## What to do:



Rip the tissue paper into small pieces



Glue the tissue paper onto the jar



Cover the jar with the tissue paper



Leave to dry



Place an LED tea light into the jar

**Enjoy watching it glow!**

# HOLIDAY DRINKS

*recipes*



## Non-Alcoholic Mojito

### Ingredients (1 jug - serves 4):



20g bunch of fresh mint leaves/mint plant



3 tablespoons of caster sugar



8 limes



1 litre of chilled soda water



2 handfulls of ice

### Equipment:



Large jug



Rolling pin



Sandwich bag



Sharp knife

## Non-Alcoholic Mojito

### Method:



Pick the leaves off the mint plant



Put the mint leaves into a jug



Sprinkle the sugar into the jug



Cut the limes in half



Squeeze the juice out of the limes using your hands or a juicer into the large jug

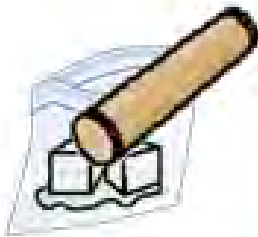


Use the end of a rolling pin to 'bash' the ingredients together

## Non-Alcoholic Mojito



Put the ice cubes into a sandwich bag and seal it



Use the rolling pin to bash the ice cubes until they are crushed into small pieces



Open the sandwich bag and pour the crushed ice into the jug



Pour the chilled soda water into the jug



Mix everything together in the jug



Pour the drink into glasses and enjoy them!

# Non-Alcoholic Peach Bellini



## Ingredients (makes 4 glasses):

4 ripe peaches



500ml of sparkling apple juice/Appletiser



2 teaspoons of lime juice (1 lime is enough)



4 teaspoons of Splenda/Canderel (sweetener)



## Equipment:

Blender



Sharp knife



Juicer



Glasses

# Non-Alcoholic Peach Bellini

## Method:



Cut the peaches into slices - it is okay to ask for help with this



Put the peach slices in the freezer for 1 hour



*Wait for 1 hour*



Take the peach slices out the freezer and put them into the blender



Pour the sparkling apple juice into the blender



Put the Splenda/Canderel into the blender



## Non-Alcoholic Peach Bellini



Cut the lime in half



Juice the lime using a juicer or your hand



Add the lime juice to the blender (2 tea-  
spoons)



Put the lid on the blender



Turn the blender on and blend the ingredients  
until they have completely mixed together



Turn the blender off and remove the lid



Pour the bellini into 4 glasses and enjoy!

# Raspberry Lemonade Slushie

## Ingredients (1 jug or 6 small slushies):



600g of frozen raspberries



3 lemons



225ml of soda water



3 tablespoons of agave nectar



9 ice cubes



## Equipment:

Blender



Jug and/or glasses



Knife



Juicer

# Raspberry Lemonade Slushie

600g



## Method:

Weigh out 600g of frozen raspberries



Put the raspberries into a blender



Cut the lemons in half



Juice the lemons using your hands or a juicer



Remove the pips from the lemon juice



Pour the lemon juice into the blender



Pour the soda water into the blender

# Raspberry Lemonade Slushie



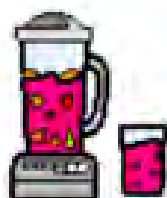
Put the agave nectar into the blender



Put the ice into the blender



Put the lid on the blender



Turn the blender on and wait until all of the ingredients have fully blended together



Take the lid off the blender



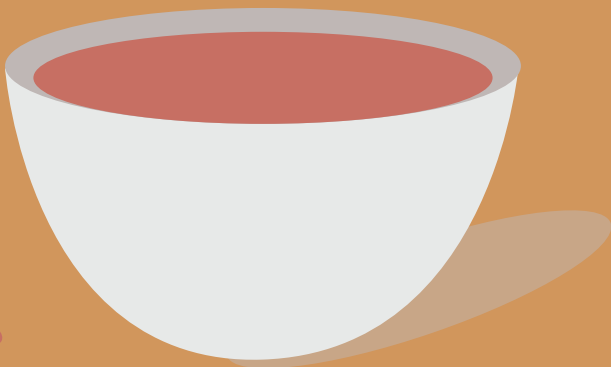
Pour out the slushie into a jug or glasses and enjoy drinking!

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# YOUR HOLIDAY MENU



*recipes*

# Pizza

## Ingredients - Makes 1 Large Pizza:



**1 Large Pizza Base**



**1 Tube of Tomato Puree**



**200g Grated Mozzarella Cheese**



**1 Red Pepper**



**1 Packet of Sliced Pepperoni**



**4 Closed Cup Mushrooms**



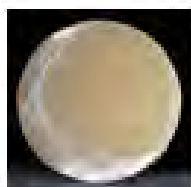
**You can choose whatever toppings you like -  
these ingredients are to give you some ideas!**

# Pizza

## Method:



Turn the oven on to 180°C



Open the packaging around the pizza base



Put the pizza base on a baking tray



Squeeze some tomato puree onto the pizza base



Spread the tomato puree all over the pizza base with a spoon - you decide how much you want!



Sprinkle the grated mozzarella all over the pizza



Place some slices of pepperoni on the pizza

# Pizza



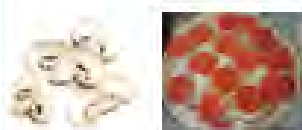
**Pull the stalks off the mushrooms**



**Peel the outer skin off the mushrooms**



**Cut the mushrooms into slices with a sharp knife - you may need to ask for help with this**



**Place the mushroom slices all over the pizza**



**Pull the stalk off the red pepper**



**Cut the pepper in half and remove all the seeds**



**Cut the pepper into thin strips**



**Place some pepper slices all over the pizza**



# Pizza



**Put the baking tray into the oven**



**Cook the pizza for about 12 minutes**



**Check the pizza - if the cheese has not melted or the base is very pale then it needs more time**



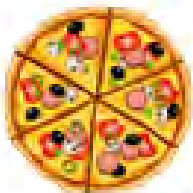
**Cook for another 5 minutes at a time until the cheese has melted and the base is golden brown**



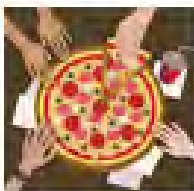
**Take the baking tray out of the oven**



**Turn the oven off**



**Cut the pizza into slices**



**Put the pizza on a plate and enjoy eating it!**

# Nachos

## Ingredients - For 4 People As a Starter/Snack:



**2 Teaspoons of Sunflower or Vegetable Oil**



**1 Small Onion**



**250g of Beef Mince**



**1/2 Sachet of Taco Seasoning (About 15g)**



**1 Bag of Tortilla Chips (About 200g)**



**1/2 Jar of Tomato Salsa**



**100g of Grated Cheddar Cheese**



**1 Small Pot of Guacamole and/or Soured Cream**



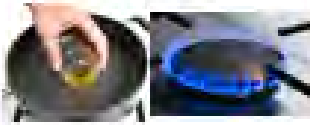
**50g Sliced Jalapeños (Only if you like spice!)**

# Nachos

## Method:



Take the skin off the onion and chop it onion into small pieces (this is called 'dicing')



Put the oil into a saucepan or frying pan and turn the hob on



Put the onion into the pan and cook until the onion has turned light brown



Put the beef mince into the pan and cook until the mince has all turned a dark brown



Add the 1/2 packet of taco mix into the pan and mix together



Turn the hob off



Turn the oven on to 180°C

# Nachos



**Open the bag of tortilla chips and spread them out evenly over a baking tray**



**Carefully spread the beef and onions over the tortilla chips**



**Sprinkle the cheese over the tortilla chips**



**Put small 'dollops' of salsa all over the tortilla chips**



**Put the jalapeño slices over the tortilla chips (if you are using these - be careful, they are spicy)**



**Put the baking tray into the oven**



**Bake the tortilla chips in the oven for 10 minutes, or until all of the cheese has melted**

# Nachos



**Turn the oven off**



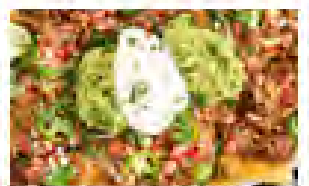
**Take the baking tray out of the oven**



**Put the baking tray in the middle of the table on a heat proof mat**



**Put a big 'dollop' of sour cream in the middle of the tortilla chips (if you are using this)**



**Put a big 'dollop' of guacamole in the middle of the tortilla chips (if you are using this)**



**Be careful - the baking tray will be very hot**



**Enjoy eating your homemade nachos!**

# Homemade Chips



## Ingredients - For 1 person:

2 medium potatoes



Low Calorie Cooking Spray

## Instructions:



Pre heat the oven to 200°C



Wash the potatoes



Peel the potatoes



Cut into strips, about 1 cm thick



Put the potato strips into a bowl of cold water and rinse well

# Homemade Chips



Take the potato strips out of the water and put on to some pieces of kitchen roll



Put the potato strips onto a baking tray



Spray the strips with low calorie cooking spray



Put the baking tray into the oven and cook for 20 minutes



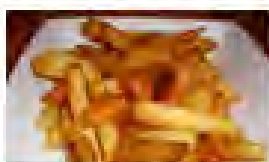
Take the baking tray out of the oven and turn the chips over



Spray chips with more low calorie cooking spray



Cook for another 15-20 minutes



Put on a plate and eat!

# Chocolate Brownies

## Ingredients - Makes 24 Small Brownies:



**375g of Dark Chocolate**



**375g of Baking Margarine**



**500g of Caster Sugar**



**6 Medium Sized Eggs**



**225g of Plain Flour**



# Chocolate Brownies

## Instructions:



**Pre heat the oven to 180°C**



**Find a cake tin that is about 30cm long and 21cm wide**



**Spread a small amount of butter all over the tin (this helps the greaseproof paper to stick to it)**



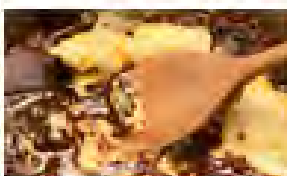
**Line the tin with greaseproof paper - this can be tricky so you may need to ask for help!**



**Break up the chocolate into squares and put them in a microwaveable bowl**



**Cut the butter into cubes and add these to the bowl with the chocolate**



**Put the bowl of chocolate and butter into the microwave and heat for 2 minutes**

# Chocolate Brownies



**Stir the chocolate and butter**



**If the butter and chocolate have not melted completely, cook for another 30 seconds**



**Keep checking the mixture - cook for 30 seconds at a time until everything has melted**



**Take the bowl out of the microwave**



**Pour the sugar into the bowl**



**Crack the eggs into the bowl**



**Mix everything together**



**Hold a sieve over the bowl and pour the flour into the sieve**

# Chocolate Brownies



**Shake the sieve until all of the flour has fallen into the bowl**



**Stir the flour into the chocolate mixture until everything is fully mixed together**



**Pour the mixture into the cake tin**



**Put the cake tin into the oven and cook the brownies for 25 minutes**



**Check the brownies by pushing a knife into the middle of the tin - they are ready when the knife comes out with some moist crumbs on it**



**If there is wet brownie mix on the knife, put the brownies back in the oven for 5 minutes**

# Chocolate Brownies



**Check the brownies again using the knife**



**Keep cooking the brownies for another 5 minutes at a time until they are cooked**



**Take the cake tin out of the oven when the brownies are cooked**



**Turn the oven off**



**When the tin has cooled down a little, take the brownies out of the tin**



**Put the brownies back on the cooling rack and cut them into squares**



**Enjoy eating your delicious brownies!**

# Cupcakes

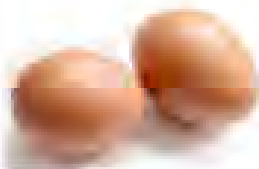
## Ingredients - Makes 12 Cupcakes:



**110g of Baking Margarine**



**110g of Caster Sugar**



**2 Large Eggs**



**110g of Self-Raising Flour**

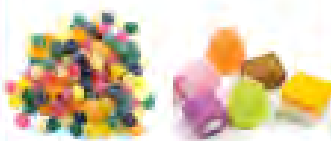


**1/2 a Teaspoon of Vanilla Essence**

## For the Icing:



**300g of Icing Sugar**



**Sweets (for Decoration)**

# Cupcakes



## Instructions:

**Pre heat the oven to 180°C**



**Put 12 cake cases into a cupcake tray**



**Cut the softened butter into cubes and put them into a bowl**



**Add the caster sugar into the bowl**



**Beat the butter and sugar together with a spoon or a hand mixer until smooth**



**Crack the eggs into the bowl**



**Mix the eggs into the butter and sugar mixture  
Using a spoon or a hand mixer**



**Hold a sieve above the bowl and pour flour into the sieve**

# Cupcakes



**Shake the sieve over the bowl until all of the flour has landed in the bowl**



**Carefully mix the flour into the mixture - do not mix too hard or the cakes will not rise!**



**Spoon the mixture into the cupcake cases**



**Put the cakes into the oven and bake them for 15 minutes**



**Check if the cakes are cooked by pushing a skewer or small knife into one of the cakes - if it comes out clean then the cakes are cooked**



**If the skewer comes out with mixture on, put the cakes in the oven for another 3 minutes**

# Cupcakes



**Keep checking the cakes and cooking them for another 3 minutes until they are fully cooked**



**Take the cakes out of the oven and put them on to a cooling rack**



**Turn the oven off. Now you can make the icing!**



**Hold a sieve over a clean bowl and pour the icing sugar into the sieve**



**Shake the sieve until all of the icing sugar has fallen into the bowl**



**Put 1 teaspoon of water into the bowl with the icing sugar and mix it in**



# Cupcakes



**Add more water, 1 teaspoon at a time, and mix it in until you have an icing that**



**If the icing is too runny, just add some more icing sugar until it is the right thickness**



**When the cakes are completely cool, spoon some of the icing on to each of the cupcakes**



**Spread the icing out so the whole top of the cake is covered with icing**



**Decorate your cakes with whatever sweets you like - try making a funny face or a pattern**



**Wait for the icing to dry - then you can eat!**

# Outdoor Fun Games



## Rainbow Bubble Snake

These make really cool bubbles to blow outdoors.



**Be careful not to suck the liquid though or it will  
taste awful!**

# Rainbow Bubble Snake



**You will need:**

1 clean and empty plastic bottle



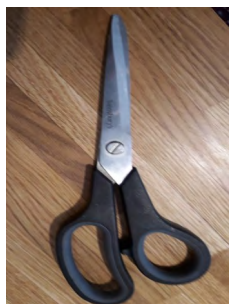
1 sock



Washing Up liquid or bubble mix



A rubber band



Scissors



Food Dye

# Rainbow Bubble Snake

## What to do:

Cut the end off the bottle.

**Be careful—you might need some help**



Put the sock on to the bottom of the bottle and use the rubber band to secure it in place



Add some drops of food dye to the bottom of the sock



Dip the sock in the bubble mix



Start blowing bubbles!



## Festival Flower Crowns

Make a lovely Flower Crown to wear at your Stay-cation Festival or on a summer's evening.

You could go on a nature walk to collect the materials you will need for this project, or look and see what you can find in your garden



# Festival Flower Crowns

## You will need:



Selection of flower petals, leaves,  
grass from the garden/park



Two strips of A4 paper



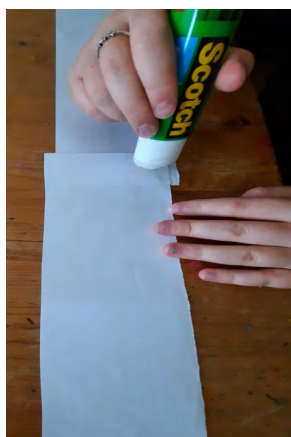
Glue



Scissors

# Festival Flower Crowns

## What to do:



Glue the two strips of A4 paper  
at the short edge



Glue the leaves, seeds, grass etc to  
the paper



Leave to dry



Glue the paper together to make the  
crown shape. Check it fits your head!



# Garden Windsock

## You will need:



Scissors



Tissue paper



Sheet of A4 paper



Glue



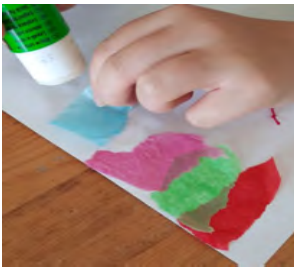
String

# Garden Windsock

## How to make:



Cut some of the tissue paper into small pieces



Glue the tissue paper on to one side of the paper



Leave to dry



Cut some more tissue paper into long strips

## Garden Windsock



Glue the long sides of the paper together to make a tube shape



Glue the long strips of tissue paper to the inside of the tube



Add some string to the top of tube and hang in the garden!



# MUSIC AND MOVEMENT

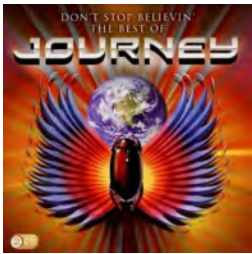
# Playlist for a Festival at Home



Pompeii by Bastille



Sit Down by James



Don't Stop Believin' by Journey



Are You Gonna Be My Girl by Jet



Dakota by Sterophonics



A-Punk by Vampire Weekend



Common People by Pulp





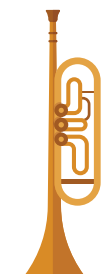
Common People by Pulp



I Will Wait by Mumford & Sons



Mr Blue Sky by Electric Light Orchestra



Dancing In The Moonlight by Toploader



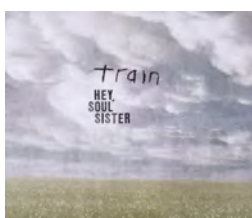
Wake Me Up Before You Go-Go by Wham!



Shotgun by George Ezra



Uptown Funk by Mark Ronson and Bruno Mars



Hey Soul Sister by Train



# Dancing and Singing

Set up a disco in your front room or garden.

What are your favourite songs?

Dig out your old CD's—find a music channel on the TV

Use the Play List in this Pack to give you some inspiration for summer themed tunes to dance to.

Have you got a karaoke machine—if not why not make your own microphone or sing into a hairbrush !!!

Teach someone a dance move. Prizes and certificates for the best dancer.



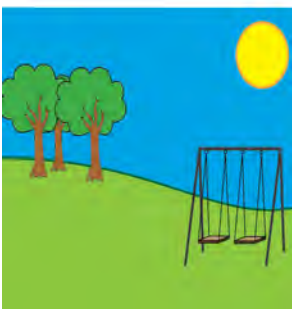
## “Angela Says!”



Angela is a Senior Physiotherapist  
with CTPLD



Physiotherapists help people with their  
walking and moving their body to stay  
healthy and active



Try playing a game of “Angela Says!” in  
your garden or at a Park, with a family  
member or carer



Have a look at the next page to see  
how to play the game



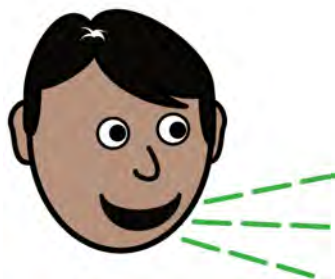
## “Angela Says!”



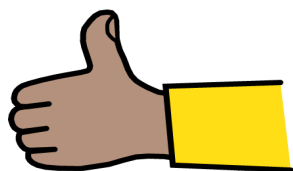
Stand 2 metres apart from the person or people you are playing with



Choose a person to play “Angela”



The person playing “Angela” shouts out a movement or exercise for the others to copy



The aim of the game is to see who can follow all of “Angela’s” commands!

**The pictures on the next page can be used as visual prompts for the game.**



Angela says "make circles with your arms"



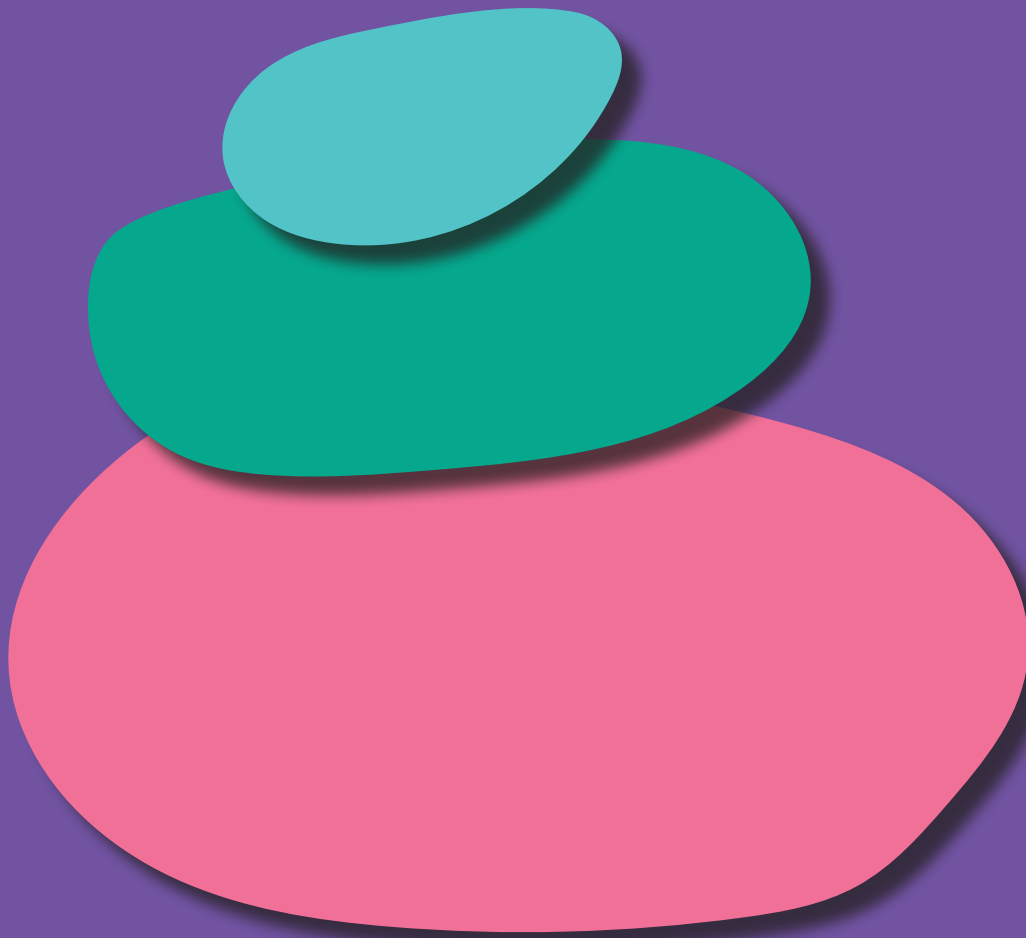
Angela says "jump"



Angela says "dance"

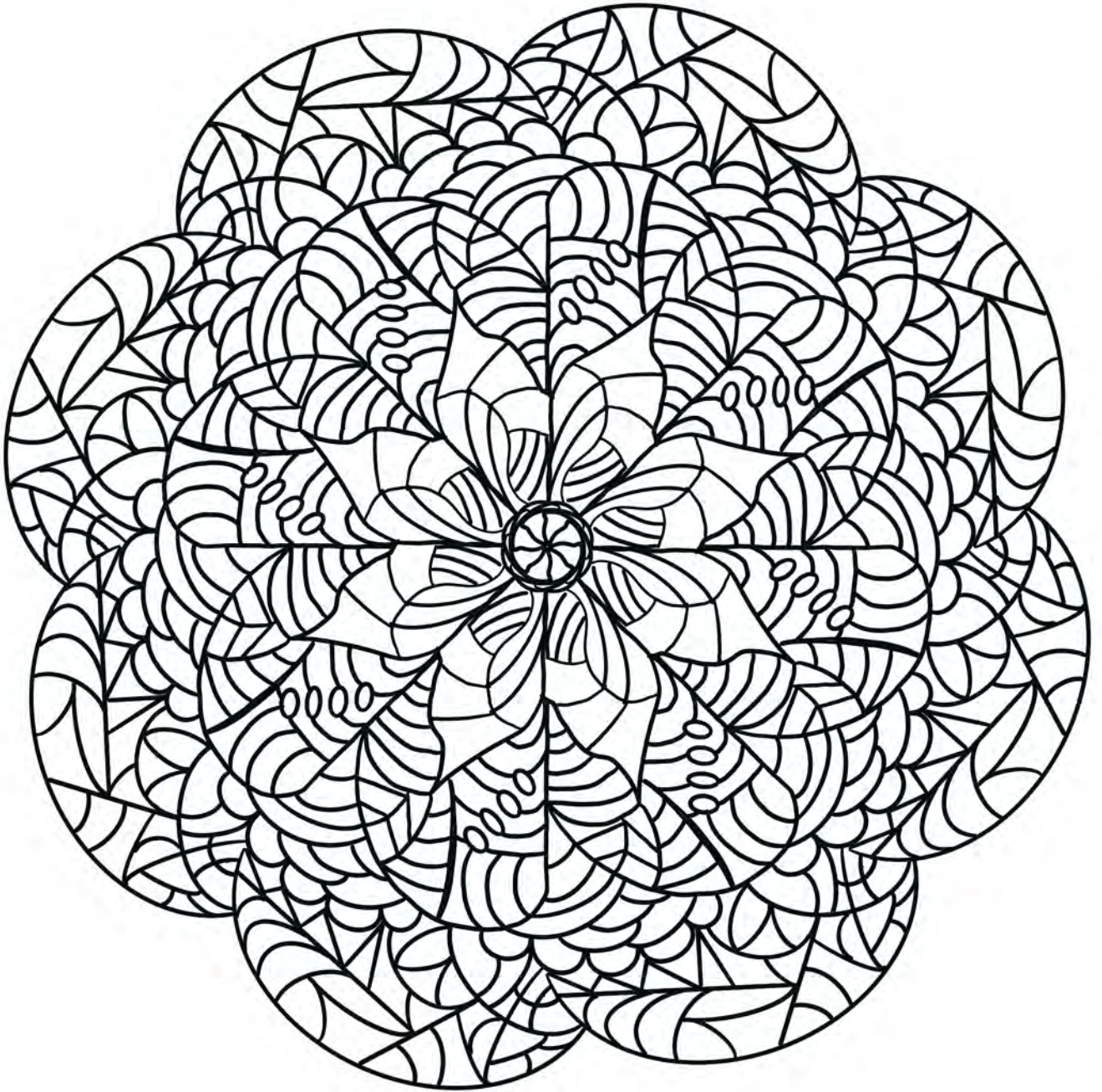


Angela says "raise your left arm up"

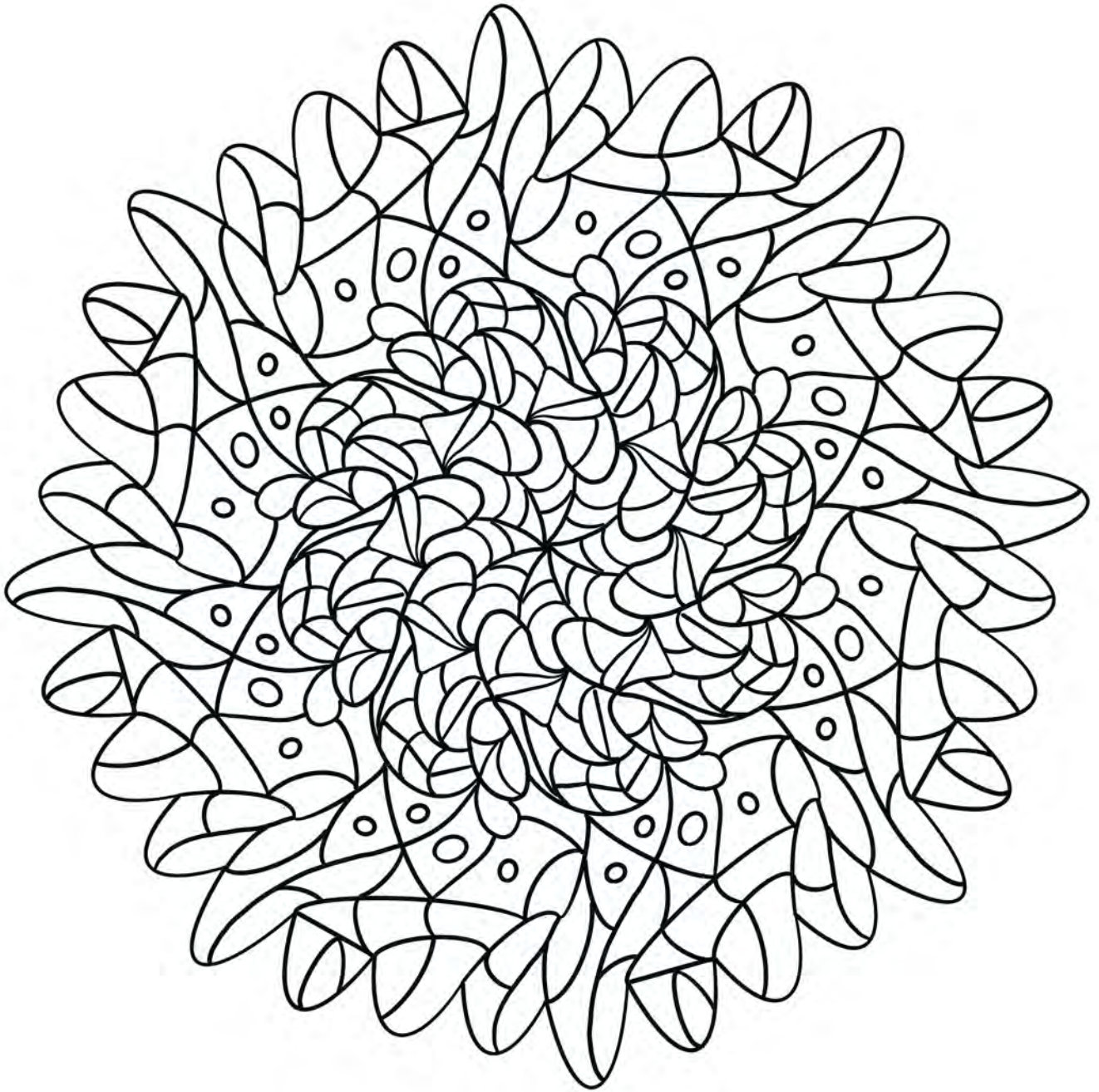


# RELAXATION

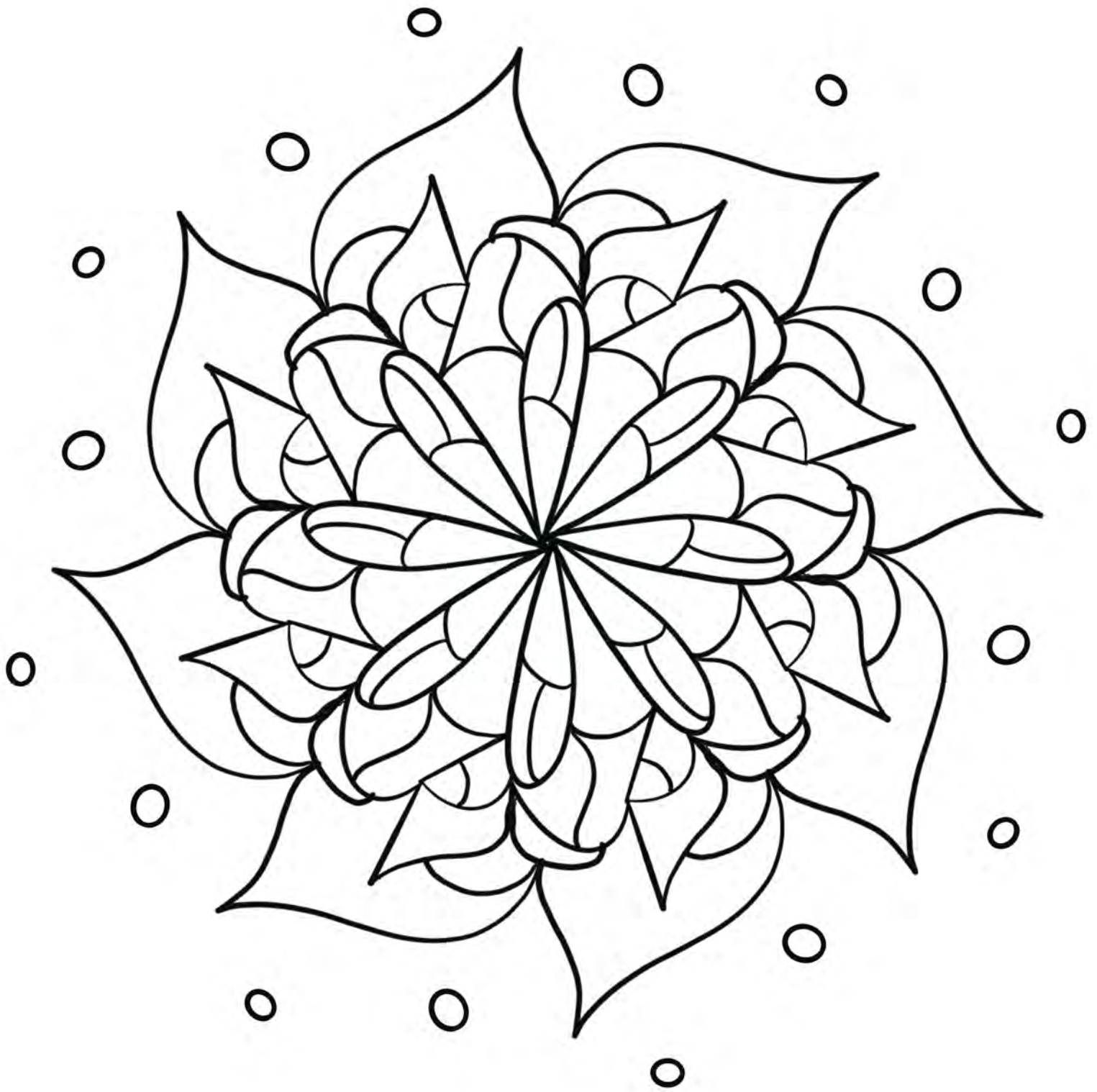
*Activities for rest  
and relaxation*



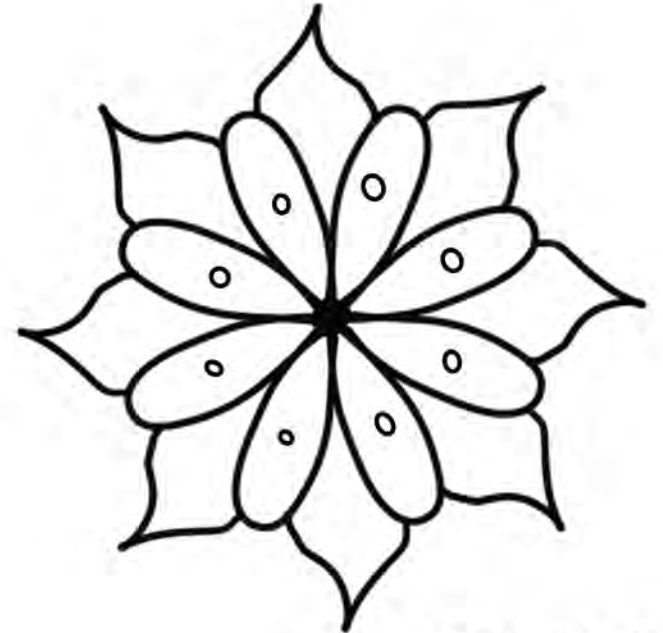
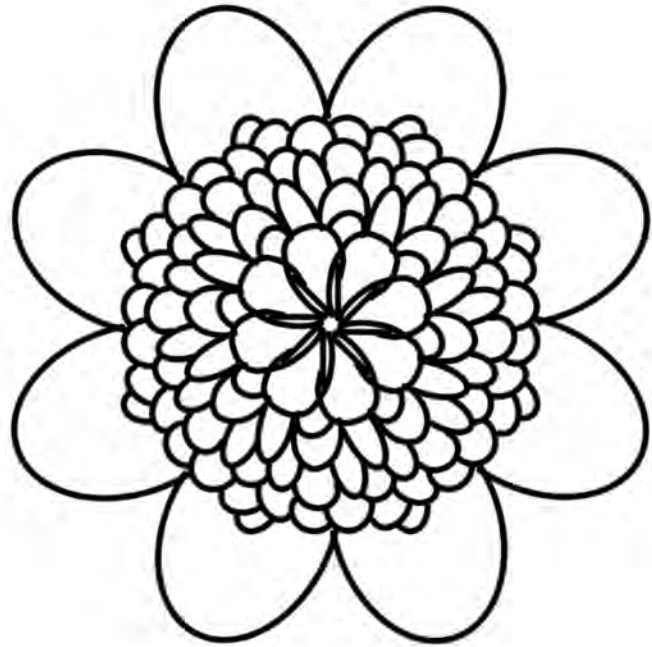
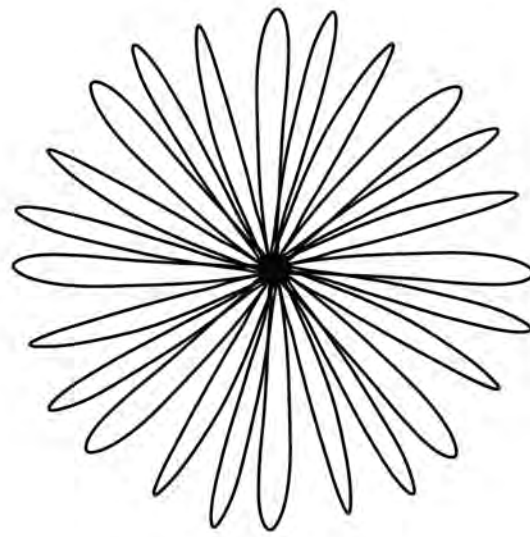
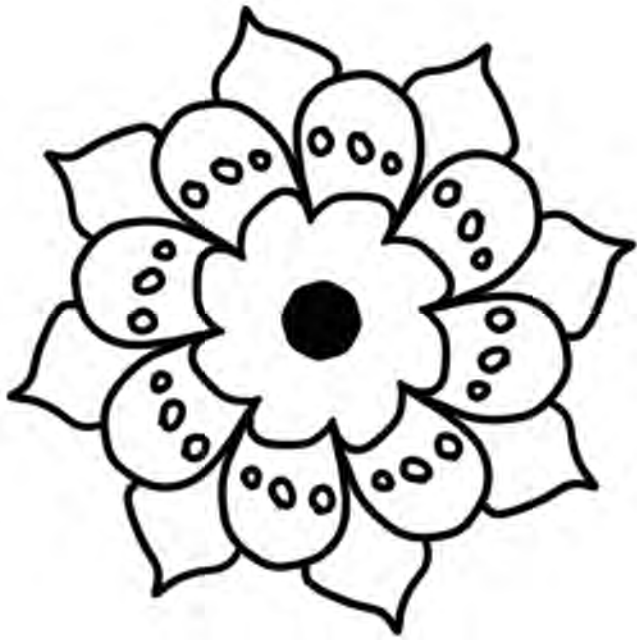
HOLLYE  
*MAKE YOUR MARK*  
OLIVIA



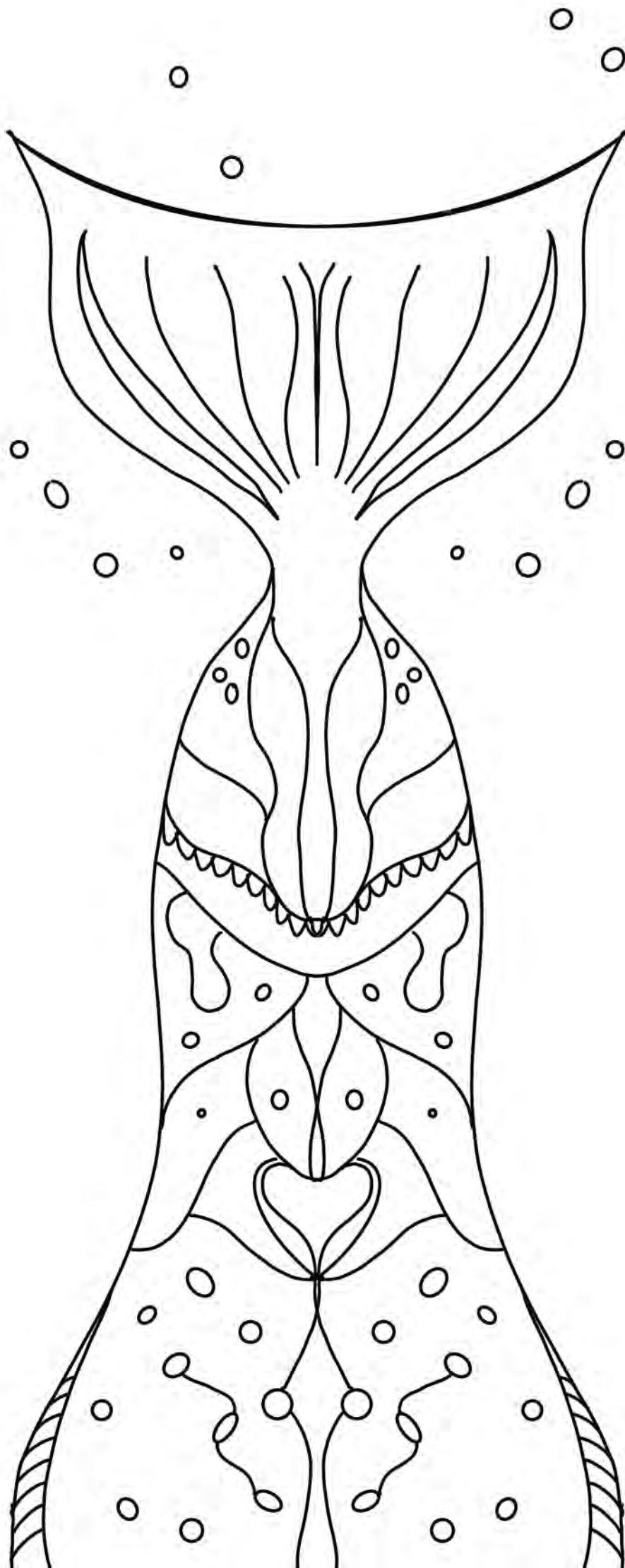
**HOLLYE**  
*MAKE YOUR MARK*  
**OLIVIA**



HOLLYE  
*MAKE YOUR MARK*  
OLIVIA

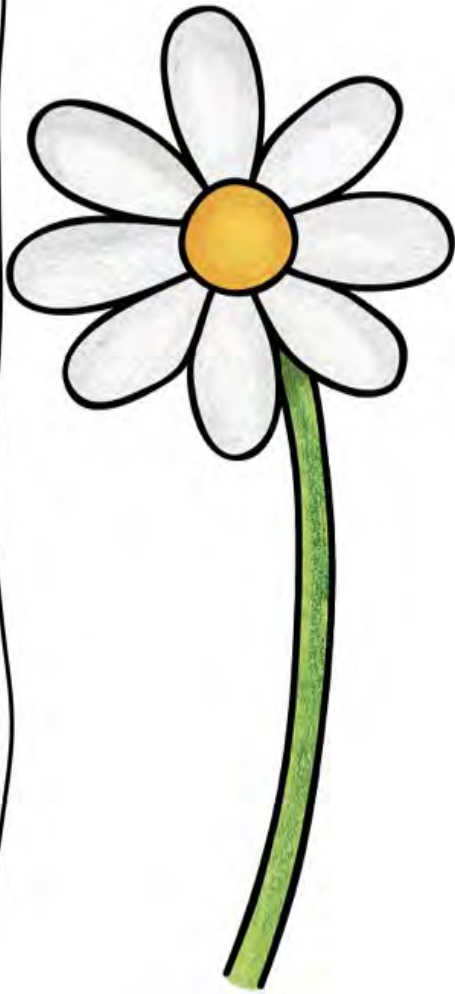


HOLLYE  
*MAKE YOUR MARK*  
OLIVIA



HOLLYE  
*Make Your Magic*  
OLIVIA





## BREATHE IN

Pretend you  
are smelling a  
flower.



## BREATHE OUT

Pretend you  
are blowing a  
leaf.

# Pamper Day



Lockdown can be difficult when you want to go out and do normal things



It is important to look after yourself and do things to feel relaxed



It can be fun to have a pamper day and treat yourself to nice activities

*Some ideas...*



Have a manicure



Have a pedicure

# Pamper Day



Put a face mask for 20 minutes and then wash it off



Have a hand massage



Have a foot massage



You could watch your favourite film or TV programme while relaxing!



Eat some healthy snacks while you are being pampered



Most of all - enjoy yourself!

## Homemade Face Packs

**You will need—(makes 2 masks)**



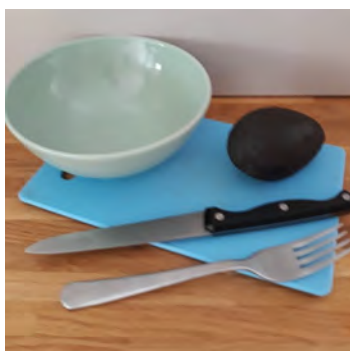
1 avocado



2 table spoons of honey



60 grams of porridge oats



Bowl, knife and spoon or fork

## Homemade Face Packs



**You will need—(makes 2 masks)**

Cut the avocado in half , take out the stone—its OK to ask for help



Use the spoon or fork to take the middle out of the avocado and



Mash all the ingredients together



Spread on your face and leave for 20 minutes—  
how about in the bath ?



Wash your face

#weareNHFT



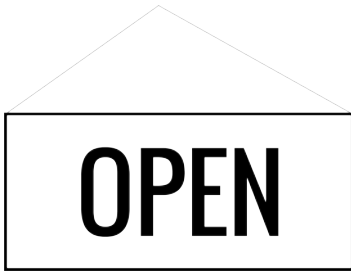
Northamptonshire Healthcare  
NHS Foundation Trust



# DAYS OUT

Head outside or  
visit virtually

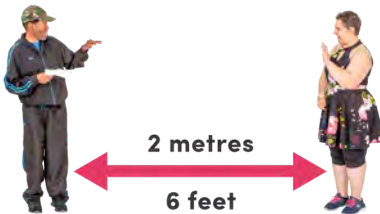




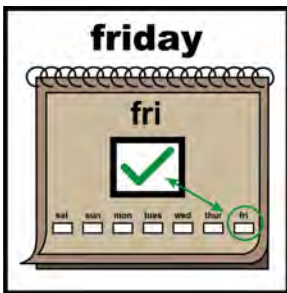
Many places of interest are reopening. Here are some local places you may like to visit, as well as some places you can visit virtually.



Remember to wear a mask if you are asked to wear one.



Always keep 2 metres away from other people (except the people you live with)



Less people are allowed into attractions at once at the moment, you might have to book a place and wait for a little while to go in



You could send a postcard to a family member or friend and tell them about your day out! You could use one of the postcards at the end of this pack.



Coton Manor Garden (Guilsborough, Northampton)

[www.cotonmanor.co.uk](http://www.cotonmanor.co.uk)

Open Tuesday-Sunday, 12:00-5:30pm

Admission Fee - £8.00 per adult



Wicksteed Park (Kettering)

[www.wicksteedpark.org](http://www.wicksteedpark.org)

Park open every day.

Free admission. (Paid parking)

Rides and attractions - open 10:30am-5:00pm



Stanwick Lakes (Stanwick, Wellingborough)

[www.stanwicklakes.org.uk](http://www.stanwicklakes.org.uk)

Open every day, 7am-8pm.

Free admission. (Paid parking)



Abington Park (Abington, Northampton)

[www.northampton.gov.uk/abingtonpark](http://www.northampton.gov.uk/abingtonpark)

Open all day, every day!

Free admission



Rookery Open Farm (Stoke Bruerne)

[www.rookeryopenfarm.com](http://www.rookeryopenfarm.com)

Open every day except Tuesday, 10:00-5:00pm

Admission Fee - £7.00 per adult





### **Folly Farm—A Virtual Day Out**

<https://www.folly-farm.co.uk/>

Visit the lions, penguins and giraffes from the comfort of your sofa!



### **Edinburgh Castle—A Virtual Day Out**

<https://www.edinburghcastle.scot/>

Do a tour of this amazing castle via a virtual 3D Model on its website.



### **Kew Gardens —A Virtual Day Out**

<https://www.kew.org/about-us/virtual-kew-wakehurst>

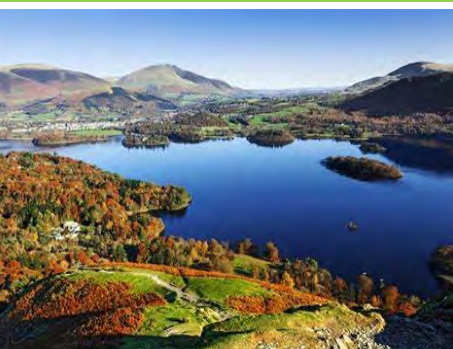
Travel to the mountains and the desert without leaving your home. This virtual tour focuses on plants, flowers and wonderful gardens.



### **Blackpool—A Virtual Day Out**

<http://www.vrblackpool.co.uk/>

Visit this website for a virtual tour of one of the UK's favourite seaside's without having to travel or pack a suit case!



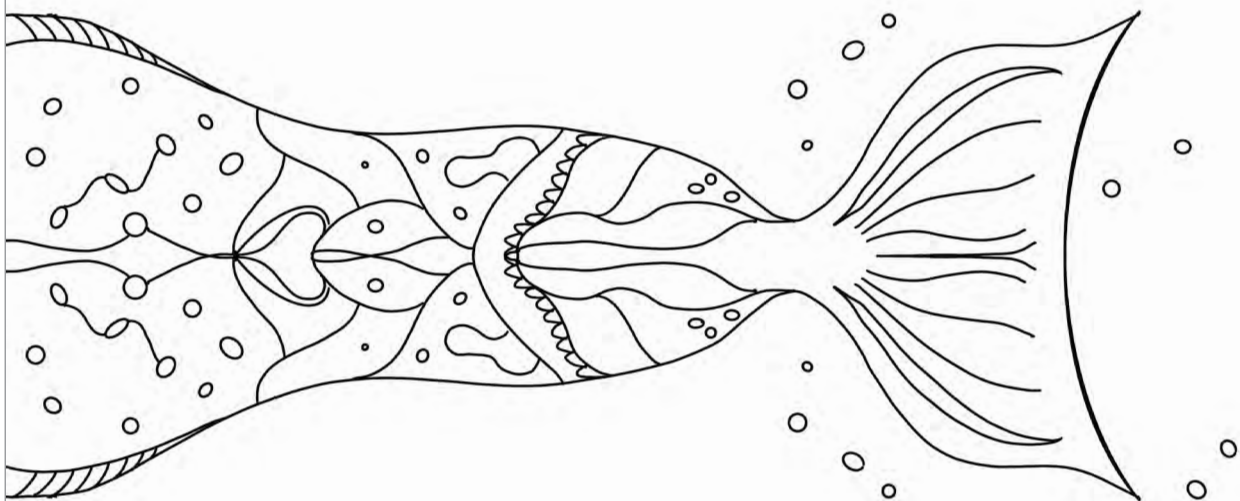
### **The Lake District—A virtual Day Out**

<https://www.lakedistrict.gov.uk/home>

Take a look at the beautiful Lake District from the live webcams on this website.



2020  
SUMMER  
STAYCATION



summer 2020

PLACE  
STAMP  
HERE

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PLACE  
STAMP  
HERE

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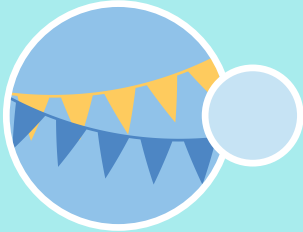
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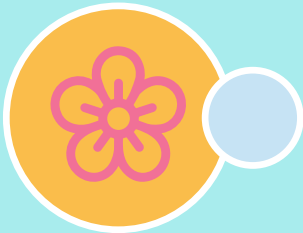
## FESTIVAL PLANNER Check list



String up the bunting



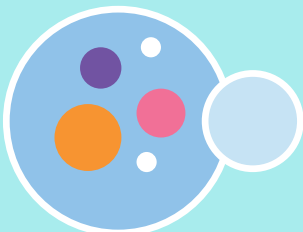
Prepare your music playlist get ready to sing and dance along



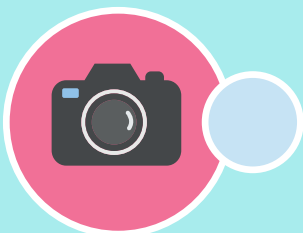
Make your flower crowns ready to wear



Prepare your refreshments



Have your rainbow bubble maker ready to blow



Get your camera ready to take some photos

# and have fun!

#weareNHFT

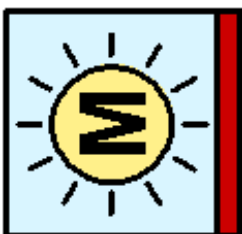
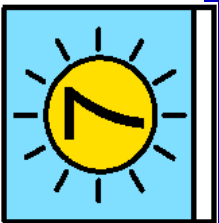
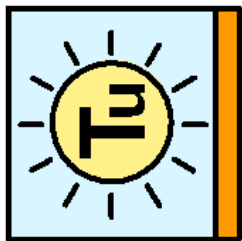
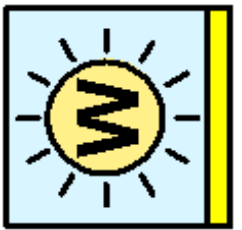
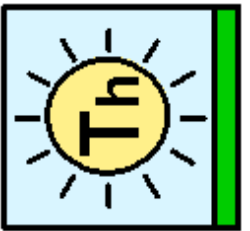
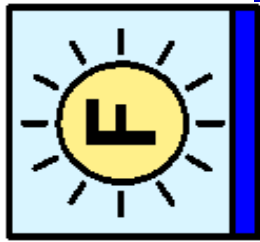
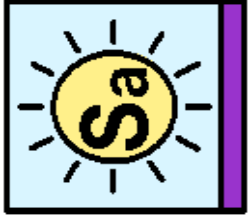
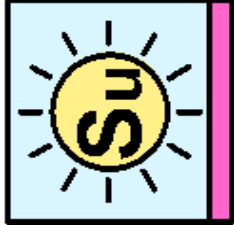
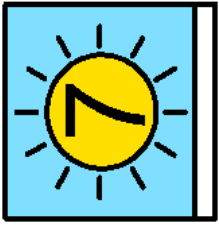
# STAYCATION WEEK

## Planner



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

# My weekly Planner




## **Disclaimer:**

**This Holiday Staycation Pack has been developed by the Occupational Therapist's with CTPLD.**

**It's aim is to offer you fun and meaningful activities to keep you busy and engaged over the summer.**

**Where possible, we have acknowledged where we have obtained the ideas from.**

**We do not endorse any particular website or companies or products and NHFT does not accept any responsibility should injuries or accidents occur whilst doing these activities.**

## **References and image credit:**

[www.powerfulmothering.com/taste-safe-moon-sand](http://www.powerfulmothering.com/taste-safe-moon-sand)

[www.hellowonderful.co/post/rainbow-bubble-snakes/](http://www.hellowonderful.co/post/rainbow-bubble-snakes/)

### **Image credits:**

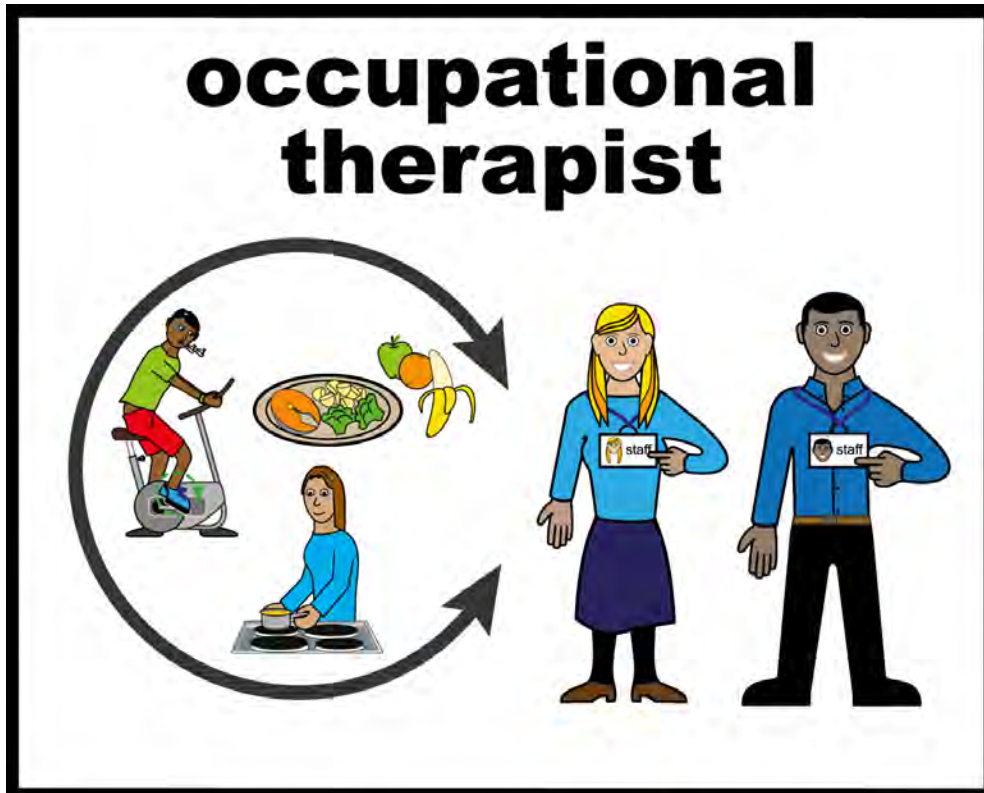
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**Chelsey Counselor**

**Amazon.co.uk**



This activity pack was created by the Learning Disability Occupational Therapy Team.

For more information please call **(01604) 657700** or visit the website at [www.nhft.nhs.uk](http://www.nhft.nhs.uk)



**This folder was made on:- July 2020**

**MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU**