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**give it a go**

**Daily Sparkle**

The Activity Coordinator's Friend

**Activity Pack**

# Give It a Go Pack



**PRESCRIBE SOME  
PURPLE  
RAIN  
TODAY**



**give it a go**

# Welcome!

This Care Home Open Week, [Music for Dementia](#) has teamed up with our friends at [The Daily Sparkle](#) to produce this pack for using music in your celebrations. Every activity coordinator knows music is one of the most powerful tools to engage residents and bring them out of themselves.

## It's backed up by the science.

Decades of research show that music can help people living with dementia manage distress and agitation, reduce the need for medication and create moments of joy and connection in the everyday.

Give It A Go is the new campaign from [Music for Dementia](#) to share that knowledge with family carers and all those caring and working with people living with dementia. Have a look at our [Give It A Go campaign film](#).

[The Daily Sparkle](#) is an award-winning reminiscence newspaper and online resource platform, offering a variety of reminiscence articles, quizzes, sports columns, games and more, for older people and people living with dementia.

## Read on to find:

- Tips on finding the right music for your event – every party needs a soundtrack!
- Quizzes, games, newsletters – examples of fun music activities for residents and guests which [The Daily Sparkle](#) are providing free for CHOW.
- Tips and resources to help families and friends make the most of their visits all year round.



# Music event ideas

NAPA's fantastic event guide for Care Home Open Week gives loads of advice and information about organising your event. Here are some more musical ideas for you to think about.

- **Invite a local choir to come and perform.** There are thousands of choirs these days around the country and many are looking for opportunities to perform. Local schools, the Womens Insitute, girl guides, the local church – they are great places to start. Or visit [Find Local Choirs - Join a Choir](#)
- **Screen a musical:** ask residents to vote on which musical they would like to see, then invite visitors to come and watch it too. Make it a sing-a-long event by printing out the words to some of the big numbers. And why not ask people to dress up – it could be a chance to dust down your lonely goat-herd suit...
- **Potluck singalong:** Get out the song books and invite people in for a singalong afternoon. [The Daily Sparkle](#) have provided some [singalong sheets](#) you can use – including 'fill in the blanks' for an added dimension. Is there someone you could ask to play the guitar? Ask family and friends to bring along some baking to share and turn it into a potluck afternoon tea.
- **Invite a musician:** You may know a musician who is willing to come and perform. If not, two charities that could help are **Live Music Now** (who can organise [introductory concerts](#)) or **Music In Hospitals & Care Homes** (complete their live music [enquiry form](#)).
- **Music Quiz:** A Music Quiz can be a great way to get people involved. Visit our [Music Quiz page](#) for examples of different quiz rounds..



# Background music

You might already have events planned for CHOW and be looking for ways to make them go with a swing using music. Here are some ideas to help you choose the right music for your day:

- **m4dradio.com:** Award-winning online platform that streams specially created playlists organised by decade, ad-free, for people living with dementia. Did you know we all make more memories between the ages of 10 and 30 than at any other point in our life? It's called the memory bump. Think about when the people at your event were aged 10-30 to help you choose what decade to play.
- **A care home playlist:** Make a playlist that brings back personal memories for everyone coming to your event. A week before, ask residents and visitors to pick a song for the playlist and explain the reason they have picked it. You can pin the stories up on the wall as part of your event decorations.
- **Sporting theme:** Summer of Sport is one of the CHOW themes this year. Make a playlist on Spotify of sporting tunes – Chariots of Fire, Ravel's Bolero, the theme tune to Wimbledon...the options are limitless. Type 'sport playlist' into Spotify and you will be amazed at the number of pre-made lists available to get you started.



# Music and movement

Have a music and movement session that everyone can take part in. The Daily Sparkle has provided three of their [session ideas](#) for you to try, based on particular songs or pieces of music to move, sway or dance along to. Each session is designed to encourage movement alongside the opportunity to chat and reminisce about particular songs and the memories they bring back. You will need a decent music player/ speaker and:

- **ABBA:** a playlist of ABBA songs, sunglasses, feather boas, a glitter ball. Anything to channel those 70s vibes.
- **English Country Garden:** download any version of 'English Country Garden' plus find coloured scarves (for everyone to be flowers) and cool glasses of cordial for the end.
- **Desert Island Discs:** Prepare by picking someone and chatting to them about which 4 tunes they want to have and the reasons why. Put up posters for the session in advance, advertising eg 'Joan's Desert Island Discs', inviting everyone to come along. Then play the tunes and talk to them person about their memories. Music and dementia charity Playlist for Life has lots of [tips and free resources](#) to help track down musical memories – you could even print some of these out for family and visitors to use on future visits with their loved one.



# Music Quiz

Who doesn't love a music quiz? Put your posters up in advance and invite friends and family along to be in a team with their loved one. Pull together 4 or 5 rounds for a quiz lasting 30-45 minutes. Resources you might find useful for different rounds:

- **BBC Music Memories:** a free site offering 15 second clips of tunes curated by different themes including decade, genre, TV themes, geography and hobbies.
- **The Daily Sparkle** have shared a few of their [music quiz resources](#):
  - Songs of the 60s – multiple choice round
  - Wartime songs – fill-in-the-blanks round
  - Pop Music – multiple choice round
  - Juke Box Jury – fill-in-the-blanks round



# Information to share with your visitors

It is a big step when a family member moves into a care home and it can be a difficult time. Care Home Open Week is a great opportunity to support family members with different ideas about how to make the most of their visits all year round.

**The Daily Sparkle** - Special music edition  
Print out this [special music edition](#) of the Daily Sparkle to support conversation and connection

**Come On In** - [This leaflet](#) was developed in 2017 by the staff, residents and families of Campbell Snowden care home in Bridge of Weir with support from the [Care Inspectorate](#) and [Scottish Care](#). Its ideas and approach are still relevant today. Check out the recommendation on page 8 to visit Playlist for Life for advice on music reminiscence.

**Give It A Go** - Music for Dementia has produced a small number of materials to support the Give It A Go campaign. [Contact us](#) if you would like us to send you some (subject to availability) telling us the name, address and size of your care home.





# Find out more

## Music for Dementia

Music for Dementia is the cross-sector campaign to make music an integral part of dementia care. Over the last ten years we have worked with more than 200 music and dementia organisations and our website offers hints, tips and links to organisations offering all kinds of musical support. Sign up to our newsletter to be kept up to date [www.musicfordementia.org.uk](http://www.musicfordementia.org.uk)

## Daily Sparkle

[The Daily Sparkle](#) is an award-winning reminiscence newspaper, offering a variety of reminiscence articles, quizzes, sports columns, games and more, for older people and those living with dementia. There is a daily newspaper for residents to enjoy, plus a weekly newspaper rounding up the week's top reminiscence content and Sparkles Magazine once a month designed to spark memories and evoke feelings of happiness and joy. Additional resources for activity coordinators are available online from themed activity packs, to our Armchair Travel series, to a whole platform filled with craft activities, quizzes, sudoku puzzles, video quizzes, and much more. [Click here to find out more and to register for a free six-week trial.](#)

## Music as Therapy International

Music as Therapy International trains caregivers in musical techniques to connect with people living with dementia, manage anxiety and reduce medication. Currently (June 2024) they are piloting a new online course called Music Helps for frontline care staff, care homes and family carers. To take part in the pilot you can [sign up for free on their website.](#)





# Care Home Open Week

16<sup>th</sup> - 22<sup>nd</sup> June 2025

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

## Our Supporters

