



MHM WALES

Mental Health Matters Wales Activity Packs

United Kingdom

Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.

The Benefits of these Activities include but are not limited to

- **Better Communication** Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.
- **Improved Coordination** Activities can delay the loss of muscle control.
- **Relaxation** It is a wonderful distraction from the blues, chronic pain, and other stressful situations.
- **Pride** There can be immense satisfaction and pleasure taken from drawing projects.

This activity book has
been kindly printed by



Cardiff and Vale University
Health Board Voluntary Services

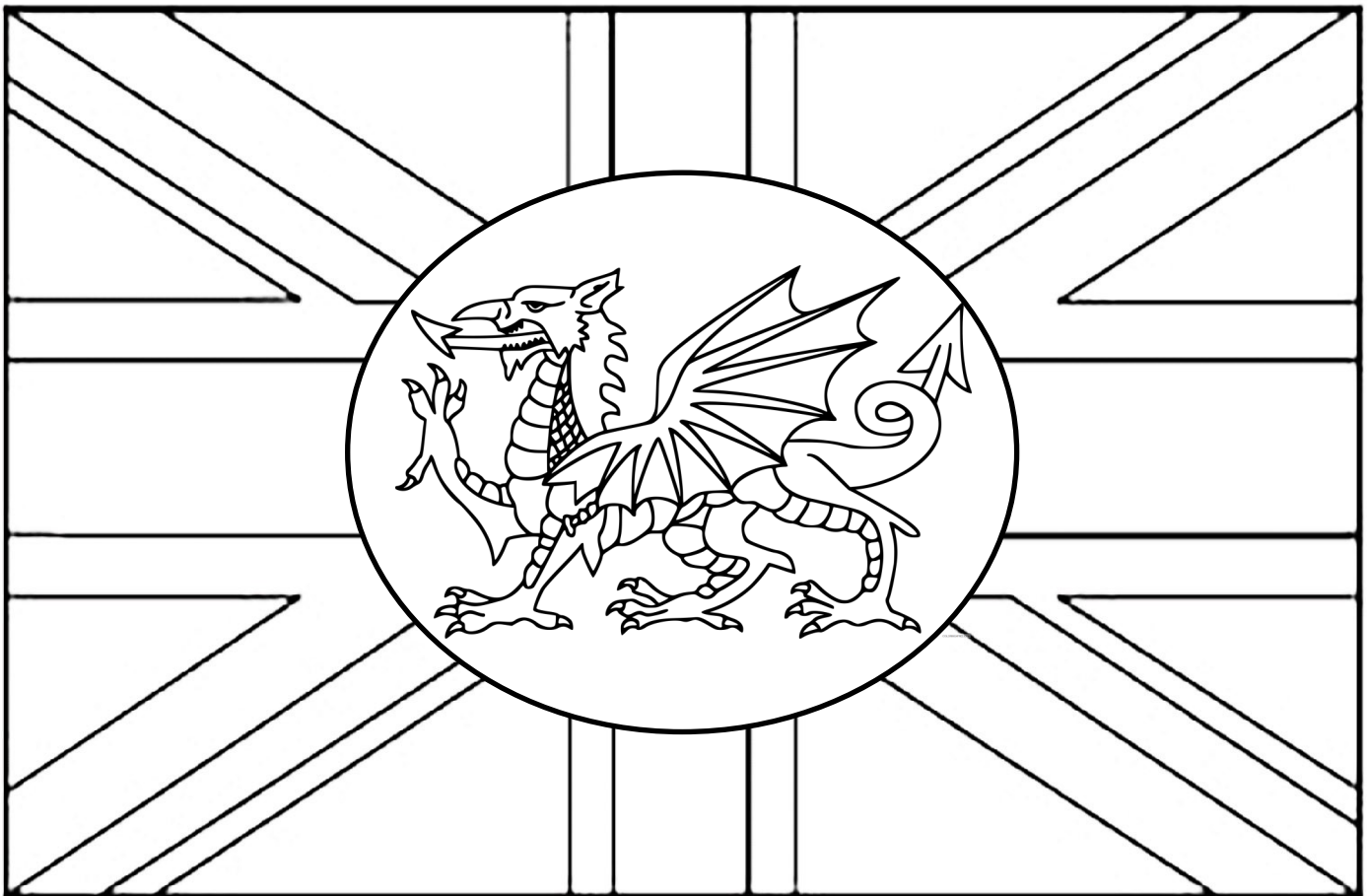


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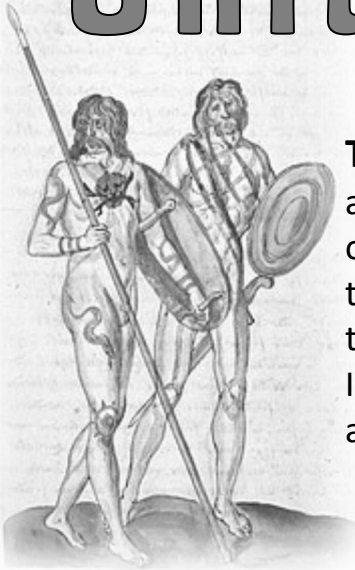
The United Kingdom is made up of the historic countries of Wales, England, Scotland, and Northern Ireland. Whether you're from one of these 4 countries, or have decided to make the UK your home, we hope you'll enjoy these United Kingdom activities!



FIVE

Facts about

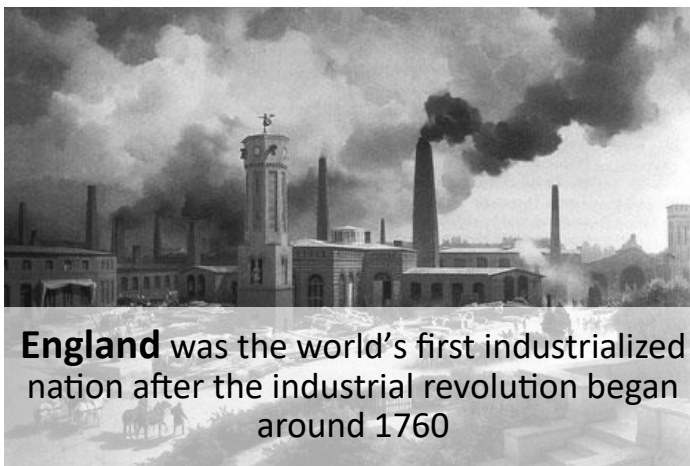
The United Kingdom



The Welsh are the true Britons, according to the first genetic map of the UK. Scientists were able to trace their DNA back to the first tribes that settled in the British Isles following the last ice age around 10,000 years ago!



The Glasgow Looking Glass was the first Illustrated comic in the world and was published in Scotland in 1820.



England was the world's first industrialized nation after the industrial revolution began around 1760

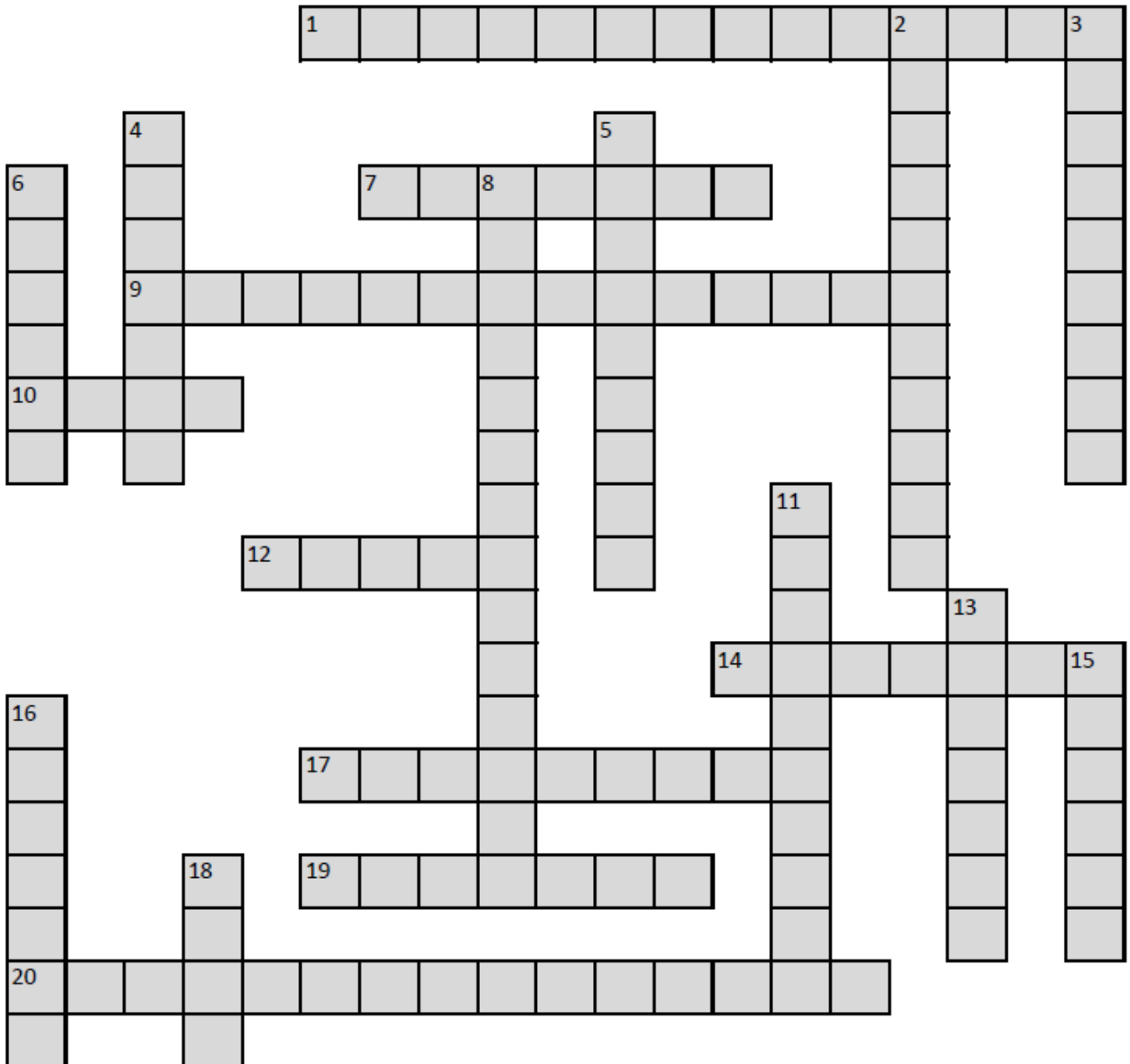


Northern Ireland is sometimes called Ulster, the ancient name of that part of Ireland.



No-one in the UK is further than 77 miles away from the sea!

United Kingdom Crossword



United Kingdom Crossword Clues

Across

1. The official residence of the Queen and the world's largest continually occupied castle
7. The author of 'A Christmas Carol' Charles _____
9. A well-known British food is _____
10. The red _____ is England's national flower
12. _____ means Wales in Welsh
14. The United Kingdom consists of four parts: _____, Wales, Scotland and Northern Ireland
17. _____ is the capital city of Scotland
19. J.K. _____ wrote about young wizard Harry Potter
20. The UK is separated from France by the _____

Down

2. The famous Elizabethan playwright William _____
3. The head of the United Kingdom is Queen _____ II
4. The capital of Northern Ireland is _____
5. The highest mountain in the UK is _____
6. The oldest university in the English-speaking world is in _____
8. The UK is a _____ monarchy and parliamentary democracy with a monarch
11. _____ is a prehistoric megalithic complex of standing stones
13. The capital city of Wales is _____
15. A red _____ appears on the Welsh flag
16. A popular band from 1960s Liverpool was The _____
18. Made of tartan, the traditional dress of Gaelic men in the Scottish Highlands is the _____

Word Bank

Beatles Belfast Ben Nevis Cardiff Constitutional Cymru Dickens
Dragon Edinburgh Elizabeth England English Channel Fish And Chips
Kilt Oxford Rose Rowling Shakespeare Stonehenge Windsor Castle

Union Jack Word Grid

How many individual words of 3 or more letters can you make from the letters in Union Jack?

U	N	I
O	N	J
A	C	K

What the Hwyl?

Match up these Welsh phrases with their meaning

- | | |
|---------------------------------------|------------------------------|
| 1. Cwtch | A. She's Unwell |
| 2. It's nobbling out there | B. Expression of disgust |
| 3. Cheers drive | C. It's really busy |
| 4. I'm tamping I am | D. Cuddle |
| 5. Don't be chopsy | E. Microwave |
| 6. Tidy | F. Fool |
| 7. It's heaving | G. Spring Onions |
| 8. Ych a fi | H. Feeling unwell/hungover |
| 9. Dwy/dwty | I. It's rather cold outside |
| 10. I'm hanging | J. That's lovely |
| 11. Dew dew, never mind | K. I will be there soon |
| 12. I'll be there now in a minute | L. Little or very small |
| 13. Dai cap | M. That's a shame |
| 14. Twpsyn | N. I'm angry |
| 15. Ty bach | O. Thank you taxi/bus driver |
| 16. I'm cut up | P. Flat cap |
| 17. She's bad in bed under the doctor | Q. I'm upset |
| 18. That's lush | R. Toilet |
| 19. Sheeboons | S. That's good |
| 20. Popty Ping | T. Don't be cheeky |

Scotland Word Search

V D F B A S D N A L H G I H Y R L
I Y D C U C B G V D S P L K E A Q
M B T I E R C A J J H L S E V X M
A W E L V Q N Z G G H I V I Q I M
C N T N L D Y S R P H W T O S E U
I I A S N O S U N W I S X L A B L
C N A T U E B V H I E P E K K L L
W T V U R N V C N F G O E L Y C O
E R U E I A T I E A F H O S Y L F
R A H D R O T G S S R C T J E O K
D E E V C N N R K W H R U R S O I
N H T S V I E Y L N O S O K D T N
A E K L R G E S E N G G S P A T T
T V G F N Y M S S N M N S P S A Y
S A N A L H S C P Y A V M A A T R
C R R E K I L T E L N C X X L W E
R B R G I V J E X Q Y Y W N B G R

Burns Night Hogmany Tattoo Fringe Festival Rangers

Celtic Inverness Mull of Kintyre Isle of Skye Bagpipes

Sporran Tartan Kilt Braveheart Scotch Whisky

St Andrew Edinburgh Glasgow Highlands

Loch Ness Ben Nevis

A Tour of England Word Scramble

1. EOTWR OF NOOLND _____
2. OHUESS FO EANTRLMIAIP _____
3. NTENEGEOSH _____
4. NAMOR ATBSH _____
5. HNILEBEM CLAPEA _____
6. AOYLR OBTNICA ERAGDSN _____
7. KAESESERPSHA OLGEB _____
8. IADNSHAR LWAL _____
9. RKYOSERHI EDASL _____
10. AOLTN EOSTWR _____
11. ELGTNOAL RSAFAI PKRA _____
12. RLAYO ATERLB KOCD _____
13. LOCBKAPOL ETOWR _____
14. GBRHITON ECPAAL PEIR _____
15. ELSSI OF YISLCL _____
16. AYLOR ERALTB AHLL _____
17. IEHWT CFSLIF FO OVRED _____
18. AYANCR HAWFR _____
19. TS ULASP AETLRHCDA _____
20. UGBKNCHIAM LACAEP _____
21. OBTIRSL ZOO _____

Answers:

**Tower of London Houses of Parliament Stonehenge Roman Baths Blenheim Palace
Royal Botanical Gardens Shakespeare Globe Hadrian's Wall Yorkshire Dales
Alton Towers Longleat Safari Park Royal Albert Dock Blackpool Tower
Brighton Palace Pier Isle of Scilly Royal Albert Hall White Cliffs of Dover
Canary Wharf St. Paul's Cathedral Buckingham Palace Bristol Zoo**

Colouring Pages







My Weekly Planner

MORNING

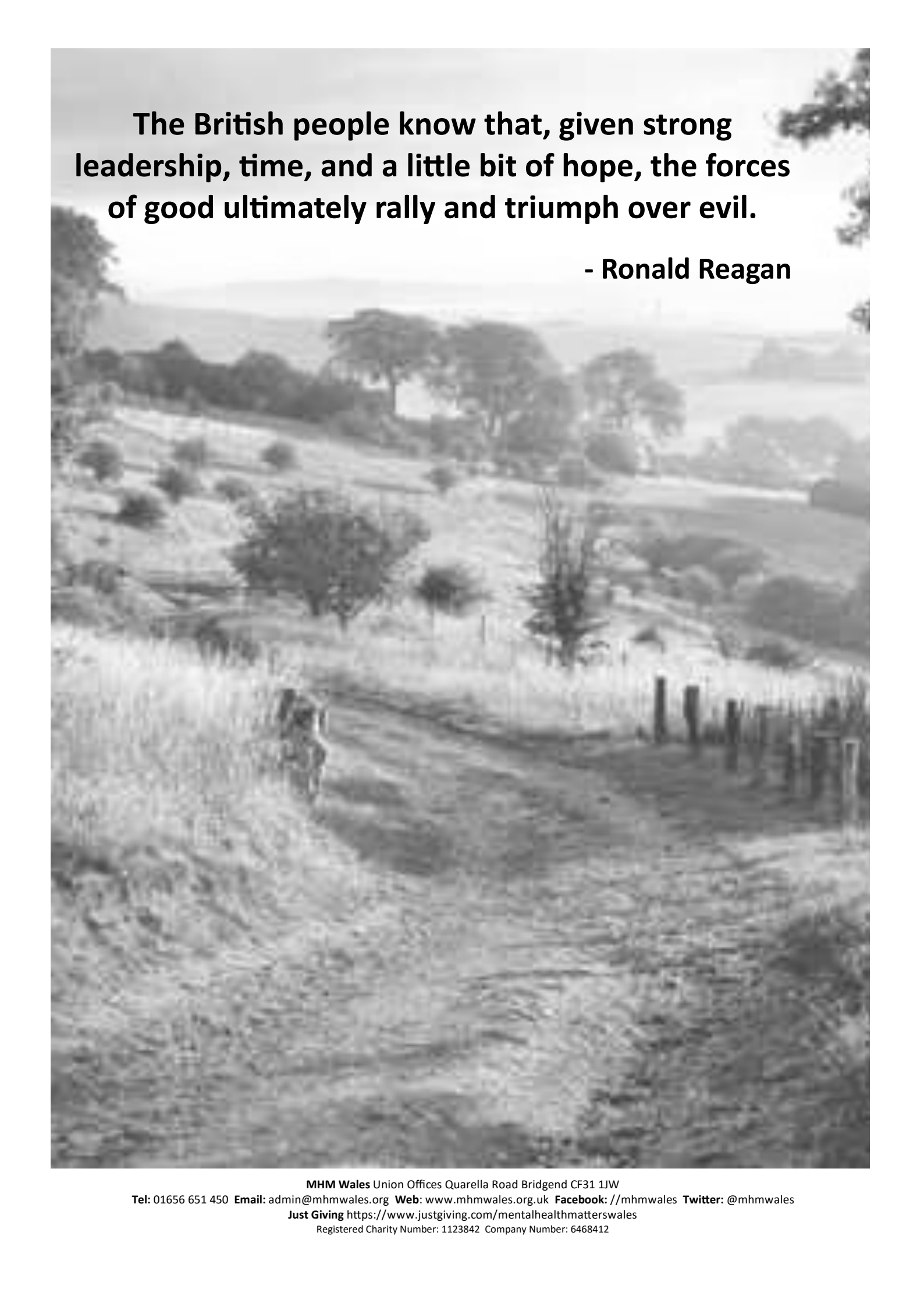
AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER



The British people know that, given strong leadership, time, and a little bit of hope, the forces of good ultimately rally and triumph over evil.

- Ronald Reagan