



Your Free Activity Pack

provided by Person Centred Software

Celebrating Professional Care
Workers Week!

Celebrate Professional Care Workers Week with Person Centred Software!

Thank you for downloading this free activity pack, by doing so you are not only given a set of free activities courtesy of Person Centred Software, but you are also contributing to Professional Care Workers Week!

Professional Care Workers Week is a celebration of care workers and the essential work they do, created to promote awareness and raise the profile of care workers in the UK. **From the 18th – 22nd of September.** The Care Workers' Charity will be hosting online sessions by care workers and care managers.

To support this week, Person Centred Software are donating £2 to the Care Workers Charity for every download of this pack, so thank you for taking part!

To find out more about Professional Care Workers week and to get involved [click here](#).



the
care
workers'
charity



Who are Person Centred Software?

Person Centred Software work to improve the lives of people living and working in social care. Their solutions are loved by carers because they are built for carers - in a way that is simple to use and highly effective. As an organisation, Person Centred Software are dedicated to driving outstanding care.

[Find out more here](#)

In this pack you will find 2 Activities to enjoy for yourself and/or to share with your residents.

These two activities are from our Oomph Wellbeing & Activities OnDemand Platform. For more information about our wellbeing & activity solutions [click here](#).

Learn to draw Purrfect Pets

Description

In this video Liz will talk about her favourite things to draw... which just so happens to be pets! Get your pencils and colouring pens at the ready and enjoy some time with Liz... ready, steady, lets get arty!



Instructions

This is a great video to watch and to encourage people to join in. The Staff and residents can either watch the session and see Liz's drawings come to life or try their hand at drawing, painting and colouring.

[Click here to watch the video](#)

We recommend getting the most out of the session by encouraging everyone to join in! In order to join in you will need a few simple resources:

To prepare this session:

- Before the activity starts, gather some arts and crafts equipment - paper, pencils, colouring pencils and paint
- Make sure you have the equipment to hand just in case people want to join in the session along with the video
- Play the video and let people draw along, you can stop and start the video, or people can just choose to watch and try this later

After the session we find that it's a great opportunity to reflect with residents and staff on what they enjoy about arts and crafts! A few discussion topics to get you started:

- What part about this video did you enjoy and why?
- What are you going to do with your artwork, did you want to give it to family or friends?

TOP TIP: If people enjoy these sessions, it could be worth finding out if they would like to try drawing something else... You could have your very own art club!



Chocolate Caramel Shortbread

Description

This activity encourages participants to interact, collaborate, and share stories, reducing feelings of isolation and loneliness. Creating and savouring the delicious shortbread treat brings joy and a sense of achievement, promoting positive emotions and a boost in self-esteem.

Ingredients

This tasty dish will be enough alone however there are some other ways to add to the session. For example, you could offer options like melted milk chocolate, dark chocolate, white chocolate, caramel sauce, and sprinkles to the participants to drizzle, dip, or spread on their shortbread, adding a fun and creative element to the activity.

You will need:

Utensils:

- Baking dish or tin (approximately 20cm x 30cm)
- Mixing bowl
- Saucepan
- Wooden spoon or spatula
- Whisk
- Knife

Ingredients:

- **For the Shortbread:**
- 250g plain flour
- 75g caster sugar
- 175g unsalted butter, softened
- **For the Caramel:**
- 150g unsalted butter
- 400g (1 can) sweetened condensed milk
- 2 tbsp golden syrup
- **For the Chocolate Topping:**
- 200g milk chocolate (or dark chocolate, if preferred)
- A pinch of salt (optional)

Method

1. Preheat the oven to 180°C (160°C fan) and grease the baking dish or tin.
2. In a mixing bowl, combine the plain flour and caster sugar. Add the softened unsalted butter and rub it into the dry ingredients until the mixture resembles breadcrumbs. Press the mixture evenly into the greased baking dish or tin.
3. Place the baking dish or tin in the preheated oven and bake for approximately 20-25 minutes or until the shortbread turns golden brown. Allow it to cool completely.
4. In a saucepan, melt the unsalted butter over low heat. Stir in the sweetened condensed milk and golden syrup. Keep stirring continuously until the mixture thickens and turns golden brown.
5. Pour the caramel mixture over the shortbread base in the baking dish or tin, spreading it out evenly with a spatula. Allow to cool.
6. In a microwave-safe bowl or using a double boiler, melt the milk chocolate (or dark chocolate) until smooth. Add a pinch of salt if desired for enhanced flavour. Pour the melted chocolate over the cooled caramel layer, spreading it evenly with a spatula.
7. Allow the chocolate caramel shortbread to cool completely and set at room temperature or in the refrigerator.
8. Once the chocolate has fully set, use a knife to cut the shortbread into squares or bars. Participants can enjoy their delicious homemade chocolate caramel shortbread!



Recipe top tips:

- **Adaptability:** Tailor the recipe to accommodate dietary preferences or restrictions, such as offering gluten-free or dairy-free options, to ensure that all participants can fully enjoy.
- **Preparation Stations:** Set up different stations for each layer of the shortbread (shortbread base, caramel, chocolate topping) to give participants specific tasks, making them feel more involved and engaged.
- **Decorative Presentation:** Offer colourful plates or packaging materials for participants to present their finished shortbread bars creatively, boosting a sense of pride and accomplishment.

A few discussion topics to get you started:


- What are your favourite sweet treats or desserts, and what emotions do they evoke when you enjoy them?
- Do you have any cherished memories of baking or enjoying homemade treats with family or friends?
- When baking, do you enjoy adding your own touch to recipes? What creative twists have you made to traditional treats?
- How does the process of baking and creating something from scratch make you feel?



We hope you enjoyed your activities!

Send us photos or tag us in social media posts [#OomphActivityCWC](#)

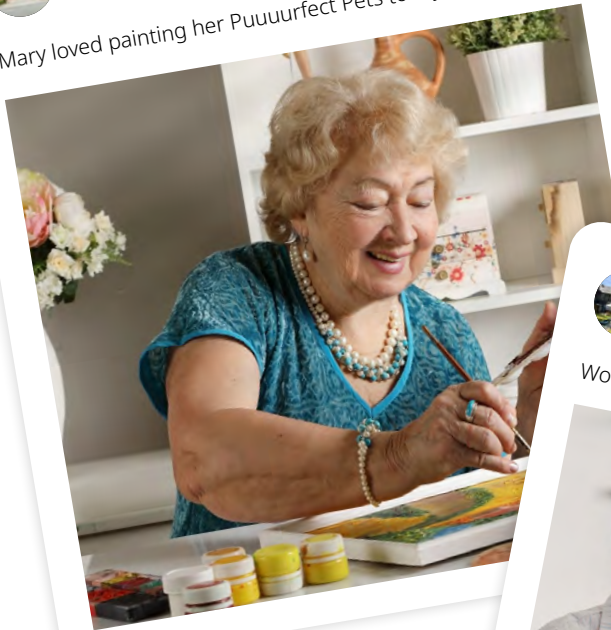
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 **Sunny Lodge Care Home**
Mary loved painting her Puuurfect Pets today.... [Read more](#)



 **Mayweather House Care Home**
Wow what a fun time we've had baking tasty.... [Read more](#)

