

# Ideas to Share– Winding down to Autumn

With the chillier mornings and the darkness creeping in earlier in the evenings we say goodbye to summer and welcome the wonders of Autumn with its warm colours and ripening fruits. So my thoughts go to making the environment inside warm, glowing and interesting. Here are a few ideas to bring light and nature indoors.

## Make -a – Scene

Choose a suitable surface in a communal area eg. Mantelpiece or top of sideboard, put together an Autumn Scene such as nesting birds, fruits and dried flowers, hedgehogs in leaves.

Collect flowers from the garden that can be dried such as roses or hydrangea's, mix them up with some evergreens from bushes and if you have a herb garden get some rosemary or thyme or lavender.

Walk down to the park or around the garden collecting leaves and try and get some different coloured ones, if this is not possible cut some out of card and paint all different colours.

Place on the surface area then with some twigs or wooden lolly sticks build some nests, our craft bird tealight kit would be good to use here and then put an LED candle inside or if you prefer just place the tealight inside the nest. Then with either a cardboard cut out or a clay model make a hedgehog and decorate with leaves and twigs. Dot around the LED tealights or candles. When dusk starts to fall then put the tealights on and this will light up this area and make a pleasant scene to help relax your residents.



## Display Messages

This activity brought me on to another idea I had. With loved ones still at arms length it is having more pressure on you as carers to fill this gap so a way you could include family & friends is to make a 'Message Tree' of Message Board – what ever is easier with the space you have, you could even do this as a flower garden or one big sunflower. The idea will fit whatever you do.

So get some paint and paper and paint all different colours (depending on the theme you are doing) So if you do a board then make items that will decorate the boarder of the board, like flowers, butterflies, leaves, fruits, birds. Any shape can be put out the painted paper once dry.

Ask family members to send in messages on a card that will match your theme, so if you have a tree and you have decorated it with some leaves then ask them for bird, fruit or birdhouse shaped card.

On birthdays you could put the photo of who's birthday it is and place all the cards on it with some balloon and streamers, at Christmas put lights on or around it and place tinsel and the cards on it. It can be used throughout the year for people to read at their leisure.

Both of these activities can be changed to suit the seasons and will bring a relaxing glow when dark and an interactive area during the day.

*Display messages—a great way to brighten up any care home, with celebrating events and bringing happiness with messages from friends and family.*

