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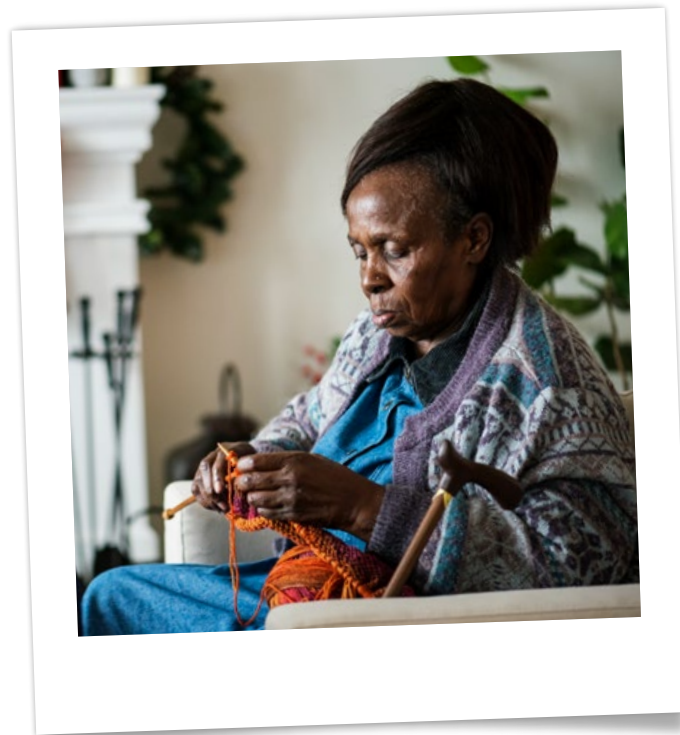
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Prioritising Wellbeing

NAPA Activities Calendar *for every day of the year*

October 2021






October 2021

This is a digital calendar; it has been created for you to use online. Many of the features have links that will direct you to a web page where you can find further relevant information.

We hope the calendar will support you in providing activities and inspire you to create person centred opportunities for Activity, Arts and Engagement. Please note that sometimes calendar dates change e.g. National day dates might be different each year.

How to use your NAPA Digital Calendar:

- + Find a date
- + Click the resource link 
- + For more information relating to the activity click the web page link 
- + Look out for this symbol for NAPA occasions: click the link  to register
- + Note the additional dates listed for your consideration, as well to those on the calendar
- + Each page can be printed and shared
- + Customise your calendar – Add your own dates e.g., birthdays, local events etc
- + We would love to hear your feedback or ideas/dates to include – email – **Email here**
- + Send us photos and news – for a chance to WIN NAPA Membership, Resources, or Equipment – winners are selected at random and announced monthly in NAPA News!
- + To find out about NAPA and the benefit of NAPA Membership – **Click here**

Additional October dates:

Friday 1st October

- + International Day of Older Persons

Thursday 7th October

- + CATS Opened on Broadway (1982)

Monday 11th October

- + Apollo 7 launches (1968)

Monday 18th October

- + The BBC was born (1922)

Saturday 23rd October

- + iPod Day

Monday 25th October

- + Pablo Picasso Born (1881)

Sunday 31st October

- + Halloween



Helpline

If you would like to discuss your ideas or how to introduce any of the resources included in this calendar, please contact our free helpline service.

Abilities coding – This **colour code** to the featured activities will help you to try to match them to people's cognitive abilities, interest and level of participation.



Blue: High cognitive skills – able to plan how to carry out an activity and to complete the activity unaided, perhaps with support if problems arise

Red: Moderate cognitive skills – able to engage in the 'doing' rather than working towards an end result. Can follow simple guidance.

Orange: Low cognitive skills – able to respond to one-to-one support using a sensory approach to complete short activities that are broken down into single steps.

Green: Highly dependent on others – able to engage with objects and people through direct stimulation of a single sense.

*Our colour coding is supported by QCS Ltd and the QCS PAL Instrument Levels (Pool J (2012) The Pool Activity Level (PAL) Instrument 4th ed. Jessica Kingsley publishers, London pp 54-55)

Hilary & Chinno



Hilary

Hilary Woodhead
 NAPA's Executive Director

Black History Month is the theme for the October Calendar, and we are excited to include a number of activities to inspire you in celebrating the achievements of black communities all over the world and here in the UK.

Our intention is that this calendar will provide helpful resources to enable you to plan inclusive activities. We are proud of this calendar, and I would like to thank our team here at NAPA for all their hard work, ensuring accurate information was sourced. I would also

like to thank Chinno Wills-Cole; NAPA Trustee, Director of Dementia Care Experience and Workshops (CIC) and NAPA Black History Month Adviser for guiding us and providing advice throughout. We are extremely grateful for his knowledge and expertise.

October really is a month of celebration and recognition. On Friday 1st October we invite you to join us for the NAPA Member Activity Awards Ceremony. An online event to recognise excellence in activity provision. We have a wonderful programme planned and we hope you will join us, to express your interest in attending email us [here](#)



Chinno

Chinno Wills-Cole
 NAPA Trustee, Director of Dementia Care Experience and Workshops (CIC) and NAPA Black History Month Adviser

I have always had an interest in education, health and social care, criminology and social policy. My greatest passion, however, is assisting people with conditions such as dementia to live as fully independent a life as possible.

I have the passion and drive to provide support, advice and recommendations for people living with the condition as well as assistance in meeting the needs of caregivers. Caring for people with dementia can be very challenging and seeing my late grandmother exhibit some of the symptoms that I later identified as dementia symptoms reinforced my desire to pursue the study of dementia.

with dementia, specialising in reviewing care plans and making recommendations on how to improve care provisions.

The goal of Dementia Care Experience and Workshops (CIC) is to raise dementia awareness, particularly among Black Minority Ethnic (BME) communities, while also working collaboratively with other dementia care organisations and service providers.

We are very proud of Black History Month. The period allows us to reflect on our history, where we were, where we are now, and how we can improve the future for ourselves and society as a whole. BHM is a chance to spread acceptance and inclusivity.



www.decew.co.uk
 E: info@decew.co.uk
 @dementia_w
 DECEW DECEW

I have been working in the National Health Service (NHS) since July 2000. Before joining the NHS, I worked as a care assistant and more recently as a home carer for people living

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

Black History Month 2021

The month was originally founded to recognise the contributions that people of African and Caribbean backgrounds have made to the UK and all over the world, over many generations.

Black History Month has expanded to include the history of not just African and Caribbean people but all black people; a celebration of achievements, independence and legacy from the past, present and future.

During Black History Month, the National Activity Providers Association (NAPA) and Dementia Care Experience and Workshops (DECEW CIC) aim to highlight and recommend some essential cultural aspects of understanding the needs of black people. To be meaningful, activities need to have cultural relevance.

Music of Cultural Relevance

Music can be a mental stimulant, bringing back many happy memories and emotions, and it can also trigger bad or sad memories. A music playlist is essential when offering music as an activity in Care settings. Almost everyone remembers the song they listened to, played and first danced to at a wedding, christening, naming ceremony or other social event. When it comes to caring for black people, cultural music is essential. Participating in music activities such as listening, dancing, or playing a musical instrument is almost seen as a spiritual relief, and most cultural music of the black community is performed in this manner. It is beneficial for black minority ethnic people to spend time reminiscing and listening to favourite songs, explaining why they are important, or playing a famous

song from history and asking them about it. Music might trigger memories of a historical event or a personal experience from years ago. Music must be culturally sensitive, which means that it is important to identify music that recognises a person's experience.

Instruments



The Conga

The Conga is a barrel-shaped percussion instrument that was influenced by African culture and found its way into Caribbean music. [Click here](#) to listen.



The Steel Pan

The distinctive notes of the steel pan are of Caribbean culture, originating in Trinidad and Tobago and embraced throughout the Caribbean, and have a mythical history demonstrating its connection to African drumming. [Click here](#) to listen.



The Calabash shaker

One of Africa's most well-known musical instruments. Identifying and recommending this instrument in care settings benefits African-origin patients, particularly those from Nigeria, Senegal, Ivory Coast, Togo, Ghana, and many other African countries. [Click here](#) to listen.



The Kalimba

This instrument also known as the Thumb piano, is made of bamboo strips with a wood resonator. In West and Central Africa, this instrument is very popular. [Click here](#) to listen.

Crafts of Afro-Caribbean cultural relevance

Demonstrate crafts that originate from Africa and the Caribbean. They may be relevant to a person and even if they do not wish to participate in the craft, they may enjoy feeling and touching craft materials that hold memories of childhood or school days.

- + Traditional basket weaving of the Caribbean people
- + Using raffia as a fibre, this women's accessory bag is produced in the Northern part of Ghana
- + Traditional pottery from Trinidad



Black History Month 2021 (continued).

Language

Languages are very important to Afro-Caribbean's. For example, according to the African, the vast majority of Africans' social, political and economic development is dependent on the proper and systematic use of their indigenous languages. It fosters feelings of group identity and solidarity, which serves as a means of preserving and transmitting culture and traditions, as well as shared values, to the people.

In Africa, there are four major language families:

Afro-asiatic, Nilo-Saharan, Niger-Congo, and Khoisan. It is important to note that Africa has one of the world's highest concentrations of linguistic diversity, with over 2,000 languages spoken on the continent and Nigerians alone speaking over 250 languages.

The Caribbean is home to six official languages: Spanish, English, French, Dutch and two other native creoles (Haitian Creole and Papiamentu). The official language of each Caribbean destination is primarily associated with the European nation that exercised colonial power first or for the longest period of time. Identifying a person's preferred language and basing their support on their culture often improves the quality of communication and outcomes for the person. However, we must acknowledge that health care providers may not have caregivers who speak or understand the care receiver's indigenous language. As a result, increasing awareness of this through recruitment criteria can improve the care provided to people of Afro-Caribbean origin in care, some of whom may struggle with the language of choice (in this case, English) in care settings. [Click here](#) to discover more.

Storytelling

Afro-Caribbean people value storytelling. It serves as a means of communication and can take the form of poetry, movement, pictures, plays, songs, dance, painting, crafts and many other forms. In the African and possibly Caribbean contexts, storytelling can aid in the recall of events, memories and imagination. It is a collaborative process in which people come together to share stories, listen to accounts of past and present events of common values, and, most importantly, of cultural relevance.

When caring for a person living with dementia, for example, storytelling could be used as an activity in a care setting. This must be done in accordance with their cultural values, indigenous languages and heritage. [Click here](#) to listen to Diane Ferlatte storytelling.

Black History Month provides a wonderful opportunity to raise awareness of the culture and heritage of the black minority ethnic people we work with and support.



Foreword written by

Chinno Wills-Cole

BA (Hons) Sol Pol & Crim,
 MSc Dem Care

CEO/Co-Founder, DECEW (CIC),
 NAPA Trustee and Black History
 Month Adviser.



Diane Ferlatte

The Studio

Welcome to **The Studio**, we invite you to explore cultural, historical, traditional, factual and fictional collections of music, books and poems all carefully selected to engage your interest in Black History.



Each month, **The Studio** will change to reflect the theme of the calendar; we hope you will use the information to encourage the creative arts within your setting. Be inspired! Why not set up a book club, poets' corner or film club?

Maybe you can add your own ideas to this collection and build your own Studio?

Just click the images below and enjoy!

Books

+ The Life of Dr. Martin Luther King Jr – Click here to buy	+ Her Stories: African American Folktales – Click here to buy
+ The Color Purple – Click here to buy	+ Homegoing – Click here to buy
+ Becoming by Michelle Obama – Click here to buy	+ Black and British: A short, essential history – Click here to buy

Music


+ Billie Holiday – 'Strange Fruit' – Click here to listen	+ Lord Pretender Never ever worry – click here to listen
+ Sam Cooke – 'A Change Is Gonna Come' – Click here to listen	+ Bob Marley – Three Little Birds – Click here to listen
+ Marvin Gaye – 'What's Goin' On' – Click here to listen	+ Mamady Keïta – Kuku – Click here to listen

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The Studio (continued).




Films




+ Race (2016)	+ Hidden Figures (2016)
+ Malcolm X (1992)	+ The Butler (2013)
+ Selma (2015)	+ The Colour Purple (1986)

Poems



+ Bars Fight by Lucy Terry – Click here to listen	+ Amanda Gorman , 'The Hill We Climb' – Click here to listen
+ Amiri Baraka – Why is We Americans – Click here to listen	+ Nomfundo Khambule – Walk with Me – Click here to listen
+ Elizabeth Alexander – “Praise Song for the Day” – Click here to listen	+ Dutty Tuff by Ms. Lou – Click here to listen

Gallery



+ Robert S. Duncanson , 1881-1872 – Click here to find out more	+ Wosene Worke Kosrof , born 1950 – Click here to find out more
+ Romare Bearden , 1911-1988 – Click here to find out more	+ Clementine Hunter , 1886-1988 – Click here to find out more
+ Magdalene Odundo born 1950 – Click here to find out more	+ Sonia Boyce (b.1962) – Click here to find out more



My Life TV

- + [Click here](#) – Have a go at guessing the name of the ska & reggae artistes on My Life TV.
- + [Click here](#) – Take a look at a soul session from the London Community Gospel Choir on My Life TV.
- + [Click here](#) – On My Life TV, the dementia friendly channel they have a film from 1952 about life in the Caribbean.

[Click here](#) to find out about subscribing to My Life TV

The NAPA Activities Calendar – October 2021



<p>Sat 2 October</p> <p>i Bookshop Day</p> <p>R Creative Writing</p>	<p>Sun 3 October</p> <p>i London Marthon</p> <p>R Design A London Marathon T-Shirt</p>	<p>Mon 4 October</p> <p>i World Space Week</p> <p>R Moon Landing</p>	<p>Tue 5 October</p> <p>i International Lesbian Day</p> <p>R BHM Celebration of Black Lesbians</p> <p>NAPA Tea Tuesday IMM</p>	<p>Wed 6 October</p> <p>i National Mad Hatter Day</p> <p>R Alice in Wonderland Mocktail</p>	<p>Thurs 7 October</p> <p>i Led Light Day</p> <p>R Stop, Wait, Go!</p>
<p>Fri 8 October</p> <p>i World Egg Day</p> <p>R Egg Toppers</p>	<p>Sat 9 October</p> <p>i Curious Events Day</p> <p>R Invisible Ink</p>	<p>Sun 10 October</p> <p>i World Mental Health Day</p> <p>R Mindful walk</p>	<p>Mon 11 October</p> <p>i Thanksgiving</p> <p>R Patchwork Acorn</p>	<p>Tue 12 October</p> <p>i On This Day</p> <p>R Dick Gregory</p> <p>NAPA Dementia Awareness and Engagement Training Day</p>	<p>Thurs 14 October</p> <p>i National Dessert Day</p> <p>R Sweet Potato Pudding</p>
<p>Fri 15 October</p> <p>i On This Day</p> <p>R William H. Hastie</p>	<p>Sat 16 October</p> <p>i World Food Day</p> <p>R Traditional Trinidad Corn Soup</p>	<p>Sun 17 October</p> <p>i Black Poetry Day</p> <p>R Acrostic Poem</p>	<p>Mon 18 October</p> <p>i UK Coffee Week</p> <p>R Coffee and Music</p> <p>NAPA Support and Share Network</p>	<p>Tue 19 October</p> <p>i On This Day</p> <p>R Evander Holyfield 58th Birthday</p>	<p>Thurs 21 October</p> <p>i Reptile Awareness Day</p> <p>R Aboriginal Dot Art</p>
<p>Fri 22 October</p> <p>i National Colour Day</p> <p>R Art Exhibition on Windrush</p>	<p>Sat 23 October</p> <p>i On This Day</p> <p>R Pelé 80th Birthday</p>	<p>Sun 24 October</p> <p>i Zambia Independence Day</p> <p>R Clay Beads</p>	<p>Mon 25 October</p> <p>i National Pumpkin Day</p> <p>R Pumpkin Chutney</p>	<p>Tue 26 October</p> <p>i On This Day</p> <p>R Mahalia Jackson born</p>	<p>Thurs 28 October</p> <p>i National Chocolate Day</p> <p>R Ghana Hot Chocolate</p>
<p>Fri 29 October</p> <p>i Apple Day</p> <p>R Apple Candles</p>	<p>Sat 30 October</p> <p>i British Summer Time Ends</p> <p>R Trinidad and Tobago Coconut Bake</p>	<p>Sun 31 October</p> <p>i End of Black History Month</p> <p>R Let's Celebrate</p>			

October 2nd – Bookshop Day



Zora Neale Hurston

“Some people could look at a mud puddle and see an ocean with ships.”

[Click here](#) for more information

Creative Writing

We can use photos to create conversations which create a story



Use this photo to create a story.

Here are some suggested questions to prompt your conversation:

- + What year do you think this could have been taken?
- + Where in the country or world do you think it is?
- + What day and time is it?
- + Can you tell me what names we should give to the individuals?
- + Are they friends or relatives?
- + What are they listening to?
- + What are they talking about?
- + What room are they in?

You can build on the questions and write down the answers and memories as they are shared. Then, take all the information, pop it into a story and read it back to the individual or individuals you are supporting, letting the story evolve. Take your time!

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://twitter.com/NAPAActivitiesCalendar)

October 3rd – London Marathon



Haile Gebrselassie

“When we race in London a world record will be the last thing on our minds.”

[Click here](#) for more information

Design A London Marathon T-Shirt

Celebrate The London Marathon by creating your own running T-Shirt. The T-Shirt can reflect your personality or the cause you would like to support!

We can make your design come to life.

Planning your design:

- + Will you use bright colours, shapes, or patterns or sparkle?
- + Will you include an image or logo to represent your care setting?

Send us your designs and we will pick one lucky winner. The winning entry will be professionally printed and sent to you to display. You will also have the opportunity to purchase as many of the T-shirts as you would like, should you wish to.

You will need:

- + Printed template
- + Felt tips/colours
- + Pencils

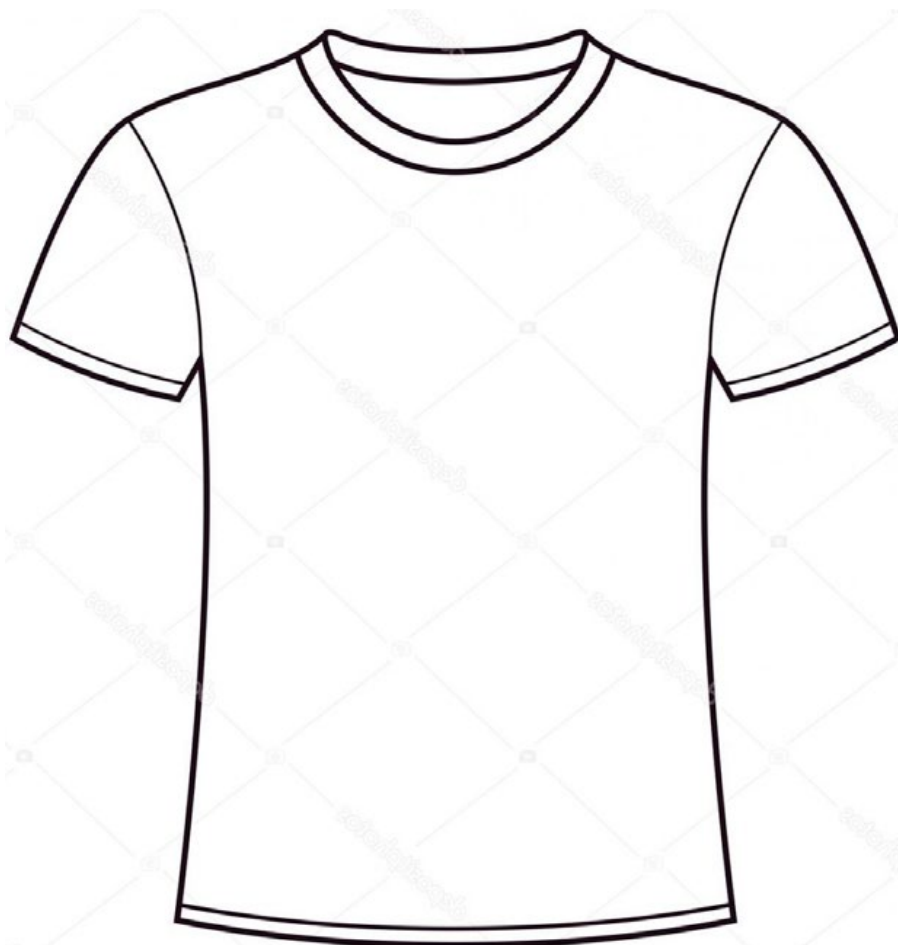
What you do:

Here are some suggested questions to prompt discussion:

- + What could make us stand out from the crowd?
- + Should we wear vibrant and bold patterns or pastels?
- + Do you recall any famous London Marathon Runners?

Then, using the template:

If you were commissioned to design NAPA's official London Marathon T-shirt, what would it look like? What theme would you choose?



Please note: NAPA will use the drawing/design you send to print onto the T-Shirt. This needs to be considered when designing your T-Shirt.

Send entries to competitions@napa-activities.co.uk

**Closing date for entry
 31st October 2021.**



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://www.instagram.com/napaactivitiescalendar)

October 4th – World Space Week



Guion Stewart Bluford Jr

“The important thing is not that I am black, but that I did a good job as a scientist and an astronaut.”

[Click here](#) for more information

Moon Landing

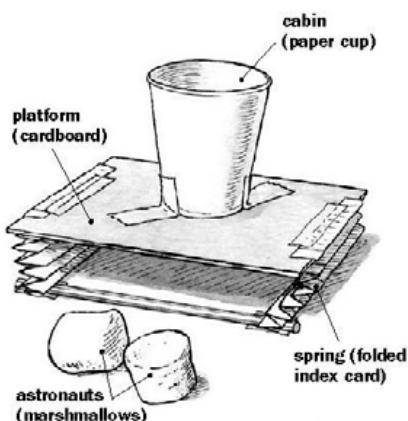
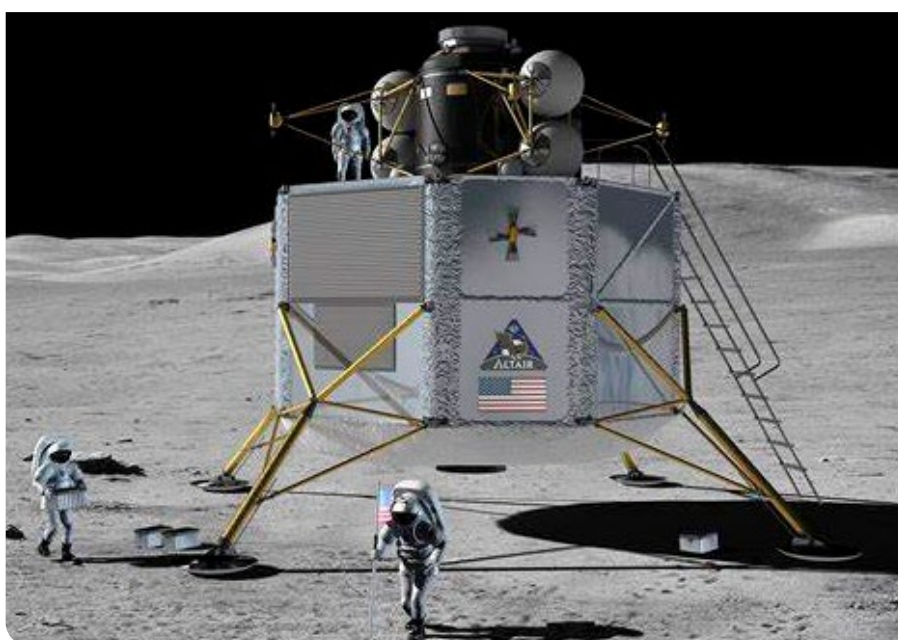
To celebrate World Space Week, have some fun by building a shock-absorbing system that protects two marshmallow “astronauts” when they land. Become scientists by using everyday household junk to adapt and create the perfect safe landing.

Design and build a shock-absorbing system out of paper, straws and other materials. Then, using inside the cup and mini-marshmallows, perfect the landing until the marshmallows stays inside.

Test from different heights and speed or use a fan to make it more fun!

You will need:

- + Marshmallows
- + Sellotape
- + Card
- + Paper
- + Straws
- + Toilet rolls
- + Blue tac
- + Eco friendly balloons
- + Eco friendly cup



What you do:

- + Place the materials in front of the individuals and explain the experiment is to make a Luna landing device that will keep the marshmallows safe.
- + You can use as much or as little as you like – be creative!
- + The cup will be the traveling vessel for the marshmallows and no lid must be used to keep them from falling out. This is part of the challenge and the fun!
- + Once you have agreed a design, make your Luna landing device and try dropping it from knee height. If the marshmallows jump or fall out, then go back to the drawing board.
- + Keep adapting the design til' you can drop from the height of a table.
- + Once you have achieved the perfect design, you could have some fun using wind power.
- + This fun experiment will get you thinking for hours.

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October 5th – International Lesbian Day

BHM Celebration of Black Lesbians

As we recognise and celebrate Black History Month, it is important to take a moment to reflect and honor the contributions of LGBT black figures who have shone throughout the course of history. Why not hold a coffee morning and discuss the achievements that these iconic black lesbians have achieved throughout history? Consider the challenges a black lesbian woman might have experienced.



Audre Lorde

As a self-professed black, lesbian, feminist mother, poet, warrior, Ms. Lorde fought injustices against the marginalised throughout the mid-20th century through her revered literary works. Despite many trying to silence her, she fearlessly embraced her identities.



Sheryl Swoopes

WBNA all-star Sheryl Swoopes was the Michael Jordan of female competitive basketball. The first player ever to sign with the WBNA when it was established, Sheryl was a three-time recipient of the WBNA MVP and won three Olympic gold medals.



Linda Bellos

Linda Bellos was a key figure in the second wave feminist movement in 1970s Britain, as well as Labour council leader for Lambeth in South London from 1986 to 1988.

One of Bellos' achievements is that she started Black History Month in the UK in 1987. She is also patron of Broken Rainbow UK which supports LGBT victims of domestic violence. Linda is married to Caroline Jones, and they were one of the first couples to have a civil partnership in Britain in 2005.



Ma Rainey

Iconic blues singer Ma Rainey often sang of her love for women, including the hook to one of her best-known songs, "Prove It on Me Blues."

"I went out last night with a crowd of my friends/ It must've been women, 'cause I don't like no men/ Wear my clothes just like a fan/ Talk to the gals just like any old man."

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October 6th – National Mad Hatter Day



Duckie Thot

South African model and lawyer as Alice.

[Click here](#) for more information

Alice in Wonderland Mocktail

Alice's Adventures in Wonderland is an 1865 English children's tale by Lewis Carroll. National Mad Hatter Day celebrates this fun, fictional character from the story, who is known for hosting colourful, extravagant tea parties.

If you're thinking of holding a Mad Hatter's tea party, why not enjoy this refreshing mocktail and serve in little bottle saying, "drink me"?

You will need:

- + 100ml grapefruit juice
- + 30ml green tea (brewed and cooled)
- + 1 tablespoon sugar syrup
- + 20ml lemon juice
- + 3 ice cubes
- + cold soda water (to fill)
- + 2 seedless, purple grape (for garnish)

What you do:

- + Mix together the grapefruit juice, green tea, sugar syrup and lemon juice and pour into a champagne glass with 3 ice cubes. Fill to the top with cold soda water.
- + Garnish with a few purple grapes and serve.



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

October 7th – LED Light Day

Stop, Wait, Go!

LED Light Day represents the invention of the LED lights

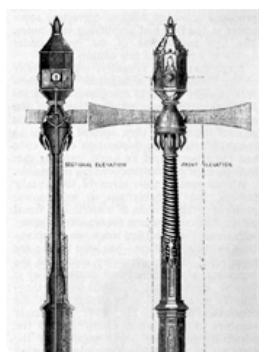
In 1922, an African American inventor, businessman, and community leader named Garrett Augustus Morgan, Sr, witnessed a serious accident at an intersection. He believed that the accident could have been prevented if the two vehicles had known when to go and when to wait. He went on to file a patent for a traffic control device. The first device was a simple stop and go lighting system but would later develop into the traffic signals we see today.



Garrett Augustus Morgan was nationally recognized for his life saving invention and had a water treatment plant named in his honour, as well as an elementary school in Chicago.

Here are a few traffic light designs. You could use these images to discuss how they have changed and ask if anyone has ever driven through a red light?

One of the first traffic lights with only two lights – Stop and go



1912 saw the improvement of a more modern traffic light



1920 saw the first three-way traffic light system we know today



1960 saw the first computer traffic light system



These are the traffic lights we know today – using LED



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October 8th – World Egg Day



Jeanette Sloan

“Black People Do Knit.”

[Click here](#) for more information

Egg Topper

‘Black people were the original “Craftivists”... It’s time to reclaim our heritage as makers of things... for centuries black people were the most proficient spinners, knitters, weavers, and sewists.’ Ruth Terry



Do you have a knitting group?

Why not try these fun little egg toppers and enjoy a knit and natter!

You will need:

- + Wool recommended is drops Nepal (Aran weight)
- + 17 stitches and 22 rows to 10cm x 10cm (4"x4") square
- + Needles 5mm

What you do:

- + Using any cast on method, cast on 21 stitches, leaving a long tail (25cm). This will be referred to as tail 1 and used to sew up the cosy at the end.
- + Knit 13 rows.
- + Don't cast off but cut the yarn leaving a long tail (20cm). This will be tail 2.
- + Weave tail 2 through the stitches.
- + Sew up the sides using tail 1, using either mattress stitch or backstitch.

- + Pull tail 2 tight and secure.
- + Weave in the tails to secure and cut off.
- + Make a pompom; sew on.
- + Enjoy!

Think!

If an individual cannot knit then maybe they could tell you how to cast on and off. They could help pick the wool and enjoy watching. Perhaps those who cannot take part would like to receive an egg with a hat as a gift!

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October 9th – Curious Events Day



Ira L. Cooper
 "1930 – The first African American in the history of the forces to hold the rank of sergeant. Ira was in charge of a squad of 16 black detectives".
[Click here](#) for more information

Invisible Ink

To celebrate Curious Events Day, why not become a Curious detective and have some fun leaving a trail of invisible clues? Charge one team with creating the clues and one team to figure them out. The use of invisible ink is a fun way to magically discover the hidden truth!

Invisible ink is any substance that you can use to write a message that is invisible until the ink is revealed. You can use many ways to create invisible messages.

You will need:

- + White Crayon
- + Paper
- + Water paints any colour
- + Paint brush

What you do:

- + Organise two teams.
- + Team one creates the trail of clues and knows the answer. Team two are the curious detectives and need to solve the answer.
- + Give the teams names to make it more fun – example 'The code breakers'.
- + Team One: take a blank piece of paper and write your clue; this could be a letter or location that will end with an answer.
- + Team One: hide the clues but remember to keep them visible to find.
- + Team Two : search for the clues and find the paper.
- + Use the watercolors to paint over the paper and reveal the clue.
- + Once all clues have been found or the team feel they have the answer, then they return to team one and reveal their findings.
- + You can then change teams over and start again.



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Rhiane Fatinikun

Founder of Black Girls Hike,
 Manchester.

[Click here](#) for more information

October 10th – World Mental Health Day

Mindful Walk

World Mental Health Day was created to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health.



One of the best ways to take care of your mental health is getting outdoors!

Why not try this simple Mindful Walk in your local area.

You will need:

- + Mindful quotes or prompt words printed and laminated
- + Hole puncher
- + String
- + Correct outdoor footwear and clothing
- + A camera is optional
- + Pen and paper

What you do:

- + Print off A4 size quotes or prompts; you can make your own, for example, Stop and look around you, name something beautiful.



- + Laminate the words to protect them and then using the hole punch, pop a hole at the top on each side.
- + Before you start the walk, go and assess your trail and take your cards with you. Tie them to spots along the route.

- + Now you're ready to start your walk with the individual you support. Enjoy walking along the route and reading the prompts. You could use a camera to capture moments or even better, a note pad to jot down comments and notes to make into a poem.

Top Tip:

If you enjoyed this walk, then think about starting your own walking club. You could change the images and use a theme for each walk' history on the local area, cakes, cars or even famous singers, using technology to play a song at each point.

Click here for more information on BAME communities and mental health support and guidance.

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

October 11th – Thanksgiving



Marie Clark Taylor

“A botanist who studied the influence of light on plant growth”.

[Click here](#) for more information

Patchwork Acorn

Thanksgiving is a national holiday celebrated on various dates in the United States, Canada, Grenada, Saint Lucia and Liberia. It began as a day of giving thanks and sacrifice for the blessing of the harvest and of the preceding year. Why not decorate a space with some autumnal crafts? Be inspired by your garden or local green space. Have a go at making this beautiful patchwork acorn.

You will need:

- + A piece of paper painted with autumnal colours, coloured paper or magazine pages in red, orange, yellow, green and brown
- + 1 sheet of black construction paper
- + 1 sheet of white paper
- + Black marker
- + Pencil / Scissors / Glue
- + Printed outline of an acorn
- + pattern



- + Remove pattern and carefully cut out the two traced shapes from the black paper, leaving an acorn shaped window in the black paper.
- + Line up the black paper with the acorn shaped window over the top of the mosaic acorn picture so that the mosaic pieces appear through the window.
- + Glue or tape the white paper onto the back of the black paper with the acorn window.
- + Glue extra pieces of painted paper around the border of the paper to make a mosaic-style frame.
- + Try using the same method for other autumnal objects.

What you do:

- + Cut the scraps of painted paper/ construction paper/magazine pages into 1/2" – 1" pieces.
- + Find a printed outline of an acorn pattern – you can find them on the internet. You will need to enlarge the image.
- + Trace around the pattern using a black marker. Place a piece of white paper on top of the pattern and paper clip it to hold in place.
- + Use glue bottle to trace around the pattern on the blank paper, the black marker should show through allowing you to trace. Fill in the pattern area on the blank paper with white craft glue. Remove paper clip and take printed pattern out from behind the glued paper.
- + Place painted paper scraps onto the glue, overlapping the edges of the pattern and leaving some white space between each scrap of painted paper.
- + Set aside to dry.
- + Take printed pattern and place over the top of one sheet of black construction paper. Use a pencil to trace the outline of the acorn pattern, pressing firmly so that the black paper underneath becomes indented.



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October 12th

On This Day

Richard Claxton Gregory was born 12th October 1932.

Dick Gregory was an American comedian, civil rights and vegetarian activist. In the 1960's, he appeared on television and released comedy record albums. [Click here](#) to listen.

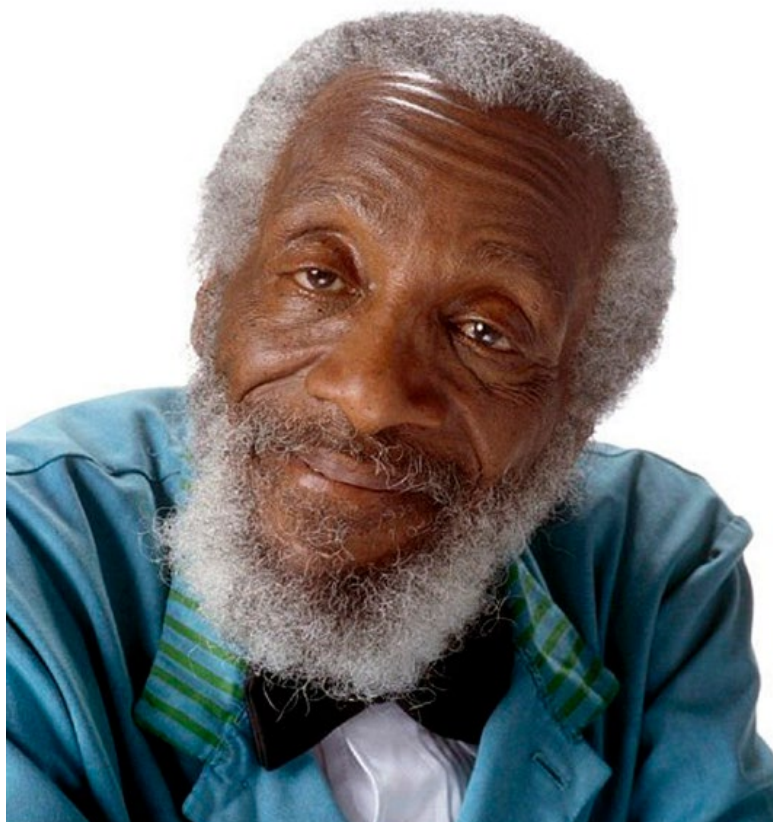
He started helping his family gigs from a young age. In 1953, he left college when he was drafted into The United States Army, where he performed comedy shows hosted by the Army. In 1961, Gregory made his New York debut and recorded his first live gig.

He had a mixed career with his comedy shows and was sometimes described as controversial, but the realism in his stand-up shows and a tongue in cheek approach would have people from all walks of life laughing out loud.

Sadly, Dick Gregory passed away of heart failure at a Washington D.C. hospital, aged 84, in August 2017. He has left a big legacy spanning many years.

Why don't you hold your own comedy night or stand-up show? Chat to the individuals you support about comedy; share your favourite jokes. You could also print off some jokes for them to read out, if they feel comfortable.

They do say laughter is the best medicine!



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Dr. Lisa White – is a micropalaeontologist (a scientist who studies fossils at a microscopic level).
 Click [here](#) for more information

October 13th – National Fossil Day

Make Your Own Fossil

Fossils are usually found within rocks of the Earth's crust. A fossil is any evidence of past plant or animal life that is preserved in the material of the Earth's crust. The oldest fossil find was in Madagascar; a Prosauropod from 230 million years ago.



Why not have some fun making and discovering your own fossils? You could even hide them in the garden for people to discover!

You will need:

- + Tupperware or plastic container
- + Modelling clay or air drying clay
- + Shells or plant matter
- + Plaster of Paris
- + Water
- + Paints
- + Varnish
- + Paint brushes

What you do:

- + Cover the bottom of your Tupperware or plastic container with modelling clay to a depth of around 2 centimetres.
- + Press a few pieces of plant matter (ferns are good), shells or whatever else you'd like to fossilise, into the clay.
- + Remove the objects. This should leave an imprint of the object in the clay.
- + Mix a quarter of a cup of plaster of Paris with water, until it is quite runny.

- + Pour the plaster of Paris over the modelling clay to a depth of around 2 centimetres.
- + Let the plaster dry for 24 hours.
- + Remove the plaster from the Tupperware or plastic container and remove any leftover bits of clay.
- + Now you can paint them to look realistic and then varnish.

Top tip:

Once the fossils are painted and varnished, you can bury them in sand or dirt and have some fun finding them.

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October 14th – National Dessert Day



Lorraine Pascale
 She runs the successful Cupcake Bakehouse in Covent Garden and makes cakes for the rich and famous.
[Click here](#) for more information

Sweet Potato Pudding

A traditional Jamaican pudding – Sundays in Jamaica are spent enjoying this scrumptious dessert, sweet potato pudding. When we think of potato, we do not put it with a pudding and tend to have it as a savoury. Why not try this unusual dessert and surprise people when you tell them the star ingredient!



Top Tip:

The pudding is normally enjoyed with a cold glass of milk.

You will need

- + 5lbs of sweet potato
- + 3 cups of dark sugar
- + 1 cup of plain flour
- + 1 teaspoon of cinnamon powder
- + 1 packet of coconut milk powder
- + 5 cups of water
- + 1/4 cup of melted butter
- + 1 whole nutmeg, grated

- + 1 teaspoon of salt
- + 1 teaspoon of cinnamon powder
- + 1 teaspoon of vanilla essence
- + 1 tablespoon of rum essence
- + 1 tablespoon of lime juice

What you do

- + Peel cut and grate sweet potatoes and place in a large mixing bowl.
- + Add dark sugar, flour.
- + Combine Coconut Milk Powder with water, mix well and add to the sweet potato mixture.

- + Add melted butter, nutmeg, salt, cinnamon powder, vanilla, rum essence, lime juice and mix well.
- + Scrape mixture into a greased 10inch baking tin.
- + Bake in a pre-heated oven gas mark 4 or 180 degrees C for 1 1/2 – 1 3/4 hours.
- + Let cool and enjoy!

[Click here](#) for the NAPA Food-based activities guidance.

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

October 15th

On This Day

William H. Hastie – On October 15th, 1949, William Hastie was nominated for the U.S. Circuit Court of Appeals and became the first African American judge to sit on the court.



Born in Knoxville, Tennessee, and raised in Washington D.C., William graduated magna cum laude from Amherst College in 1925. After teaching for two years at the 'Manual Training and Industrial School for Colored Youth' in New Jersey, William punched his ticket to Harvard Law School, where, following in the footsteps of civil-rights crusader Charles Hamilton Houston, he became the second black law student to serve on the Harvard Law Review. William graduated with a Bachelor of Law degree in 1930 and earned a research doctorate in law in 1933, both from Harvard.

He was re-nominated by President Truman on January 5, 1950. He was confirmed by the United States Senate on July 19th, 1950 and received his commission on July 22, 1950.

Hastie was, without a doubt, one of the most respected jurists of the 20th century. In 1968, Hastie acceded to chief judge of the Third Circuit. He retired in 1971 and died at age 72 in 1976.

In 1981, Judge A. Leon Higginbotham Jr. hailed Hastie as the "one who changed the immutable."

Hold a discussion:

- + What would it have felt like in 1925 as a young black man in Harvard Law School?
- + Would he have had to work harder to prove himself?
- + How proud do you think he would have been when President Truman nominated him for the position?
- + What challenges would a black man in a court of law have faced?
- + What would he have thought if he was alive today, making history like this?

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://www.instagram.com/napaactivitiescalendar)

October 16th – World Food Day



Chef Jason Peru
 Trinidad & Tobago Chef
 Internationally inspired creative
 dishes and Caribbean flair.
[Click here](#) for more information

Traditional Trinidad Corn Soup

Considered to be an after-party street food in Trinidad & Tobago, this soup is rich, creamy, utterly nourishing and delightfully filling. It will warm your soul and make you feel nice and cosy.

You will need:

- + 1 carrot, large
- + 1 celery stalk
- + 6 ears corn, fresh
- + 2 cloves garlic
- + 1/2 cup green bell peppers
- + 1/4 cup onion
- + 1/2 cup red bell peppers
- + 1 scotch bonnet pepper
- + 2/3 cup split peas, yellow
- + 2 sprigs thyme
- + 1 1/2 cups coconut milk
- + 2 cups of stock
- + 1 pepper sauce
- + Baking & spices
- + 1 cup of flour
- + 1 salt & pepper
- + Oils & vinegars
- + 2 tablespoons of oil
- + 3 1/2 cups water
- + 2 leaves shado beni, chopped
- + 1 med tania (or sweet potato), diced

What you do:

- + Cut 5 ears of corn into about 2-inch pieces and set aside.
- + Shave off corn kernels from the remaining corn cob.
- + Heat oil in a heavy bottom pan, over med-high heat.
- + Add onions, garlic, and celery to oil and sauté till onions are opaque.
- + Add split peas and shaved corn and stir well.



- + Add thyme to the pot and sauté for another 2 minutes.
- + Add 3 cups water, 2 cups stock, tania and shado beni to the pot, and bring to boil.
- + Lower stove to a low boil until split peas are cooked (about 30 minutes)
 Note: add more water if split peas are not soft enough and more boil time is needed.
- + Once split peas are softened, use the back of a spoon to mash them up a bit.
- + Add coconut milk, scotch bonnet pepper, and 3 cups water and bring to a slow boil.
- + Make dumplings at this point and break into balls or roll into logs.
- + Add corn discs, dumplings, carrots, and bell peppers to the pot.



- + Add salt and pepper and pepper sauce to taste.
- + Boil until dumplings are cooked (about 15 minutes).

For Dumplings:

- + Knead water and flour together.
- + Shape into balls.

[Click here](#) for the NAPA Food-based activities guidance.

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

October 17th – Black Poetry Day



Phillis Wheatley 1753 – was the first African American author of a published book of poetry.

[Click here](#) for more information

Acrostic Poem

Black History Month is an opportunity to understand black histories, going beyond stories of racism and slavery to spotlight black achievement. Can you think of a positive acrostic poem using the word below?

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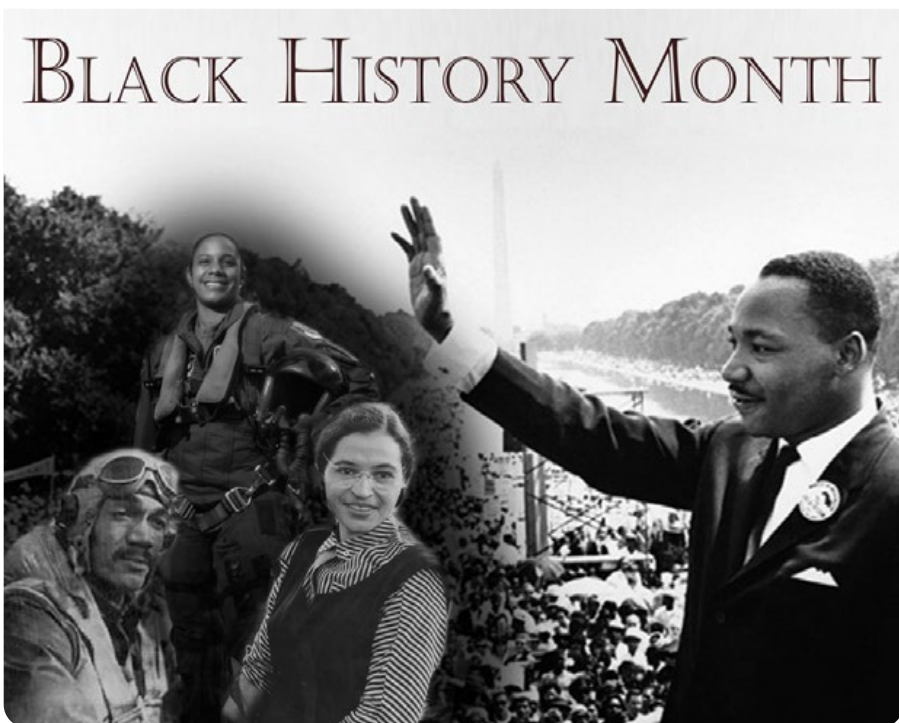
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We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

October 18th – UK Coffee Week



Fairtrade
 Meet the Fairtrade coffee farmers and hear their story.
[Click here](#) for more information

Coffee and Music

Resource provided by **Chinno Wills-Cole BA (Hons) Sol Pol & Crim, MSc Dem Care CEO/Co-Founder, DECEW (CIC) NAPA Trustee and Black History Month advisor.**

The Afro-Caribbean Coffees

Africans enjoy a wide range of coffees and teas brewed locally. On this occasion, the focus is on the types of coffee that Africans enjoy, and here are the popular African coffee brands in the continent, many of which have gained international recognition as some of the best coffees in the world.

African and Caribbean countries are well known for producing high-quality beverages that are consumed not only on their respective continents but also around the world. It is therefore important to mention and discuss the commonly consumed coffees of these continents when organising “Afro-Caribbean Coffee Mornings” or other such related programmes and events that target this group of people. It is of great interest, pride, and joy to Afro-Caribbean people to maintain links with their culture, not only through food and beverages but also through social and economic means. As a result, Black History Month provides an opportunity to discover coffees of Afro-Caribbean heritage, which are consumed not only in those continents but also by the rest of the world, and despite the challenges faced by the Afro-Caribbean people, coffee production is a source of pride and joy for the people.

Democratic Republic of Congo (CDR) Virunga Beans



The beans are imported from the Virunga Cooperative, a membership recently formed by farmers in the Kivu

province of the Democratic Republic of Congo's eastern region. The coffee beans have a wonderfully unique flavour, with a fruity and subtly sweet linger that is accompanied by a crisp tang of zest.

Burundi AA Kirimiro Coffee



Arabica and Robusta coffee varieties are grown in Burundi. Burundi AA Kirimiro Coffee has heaviness and richness, floral flavours of lemon and black tea, delicate hints of spiced clove, and a sweet nut finish.

St Lucia Coffee



Green Gold Mountain Coffee is the most popular coffee consumed in the country. The island of St. Lucia once produced coffee that was considered the best in the world.

Dominican Republic Coffee



The Dominican Republic's most popular coffee brand is Santo Domingo. The coffee has a slight cocoa aroma, and the majority of the country's residents prefer to drink it black with plenty of sugar.



Music

Enjoy some background music while sipping coffee from around the world – [click here](#) to listen.

Top Tip:

When you choose Fairtrade coffee, not only can farmers build a better quality of life for their families and communities, but they can also invest in growing better-quality beans. [Click here](#) to find out more.

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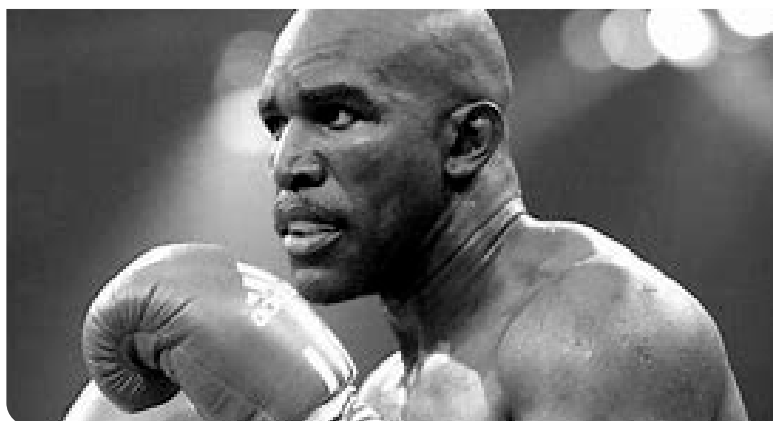
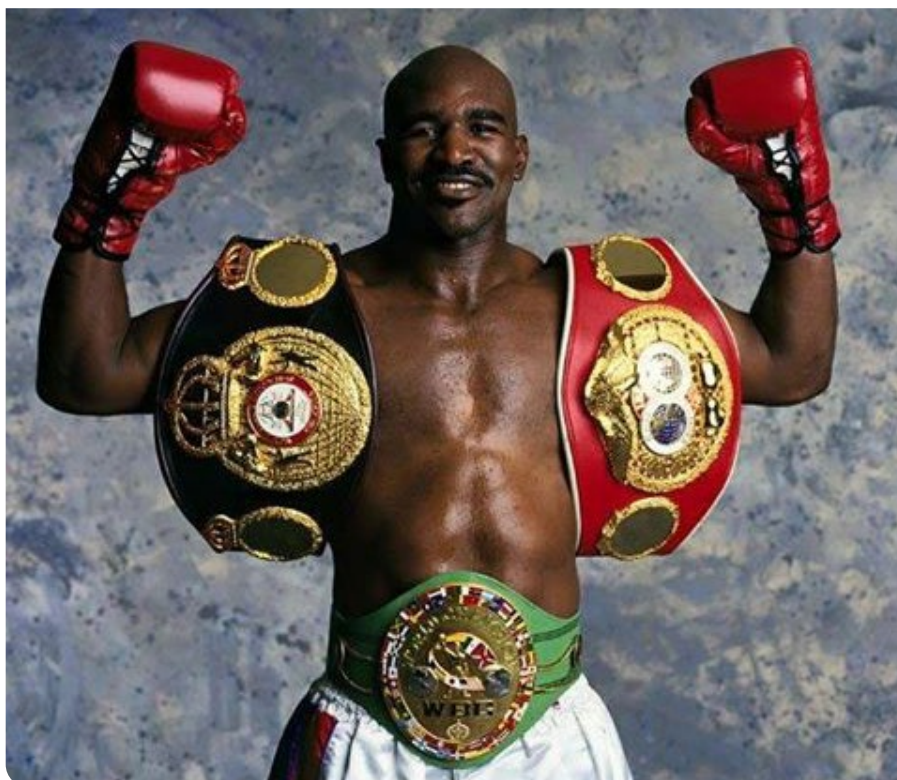
October 19th

On This Day

Evander Holyfield's 58th Birthday

On this day, 19th October in 1962 in the mill town of Atmore, Alabama, Evander Holyfield was born as the youngest child to 8 other siblings. His family later moved to Atlanta, Georgia where he was raised in the crime-ridden Bowen Homes Housing Projects. This is where Evander discovered the Boys Club aged 7. At 13, he qualified to compete in his first Junior Olympics. By age 15, he became the South-eastern Regional Champion, winning this tournament and the Best Boxer Award. By 1984 he had a record of 160 wins and 14 losses, with 76 by knock-out.

Evander had many scoring victories over former champions George Foreman and Larry Holmes, and in 1996 he defeated Mike Tyson and reclaimed the WBA title. He retired in 2014 and is ranked number 77 on The Ring's list of 100 greatest punchers of all time and in 2002 named him the 22nd greatest fighter of the past 80 years.



Discussion:

- + What do you think about Evander Holyfield's story?
- + Do you enjoy watching boxing matches?
- + What boxing matches have you watched?

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October 20th – International Chef’s Day



Chef Cyril Agbachom

Famous Nigerian Chef – “I love to eat freshly chopped okro soup with Nigerian-style fufu.”

[Click here](#) for more information

Cheesy Baked Plantains with Chilli

Try this delicious easy baked ripe plantain, stuffed with cheese and chilli packed full of West African flavours.



Top Tip:

If you don’t like chilli, just remove from the recipe

You will need:

- + 3 ripe plantains peeled
- + Oil to brush plantains
- + 85 g / 3oz finely grated Barber’s 1833 vintage reserve Cheddar
- + 1 tsp crunchy chilli sauce

What you do:

- + Preheat oven to fan assisted 180C /375F / gas 5.
- + Make a lengthways slit along the plantains leaving at least 5cm at each end so they stay whole during baking.
- + Brush the plantains with some oil, place them on a lightly oiled, lined baking tray and bake for 40 mins making sure to turn them halfway through.

- + Remove plantains from the oven, place them slit side up and stuff them with the cheddar cheese.
- + Return stuffed plantain to the oven and bake for about 5 mins or until the cheese is melted.
- + Serve plantains warm drizzled with chilli sauce.

Click here to discover NAPA Food-based activities guidance.

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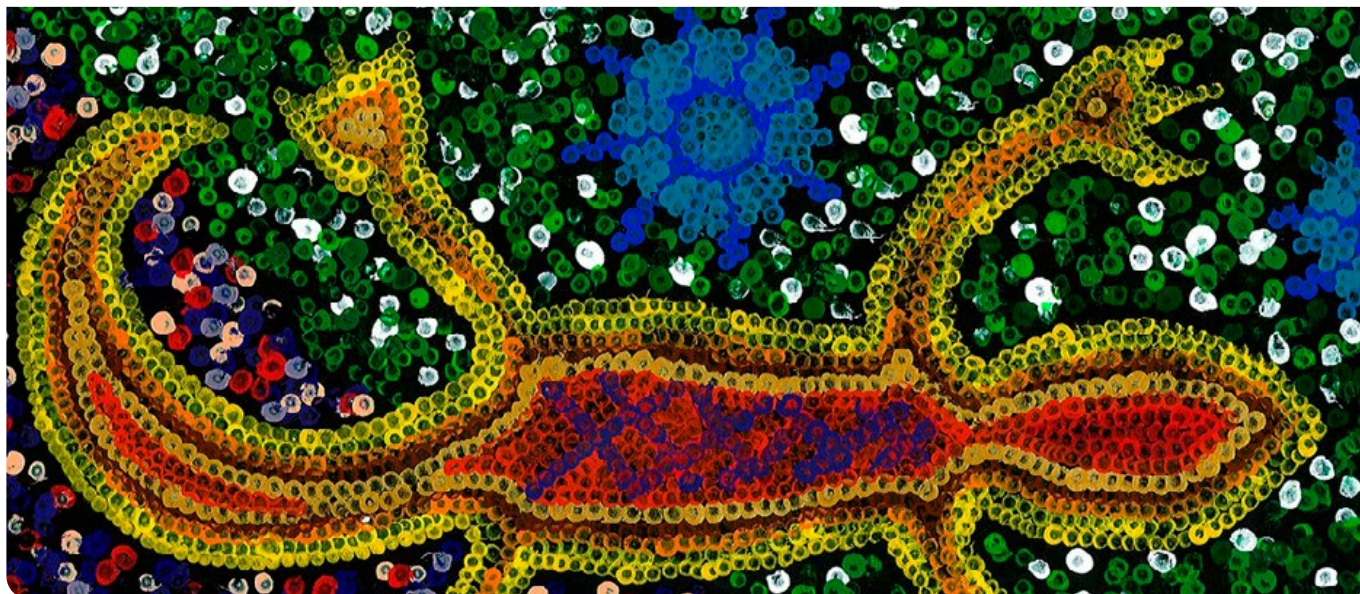
October 21st – Reptile Awareness Day



Possum Tjapaltjarri
 Considered to be one of the most collected and renowned Australian Aboriginal artists.
[Click here](#) for more information

Aboriginal Dot Art

Dot paintings are unique and integral to Australian Aboriginal Art.



Aboriginal people have used dots in art and other forms of expression for a very long time. Australian Indigenous artists developed their own approaches to dot painting, and some have since adapted the technique of a dabbing process. Dots can be seen in symbolic patterns carved on artefacts, rocks, stone, and bodies. It is thought the first form of Dot art was drawn in the earth to communicate.

You can see many examples of Dot art – why not try making your own Dot Art reptile.

You will need:

- + Print templates of Australian animals using white copier paper (or draw them)
- + Acrylic paints
- + Cotton wool buds
- + Ribbon

- + Card for backing (Black is best)
- + Glue
- + Ribbon for decoration

What you do:

- + Using a cotton bud dipped in the paint, fill in the animal outlines with dot prints. Experiment with different colours. Leave to dry.
- + Then stick this to a different coloured piece of A4 card using a glue stick, ensuring your picture is centrally positioned.
- + Punch two holes in the top of the frame, thread a piece of ribbon for a hanger.

Top Tip:

You can change the cotton wool buds to use fingers!



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

October 22nd – National Colour Day



Frank Bowling – The first black British artist to be elected to the Royal Academy, and in 2008 he received an OBE. He was knighted in 2020 for services to art.

[Click here](#) for more information

Art Exhibition on Windrush

On 22 June 1948, Afro-Caribbean people arrived at Tilbury Docks, Essex, in the UK, on the Empire Windrush ship.

Windrush Day encourages communities across the country to celebrate the contribution of the Windrush Generation and recognise the diversity of Britain's history.

- + What does the arrival of the Windrush Empire mean to you?
- + Was it on the news at the time?
- + Were you part of the Windrush generation?
- + Do you have friends, colleagues or family members who are descendants?

Why not answer questions creatively? Share work by holding an exhibition-print information relating to the history of the Windrush Generation.

Using art can help people to process their experience and share their memories and express their emotions. Emotions expressed may be unexpected; take time and listen to what people have to say.

Consider different art forms:

- + Create a piece of art by drawing, painting, or looking at a photograph together.
- + Write a poem, short story, or song.
- + Stitch a work of art using sewing/needlework.
- + Create a dance.



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

October 23rd

On This Day

Pelé's 80th Birthday

On 23 October 1940, in the city of Três Corações, Minas Gerais, Brazil, a baby was born – Edson Arantes do Nascimento. The child became the best football player in the history of football; we know him as Pelé!

Pelé grew up in poverty in Bauru in the state of São Paulo. His father taught him how to play football. He could not afford a proper football and usually played with either a sock stuffed with newspaper and tied with a string or a grapefruit. This early teaching of control and technique helped to shape Pelé's career.

Pelé would show off his many tricks eg juggling a soccer ball on his toes, thighs and head, without using his hands or the bicycle kick; throwing himself on his back while kicking a soccer ball back over his head.



He made his senior team debut on 7 September 1956 at the age of 15, scored his first goal at the age of 16 and became the top scorer in the league. Ten months after signing professionally, the teenager was called up to the Brazilian national team. The rest, as they say, is history, but here are some fun facts:

- + Known to the people of Brazil as "Pérola Negra" (The black pearl).
- + Played in 92 matches for Brazil and scored a remarkable 77 goals.
- + Over his entire career, he officially scored 1,284 goals in 1,363 matches. He played one game as a goal-keeper.
- + His jersey number, 10, has since been worn by many of soccer's top stars such as Ronaldinho Gaúcho, 'Zinedine Zidane' and Diego Maradona.
- + His last professional playing appearance, took place on October 1, 1977.



Discussion:

- + Was Pelé a good footballer?
- + Did you watch football?
- + Who is your favourite footballer?
- + What do you think of this story?

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October 24th – Independence Day of Zambia



Arthur George "Art" Smith

One of the leading modernist jewelers of the mid-20th century.

[Click here](#) for more information

Clay Beads

Independence Day in Zambia is celebrated annually on October 24th. This special day marks the anniversary of the declaration of independence of Zambia from Great Britain in 1964.



The National Flag of Zambia was adopted upon independence on October 24th, 1964. It has a green background with an orange-colored African fish eagle in flight over a rectangular block of three vertical stripes, coloured, from left to right: red, black, and orange. The country's motto is "One Zambia, One Nation" which stresses the need for solidarity in a nation of more than 60 ethnic groups.



Independence Day is the biggest party of the year. [Click here](#) to watch celebrations and listen to traditional music.

People enjoy eating chicken and rice and wearing chitenge patterns and creative outfits. [Click here](#) to see.

Why not have some fun making traditional Zambia jewellery from clay.

You will need:

- + Air drying clay
- + Bright acrylic paints
- + Cotton wool buds to make dots
- + Decoupage paper
- + PVA glue
- + String
- + Paint brushes
- + Wooden skewer to make holes

What you do:

- + Take a piece of the clay any size and roll into a bead (we recommend a 10p size).
- + Keep doing this til' you have enough to make a necklace or a bracelet; the amount will depend on the shape and size you create.
- + Push a hole through the beads using the wooden skewer; if you don't have a wooden skewer then a thin knitting needle will do.
- + Leave the beads to dry on a tray.
- + Once dry, paint or decorate using the bright acrylics or decoupage paper.
- + Seal with the PVA glue.
- + Thread your beads onto the string.
- + Wear with pride or gift them to make someone smile!

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

October 25th – National Pumpkin Day



Ainsley Denzil Dubriel Harriott
 MBE – An English chef and television presenter.

[Click here](#) for more information

Pumpkin Chutney

If you're carving your pumpkins this year for an autumnal display, then use a pumpkin to make this delicious and easy pumpkin chutney.



They will also make nice gifts or to sell at your winter fayre.

You will need:

- + 2.7kg pumpkin, peeled, deseeded and diced
- + 3 oranges
- + 2 lemons
- + 500g light muscovado sugar
- + 600ml cider vinegar
- + sterilised jars with lids
- + Tub to store over night
- + Heavy-based pot

What you do:

- + Place the pumpkin in a bowl and sprinkle liberally with salt.
- + Toss to get it all coated, cover and leave overnight.
- + Drain of any juices, wash in cold water, then drain again to remove excess moisture.
- + Peel and segment the fruit and remove the pith.
- + Tip into a heavy-based pot with all the remaining ingredients.

- + Bring to the boil over medium heat, then reduce the heat and leave to simmer uncovered, stirring occasionally, for about 40 mins. Cool, then transfer to a sterilised jar and seal.

Top Tip:

Decorate the jar lids with autumnal cloth and string for the rustic farm look!

[Click here](#) for the NAPA Food-based activities guidance.

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

October 26th

On This Day

Mahalia Jackson Born 6th October 1911

Mahalia Jackson was born on October 26th, 1911, in New Orleans. Both sets of Mahalia's grandparents were born into slavery and Mahalia's mother and father were not married. This was common in New Orleans at the time. Her father lived elsewhere, never being a parent to Mahalia.



Mahalia's mother died when she was young, and her Aunty took her in. Mahalia would spend her time at Mount Moriah Baptist Church where her grandfather sometimes preached. She went to church on Wednesday evenings, Friday nights, and most of the day on Sundays. Already possessing a big voice at age 12, she joined the junior choir.

Eventually Mahalia moved to Chicago as an adolescent and joined the Johnson Singers, one of the earliest gospel groups. For 15 years, she functioned as what she termed a "fish and bread singer", working odd jobs between performances to make a living.



In 1947 with the release of "Move on Up a Little Higher" Mahalia made the number two spot on Billboard charts, a first for gospel music.

She participated in the civil rights movement, singing for fundraisers and at the March on Washington for Jobs and Freedom in 1963. She was a vocal and loyal supporter of Martin Luther King, Jr., and a personal friend of his family.

- + Listen to Mahalia sing [click here](#).
- + Does the story and music of Mahalia inspire you to start your own gospel choir?
- + If you enjoyed the music, you could invite your local gospel choir to perform?
- + Listen to more gospel music [click here](#).

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://twitter.com/NAPAActivitiesCalendar)

October 27th – St. Vincent and The Grenadines Independence Day



Chef Kamal Hoyte – From the Caribbean Island of St. Vincent and The Grenadines where he grew up eating fresh local seafood nearly everyday.

[Click here](#) for more information

Saltfish and Ackee with Fried Dumplings

Ackee is the national fruit of Jamaica, and it is used to prepare the national dish of Ackee and Salt fish. The ackee is prepared with vegetables and savoury salt fish.

You will need:

You can buy pre salted fish from larger supermarkets

For the fish:

- + 450g/1lb salt cod
- + 1 x 400g/14oz can ackee
- + olive oil
- + 1 onion, chopped
- + 1 tsp paprika
- + 2 tsp mild curry powder
- + 2 tsp jerk seasoning
- + 1 tsp hot pepper sauce
- + 1 red pepper, seeds removed and sliced
- + 1 yellow pepper, seeds removed and sliced
- + 200g/7oz tomatoes, chopped
- + salt and freshly ground black pepper

For the dumplings:

- + 250g/9oz self-raising flour
- + 30g/1oz vegetable suet
- + pinch of salt
- + vegetable oil, for frying



What you do:

- + For the saltfish: soak the salt cod overnight, changing the water a couple of times.
- + Drain, then put the cod in a large pan of fresh water and bring to the boil. Drain again, add fresh water, and bring to the boil again.
- + Simmer for about five minutes, or until cooked through, then drain and flake the fish into large pieces. Discard any skin or bones.
- + For the dumplings, mix the flour and suet with a pinch of salt and 250ml/9fl oz water to make a dough.
- + Wrap the mixture in clingfilm and leave in the fridge to rest.
- + Open the can of ackee, drain and rinse, then set aside.
- + Heat a tablespoon of olive oil in a pan and fry the onion until softened but not brown.
- + Add the spices, seasoning, pepper sauce and sliced peppers and continue to fry until the peppers are tender.
- + Add the chopped tomatoes, then the salt cod and mix together. Lastly, stir in the ackee very gently and leave to simmer until ready to serve.
- + When you're almost ready to eat, heat about 1cm/½in vegetable oil in a frying pan and heat until just smoking.
- + Shape the dumpling mix into plum-size balls and shallow-fry until golden-brown. (CAUTION: hot oil can be dangerous. Do not leave the pan unattended).
- + Drain the dumplings on kitchen paper and serve with the saltfish and ackee.

[Click here](#) for the NAPA Food-based activities guidance.

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October 28th – National Chocolate Day



Selassie Atadika – The humanitarian aid worker-turned chef, trying to empower a continent through its food.
[Click here](#) for more information

Ghanaian Hot Chocolate

As the nights get darker and the sweeping cold winds arrive, try this delicious warming drink. The recipe is from Ghana and is believed to be one of the best hot chocolates in the world!



You will need:

- + 2 cups Milk
- + 3/4 cup Dark Chocolate chopped (at least 80% cocoa solids)
- + 1 tsp Honey
- + 2 tsp Brown Sugar
- + 1/4 tsp Vanilla Extract
- + 1/2" inch Cinnamon Stick

What you do:

- + In a thick bottom pan, bring milk to boil, add the chopped dark chocolate and stir to melt.
- + When the chocolate is completely melted, add the honey sugar and cinnamon stick.
- + Heat gently and keep stirring constantly. When the drink becomes little thicker, add the vanilla and rum if you are adding at this stage.
- + You can switch off when little bubbles form all the way around the sides of the pan.

- + Allow to cool a bit, remove the cinnamon stick, pour into serving mugs and serve.

Top Tip:

Add whipped cream and marshmallows and just remember, the longer you leave this drink the more it will become like a pudding, so enjoy hot or cold!

Consider using Fairtrade chocolate where possible.

[Click here](#) for the NAPA Food-based activities guidance.



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October 29th – Apple Day



Elizabeth Catlett – was a black sculptor and graphic artist who depicted the experiences of African Americans during the 20th century. [Click here](#) for more information

Apple Candles

The majority of apples are usually ready to pick in October. The time to harvest does vary from year to year, though. It depends on what the weather was like in spring, and how early the trees formed blossom and were pollinated.

There are thousands of different varieties of apples including Fuji, Gala, Red Delicious, Golden Delicious, Pink Lady and Granny Smith. Granny Smith apples originated in Australia in 1868 accidentally after a chance seedling by a woman named Maria Ann Smith.

Why not use your apples to enjoy this craft of apple candles? Enjoy the smell of the apples!

You will need:

- + Apples
- + Knife to cut the tops
- + Tea light candles or use battery candles where needed
- + Pen to mark out
- + Spoon to make the hole

What you do:

- + Place the candle or battery candle on the top of the apple.
- + Draw around the candle.
- + Carefully cut around the mark and dig out the apple so the candle sits flush.
- + Place the candle or battery candle in the hole.
- + Light the candle or turn it on.



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October 30th – British Summer Time Ends



Claudia Jones
Revolutionary Activist Trinidad
& Tobago.
Click here for more information

Trinidad & Tobago Coconut Bake

Coconut bake is a popular Trini bread characterized by its dense yet light texture. It consists of flour, coconut milk, grated coconut, butter and brown sugar. The bread is traditionally flat and round, and it is served with salt-fish, tomatoes, butter and cheese.



Enjoy the end of summer with this yummy summer bake!

You will need:

- + 256g plain flour
- + 3/4 teaspoon salt
- + 2 teaspoons baking powder
- + 2oz margarine
- + 75g desiccated coconut
- + 2 tablespoons sugar
- + 158ml coconut milk

What you do:

- + Preheat oven to 180 degrees.
- + Sieve flour, salt and baking powder into a bowl.
- + Rub in the margarine, then stir through the sugar and desiccated coconut.
- + Add the coconut milk and mix into a firm dough – you may need slightly more or less to get the right consistency.
- + Turn out onto a floured surface and knead very briefly.

- + Using your hands and fingers, press out the dough to a rough circle about 1inch/2.5cm thick and then cut into 10-12 wedges.
- + Brush the top with some coconut milk and sprinkle with desiccated coconut.
- + Put onto a greased/floured baking sheet and bake till golden brown for about 20-30 minutes.

Click here for the NAPA Food-based activities guidance.

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October 31st – End of Black History Month

Let's Celebrate

It's now the end of October and what better way to celebrate the end of Black History Month, than by holding your own party!



Here are a few ideas to create your own celebration in your care setting – you could invite your local schools to take part.

- + Create posters to let people know about your event and how to get involved.
- + Connect with your local community- reach out to local BAME groups.
- + Decorations: you can make your own decorations leading up to the event. Make bunting, or table mats using images from around Africa and the Caribbean islands to inspire conversation. You can also use eco-friendly balloons and bright pattern materials.
- + Using the recipes in the calendar, have samples of food for people to try.
- + Music and art: use the studio at the start of the calendar to play music and share poems at the event.
- + Place information around the venue for people to read about Black Iconic Britons. **Click here.**
- + Drinks: why not make an assortment of mocktails from the Caribbean Islands?



Caribbean Punch

You will need:

- + 14 oz. papaya
- + 1 1/2 cups mango juice
- + 1 1/2 cups guava juice/nectar
- + 3/4 cup passionfruit juice
- + 1/3 cup lime juice
- + 1/4 cup sugar
- + papaya slices optional garnish

What you do:

- + In a small saucepan, combine lime juice and sugar.
- + Cook on low heat for a few minutes until the sugar is melted.

- + In a blender, combine papaya, mango juice, guava juice, passionfruit juice and lime/sugar combination.
- + Blend until smooth and thoroughly combined.
- + Chill and serve over ice.
- + Garnish with papaya slices, if desired.



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Dementia Care Experience and Workshops (CIC)

Our mission is to raise dementia awareness, assist and direct individuals to services that support people living with the condition, and highlight support for those who care for them. This is accomplished through home visits, workshops, facilitating talks in schools, colleges, daycare centres, and GP surgeries, among other services and activities.

It is critical that, as we embark on this journey through our workshops, we remember that dementia is one of the leading causes of disability and dependency among older people worldwide. There is currently no known cure for dementia, and the condition's lack of awareness and understanding, particularly among Black Minority Ethnic (BME) communities, frequently results in stigma and creates barriers to diagnosis and care. Dementia can have a psychological, physical, social, and economic impact on society, carers and families. It can be overwhelming, but it cannot be ignored any longer.



Please contribute to our efforts to raise dementia awareness. Volunteer, attend our events, and, please, donate to support us through the **“Donations”** page [click here](#).

www.decew.co.uk

🐦 @dementia_w / 📘 Decew Decew