



In Partnership With



Activity Pack

Thank You Day



Musical Thank You Day



Annual Thank You Day takes place on Sunday 2nd July at the end of Care Home Open Week. This year Thank You Day is highlighting unsung carers – whether friends or relatives, or working in social care.

Care homes across the country are invited to get involved by hosting a musical celebration for residents, relatives and the wider community.



There will be events and activities nationwide, with choirs singing at supermarkets, live performances and singing legend Tony Christie is rerecording Thank You For Being a Friend, as the Thank You Day anthem.

Tony announced in January he had been diagnosed with dementia and is working with Thank You Day sponsor, Music for Dementia, to share the message that music can help people living with the condition.



Thank You Day is a joyful moment in time and it would be made even better if your care home took part. Here are some ideas of things you might want to try, and visit www.thankyouday.org.uk for some downloadable resources to print and make yourself.

- 1.** Bring in a choir: Thank You Day is partnering with several organisations who run choirs. Contact your local Womens Institute, Young Voices or your local Girl Guides to see if they would come along and sing a few numbers for your residents.
- 2.** Take part in (possibly) the nation's biggest ever singalong: Think about tracks your residents enjoy singing along to. Put the lyrics on a projector or print them out in advance in large print. Don't forget to have Thank You For Being A Friend on the list. Film yourselves singing Thank You For Being A Friend and post on social media on 2 July with the hashtag #ThankYouDay.
- 3.** Host a musical: Get everyone together and invite relatives to join you for a screening of a classic musical – The Wizard of Oz? The Sound of Music? Guys and Dolls? Get your residents to vote on which it should be.



4. A reminiscence hour: We all have a soundtrack to our lives and finding the tunes that bring back memories for your residents can be a brilliant activity. At the start of the week ask residents to think of a tune they would like played for someone special and why. You can download request slips from the Thank You Day website. On Thank You Day, bring residents together and read out the requests, playing the tunes on Spotify or Youtube.

5. Get out the instruments If someone on the team plays an instrument or you know someone who does, invite them round on Thank You Day and have some live music together. If no-one is very musical, get out the shakers and shake along to some of these drumming favourites:

- Kool and the Gang – Celebration
- The White Stripes – Seven Nation Army
- Queen – We Will Rock You
- ACDC – Back in Black
- The Beatles – Here Comes The Sun
- The Dave Brubeck Quartet – Take Five

Create Your Day





Care Home Open Week

26th June – 2nd July 2023

www.championingsocialcare.org.uk

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