NAPA

My Culture, **My Story!**

A Toolkit for **Activity Providers & Care Teams**

NAPA YEAR OF CULTURE

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Foreword

I am delighted to introduce this Year of Culture 2026 activity resource pack, designed specifically for activity providers and care teams.

Culture is an essential part of the human experience. It shapes our identities, connects us with others, and enhances our sense of belonging. In the context of care services, culture is a powerful tool for promoting wellbeing, enabling connection, and celebrating the diversity of those in our care.

A person-centred approach to cultural activities is crucial for supporting everyone's unique identity. When activities are inclusive, they reflect the diversity and individuality of each person's culture, preferences, and life experiences. This resource pack has been created to provide you with practical, adaptable activity ideas that celebrate culture in all its forms, from food and music to personal heritage, spirituality, and family traditions.

By working collaboratively with your team, families, and wider community partners, you can create meaningful activities that honour everyone's cultural identity and create an inclusive and welcoming environment. Through these activities, we hope to encourage reflection, connection, and wellbeing for everyone in your care.

Thank you for your dedication to enhancing the lives of the people you support.

Warm regards
Hilary Woodhead
Chief Executive, NAPA

CHIEF EXECUTIVE OFFICER NAPA

Hilary Woodhead

NAPA CULTURE

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Introduction

My Culture, My Story invites activity and care teams to celebrate culture as it is lived by each individual. Culture shapes what we eat, the music we love, the languages we speak, the places we cherish, the traditions we keep, and the values we hold.

This pack supports you to explore and celebrate culture with the individuals you care for. It offers practical ideas that promote inclusion, creativity, voice, and connection. Cultural engagement can improve wellbeing, give space for personal stories, strengthen links with family and community, and recognise each person's unique identity.

How to Use this Pack

1. Discover each individual's culture by listening to their story, their traditions, their food, their music, their important places.
2. Plan activities that reflect My Culture, My Story for each person and for the community of your service.
3. Adapt every activity so everyone who wishes to take part can do so in a way that suits them.
4. Capture outcomes using the simple tools in this pack so that voices are heard and improvements are visible.
5. Share stories through displays, small events, and community links so that culture is celebrated every day.

Inclusion Charter

• Choice and voice for every individual including group sessions, one to one options, quiet spaces, and sensory friendly approaches
• Accessible formats including large print, audio descriptions, tactile materials, captions and subtitles
• Assistive technology including tablets with zoom or screen reader, vibration speakers, and simple switches
• Cognitive support including shorter sessions, clear steps, visual cues, repetition, and familiar prompts
• Cultural safety with respectful questions about dietary laws, prayer times, modesty, language, and personal preferences
• Consent and dignity for photos, recordings, displays, and sharing of personal stories
• Risk aware practice that enables participation by checking allergens, mobility needs, fatigue, and comfort

Planning at a Glance

Suggested weekly rhythm that centres My Culture,

My Story
Monday Stories and Memory
Tuesday Food and Family Table
Wednesday Art and Making
Thursday Music and Movement
Friday Local Heritage and Community

For every session record what was planned, who joined, what changed for them, and what you will do next.

Activity Ideas

My Culture, My Story

Description
Individuals explore their cultural background through storytelling and the creation of digital or physical memory books. Each person builds a personal cultural profile that captures life experiences, traditions, languages, faith, and family stories, and chooses how to share it.

You will need:

- Tablets or smartphones for video or audio stories
- Scanner or camera for photographs, letters, and mementoes
- Computer or scrapbooking tools for digital or paper books
- A simple QR code generator for links to songs or family videos
- Art supplies and boxes for memory books and memory boxes

What you do

- Talk about what culture means to the individual and invite them to choose what they wish to share.
- Support the person to record a short story on video or audio or to have their words transcribed.
- Help them create a digital or paper memory book using photos, recipes, sayings, maps, and keepsakes.
- Add QR codes that link to meaningful music, family greetings, or recorded memories.
- Offer a Culture Share session where individuals show or play parts of their story if they wish.
- Revisit and update the story over time so the book grows with new memories.

Tastes of Tradition

Description
Food expresses culture and belonging. Individuals select meaningful dishes, prepare them together with support, and share the stories and memories connected to the food.

You will need:
- Ingredients for chosen dishes with dietary needs and allergies checked
- Cooking utensils, adaptive grips, aprons, safe serving equipment
- Printed or digital recipes and a simple menu card template
- Background notes or music related to each dish

What you do
- Invite individuals and families to suggest recipes that matter to them.
- Plan safe tasks for everyone who wishes to help such as mixing, measuring, table laying, storytelling.
- Prepare the dishes while encouraging conversation about memories and traditions.
- Share the meal as a social occasion and invite reflections about taste, smell, and meaning.
- Display recipe cards and photos on a Family Table board.

Cultural Art and Craft

Description
Individuals create visual pieces that express identity using colours, patterns, symbols, textiles, and images that reflect their culture.

You will need:
- Paints, pencils, markers, collage paper, fabrics, glue, safe scissors
- Examples of cultural symbols such as Celtic patterns, Adinkra, rangoli, and others the individual chooses
- Templates or stencils if helpful
- Space to display finished work

What you do
- Explore the meaning of chosen symbols and designs with each person.
- Offer options such as free creation, template use, or supported step by step making.
- Provide large grip tools, tactile materials, and contrast backgrounds as needed.
- Curate a Cultural Art Gallery and invite makers to add a short story card about their piece.

Cultural Music and Dance

Description
Individuals connect with their heritage through listening, singing, rhythm, or movement. Musical choices and dance gestures are led by the person's culture and preferences.

You will need:
- A music player or live musician if available
- A playlist from the cultures of individuals and from the wider world
- Simple percussion such as shakers and hand drums
- Chairs with arms and space for seated movement, scarves or ribbons if desired

What you do
- Invite individuals to choose songs that matter to them and share why they matter.
- Encourage singing, clapping, or gentle seated gestures that feel comfortable.
- Offer a short sharing time or mini performance for peers and families if individuals wish.
- Create a My Story playlist for each person to use during calm times or visits.

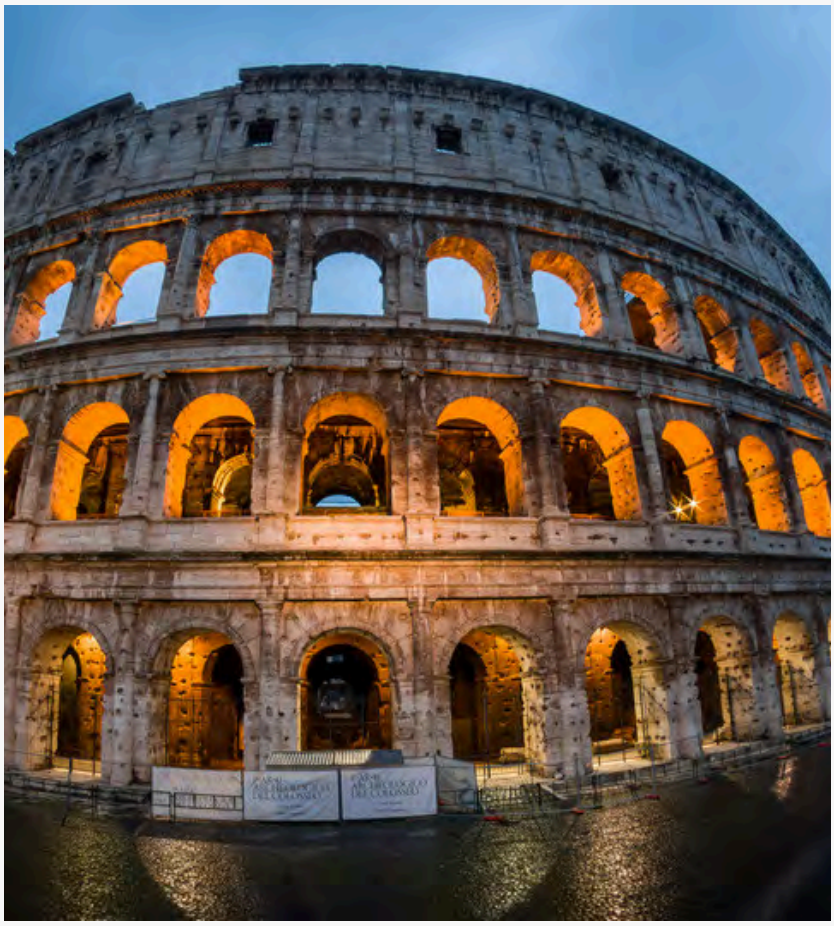
Local History and Heritage

Description
Individuals reconnect with the places and stories of their town or neighbourhood and contribute memories that show how their story is part of local culture.

- **You will need:**Photo books, postcards, old maps, archive prints
- Internet access for virtual museum or archive tours
- A community map board or scrapbook
- Optional guest speaker from a local group

What you do

- Share images of familiar places and invite stories connected to work, family, festivals, and everyday life.
- Record each memory on the community map with a name and a short quote if consent is given.
- Arrange a short virtual or in person visit to a heritage site if appropriate.
- Display the collection as Our Place, Our Story.



Family Heritage and Traditions

Description
Families help map cultural legacies by building a family tree that includes traditions, languages, recipes, songs, and key stories that matter to the individual.

You will need:
- Family tree templates in large print
- Photographs and family memorabilia
- Art supplies for decoration and labels

What you do
- Invite the individual and family to co create a family tree centred on culture and traditions.
- Add stories, sayings, recipes, language notes, and photos at each branch.
- Hold a Family Heritage Day where people can share trees and explain what they chose to include.

Faith and Spirituality

Description
Individuals explore beliefs and practices that give meaning, whether faith based or reflective, and choose how they wish to express or observe them.

You will need:
- Religious texts or spiritual resources chosen by the person
- A quiet space for reflection or worship
- Art supplies for prayer cards or symbols
- Access to faith leaders or community representatives if requested

What you do
- Ask each individual what supports their spiritual or reflective wellbeing.
- Set up a gentle reflection space that welcomes all faiths and those of no faith.
- Support people to create prayer cards, poems, or visual symbols if this is meaningful to them.
- Arrange short visits or virtual contact with faith leaders where welcomed.

Crafting Cultural Keepsakes

Description
Individuals make simple items that hold cultural meaning such as jewellery, ornaments, keyrings, or textile pieces, and add a short story tag that explains the significance.

You will need:
- Beads, fabric, thread, clay, safe tools, pre made kits if useful
- Examples of cultural patterns and colours for inspiration
- Labels or story tags for the finished keepsake

What you do
- Introduce the chosen symbols or colour meanings and invite each person to select a design.
- Support making with adaptive tools and clear steps.
- Host a small craft share where keepsakes are displayed with story tags.

Cultural Festival Day

Description
A whole service celebration that brings together food, music, crafts, clothing, and stories from cultures represented in your community. Each station highlights an individual's culture and story.

You will need:
- Decorations that reflect chosen cultures
- Taster plates or non alcoholic drinks aligned with dietary needs
- Music and simple craft activities at different stations
- Consent and information signs for photos and displays

What you do
- Co plan with individuals and families which cultures to feature and who wishes to host a table.
- Set up stations for tasting, listening, making, and storytelling.
- Invite local partners to join, record quotes, and celebrate together.
- End with a thank you circle where people share a highlight from the day.

Celebrating Local Festivals

Description
Individuals choose local festivals or community events that are meaningful and create an in house celebration that honours those traditions.

You will need:
- Information about local festivals and community dates
- Simple decorations, music, and craft linked to the festival
- Food or symbolic items associated with the event

What you do
- Ask individuals which local or seasonal festivals they value.
- Prepare crafts, stories, and food that reflect those traditions.
- Hold a community gathering and invite family and neighbours to join if appropriate.

Monthly Theme Suggestions

- **January** New Beginnings and Family Stories
- **February** Languages of Love and Favourite Sayings
- **March** Foodways and Family Table
- **April** Faith and Reflection
- **May** Maps and Journeys
- **June** Work and Service Stories
- **July** Festivals and Parades
- **August** Seaside and Summers
- **September** School Days and Pen Pals
- **October** Storytelling and Cultural Art Gallery
- **November** Remembrance and Resilience
- **December** Homecomings and Winter Traditions

Evidence and Evaluation Tools

- Participation and wellbeing log including name, session, mood before and after, adaptations used, a quote, and next steps
- Care plan insert titled My Culture, My Story including My Roots, My Traditions, My Chosen Activities, What Helps Me Join In, and How We Will Know It Helps
- You Said and We Did board that captures ideas from individuals and families and the action taken

Safety and Consent

- Check allergens and texture needs for all food activities and tastings
- Provide chairs with arms for movement sessions and offer rests with hydration
- Seek consent for photos, video, and the display of personal stories or items
- Supervise volunteers, guest speakers, and pen pals with clear agreements
- Offer an alternative activity for anyone who prefers not to take part

Materials Checklist

- Tablets and chargers
- Headphones and portable speaker
- Large print cards and bold pens
- Tactile collage kit and safe scissors
- Laminated maps and caption cards
- QR code printouts
- Memory boxes or a story suitcase
- Adaptive cooking and gardening tools
- Hydration trolley and serving jugs
- Recipe cards and display stands
- LED tealights for reflection space

Closing Message

My Culture, My Story places each individual at the centre. By listening to stories, honouring traditions, and creating inclusive ways to participate, your service will strengthen identity and belonging, bring joy into daily life, and build clear evidence of person-centred practice that celebrates culture every day.

How NAPA Supports You

The Year of Culture provides practical resources to help embed culture into care. Toolkits, case studies, training sessions and resources for celebrating cultural dates are all available.

NAPA also encourages teams to share their own experiences so that together we can build a national movement that celebrates culture in care.

NAPA National Activity Providers Association

SUPPORTLINE

supportline@napa-activities.co.uk

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Conclusion

Culture shapes identity, creates joy and builds community. For people in care settings, access to culture is essential.

This includes everyday traditions, arts, heritage, local history, museums, galleries, libraries, archives, religion, spirituality and faith. It also includes celebrating diversity and ensuring inclusion.

NAPA

The Professional Association for Activity Providers and Activity Provision

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