



# Mental Health Matters Wales Activity Packs

# Harvest Festival

## Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

## Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.

## The Benefits of these Activities include but are not limited to

- **Better Communication** Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.
- **Improved Coordination** Activities can delay the loss of muscle control.
- **Relaxation** It is a wonderful distraction from the blues, chronic pain, and other stressful situations.
- **Pride** There can be immense satisfaction and pleasure taken from drawing projects.

This activity book has  
been kindly printed by



Cardiff and Vale University  
Health Board Voluntary Services



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# Harvest Festival

Ceremonies and celebrations to give thanks for a successful harvest are both worldwide and very ancient. In Britain, we have given thanks for successful harvests since pagan times. We celebrate this day by singing, praying and decorating our churches with baskets of fruit and food in a festival known as 'Harvest Festival', usually during the month of September. Schoolchildren bring in food to give to the needy and learn the value of being thankful for what they have. Harvest festivals are traditionally held on or near the Sunday of the Harvest Moon. This is the full Moon that occurs closest to the autumn equinox. In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October.



# FIVE

## *Facts about*

# Harvest Festival

**A Corn Dolly** was made from the last sheaf of corn harvested. The corn dolly often had a place of honour at the banquet table, and was kept until the following spring.



**A Magnificent Harvest Feast** was traditionally held at the farmer's house and games played to celebrate the end of the harvest.



**The Lord Of The Harvest** would be a strong and respected man of the village appointed by the community at the start of harvest. He would be responsible for negotiating the harvest wages and organising the fieldworkers.

**The Harvest Festival** as we know it today began in 1843, when the Reverend Robert Hawker invited parishioners to a special service for the harvest at his church at Morwenstow in Cornwall.



**Harvest Festival** used to be called Lammas, meaning 'loaf Mass'. Farmers made loaves of bread from the new wheat crop and gave them to their local church.

# Crying The Neck

*In days gone by, the people of south west would perform this unusual harvest tradition...*



Crying The Neck is a harvest festival tradition once common in the counties of Devon and Cornwall. The tradition declined with the invention of the Combine Harvester and is no longer practised in Devon, but in Cornwall the tradition was revived in the early twentieth century by the Old Cornwall Society.

In the old days the whole of the reaping had to be done either with the hook or scythe. This meant the harvest often lasted for many weeks. When the time came to cut the last handful of standing corn, one of the reapers would lift up the bunch high above his head and call out in a loud voice.....,

***"I 'ave 'un! I 'ave 'un! I 'ave 'un!"***

**The rest would then shout,**

***"What 'ave 'ee? What 'ave 'ee? What 'ave 'ee?"***

**and the reply would be:**

***"A neck! A neck! A neck!"***

**Everyone then joined in shouting:**

***"Hurrah! Hurrah for the neck! Hurrah for Mr [reaper's name]"***

# Harvest Word Grid

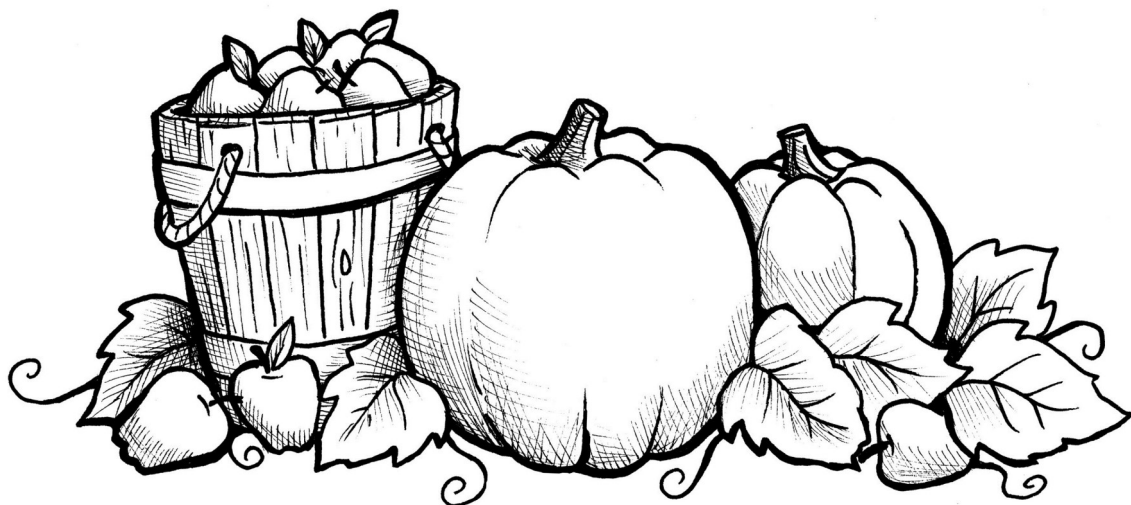
*How many individual words of 3 or more letters can you make from the letters in Harvested?*

H	A	R
V	E	S
T	E	D


# Harvest Word Search

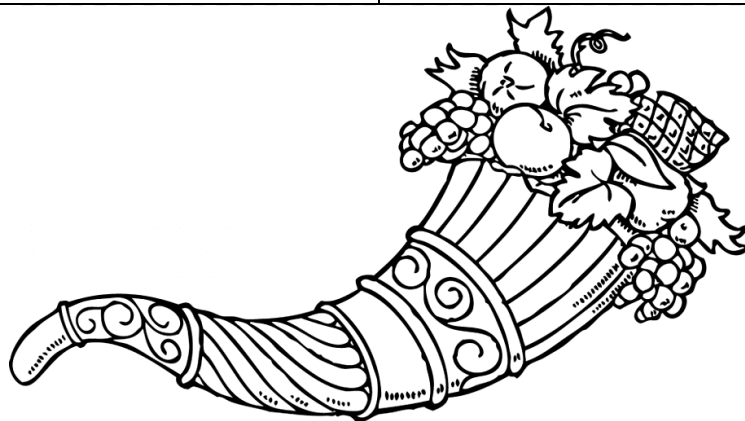
H A R V E S T I O U F L K C S O D S S  
Q P S X R W H I T E Q U I N O X F O O  
B P A R J K C L E R W Z V G L A U I E  
R L E A T H I R Y A O L U F K N A H T  
E E I U R E Z R O D U M H E A D R K A  
B S I T N I A M R P O D A M I A M A T  
M S A U N E O F E A S T R Q W O F U O  
E F D M A E T I S K R E N N I I D L P  
T I N N D M Q M F E S T I V A L Y S E  
P O W G G R A I N S N A W L Y N C O F  
E T I G E A D N W E Z M T H G U O L P  
S C A T T E R I K I B A N I Y S R S U  
F D J T S V B K I W H E A T R N N I S

HARVEST APPLES CROPS FEAST GRAINS PLOUGH  
WHEAT POTATOES AUTUMN SCATTER CORN SEPTEMBER  
EQUINOX THANKFUL FESTIVAL



# Harvest Word Scramble

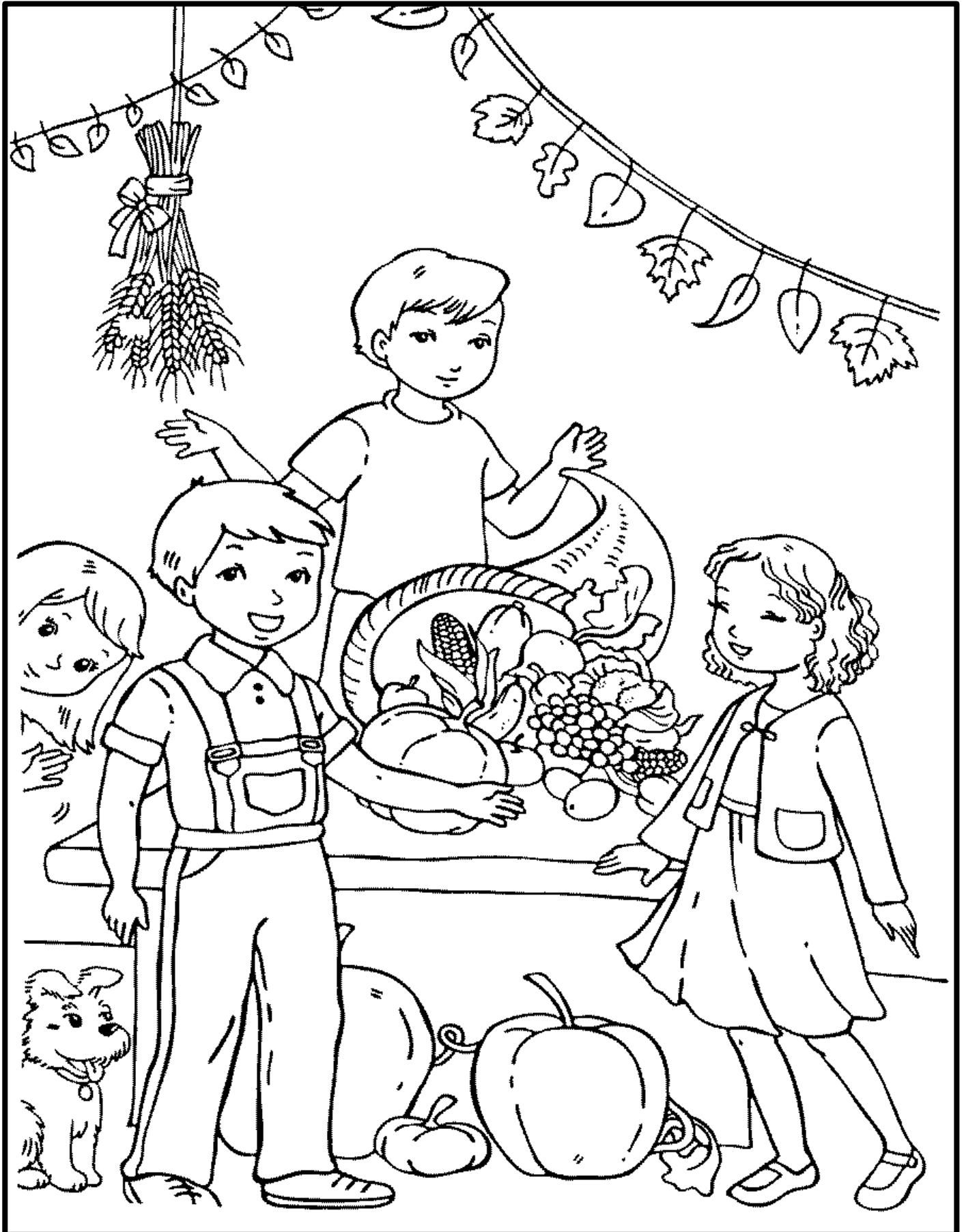
NORC LLOYD	
MUNTAU	
QUIXNOE	
SLAMAM	
UGOLPH	
APER	
HANTKLUF	
ROSENUGE	
YOUNTB	
MUNTYCOIM	
VIGGIN	
BRACELIEON	
VESTHIRANG	
SHYMN	
VERCISE	



## Answers:

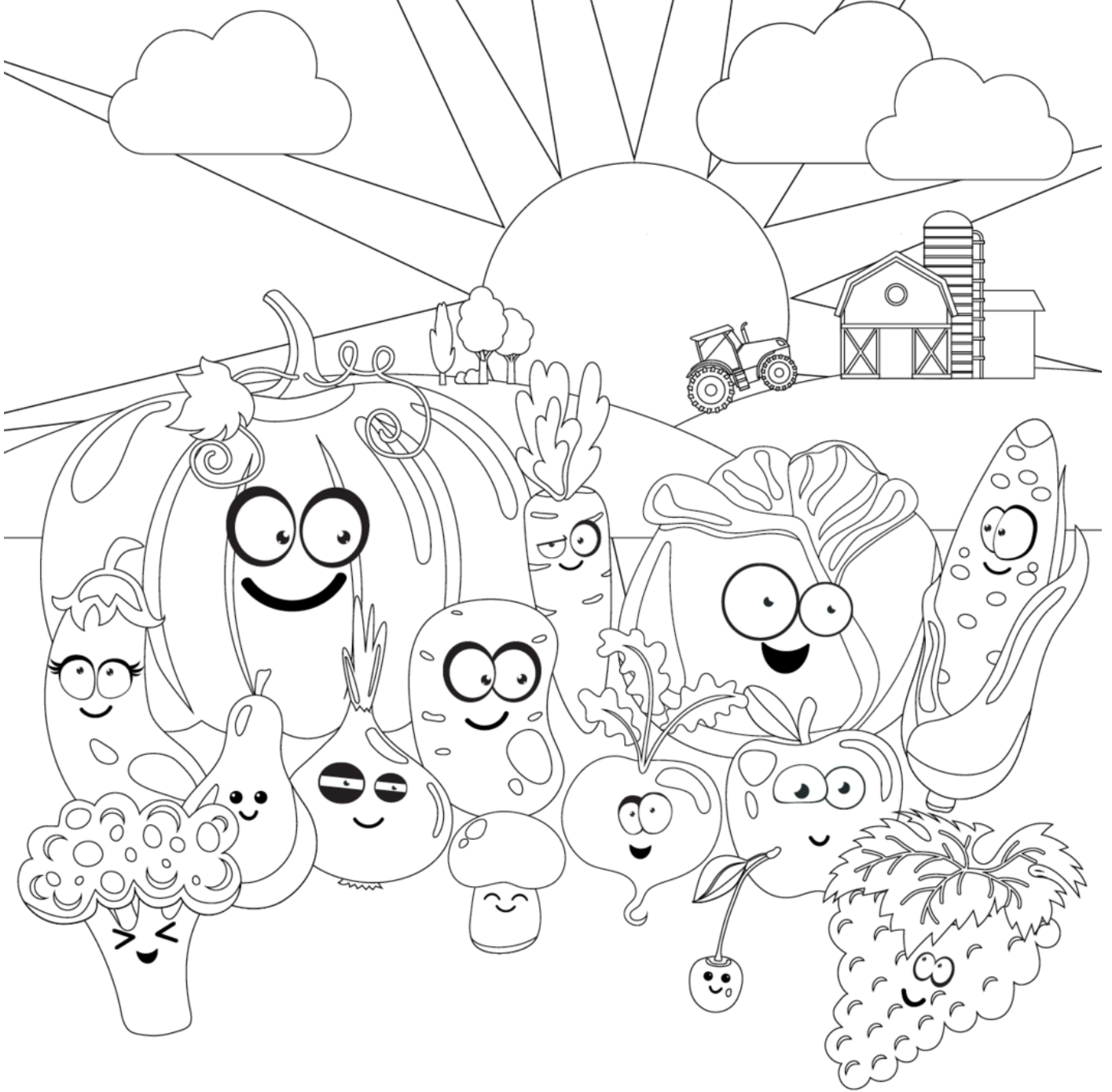
**Corn Dolly Autumn Equinox Lammas Plough Reap Generous  
Bounty Community Giving Celebration Harvesting Hymns Service**

# Colouring Pages





# HARVEST





# My Weekly Planner

MORNING

AFTERNOON

EVENING

<b>S</b>			
<b>M</b>			
<b>T</b>			
<b>W</b>			
<b>T</b>			
<b>F</b>			
<b>S</b>			

**HIGHLIGHTS OF MY WEEK**

**THINGS TO REMEMBER**

*Don't judge each day by the  
harvest that you reap but  
by the seeds that you plant*

