



July 2025 Conversation Calendar

How to Use This Calendar

Nicola Holmes of Every Step Care Consultancy, and Paula Cashmore of Achievable Care Quality Community have collaborated to provide a fun but informative activity for your staff and residents. Asking a question a day will help support the staffing team to get to know the residents better, support the development of more person-centred care plans and give a theme for conversation throughout the day.

The activities included are just suggestions, and you may find that you have different ideas to use instead. These questions can also lead to changes in your menu planning and help shape your activity calendar showing a full circle of resident involvement in day-to-day life.

Share the question of the day with your staff at the start of the morning shift and use the question to prompt conversation during personal care. At lunch time get one or two residents to discuss their answers with each other, this will help all staff and residents get to know each other better – often making new friends!

This document can support your service in meeting CQC regulations, particularly the Quality Statements on Person-Centred Care, Involving People in Their Care, and Providing Meaningful Activities (Regulations 9, 10, and 17 of the Health and Social Care Act 2008 [Regulated Activities] Regulations 2014).

Remember: if you gain the information, do something with it don't just leave it. Consider writing your resident's answer in their daily notes so everyone gets to know them better

July 2025 Calendar

Date	Primary Question	Optional Sports Prompt	Activity Suggestion
01 Jul	What did summer holidays mean to you growing up?		
02 Jul	Did you ever go to a seaside resort like Blackpool or Scarborough?	England vs India Test Match at Edgbaston: did you enjoy watching test cricket?	Play match highlight clips or classic cricket moments during afternoon tea and invite cricket stories.

03 Jul	What's your favourite summer treat – an ice cream, lolly, or something else?	Do you remember any tennis matches that really stood out to you?	Wimbledon Week: Watch vintage tennis clips with tea and vote for the best ice lolly flavour of the day.
04 Jul	Did you ever attend a village fair or fete? What was it like?	Did your family ever watch or play tennis together?	Tennis Memories & Treats: Share favourite tennis memories, enjoy themed decorations and a Wimbledon-inspired dessert tray.
05 Jul	What games did you play outside with friends as a child?	British & Irish Lions are touring—did you follow any Lions tours or enjoy rugby?	Display old rugby tour photos or play themed music; discuss matches residents remember.
06 Jul	Do you remember your first ever holiday?		Look at photo albums of holidays and talk about favourite destinations. Plan a themed lunch or tea with music and food from a place the person remembers.
07 Jul	What's your favourite flower and why?		Plan a flower arranging session using seasonal blooms or their favourite flowers. If possible, plant flowers in small pots or the garden to be tended and enjoyed over time.
08 Jul	Did you have a favourite summer outfit or hat?		Lay out a selection of hats and fabrics to explore textures. Ask residents about favourite summer outfits or times they dressed up.
09 Jul	What chores did you have to do during school holidays?		Look at pictures of cleaning tools from years gone by. Watch vintage cleaning adverts on YouTube and talk about how routines have changed.
10 Jul	What music reminds you of summertime?		Play summer music and create simple percussion instruments with residents (e.g., rice in containers) to tap along.
11 Jul	Did you ever go camping or caravanning?		Set up a pretend campsite indoors with a rug, fake campfire, and stories. Offer marshmallows or hot chocolate.
12 Jul	What is your favourite fruit? Did you ever grow your own?		Create a fresh fruit salad together using favourite fruits. Involve residents in peeling, chopping, or choosing ingredients before lunch.

13 Jul	What did you enjoy doing at your local park or green space?		Look at pictures of local parks or green spaces. Play sounds of birds or leaves rustling and talk about walks, picnics or time spent there in the past.
14 Jul	Did you ever go fruit picking – strawberries, blackberries?		Talk about favourite fruits from childhood. Create a tasting tray of seasonal fruits and ask residents which they would like to see on the dessert menu.
15 Jul	What do you remember about your summer birthdays (yours or family's)?		Decorate a birthday board for residents with July birthdays and host a reminiscence tea with bunting and old music.
16 Jul	Do you remember any summer romances or dances?		Play old-time love songs and gently encourage singing. Share short stories of summer romance from residents who wish to.
17 Jul	What was your job in the summer if you worked during holidays?		Talk about summer jobs from the past. Use photos or printed signs to recreate a simple 'memory jobs fair' with props like aprons, notebooks, or trays.
18 Jul	Did you go to a local swimming pool, lido, or river to swim?		Use water spray bottles, cool flannels, and pictures of beaches to create a sensory beach afternoon indoors.
19 Jul	What is the hottest day you can remember?	Athletics meet at London Stadium today—did you enjoy watching races or sports day events?	Play short athletics videos or run a tabletop relay game using beanbags or rolled-up socks.
20 Jul	What were your favourite summer smells – cut grass, BBQs, or flowers?		Prepare a garden tray with soil, fake grass, and plastic flowers for sensory garden play and planting discussions.
21 Jul	Did you or someone in your family grow vegetables in the garden or allotment?		Show pictures of pets and play animal sounds. Share stories of childhood pets and discuss how they coped in the heat.
22 Jul	Did you have a childhood pet that loved the sunshine?		
23 Jul	What was your home like in summer – windows open, flies		Set up a window picnic – open curtains wide and create a pretend picnic with finger foods and picnic cloth indoors.

	buzzing, curtains drawn?		
24 Jul	What summer meals do you remember – picnics, cold meat & salad, trifle?		Talk about seasonal foods and memories around cooking. Smell fresh herbs or spices and bake a simple shared treat.
25 Jul	Did you wear sandals or go barefoot as a child?		Create a tactile tray with different shoe types and flooring (sandpaper, carpet, grass mat). Talk about going barefoot or wearing sandals in summer.
26 Jul	What do you remember about the school summer holidays?		Create a playlist of resident-chosen songs and play in the background during tea or 1:1 chats.
27 Jul	Did you or your family ever go to a music festival or outdoor concert?		Show photos of festivals or dances. Play waltz or jive music and gently sway or move hands to rhythm.
28 Jul	What toys or activities kept you entertained during the holidays?		Invite residents to help design a new pudding or snack based on old favourites. Create it with staff support.
29 Jul	Was there a local ice cream man or sweet shop you liked?		Create a postcard wall using old postcards or ones made by residents. Discuss travel memories and destinations.
30 Jul	What is the best summer memory you've ever had?		Prepare a suitcase of objects for 'holiday packing' – sunglasses, hats, postcards. Invite guessing games and chat.
31 Jul	What advice would you give someone to enjoy their summer?		Make a mini poster or postcard offering your own advice for enjoying the summer – these can be displayed or shared with family.