## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stages</td>
<td>3</td>
</tr>
<tr>
<td>Product Benefits</td>
<td>4</td>
</tr>
<tr>
<td>The Relish Wellbeing App</td>
<td>6</td>
</tr>
<tr>
<td>Pricing</td>
<td>7</td>
</tr>
<tr>
<td>Jigsaw Puzzles</td>
<td>8</td>
</tr>
<tr>
<td>13 Piece - Jigsaw Puzzles</td>
<td>9</td>
</tr>
<tr>
<td>35 Piece - Jigsaw Puzzles</td>
<td>12</td>
</tr>
<tr>
<td>63 Piece - Jigsaw Puzzles</td>
<td>16</td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>20</td>
</tr>
<tr>
<td>Aquapaints</td>
<td>21</td>
</tr>
<tr>
<td>Colouring Books</td>
<td>24</td>
</tr>
<tr>
<td>Games</td>
<td>25</td>
</tr>
<tr>
<td>Marble Mazes</td>
<td>26</td>
</tr>
<tr>
<td>Bingos</td>
<td>27</td>
</tr>
<tr>
<td>Golf Target</td>
<td>28</td>
</tr>
<tr>
<td>Snakes &amp; Ladders and Ludo</td>
<td>29</td>
</tr>
<tr>
<td>Conversation Games</td>
<td>30</td>
</tr>
<tr>
<td>Card Games</td>
<td>31</td>
</tr>
<tr>
<td>Sensory Activities</td>
<td>32</td>
</tr>
<tr>
<td>Fidget Widgets</td>
<td>33</td>
</tr>
<tr>
<td>Sensory Sprays &amp; CDs</td>
<td>36</td>
</tr>
<tr>
<td>Sensory Sprays</td>
<td>37</td>
</tr>
<tr>
<td>Sensory CDs</td>
<td>38</td>
</tr>
<tr>
<td>Sensory Packs</td>
<td>39</td>
</tr>
<tr>
<td>Scent and Sounds</td>
<td>40</td>
</tr>
<tr>
<td>Tactile Match</td>
<td>41</td>
</tr>
<tr>
<td>Reminiscence Activities</td>
<td>42</td>
</tr>
<tr>
<td>Reminiscence Cards</td>
<td>43</td>
</tr>
<tr>
<td>Magnetic Picture Boards</td>
<td>44</td>
</tr>
<tr>
<td>Brain Teasers - Wordsearch</td>
<td>45</td>
</tr>
<tr>
<td>Packs</td>
<td>46</td>
</tr>
<tr>
<td>Puzzle Packs</td>
<td>47</td>
</tr>
<tr>
<td>Stage Packs</td>
<td>49</td>
</tr>
<tr>
<td>Variety Packs</td>
<td>51</td>
</tr>
<tr>
<td>Care Home Packs</td>
<td>51</td>
</tr>
<tr>
<td>Care Home Packs</td>
<td>52</td>
</tr>
</tbody>
</table>

---

**How to Shop**

- **Online**
  - [www.relish-life.com](http://www.relish-life.com)
- **Phone**
  - 0203 488 2001
  - +44 203 488 2001
  - 8:30am - 5pm
  - Mon-Fri
- **Proforma Invoice**
  - 0203 488 2001
- **Account**
  - 0203 488 2001
Stages of Dementia

Early Stage
These products can work towards a goal with a tangible outcome like a jigsaw – just the right amount of challenge but totally achievable.

Early - Mid Stage
These products are designed to help people focus on the individual steps of the activity, breaking it into manageable chunks. It’s about experience rather than the end result.

Mid - Late Stage
Products in this group focus on the experience of sensation from the activity and in helping people to move their body in relation to the sensations.

Late Stage
In reflex, movement can be subconscious - a response to direct sensory stimulation. People experience feelings inspired by smell, taste, feel of individual products.
Everyone has a story to tell about their life and history. It’s what makes us special and unique. Putting focus on yourself as an individual and who you are builds a fulfilling sense of identity.

Building a sense of freedom comes with being able to do something yourself and being given the room to make your own decisions, choices and actions.

Through discovery and continual learning comes satisfaction, achievement and confidence. Developing your abilities and knowledge, even temporarily, proves there’s much more life to enjoy and give.

Joy is pivotal and can come from so many sources. But the deepest is when it’s effortless, spontaneous and shared. The slightest of smiles – uncontrived, sparked and unplanned – can bring immense joy to someone and be infectious.
Security brings calm and relaxation and vice versa. Being at ease in your surroundings and reducing self-doubt through enablement makes people feel comfortable and happy.

Nurturing the mind and body – something different, something new or even a daily ritual – works those muscles to keep a sense of life.

Strong relationships are the backbone of support, and the feeling of importance to others tackles emptiness and loneliness. Most importantly, connecting with someone lays a platform for shared joy.

Developing daily purpose, no matter how small, builds a sense of value – both in life, to others and your environment. Mini-successes, new memories, self-pride and sense of importance all add to your place in the world.

Product Benefits

Builds pride and purpose

Strengthens connections

Nurtures mind and body

Reassures comfort and calm

Builds pride and purpose

Developing daily purpose, no matter how small, builds a sense of value – both in life, to others and your environment. Mini-successes, new memories, self-pride and sense of importance all add to your place in the world.

Strengthens connections

Strong relationships are the backbone of support, and the feeling of importance to others tackles emptiness and loneliness. Most importantly, connecting with someone lays a platform for shared joy.

Nurtures mind and body

Nurturing the mind and body – something different, something new or even a daily ritual – works those muscles to keep a sense of life.

Reassures comfort and calm

Security brings calm and relaxation and vice versa. Being at ease in your surroundings and reducing self-doubt through enablement makes people feel comfortable and happy.
Find 100s of activities with the Relish Wellbeing App

- Tips and advice to keep active
- Ideas for things to do together
- Helpful videos & tutorials

For more information go to: relish-life.com/relish-wellbeing-app
<table>
<thead>
<tr>
<th>Get Started</th>
<th>Professional</th>
<th>Premium</th>
<th>Multi-site Premium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free</td>
<td>£1.99 per month</td>
<td>£79.99 per month</td>
<td>Call for a quote</td>
</tr>
<tr>
<td>50 Free Activity Ideas</td>
<td>Hundreds of Activity Ideas</td>
<td>Hundreds of Activity Ideas</td>
<td>Hundreds of Activity Ideas</td>
</tr>
<tr>
<td>Personalised Activity Finder</td>
<td>Personalised Activity Finder</td>
<td>Personalised Activity Finder</td>
<td>Personalised Activity Finder</td>
</tr>
<tr>
<td>Activity Level Assessment</td>
<td>Activity Level Assessment</td>
<td>Activity Level Assessment</td>
<td>Activity Level Assessment</td>
</tr>
<tr>
<td>Helpful Tips &amp; Podcasts</td>
<td>Helpful Tips &amp; Podcasts</td>
<td>Helpful Tips &amp; Podcasts</td>
<td>Helpful Tips &amp; Podcasts</td>
</tr>
<tr>
<td>How-to Guides</td>
<td>How-to Guides</td>
<td>How-to Guides</td>
<td>How-to Guides</td>
</tr>
<tr>
<td>Printable Activity Resources</td>
<td>Printable Activity Resources</td>
<td>Printable Activity Resources</td>
<td>Printable Activity Resources</td>
</tr>
<tr>
<td>1 User</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Easy Activity Reporting</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Activity Planner</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Resident Profiles</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Resident Feedback</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Resident Wellbeing Tracker</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PDF Report Generator</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Activity Data</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unlimited Users</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Jigsaw Puzzles

13 Piece Puzzles  9
35 Piece Puzzles  12
63 Piece Puzzles  16
13 Piece Jigsaw Puzzles

£12.49  £14.99 inc VAT

Our 13 piece puzzles provide just the right balance of challenge, interest and engagement for people with dementia. The large pieces are easy to handle and fit in the box perfectly, creating a picture that brings happy memories.
13 Piece Puzzles £12.49 £14.99 inc VAT

Orient Express
BP131R

Puppy Playtime
BP144

Summer Birds
BP145
13 Piece Puzzles £12.49 £14.99 inc VAT

Lily Pond
BP146

Life of a Kitten
BP147

Blooming Lovely
BP148

Prized Possession
BP149

New in May 2021
Our 35-piece puzzles provide a good mix of challenge, interest and engagement for people with dementia. The large tiles are easy to handle and fit nicely in the box, creating an image to bring a real sense of satisfaction.
35 Piece Puzzles £12.49 £14.99 inc VAT

Spring Picnic
BP351R

Seaside Nostalgia
BP352R
35 Piece Puzzles £12.49 £14.99 inc VAT

Autumn Market BP353R
Winter Snow BP354R
Bathing Birds BP355R
Cat’s Whiskers BP356R

35 Piece Puzzles Jigsaw Puzzles
35 Piece Puzzles  £12.49  £14.99 inc VAT

Steam Train
BP359

The Fair's in Town
BP360

Road Trip
BP358

New in May 2021
63 Piece Jigsaw Puzzles

£12.49  £14.99 inc VAT

Our 63-piece puzzles bring a little challenge to the table for people with dementia. The chunky pieces are easy to assemble inside the box, rousing a sense of pleasure and pride as the beautiful picture appears.
63 Piece Puzzles £12.49 £14.99 inc VAT

City Dusk
BP631R

Wild Coast
BP632R

Monet’s Garden
BP633R

Burano Island
BP634R
63 Piece Puzzles £12.49 £14.99 inc VAT

Farmers Market
BP635

Dancing Shoes
BP637

Lakeside Vacation
BP636

New in May 2021
100 Piece Jigsaw Puzzles

Our 100 piece puzzles offer that perfect mixture of challenge, reward, and simple pleasure - especially for people with early stage dementia. The larger size of the puzzle means more people can get involved in assembling a beautiful picture over a nice cup of tea.
Arts & Crafts

Aquapaints  21
Colouring Books  24
Aquapaints

£14.99  £17.99 inc VAT

The true magic of the Aquapaints is that people in the later stages of dementia are able to express themselves creatively whilst feeling a sense of joy and accomplishment. Each soothing stroke of the brush, with just a dash of water, reveals a beautiful image below.

* Paintbrush not included
Aquapaints £14.99 £17.99 inc VAT

Wonderful Animals AQ005R
Home Improvement AQ009R
Beach Holiday AQ010R
Garden Wonders AQ011R
Aquapaints  £14.99  £17.99 inc VAT

Home Comforts  AQ012R

Classic Vehicles  AQ013R

Farm Memories  AQ014

Ocean Life  AQ015
Colouring Books

£9.99  £11.99 inc VAT

Sharpen your pencils and bring a little delight to the day! Our beautifully illustrated colouring books aim to engage, stimulate and relax the minds of people living with dementia. The clear outlines and coloured-in suggestions will help lead the way.

* Colouring pencils not included

Everyday Joys
AA007R

Radiant Nature
AA006R

x27 Illustrations

Nurtures mind and body
Boosts independence
Reassures comfort and calm

* Colouring pencils not included
Games

Marble Mazes  26
Group Games   27
Conversation Games  30
Card Games       31
Marble Mazes

£16.66  £19.99 inc VAT

Here’s your mission! Guide the marble around the track by tilting the maze with both hands. Go fast or slow and enjoy the journey. It’s ideal for people with dementia who have dexterity or visual difficulties, as it’s light with bold contrasting colours.

**Spiral Maze**
AC002

**Track Maze**
AC003R

**Circuit Maze**
AC004

New in May 2021

Reassures comfort and calm  
Nurtures mind and body  
Boosts independence

Reassures comfort and calm  
Nurtures mind and body  
Boosts independence

Builds pride and purpose  
Nurtures mind and body  
Boosts independence
Bingos

£20.82  £24.98 inc VAT

Gather a team of up to eight, plus a caller to play the sounds and invite people to pop a counter on the matching image on the card. Use the flip book as a prompt. First person with a full house cries “Bingo”!

Musical Bingo
AB013

Animal Bingo
AB002R

Springs smiles and joy
Unlocks personal stories
Strengthens connections

x8
Caller Cards

x1
CD of sounds

relish.
Musical Bingo
Audio Bingo Game

relish.
Animal Bingo
Audio Bingo Game
Golf Target

AB006bR

£20.83 £25.00 inc VAT

Nurtures mind and body
Boosts independance
Sparks smiles and joy

Time to stretch those limbs, have a giggle with family and friends and unleash a little competitive spirit. Space the target mats out on the floor and take it in turns to throw the bags as close to the hole as you can. The closer you get, the more points you win!

* Golf mats are 48cm x 48cm
Snakes & Ladders and Ludo

AB012R

£16.66  £19.99 inc VAT

Bring the family together for double the fun with these two classics! The strong contrasting colours, clear designs, easy-to-handle Dice Cards and large counters make it perfect for people with dementia and visual difficulties.

x2  x4
Games  Players
Conversation Games

£9.99  £11.99 inc VAT

This game ignites lively conversation and debate around the topic of hobbies. Simply roll the dice and follow an instruction like “Pick 2 tiles. Which do you DISLIKE?” It's wonderful for discovering your family’s thoughts and opinions.

* Tiles are 7cm x 2.5cm
Bring your competitive spirit for a friendly game of Snap. Choose from three variations with different difficulty levels - Snap, Pairs, or Full House.

Designed for people with early to mid-stage dementia, the illustrated cards feature easily recognisable images in bold contrasting colours, so that players can enjoy a lively game with friends and family with little to no assistance.

This product was inspired to support cognitive stimulation therapy which prompts people with dementia and Alzheimer’s to think creatively, and has proven to have positive effects on cognition and quality of life.
Sensory Activities

Fidget Widgets 33
Sensory Sprays 37
Sensory CDs 38
Scent & Sounds 40
Tactile Match 41
These lovely wooden Fidget Widgets bring calm and engagement to busy hands and unsettled minds. Invite someone with dementia to delight in the simple pleasure of twisting, turning, sliding, rolling and spinning in the hand or practice the repetitive movements.
Fidget Widgets  £10.82  £12.98 inc VAT

**Turn**
FW001R

**Slide**
FW002R

**Roll**
FW003R

This lovely wooden Fidget Widget™ brings calm and engagement to busy hands and unsettled minds. Invite someone to delight in the simple pleasure of rolling in the hand or practise the repetitive movements.
Fidget Widgets £10.82 £12.98 inc VAT

Spin
FW004R

Twist
FW005R

Fidget Widget Toolkit
FW006R
£49.96 £59.95 inc VAT
The true magic of the Aquapaints is that people in the later stages of dementia are able to express themselves creatively whilst feeling a sense of joy and accomplishment. Each soothing stroke of the brush, with just a dash of water, reveals a beautiful image below.
Sensory Sprays

<table>
<thead>
<tr>
<th>Scent</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forest Days</td>
<td>ST009</td>
<td>£8.32</td>
</tr>
<tr>
<td>Garden Days</td>
<td>ST010</td>
<td>£9.98 inc VAT</td>
</tr>
<tr>
<td>Rainy Days</td>
<td>ST011</td>
<td></td>
</tr>
<tr>
<td>Seaside Days</td>
<td>ST012</td>
<td></td>
</tr>
</tbody>
</table>

**Forest Days**

**Garden Days**

**Rainy Days**

**Seaside Days**

---

**Sensory Activities**

**Sensory Sprays**
Sensory CDs £4.99  £5.99 inc VAT

Forest Days
ST005

Garden Days
ST006

Rainy Days
ST007

Seaside Days
ST008
Sensory Packs £13.32 £15.98 inc VAT

- **Forest Bundle**
  - ST013

- **Garden Bundle**
  - ST014

- **Rainy Bundle**
  - ST015

- **Seaside Bundle**
  - ST016
Put your feet up and delight in a journey down memory lane to your home through a powerful combination of sound and scent. Simply play the CD and enjoy a matching scent for each of the three themes.
Tactile Match

TC001R

£16.66  £19.99 inc VAT

This playful game is a feast for the sense of touch. Enjoy feeling the textured tiles and matching them to the right image – or grouping them together through association. It’s a great talking point for people with dementia and especially calming for later stages of dementia.

x6 Tactile Tiles
Reminiscence Activities

Reminiscence Cards 43
Magnetic Picture Boards 44
Reminiscence Cards

Reminiscence Cards provide the perfect cue to sit and relax together, and tell the stories of your life. The evocative series of pictures and conversation prompts help you reminisce and smile about joys and memories.

£9.99  £11.99 inc VAT

4321

Reassures comfort and calm  Unlocks personal stories  Strengthens connections

Reminiscence Cards provide the perfect cue to sit and relax together, and tell the stories of your life. The evocative series of pictures and conversation prompts help you reminisce and smile about joys and memories.

x15  x1

Reminiscence Cards  Timeline

Animal Album
RM001R

Home Album
RM002R

relish.
Animal Album
Reminiscence Cards

relish.
Home Album
Reminiscence Cards

43  Reminiscence Activities  Reminiscence Cards
This collection of beautifully illustrated magnetic pieces invites people with dementia to create a comforting and conversation-sparking scene from the baking cupboard. Let your imagination roam free arranging the ingredients onto the background.
Brain Teasers - Wordsearch

BW003R

£9.99

x60
Wordsearches

Pick a theme and hunt down the words hidden within the grid of letters. Spot them vertically, horizontally, diagonally – and even backwards. It’s tremendous fun and a jolly good brain workout for people with dementia.
Packs

Looking for a hand-picked collection of activities for someone with dementia? We’ve gathered together some of our favourite and most-popular products.

Please note, the contents of the packs may vary due to available stock. Items of equal value will replace any unavailable items.

Please contact us if you would like a list of the current products for each bundle.
Puzzle Packs

13 Piece Puzzle Pack  SP021R
£44.96  £53.96 inc VAT  
Save 10%

35 Piece Puzzle Pack  MP021R
£44.96  £53.96 inc VAT  
Save 10%

relish.
Lily Pond
13-piece Jigsaw Puzzle

relish.
Puppy Playtime
13-piece Jigsaw Puzzle

relish.
Summer Birds
13-piece Jigsaw Puzzle

relish.
Life of a Kitten
13-piece Jigsaw Puzzle

relish.
Bathing Birds
35-piece Jigsaw Puzzle

relish.
Steam Train
35-piece Jigsaw Puzzle

relish.
Seaside Nostalgia
35-piece Jigsaw Puzzle

relish.
Road Trip
35-piece Jigsaw Puzzle
Puzzle Packs

63 Piece Puzzle Pack  SP020R
£44.96  £53.96 inc VAT

Save 10%

Mixed Puzzle Pack  SP010R
£89.93  £107.91 inc VAT

Save 10%

4 3 2 1
Stage Packs

**Early Stage Pack**  SP1004  
£40.46  £48.56 inc VAT

**Early-Mid Stage Pack**  SP1005  
£44.96  £53.96 inc VAT

Save 10%
Stage Packs

Mid-Late Stage Pack  SP1006

£54.72  £65.67 inc VAT

Save 10%

Late Stage Pack  SP1007

£50.20  £59.99 inc VAT

Save 10%
Variety Packs

Aquapaint Pack  MP020R

£62.45  £74.95 inc VAT

Save 10%

Care Home Packs

Starter Pack  MP035R

£294.49  £353.39 inc VAT

Save 15%
Care Home Packs

**Boredom Buster**  SP999R

£419.50  £503.40 inc VAT

4 3 2 1

**Complete Collection**  MP036R

£841.72  £1,010.06 inc VAT

4 3 2 1

Save 15%

Save 30%
Thank you!

How to Shop

Online: www.relish-life.com
Phone: 0203 488 2001 | +44 203 488 2001 (8.30am - 5pm Mon – Fri)
Proforma Invoice: 0203 488 2001
Account: 0203 488 2001