

Helping people with  
learning disabilities  
get more from the telly

# Contents

1. Why TV
2. What is 3DTV?
3. Examples
4. Practical ideas
5. Games
6. Scrapbooking
7. Spin-off activities
8. Sources of inspiration
9. Cinema
10. Putting it all together
11. Radio
12. Age appropriateness
13. Contacts & resources
14. Lists
15. Feedback



# 1. Why TV?

Most people with learning difficulties watch a lot of TV. So it's particularly important that TV viewing can offer the chance to be a lively and stimulating experience. It can, for example, be a powerful way of building relationships, rather than a substitute for them. TV can be a catalyst for connections between people who are watching together or who have watched the same things separately. It can help bridge physical and emotional distances between family members and friends who don't live together, but who can watch and then discuss the same programmes.

TV can be a wonderful source of interesting, funny, important things to talk about, while the programmes are going on. And you can build on ideas stimulated by what's on, to enjoy activities before, during and after the programmes.

Here's a list of reasons that a staff group came up with for why they and their service users do or don't watch TV:

## ***Reasons to watch TV***

- Entertaining
- Educational
- Keep up-to-date
- News
- Feelings
- Company
- (Virtual) relationships
- Ritual
- Relaxing
- Stimulating

## ***Reasons not to watch TV***

- No time
- Doing other things
- Understanding of it
- Upsetting

The last two of these reasons were identified as reasons for service users rather than for staff. But it's clear from the lists that there are reasons both to watch and to avoid either TV in general, or at least specific

programmes. A starting point for appreciating the role of TV in our lives is to recognise that it fulfils a range of needs and stimulates different feelings - ones that can match or change our moods.

# 2. What is 3DTV?

3DTV is a way of making TV watching dynamic, interactive and multi-sensory. It's 3D because it goes beyond the TV screen and helps people experience programmes in a very physical and multi-sensory way. This resource for staff suggests dozens of ways (some elaborate, most very simple), that we can enhance the many hours that people with learning difficulties spend watching TV each week. Many of the ideas are particularly suitable for people with profound and multiple disabilities.

There is one main, and very simple, way of improving what people get from TV, and that's for us to ditch the belief, or habit, that TV is watched in silence. By asking questions about or commenting on what is happening in the programme or advert, this immediately makes the experience more enriched. This chatty way of watching TV could, however, be distracting or annoying for other TV viewers in the room, so this will need to be taken into account. TV can be a wonderful source of interesting, funny, important things to talk about, while the programmes are going on. And you can build on ideas stimulated by what's on, to enjoy activities before, during and after the programmes.

*...ditch the belief, or habit, that TV is watched in silence.*



There are lots of different ways of making TV watching a 3D experience. People can connect what's on the TV with:

- touching the image on the screen
- imitating eg
  - talk
  - song
  - hand movements/gestures
  - body movements - eg dance (music channels), keep fit
- body movements - eg dance (music channels), keep fit
- holding real or symbolic objects
- looking at pictures
- smelling and/or tasting
- re-enacting what went on, after the programme

There are parallels between 3DTV and Intensive Interaction. Intensive Interaction is described in the book 'Access to Communication' as an approach to teaching the pre-speech fundamentals of communication to children and adults who have severe learning difficulties and/or autism and who are still at an early stage of communication development. It builds on the communications' abilities of individuals through closely observing and responding to people's gestures and sounds.

Both 3DTV and Intensive Interaction pick up on the smallest detail and repeat it, often in an emphasised, or exaggerated, way. Intensive Interaction encourages staff to be 'playful', lighthearted, responsive and flexible. And like Intensive Interaction, 3DTV is multi-sensory and uses touch, especially for people who have sensory impairments. 3DTV can of course be combined with methods recommended by Intensive Interaction approach - see resources section.

To take a rather different tack, we don't always have to understand what we're watching to enjoy it. TV viewing can be a soulful experience. There are all those arty films which have no narrative or may as well have no narrative as the 'story' is so impossible to follow. But as T S Eliot possibly said - great poetry moves us before we understand what it means. We can connect with what we're watching on lots of different levels. Particular patterns, or voices, or sounds or music or lighting effects can resonate very deeply - even if the plot is entirely baffling. And sometimes all we want to do is to sit quietly and appreciate a programme on different levels.

- TV is important to people with learning disabilities
- There's lots of great stuff on TV and it can give us ideas for things to talk about and things to do
- 3DTV is about making TV watching lively and sometimes noisy
- people should be helped to join in with what is happening on telly.
- 3DTV is like Intensive Interaction. Intensive Interaction is a way of showing someone that you understand what they mean, and of joining in with their way of saying things
- TV watching can also be a soulful experience, whether or not it is 'mediated', or enhanced, by another person

# 3. Examples

Kingston HFT day centre users are very media savvy, with activities including:

- a newsgroup on a Monday where people discuss their own news from the weekend as well as look at national and international news. The group also look up news items in newspapers and on the Internet.
- items of particular interest are put up on a display board
- a Tuesday TV group - and as with the news group, items of interest (eg from the soaps) are put up on a display board
- scrapbooking (with folders rather than scrapbooks)
- getting photos of the cast of Eastenders which are used as flash cards
- using puppets for characters from soaps
- and making their own weekly TV schedules with Widgeo Environments for symbols

Until recently, schools were the main places where TV was being used creatively with people with learning disabilities. There's plenty to be learnt from them in relation to using TV imaginatively with adults.

The publication- Using Television and Video to Support Learning describes how one school had a theme of the Life and Times of Robin Hood and using two commercial videos of the story, they:

- Visited relevant locations, exhibitions etc
- Made a video including the students, who acted out parts of the story
- Used a 'Big Eye' projector which created life-size images. This was good for children with visual impairments and very engaging for others

- Used the theme tune "Robin Hood riding through the glen" for music practice
- Ate related food - eg woodland fruits
- Converted the visualisation room into a castle complete with dungeon etc.

A school for children with severe learning disabilities invited Tom Watt (who used to play Lofty from Eastenders). He visited and this helped pupils understand the difference between drama and reality.

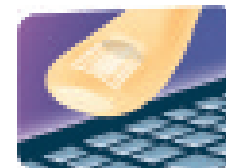
Another school watched a video of Shakespeare's The Tempest and:

- Did a rap version, using a drum machine
- Used their own voices to make atmospheric sound effects
- Dressed up
- Made props - puppets, scenery, costumes, bits and pieces

Along with The Rocky Horror Picture Show, one of the best, and certainly cheapest examples of audience participation with a film is Sing-a-long-a Sound of Music. Here's what the event organisers say about their show:

*Have you ever been to a film musical and had the uncontrollable urge to burst into song? Do you muse over the endless tailoring opportunities for chintz curtains? Have you always wondered what it would be like to wear a wimple?*

*Sing-a-long-a Sound of Music is your chance to test your vocal range with several hundred other assorted nuns, Von Trapp family members and Julie Andrews look-a-likes.*



*The evening begins with a live show in which your host will lead you through a vocal warm-up, judge the fancy dress competition and award the prizes. Costumes are not compulsory but they are highly recommended and you will be amazed at the inventiveness on display. The host will then show you how to use your free goody bag throughout the film and suggest some appropriate heckles and accompanying actions (such as hissing the countess, barking at Rolf and, of course, cheering for Julie).*

*Then, you sit back and watch the original 1965 movie in glorious Technicolor™ with the lyrics for all the songs on the screen, so you won't miss a chance to sing your hearts out. The audience takes over as the star of the show from this point and almost anything can happen - the first rule of Sing-a-long-a is THERE ARE NO RULES!*

*It was clear from the beginning that one of the joyful elements of Sing-a-long, Sound of Music is that everyone gets to join in. In order to help this the free 'magic moments' pack includes edelweiss, curtain material and the world famous Sing-a-long-a party popper let off at the precise moment Maria and the Captain kiss. Nothing quite beats 1,000 people all popping together!*

It's easy to get the idea of 3DTV from such an exuberant description! It is a fantastic evening out - at the Prince Charles cinema in London's Leicester Square. Don't forget the outfits!

- One example of a 3DTV way of doing things is a school which did lots of activities about Robin Hood. They used the story to give them ideas for music, visits and ways to decorate their sensory room

- Sing-along-a-Sound of Music is a very popular fun night at the cinema. People join in the songs, and even come dressed in the same sorts of clothes from the film. So some people come dressed as nuns and others as goats

## 4. Practical ideas

### a. Tailoring it

The most important thing is, predictably, knowing what particular programmes each person likes. What is it about that genre (or programme type - eg sit com, drama), theme, or programme that the person likes eg

- Accessibility (eg Mr Bean uses relatively little language)
- Bright colours (eg the Simpsons)
- Reassuring speech (eg daytime TV)
- Familiarity (eg soaps have the same characters for years)
- Sociability (eg watching what everyone else in the family is watching, and talking about)
- Cultural resonance (eg the gayness of Will and Grace or the Indianness of Bollywood movies.) Bollywood films are of course very enjoyable not just for Asian audiences. With people who have little or no understanding of spoken language, the Hindi won't be a handicap even if it isn't their family's mother-tongue, and they may well love the vivid colours and the exuberant song and dance numbers.

You then need to think about:

- how these ideas can be replicated - i.e. what other programmes or DVDs might the person enjoy?
- how these ideas can be built on - eg what types of art activities use similar visual approaches?
- are there 'cross-over' programmes which build on the person's interests - eg if they enjoy cooking programmes, could they enjoy gardening ones, or a soap opera which features a café?

## b. Choosing TV

You'll want each person to have as much choice as possible over what they watch. There are two important stages in making an active choice about watching TV - firstly, whether the person wants to watch it at all. And then what programme they want to watch. Of course, these two are connected as someone may only want to watch TV at a particular time if there is a specific programme they want to see.

Here are some ideas for helping people with high support needs express a choice about whether to watch TV:

- using the TV itself - pointing to it, or feeling it if the person has a sight impairment
- if the TV is in a different room and/or the person is sitting down and visually impaired, you could use an 'object of reference', like a remote control or a mini TV
- using a picture or photo of a TV, or of a TV programme, eg on a laminated card
- noticing what signs, gestures, sounds etc the person associates with TV, probably while they're watching a favourite programme

Most of the above can also be adapted to help people choose what particular programme they want to watch. Another straightforward method is of course to visit the channels to see what programmes are on at that time

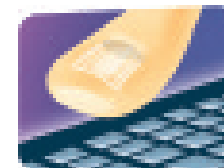
One way of helping this is for everyone to have their own weekly TV listings:

- created on a computer, either as a simple Word document, with Wigit symbols if these help the person. A fab thing to do in a Word document is to include hyperlinks, then when it's being looked at on a computer, the person can just click through to the programme's website
- by using a listings magazine, and highlighting their favourite programmes. You can add extra pointers, like pictures showing a clock with the hands at the right time, stuck next to the programme details
- as part of their TV scrapbook, particularly if the programmes are the same each week
- making a 'Media Fun-log' for the wall with photos cuttings and drawings to show the week's TV/Radio

Some staff teams write people's favourite programmes into shift plans so that they are remembered in the midst of everything else during a busy shift.

If possible, people can look up a website about the programme before and/or after it.



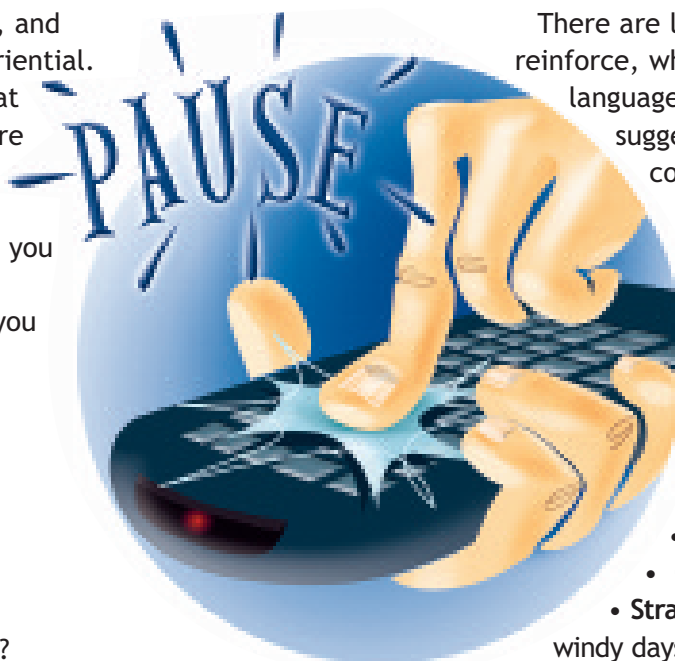


### c. Talking about it!

This is probably the most important, and easiest, way of making TV more experiential. Obviously you can just chat about what is happening in the programme - before the programme ("What do you think will happen today? Will Henry wallop Harry?"), during the programme ("Did you notice that dodgy looking man in the corner?") and afterwards ("What did you think about Barry kissing Mary?")

Here are the sorts of questions you could ask:

- What did you like?
- What didn't you like?
- What made you laugh?
- What made you cry, or feel sad?
- Is this a real story? Or is it made up and actors are pretending to be other people?
- Did you learn anything new from the programme?
- Did you learn anything new about the people in the programme?
- Did you learn anything new about drugs/eating/police/Spain....)
- Was there anything you didn't believe in the programme?
- Was there anything that you thought was strange in the programme?
- Why did...?
- Tell me/show me how the x did y
- Why does the film/programme have this name?



### e. Props, objects of reference

There are loads of everyday objects which you can use to re-create, or reinforce, what is being shown on the TV. These props are what speech and language therapists call 'objects of reference' because, as the name suggests, they are a physical way of referring to (and holding!) a concept.

A few examples:

- **Plant water sprayer** - eg gentle spray when garden sprinkler is shown, or when any watery scene appears
- **Balloons** - eg with a brave and robust group, burst one at the peak of suspense. Or use it to show something being up in the air, like a plane
- **Bucket** - eg useful container for the other stuff! Or fill it with water (for watery scenes), or leaves (for autumnal feel)
- **Clothes pegs** - eg for snapping animals
- **Coins** - eg wait for this one - yes, buying things
- **Straws** - eg blow through them, against someone's hand, for windy days, or several together if there's a gale....
- **Newspapers** - eg pointing out the same stories that are on the TV news; when there's a fight, people can act this out by chucking (soft!) crumpled sheets of newspaper at each other
- **Plasticine** eg modelling items of food or plants
- **Party poppers** - eg during a celebration, like a wedding on a soap

You can also buy props specially to make up your own 3DTV kit. The gadgets and executive toys in this kit can be used in lots of different ways including:

- Alerting people to what programmes are going to be on TV
- Having parallel activities to those on TV



- Describing or emphasising what's happening on TV

Here are a few ideas for things to do with the stuff in your 3DTV kit

For more ideas, check out [www.ldmedia.org.uk](http://www.ldmedia.org.uk)

Here's what we put in the LD MEdia 3DTV kit:

## f. joining in

This is where things get really lively and potentially noisy. People can morph from viewers to contestants, from passive sofa relaxers to energetic karaoke singers. It's a chance to get up, dance, sing, pretend to be Jeremy Clarkson or Nigella Lawson - whatever people want to do. Get one (or more) of those huge inflatable microphones to add to the realism (??), or at least to the atmosphere.

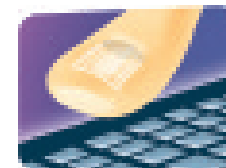
And people don't have to re-enact the entire test drive or job interview that was in a scene. They can imitate or exaggerate one action, like:

- Shaking hands
- Kissing on each cheek
- Ringing doorbells
- Cooking (actions, smelling, tasting...)

After watching the news, people can take it in turns to tell one of the stories. They can do it in a way that's similar to how the newsreader did it, or they could do it very differently. If possible, record it on a tape recorder or camcorder and then it can be played back.

The things that are said before and after programmes are called 'continuity' - they're always about the programmes. Someone could be the continuity person for the evening, by finding out what programmes are

Object	Examples of TV & radio programmes	Examples of activity	examples of alternatives
Maracas	Music, quiz, sports	Shake! In time to music or when something exciting happens like someone winning a quiz or sports competition	Bike horn or bell, other musical instruments. Jars of hard beans
Horn	Sports	Do your own commentary	Microphone. Plastic funnels
Kazoo (plastic humming thing)	Music, soaps	Hum along - to songs or to theme tunes. Na-na-na-na-na-na-na, nananana etc (East Enders...)	Recorders, keyboards or singing!
Champagne bubbles	Soaps, dramas, sports, news	Make bubbles to celebrate weddings, football wins, ceasefires	Party poppers
Car	Car programmes, dramas - especially car chases	imitate movement of car on someone's hand on a table etc	More cars!
Stretchy person	Almost any programme	Imitate people's actions. Good for exaggeration!	Wooden jointed artists' mannequin
Rubber face Soap, coffee, perfume	Soaps, dramas, news	Smell them! (Yes...you've got Smellivision!!)	Draw different faces. Use pictures of different expressions
Sweets	Adverts; soaps, Cooking programmes; dramas	Eat them (then replace with others in bag!)	Pot pourri & other room & car fresheners; scented candles; foods
Leather	Wildlife programmes; makeover programmes	Feel and/or smell	Furry fabric, feathers, gadgets which make animal noises, mini animals



going to be on and then saying: "And coming up next we have....". Or "Well, you'll have to wait til Thursday to see what happens with Beryl's boils" or whatever.

For 'Theme tune karaoke', people make a recording of their group singing the theme tune to their favourite shows or singing individually. Everyone then gets to vote on the best one.

Finally, how about people making their own Points of View or Right to Reply programme. Video, or tape record, people giving their views about a programme, about a season (eg a Bruce Lee season) or about a type of programme - eg football. As well as playing it back for the group, they can consider sending it to the TV channel. A different way of doing this is for each person to have their own video or tape which they add to as they feel.

## g. focusing in

You can also get more from a programme by watching aspects of it particularly closely, for example by:

- viewing with no sound - to focus on what the photography is like or to see how much is lost if there is no sound (or if you can't hear or understand the soundtrack)
- watching in slow motion - for comic effect or to study one aspect of a character or scenery

There are lots of ways of making TV viewing come alive. Four ideas are:

- Talking about it
- Doing things with a 'theme' - they are like each other in some way
- Using things from around the house to show or feel what's on the TV
- Joining in

And then how about:

- Soaps - why not turn your kitchen into the café from EastEnders?
- The weather forecast - how often can you make a better guess than the person on TV, about what the weather will be like?
- Wildlife - what's the nearest wildlife park to you? Have you been there recently?

Some TV 'themes' (or things which are like each other in some way) which are good for activities are:

- soaps
- food
- gardening
- sports

# 5. Games

## a. Bingo

You can turn anything into a bingo game! The lists at the end of this book provide some ideas, but there are hundreds of other possibilities, such as playing with the names of the characters in a soap. Once they're spotted on screen, whoever has them marks them off. A line or full house wins.

You can improvise making boards with cardboard, and get into writing in pencil and rubbing out, but that all gets a bit messy. We'd recommend getting a number of small wipe-off boards, like the ones used for shopping lists. (One supplier is [www.classideas.co.uk](http://www.classideas.co.uk). Tel: 0800 0280785). A simple square grid can be drawn on using a ruler and a permanent marker. It's all ready then for whatever theme you want to add - feelings, transport etc. For the items to be matched you can:

- Write the words in the squares
- Draw pictures
- Print off the Widgit symbols (if you have the Widgit software etc) and stick them in the squares
- Print off images from the Internet (eg from Google image search)
- Cut out a pic from a magazine

And thanks to the innovation of dry markers, the grid can be wiped clean for the next round.

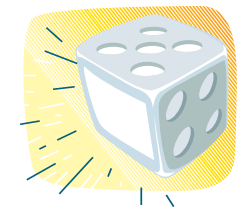
For 'markers', you can use anything from tiddlywinks or poker chips to potato chips. (The latter not recommended, especially if they have ketchup on them, although the wipe-clean surface helps.)

## b. Scavenger TV

A similar idea to bingo, but people have lists which they tick off. There are some lists in Section 14 and of course you can mix'n'match from these and other lists. You could also use more abstract themes like:

- Independent living
- Holidays
- Money
- Time
- Love





Unlike bingo, people don't have to play against each other but instead can have the satisfaction of collecting ticks, whether during just one programme or over a week - or year!

For people who find it difficult to identify things like 'violin' or 'bridge', something similar can be done but with things they're very familiar with, like 'man', 'dog', 'cup' etc. Some people are good at recognising colours and you can do something like:

- Find a colour in the programme:
  - Anywhere on the screen
- Somewhere specific in the programme eg the colour of:
  - some clothing
  - car(s)
  - front door
- Get points by:
  - Simply naming the colour
  - Finding a matching colour (eg
  - In something you or someone else is wearing
  - In a picture on the wall
  - In a picture in a magazine

## c. Jigsaws

Stick a picture (eg of a movie star) onto a piece of cardboard. The back of a cereal packet generally does the trick but you can buy snazzy cardboard from an art shop. Cut it up into 5 - 10 pieces, in shapes which will make it easy to reassemble as a jigsaw.

## d. Match that ad

Cut out photos and their captions from the Radio Times or other listings mag. Read out the captions and get people to match them to the photo.

## e. 20 Questions

Yes, that old fave. Someone chooses a TV personality and everyone else has to guess who it is by asking yes/no questions eg:

- Am I a man or a woman?
- Am I on TV during the day or in the evening?
- Am I on a cooking programme?
- Am I in a soap?
- Is the soap set in London?

## f. Charades

And while we're on golden oldies, there's still plenty of mileage with .... two syllables, sounds (a bit) like giraffes..... Guess the programme, the film, the character, the actor..... And there's no need to stick to the traditional format. Each person can answer in whatever way they choose - humming the theme tune, acting out a scene or character, drawing the relevant logo/image, or answering verbally.

Playing games is a good way of joining in with what's happening on TV. The sorts of possible games are:

- |                |                 |               |
|----------------|-----------------|---------------|
| • Bingo        | • Jigsaws       | • 20 Question |
| • Scavenger TV | • Match that ad | • Charades    |

# 6. Scrapbooking

People can join this craze by scrapbooking their favourite programmes and people. They can make their scrapbook as simple or as creative as they feel like doing. It might be a stripped-down version, just with photos and an article or two. Or they could go the full scrapbooking Monty, complete with their comments and adorned by ribbons, twiddly bits, snowflake embossing powder (!) etc.

- Scrapbooks - newsagent, Smiths, Woolworths, Paperchase, crafts shops
- Contents - i.e. pictures and articles to stick in - TV, celebrities, sports etc (magazines from newsagents)
- Decorations from:
  - Arts and crafts shops
  - Haberdashery departments in big stores
  - Wool shops
  - Internet, eg [www.bumblebeecrafts.co.uk](http://www.bumblebeecrafts.co.uk)
  - Hobby fairs, especially scrapbooking (obviously) and papercrafts eg Paper Crafts Expo 2006
  - Magazines - eg Creative Scrapbooking
  - Books - eg Total Scrapbooking

- Around the house eg nuts, salt, pasta, rice, pulses, coffee filter paper, kitchen towel, napkin, cotton wool, aluminium foil, string, sand, buttons, beads, ribbon, fabric, wrapping paper, wallpaper, newspapers, magazines, tickets, receipts, business cards, greetings cards, photos, garden seeds, leaves, flowers, petals, wire, pens, paints
- Coloured paper, tissue paper, textured paper, wrapping paper, gel pens, glitter, rubber stamps, patterned cutting scissors, rub-on lettering, stencils, chalk





## Autographs

It's surprisingly easy to get autographs. As well as collecting different autographs, if people build up a good collection, they can also think about selling them - on Ebay or at special autograph fairs. The BBC give this advice about getting autographs of people who are on TV at the moment.

### 1. Write a letter to the actor

If you want to write to more than one actor, you must write a separate letter to each cast member.

### 2. Include your address

Make sure you do this on each individual letter that you send.

### 3. Enclose a self-addressed envelope for the signed photo

The envelope doesn't need a stamp and must be big enough to contain a postcard.

### 4. Put all the letters in one envelope

Mark it with the word "AUTOGRAPH" in the top left corner.

### 5. Send to the following address

Actor's name (for example Jessie Wallace), EastEnders, BBC Elstree Centre, Clarendon Road, Borehamwood, Herts WD6 1JF.

### Actors are very busy people

Please be patient when waiting for your reply. Some actors take longer than others, so we can't tell you exactly how long it will take.

### Contacting other artists

We can only forward letters to cast members who currently appear in the programme, or have done so within the last year. To contact other artists, please check with Equity for agents' details. Most artists feature on their agent's website which can be found by carrying out a general search. **The BBC provides signed cast photographs for free**

● Scrapbooking is a great way to enjoy TV when it's not on! The sorts of things you can put into a scrapbook are:

- Pictures and articles about your favourite programmes
- Pictures and articles about your favourite stars
- Things you've written
- Tickets from shows
- Autographs (a piece of paper with someone's writing of their name) or even better - signed photographs



# 7. Spin-off activities

There are all sorts of things which people can do in relation to TV, but which happen when the TV is off. One of the most fun, and easy to organise, related activities is being in the audience of a TV show. See Section 14 for details of how to do this. As well as the fun of doing this, it can change forever the way that people think about some TV programmes, and make them feel much more connected to the process of making TV. And photos and autographs from the occasion can go into people's TV scrapbooks.

As well as activities directly connected to, and especially experienced during, TV programmes, there are spin-offs based on the subjects or people in them. These include:

- Looking at books about programmes and films
- Visiting websites
- Going to museums/galleries/exhibitions/events

For a special occasion, why not bring in a party entertainer. Many of them have specialities which chime with what's on TV eg:

- Animals
- Magic
- Dance
- Science
- Team games - everything from quad bike racing to setting up a casino (which would probably be more convenient than quad bikes in the lounge....)

And while we're on the theme of special occasions, there's a strong tradition of people making a party of a national or international televised event like the Eurovision Song Contest, Cup Final or Olympics. There can







be themed food, eg a cake decorated it like a football and it's possible to really go to town with house decorations and people decorations (i.e. dressing up).

Even with all the house, child, food and relationship makeover programmes on TV, there are still some programmes about what's going on in countries in the wider world. These give the chance for lots of things to do including:

- Going shopping to try to find food from that country
- Going shopping to find other things from that country
- Going to the library to get a book about that country
- Getting holiday brochures for that country from the local travel agent. (Even when there is a lot of fighting in a country, they may still get many visitors - like Israel.
- Getting a brochure is free and you don't have to go to any of the places you see in it!)

Visiting websites, including those of British charities that work with people from that country.

Contacting the tourist board for that country for brochures, posters and to see if there are people living close to you who could come and talk about it, perhaps bringing their photos.

The TV doesn't need to be on to enjoy TV sorts of activities! Other things you can do which are to do with what's on TV include:

- Going to watch a TV show being filmed
- Looking at books about programmes and films
- Visiting websites
- Going to museums, galleries, exhibitions, events
- Getting a party entertainer who does things like the stuff on TV, such as bringing exciting animals, or doing magic - or even amazing cooking!
- Having friends over for a TV party when there's something special going on, like the Olympics or even the very funny Eurovision Song Contest
- Doing things, like cooking or looking at books, from different countries

# 8. Sources of inspiration

Websites are one of the richest, quickest sources of information - if you have easy access to the Internet. The BBC website is apparently the most visited one in Europe and has a seemingly endless amount of facts, news, games, competitions, details of how to get autographs, tours of sets etc. And all the popular programmes have their own websites - although some of the most fun ones are the unofficial ones set up by fans - like the 200+ Bad Girls fan-sites. There's also masses of information and fun stuff on the other channels' websites.

There are some great books about cinema and TV and because these are visual mediums, some books have fabulous photos and are perfect for people who can't read.

- You can get ideas for 3DTV activities from:
  - Websites
  - Books



# 9. Cinema

Not exactly the place to be trying out the more interactive 3DTV practices like touching the screen, joining in with songs or dipping fingers into bowls of jelly. But going to the cinema has certain pleasures which you can't get at home - enjoying the latest film with lots of other people, indulging in a huge bucket of warm popcorn, a huge screen in a dark room and the treat of an outing. And there are plenty of people who think the ads are as good as the film. The trailers are a good way of deciding on the next outing.



- Going to the cinema uses all the 5 senses:

- That fabulous smell in the foyer of hot dogs mingling with popcorn. (By the way, did you know that cinemas make more money from selling sweets than from ticket sales?)
- The taste of the latest blockbuster ice-cream
- The feel of the velvety seats
- And of course the sight and sound of the film itself

Going to the cinema is special and feels different to watching even the same films on TV. It's a lovely way of enjoying your different senses - what you can see, feel, hear, touch - and taste!

The Ritzy cinema in Brixton, south London, runs a film club for people with learning disabilities, and also wonderful 'autism friendly' screenings. In December 2005 Lambeth Autism group came up with this great idea; they are film showings just for people with autism and their friends or family.

Some children and adults with autism find going to the cinema difficult because of sensory sensitivities to sound and light. For Autism-friendly screenings the soundtrack is turned down a little and low lights are left on in the cinema. If anyone needs to make a noise or move around then that is absolutely fine. They also provide some free light refreshments after the film to give people the chance to chat to other people.

For more information about these events you can contact Alice at The Ritzy on 020 7326 2615. Alice can advise you on how you might be able to get your local cinema to hold 'autism friendly' events.

# 10. Putting it all together

It's the American way of doing things! Pick a theme and then totally overdo it! Turn the house or room into a game park or a space ship. Or just have a football themed meal. (And maybe dress up a little??). Here's a list of the main programme types, or 'genres', which should provide ideas for all sorts of themed evenings - or longer! As with everything else, the greater the individual's level of disability, the more important it is to use 'props' and make things very 3D - very tangible.

## a. Soaps and dramas

### *Themes*

- family and community
- relationships
- crises
- conflict and conflict resolution
- jobs

### *Props*

- photographs of family members, friends and neighbours
- maps
- fliers for places like the local pub karaoke/theme night/quiz
- objects related to the storylines - eg rings for marriage

### *Activities*

#### 1. Scrapbooking

- Making a Soap scrap book (using pictures from the internet/TV magazines). Pages/titles for a soap journal could include:
  - The Soaps I watch...
  - About my favourite Soap...



- My favourite Soap star(s)...
- What happened this week?
- Funniest thing said in todays episode...by...
- Soap star gossip...
- Best soap/episode of the week/month
- Soap stars I have met/want to meet...(photos)
- Autograph page  
(see Section 6 about getting autographs)



## 2. Thinking about their favourite soap star: e.g.

- Who's in his/her family?
- Who are his/her friends?
- Where does he/she like to go?
- What's the best thing that happened to him/her recently?

## 3. Become the scriptwriter

Talking to other soap fans and making up storylines for their favourite characters, perhaps after some inspiration from the soap's website. If they were the script writer for a soap what would happen to their favourite character(s)?

- Would they get married?
- Go on holiday?
- Make up with anyone they'd argued with?
- What would you like to change about his/her life?

And then talk/share thoughts about their own lives and how these are the same/different to the soap stars' life... (e.g. Who's in your family..? Who are your friends..? Where do you like to go..? Is there anything that you'd like to change in your life..?)

## 4. Map it out

Making a 'friends and family tree' wall chart, for the soap and then for their own family and friends.

## 5. Go on visits

The most exciting trip is to the set itself. The BBC sometimes run competitions on the Eastenders website ([www.bbc.co.uk/eastenders](http://www.bbc.co.uk/eastenders)) and

the prize is a visit to the set. It's easier to visit the Coronation Street set, through the Granada Studio Tours, although these are closed at the moment (beginning of 2006.) In the meantime, how about a trip to the café, pub or market?

## 6. Discuss it

- How did that character feel when...?
- How could you tell by the way they looked/spoke?
- Why did A speak to B like that?
- Where is this scene taking place?
- Violence - would it upset some people, eg children? Should it be shown?
- How did you feel when x happened?
- Would everyone feel the same way that you felt when x happened?
- What do you think might happen in the next episode?

## 7. Sing it!

People can re-create their favourite soap theme tune (using musical instruments) or get together with friends and create their own

## b. Sport

### Themes

- Health
- Competitiveness
- Games
- Rules
- Teamwork

### Props

- Balls
- Trainers
- Whistle

## Activities

### 1. Making a sports scrapbook

Put in pictures and facts about their favourite sport(s), players, and matches that they've watched. Use newspapers, sports magazines and the internet to find pictures and articles and include any of their own sports photos. Titles for sports pages could include:

- About my favourite sport...
- My favourite player/fighter is...
- Funny/Sports facts about my favourite player...
- My football highlights (to include best match facts e.g. watched on...with...final score was...best player...etc)

Here are two examples of how to build on people's interests.

#### Wrestling

- Preparing for a bout by having their face painted so that they look like their favourite wrestler and then having their photo taken - this can go into their TV or sports journal
- Ringing a bell at the start of the match, at the beginning or end of rounds, when someone is out
- Drawing or designing an outfit for their favourite wrestler(s) and thinking about images ( e.g. animals/colours) that might frighten an opponent
- Giving themselves a wrestling name
- Getting in touch with other wrestling fans and meeting up to talk about their favourite fighters and bouts they've watched

## Football

### Props

- whistle, red and yellow card, an interactive board (eg a whiteboard), microphone

Finding out and then learning their team's anthem so that they can sing along at the start of matches/when their team scores a goal

Imagining they're the referee and blowing their whistle at the start of the match (and/or before the referee when they suspect foul play)

Using their microphone to commentate during the match (E.g. say who's got the ball/just scored etc) Waving their red/yellow card in the air if they think someone should be sent off and/or when the referee does

Using your interactive board to:

- Keep the score and keep tabs on who's scored a goal/been sent off etc
- Copy match facts into your scrap book after the match
- Design and draw a T-shirt for your favourite team
- Visit a football match
- Watch with friends on a big screen in the pub

## c. Home/garden/fashion

### Themes

- Home and homeliness
- Personal taste
- Shopping
- Creativity
- Hospitality



### **Props**

- Clothes
- Soft furnishings - cushions etc
- Colour swatches - you can send off for these or get sample pieces of fabric from fabric shops and department stores
- Plant, flowers, packets of seeds, pots and garden tools
- Catalogues - an almost endless supply of ideas, styles and stuff to spend too much money on
- Magazines - there are zillions to choose from!

### **Activities**

- Choosing a colour theme for a room
- Making a (very rough) plan of a room or a garden area to re-organise or design
- Makeover software to do computer designs of rooms, gardens, clothes...
- Visiting Ideal Home exhibition, Chelsea Flower Show - or the local Flower and Produce show

### **Props**

- Food!!
- Cooking equipment - pots, pans, wooden spoons etc
- Eating equipment - knives, forks, plates etc
- Apron, and a chef's hat if you're really going to town

### **Activities**

The winner of the 2005 Oska Bright Film Festival, by learning disabled film-makers, was a hilarious take-off of a TV cooking programme - *Cooking with Matthew* By Matthew Hellett.

Make your own TV show cooking programme, deciding whether you're Jamie Oliver (lots of swearing), Anthony Worrell-Thompson (lots of shouting), Ainsley Harriott (lots of jokes) or someone else. Take photos of this to stick up in the kitchen, or if you have (or can borrow) a camcorder, you can make a film. You could then go further, by really making the food and then writing up a menu for the meal guests.

## **d. Cooking**

### **Themes**

- Food
- Eating
- Nutrition
- Different countries
- Shopping
- Creativity
- Hospitality



## e. Quiz shows

### *Themes*

- Games
- Competition
- Teams
- Knowledge
- Fun, humour

### *Props*

Board games and pieces, especially lively team type ones -  
eg Charades, Pictionary

- Quiz books - especially TV ones
- Microphone - real, or a fun inflatable one
- Buzzers, hooters or bells (no, the doorbell won't do!)

### *Activities*

Playing games - as above

- Going to a quiz or bingo - local community groups, churches and synagogues often have these as socials or fundraisers
- Organising a quiz or bingo evening - perhaps as a fundraiser for a TV charity like Comic Relief or Children in Need.
- Creating a new game or quiz show

## f. Chat shows

### *Themes*

- Fame and celebrity
- Gossip and rumour

- Experts
- Ordinary people - extraordinary lives
- Chat

### *Props*

- Celebrity magazines
- Microphone
- 'hot' seat/sofa

### *Activities*

- Interviewing each other, perhaps on cassette recorder or camcorder
- Getting tickets to be in the audience for a TV recording - see Section 13
- Looking on the Internet for other interviews
- Discussing celebrity interviews with people at work, college, day services





## g. News

### Themes

- Local services such as parks and libraries
- Citizenship - how can we influence what's happening locally, nationally or internationally?
- Politics and politicians
- Other countries
- People from different cultures and communities

### Props

- Newspapers
- Photographs
- Maps

### Activities

- Looking through the papers together or listening to current affairs programmes which give more detailed background information to the news
- Visiting local places appearing in the news
- Going to a local Councillor's surgery or inviting a councillor or MP to your house, workplace, college or day service
- Visiting the House of Commons

## h. Nature, wildlife, pets

### Themes

- Environmental issues
- Growth
- Nurturing
- Design

### Props

- Plants or flowers
- Other tactile natural objects and substances like water, sand or soil
- Pets! If you haven't got your own, you might be able to arrange a visit from PAT - see Section 12

### Activities

- Looking in the garden for wildlife and putting in plants which attract wildlife
- Going on a trip to a (city) farm or zoo to handle animals
- Taking a walk in the park
- Looking at a real time nature web-cast
- Recording sounds such as birdsong, running water or waves

## i. Travel

### Themes

- Different countries, different cultures
- Dreams
- Relaxation
- Holiday Planning

### Props

- Travel magazines
- Last year's holiday pictures
- Holiday clothes (sun hat/glasses/beach shoes)

### Activities

- Looking at places on the internet or in magazines together

- Visiting a travel agents, and leaving with lots of brochures
- Visiting local shops, or ones further away, which have food and clothes from different countries
- Cooking a meal which is typical of a different country
- Taking a trip on a bus, train or ferry
- Planning a future holiday

## **j. Reality TV - (Pop Idol, Strictly Come Dancing, Celebrity Love Island, The Farm, Big Brother etc)**

### **Themes**

- Personal dreams
- What's personal and what's public
- Privacy and secrets
- Talents

### **Props**

- 'Dressy' outfits, garments or fabrics
- Celebrity gossip magazines

### **Activities**

- Looking through holiday and celebrity magazines
- Dressing up for a 'performance'
- Finding information on local courses and activities

## **k. Horror Films (not for the faint hearted!)**

### **Themes**

- Fear
- 'Us' and 'them'
- Nasty surprises
- Beauty

### **Props**

- Glowing/floating eyeballs (can be put into bowls of water)
- Squeeze balls (that make eerie sounds and can be squeezed at scary moments)
- Fake frothy blood

### **Activities**

- Dim the lights when watching the film to make it more atmospheric...
- Talk/draw/write about the scariest scene in the film
- Rate the film for scariness (e.g. 5\* very scary 0\* not at all scary). Find out if your friends agree with you
- Draw or tell your own worst nightmare
- Visit the London Dungeons or Tower of London

## **l. Comedies**

### **Themes**

- Er... humour! Laughing. Not taking ourselves too seriously
- Good surprises (not nasty ones as in horror films!)
- Things that look funny when put together



### **Activities**

- Asking people to tell their joke
- Looking for jokes on the internet
- Looking out for funny things that celebrities have done/said and pasting these into their scrapbooks

### **Props**

- Making a joke box (where people can post their jokes/or funny pictures)
- Joke books
- Madcap dressing up stuff like glasses which have eye-brows which go up and down

### **Activities**

- Talking about the comedy e.g. what was the funniest scene? Who was the funniest actor?
- Talking about things that make them laugh
- Sharing a story e.g. the funniest thing that ever happened to them...
- When did it happen?
- Where were you?
- Who were you with?
- Visiting a comedy club

## **m. Action Films**

### **Themes**

- Adventure
- Risk
- Heroes

### **Props**

- Models - planes, sports cars
- Water pistol

### **Activities**

- Pasting pictures of their favourite action star(s) into your journal
- Talking to the other group members about these action stars
  - E.g. why they like them, the films the stars have been in, finding out who else has seen these films...
- Cowboy and westerns:
  - Draw a 'most wanted' picture:
  - What does the villain look like/what was the crime?
  - What's the reward?
- James Bond
  - Invent a gadget
  - If they could give James Bond (007) a gadget for his next film what would it be?
  - What would it do?
  - What would it look like?
  - Draw a picture of it/describe it to the group
- Superheroes:
  - What powers would they have?
  - What outfits would they wear?
  - What expressions or catchphrases would they use?

## n. Musicals

### Themes

- Music!
- Overcoming disaster (and singing about it!)
- What's realistic and what isn't?

### Props

- Microphone
- Musical instruments
- Song sheets/sound tracks for favourite musicals

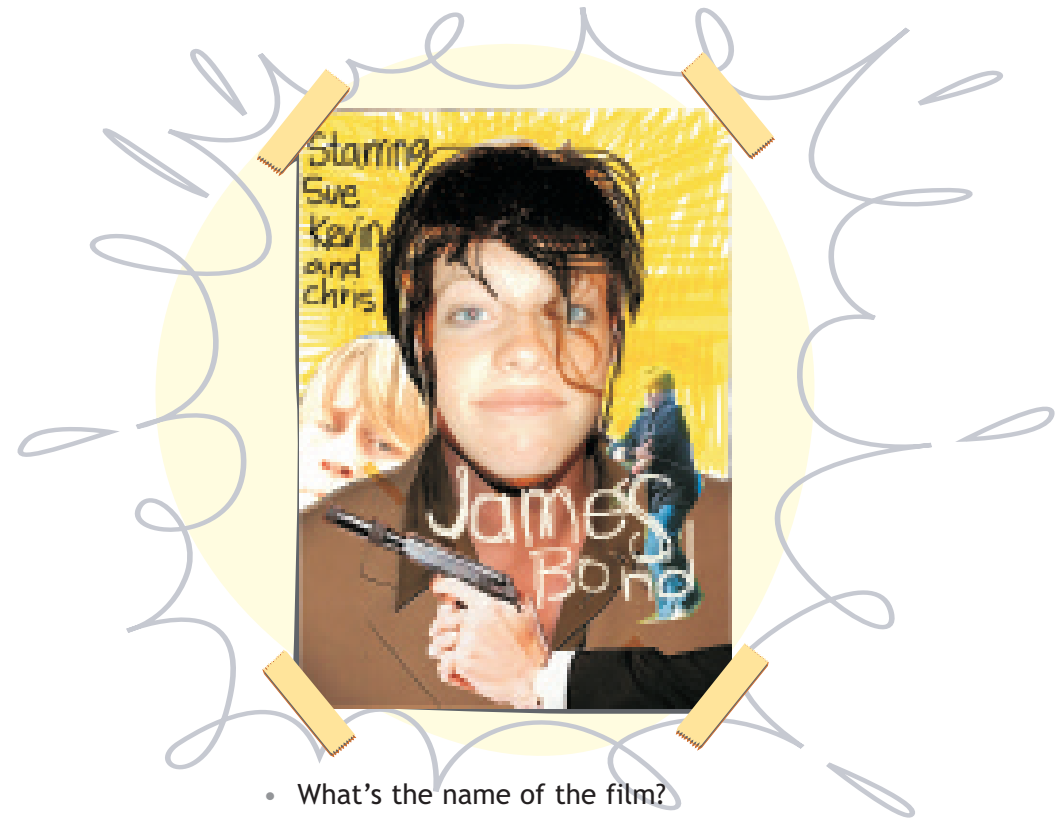
### Activities

- Learning one or more of their favourite film songs (words/tunes)
- Singing along when watching the film
- Listening out for other sounds that are made in the film, e.g. traffic, birdsong, falling water. Then making their own sound effects e.g. using whistle, horn, by pouring water etc
- Visiting a live band

## And finally

If people are up for even more activities, consider some of these:

- Dressing up as their favourite film stars (take photos of each other and paste into your journals)
- Making their own film poster: (Materials: Poster paper, pens, paints, pictures of actors/themselves)
  - What will the film be about?



- What's the name of the film?
- How many characters would there be?
- What would the characters look like?
- Which actor(s) would have the leading role(s)?
- Where would the film take place (the jungle, city, at sea)?
- How will the film poster be eye catching?
- Getting together with friends and creating their own film ending
- Celebrity spotting: finding out if anyone has seen/met a famous actor
- Arranging a visit to a premiere (wave, try and get an autograph)



The name for different types of programmes is 'genres'. So soap operas (like EastEnders and Emmerdale) are one type of 'genre', comedy programmes are another. With each type of programme, there are all sorts of different ways that you can join in whatever is happening on TV, for example by:

- Talking about it
- Doing the same things they're doing on TV (not shooting and stealing (!) but things like cooking, stroking animals or thinking of new names for people)
- Keeping a note of the score, for sports matches or quiz shows

As well as watching and enjoying activities by obvious themes like football or gardening, it's also possible to come up with ideas like watching out for:

- fighting - in soaps, sports - wrestling and boxing and perhaps the odd punch-up on the football field or, even better, on a chat show (and of course, almost daily on the Jerry Springer Show)
- clothes - not just fashion and make-over programmes but what people are wearing in soaps, costume dramas, chat shows, the news



# 11. Radio

Of course, lots of people enjoy the radio as well as, or even more than TV.



And it's possible to engage with the radio in a similarly interactive way. There are shared principles of talking about it, taping it so you can pause it, using props, playing games etc. You can even set a radio to tape a programme in advance, thanks to Roberts Radio, model RC9907, and it's a modest £30.

Some radio programmes (eg quizzes) are all about joining in, and listeners can join in at the same time as the participants or use the same formats at other times. Popular programmes include Radio 4's:

- News' Quiz
- Just a Minute
- I'm Sorry I haven't a Clue

To get more inspiration, there are book and audio versions of the programmes. Being in the audience for a recording of the show is particularly enjoyable. And it's not just comedy shows that have live audiences, but also programmes like Gardeners' Question Time and concerts. Section 13 has details of how to get tickets for shows.

Perhaps the most participative programmes are phone-ins. These are very different to each other, depending on radio stations, presenters and time of day. So it's necessary to be familiar with the programme before ringing in. However, when listeners ring in, they'll always speak to a researcher or producer first, rather than going straight onto the air. If it's felt that what they have to say, or the way the person expresses themselves don't fit with the programme, they won't get put through to the presenter. As with newspapers, it's much easier to have your say locally than nationally and there are commercial as well as BBC local radio stations.

Many radio music programmes have 'requests', where they play music requested by listeners, or dedications where they send greetings from a listener to someone else

- Radio can also be 3D.
- Some radio programmes star guests who are joining in, like quiz shows
- Try ringing into your local radio station phone-in show to get your views heard by thousands of people



# 12. Age appropriateness

We're aware that some of the 3DTV ideas could seem 'childish'. On the one hand, virtually every adult enjoys books, TV programmes or games which are designed for people 30 years younger or older than they are. And, still on this hand, many people with learning disabilities also enjoy kids' games and jokes which are less complex than ones for adults. But on the other hand, there are inescapably the risks of doing anything child-like with adults. This is especially the case with adults with profound and multiple disabilities as they are often penalised and restricted in so many ways by being regarded as 'child-like'.

Our feelings about age-appropriate can be roughly summarised as:

1. there are no strict rules. It will vary from person to person and in different situations.
2. we should always opt for the most age-appropriate option and presentation. Sometimes this will be very adult, and convey high social value. And other times it will be very juvenile, but still valid because it gives a lot of pleasure
3. it generally is possible to create adult alternatives, even if these are more expensive in terms of time and/or money
4. most people's more childish moments and possessions are displayed in private. This is also a useful principle for people with learning disabilities, whether private is considered to be in the family lounge or in the person's own bedroom.

Some of the ideas in this 3DTV guide would be enjoyed by children as much as by adults. This shouldn't stop adults from trying them out! Everyone enjoys some things which are mainly enjoyed by people quite a bit older or younger than them. If possible, it's best to choose activities

which are as suitable as possible for adults. So if choosing a cartoon, for example, it would be better to go for the Simpsons, South Park or Wallace and Grommit rather than Animaniacs.



# 13. Contacts and resources

## ***Intensive Interaction***

- Access to Communication: Developing the basics of communication with people with severe learning difficulties through Intensive Interaction. Nind, M. & Hewett, D. (1994)

[www.bild.org.uk/factsheets/intensive\\_interaction.htm](http://www.bild.org.uk/factsheets/intensive_interaction.htm)

## ***Become Bugs Bunny or Bugsy Malone- fancy dress suppliers***

- [www.scripttoscreen.co.uk](http://www.scripttoscreen.co.uk)
- [www.islandentertainmentsonline.com/acatalog/fancydresspropsandaccessories.html](http://www.islandentertainmentsonline.com/acatalog/fancydresspropsandaccessories.html)

## ***Fabulous props, designed for book-type story-telling but also great for joining in with TV programmes***

- [www.bagbooks.org](http://www.bagbooks.org) (Tel 020 7385 4021)

## ***Animals visiting people's homes***

- PAT -Tel: 0870 977 0003
- [www.petsastherapy.org](http://www.petsastherapy.org)

## ***Widgit symbol software***

- [www.widgit.com](http://www.widgit.com)
- Tel: 01223 425 558

## ***Free tickets for radio and TV shows***

- [www.bbc.co.uk/whatson/tickets/](http://www.bbc.co.uk/whatson/tickets/)
- Tel: 020 8576 1227

or write to:

- BBC Studio Audiences  
PO Box 3000  
BBC TV Centre  
London W12 7RJ

## ***For Channel 4, go to their website:***

- [www.channel4.com/tickets.html](http://www.channel4.com/tickets.html)

## ***And for some ITV shows try:***

- Standing Room Only  
[www.sroaudiences.com](http://www.sroaudiences.com)  
Tel: 020 8684 3333  
Email: [enquiries@sroaudiences.com](mailto:enquiries@sroaudiences.com)

Applause Store  
Elstree Film & Television Studios  
Shenley Road  
Borehamwood  
Hertfordshire  
WD6 1JG  
Tel: 020 83242700  
[www.applausestore.com](http://www.applausestore.com)

## Essential equipment:

- TV listings magazine weekly
- TV quiz books
- Real or inflatable (!) microphone
- Scrapbooks + glue, scissors



# 14. Lists

People love lists. Whether it's of their fantasy football team, whatever it is that train-spotters use to identify different versions of the species, or of birds visiting their garden. Lots of us kick off this habit as kids, with all those I-Spy books, and we don't let up til we're compiling lists of which of our ancient friends are still alive.

Here are some lists of everyday or at least someday products, people and places which are shown on TV - on programmes and also in ads. There are a few different ways of using these lists, and we've included a couple of extra ideas for the TV programmes' list.

- Collecting - this might be someone collecting their own list or people could do it competitively with each other
- Spotting the things, but not ticking them off or other 'collecting' activities
- Being very aware of exactly what is being shown is an excellent way of analysing what the director wants to be seen in each scene
- There are objects (eg musical instruments) which might give people ideas of things they would like to make/do/be

Of course there's no need to stick to searching only on TV. You can make up your own rules, which might include, for example, finding the things on TV or in a listings or other magazine.



## The List of lists!

- Feelings
- Jobs
- Hobbies
- Sports
- Food and drink
- Clothes
- Other stuff in the house
- Buildings
- Transport
- Scenery
- Musical instruments
- Animals
- Types of TV programmes (genres)



## 1. Feelings

Feelings can be gauged by what people say, their facial expressions and their body language. Sometimes these may give conflicting messages - but that's helpful for discussing what everyone thinks the person is really feeling. Adverts are also great places to identify feelings, as these are often hyped up to ram home the product message.

Of course, you may want to use a much shorter list, such as:

Happy  
Sad  
Angry  
Worried  
Bored  
Excited

But here's the long list. (Probably just a fraction of all the emotions on a typical night down the Queen Vic.)

Absorbed  
Affectionate  
Afraid  
Alert  
Amazed  
Amused  
Angry  
Annoyed  
Anxious  
Ashamed

Bored  
Calm  
Comfortable  
Confident  
Confused  
Curious  
Depressed  
Devastated  
Disappointed  
Disgusted  
Embarrassed  
Energetic  
Enthusiastic  
Excited  
Exhausted  
Fascinated  
Fidgety  
Fragile  
Friendly  
Frustrated  
Grateful  
Happy  
Heartbroken  
Hopeful  
Horried  
Hurt  
Impatient  
Insecure  
Interested  
Jealous  
Lonely

Nervous  
Optimistic  
Overwhelmed  
Passionate  
Proud  
Quiet  
Relaxed  
Relieved  
Sad  
Shocked  
Surprised  
Suspicious  
Sympathetic  
Thrilled  
Tired  
Uncomfortable  
Upset  
Worried

## 2. Jobs

Again, you could have a much simpler list, like:

People working with:  
Animals  
Children  
Sick people  
Money  
Buildings  
Food  
Music  
Accidents or crimes

*And here's the long list:*

Actor  
Artist  
Athlete  
Car mechanic  
Chemist  
Childcare worker  
Computers - engineer,  
programmer etc  
Dancer  
Disc jockey  
Doctor  
Farmer  
Firefighter  
Journalist  
Judge  
Librarian  
Musician  
Nurse  
Photographer  
Pilot  
Police officer  
Secretary  
Social worker  
Sports Coach  
Teacher  
Vet  
Zookeeper

### 3. Hobbies

Acting  
Antiques  
Arts & crafts - drawing,  
painting etc  
Autograph collecting  
Birdwatching  
Board games - scrabble,  
chess etc  
Books - reading and  
writing  
Camping  
Card games (Bridge,  
Poker etc)  
Climbing (rocks and  
mountains)  
Collecting - eg coins,  
stamps, postcards  
Computers - eg surfing  
the Internet, computer  
games  
Cooking  
Dancing  
DIY (Do-It-Yourself)  
Film-making and  
photography  
Gardening  
Magic  
Models - cars, planes,  
trains, figures from TV

and film  
Music - listening and  
playing  
Pets  
Pottery  
Puzzles - eg crosswords,  
jigsaws  
Running  
Scrapbooking  
Sewing  
Singing  
Train spotting  
Walking  
Woodworking

### 4. Sports

Archery  
Athletics - running, high-  
jumping etc  
Badminton  
Bowling  
Boxing  
Car racing  
Cricket  
Cycling  
Darts  
Football  
Golf  
Gymnastics

Horse racing  
Judo  
Karate  
Motorcycle racing  
Pool and snooker  
Rugby  
Skateboarding  
Skiing and snowboarding  
Swimming  
Table tennis  
Wrestling

### 5. Food and drink

Beer, wine and spirits  
Biscuits  
Bread  
Burgers  
Cakes  
Cans of soft drink  
Cereals  
Cheese  
Chicken  
Chips  
Crisps  
Curry  
Eggs  
Fish  
Fruit  
Ice cream

Kebab  
Pizza  
Rice  
Stir-fry  
Sweets  
Tea and coffee  
Vegetables

You could branch out by  
looking for meals from:

Africa  
China  
India, Pakistan and  
Bangladesh  
Jamaica  
Japan  
Middle East

With extra points for  
spotting chop-sticks, those  
little wooden forks used for  
fish and chips - and anything  
else you fancy giving extra  
points for.



## 6. Clothes

Belt  
Dress  
Dressing gown  
Gloves  
Hajib (headscarf worn by Muslim and other women)  
Hat  
Jumper  
Nightdress  
Pyjamas  
Sari  
Skirt  
Shoes  
Suit  
Swimsuit  
Tie  
Trousers  
Turban  
Underwear

## 7. Other stuff in the house

Baby buggy  
Bath  
Bed  
Bicycle

Book  
Bookcase  
Camcorder  
Camera  
Candle  
Chair  
Chest of drawers  
Clock  
Comic  
Cooker  
Cup and saucer  
Curtains  
Cushion  
Dishwasher  
DIY tool  
Doll  
Door mat  
Drining glass  
Duvet  
DVD  
Fork  
Fridge  
Gardening tools  
Iron  
Jug  
Knife  
Lamp  
Microwave  
Mirror  
Mug  
Musical instrument (and

see below for full list!)

Ornament  
Paper  
Pen, pencils  
Phone  
Photoframe  
Plate  
Radio  
Rug  
Shower  
Sink  
Sofa  
Spoon  
Sports equipment  
Suitcase  
Table  
Tea-pot  
Toaster  
Toilet  
Towel  
Toy  
TV  
Umbrella  
Vacuum cleaner  
Wallet or purse  
Wardrobe  
Washing machine  
Wastepaper basket  
Watch

## 8. Buildings

Cinema  
Hotel  
Houses  
Offices  
Petrol stations  
Pub  
Shops  
Tall blocks of flats  
Temples, churches, mosques, synagogues  
Train stations

## 9. Transport

Bicycle  
Car  
Motorbike  
Plane  
Ship  
Speedboat  
Train  
Truck  
Van  
Yacht

## 10. Scenery and out and about

Bench  
Bridges  
Bus stop  
Farm  
Flower  
Hill  
Lake  
Litter bin  
Motorway  
Mountain  
Path  
Plant  
River  
Road  
Roundabout  
Sea  
Stream  
Trees  
Traffic lights  
Zebra crossing

## 11. Musical instruments

Bagpipe  
Banjo  
Clarinet  
Drums  
Flute  
Guitar  
Saxophone  
Sitar (Indian string instrument)  
Steelpan drums  
Tambourine  
Trombone  
Trumpet  
Piano  
Violin

## 12. Animals

Badger	Fox
Bear	Goat
Bird	Horse
Camel	Insect
Cat	Lion
Cow	Monkey
Dog	Mouse
Duck	Pig
Fish	Rat
Sheep	Snake
Goat	Tiger

## Types of TV programmes (Genres)

It's possible to really get into this one. People can go through listings magazines, or websites, and look at the spread (or concentration) of different types of programmes. Or do an exercise looking at what time particular programmes are on at what times - or on which channels.

Or people could break out of their usual watching patterns and try to watch one of each type of programme over a one month period.

### Entertainment

Soaps  
Chat & Discussion  
Comedy  
Drama  
Films  
Game Shows  
Sci-Fi  
Cartoons

### Science & Technology

Sports  
Lifestyle  
Consumer  
Food  
Gardening  
Health  
Homes (including all those make-over programmes)  
Leisure & Travel  
Music

### Factual

Adult Learning  
Arts  
Documentaries  
Features & Events  
History  
Nature & Animals  
Religion & Beliefs  
Schools

### News

Business & Money  
Current Affairs  
News & Weather  
Politics



# TV Bingo




## 3DTV and YOU!!

We'd love to hear from you about which of these ideas worked well - and which ones were definite damp squibs. And if you let us have your ideas for other TV related activities, they'll be added to our website feature and enjoyed by many more people. Please give us a ring or drop us an email. And we'd really appreciate it if you could fill in and return the feedback form on the next page. Thanks!



## Acknowledgements

We're very grateful for the support of the Lloyds TSB Foundation for England and Wales and the RTR Foundation in making this publication possible. Many thanks also to:

Department of Health  
HFT  
Nicola Grove  
Everyone who completed questionnaires and met with us

And to Ruth Hill and Marion Janner for writing it and  
Mat Pilbeam for the illustrations



## Contact details

MEdia  
356 Holloway Road  
London N7 6PA  
0207 700 8171

[marion.janner@mhmedia.com](mailto:marion.janner@mhmedia.com)

[www.ldmedia.org.uk](http://www.ldmedia.org.uk)



**Your notes**

## Notes



## Notes

## Notes

# Feedback form

Please send to:  
LDM,  
356 Holloway Road,  
London N7 6PA

Your views will help us to make the 3DTV Guide even more useful for other people.



1. How did you get a guide?
2. Which of the ideas have you tried?
3. Which ideas have worked well and why?
4. Which of the ideas haven't worked well and why?
6. Anything else you'd like to tell us!



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**MENCAP**

*Understanding learning disability*