

February Newsletter

Dear families and friends,



The weather is still cold, but glimpses of spring are in nature with snowdrops appearing here and there. I hope you are well and staying warm.

Please find enclosed the activities we got up to in January.

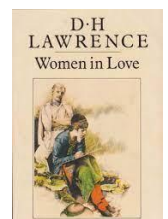
We have welcomed the new year with being active by having two separate fitness classes. First of all with Emma from Gfitness who came in and did a wide range of movements to music, exercising feet, legs, hands, arms and back. We used balls, bean bags and hoops, throwing the bean bags into hoops. Archie and Bobby were both very active in this session. It was a lot of fun! The next day was followed by Chair Yoga with Stephanie who is a qualified physiotherapist and trained in Yoga. She led a gentle activity, really engaging with our residents and gave one to one sessions with Ida, Jennifer and Terry.



It hasn't only been active; we have also taken to indulging in some delicious food we have decorated and made. We decorated individual cakes with chocolate buttons and Maltesers and also Olive helped with making jam tarts which were enjoyed during afternoon tea.

We make our activities person-centred by asking the residents and their families what their interests are. We have learnt from

Linda's sister that the books she enjoys are classics, so we are currently



reading

Women in Love to
her by D.H Lawrence.



Socialising for people with dementia can have huge benefits including the reduction of stress, anxiety and depression. So, group activities are very important. Saying all this, we had a wonderful group game with Paula, June, Terry, and Malik where we played a chance yet cognitive dice game followed

by some of them playing Snap. In between we would talk and get to know each other.

We have also been getting creative with drawing, painting, making Valentine's cards and a flower collage. Barry put the collage together in a geometric pattern and all their work has brightened up our dining area with their lovely colours. Also, our Valentine's cards are available to buy in the foyer.



This month we celebrated
the birthdays of Shaun
and Chris!



Lastly, in other news, Twenty-One the guinea pig has found a new home living with a fellow pig called Waffles.

