

## Bringing autumn nature inside at Sonya Lodge Residential Care Home



**Our Recreation and Well-Being Champions Jo and Deanne have organised some lovely autumn-themed activities here at Sonya Lodge Residential Care Home.**

Our ladies loved their **wreath making** session last month, when they used natural items, including leaves, conkers and berries to create a beautiful circular wreath to display at our **Home**. All the items were collected from a local park in Wilmington and it was lovely to bring a little bit of nature inside.

Following on the 'nature' theme, our ladies and gents enjoyed touching and smelling different natural items displayed on a '**Sensory Board**'. All the items were collected from a local church yard and Jo's garden. They really enjoyed stimulating their senses as they held different pieces.

Deanne brought in her **lovely dog Ringo** to the Lodge recently too! Ringo is a much loved pet and our residents had lots of fun with cuddles and licks! *What a joyful character!*



