

Celebrating St David's Day at Sonya Lodge Residential Care Home



St David's Day arrived on Wednesday 1 March and our staff and residents here at Sonya Lodge Residential Care Home were ready to celebrate in style!

We decorated the **Home** with Welsh flags and bunting and filled the **Home** with the soulful sounds of Tom Jones over the music system. Our residents loved the music and were dancing and singing along to his greatest hits.

In the afternoon it was time for a Welsh tasting activity that was full of traditional treats that were delivered to us by some of our friends from the Gower in South Wales. Our residents enjoyed bara brith (a fruit cake), traditional Welsh cakes, chocolate chip Welsh cakes, lemon curd splits, cockles, leek crackers, and laverbread (seaweed). Our ladies and gents then washed this down with some Gower Gold beer and cider from the Gower Brewery.

It was a wonderful day full of many laughs and giggles that all of the residents and staff thoroughly enjoyed!











