

Celebrating World Menopause and Wear It Pink Day at Sonya Lodge Residential Care Home



On Friday 18 October we celebrated World Menopause Day together at Sonya Lodge Residential Care Home. We also combined this event with our annual Wear It Pink Day for Breast Cancer Awareness.

Both of these causes are dear to our hearts and we felt that it was important to hold an event where we could offer support to our team members, residents and family members.

Sonya Lodge colleagues dressed up in pink clothing for the day and we decorated the **Home** in pink banners, balloons and flowers. We also created a wonderful information area about menopause. This area created a space for people to come and find out more information about menopause and peri-menopause and the support available.

Team members, families and residents were able to share their experiences and show support for one another. We also provided people with pamper bags with little treats for us to enjoy some self-care time and be kind to ourselves. Everyone loved having these open and honest conversations which brought us all closer.

In the afternoon, our **Chefs Steve and David** provided us with some beautiful pink cakes. These were accompanied with hot drinks and even more chats.

