

## Knit and natter at Sonya Lodge Residential Care Home



**Some of our Sonya Lodge Residential Care Home residents are keen and talented knitters, and our knit and natter session is a great opportunity for those with this shared interest to come together and build relationships.**

This week's knit and natter session was wonderful to watch as our residents decided that it was also time to **teach our care staff how to knit** too!

We were all in awe as our **residents showed kindness and patience** as they **taught these skills to our team members**. This special activity provided a dedicated time for our residents to spend time together for chats and to enjoy their knitting hobby. It also became a time where rapport with team members was built and those relationships strengthened.



