

Local community friends at Sonya Lodge Residential Care Home



Feeling that you belong in a community can have a hugely positive impact on our social and emotional wellbeing and at Sonya Lodge Residential Care Home we support our residents to make and maintain links and relationships with members of our local community. We can see first hand the huge benefits and positive impact that these interactions have for residents.

This week **we welcomed Jean Hook from our local church** for our weekly in-house **praise and worship service** that she leads for our residents. The service this week was about the sea. Jean read a poem about the sea to our residents and a short reading from the bible. Our residents then sang a **selection of hymns and Christian songs** together before joining in **prayer together**.

Some of our residents also visited the the **Wilmington Village Farmers Market**. We try to visit the market each week as our ladies and gents love to catch up with familiar faces there over a **hot drink and slice of cake**. They also like to see what treats are on offer from baked goods, fresh produce and handmade arts and crafts.

