

Shopping and sensory reminiscing at Sonya Lodge Residential Care Home



Many of our residents at Sonya Lodge Residential Care Home love sensory-based activities, so this week we created a reminiscing activity based around sensory input.

In order to run the activity, we first had to take a **trip to the shops to pick up the supplies we needed**. Roy and George set off to the shop with our Activities Team to buy some herbs and Bombay Mix. They also stocked up on some shaving foam while they were there.

*Once Roy and George arrived back with the supplies, the sensory fun began! Our residents **used their sense of smell, sight, touch and taste to investigate an array of herbs and the Bombay Mix.***

We then **encouraged conversations** about what these items reminded them of and any **memories** that were brought to the surface. Our residents shared some wonderful and touching stories with us all; some residents were reminded of their favourite recipes, others about holidays and Maureen told us that the smell of rosemary reminded her of her mum's kitchen.

A really delightful shared session.



