

Singing together at Sonya Lodge Residential Care Home



Sonya Lodge Choir

Music is very beneficial to individuals with dementia and Alzheimer's. Music can help people with dementia develop and maintain relationships with others, improve their wellbeing, help them to express their feelings and ideas both verbally and non-verbally, and encourage reminiscing.

Many of our residents at **Sonya Lodge Residential Care Home** love music and singing, and some have been members of choirs prior to moving in to The Lodge.

With this in mind, we decided to set up our own choir and everyone was very excited to begin this adventure together. **Our residents helped to select the ten songs that we would be singing** in the choir and were eager to sit down together to get started! They chose some of their favourite popular songs including hits by **Elvis, Frank Sinatra, The Beatles** and **Vera Lynn**.

The choir was such a hit and everyone sang out loud and proud – some residents even got up to dance while we were singing. *It was wonderful to see everyone coming together to collectively take part in this activity, and have so much fun while doing it!*

