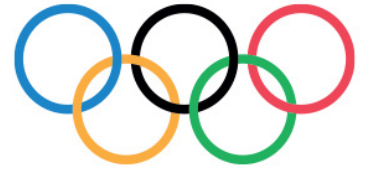


Sonya Lodge Residential Care Home creates 2024 Olympic Garden



SONYA LODGE



With the 2024 Paris Olympics underway, we were keen to celebrate and mark this event with all of the other Nellsar Homes by creating an entry for Nellsar's Olympic Garden Competition; everyone at Sonya Lodge Residential Care Home was keen to get involved with this project.

We took a whole-Home approach for the competition, with residents, team members and relatives getting involved from start to finish. We started by conducting some reminiscence sessions with our residents about the **Olympic Games** and our Activities Team introduced the competition to discuss ideas.

Our **Home Manager, Deputy Manager, Activities Team, Business Support Officer, and Brian from Maintenance**, met together to come up with some suggestions to pitch to our ladies and gents. The winning ideas (as selected by our residents) were to create French flags in our flower beds, decorate the garden with the **Olympic flag** and flags from participating countries, and to transform our seating area with **Olympic rings** and everyone's handprints.

After trips to the garden centre with our residents to purchase the plants and flowers we needed, our team members, residents and families began the work to create our **Olympic Garden**. Team members and residents planted the flowers, and all took joint responsibility for tending to and watering them regularly. **Amanda, our Business Support Officer**, purchased all the other items required for the project.

Brian sourced some foam tubing to create into our **Olympic rings**. He spray-painted them in the **Olympic colours** and then attached

them to our seating area above the table. It was then the turn of our colleagues, residents and relatives to transform the table. Everyone took turns to paint their hand with one of the **Olympic colours** and then leave their handprint on the table top. We then wrote individual's names underneath their handprint in either gold, silver, or bronze lettering to represent the **Olympic medals**. It was wonderful to see team members from every department, residents and family members get involved to coproduce a seating area that was not only for the **Paris Olympic Games**, but that also celebrates and represents our **Sonya Lodge family**.

To complete our **Olympic entry**, we decorated our garden with the flag bunting of the participating countries, various **Olympic flags**, and a big **Olympic flag** at the top of our flagpole. *The finished result looked amazing!*

We celebrated our completed garden together by all going outside to enjoy the newly decorated seating area, wonderful plants and flowers, and fantastic weather. To get in the Olympic spirit we also listened, sang, and danced to songs from an **Olympic Games 2024** music playlist.

We were delighted to have been awarded 2nd place in the competition, winning £150 in garden centre vouchers for our residents to enjoy. Recreation and Well-Being Manager Viv said:

"It was fabulous to see all the residents and team members taking part in making their Olympic garden! Together, they created a French Flag flower bed, plus team members and some family members painted their hands in Olympic colours and decorated the garden table. The huge Olympic ring was suspended above the table and the whole garden was awash with flags."



























