

## Sonya Lodge Residential Care Home residents enjoy meaningful moments



Everybody has different preferences and hobbies at Sonya Lodge Residential Care Home, and we work hard to ensure that each resident has access to the activities that are important to them.

For some people this will be completing something on their own, for others it may be a one-to-one activity, and some people like to do things in small groups.

*These are some examples of the meaningful moments and activities that have taken place over the past week;*

Some residents enjoyed an **impromptu dance session** with members of staff when their favourite songs started to play on the radio.

Angela and Rosina enjoyed a good **chat over a book**.

Some residents have enjoyed **looking after the baby dolls** and our dementia-friendly interactive therapy cat.

**Craft, colouring, braiding and word puzzle activities** which are always available for our residents to enjoy.

Some of our residents also enjoyed **trips to our Forget-Me-Not Tearoom** for a cup of



*tea and a chat.*

These activities may seem simple, but they are extremely important to our ladies and gents. It enables them to do the activities that are meaningful for them, have amazing conversations, and lift their spirits. They are always available to all of our residents throughout the day and evening, and help them to feel comfortable and settled in their Home.

