

Sonya Lodge Residential Care Home residents enjoy reminiscence activities



Many of our residents at Sonya Lodge Residential Care Home have Dementia and Alzheimer's and it is so important to spend time with them to reminisce about their past and share stories and experiences.

Our ladies and gents benefit greatly from these activities as they **bring joy and build esteem**, as they recall memories and skills they have used.

Recently, some of our residents have enjoyed spending some time completing **baby bath time routines**. Their nurturing and caring skills were on full display as they bathed our dolls, changed their clothes and sang to them. It was beautiful to see how our **residents' faces lit up with love and joy** throughout this activity.

Other residents spent some time **looking through some jewellery boxes** and talking about times they have worn special jewellery or bought it for someone else.