

## **Beside the seaside at St Winifreds Residential Care Home**



**We've been keeping our residents busy and smiling at St Winifreds Residential Care Home and our spirits are good!**

### **Life's a beach**

A beach theme has run through a number of our recent activities, as the sun has been shining and the blue skies have arrived!

Our residents have enjoyed **painting pebbles** with seaside images, including ice creams and boats, which are really pretty. It's such a relaxing pastime and it's been lovely to see our ladies concentrating on creating their designs.

Some of our residents have also enjoyed some **beach-themed colouring** too - with some intricate shell pictures to enjoy.

Our Recreation and Well-Being Champions have made us all smile with their amazing **beach hut themed activities trolley**, which they entered into **Nellsar's 'Tart Up Your Trolley' competition!** They chose to make a beach hut as our residents can't visit the beach right now, so they wanted to bring the beach to them! Well done ladies for winning '*best themed trolley*' - we love the colourful design!

### **Pampering**

We have made sure our residents are kept at their best, including their nails. One of our ladies really enjoyed having her **nails**

**painted** recently. What a pretty colour!

## **Delicious desserts**

Our Kitchen Team has continued to keep all our residents' tummies happy with their delicious meals. A highlight has been their incredible puddings which pack our desserts trolley – **roly poly pudding, jellies and fruit meringues**. *A real feast for the eyes and taste buds!*

**Click on the image below to see our latest video update:**

