

Music and movement at St Winifreds Care Home



On Sunday 29 September, Stella from Music for Health joined us at St Winifreds Care Home for another one of her lively musical sessions, which we always look forward to.

We used **pom-poms, musical instruments and plastic plates** to do movements and arms exercises – it certainly woke us up and go us moving, including our team members and relatives!

Stella also ran a **musical based quiz and an old-fashioned singalong**, which everyone thoroughly enjoyed.

Thanks for a super session Stella!