

Namaste birds and disco fun at St Winifreds Care Home



Namaste

We are about to introduce Namaste sessions into our communities here at St Winifreds Care Home, which aim to provide stimulation for the senses and well-being through relaxation.

As part of our preparations, we purchased some **delightful singing birds** and we've been seeing what our residents think of them. Our lovely Jan became good friends with two of them and we're looking forward to using the others with their calming birdsong during our Namaste sessions.

Disco fun

It shows just how much we love a sing and dance here at St Winifred's, that in the middle of the afternoon this week we all decided we wanted a disco, and so we had one!

With lively tunes from **ABBA and Elvis**, as well as doing the hokey cokey, we had a great time **singing and dancing** together!

Relaxing Sunday

In contrast, we enjoyed a delightfully lazy Sunday morning at the weekend, with **cups of tea** and the **Sunday newspapers**. One of our lovely gentleman escorted one of our team members to the **local shop** to purchase treats. They then enjoyed a cuppa while reading, discussing the latest news as well as looking at the magazines and talking about the latest fashions.

What an enjoyable morning!