

St Winifreds Care Home hosts Chair Sports Day



Our first Chair Sports / Olympic Day, took place on Thursday 12 September at St Winifreds Care Home and what a success it was!

Originally, six of our residents agreed to take part, but others who had come to watch soon joined in! In all, we had 12 ladies and gents participating, which was great!

Our first game was the classic **Egg and Spoon Race**. This involved our residents being wheeled in wheelchairs, assisted by **John G** our Maintenance Man, **Mac A** our Dining Assistant and Recreation and Well-Being Champion **Elsie**. Our residents loved this event, as it brought back fun memories for them. One tried to cheat by holding on tight to her leg - there's always one! Ha!

Other games included:

Velcro balls and velcro darts

Skittles

Knock 'em down (throwing a very large ball at three papier-mâché covered balloons)

Dice and bean bags (throwing them over a marker)

The enthusiasm shown was electric and everyone did really well!

All those who took part received a **medal** and received a **certificate** for winning each specific event. The overall winner also received a small trophy; this was one of our new residents which was lovely.

Recreation and Well-Being Champion Elsie commented;

"We all had such great fun and we never stopped laughing! In fact, the first question by everyone at the end was 'When is the next one?' I think it will be when we get our breath back! But it will definitely be a regular event as it was such a great day!"









