

St Winifreds Care Home residents enjoy Music for Health with Stella



How we enjoy our Music for Health visits with Stella here at St Winifreds Care Home!

Her music is great and our residents get to use **pom-poms, shakers, bells, ribbons, plastic plates** and **tambourines** to join in with the rhythm of the songs.

Stella's enthusiasm is so fantastic to see and there's always a **lively atmosphere** when everyone joins in and sings along.

Our residents also look forward to Stella's musical quizzes too. *Great fun!*

