

Sylvia Bryden-Stock visits St Winifreds Care Home



We were very pleased to welcome Sylvia Bryden-Stock to St Winifreds Care Home on Tuesday 5 February, when she came to talk about her two books which describe her and her husband's dementia journey.

Her first book '*The Rocky Road of Naughty Neurons: Our Journey with Young Onset Alzheimer's Disease*' explains the journey she and her husband took when he was diagnosed with the condition. The second '*The Rocky Road of 24/7 Care: Sylvia's Ups and Downs and Positive Learnings Along the Way*' highlights the journey they embarked on when entering nursing home care.

She spent time talking to our residents and staff about her story and how she's coped with the changes in her life.

Thank you Sylvia for taking the time to visit us, it was lovely to spend time with you and the copies of your books will be invaluable to us and our families.

Chinese New Year

Sylvia's visit coincided with our **Home's** celebration of **Chinese New Year**. We've been busy colouring 'Year of the Pig' pictures and making bright coloured pig ornaments to display around our **Home**, together with lucky envelopes containing money. We even had

our very own piggy piñata!

To give a real 'flavour' to the day, we had a selection of Chinese nibbles on offer for our residents to try including spring rolls, sesame toast and wantons. Delicious!





