

A busy week of activities at Silverpoint Court Residential Care Home



Hand pampering

We've enjoyed pampering our residents recently at Silverpoint Court Residential Care Home.

On Sunday 22 October some of our residents took part in a **hand care session**, having their **nails cut and hands massaged**, which they found very enjoyable. Everyone particularly loved the massage, with lots of smiles and chatting all around.

Adrian really enjoyed having her nails trimmed and filed by Julie, as they had a lovely chat together. Jean and Irene also had their nails done and were very happy with the results.

Creative activities and reminiscence

We've been continuing with some themed arts and crafts too with more **spooky crafting of spiders, witches hats and bats** which we'll be putting up for our Halloween party. Plus, Doris had fun making **festive paper chains** and also **playing the piano** recently, which she always thoroughly enjoys.



We also helped one of our residents to **make a bird house**. He loved being involved with constructing the house and told us which part to do first! He was so happy with the finished piece. Some of our ladies have also had fun colouring **butterfly pictures by number**, producing some lovely finished pieces to display.

Memory Matters magazine has also been popular amongst our residents; we have been talking about fireworks and how much we remember of them from when we were young, plus discussing homes and houses – it's amazing how much we could recall from the past.

Breast Cancer Awareness

We had a lot of fun with **Tickled Pink Day**, with October being **Breast Cancer Awareness** month. We put on our pink hats and decorated biscuits to enjoy with a cuppa.

