

Armchair exercises and resident feedback at Silverpoint Court Residential Care Home



Keeping fit

On Tuesday 19 September we held 30 minute chair exercise sessions one-to-one with some of our Silverpoint Court Residential Care Home residents.

They thoroughly enjoyed this activity, especially Vera, who put everything into it!

We worked on the **neck, shoulders, arms, hands and fingers** first. Then we focused on the **hips, legs and feet**, for a full body workout. Key to the exercises is working on our residents' **posture and breathing**.

Resident survey

We also continued getting **valuable feedback** from our residents, as we completed some more surveys with them; this time it was Ken, Ivy and Malcolm's turn to participate and it was very interesting to hear some of their **life stories** as we went through the survey forms together.

