

Nail care pampering at Silverpoint Court Residential Care Home



On Tuesday 28 November, Sharon from our Recreation and Well-Being Team enjoyed providing some one-to-one nail pampering for our residents at Silverpoint Court Residential Care Home.

She cleaned, cut and filed Leah, John, Ivy, Beryl, Flo and Terry's nails in the morning, enjoying some **nice chats** with them too.

During the afternoon it was Sylvia, Irene, Joyce and Carol's turn to have their nails done which they thoroughly enjoyed.

We also held our **armchair exercise class** in the afternoon, with just one resident in attendance as it clashed with snooker! (...our ladies said they will participate next time!). Well **done to Rose** for all her hard work! *She had a good one-to-one workout.*

Alan enjoyed a relaxing pamper session in the evening with some nail care and a shave and hot towel, followed by **face moisturiser and aftershave**. Albert also had his nails cleaned and filed.

It was lovely to provide some pampering care for our residents – what a lot of lovely nails!

