

Soap making and keep fit at Silverpoint Court Residential Care Home



Soap making

At the weekend we made bath soap with our residents at Silverpoint Court Residential Care Home.

It was such good fun using the moulds; we are making these to put away for **Christmas presents** for our residents families – *keeping busy like Santa's elves!*



Keep fit

Our residents did really well at our **keep fit session** too. The fitness levels amongst our ladies and gents has improved and we all have a bit of a **giggle** along the way!

Keeping cool

And on these hot sunny days, **ice cream** is just what we all need - the perfect way to keep cool and **hydrated**.