

## A busy few weeks at Princess Christian Care Home



**We like to offer a good variety of activities for our residents here at Princess Christian Care Home and we've certainly been busy recently!**

### **Sports Day**

Our recent sports day was such great fun and a big hit with our residents, staff and families – all competing for their unit's chance to win a huge hamper of sweets, chocolates and cookies.

We held the events in our back garden, which included:

- Flag racing
- Apple and spoon
- Sack races
- Crazy golf
- Hook the duck

Recreation and Well-Being Manager **Viv Stead** was a great sport and took part in the apple and spoon race along with Operations & Compliance Manager **Marissa Spice** and Project Manager **Khadija Kachra**. We're not sure who won in the end (....think there was some cheating going on!).

Before the last race, all three teams were on the same score, so the last (sack) race was the decider! We had our Manager **Mario**

competing for Pirbright, **Khadija** competing for Knaphill and **CJ**, one of our Carers, competing for Bisley. Bisley won the hamper!

All the winners got a certificate and everyone who took part got a participation certificate.

*It was a brilliant day. Thank you to everyone who came to join in the fun!*

## **Helping Hands**

We have introduced a new activity here called '*Helping Hands*' which involves jobs, hobbies and day-to-day tasks in the home, such as cleaning windows. This has proved very popular with our residents as it gives them back some independence and makes them feel useful, which is lovely to see.

## **Cathedral outing and music**

On Thursday 29 August we took a trip to our **local cathedral** with a minibus of our residents to see the rock choir in action. They were fantastic and our residents had a lovely time singing along.

One of our regular singers, **Steve**, entertained us last week and as usual had us all up dancing and singing. We have also introduced karaoke on to our activity rota and daily we are serenaded by residents singing along with the 'jolly trolley'!

## **Memory Lane Garden**

Our '*Trip Down Memory Lane Garden*' is looking very beautiful at the moment and is filled daily with everyone enjoying it. We have residents helping on watering duties and families have brought in favourite plants for their loved ones, along with personal messages.

Our vegetables are coming along well too; we have lots of **tomatoes, peppers, cucumbers** and **courgettes** which we have all enjoyed. Our kitchen team has enjoyed making use of our herb garden too, so we are delighted at what a success the garden has been.

## **School sports day**

We are excited to be attending a sports day this week with our residents and staff at a local school. This is run each year by a local church and last year it was amazing, as good old **Princess Christian** won the trophy overall!

We have also been taking our residents out to our local beauty spot **Goldsworth Park lake**. They have loved walking around, taking in the scenery and enjoying refreshments.











