

## An iconic week at Princess Christian Care Home



Princess Christian Care Home residents enjoyed an awesome variety of games, entertainment and leisure activities last week – read on to catch up with the latest news.

### Music with Najwa

Residents loved listening to, and singing along to, the wonderful **Najwa** as she performed for us one afternoon, and our old favourite **Billy** also entertained our residents with his jokes and songs. **Najwa** has an extremely relaxing and uplifting effect on our ladies and gents, while **Billy** never fails to raise a smile.

### Craft and Cooking Clubs

This week, residents explored their creative side making **dream catchers** and painting picturesque landscapes during **Craft Club**. We're looking forward to our new venture for next week when we'll be making bath bombs. **Cooking Club** was a real hit with residents and everyone enjoyed the **fruit scones** we made – *with jam and cream, no less!*

### Summer Strolls

As the weather's been so good, we've been out for a few summer strolls around our **local lake** where we fed the swans and ducks. We also paid a visit to our **local garden centre** where we enjoyed looking at an awesome variety of garden displays – of all shapes and sizes! For some extra fun and exercise, we also had a few **games with the parachute** too.

## Ladder to the Moon – leading creativity in care

**Ladder to the Moon** are a company dedicated to enriching the culture of **leisure activities** and residents' lifestyles with **Care Homes**, using tailored training and support. They help embed proven ways of improving care to people with **dementia**, while also enabling our staff to understand how to deliver the ultimate in **personalised care**.

On opening this week's box from **Ladder to the Moon**, we were delighted to discover it was all based around icons and the **1960s**. We had an amazing time looking at all the different articles and it brought back some lovely memories for our residents.

We had a great deal of fun with a box full of props – residents donned a **Dolly Parton** wig or **David Bowie** face paint, and posed for funny pictures. There were numerous items to choose from but the wig proved to be the most popular with our ladies and gents, and our staff.

## Play Your Cards Right

Bruce Forsyth would have been proud – our new "**Play Your Cards Right**" **game** has proven to be a hit with residents and visitors alike.

## Next week...

Next week we are taking some residents and staff to a **barbecue and sports day** where we will compete against other local **Care Homes** so watch this space and see how many medals we can bring back to **Princess Christian!**









