

## Dignity Action Day celebrations at Lulworth House Residential Care Home



Thursday 1 February was the start of 'Dignity Month' and we celebrated at Lulworth House Residential Care Home by dressing up in red and enjoying some fun themed activities together.

*Cheryl is our Dignity Champion and she made all our colleagues hearts with different quotes written on them to highlight some of the different things 'dignity' can mean in a care setting, including:*

*Supporting people with the same respect you would want for yourself and family.  
Assisting people to maintain confidence and positive self-esteem.  
Engaging with family members and carers as care partners.  
Respecting people's rights to privacy.  
Enabling people to maintain the maximum possible level of independence, choice and control.*

Our Nutrition and Hydration Lead Katja made her and Cheryl's '**Dignity**' headbands and hair clips, as well as red heart studs and pin badges for our team members. She also made teacup earrings for herself, Cheryl and Activities Team member Abby and a heart

keyring for our handyman. *Thank you Katja!*

Our Manager Catherine wore a pair of red trousers, red heart studs and one of Cheryl's hearts, and even Julie our hairdresser arrived in a Christmas dress (it was the only red outfit she could find!).

To celebrate the day, our residents enjoyed a **wonderful 'Digni-Tea' trolley**, packed with delicious treats – fresh fruits, biscuits, chocolate hearts, heart-shaped sweets and decorated cupcakes, *yummy!*

*What a fun day highlighting the importance of dignity, respect and love.*





