

## Cultural celebrations at Lulworth House Residential Care Home



**Here at Lulworth House Residential Care Home our resident Deputy Manager, who is from India, has been educating us on Indian celebrations.**

We talked about North India and how celebrations there involve throwing a variety of coloured powders in the air to encourage joy and happiness. We replicated this event by throwing a variety of different coloured cut up tissue paper in the air, which was great fun and made us all smile!

As part of the day we talked about a previous craft session where we decorated trinket jars and personalised them by adding initials on top. These jars represented an Indian traditional trade and we presented them on the centre of the table to admire the skills of our residents.

For the second part of this craft session, we created an animal display using animal craft pictures, to represent all the animals of India. The activity sparked lots of discussions - one of our residents spoke about the time his father spent in India and said that Indian and English people were great friends.

This session enabled our residents to join in a large group exercise and work and socialise together. The creative crafting was good

for our residents' hand-eye coordination and dexterity. It was also a great exercise for comparing craft methods together and acknowledging different cultures and diversity.

A highlight of the day was a selection of Indian cuisine, courtesy of our adaptable chef and friendly care team. The curry was delicious!

### **Nepalese Dancers**

We've also been fortunate to welcome some wonderful Nepalese dancers to **Lulworth House**, as part of our celebration of the Holi festival. Their dance show fascinated our residents with an array of colourful costumes and group formations. It was wonderful to see smiles and nostalgic reminiscence of Nepal. It was clear to see that our residents connected with the friendly young dancers and the culture they brought to our **Lulworth** family.









