

Poetry and paints at Lulworth House Residential Care Home



Poetry and painting

This week we held a poetry group here at Lulworth House Residential Care Home, which our residents always engage with. It provided a friendly, lively and stimulating atmosphere for those involved, linking residents as a 'family unit' with mutually interesting and engaging experiences.

Some of our ladies enjoyed a creative painting session too. It was lovely to see them totally focused on what they were doing as it was all absorbing. We encouraged the group to connect - to share ideas and offer positive comments on each other's creations. We kept it as 'real' as possible, eg leaves were a variety of shades of brown, green and yellow, relative to the season.

Pub outing

We took one of our lovely ladies out for a drink this week. We had lots of laughs as we reminisced, comparing pubs from the past to the modern day 'pub chain' environment. The outing offered a great stimulant and it was wonderful to share stories about family

experiences.

Group games

Our residents love taking part in group games and we've had our giant noughts and crosses and draughts boards out, which are very popular. We've recently altered our approach to these games, to ensure our ladies and gents are actively involved with decision-making and strategy. This ensures they are engaged individually and as a group, and most importantly, gives them purpose, with an important responsibility as a team player.



