

# The Willows Whisper

AUGUST 2022



As one wise person once said: “Keeping busy gets me away from mischief”







## **The importance of activities in our home**

Activity helps to sustain both physical and mental health, so it is important that residents living in our home can maintain interests and have opportunities to develop new ones.

Some people prefer activities to complete on their own, such as reading or listening to the radio, whilst other residents prefer group activities.



Residents need a range of activities to choose from and support to maintain existing interests.

Activity doesn't have to always mean organised activity.

Activities coordinators play an important role but ensuring that people can spend their time doing things that are meaningful to them is the responsibility of all our staff.

Our care home is focusing on improving levels of activity for the residents living here by ensuring that they have opportunities throughout the day to take part in the

daily life of the home.

Our staff know that engaging with residents living in the home and encouraging activity is central to their caring role.

Our activities coordinator plan activities and events in advance and residents are given the choice whether they participate on the day of the offered activity.

Some say "as long as I don't have to do anything, I'll join in" and that's perfectly alright. Just being part of a team, or with their friends is enough to put a smile on our residents faces.

Although one never knows when by simple observation one might join in and have some fun!



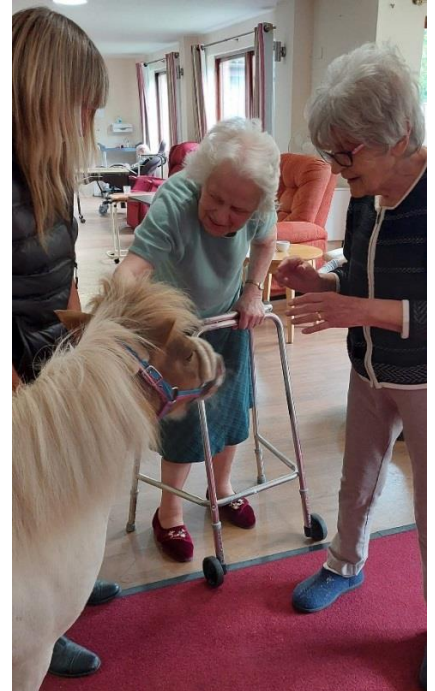








## Beach Day with ponies!



In July, Residents of The Willows enjoyed a wonderful afternoon with Peaches, the pony. Residents were encouraged to groom, pet, and feed Peaches with carrots or mints! Their owner Diane said that her ponies love having photos taken and are well familiar with their surroundings when visiting schools, nurseries, gardens and nursing homes.



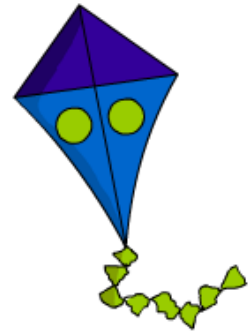
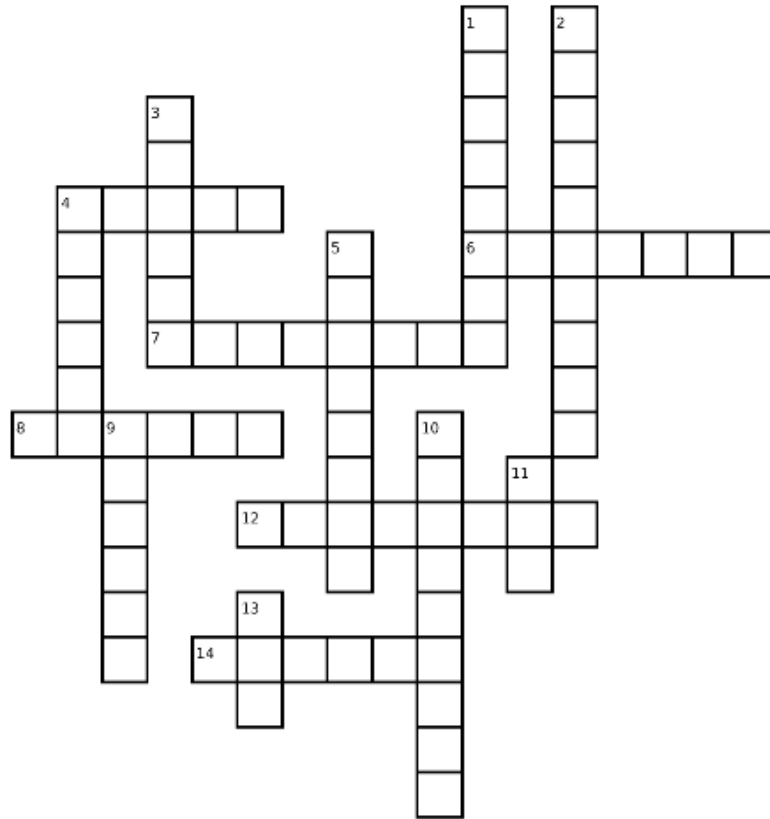




To complement the day, we had a beach party in our main lounge and our chef Sharon created truly fabulous cake for the occasion!



# Summer Crossword Puzzle



## Across:

4. A pebbly or sandy shore especially by the sea
6. The activity of spending a holiday living in a tent.
7. Beverage made of lemon
8. An occasion when a packed meal is eaten outdoors, especially during an outing to the countryside
12. take a holiday
14. The warmest season of the year

## Down:

1. Food cooked out of the door on a grill
2. A big red and green fruit
3. Go from one place to another, typically over a distance of some length
4. A two-piece swimming costume for women
5. We put \_\_\_\_\_ on our skin to prevent sunburn.
9. Let's build a \_\_\_\_\_ with sand.
10. From caterpillar to \_\_\_\_\_
11. In summer the weather is \_\_\_\_\_
13. Let's have some fun in the \_\_\_\_\_



[www.MyPartyGames.com](http://www.MyPartyGames.com)

# MINDFULNESS COLOURING





# SUMMER WORD SEARCH



## SUMMER WORD SEARCH

Look for the 15 words listed below.  
craftskidslove.com

L C S W I M L X S  
E L C I S P O P A  
S U N W A N O U A  
U S B A E I P L H  
N H T T W C L S O  
B E N E U E A A T  
L L W R R D Y N N  
O L N B O T S D F  
C A M B E A C H U  
K U W A V E S C N  
P I N E A P P L E



beach  
fun  
hot  
pineapple

play  
pool  
popsicle  
sand

sun  
sunblock  
swim  
shell

water  
waves  
umbrella

