

Accordion entertainment at Lukestone Care Home



On Tuesday 5 September we welcomed the talented accordionist Marianne Smith to Lukestone Care Home.

Marianne played a selection of **lovely songs on her accordion** and proved **very popular** with our residents and members of staff, as everyone joined in dancing and singing.

Marianne's visit was **requested by our resident Violet**, and Marianne played for a while for her in her room.

Music is so good for general wellbeing as it can help to reduce anxiety, blood pressure and even pain. It can also improve sleep, memory and mood, and is a very good tool for keeping our brains engaged throughout the ageing process – *so Marianne was a blessing and we hope to see her again soon!*

