

Introducing our Larks at Lukestone Care Home



We are happy to announce at Lukestone Care Home that we have launched our very own choral singing group called 'Lukestone Larks' and what a joy it has brought to our residents!

Choral singing has been proven to **strengthen feelings of togetherness** and regulate the heart rate! It is also known to reduce stress levels and improve symptoms of Parkinson's and lung disease. But most importantly, it **improves our wellbeing** and the feeling of belonging which can boost mood and ease feelings of depression.

Our residents really loved it and each week they engage more and more. Our Choral Lead Linda is very proud of her engagement with our residents and their families and it's just wonderful to hear our Home full of song.

'Let's sing together!'