

## Story making and International Lego Day at Lukestone Care Home



### Creating stories

On Saturday 28 January, we made up stories with our residents at Lukestone Care Home, stretching how far and wide their imaginations could take them.

Mihaela, our Team Lead, cut out **pictures of animals, jungles, homes, rivers and butterflies**, showing them to our residents to let them weave their experiences and dreams as they made stories.

We stuck the pictures as we went along and later **put them all together to make a short story**. Mary and Brian were in awe when they saw the picture of the butterfly and were excited to hear the story behind it. As Reetika from our Activity Team shuffled through pictures one after the other, Bernie's eyes landed on the picture of a puppy playing happily in the river, which became another story to add to our collection.

*The activity was very heart warming as our residents opened up with their unfiltered thoughts, giving them a chance to create something meaningful.*



## **Lego fun!**

We celebrated **National Lego Day** on Sunday 29 January, as we appreciated the important benefits that come from this popular toy for residents living with Dementia.

Lego is a stimulating tools which **improves cognitive and creative ability**. We brought out big lego blocks and handed them out to our residents so that they could enjoy themselves. Our ladies and gents happily stacked the colourful blocks on top of one another.

At first, a number of residents had trouble figuring out how the lego pieces attached, but once they were shown how it was done, they were focused on **making their own buildings and towers**. It brought to the surface everyone's inner nature to create and explore. *Everyone thoroughly enjoyed this activity!*

