

## Kindness and cocktails at The Old Downs Residential Care Home



We celebrated 'Random Acts of Kindness Day' here at The Old Downs Residential Care Home on Wednesday 17 February.

### *As one website explains;*

*'We are upholding this annual tradition of celebrating kindness because we know everyone can use more kindness in their lives. Scientific evidence shows us the positive effects of doing kind acts for others as well as receiving or even witnessing kindness. Even the smallest act of kindness can change a life. In 2021, we encourage everyone to Explore the Good and Make Kindness the Norm.'*

To mark the day, we made a **large heart of kindness** and filled it with **heartwarming messages** from our staff to residents and vice versa;

*'Good wishes for the year'*

*'Always remember you are amazing and never let anyone dull your shine'*

*'Smile and the world smiles with you'*

*'Love your family'*

It was touching to read them and the day was an uplifting reminder to always be kind.

## Fun at the movies

After lunch, our residents joined in for a **film afternoon with cocktails**. They watched a film starring Lassie and thoroughly enjoyed the variety of decorated drinks on offer.

