

## Parachute fun and helping hands at The Old Downs Residential Care Home



### Parachute games

On Thursday 26 August we enjoyed a parachute exercise game with some of our residents in the afternoon at The Old Downs Residential Care Home.

We had fun tossing and catching the balloon whilst our residents listened to their favourites **old time tunes**.

Everyone had a great afternoon – *a fun way to keep fit!*

### Helping hands

Some of our residents loved helping around our **Home** last week, assisting our kitchen staff with **peeling potatoes**.

Practical jobs like these can be very satisfying, providing a focus and a sense of wellbeing for a '*job well done*'.

Our resident John said, "*It's good to help, it lifts me up.*"



Thank you to all our helpers!