

Remembrance Day at The Old Downs Residential Care Home



On Monday 11 November at The Old Downs Residential Care Home, we remembered; at the 11th minute, on the 11th day of the 11th month we fell silent to remember those we lost in the world wars.

It is important for us to commemorate this day, not only for the nation, but for our residents. Some of our residents lived through the second world war and remember their experience. It is important that they have **a safe space to reflect on, discuss and remember their friends, their family and their own memories.** □□We all watched the service on the television from 10am, and then at 11am we fell silent for two minutes. Our residents adorned their clothing with poppy stickers that quoted '*Lest we forget*'.

In the afternoon, we invited **Kevin Walsh** in to our Home to perform some British classics including '*They'll always be an England*', '*It's a long way to Tipperary*' and more.

Our residents and team members enjoyed **singing and dancing** all afternoon in true British style!

