

Posted on January 27, 2020



**On Tuesday 21 January we welcomed Mo Palios and John Tyte from Music for Health to Woodstock Residential Care Home.**

They ran a really uplifting workshop with our residents, using musical instruments, and everyone very much enjoyed getting into the rhythm of the music.

**Music for Health** sessions use various activities that help synchronise the hemispheres of the brain and lift the mood. Music and sound stimulate memories....each and every resident is encouraged to participate from the start, but for the more withdrawn individual 'participating' at first can mean a tapping of the toes or fingers. ([www.musicforhealthltd.co.uk](http://www.musicforhealthltd.co.uk))

Everyone loves the sessions with Mo and John, and this time Mo also ran a special quiz for us which was great fun and a good challenge.

*We can't wait for next month when they return!*

