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Namaste Care

Namaste Care is becoming a big part of at Woodstock Residential Care Home as we believe it has multiple benefits for our residents' well-being.

Namaste means "To honour the spirit within", and our Recreation and Well-being team members recently completed a training day to ensure our practices are effective and varied.

We have introduced **Namaste** into our weekly activities. During these sessions we create a relaxing and interactive room where we play calming music as well as enjoyable singalong songs. We help residents to relax with soothing hand massages and by listening to the trickle of water from our indoor water feature

During the **Namaste sessions**, we also go around to the residents with our interactive cat doll called Mittens. Residents get to sit with Mittens while it purrs, moves and meows. Our residents have enjoyed experiencing Mittens and liked reminiscing about their own pets. We also have a different selection of toy birds that tweet and sing their bird call.

Our ladies and gents receive colourful scarves that we drape backwards and forwards across their arms which they have said feels

lovely and is comforting. Trying some yummy treats and drinks during these sessions, and enjoying a good one-to-one chit chat, is also an important part.

Reiki Experience

Over the last few months, we have been visited by **Reiki Practitioner Nick** who comes in once a month, meeting different people to give them a unique **Reiki experience**. Our residents have enjoyed experiencing something new and have been interested in getting in touch with their spiritual side. We are working alongside Nick to ensure that all our residents' well-being benefits from **Namaste and Reiki**.