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On Monday 7 January, Woodstock Residential Care Home care staff enjoyed using a series of conversation cards with some of our residents as a way of starting a meaningful chat. These special cards are designed to help start genuine conversations and stimulate happy memories.

Sometimes, people can find it hard to know what to say or do when spending time with their elderly relatives whose needs and cognitive ability are different to theirs. These cards are also a helpful way for our staff to start up conversations with our residents.