

Sharing special moments and relaxing pastimes at Bromley Park Care Home



At Bromley Park Care Home we try to capture the magical moments our residents and staff share with each other.

interactiveMe

Peter and Mark recently spent time catching up with **Peter's favourite videos on interactiveMe**.

***interactiveMe** creates a personal online profile for an individual, turning their story into a digital memory box containing favourite photos, music, audio and text. This enables care staff and family members to prompt and engage with their loved ones in the most meaningful way.*

Relaxing with Netflix

There is nothing nicer on a Sunday afternoon than catching up with a favourite movie after your roast dinner; **Peter and Kathleen enjoyed a relaxing afternoon watching a selection movies and TV shows on Netflix.**

Watching films together is a memory that we hold dear and we are happy to use this opportunity to **reminisce** about our own

experiences of Sunday afternoon movies; some of our staff were sharing stories of a box of smarties and 'Bonanza', spending time with Nan and Grandad watching Bulls Eye and 3-2-1 with Dusty Bin, toasting toast and pinching chocolates!

Knitting

Knitting can be a very **relaxing past-time** and a proven favourite with our residents at **Bromley Park** as a mindful activity. Knitting can help alleviate anxiety and has many positive benefits including **maintaining and improving coordination and dexterity**.

Ellen shows no signs of stopping in her kind efforts to decorate our Home with poppies for Remembrance Sunday.