

## Loose Valley Care Home residents enjoy a therapeutic painting class



We held a therapeutic painting class at Loose Valley Care Home this week, where our ladies worked with traced flower templates and bright paints to create pictures of vases of flowers.

Painting can be used to **express emotion**, **explore colour** and also **enhance cognitive abilities**. It's such relaxing activity and expressing oneself creatively can be very meaningful. Sessions like these can be tailored to both individuals and groups who share abilities and interests.

We like to get our residents together and involved in the visual arts as it **stimulates the mind** and **raises the spirit!**

A few of our residents have painted as a hobby in the past, so it was fantastic to see them enjoying one of their passions and socialising over a shared project.