

Reminiscing with photographs at Loose Valley Care Home



Last week we all got together for a little reminiscence chat here at Loose Valley Care Home.

It's lovely to hear about our residents' **experiences and memories** and so interesting to hear so many different stories.

*Using pictures can really help people remember all sorts of things from years ago that they thought they had forgotten, particularly day-to-day objects that can really spark meaningful recollections. Our ladies enjoyed looking through **photo albums containing historical photos** including adverts from the past – Pears soap, Fry's Cocoa and Vim to name a few.*

We love to catch up over a cup of tea or coffee, and have a good old natter!

