

## **Solving puzzles at Loose Valley Care Home**



**Our lovely lady June here at Loose Valley Care Home enjoyed some one-to-one time with our Recreation and Well-Being Champions, after lunch one day last week, completing a 100-piece jigsaw puzzle.**

There's something soothing about settling down at the table and getting stuck into a puzzle – to relax and train your brain. This particular puzzle was a picture of a countryside train station with easy-to-grip pieces.

The act of putting together jigsaw puzzles requires concentration and improves problem solving. It's also a great way to pass the time, have a cuppa, and chat with each other – while finding the correct pieces to slot into place.

*June said, "There is nothing more satisfying than putting in the last piece of the puzzle" – which she did! June felt good and showed off her completed puzzle to the other Carers with a sense of accomplishment and pride.*