



# Royal Star & Garter

Care with courage

## FOR IMMEDIATE RELEASE

### Care home celebrates Army veteran's artwork with exhibition

Paintings and sketches by a former soldier have been displayed at a care home in High Wycombe.

Over 60 pieces of art by Michael Mossop were put on show in the reception area at Royal Star & Garter, where he now lives.

They included works he had created before moving to Royal Star & Garter, as well as artwork the 94-year-old has painted at the Home.



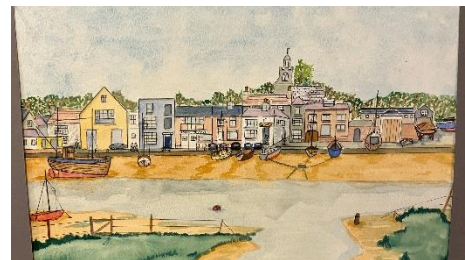
*Michael with his artwork at Royal Star & Garter*

Royal Star & Garter provides loving, compassionate care to veterans and their partners living with disability or dementia, from Homes in Solihull, Surbiton and High Wycombe. The charity has also launched new services to reach out into the community.

Michael, who is now living with dementia, joined the Army in 1951, and served for 31 years, rising to the rank of Lieutenant Colonel.

He took up painting and sketching soon after retirement, around 40 years ago. Staff have encouraged Michael to continue with his hobby since he moved to Royal Star & Garter in February 2021. He also enjoys taking part in arts & crafts activities put on by the Home's dedicated Wellbeing Team.

Michael's family also attended the display at Royal Star & Garter, on Friday 25 October. Daughter Sarah said: "Painting and sketching has been such an enjoyable and therapeutic part of my dad's life for a long time, so for staff at Royal Star & Garter to recognise it and organise this exhibition means the world to him. I love the fact that at the age of 94 he is still encouraged to paint and be creative and stay connected to his earlier life. It's important



*One of Michael's paintings and sketches, on display at Royal Star & Garter*



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for his own mental health, it's vital for someone living with dementia, and it makes him happy."



*Fellow residents at Royal Star & Garter view the artwork of Army veteran Michael*

Natalie is one of the Wellbeing Coordinators at the Home and helped arrange the exhibition. She said: "Michael is a really good artist, and he loves painting and joining in with our arts activities. Other residents, staff and visitors were really impressed with his work. We know that participating in arts and crafts activities and old hobbies and pastimes can improve overall wellbeing and quality of life for older people, and

people living with dementia. That's why it's such an important part of the care we provide at Royal Star & Garter."

Earlier this year Michael [received the Nuclear Test Medal in recognition of his time with the Army on Christmas Island](#) in 1959, shortly after hydrogen bomb tests had taken place there.

Royal Star & Garter in High Wycombe is welcoming new residents. For more information on this, the new services it has launched, or to work at the Home, go to [www.starandgarter.org/hw](http://www.starandgarter.org/hw)

**[Ends]**

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## About Royal Star & Garter

Founded in 1916, Royal Star & Garter is a charity which provides loving, compassionate care to veterans and their families living with disability or dementia, and has three Homes in Solihull, Surbiton and High Wycombe. We have also launched services reaching out into the community including Lunch Clubs, Day Care and a national Telephone Friendship Service.

**Twitter:** @starandgarter

**Facebook:** @starandgarter

**Instagram:** @Starandgarter

**LinkedIn:** @Royal Star & Garter

**Tik Tok:** @starandgarter

**Website:** [www.starandgarter.org](http://www.starandgarter.org)



Royal Star & Garter  
is a member of the  
National Care Forum