



# Royal Star & Garter

Care with courage

**FOR IMMEDIATE RELEASE**

## **Remembrance 2022: Artist Lucy Freud leads poppy painting classes at veterans' care home**

Celebrated artist Lucy Freud led painting classes for residents living at Royal Star & Garter in Surbiton.

She visited the Surbiton care home on two occasions, for art classes which focussed on Remembrance.

Royal Star & Garter is a charity which provides loving, compassionate care to veterans and their partners living with disability or dementia, and also has Homes in Solihull and High Wycombe.



*Lucy leading her art class at Royal Star & Garter*

Lucy is daughter of famed painter Lucian Freud, and the great granddaughter of eminent psychoanalyst Sigmund Freud.

During the first session, Lucy helped residents paint a field of poppies, using acrylics. In the second session, residents painted a sunset and silhouette.

Arts and crafts play an important part in life at Royal Star & Garter's Homes, with activities led by dedicated Wellbeing Teams. Research shows painting can boost mental health and wellbeing, increase cognitive function and enhance motor-skill and co-ordination.<sup>1</sup>

Lucy said: "I was amazed at just how talented some residents are at the Home, their paintings were beautiful. Painting focuses the mind and is very meditative, and I could see that with the residents during the sessions."



*A Royal Star & Garter staff member helps residents painting poppies during the arts activity with Lucy Freud*

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<sup>1</sup> <https://www.ageukmobility.co.uk/mobility-news/article/benefits-of-painting-for-older-adults>



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Resident Vera said: "I didn't know I could paint! I enjoyed the session and think Lucy is a wonderful teacher."

This year's Royal Star & Garter's 'They gave their all for us' Remembrance campaign highlights how young some of the charity's residents were when they joined the Armed Forces, and looks at how Royal Star & Garter is able to give back to them each day through its award-winning care.

Royal Star & Garter in Surbiton is welcoming new residents. For further information on this, or to work at the home, please go to: [www.starandgarter.org/surbiton](http://www.starandgarter.org/surbiton)

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**About Royal Star & Garter**

Our charity provides loving, compassionate care to veterans and their partners living with disability or dementia.

**Twitter:** @starandgarter

**Facebook:** facebook.com/starandgarter

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



Royal Star & Garter  
is a member of the  
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