

MEDIA RELEASE



**The Royal Star
& Garter Homes**
Caring for the nation's military family since 1916

FOR IMMEDIATE RELEASE

Homes mark Dementia Action Week with Memory Walk and other activities

Residents at The Royal Star & Garter Homes have taken part in Memory Walks as part of Dementia Action Week.

Veterans from the three Homes in Solihull, Surbiton and High Wycombe took part in the event with members of staff to raise awareness of dementia, on Monday 20 May.

It is one of a string of activities taking place in the Homes to mark Dementia Action Week, an Alzheimer's Society campaign which runs from May 20 – 26 and aims to take action to improve the lives of people living with dementia.



As ever, there will be lots of musical activities taking place in the Homes as well. Music plays an important role in our Homes, where Star & Garter Choirs involve residents, relatives and staff. There are also regular concerts and musical events and activities held each week. Music is known to make a huge difference to the lives of people living with dementia, by helping them reconnect with others. This has been highlighted on BBC One's *Our Dementia Choir with Vicky McClure*.

At High Wycombe, residents walked through Henley-on-Thames and enjoyed afternoon snacks. During the week, there will also be music recollection activities, a tea party, and a scenic drive through Windsor. Reggie Ballos, Dementia Nurse Manager, said: *"Being outdoors, feeling the sun and breeze on your face, does wonders for your well-being. That connection with nature can bring significant benefits to people living with dementia."*

In Solihull, residents living with dementia took part in a memory walk in Henley-in-Arden, and later tucked into ice cream. During the rest of the week they are taking part in a sensory reminiscence group, sing-alongs, a tea party and baking. Charlie Wilson, Activities and Volunteers Manager, said: *"The walk is stimulating and really good for residents. It allows them to reminisce and connect with something familiar. Dementia Action Week is important to us because we are passionate about providing specialist dementia care."*



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At Surbiton, residents were also joined by relatives for the Memory Walk in Bushy Park, which was followed by a picnic. The Home is also holding musical and other reminiscing activities during the week. Dementia Nurse Consultant Sanna Laaksonen said: *“Being outside and surrounded by trees and nature brings such a calming atmosphere. Residents feel a sense of joy. It is one of the reasons our sensory gardens are so popular with residents living with dementia.”*

The Royal Star & Garter Homes cares for ex-Servicemen and women and their partners living with dementia and disability.

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About The Royal Star & Garter Homes:

The Charity provides award-winning care for military veterans and their partners who live with disability or dementia.

The Royal Star & Garter Homes is a charity founded in 1916 to care for the severely injured men returning from the battlegrounds of the First World War.

Today our friendly, state-of-the-art Homes offer a pioneering approach to nursing, dementia and therapeutic care. We have award-winning Homes in Solihull, West Midlands and Surbiton, Surrey. Our third Home in High Wycombe, Buckinghamshire, opened in April 2019.

We continue to expand our services to reach even more veterans. In 2018, we were able to support 186 residents in our Homes and 36 guests at our Day Care service. We also offer interim care for young disabled Service personnel. We provided 11,700 individual sessions of physiotherapy and speech & language therapy last year to support our residents' health, and over 5,600 places to residents for activities, outings and events, to promote well-being.

We are proud to have enjoyed Royal patronage since our foundation, including that of Her Majesty Queen Elizabeth II from 1953 to the present day.

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Website: www.starandgarter.org



The Royal Star & Garter Homes is a member of the National Care Forum – the leading voice for not-for-profit care providers. A national perspective may be available from info@nationalcareforum.org.uk or by contacting 02476243619. More details on NCF available at www.nationalcareforum.org.uk.