



Tara Winthrop
Private Clinic

Stories from October 2020

Aromatherapy



We were feeling nice and relaxed in the Erris Unit in Tara Winthrop Private Clinic. We had our Aromatherapy and Relaxation group and the room smelt amazing and left everyone feeling calm.

Sensory Suite



'We had lots of fun in our Sensory Suite this week in Tara Winthrop- the Residents find it very relaxing, and it's a lovely way to spend a dark, winter's evening.

Arts & Crafts



We love our residents take on abstract art in The Shenick Suite in Tara Winthrop Private Clinic. Arts and crafts are a big part of our busy activities program here and we love getting creative and trying new things!!

Baking



We love to bake in Tara Winthrop Private Clinic and this week's baking was shortbread.

The smell was divine and the shortbread went down a treat!!

We also made chocolate chip cookies, which went down lovely with a cup of tea!!

Barm Brack

We had a lovely afternoon in Tara Winthrop Private Clinic baking a barm brack, getting ready for Halloween.





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Birthday Fun

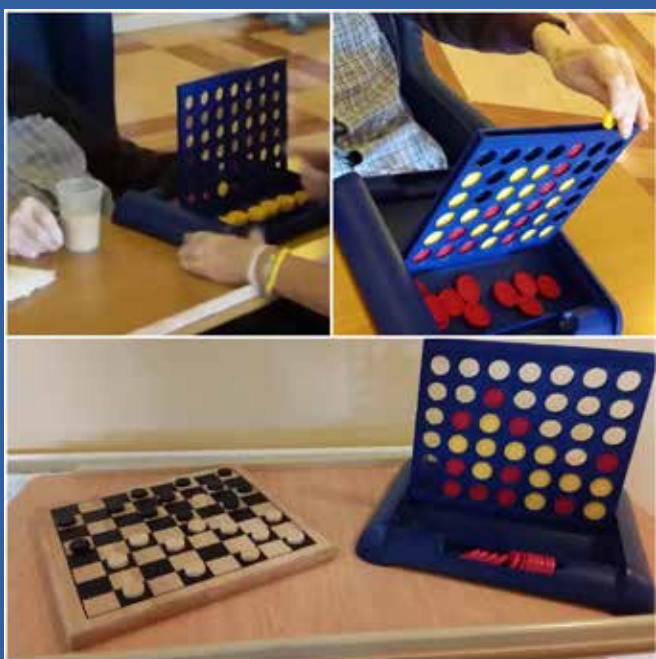
Another birthday party here in Tara Winthrop Private Clinic. We can't name the lucky person but they had a great afternoon none the less!!

All birthdays are special here and we love to celebrate!!

Boccai Fun

In Tara Winthrop Private Clinic we were busy playing Boccai which is a precision ball sport, similar to bocce, and related to bowls. It requires accuracy and precision but can be played by all abilities and we have some incredible players in Lambay Unit . Lots of fun was had by all who played!!

Fun & Games



We love to play games here in Tara Winthrop Private Clinic - Connect Four and Chequers are some of our favourites, and the Residents here are quite competitive. Games are not only fun but they keep minds active!!

Gardening



A great afternoon was spent gardening in Tara Winthrop Private Clinic. We planted bulbs, sang "All kind's of everything" and read a poem about daffodils. It was a fun afternoon and great to get outside!!

Halloween Decorating



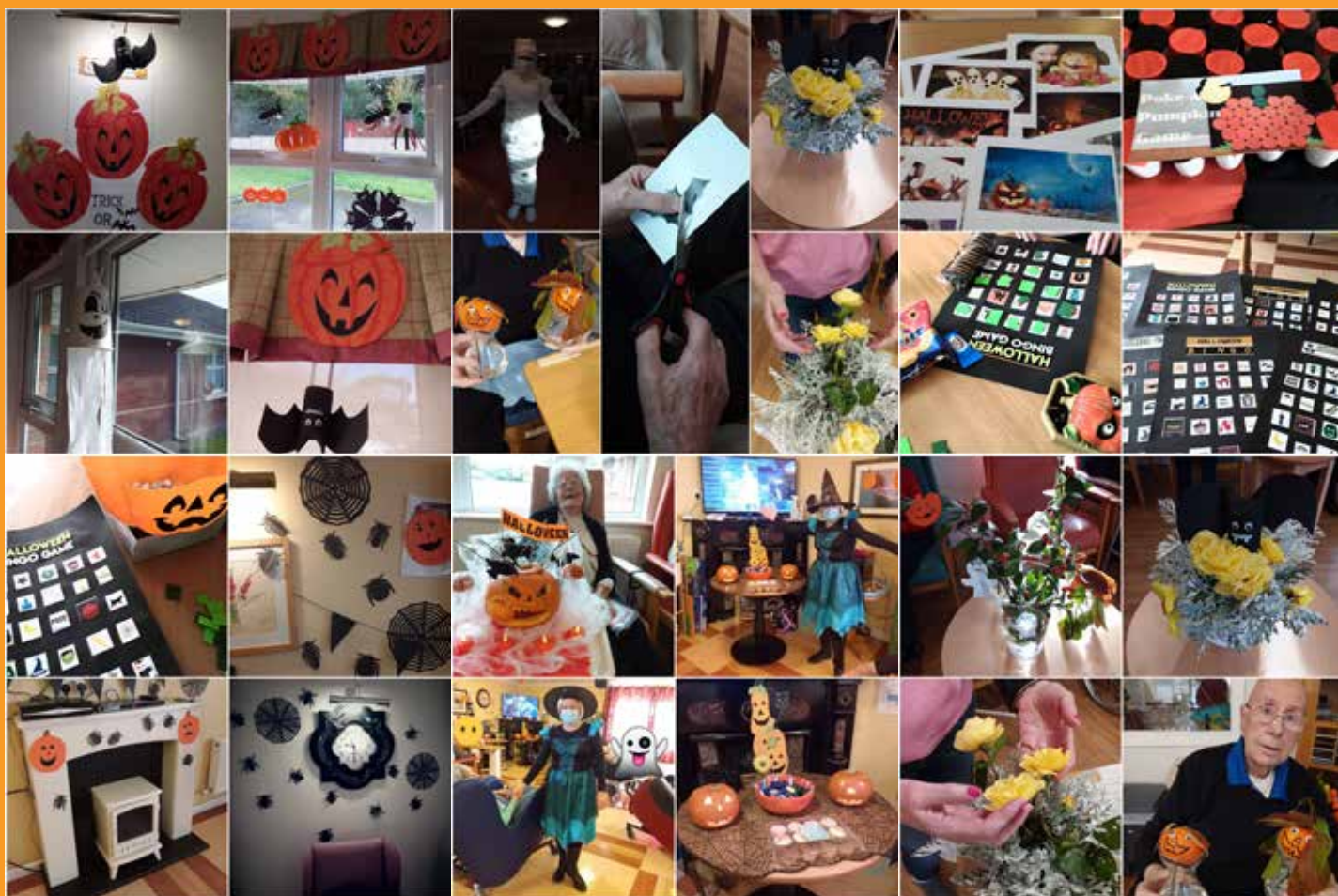
BOOWe had great fun decorating for Halloween here in Tara Winthrop Private Clinic - and we are very proud to tell you that all the decorations are handmade by our wonderful creative Residents & Staff.



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Halloween Fun



In Tara Winthrop Private Clinic we had great fun playing a "Poke a Pumpkin" game. Everyone had a chance to win some Halloween sweets, including our staff!!

Another game we devised to help our memory was called 'How many details can you remember?' which we used Halloween pictures for.

We also played Halloween bingo using Halloween symbols instead of numbers. Great fun was had by all!!

Pampering



We were feeling like a little pampering in Tara Winthrop Private Clinic, Sherrick Unit and decided to treat ourselves to a lovely relaxing session of nailcare and other treatments.

Columba Unit didn't want to be left out of all the pampering, so we had our own nail pampering session too!!