

Streatham Senior Connections, Holiday at Home 18th to 21st September.



Streatham Senior Connections has just organised its third very popular 'Holiday at Home' – four days of social activities for older people who find it difficult to get away on holiday.

Over 50 guests took part in the programme over four days with activities including 'Mindful Movement' exercise, a quiz, an art workshop, flower arranging and singing. Guests also shared memories of their holidays, good, bad, strange and scary, and visited Denbies vineyard in Dorking. The programme was rounded off with a tea party and quiz hosted by St Peter's Church, with musical entertainment provided by the church choir.

The guests provided very positive feedback, showing universal appreciation of the organisation that resulted in the enjoyable programme. Guest Katie said "I enjoyed the relaxed atmosphere and the exercises. It really helped me forget my domestic anxieties".

While Holiday at Home is organised by four churches working together in Streatham, the activities are open to people of all faiths and none. The programme is now in its third year and thanks to external funding was able this year to host more guests than ever before with more variety of planned activities. The variety of activities was particularly appreciated by the 40 or so guests who attended, Cecilia told us "I used to sing and I enjoyed the singing and I like anything arty and enjoyed that too." Audrey praised the organisation and also loved the singing.



Peter said 'the range of activities was very good, there was sufficient for everyone to find things that they could do.' Another guest (Bridget) came with her husband who has Alzheimer's one day and told us how he had enjoyed the day particularly the puzzles. Betty said, "this is the first time, I've been. The food and activities have been excellent and I should love to come again".

