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Activities for the Elderly

'An active, healthy Life, both in Body & Mind means more ability to cope with ageing. Retirement into a CareHome however, often heralds a loss of that vital daily routine. My mission is to reinvigorate these folk through Music, Fun, Laughter, moderate fitness routines and diverse brain-gym activities'

Steve

Caring with love



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About me

The most influential person in my life was my Grandma - still always there in mind. Perhaps this is why, since my early twenties I've reached out to lend a hand to the Elderly whenever I can.

I have worked in numerous Carehomes in Torbay over the last year, providing music entertainment with guitar + vocals & also singing to professional backing tracks of Pop classics & Jazz music including the Rat Pack. Residents choose the songs so its popular!

A qualified teacher with twelve years experience in Learning Delivery & Pastoral Care of people, I'm a good, empathic communicator. I enjoy encouraging & motivating people & understand the importance of Group & Personalised approaches.

I've been a musician for many years, helped out CareHomes for over three years, & worked four years in Disabled & Learning Difficulties schools.

Last year I qualified as a Fitness Trainer, CBE (YMCA) & offer fun motivating activities which help circulation, combat Osteoporosis & muscle tone loss, ligament deterioration & as a result, hopefully prolong independent living.

Let's enrich the lives of the Elderly in Care.

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**call Steve
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