

Pamper sessions prove popular with Salisbury care home residents

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Elderly residents were treated to some pampering by beauty students from Wiltshire College Salisbury

Eight women from Holmwood Care Home gathered in the activities room on Friday, January 15, to have their nails painted and some of those brought their favourite shade of varnish along.

Three Level 2 and 3 students have been visiting the residents since the beginning of the academic year and have become very fond of them.

Sarah Glover, who is the activities coordinator at Holmwood, said: "It's a great activity for the ladies to get involved in, where they see different and younger faces and interact with younger people, like they would their own grandchildren.



Molly enjoys Kirsten visiting her at Holmwood Care Home and painting her nails

"It has been such a fantastic activity for the residents to enjoy, that we are looking into working with Wiltshire College beauty students to visit some of our other homes too.

"One particular resident, Joyce, that the carers struggle with daily to get her out of her bedroom, made a special appearance to see the girls and get her nails painted.

"This is the only activity she will take part in."

Tracey Morris, who is the senior care manager said: "I was both over the moon and gobsmacked to see Joyce join in.

"The students and this activity, which is both uplifting and amazing, has encouraged this.

"Many of the residents still take pride in what they look like, and this is an added treat which makes them feel special and brings them back to normality.

"They all look forward to the girls coming on a weekly basis, where they can sit back, relax, have a cup of tea and get pampered – just like being in a salon."

Kirsten Stephenson, who is a Level 3 student, has visited the care home seven times and said she always jumps at the opportunity to talk to the residents and give them some pampering.

The 19-year-old said: "I like helping to make the women feel special as well as giving them a bit of company as sometimes the elderly can be quite lonely.

"I always meet Molly, who is one of the residents and she always asks for me specifically to paint her nails and says she looks forward to seeing me."

Amysue Parker, 16, who is studying the Level 2 Beauty Therapy course said: "I used to paint my grandmother's nails when I was younger and coming to the care home each week brings back some lovely memories for me."

Jackie Tagney, who returned to the college this year as a mature student is also studying the Level 2 course.

She said: "Visiting the care home makes the ladies feel good and makes me feel like I have done a good deed."

Nandani Jayasekera is the Aspire salon manager at the Salisbury campus and said she is really proud of her students.

She said: "This is the second year that Wiltshire College beauty students have gone to Holmwood Care Home as part of their work experience placement and they now have a weekly Friday afternoon slot during term times.

"None of the students are in college on a Friday; they come in in their spare time especially for that afternoon and all are very happy to do so.

"Many of the residents ask specifically for certain students which is a great reflection of their work and the relationships they have made and it is a great opportunity for build their confidence and experience as well as to give something back to the community.

"They each find it very rewarding.

"There is always such a lovely atmosphere at the care home and a pleasure to bring our students in.

"We look forward to seeing the residents each week and to potentially visiting other care homes in the future."