

## A week of relaxation at Lulworth House Residential Care Home



**This week at Lulworth House Residential Care Home we started some Namaste sessions, which included foot spas and massage, and our residents absolutely loved it! It was lovely seeing our ladies and gents really appreciating some relaxation time as they sat reading or enjoying their pamper treatments.**

We were also delighted to hold a **Rabbit Therapy** experience at our **Home** last week. Our residents were thrilled to have time with the two beautiful soft rabbits, who sat so calmly as they were being stroked. Everyone loved the session and bonding with such friendly animals.

The lady who ran the session sent us some great feedback;

*"It was a lovely afternoon session and some of the residents got to enjoy lengthy cuddles with both therapy rabbits. It was nice to hear some of their stories about owning pet rabbits in their lifetime too! I look forward to the possibility of running another session."*

Painting was also on our agenda last week and we ran a very relaxing painting session, when our ladies took the time to paint some

themed pictures - cowboy hats and cacti - that we can use for our upcoming **Country and Western Party on Saturday 25 May**. Thanks ladies, they are going to look great at the party!

On Saturday we held a '*pub afternoon*' with a good old sing-a-long and quiz. Our ladies and gents had a choice of alcoholic and non-alcoholic drinks such as cider, beer, juices or fresh made banana milkshake, as well as bar snacks. It was such a fun atmosphere and everyone loved sharing the afternoon together.







