

Baking morning at Lulworth House Residential Care Home



Last week at Lulworth House Residential Care Home we held a lovely baking session for some of our lady residents.

Baking is often associated with comfort food and our baking group always enjoys having a chat about baking and cooking, sharing their experiences with staff.

The process of baking is great therapy, in many different ways - working with the fragrances and textures of different ingredients brings such enjoyment and relaxation.

Best of all, our ladies love to give away their baked treats! They say the act of making other people happy really lifts their spirits.

We produced a fantastic birthday cake together which went down very well!

Click [here](#) for more information on **Lulworth House Residential Care Home**.

Lulworth House Residential Care Home

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