

Friendship and Namaste at Lulworth House Residential Care Home



Friendship and love

We have been getting ready for Valentine's Day since last week at Lulworth House Residential Care Home – and proclaimed this week 'Friendship Week' to celebrate love of all types.

Pink and red hearts, butterflies and gnomes have appeared and **decorated our entire Home!**

Our residents enjoyed making **salt dough love heart hanging decorations**, as well as flower drying with red roses.

They joined in our window decorating activities too – lots of fun to celebrate a week full of love and friendship.

Relaxing Namaste

Mondays and Tuesdays are dedicated to well-being at **Lulworth House**, thanks to **Nina our lovely Well-Being Therapist**.

On Tuesday 15 February we organised a **Namaste** session using **essential oil aromatherapy, mirrors, colours, gentle music** and **sensory hand massage, manicure and pedicure**.

Our residents enjoyed the **pampering and chats** – so calming and relaxing in the peaceful setting.

They even had cupcakes with a glass of juice at the end of the session; *what a wonderful way to start the week on the right foot!*







